EO C121.05 – PARTICIPATE IN COLD WEATHER TRAINING

1. **Performance:** Participate in Cold Weather Training

2. **Conditions:**

   a. Given:

      (1) Supervision, and

      (2) Assistance as required.

   b. Denied: Nil.

   c. Environment: Field setting, during an outdoor cold weather FTX.

3. **Standard:** The cadet shall participate in a cold weather activity, as outlined in A-CR-CCP-107/PT-002.

4. **Teaching Points:** Supervise the cadets' participation in cold weather training activities.

5. **Time:**

a.	Introduction / Conclusion:	10 min
b.	Experiential Learning:	530 min
c.	Total:	540 min

6. **Substantiation:** An experiential approach was chosen for this lesson as it allows the cadets to acquire new knowledge and skills through a direct experience. The cadets experience cold weather training and define that experience on a personal level. The cadets will be given the opportunity to reflect on and examine what they saw, felt and thought while participating in cold weather training and consider how it relates to what they already learned and experienced as well as how it will relate to future experiences.

7. **References:** 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.

8. **Training Aids:**

   a. Five-man arctic tent,

   b. Ground sheet,

   c. Arctic sleeping bag (complete),

   d. Sleeping pad,

   e. Rucksack,

   f. Jacket, extreme cold weather,

   g. Wind pants,

   h. Toque,

   i. Scarf,

   j. Mukluks,

   k. Mitts, arctic,

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l. Lantern, naphtha,

m. Two burner stove, naphtha,

n. Toboggan (complete),

o. Water jerry can, and

p. Water bottle

9. **Learning Aids**:Nil.

10. **Test Details:** N

11. **Remarks:**

a. A cold weather instructor, recognized by the applicable RCSU is required for the conduct of this EO.

b. Completion of EOs C121.02 (Explain the Effects of Cold Climate Exposure), C121.03 (Select Cold Weather Clothing), and C121.04 (Recognize the Effects of Cold Weather) is required prior to this EO.

c. No instruction guide will be provided for this activity.

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