ROYAL CANADIAN ARMY CADETS

GREEN STAR

INSTRUCTIONAL GUIDE

SECTION 9

EO M121.09 – FOLLOW CAMP ROUTINE

Total Time: 60 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

A practical activity was chosen for TP 1 as it is an interactive way to allow cadets to learn about bivouac site layout and components in a safe and controlled environment.

A demonstration and performance was chosen for TP 2 as is allows the instructor to demonstrate and explain hygiene in the field while providing an opportunity for the cadets to practice (during the FTX) the skill under supervision.

INTRODUCTION

REVIEW

Nil.

OBJECTIVES

By the end of this lesson the cadet shall be expected to follow camp routine, recognize the components of a bivouac site and carry out personal hygiene in the field.

IMPORTANCE

Cadets will be required to take part in numerous exercises. It is imperative they understand a bivouac's layout, and how maintaining hygiene is a task all cadets will be expected to perform.

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Teaching point 1 **Conduct a guided tour of a bivouac site describing the layout of each component.**

Time: 20 min Method: Practical Activity

COMPONENTS OF A BIVOUAC SITE



This teaching point is to be covered in the field following the set-up of the bivouac site in the form of an activity, detailed at the end of this teaching point.

LAYOUT OF A BIVOUAC

Elements of the bivouac should include:

Element	Description
• Headquarters	• Location of OIC, communication centre.
• First aid station	• Central point containing first aid kit, stretcher etc.
• Supply	• Staffed by supply officer/company quartermaster sergeant. All stores not in use to be held here.
• Toilets	• Portable toilets or approved hand dug latrines.
• Wash station	• Established area for washing/ablutions. May have one for males and another for females.
• Mess/eating area	• Central point for all foods to be consumed. Assists in the control of waste and garbage, especially in areas with high animal activity.
• Fire pit	• A safe, vegetation free area to be used by group. Should be away from sleeping area, preventing incidents related to sparks/fire.
• Fire point	• A centrally located, accessible point housing the firefighting equipment.
• In/out route for safety vehicle	• Established routes to control vehicle traffic. This helps make the site safe from vehicle traffic, and prevents undue wear and tear on the environment.
• Vehicle parking area	• Clearly identified area for parking of exercise support vehicles. This area should be equipped with drip pans, to be placed under the engine of the vehicle.
• Drinking water point	• Location for storage/drawing of drinking water.
• Petroleum, Oils, Lubricants (POL) point	• Clearly marked storage area for fuels.

