ROYAL CANADIAN ARMY CADETS

GREEN STAR

INSTRUCTIONAL GUIDE

SECTION 4

EO C123.02 – EXPLAIN SNOWSHOE MARCH DISCIPLINE

Total Time: 30 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-701/PG-001, *Green Star 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.

PRE-LESSON ASSIGNMENT

Nil.

APPROACH

An interactive lecture was chosen for this lesson to introduce the cadets to snowshoe march discipline.

INTRODUCTION

REVIEW

Nil.

OBJECTIVES

By the end of this lesson the cadet shall be expected to explain the principles of march discipline.

IMPORTANCE

Cadets need to know how to adhere to the rules and principles of march discipline while participating in a march during winter training in order to remain comfortable, safe and effective during cold weather training.

Teaching point 1 **Explain points to consider before embarking on a winter hike.**

Time: 10 min Method: Interactive Lecture

POINTS TO CONSIDER BEFORE EMBARKING ON A WINTER HIKE

March discipline is the observance of the drills and precautions taken before, during, and after a march to ensure that a group of cadets arrives at a destination fully equipped, and capable of carrying out further

Unofficial convenience copy of A-CR-CCP-701/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PF-001/A-CR-CCP-701-PF-001.pdf.
Verify against the official publication.

training. It involves a number of things such as adequate march control, care of equipment, obedience to march instructions, proper conduct and performance of duty, suitable formations, suitable rate of march, correct distances and effective use of cover and concealment.

March discipline in the winter is basically the same as it is in warm weather, but severe cold and snow are factors that must be taken into consideration.

Dress. Dress should be as light as possible, and consistent with the weather. Choice of footwear will vary depending on the temperature. When temperatures are likely to go above the freezing point, a boot appropriate for wet-cold conditions should be worn instead of mukluks.

Hiking Route. Before the march begins, the route must be planned in detail. The easiest route, consistent with training required, should be chosen. Obstacles such as open water, rocky or hilly terrain, soft snow etc., should be avoided when possible. Route cards may be passed out to cadets. Cadets should be given the route in a briefing before the winter hike begins.

Trail Breakers. The purpose of trail breaking is to make the march of the main body as easy and quick as possible. It is a difficult and time-consuming job. Arrangements for a system of relief of tasks - or trading up of tasks - should be made in advance. The progress of trail breaking depends on such things as terrain, weather, snow conditions, vegetation, and physical condition of the trail breaking party.



Instructors and supervisors should be aware of any medical or physical conditions of their cadets that will require extra supervision or attention before beginning any hike or march.

CONFIRMATION OF TEACHING POINT 1

QUESTIONS

Q1. What is march discipline?

Q2. What kind of obstacles should be avoided while on a winter march?

Q3. What is the purpose of trailbreakers?

ANTICIPATED ANSWERS

A1. March discipline is the observance of the drills and precautions taken before, during, and after a march to ensure that a body of cadets arrives at a destination fully equipped, capable of carrying out further tasks.

A2. Obstacles such as open water, rocky or hilly terrain, and soft snow should be avoided on a winter march.

A3. The purpose of trail breaking is to make the march of the main body as easy and as fast as possible.

Teaching point 2 **Explain points to consider when on a winter hike.**

Time: 10 min Method: Interactive Lecture

REST PERIODS

There is a requirement for multiple rest stops while on any hike. This need is amplified by the special factors brought about by the cold.

Equipment and Clothing Checks. Ten to 15 min after the march begins, a rest must be taken to adjust equipment and clothing.

Unofficial convenience copy of A-CR-CCP-701/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PF-001/A-CR-CCP-701-PF-001.pdf.
Verify against the official publication.

Physical Breaks. Subsequent halts should be taken often but should be short, merely long enough to allow a short rest or change of duties, but not long enough to get chilled. Two to three minute breaks every 15 to 20 min should be taken.

Refreshments. Hot drinks should be prepared before the march, and taken in thermos bottles. Cadets should be encouraged to drink them during rest periods.

