EO M324.05 – DETERMINE WHEN TO SELF-RESCUE

1. **Performance.** Determine When to Self-Rescue.

2. **Conditions**

   a. Given:

      (1) Survival kit,

      (2) Survival scenario, and

      (3) Limited supervision.

   b. Denied: Assistance.

   c. Environmental: Field setting, during daylight hours.

3. **Standard.** The cadet shall determine when to self-rescue, to include:

   a. considering:

      (1) food and water resources,

      (2) fire and shelter resources,

      (3) environmental dangers,

      (4) health of party members, and

      (5) risk of further injury; and

   b. planning the route out, to include:

      (1) identifying direction;

      (2) following rivers; and

      (3) maintaining direction.

4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Discuss the factors to consider when deciding to self-rescue, to include: a. food and water resources, to include: (1) time without water, (2) time without food, and (3) proper nutrition; b. fire and shelter resources, c. environmental dangers, d. health of party members, e. risk of further injury, and f. the stay or go decision.	Interactive Lecture	10 min	C2-008 (p. 370–371) C2-148 (p. 134)

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TP	Description	Method	Time	Ref
TP2	Discuss planning a route to search for help, to include: a. identifying direction; b. following rivers; and c. maintaining direction, to include: (1) walking in a straight line; (2) estimating distance; (3) following animal trails; and (4) bushwhacking.	Interactive Lecture	5 min	C2-008 (p. 374) C2-163 (pp. 36–43)
TP3	Identify ways of marking a trail, to include: a. reasons for marking a trail, to include: (1) leaving and returning to the site; and (2) acting as a guide to a ground search and rescue party; and b. trail-marking techniques, to include: (1) trees, (2) saplings, (3) long grass, and (4) cairns.	Demonstration	10 min	A2-046 (pp. 170–172) C0-111 (p. 47, p. 547) C2-008 (p. 41)

5. **Time**

a.	Introduction/Conclusion:	5 min
b.	Interactive Lecture:	15 min
c.	Demonstration:	10 min
d.	Total:	30 min

6. **Substantiation**

a. An interactive lecture was chosen for TP 1 and 2 to give background information on the factors to consider when deciding to break camp and search for help and generate interest in survival.

b. Demonstration was chosen for TP3 as it allows the instructor to explain and demonstrate marking a trail in a controlled environment.

7. **References**

a. A2-046 B-GG-217-001/PT-001 Director Air Operations Training. (1983). *Down But Not Out*. Ottawa, ON: Department of National Defence.

b. C0-111 (ISBN 0-9740820-2-3) Tawrell, P. (2006). *Camping and Wilderness Survival: The Ultimate Outdoors Book* (2nd ed.). Green Valley, ON: Paul Tawrell.

c. C2-008 (ISBN 0-00-653140-7) Wiseman, J. (1999). *SAS Survival Handbook*. Hammersmith, London: HarperCollins Publishers.

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Verify against the official publication.

d. C2-148 (ISBN 978-0-8118-3292-5) Davenport, G. (2006). *Wilderness Survival* (2nd ed.). Mechanicsburg, PA: Stackpole Books.

e. C2-163 (ISBN 0-9694132-0-3) Feri, G. (2000). *The Psychology of Wilderness Survival*. Hanover, ON: Skyway Printing.

8. **Training Aids**

a. Survival kit, and

b. Survival scenario.

9. **Learning Aids**

a. Survival kit, and

b. Survival scenario.

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

11. **Remarks.** This EO should be conducted during the allocated Bivouac FTX.

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