EO M224.01 – DESCRIBE IMMEDIATE ACTIONS TO TAKE WHEN LOST

1. **Performance**: Describe Immediate Actions to Take When Lost

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 describe the actions to take when lost, to include:

   a. sitting, thinking, observing, and planning;

   b. controlling fear and panic; and

   c. discussing the five elements of survival.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Introduce the acronym S.T.O.P. as the action to take when lost as: a. sitting; b. thinking; c. observing; and d. planning.	Interactive Lecture	10 min	C2-016 (pp. 238 to 240)
TP2	Discuss how to control fear and panic when lost, to include: a. the effects of panic; b. factors that contribute to fear; and c. dealing with fear.	Interactive Lecture	10 min	C2-004 (p. 7)
TP3	Identify the five elements of survival, to include: a. attitude, b. shelter, c. water, d. fire, and e. food.	Interactive Lecture	10 min	C2-016 (pp. 250-251)

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TP	Description	Method	Time	Refs
TP4	Divide the cadets into groups of no more than four. Give a scenario where the cadets have become lost on a weekend bivouac FTX. Have the cadets develop a plan employing the S.T.O.P. acronym and the five elements of survival. Cadets shall present their plan to the other groups.	In-Class Activity	20 min	

5. **Time**:

a.	Introduction / Conclusion:	10 min
b.	Interactive Lecture:	30 min
c.	In-Class Activity:	20 min
d.	Total:	60 min

6. **Substantiation**:

   a. An interactive lecture was chosen for TP1 to TP3 to present basic or background material.

   b. An in-class activity was chosen for TP4 as it is an interactive way to reinforce the actions to take when lost, to provoke thought and to stimulate interest among cadets.

7. **References**:

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

   b. C2-016 (ISBN 0-517-88783-50) Curtis, R. (1998). *The Backpacker's Field Manual: A Comprehensive Guide to Mastering Backcountry Skills*. New York, NY: Three Rivers Press.

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

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

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

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

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