EO C123.02 – EXPLAIN SNOWSHOE MARCH DISCIPLINE

1. **Performance:** Explain Snowshoe March Discipline
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 explain march discipline, to include:
   a. making adequate preparations before the march;
   b. recognizing and mitigating cold-related hazards;
   c. maintaining march formations; and
   d. participating in medical inspections during and following the march.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain points to consider when preparing to embark on a winter hike, to include: a. dress, b. hike route, and c. trail breaking.	Interactive Lecture	10 min	A2-009 (p. 2-6)
TP2	Explain points to consider when on a winter hike, to include: a. rest periods, to include: 1. equipment and clothing checks, 2. physical breaks, 3. refreshments, 4. frostbite checks, and 5. windbreaks; and b. march formations, to include: 1. single file, and 2. parallel columns.	Interactive Lecture	10 min	A2-009 (p. 4-12 - 4-13)

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Verify against the official publication.

TP	Description	Method	Time	Refs
TP3	Explain what should be taken into consideration when concluding a winter hike, to include conducting medical inspections for: a. frostbite buddy checks, b. body injuries, and c. cold and flu symptoms.	Interactive Lecture	5 min	A2-009 (p. 4-13)

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 snowshoe march discipline.

7. **References:** A2-009 A-CR-CCP-107/PT-002 Director Cadets. (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:** Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area.

9. **Learning Aids:** Nil.

10. **Test Details:** Nil.

11. **Remarks:** This lesson is best delivered under the supervision of a cold weather instructor.

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