ROYAL CANADIAN ARMY CADETS

RED STAR

INSTRUCTIONAL GUIDE

SECTION 2

EO M224.02 – IDENTIFY THE SEVEN ENEMIES OF SURVIVAL

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.

Copy the handout located at Annex A for each cadet.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

An interactive lecture was chosen for this lesson to orient the cadets to the seven enemies of survival and to present background material.

INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet shall have identified the seven enemies of survival.

IMPORTANCE

It is important for cadets to understand the seven enemies of survival so they have the knowledge to combat them and increase their chances of survival.

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Teaching point 1 **Explain the Psychology of Wilderness Survival**

Time: 5 min Method: Interactive Lecture

THE PSYCHOLOGY OF WILDERNESS SURVIVAL

Research has shown that there are a number of factors that influence survival. Stress can have a negative effect on anyone who finds themselves in a survival situation. Sometimes the stress of becoming involved in a survival situation can result in people making decisions that defy common sense. The inability to make rational decisions has caused injuries and death among rational, sensible people.

It is only natural for people who have been fed, clothed, and have lived in a world of modern convenience to be fearful of trying to provide for their own basic needs. But humans have the will and intelligence to adapt to almost any natural environment on earth. People are much stronger and more capable than they realize.

Survival is more about quality of spirit and character than it is about physical strength. Sometimes, the physically strongest person is the first to give up, while the weakest may show the most determination.

The most important psychological requirement to wilderness survival is to admit the reality of the situation and to react appropriately.

Remember that it is not feasible to have everything one wants, but one can have everything one needs!



Researchers have shown that children often adapt more easily to survival situations as they have not been conditioned to so much comfort. They are not afraid to get dirty, wet, and make the most fun out of what they do.

CONFIRMATION OF TEACHING POINT 1

QUESTIONS

Q1. When stressed about being in a survival situation, what do some people forget to use?

Q2. What is the most important psychological requirement of wilderness survival?

Q3. Which is more important in a survival situation, spirit and character or physical strength?

ANTICIPATED ANSWERS

A1. When stressed about being in a survival situation, some people forget to use their common sense.

A2. The most important psychological requirement of wilderness survival is to admit the reality of the situation and to react appropriately.

A3. Spirit and character are more important than physical strength in a survival situation.

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Teaching point 2 **Identify and Explain How to Combat the Seven Enemies of Survival**

Time: 20 min Method: Interactive Lecture



Challenge cadets to think about what the seven enemies of survival may be. As cadets guess the seven enemies review the points on that enemy as listed below.

GENERAL

Everyone has experienced the seven enemies of survival—pain, cold, thirst, hunger, fatigue, boredom and loneliness, but not many have experienced them to the point of threatening their survival. In a survival situation, these feelings become more severe and dangerous. The more information known about the seven enemies of survival, the better prepared a cadet will be able to combat them, increasing their chances of survival.

Pain. Pain is nature's way of letting the mind know that something is wrong. The mind can postpone the feeling of pain, if the mind and body are distracted doing something else. Once the mind recognizes pain, it can weaken the drive to survive. It can become overwhelming, even if it is not serious or prolonged. Keep spirits up to postpone the feeling of pain.

Cold. Cold is a more of a threat than most people think. Cold lowers the ability to think and distracts people from doing much more than thinking about getting warm. Because cold slows the body down, it is easy to feel the need to sleep. Cold numbs the mind, the body and the will. Stay moving to try to get warm.

Thirst. Thirst is the hidden enemy of survival. Even when someone has a mild thirst, the mind can feel dull. Like pain and cold, if attention is drawn to it, it can lower the drive to survive. Remember to drink water if it is available and safe. The feeling of thirst can fog the mind. One can become dehydrated even when water is available because they forget to drink or do not force themself to drink. Lack of water leads to dehydration as well as headaches and nausea.

Hunger. The feeling of hunger can affect a person's rational thought. Thirst and hunger can increase the chances of weakening to the effects of cold, pain and fear. This is especially true after three days, when the stomach shrinks and reduces its desire for food.

Fatigue. Even a small amount of fatigue (tiredness) can reduce mental ability. It is easy to become lazy and adopt a careless attitude. Fatigue is one of the biggest dangers to wilderness survival and may be responsible for some deaths. Although there is a real danger of over-exertion, fatigue may be caused by a feeling of hopelessness or frustration. Sleep allows someone to escape from a situation they feel may be too difficult to handle.

