EO M224.05 – PREPARE, LIGHT, MAINTAIN, AND EXTINGUISH A FIRE

1. **Performance**: Prepare, Light, Maintain, and Extinguish a Fire

2. **Conditions**:

   a. Given:

      (1) matches;

      (2) 4-lb axe (36-inch handle);

      (3) 24-inch bow saw;

      (4) shovel;

      (5) pail filled with sand or water;

      (6) fire extinguisher;

      (7) supervision; and

      (8) assistance as required.

   b. Denied: N/A.

   c. Environmental: Field setting, during a weekend bivouac field training exercise (FTX), with a low to moderate rating under the Canadian Forest Fire Danger Rating System (CFFDRS).

3. **Standard**: In accordance with specified references, and as a member of a group of no more than four, the cadet shall:

   a. adhere to fire safety principles;

   b. prepare a fire;

   c. light a fire;

   d. maintain a fire for 10 minutes; and

   e. extinguish a fire.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Discuss fire safety and the steps to follow when lighting a fire, to include: a. reviewing the fire regulations for the area, such as: 1. the Fire Weather Index; and 2. Canadian Forest Fire Danger Rating System (CFFDRS); b. maintaining a safe fire site ensuring safety equipment is available, to include: 1. a shovel; 2. a rake;	Interactive Lecture	10 min	See provincial/ national regulations C2-004 (p. 122) C2-068 (pp. 61-62)

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TP	Description	Method	Time	Refs
	3. a pail filed with sand or water; and 4. a fire extinguisher; c. choosing a fire location that is: 1. high and dry; 2. sheltered from wind; and 3. clear of overhanging branches; 4. clear of combustible materials; and 5. four to six feet from shelter entranceway; and d. preparing a fire barrier, to include: 1. a fire ring; and 2. a fire pit.			
TP2	Identify the characteristics of fire, to include: a. discussing the elements of fire that make up the fire triangle, to include: 1. air; 2. fuel; and 3. heat; b. identifying types of fuel, to include: 1. tinder; 2. kindling; 3. wood fuel; and 4. bulk firewood; and c. identifying types of fires, to include: 1. tepee fire; 2. crossbed fire; and 3. crisscross fire/pyramid.	Interactive Lecture	10 min	C2–068 (p. 64)
TP3	Demonstrate preparing, lighting, maintaining and extinguishing a fire, by: a. preparing a fire, by: 1. preparing tinder; 2. preparing kindling; 3. preparing fuel; 4. ensuring ventilation; b. lighting a fire using a match;	Demonstration	10 min	C2-004 (p. 122) A2-040 (pp. 3-17 to 3-21) C2-042 (pp. 194-195) C0-111 (p. 433)

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TP	Description	Method	Time	Refs
	c. maintaining a fire, by: 1. applying fuel; 2. ensuring ventilation; and 3. ensuring the fire is contained to a controllable size; and d. extinguishing a fire, by: 1. ensuring that all sparks have been put out thoroughly by smothering the fire with wet earth, and/or water; and 2. filling the fire pit with wet earth or sand.			
TP4	Have the cadets, in groups of four, prepare, light, maintain, and extinguish a fire. **Notes:** 1. Cadets can attempt the fire of their choice. Each fire shall be maintained for 10 minutes. All fires must be extinguished ensuring no smouldering coals are present. 2. Fire safety equipment must be on hand during this activity. Additional supervision is required during the actual lighting of a signal fire by an instructor.	Practical Activity	50 min	

5. **Time**:

a.	Introduction / Conclusion:	10 min
b.	Interactive Lecture:	20 min
c.	Demonstration:	10 min
d.	Practical Activity:	50 min
e.	Total:	90 min (FIELD)

6. **Substantiation**:

a. An interactive lecture was chosen for TP1 and TP2 to introduce fire safety for preparing, lighting, maintaining, and extinguishing a fire.

b. Demonstration was chosen for TP3 as it allows the instructor to explain and demonstrate preparing, lighting, maintaining and extinguishing a fire.

c. A practical activity was chosen for TP4 as it is an interactive way to introduce cadets to preparing, lighting, maintaining, and extinguishing a fire, while allowing the cadets to experience this activity in a safe and controlled environment.

7. **References**:

a. A2-040 A-CR-CCP-107/PT-001 Department of National Defence (1978). *Royal Canadian Army Cadets Course Training Plan Adventure Training*. Ottawa, ON: Department of National Defence.

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

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

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

8. **Training Aids**:

a. Matches;

b. 4-lb axe (36-inch handle);

c. 24-inch bow saw;

d. Shovel;

e. Pail filled with sand or water;

f. Tinder; and

g. Kindling.

9. **Learning Aids**:

a. Matches;

b. 4-lb axe (36-inch handle);

c. 24-inch bow saw;

d. Shovel; and

e. Pail filled with sand or water.

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

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

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