ROYAL CANADIAN ARMY CADETS

RED STAR

INSTRUCTIONAL GUIDE

SECTION 1

EO M221.01 – PERFORM THE DUTIES OF A SECTION MEMBER IN THE FIELD

Total Time: 30 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-702/PG-001, 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

N/A.

APPROACH

An interactive lecture was chosen for this lesson to give direction on procedures to take as a section member on a weekend bivouac FTX.

INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet shall be expected to perform the duties of a section member in the field.

IMPORTANCE

It is important for cadets to know their role as a section member in a field environment. On a weekend bivouac FTX, section members will be given small leadership roles within their peer groups to assist with common duties such as setting up the bivouac site, maintaining safety and assisting other cadets.

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Teaching point 1 **Discuss Environmental Considerations When Setting up a Bivouac Site**

Time: 5 min Method: Interactive Lecture



Discuss the listed risks to consider in the field when setting up a bivouac site.

ENVIRONMENTAL CONSIDERATIONS

Fallen Trees/branches. Fallen trees/branches will minimize building effort when setting up a bivouac site. These trees and branches can be used for many components of the site. Fallen trees can mark boundaries, hold signs, and help weatherproof a site. However, care must be taken as cadets can easily trip over fallen trees/branches. A sharp branch can also cause damage to equipment such as tents and ground sheets. Tent sites should not be set up where fallen trees are present.

Dead Trees. Areas with dead trees should be avoided. These trees can easily fall during high winds and storms. Look closely for any branches that may fall. Dead trees lack strength and therefore should not be relied on in bivouac building efforts.

Poisonous Plants. Always look for poisonous plants prior to setting up a bivouac site. Common poisonous plants such as poison ivy, poison sumac and poison oak were identified in EO M121.05 (Recognize Environmental Hazards). Contact with poisonous plants causes severe itching of the skin, red inflammation and blistering. Contact should be avoided.

INSECT RISKS

Beehives and Hornet's Nests. In the field, beehives and hornet nests can be found in trees, shrubs and even in the ground. When nests are disturbed, bees and hornets will get defensive and sting. Always look for beehives and hornet's nests before setting up a site. A good sign that a hive or nest is nearby is when a large number of bees or hornets are flying around.



Tawrell, P., Camping and Wilderness Survival, Leonard Paul Tawrell (p. 898)

Figure 1 Hornet's Nest

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Ant Hills. Once disturbed, ant hills can become a big nuisance. Check the ground for ant hills prior to setting up a bivouac site.



Tawrell, P., Camping and Wilderness Survival, Leonard Paul Tawrell (p. 898)

Figure 2 Ant Hill

ANIMAL RISKS

Small Trails. It is fairly common to see animals on small trails when in the field. When setting up a bivouac site, ensure that the site does not fall at the end of a trail. This could lead to an unexpected visit from animals. Small trails may lead to dens and watering holes.

Dens. Prior to setting up a bivouac site, look for any areas that may be near animal dens. A group of cadets could easily disturb resting animals. A den may be found on a trail or at the end of a trail in the field.

Watering Holes. Just like humans, animals need water. Bivouac sites should be near water; however, not too close. Sites should be set up approximately 60 m from water. When in the field, water sources can become contaminated very easily. Soap and feces are two of the most common sources. Distancing the bivouac site is also an important step to ensure that contaminants do not pollute the water.

CONFIRMATION OF TEACHING POINT 1

QUESTIONS

Q1. What are some common environmental risks to consider when selecting a bivouac site?

Q2. In the field, where are beehives and hornet nests usually found?

Q3. What are some indications that animals may be close by?

ANTICIPATED ANSWERS

A1. Fallen trees/branches, dead trees, and poisonous plants.

A2. Beehives and hornet’s nests can be found in trees, shrubs and even in the ground.

A3. Small trails, dens and watering holes.

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Teaching point 2 **Discuss Maintaining a Safe Site**

Time: 8 min Method: Interactive Lecture



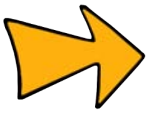
A well organized and clean bivouac site is especially important with respect to safety, particularly if the weather gets bad or if there is an emergency.

Discuss some of the simple steps that section members can follow to help ensure a safe site is maintained when in the field.