Boredom and Loneliness. Boredom and loneliness are two of the toughest enemies of survival because they are unexpected. When there is nothing to do, feelings of boredom and loneliness may creep up. Try to find some way to keep occupied. Working on a plan allows one to be constructive while staying busy. Building amenities for the site or something as simple as singing and talking can keep the cadet's mind occupied.

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ACTIVITY

Time: 10 min

OBJECTIVE

The objective of this activity is to become familiar with the seven enemies of survival.

RESOURCES

- Copies of the puzzle located at Annex A (one per cadet); and
- Pens or pencils (one per cadet).

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Distribute a copy of the puzzle to each cadet.

2. Ensure all cadets understand how to complete a crossword puzzle (e.g. explain the difference between across and down answers).

3. Allow five to seven minutes for the cadets to complete the puzzle.

4. Correct the puzzle using the answer sheet located at Annex B.

SAFETY

N/A.

CONFIRMATION OF TEACHING POINT 2

The cadets' participation in the activity will serve as the confirmation of this TP.

END OF LESSON CONFIRMATION

QUESTIONS

Q1. When stressed about being in a survival situation, what do some people forget to use?

Q2. What are the seven enemies of survival?

Q3. Why are boredom and loneliness two of the toughest enemies of survival?

ANTICIPATED ANSWERS

A1. When stressed about being in a survival situation, some people forget to use their common sense.

A2. The seven enemies of survival are pain, cold, thirst, hunger, fatigue, and boredom and loneliness.

A3. Boredom and loneliness are often unexpected and can creep up on you.

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CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

Being in the right frame of mind can make a great difference in how well one adapts in a survival situation. Knowing the seven enemies of survival can greatly increase your chances of combating them, if you become lost.

INSTRUCTOR NOTES/REMARKS

N/A.

REFERENCES

A2-046 B-GA-217-001/PT-001 *Down But Not Out*. (ND). Ottawa, ON: Department of National Defence.

C2-068 (ISBN 0-425-10572-5) Brown, T & Morgan, B. (1983). *Tom Brown's Field Guide to Wilderness Survival*. New York, NY: The Berkley Publishing Group.

C2-069 (ISBN 0-9694132-0-3) Ferri, G. (2000). *The Psychology of Wilderness Survival*. Hanover, ON: Skyway Printing.

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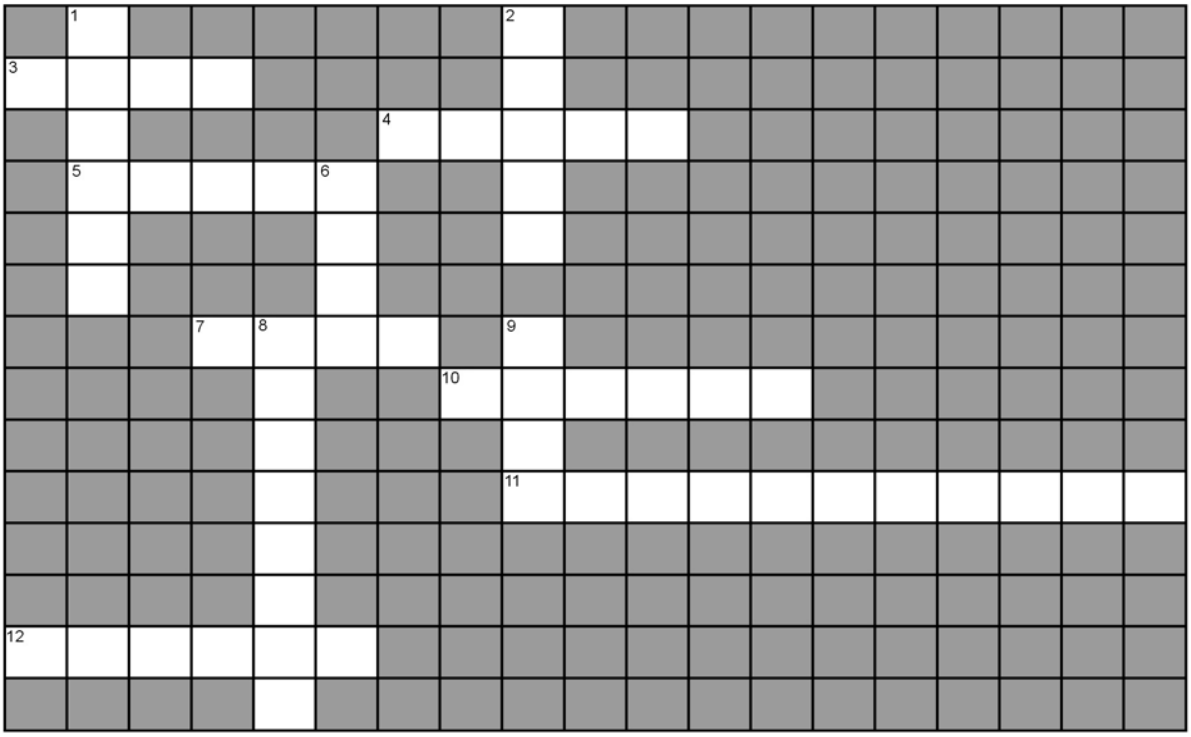
ENEMIES OF SURVIVAL PUZZLE



