EO M222.04 – DETERMINE DISTANCE ALONG A ROUTE

1. **Performance**: Determine Distance Along a Route

2. **Conditions**:

   a. Given:

      (1) topographical map;

      (2) supervision; and

      (3) assistance as required.

   b. Denied: N/A.

   c. Environmental: Field setting during daylight hours, during a navigation/trekking FTX.

3. **Standard**: In accordance with specified references, the cadet shall determine distance along a route, to include:

   a. determining distance on a map;

   b. determining distance using individual pacing; and

   c. identifying factors that affect pacing.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Explain and demonstrate methods of determining distance on a map, to include: a. measuring point to point; and b. measuring along a route between two points.	Demonstration and Performance	25 min	A2-041 (p. 16 and 18) C2-041 (p. 50)
TP2	Explain, demonstrate and have cadets practice determining distance using the pace counting method.	Demonstration and Performance	40 min	C2-041 (p. 106) C0-011 (pp. 19 to 21)
TP3	Discuss factors that affect pacing, to include: a. topography; b. slopes; c. fatigue; d. equipment; and e. weather.	Interactive Lecture	15 min	C2-045 (pp. 52 and 53)

5. **Time**:

   a. Introduction / Conclusion: 10 min

   b. Demonstration and Performance: 65 min

   c. Interactive Lecture: 15 min

   d. Total: 90 min (FIELD)

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6. **Substantiation**:

   a. Demonstration and performance was chosen for TP1 and TP2 as it allows the instructor to explain and demonstrate determining distance along a route while providing an opportunity for the cadets to practice these skills under supervision.

   b. An interactive lecture was chosen for TP3 to clarify and emphasize the limitations of individual pacing.

7. **References**:

   a. A2-041 B-GL-382-005/PT-001 Canadian Forces. (2006). *Maps, Field Sketching, Compasses and the Global Positioning System*. Ottawa, ON: Department of National Defence.

   b. C0-011 Canadian Orienteering Federation. (1985). *Orienteering Level Two Coaching Certification*. Ottawa, ON: Canadian Orienteering Federation.

   c. C2-041 (ISBN 0-07-136110-3) Seidman, D. and Cleveland, P. (1995). *The Essential Wilderness Navigator*. Camden, ME: Ragged Mountain Press.

   d. C2-045 (ISBN 1-4018-0961-8) Ford, H. L. (2003). *Landscape Surveying*. Florence, KY: Thomson Delmar Learning.

8. **Training Aids**:

   a. topographical map;

   b. measuring tape; and

   c. paper.

9. **Learning Aids**:

   a. Topographical map;

   b. Paper; and

   c. Pencil.

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

11. **Remarks**: N/A.

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