ROYAL CANADIAN AIR CADETS

PROFICIENCY LEVEL ONE

INSTRUCTIONAL GUIDE

SECTION 4

EO M190.04 – DISCUSS SURVIVAL PSYCHOLOGY

Total Time: 60 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-801/PG-001, *Proficiency Level One Qualification Standard and Plan*, Chapter 4. Specific uses for said resources are identified throughout the instructional guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

Prepare the case study material for the activity in TP 3.

Prepare the role-play material for the activity in TP 4.

PRE-LESSON ASSIGNMENT

Nil.

APPROACH

An interactive lecture was chosen for this lesson to orient the cadets to survival psychology and to generate an interest in the subject.

INTRODUCTION

REVIEW

Nil.

OBJECTIVES

By the end of this lesson the cadet shall have discussed survival psychology.

IMPORTANCE

One of the most important requirements for someone in a survival situation is the ability to accept the reality of the situation and react appropriately. Knowing how to react in a survival situation gives an individual confidence to survive. The cadets should know what they would experience physically and emotionally if they were lost and in a survival situation. Knowing the procedure when lost and how to deal with fear promotes survival in the situation.

Unofficial convenience copy of A-CR-CCP-801/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-801-PF-001/A-CR-CCP-801-PF-001.pdf.
Verify against the official publication.

Teaching point 1 **Explain the role of fear in a survival situation.**

Time: 5 min Method: Interactive Lecture



The following activity is designed to get the cadets thinking about fear. Ensure the following points that produce fear are discussed during the activity: death, being alone, animals / bugs, darkness, weakness, failure, discomfort, the unknown, and unidentified sounds.

ACTIVITY

Time: 5 min

OBJECTIVE

The objective of this activity is to have the cadets think about things they could be afraid of in a survival situation.

RESOURCES

Nil.

ACTIVITY LAYOUT

Nil.

ACTIVITY INSTRUCTIONS

1. Have the cadets brainstorm things they may be afraid of in a survival situation.
2. Discuss how equipment, knowledge, and task focus can help reduce fear.

SAFETY

Nil.

BACKGROUND KNOWLEDGE

REACTIONS TO FEAR

Fear is a normal reaction in a survival situation and it can aid or hinder individuals, depending on their reaction. It can lead to hopelessness and decreased self-confidence as well as reducing the will to survive. Fear, however, can release adrenaline, giving greater strength and stamina, reducing pain sensation, giving the ability to think clearly and helping to act purposively. Accepting fear as a natural reaction to a threatening situation leads to productive behaviour. Because of this, fear can greatly increase chances for survival.

DEALING WITH FEAR

The factors most commonly reported to help decrease or control fear are:

- having confidence in a leader if in a group or in one’s self if alone;
- having confidence in the equipment; and
- concentrating on the job to be done.

Unofficial convenience copy of A-CR-CCP-801/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-801-PF-001/A-CR-CCP-801-PF-001.pdf.
Verify against the official publication.

CONFIRMATION OF TEACHING POINT 1

The cadets' participation in this activity serves as confirmation of this TP.

Teaching point 2 **Explain taking action when lost: stopping, thinking, observing and planning.**

Time: 10 min Method: Interactive Lecture

THE 'STOP' ACRONYM

Taking immediate action when lost in the wilderness is critical to dealing with fear. In such a situation, the STOP acronym should be employed.

STOP

When lost, stopping prevents the person from moving further away from the area a search crew may cover. It is also important to stop, to think effectively, and not make errors due to hasty decisions.

THINK

It is critical to think about what actions should be taken once a person realizes they are lost. Consider the danger and consequences of either staying or moving on. Consider the possible dangers that could occur and analyze the weather, terrain and available resources when deciding on the actions to be taken.

OBSERVE

Conduct a self-analysis to identify symptoms of any physical ailments such as fatigue, increased heart rate, or shivering. Check for psychological ailments such as extreme stress or fear. Observe surroundings for resources, weather potential, terrain, and landmarks that may provide information on the current location.

PLAN

After thinking and observing all aspects of the situation, plan a course of action that best utilizes the available resources.

CONFIRMATION OF TEACHING POINT 2

QUESTIONS:

Q1. What are the four main actions to take when lost in the wilderness?

Q2. Why is it important to stop if lost?

Q3. During the thinking portion of STOP, what are some important things to keep in mind?

ANTICIPATED ANSWERS:

A1. Stop, Think, Observe and Plan.

A2. It is important to stop to think and avoid making errors due to hasty decisions.

A3. It is important to identify any immediate and future dangers, as well as weighing the pros and cons of staying put versus continuing on.

Unofficial convenience copy of A-CR-CCP-801/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-801-PF-001/A-CR-CCP-801-PF-001.pdf.
Verify against the official publication.

Teaching point 3 **Explain the survival pattern and how to employ it in a survival situation.**

Time: 15 min Method: Interactive Lecture

GENERAL

The survival pattern is a procedure used in a survival situation. It is a method of prioritizing tasks.



