EO M121.09 – FOLLOW CAMP ROUTINE

1. **Performance:** Follow Camp Routine

2. **Conditions:**

   a. Given:

      (1) Supervision; and

      (2) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Field setting, during a bivouac FTX.

3. **Standard:** The cadet shall follow camp routine and maintain camp discipline, to include:

   a. practicing ablutions in designated areas;

   b. limiting food to designated mess / eating areas and properly disposing of garbage;

   c. practicing safe behaviour around the fire pit;

   d. drinking only water provided at drinking water points;

   e. safely storing petroleum, oil, and lubricants at the POL point;

   f. staying out of the opposite genders' quarters area; and

   g. Employing basic risk management skills.

   h. participating in daily group and individual reflections.

4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Conduct a guided tour of the bivouac site describing the layout of each component and explaining their location, to include: a. headquarters (HQ) and supply, b. first aid station, c. toilets, d. wash station, e. eating area, f. fire pit, if any, g. fire point, h. form-up area, i. in / out route for safety vehicle, j. vehicle parking area, k. drinking water point, l. POL point,	Practical Activity	20 min	

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TP	Description	Method	Time	Refs
	m. female / male quarters, and n. garbage point.			
TP2	Explain, and demonstrate where practical, how to carry out personal hygiene in the field, to include: a. daily washing, b. hygiene before meals, c. hair, d. teeth, e. feet, f. regular bowel movements, and g. treating injuries (minor cuts infections and bruises).	Demonstration and Performance	30 min	C2-004 (p. 6)

5. **Time:**

a.	Introduction / Conclusion:	10 min
b.	Practical Activity:	20 min
c.	Demonstration and Performance:	30 min
d.	Total:	60 min

6. **Substantiation:**

   a. 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.

   b. 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.

7. **Reference:** C2-004 1-896713-00-9 Tawrell, P. (1996). *Camping and wilderness survival: The ultimate outdoors book*. Green Valley, ON: Paul Tawrell.

8. **Training Aids:**

   a. Bivouac site, and

   b. Suitable wash kit.

9. **Learning Aids:** Wash kit.

10. **Test Details:** Nil.

11. **Remarks:** This lesson shall be delivered during the bivouac FTX. Cadets will be able to use knowledge gained to employ basic risk management skills while in the outdoors.

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