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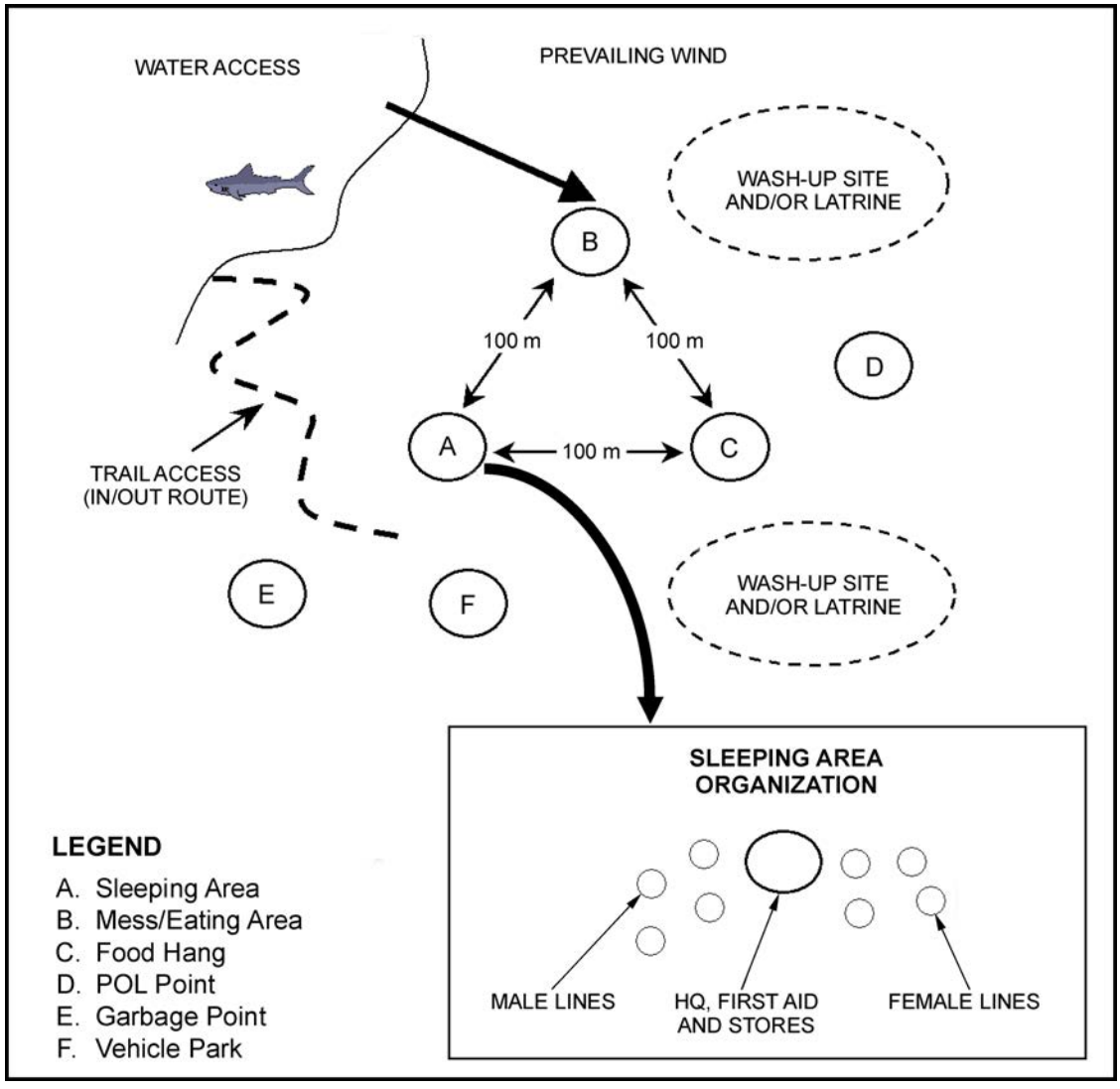
Element	Description
• Female/male quarters	• Sleeping areas.
• Garbage point	• Central point for collection/storage of garbage.

Once listed aspects of the bivouac site have been discussed, the cadets will tour the site with the instructor who will describe the layout of each component and explain why they are located where they are. A tie back to discuss “Leave no Trace” principles from EO M121.08 (Section 8) can also enhance this tour.



Army cadet reference hand book

Figure 1 Sample Bivouac Site

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ACTIVITY

Time: 20 min

OBJECTIVE

Familiarize cadets with the components and layout of a bivouac site.

RESOURCES

Bivouac site components:

- Sleeping area.
- Mess/eating area.
- Food hang (If applicable).
- HQ, first aid and stores.
- Male lines.
- Female lines.
- POL point.
- Garbage point (animal-proof).

ACTIVITY LAYOUT

- This activity should take place after senior cadets have set up the bivouac site. The site components must be clearly labelled for the green star cadets.
- Prior to the tour the instructor shall take a moment and review with the cadets what they will see throughout the tour.
- In a fluid rotation, guide cadets through the bivouac site, giving explanations for each component of the site and its purpose.
- Twenty minutes are allotted for this guided tour. Be sure at the end of the tour to question cadets on the bivouac site components.

SAFETY

This is a supervised lesson. It is strongly recommended that additional staff accompany cadets throughout the tour.

INSTRUCTOR GUIDELINES

The instructor will be responsible to supervise the cadets, while explaining each component of the bivouac, during the guided tour. Attention should also be paid to opportunities to tie back to leave no trace principles from EO M121.08 (Section 8).

CONFIRMATION OF TEACHING POINT 1

The tour shall serve as the confirmation.