DISTANCE BETWEEN SHELTERS

There may be many cadets in the field at any given time. It is important that shelters are spread out through both the male and female lines. Shelters should be spaced at least two metres apart. Where guy lines exist, there must be adequate space between shelters so that cadets can easily walk without stepping over lines.

By spacing shelters a small distance, cadets are provided with privacy, while still being able to easily communicate.



When night falls, shelters may be hard to see. When shelters are close together there is a greater chance of having an accident, such as tripping over guy lines.

MARKING THE BIVOUAC LAYOUT



Red Star cadets may be expected to assist in the set-up of a bivouac site.

Bivouac layout was discussed in EO M121.09 (Follow Camp Routine). Clearly marking these components is a great way to make sure everyone knows where they are.

Components of a bivouac site are:

- headquarters;
- first aid point;
- supply;
- toilets;
- wash station;
- mess/eating area;
- fire pit;
- fire point;
- in/out route for the safety vehicle;
- form-up area;

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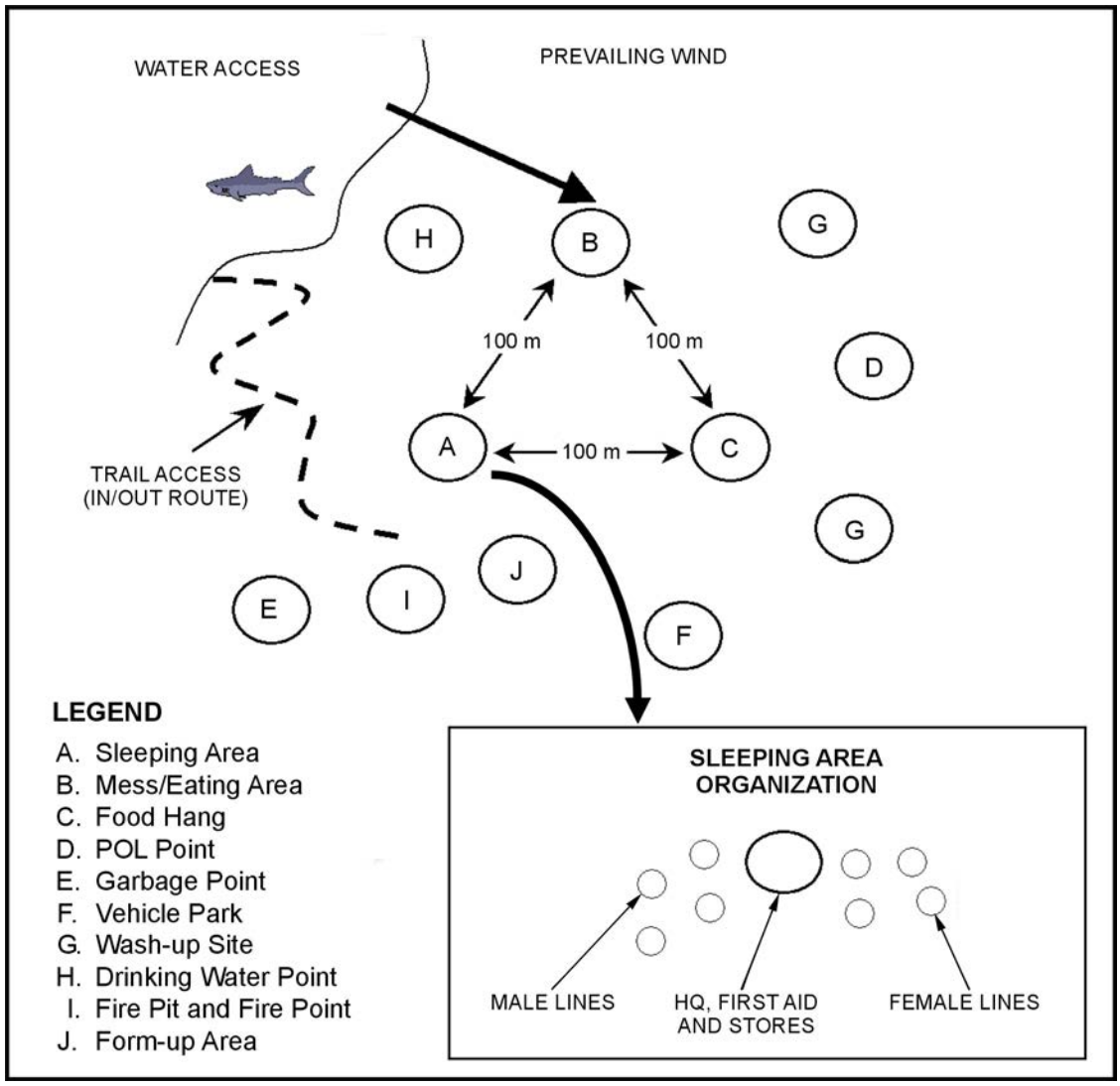
- food hang;
- vehicle parking area;
- drinking water point;
- petroleum, oils, and lubricants (POL) point;
- female/male quarters; and
- garbage point.

