EO C311.02 – PARTICIPATE IN A RECREATIONAL SUMMER BIATHLON ACTIVITY

1. **Performance.** Participate in a Recreational Summer Biathlon Activity.

2. **Conditions**

   a. Given:

      (1) Cadet air rifle,

      (2) Safety glasses/goggles,

      (3) Shooting mat,

      (4) Air rifle pellets,

      (5) Container to hold pellets,

      (6) Biathlon air rifle target (BART),

      (7) Supervision, and

      (8) Assistance as required.

   b. Denied: N/A.

   c. Environmental:

      (1) Air rifle range constructed IAW A-CR-CCP-177/PT-001, Part 1, Section 8, and

      (2) Running route of approximately 1000 m.

3. **Standard.** The cadet shall participate in a recreational summer biathlon activity, to include:

   a. running a route of approximately 1000 m;

   b. firing five to eight rounds in an effort to knock down all five targets of the BART;

   c. running a second route of approximately 1000 m;

   d. firing five to eight rounds in an effort to knock down all five targets of the BART;

   e. running a third route of approximately 1000 m; and

   f. finishing the race.

4. **Teaching Points**

   a. Explain the components of a recreational summer biathlon activity, to include:

      (1) composition,

      (2) course layout,

      (3) rules and regulations,

      (4) scoring,

      (5) penalties, and

      (6) out of bounds areas.

   b. Conduct a warm-up session composed of light cardiovascular exercises.

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c. Conduct a recreational summer biathlon activity IAW paragraph 3.

d. Conduct a cool-down session composed of light cardiovascular exercises.

5. **Time**

a.	Introduction/Conclusion:	10 min
b.	Practical Activity:	170 min
c.	Total:	180 min

6. **Substantiation.** A practical activity was chosen for this lesson as it is an interactive way for the cadets to participate in recreational summer biathlon. This activity contributes to the development of biathlon skills and knowledge, and promotes physical fitness in a fun and challenging setting.

7. **References**

a. A0-027 A-CR-CCP-177/PT-001 Director Cadets 3. (2001). *Cadet Marksmanship Program: Reference Manual*. Ottawa, ON: Department of National Defence.

b. A0-036 Cadets Canada. (n.d.). *Canadian Cadet Movement: Biathlon Championship Series*. Ottawa, ON: Department of National Defence.

c. A0-098 Director Cadets 4. (2007). CATO 14-42, *Biathlon Common Program*. Ottawa, ON: Department of National Defence.

d. C0-002 (ISBN 0-88962-630-8) LeBlanc, J., & Dickson, L. (1997). *Straight Talk About Children and Sport: Advice for Parents, Coaches, and Teachers*. Oakville, ON: Mosaic Press.

e. C0-089 (ISBN 0-936070-22-6) Anderson, B. (2000). *Stretching: 20th Anniversary* (Rev. ed.). Bolinas, CA: Shelter Publications, Inc.

8. **Training Aids**

a. Cadet air rifle,

b. Safety glasses/goggles,

c. Shooting mat,

d. Biathlon scoresheets,

e. Course control sheets,

f. Range recording sheets,

g. Air rifle pellets,

h. Container to hold pellets,

i. BART,

j. Notice board, and

k. Stopwatches.

9. **Learning Aids**

a. Cadet air rifle,

b. Cadet air rifle slings,

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c. Safety glasses/goggles,

d. Shooting mat,

e. Air rifle pellets,

f. Container to hold pellets, and

g. BART.

10. **Test Details.** N/A.

11. **Remarks.** EO C311.01 (Practice Aiming and Firing the Cadet Air Rifle Following Physical Activity) shall be taught prior to conducting this activity.

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