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Teaching point 2 **Explain, and demonstrate where practical, how to carry out personal hygiene in field.**

Time: 30 min Method: Demonstration and Performance



The following points are provided as background information for the instructor to use in the conduct of the activity for this teaching point.

HYGIENE

A high standard of personal hygiene is important in the field, as it protects against illness and promotes good health. Clothing and equipment, as well as the body, must stay clean and dry. Change clothes, especially socks and undergarments, regularly. Avoid soaps or shampoos with perfumes or strong odours; such scents will attract animals and insects. Good personal hygiene not only makes a person feel better, but peers will appreciate it too!

- **Washing.** Shall be conducted daily ideally using clean water or snow. Wash hands carefully with water and soap after dirty work, going to the washroom, and before cooking or eating. When water or privacy is restricted, wash at least the areas of the body that sweat the most: face, neck, feet, armpits and groin (Moist wipes are a quick and useful tool for cleaning the body in the field).
- **Hair.** Keep hair neat and wash with soap or shampoo at least once a week.
- **Teeth.** Brush teeth and use floss at least twice a day. Table salt or baking soda can be used as substitutes to toothpaste. If you do not have a toothbrush chewing a green twig to a pulpy consistency will work, as will rubbing the teeth with a piece of gauze. Rinse your mouth after each meal.
- **Feet.** Use foot powder on the feet, and body powder on the groin, to help avoid chafing in warm weather. Petroleum jelly will also help protect from chafing, especially in sensitive areas.
- **Regular Bowel Movements.** It is very important to go to the washroom regularly. Daily bowel movements will keep the system working properly. A change in activity and diet will often put extra stress on the digestive system, so maintain a healthy diet and drink plenty of fluids. Never try to “hold it” when it is necessary to go, especially at night, as a person will lose sleep and become uncomfortable.
- **Treating Injuries.** (Minor cuts, infections, and bruises). Even minor injuries are potentially serious if they become infected. Carefully treat every cut, sprain or bruise.
- **Shaving.** Where practical, cadets should shave daily. Because essential oils are stripped from the skin during shaving, in a cold climate, this is best performed prior to going to bed.

ACTIVITY

Time: 30 min

OBJECTIVE

Discuss and demonstrate to the cadets, the importance of hygiene in the field.

RESOURCES

Complete hygiene kit.

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ACTIVITY LAYOUT

- For this activity the instructor will require a hygiene kit and, if possible, a hygiene station where all items inside the hygiene kit can be laid out and presented for all cadets to view.
- The goal will be to explain and demonstrate how to maintain personal hygiene in the field. Where practical, demonstrations could be examples or acts of the actual method.
- If time permits, have cadets brush their teeth and check their feet during the activity.

SAFETY

This is a supervised activity.

INSTRUCTOR GUIDELINES

The instructor will be responsible for the conduct of the cadets.

CONFIRMATION OF TEACHING POINT 2

QUESTIONS

Q1. How often should a person wash their hair when in the field?

Q2. What can substitute for toothpaste?

ANTICIPATED ANSWERS

A1. At least once a week.

A2. Salt or baking soda.

END OF LESSON CONFIRMATION

Confirmation of this lesson will take place during the activities and throughout the FTX, with the instructor providing advice and making corrections as necessary.

CONCLUSION

HOMEWORK/READING/PRACTICE

Cadets are required to maintain good personal hygiene while on an FTX, and should ensure that proper hygiene is carried out prior to going to bed each night.

METHOD OF EVALUATION

Nil.

CLOSING STATEMENT

Outdoor activities are an important component of the Army Cadet Program. For many cadets the outdoors are an environment that is foreign to them, and their bodies may not be accustomed to dealing with the various natural contaminants found in the outdoors. One way for cadets to protect themselves from injuries and sickness is to maintain a proper daily hygiene routine. Maintaining proper hygiene will not only make the individual cadet feel better, it will make their entire group happier.

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INSTRUCTOR NOTES/REMARKS

This lesson shall be delivered during the bivouac FTX.

REFERENCES

C2-004 (ISBN 1-896713-00-9) Tawrell, P. (1996). *Camping and Wilderness Survival: The Ultimate Outdoors Book.* Green Valley, ON: Paul Tawrell.

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