EO C121.03 – SELECT COLD WEATHER CLOTHING

1. **Performance:** Select Cold Weather Clothing

2. **Conditions:**

   a. Given:

      (1) Appropriate cold weather clothing,

      (2) Supervision, and

      (3) Assistance as required.

   b. Denied: Nil.

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

3. **Standard:** The cadet shall select cold weather clothing that:

   a. provides suitable insulation;

   b. consists of an appropriate base, insulating, and outer layer; and

   c. includes appropriate footwear.

4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain the principle of clothing design, to include: a. insulation; and b. layer method.	Interactive Lecture	10 min	A2-009 (p. 2-6) C2-037
TP2	Explain the principles related to the choice of footwear, to include: a. choice of appropriate sock materials / fibres; b. ensuring socks are loose, and in layers; c. avoiding restriction of circulation; d. changing socks and insoles as often as possible; e. drying wet footwear; f. ensuring footgear and feet are kept clean; and g. ensuring footgear fits properly to avoid chafing and blisters.	Interactive Lecture	5 min	A2-009 (p. 2-6)
TP3	Explain the principles for keeping warm in the cold, to include: a. maintaining clean clothing; b. avoiding becoming overheated; c. ensuring clothing is loose and layered; and d. keeping clothes dry.	Interactive Lecture	5 min	A2-009 (p. 2-7)

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TP	Description	Method	Time	Refs
TP4	Discuss maintaining body heat, to include: a. heat gain, to include: 1. muscular activity, and 2. metabolic activity, and b. heat loss, to include: 1. convection, 2. conduction, 3. evaporation, and 4. radiation.	Interactive Lecture	5 min	A2-009 (pp. 12-17) C2-031

5. **Time:**

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

6. **Substantiation:** An interactive lecture was chosen for this lesson to introduce the cadets to the selection of cold weather clothing.

7. **Reference:**

   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. C2-031 0-89886-024-5 Wilkerson, J., Bangs, C., & Hayward, J. (1986). *Hypothermia, frostbite and other cold injuries. Prevention, recognition and prehospital treatment*. Seattle WA: The Mountaineers.

   c. C2-037 Brookside Press. (2005). *Hygiene in the field*. Retrieved 25 May, 2006, from http://brooksidepress.org/Products/Operationalmedicine/DATA/operationalmed/Manuals/cold/TC213Chapter 6HygieneandFirstAid.htm

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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