The pattern is presented in a particular sequence during this lesson; however, the pattern can vary depending on the situation and changes in priority. For example, if lost while hiking with a group, the first procedure in the pattern done should be to signal (blow the whistle) because there are people near by.

FIRST AID

The most important thing to address in a survival situation is any injury. Treating injuries can prevent them from worsening, reduce pain and allows for more involvement in survival activities.

FIRE

Fire serves many purposes in a survival situation. It can provide warmth, boost morale, and a sense of security. It is also a method for creating signals, purify water and cook food.

SHELTER

Shelter allows a person to be warm and dry from the elements. Even if the current weather conditions are favourable, it is not always possible to know when and how the weather conditions may change. Therefore, building a shelter early is very important. It also provides the psychological comfort of having a home base.

SIGNALS

Signals should be constructed to attract search teams and can take many different forms. Signal fires with a heavy amount of dark smoke are visible from a long distance during the day or night. Other ground to air signals should be large and stand out from the surroundings, or be placed in nearby open areas. A mirror or other reflecting object is an excellent tool for signalling.

FOOD AND WATER

Survival without water only last a few days. A lack of water can lead to dehydration, which reduces the ability to concentrate. This is dangerous as clear thinking is essential in a survival situation. Water from any ground source should be purified before drinking.

A person can live for weeks without food. Excessive hunger can cause confusion and a lack of judgement. Prolonged starvation results in loss of energy, loss of mental clarity, increased susceptibility to disease, difficulty maintaining body temperature, and eventually death. A balanced and varied diet can improve morale in a survival situation.

Unofficial convenience copy of A-CR-CCP-801/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-801-PF-001/A-CR-CCP-801-PF-001.pdf.
Verify against the official publication.

ACTIVITY

Time: 10 min

OBJECTIVE

The objective of this activity is to have cadets apply STOP and the survival pattern in a provided scenario.

RESOURCES

One copy of a survival scenario per group, found in Attachment A (laminated, if possible).

ACTIVITY LAYOUT

Nil.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into two groups.
2. Provide each group with a survival scenario.
3. Give the cadets five minutes to read the scenario and answer the questions provided.
4. Have one cadet from each group share their answers with the class.

SAFETY

Nil.

CONFIRMATION OF TEACHING POINT 3

The cadets' participation in this activity will serve as confirmation of this teaching point.

Teaching point 4 **Explain the seven enemies of survival and how to combat them.**

Time: 20 min Method: Interactive Lecture

GENERAL

Pain, cold, thirst, hunger, fatigue, boredom, and loneliness are enemies of survival. In a survival situation, these feelings are more severe and more dangerous than in normal situations. Having knowledge of these feelings and their effects can assist in overcoming and controlling them.

PAIN

Pain is nature's way of identifying problems. However, pain can subside if an individual is pre-occupied. Pain may go unnoticed if an individual's mind is occupied with plans of survival. Once a person gives into pain, it weakens the drive to survive. A special effort should be made to keep an individual's hopes up and keep working.

Unofficial convenience copy of A-CR-CCP-801/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-801-PF-001/A-CR-CCP-801-PF-001.pdf.
Verify against the official publication.

COLD

Cold lowers the ability to think and to complete necessary tasks for survival. Focusing on being cold can interfere with the goal of survival. Cold can numb both the mind and body. It can also lead to serious medical problems. Find ways to get and stay warm, like building a fire, getting dry, layering clothes, and keeping busy.

THIRST

Water is vital for survival. Dehydration can lead to serious medical problems, and can eventually be fatal. Even when thirst is not extreme, it can dull the mind. Drink regularly, and try to find sources of water.

HUNGER

Hunger is dangerous because it can lessen the ability for rational thought. Both thirst and hunger increase a person's susceptibility to the weakening effects of cold, pain and fear. Prolonged hunger can lead to serious medical problems and can eventually be fatal. Manage food supplies, set snares, fish, and collect edible plants.

FATIGUE

Even a moderate amount of fatigue can reduce mental ability. Fatigue can make people careless as it becomes increasingly easy to adopt the feeling of just not caring. This is one of the biggest dangers in survival. While fatigue can be caused by over-exertion, it may also be caused by hopelessness, losing sight of goals, dissatisfaction, frustration or boredom. Fatigue may represent an escape from a situation that has become too difficult. Recognizing the dangers of a situation can provide the strength to go on. Watch exertion levels, set goals, and stay busy.

BOREDOM AND LONELINESS

Boredom and loneliness represent the final two enemies of survival. They are perhaps two of the toughest enemies of survival, mainly because they are unexpected. When nothing happens, when something is expected and does not happen, or when a person must stay still, quiet, and alone, these feelings develop. They can cause discouragement and a lack of will to go on. Invent games, stay active, and create projects.

ACTIVITY

Time: 5 min

OBJECTIVE

The objective of this activity is to have the cadets act out the seven enemies of survival.

RESOURCES

- Slips of paper with one of the seven enemies of survival on each.
- Container from which to draw the slips (bag, hat, etc.).

ACTIVITY LAYOUT

Nil.

ACTIVITY INSTRUCTIONS

1. Randomly select a cadet to draw the first slip.
2. Have the cadet silently act out the enemy of survival shown on their slip.

