EO M223.03 – PARTICIPATE IN A DISCUSSION ON CROSSING OBSTACLES WHILE TREKKING

1. **Performance**: Participate in a Discussion on Crossing Obstacles While Trekking

2. **Conditions**:

   a. Given:

      (1) supervision; and

      (2) assistance as required.

   b. Denied: N/A.

   c. Environmental: Suitable classroom facilities or training area large enough to accommodate the entire group.

3. **Standard**: In accordance with specified references, the cadet shall participate in a discussion on employing safe techniques to cross natural obstacles, to include:

   a. using trekking poles;

   b. scrambling;

   c. boulder hopping;

   d. traversing, climbing and descending a scree; and

   e. crossing water, snow and ice.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Discuss the following: a. identifying types of poles and sticks; b. identifying the criteria for choosing poles, to include: 1. telescopic adjustment; 2. grips; 3. an anti-shock system; 4. baskets; and 5. tips; and c. using trekking poles, to include: 1. trekking uphill; and 2. trekking downhill.	Interactive Lecture	15 min	C0-078 C0-145 C2-042 (p. 160) C2-042 (p. 98) C2-051 (p. 80)
TP2	Explain scrambling.	Interactive Lecture	5 min	C2-042 (p. 161)
TP3	Explain boulder hopping.	Interactive Lecture	5 min	C2-042 (p. 162)

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TP	Description	Method	Time	Refs
TP4	Explain the methods to cross a scree, to include: a. traversing a scree; b. climbing on a scree; and c. descending on a scree.	Interactive Lecture	15 min	C2-042 (p. 163) C2-051 (pp. 81-82) C0-111 (p. 241)
TP5	Explain crossing water obstacles, to include: a. rivers, to include: 1. choosing a place to cross; 2. identifying the best time to cross; 3. wading across a river; 4. hopping; and 5. crossing using a wooden bridge and ropes; and b. waterlogged ground, to include: 1. using natural hard spots; and 2. using trails; and c. crossing snow and ice, to include: 1. reading the snow for a safe route; 2. ascending on snow; and 3. crossing frozen water.	Interactive Lecture	10 min	C2-042 (pp. 164 to 169) C0-111 (p. 243)

5. **Time**:

a.	Introduction / Conclusion:	10 min
b.	Interactive Lecture:	50 min
c.	Total:	60 min

6. **Substantiation**: An interactive lecture was chosen for this lesson to introduce safe techniques to cross natural obstacles, give direction on procedures and illustrate the application of the concepts.

7. **References**:

a. C0-078 Mountain Equipment Co-op. (2007). *Learn Packs and Poles*. Retrieved 28 February 2007, from http://www.mec.ca.

b. C0-111 (ISBN 978-0-9740820-2-8) Tawrell, P. (2006). *Camping and Wilderness Survival: The Ultimate Outdoors Book* (2nd ed.). Lebanon, NH: Leonard Paul Tawrell.

c. C0-145 OutdoorPlaces.com. (2004). *Buying Guides, Trekking Poles*. Retrieved 17 April 2007, from http://www.outdoorplaces.com/gear/buying_guide.htm.

d. C2-042 (ISBN 0-7566-0946-1) Berger, K. (2005). *Backpacking & Hiking*. New York, NY: DK Publishing, Inc.

e. C2-051 (ISBN 978-0-7153-2254-3) Bagshaw, C. (Ed.). (2006). *The Ultimate Hiking Skills Manual*. Cincinnati, OH: David & Charles.

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8. **Training Aids**: Presentation aids (eg, whiteboard/flipchart/OHP) appropriate for the classroom/training area.

9. **Learning Aids**: N/A.

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

11. **Remarks**: The cadets shall participate in a confirmation activity for this EO during the Navigation/Trekking FTX.

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