EO C123.03 – PARTICIPATE IN A SNOWSHOEING HIKE

1. **Performance:** Participate in a Snowshoeing Hike

2. **Conditions:**

    a. Given:

        (1) Snowshoes,

        (2) Mukluks,

        (3) Supervision, and

        (4) Assistance as required.

    b. Denied: Nil.

    c. Environmental: Field setting, during daylight hours.

3. **Standard:** The cadet shall participate in a snowshoe hike.

4. **Teaching Points:** Supervise the cadets as they participate in a snowshoe hike, teaching the following points along the route:

    a. Discuss snow, to include:

        (1) conditions of temperature, to include:

            (a) sunlight, and

            (b) wind;

        (2) the three main characteristics of snow, to include:

            (a) carrying capacity,

            (b) sliding ability, and

            (c) holding ability; and

        (3) the four categories of snow, to include:

            (a) wet,

            (b) moist,

            (c) dry, and

            (d) new.

    b. Describe snowshoe components, to include:

        (1) frames, to include:

            (a) wood,

            (b) aluminum, and

            (c) plastic;

        (2) decking, and

        (3) bindings.

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c. Explain and demonstrate snowshoeing techniques, to include:

(1) walking forward;

(2) walking backwards;

(3) edging;

(4) traversing;

(5) going downhill; and

(6) using poles.

5. **Time:**

a.	Introduction / Conclusion:	10 min
b.	Experiential Learning:	150 min
c.	Total:	270 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 snowshoeing 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 snowshoeing and consider how it relates to what they already learned and experienced as well as how it will relate to future experiences.

7. **References:**

a. 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.

b. C2-013 0-8117-2928-1 Griffin, S. A. (1998). *Snowshoeing*. Mechanicsburg, PA: Stackpole Books.

8. **Training Aids:**

a. Mukluks, and

b. Snowshoes.

9. **Learning Aids:**

a. Snowshoes, and

b. Mukluks.

10. **Test Details:** Nil.

11. **Remarks:**

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

b. EO C123.02 (Explain Snowshoe March Discipline) shall be conducted prior to this lesson.

c. The route chosen for the march should cover different types of terrain, allowing the cadets a full snowshoeing experience, and simulating most conditions found in the field.

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