EO C121.02 – EXPLAIN THE EFFECTS OF COLD CLIMATE EXPOSURE

1. **Performance:** Explain the Effects of Cold Climate Exposure

2. **Conditions:**

   a. Given:

      (1) Supervision, and

      (2) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Classroom or training area large enough to accommodate the entire group.

3. **Standard:** The cadet shall participate in a discussion on:

   a. the types of cold,

   b. the effects of windchill, and

   c. the body's adjustment to the cold.

4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Identify the types of cold, to include: a. wet cold, and b. dry cold.	Interactive Lecture	5 min	A2-009 (p. 1-2)
TP2	Explain windchill and its related effects on the human body.	Interactive Lecture	10 min	A2-009 (pp. 1-2 to 1-6) C2-029
TP3	Discuss the basic rules of cold weather training that allow the body to adjust in cold conditions, to include: a. keeping in shape; b. proper hydration; c. eating to keep fit; and d. maintaining a healthy attitude.	Interactive Lecture	10 min	A2-009 (p. 1-7)

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5. **Time:**

a.	Introduction / Conclusion:	5 min
b.	Interactive Lecture:	25 min
c.	Total:	30 min

6. **Substantiation:** An interactive lecture was chosen to introduce the cadets to the effects of cold weather climate.

7. **References:**

   a. A2-009 A-CR-CCP-107/PT 002 DCdts. (1978). *Royal Canadian army cadets course training plan corps training program winter adventure training manual*. Ottawa, ON: The Department of National Defence.

   b. C2-029 The Green Lane. (2002, 2005). *Windchill*. Retrieved 25 May, 2006, from http://www.msc.ec.gc.ca/windchill.

8. **Training Aids:** Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area.

9. **Learning Aids:** Nil.

10. **Test Details:** Nil.

11. **Remarks:**

   a. This period may be conducted as a stand alone lesson or as pre-training to EO C121.05 (Participate in Cold Weather Training).

   b. This lesson is best delivered under the supervision of a cold weather instructor.

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