Frostbite Checks. These need to be carried out day and night. During the day, the “buddy” system should be used to check for frostbite during the march and during rests. At night, it is mostly the individual’s responsibility to check if there is no light. If there is an adequate light source, then the “buddy” system should be used as well.

Windbreaks. If hiking in the wind, rests can be taken and the backpack used as a windbreak. During long rests, windbreaks can be constructed by snow blocks, trees, etc.

MARCH FORMATIONS

These will vary and change depending on what the cadets are doing.

Single File. Normally during marches, the best formation to adopt is single file since it maintains track discipline, reduces the number of trailbreakers, and makes pulling a toboggan on a broken trail easier.

Parallel Columns. On firmly packed snow where there is no need to break a trail, you will probably find it better to travel in parallel columns as it lets you travel faster.

To keep a group together in single file it is a good policy to make each person responsible for the person directly behind them. This way a cadet stopping in the rear of the group will automatically stop the entire group.



Cadets should know that they should not wait until the next scheduled rest to inform a supervisor that they are extremely cold, sick, or that they may be injured.

CONFIRMATION OF TEACHING POINT 2

QUESTIONS

Q1. When should the first clothing and equipment check be made?

Q2. How long should physical breaks be?

Q3. What is the best system for checking for frostbite?

ANTICIPATED ANSWERS

A1. 15 to 20 min after the march begins.

A2. 2 to 3 min.

A3. The buddy system.

Unofficial convenience copy of A-CR-CCP-701/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PF-001/A-CR-CCP-701-PF-001.pdf.
Verify against the official publication.

Teaching point 3 **Explain considerations to take when finished a winter hike.**

Time: 5 min Method: Interactive Lecture

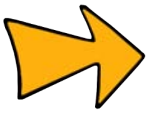
MEDICAL INSPECTIONS

When the march is completed and the destination is reached, march discipline must continue. Like the rest periods during the march, there are checks that should be done at the end.

Frostbite Checks. Checks for frostbite should be performed using the “buddy” system, first to all skin that is visible. An individual check should be done after to ensure that there is no frostbite in other parts of the body not visible to your buddy on the march.

Body Injuries. Instructors and supervisors will check the cadets for any injuries that may have occurred during the course of the march. These injuries include things such as blisters, sore feet, sprains, extreme fatigue, etc.

Cold and Flu Symptoms. Instructors and supervisors will check cadets to see if there are any cadets who have signs and symptoms of the cold and flu such as coughing, wheezing, sneezing, runny nose, congestion, etc.



Instructors and supervisors should physically check cadets’ feet, hands, etc., for frostbite and injuries because cadets do not always report sickness and injuries when they feel them.

CONFIRMATION OF TEACHING POINT 3

QUESTIONS

Q1. True or false: When the march is finished, march discipline is also finished?

Q2. What are some injuries that instructors should look for on cadets?

Q3. What are some of the signs and symptoms of a cold or flu that supervisors should look for?

ANTICIPATED ANSWERS

A1. No, even when the march is over, march discipline must continue.

A2. Blisters, sore feet, sprains, extreme fatigue, etc.

A3. Supervisors should look for coughing, wheezing, sneezing, runny nose, congestion, etc.

CONCLUSION

HOMEWORK/READING/PRACTICE

Nil.

METHOD OF EVALUATION

Instructors will confirm the cadets’ ability to adhere to march discipline while participating in a winter march.

Unofficial convenience copy of A-CR-CCP-701/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PF-001/A-CR-CCP-701-PF-001.pdf.
Verify against the official publication.

CLOSING STATEMENT

During winter field training, as with any cadet activity, safety is of paramount importance. Following pre-established rules for march discipline, and reacting to additional orders in a timely fashion, will allow for a more enjoyable, safer training experience for all.

INSTRUCTOR NOTES/REMARKS

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

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.

Unofficial convenience copy of A-CR-CCP-701/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PF-001/A-CR-CCP-701-PF-001.pdf.
Verify against the official publication.

THIS PAGE INTENTIONALLY LEFT BLANK

Unofficial convenience copy of A-CR-CCP-701/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PF-001/A-CR-CCP-701-PF-001.pdf.
Verify against the official publication.