ACROSS

3. Nature's way of letting the body know that something's wrong.
4. After about ____ days, the stomach will shrink.
5. ____ allows someone to escape from a difficult situation.
7. Singing and talking are great ways to keep the ____ occupied.
10. When cold, keep the body ____.
11. A way to postpone pain.
12. ____ is the hidden enemy of survival.

DOWN

1. Lack of water can lead to dehydration, headaches and ____.
2. When ____, try to find something to stay occupied.
6. Working on a ____ allows one to be constructive while staying busy.
8. Thirst and hunger can ____ the chances of weakening to the effects of cold, pain and fear.
9. The body slows down it is ____.

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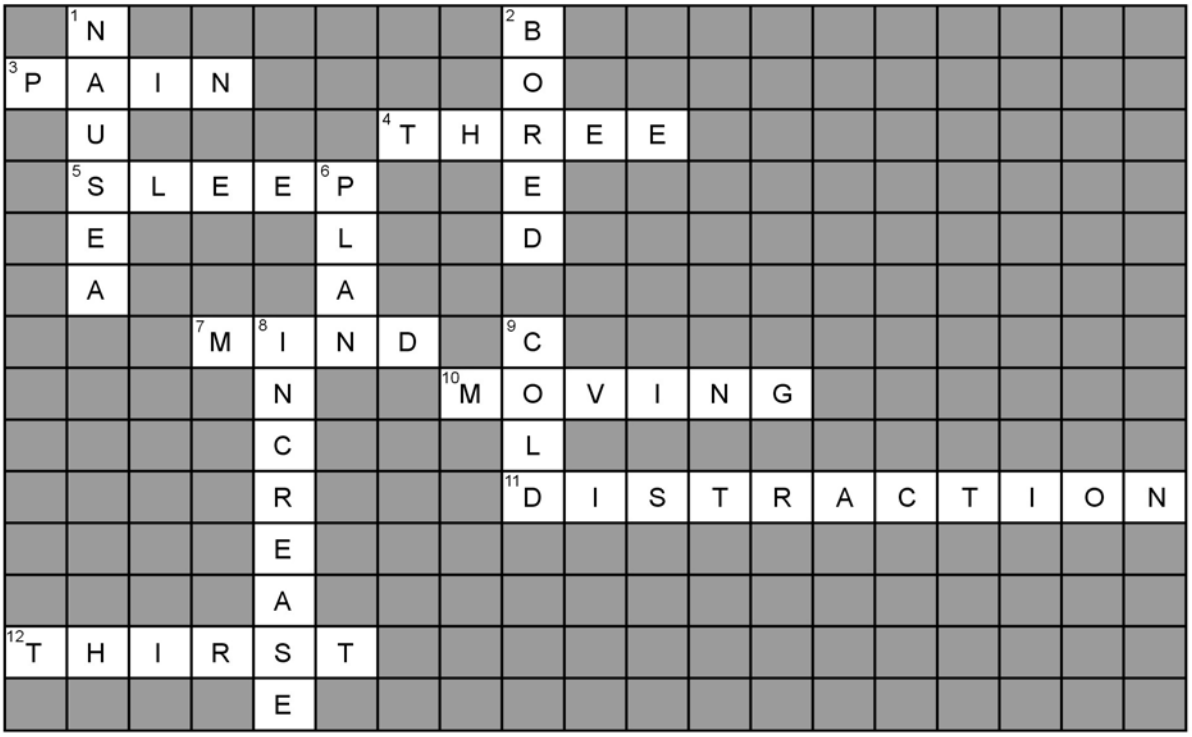
ENEMIES OF SURVIVAL PUZZLE – ANSWER KEY



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