The following figure is a sample bivouac site.



D Cdts 3, 2007, Ottawa ON: Department of National Defence

Figure 3 Sample Bivouac Site

Areas that will be used after dark should be lit using glow sticks, lanterns or flashlights.

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FIRE PROCEDURES



Upon arrival to a bivouac site, fire procedures will be explained in the safety briefing. It is extremely important that all cadets know and understand the cadet corps' fire procedures.

The fire pit, cooking area, POL point and supply are the areas with the highest risk of fire. All cadets must know where they are located along with actions to take if a fire occurs.

Fire procedures will differ depending on the location of the weekend bivouac FTX. For example, if the bivouac area is in a recognized park, the cadet corps must follow the park's fire procedures. If the bivouac area is on private property, the cadet corps will be expected to follow their established fire procedures.

ASSIST OTHER CADETS



Section members are naturally given leadership opportunities. Assisting other cadets is a key step in the development of leadership in the field.

Though Red Star cadets will not be given an abundance of opportunities to supervise others, there are some basic aspects of field training in which they can assist.

Supervision ensures **safety**. When tasks are being completed, an effective team will work together and assist each other.

Though Red Star cadets are not expected to supervise, as a section member in the field, they can assist their peers and the Green Star cadets in following camp routine.

Section members can assist by:

- setting up the components of the bivouac site;
- ensuring that all cadets know the bivouac layout;
- making sure that all drinking water is coming from drinking water points;
- storing and disposing of all garbage properly; and
- practicing safe behaviour individually and as a group.

CONFIRMATION OF TEACHING POINT 2

QUESTIONS

Q1. What points should be considered in order to maintain a safe site?

Q2. What components of a bivouac site have the highest risk of fire?

Q3. What is the purpose of supervision?

ANTICIPATED ANSWERS

A1. Shelters should have approximately two metres between them; bivouac components should be clearly marked; everyone should know the applicable fire procedures; and all cadets should be supervised and assisted whenever possible.

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A2. The fire pit, cooking area, POL point and supply area.

A3. The purpose of supervision is safety.

Teaching point 3 **Discuss the Importance of Individual and Group Hygiene**

Time: 7 min Method: Interactive Lecture



By elaborating on the importance of these points, the cadets will begin to understand their role as a section member with the cadet corps. Individual and group hygiene are very important in the field. The cadets can positively influence younger cadets by setting a good example.

CHANGE CLOTHES REGULARLY

It is important to keep all clothing, especially underclothing and socks, as clean and dry as possible. Clothing, as well as the body, must stay clean and dry. Keeping clothes clean will lessen the chances of exposure to rashes and infections. Change clothes, especially socks and undergarments, regularly.

PROPERLY DISPOSE OF WASTE WATER

There will always be a quantity of waste water from personal bathing and cooking in the field.

Follow these steps to properly dispose of waste water.

1. Collect all large particles with a food strainer or cloth and place in the garbage.
2. Place the remaining waste water in a container.
3. Dig a small hole at least 60 m away from any water source.
4. Pour the waste water in the hole.
5. Fill in the hole with natural materials.

WASH REGULARLY

In order to minimize the spread of diseases, hand washing should be enforced when in the field. There are two common approaches to hand washing – hand sanitizers and soap and water.

It is important to always keep the hands clean. Having hand sanitizer is very convenient. When hand sanitizer is not available, use soap and water. Remember to dispose of all waste water.

Washing the body is very important and should be done daily. Pay special attention to areas of the body that are susceptible to rash and fungus infection (the scalp, the crotch, and between the toes).