Unofficial convenience copy of A-CR-CCP-801/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-801-PF-001/A-CR-CCP-801-PF-001.pdf.
Verify against the official publication.

3. Have the rest of the cadets guess which enemy is being acted out.
4. Select another cadet, until all the enemies have been portrayed.

SAFETY

Nil.

END OF LESSON CONFIRMATION

QUESTIONS:

Q1. What factors cause fear?

Q2. What factors reduce fear?

Q3. What does STOP stand for?

ANTICIPATED ANSWERS:

A1. Hopelessness and helplessness.

A2. Confidence in equipment, person (or leader), focusing on the tasks at hand.

A3. Stop, Think, Observe, and Plan.

CONCLUSION

HOMEWORK / READING / PRACTICE

Nil.

METHOD OF EVALUATION

Nil.

CLOSING STATEMENT

One of the most important requirements for someone in a survival situation is the ability to accept the reality of the situation and react appropriately. If cadets are able to react calmly to a survival situation and develop a sensible plan, they are more likely to experience success.

INSTRUCTOR NOTES / REMARKS

The directives outlined in CATO 11-08 *Environmental Protection and Stewardship* are to be adhered to during this training.

REFERENCES

A3-016 B-GG-217-001/PT-001 Director Air Operations and Training. (1978). *Down but not out*. Ottawa, ON: Department of National Defence.

C3-005 ISBN 0-89886-814-9 Sierra Club San Diego Chapter. (1999). *Wilderness basics: The complete handbook for hikers & backpackers*. Portland, OR: The Mountaineers Books.

Unofficial convenience copy of A-CR-CCP-801/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-801-PF-001/A-CR-CCP-801-PF-001.pdf.
Verify against the official publication.

THIS PAGE INTENTIONALLY LEFT BLANK

Unofficial convenience copy of A-CR-CCP-801/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-801-PF-001/A-CR-CCP-801-PF-001.pdf.
Verify against the official publication.

Survival Scenario

You are on a camping trip with your family. It is a pleasant day in mid-October. The campsite is far from town, and your family is the only one there. At 3 pm, you decide to go on a short hike. You start off along a clearly marked trail. When you see a rabbit, you follow it off into the woods. When the rabbit finally goes down a hole, you realize you are lost. You don't know which direction the trail or the campsite is. You have been gone from the campsite for about two hours. You are lost in the woods.

In your backpack, you have:

- a one litre bottle of water,
- a sandwich bag of trail mix, and
- a bird identification book.

You are wearing jeans, a t-shirt and a light jacket. The wind is picking up, and it looks like rain.

QUESTIONS

1. What is the first thing you should do?

2. Think about the consequences of staying where you are, or wandering through the woods. What are the pros and cons of each?

3. Consider the key elements of the survival pattern – first aid, fire, shelter, signals, and food and water. What is your plan?

4. What kind of things would you want to observe about your surroundings?

Unofficial convenience copy of A-CR-CCP-801/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-801-PF-001/A-CR-CCP-801-PF-001.pdf.
Verify against the official publication.

THIS PAGE INTENTIONALLY LEFT BLANK

Unofficial convenience copy of A-CR-CCP-801/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-801-PF-001/A-CR-CCP-801-PF-001.pdf.
Verify against the official publication.

Suggested Answers for Survival Scenario – Instructor Use Only

1. What is the first thing you should do? STOP.

2. Think about the consequences of staying where you are, or wandering through the woods. What are the pros and cons of each?

Staying		Walking	
Pros	**Cons**	**Pros**	**Cons**
Effective use of time to develop and implement effective survival pattern. Staying in one place makes you easier to find. Prevents you from going farther away from potential search parties. Familiar with the nearby surroundings.	There may be hazards with the current location. There may be little or no resources at the current location. There is no chance of finding your way to civilization if you do not leave. Boredom could develop.	Could find your way to civilization – if you know the direction to travel. Could find better site for setting up shelter and signals.	Get more lost. Move away from a location where people can find you. End up unprepared for nightfall. Wasting energy. Increase risk of injury. Inadequate clothing or shoes.

3. What kind of things would you want to observe about your surroundings?

- Physical dangers.
- Flooding hazards.
- Food and water sources.
- Location for shelter.
- Signs to help determine location.
- Evidence of animals.
- Fire resources.
- Shelter resources.

4. What is your plan?
First Aid. There are no injuries, so this is not a concern.
Build a fire. This is good for signalling and warmth in the short term.
Build a shelter. Stay dry in case it rains.
Signals. If there is an open area, lay ground-to-air signals. Build additional signal fires.
Water. Stay hydrated. Find additional water sources before the litre runs out.
Food. Ration the trail mix. Find additional sources of food.

Unofficial convenience copy of A-CR-CCP-801/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-801-PF-001/A-CR-CCP-801-PF-001.pdf.
Verify against the official publication.

THIS PAGE INTENTIONALLY LEFT BLANK

Unofficial convenience copy of A-CR-CCP-801/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-801-PF-001/A-CR-CCP-801-PF-001.pdf.
Verify against the official publication.