USE DESIGNATED ABLUTION SITES

Outhouses and chemical toilets should be utilized whenever possible.

Disposing of waste must be done using good judgement and common sense. In an emergency:

- Always urinate at least 60 m away from trails and water sources. Urine will leave a smell and will attract animals once it evaporates.
- Feces can create a significant impact on the environment. Feces can contaminate water sources, spread disease, and affect others both visually and by smell.

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Human waste should be deposited in cat holes dug 16 to 20 cm deep and at least 60 m away from water sources, camps and trails. Mix feces with some soil, using a small stick. Cover and disguise the cat hole when finished. Toilet paper should be packed out.

TREAT INJURIES AS SOON AS THEY OCCUR



Serious injuries should be immediately treated by a qualified first aider.

It is relatively easy for minor wounds to occur in a field setting. Injuries have the potential to become infected and it is important to know what to do as soon as these injuries occur.

On the spot treatment for injuries depends on the injury itself, knowledge and training of the people involved, medical materials present, the environment, correct diagnosis of the problem, and the ability to work under strained conditions.

Minor injuries are discussed further in EO M221.04 (Perform Basic First Aid).

CONFIRMATION OF TEACHING POINT 3

QUESTIONS

Q1. Why is it important to keep clothes clean?

Q2. What are the steps to properly dispose of waste water?

Q3. How can one minimize the spread of diseases?

ANTICIPATED ANSWERS

A1. Keeping clothes clean will lessen the chances of rashes and infections.

A2. Follow these steps to properly dispose of waste water.

(1) Collect all large particles with a food strainer or cloth and place in the garbage.

(2) Place the remaining waste water in a container.

(3) Dig a small hole at least 60 m away from any water source.

(4) Pour the waste water in the hole.

(5) Fill in the hole with natural materials.

A3. Wash hands regularly.

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Teaching point 4 **Discuss Receiving, Caring for, and Returning Equipment**

Time: 5 min Method: Interactive Lecture



Cadets must know the importance of taking care of equipment. When equipment is not properly taken care of, performance is compromised and life of the equipment becomes shorter.

Stress the impact and importance of the following points.

RECEIVING, CARING FOR, AND RETURNING EQUIPMENT

Section equipment is normally stored either within the section or by the quartermaster when in the field. Section equipment, also referred to as stores, includes stoves, lanterns, pot sets, tents, water containers, etc.

When drawing stores, the following points shall be kept in mind:

- Equipment should be signed out only through the designated quartermaster (the designated quartermaster may be a section commander or supply officer).
- Equipment shall always be kept clean when not in use.
- Equipment shall be secured and stored when not in use. The performance of equipment is a vital part of a successful weekend bivouac FTX. Improper securing and storing contributes to loss of durability and a shorter life of the equipment.
- Any equipment loss/damage shall be reported to the designated quartermaster as soon as it occurs or is noticed.
- Equipment shall be returned to the designated quartermaster.

CONFIRMATION OF TEACHING POINT 4

QUESTIONS

Q1. Why should equipment be secured when not in use?

Q2. Who signs in/out equipment?

Q3. When should equipment loss/damage be reported?

ANTICIPATED ANSWERS

A1. The performance of equipment is a vital part of a successful weekend bivouac FTX. Improper securing and storing contributes to loss of durability and a shorter life of the equipment.

A2. Equipment is signed in/out through the designated quartermaster.

A3. Equipment loss/damage should be reported as soon as it occurs or is noticed.

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END OF LESSON CONFIRMATION

QUESTIONS

Q1. What types of risks should be considered when setting up a bivouac site?

Q2. How can section members supervise and assist other cadets in following camp routine?

Q3. How can one minimize the spread of diseases?

ANTICIPATED ANSWERS

A1. Environmental, insect and animal.

A2. Section members can supervise and assist by:

- ensuring that all cadets know the bivouac layout;
- making sure that all drinking water is coming from drinking water points;
- storing and disposing of all garbage; and
- practicing safe behaviour individually and as a group.

A3. Wash hands regularly.

CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

As section members, the cadets are expected to assist with common duties. It is important to know what is expected of a section member so that every section member knows their place in the cadet corps while on a weekend bivouac FTX.

INSTRUCTOR NOTES/REMARKS

N/A.

REFERENCES

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