EO M426.02D – SNOWSHOE ALONG A ROUTE

1. **Performance**:Snowshoe Along a Route

2. **Conditions**:

   a. Given:

      (1) Personal expedition equipment,

      (2) Personal snowshoe equipment,

      (3) Group snowshoe equipment,

      (4) Supervision, and

      (5) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Expedition centre, field setting, during daylight hours.

3. **Standard**:The cadet, in a team of no more than six, during an expedition, shall:

   a. discuss types of snow;

   b. fit snowshoes; and

   c. practice snowshoe techniques along a route with an expedition field pack, to include:

      (1) adjusting stride;

      (2) performing a kick-turn;

      (3) crossing obstacles applicable to the terrain;

      (4) ascending a hill;

      (5) descending a hill; and

      (6) breaking snow.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Discuss types of snow, to include: a. new fallen snow, b. powder snow, c. wind-packed snow, d. sun crust, e. corn snow, f. rotten snow, and g. slush snow.	Interactive Lecture	10 min	C2-004 (pp. 299–301, pp. 309–311) C2-248 (pp. 39–40, pp. 124–131, pp. 144–148)

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TP	Description	Method	Time	Refs
TP2	Explain, demonstrate and have the cadets fit personal snowshoe equipment, to include: a. snowshoes by: 1. identifying parts of a snowshoe, to include: (a) deck, (b) binding, (c) crampon, (d) pivot point, and (e) frame; and 2. selecting snowshoes, b. bindings, and c. poles, to include sizing a pole.	Demonstration and Performance	15 min	C2-004 (pp. 310–312) C2-248 (pp. 52–57)
TP3	Explain, demonstrate and have the cadets practice snowshoe techniques along a route, to include: a. striding; b. executing kick turns; c. crossing obstacles; d. ascending hills, to include: 1. step kick; 2. edging; and 3. switchbacking; e. descending hills; and f. breaking snow.	Demonstration and Performance	235 min	C2-004 (pp. 310–312) C2-248 (pp. 45–47, pp. 108–121)

5. **Time**:

a. Introduction / Conclusion:	10 min
b. Interactive Lecture:	10 min
c. Demonstration and Performance:	250 min
d. Total:	270 min

6. **Substantiation**:

a. An interactive lecture was chosen for TP 1 to introduce and give direction on the types of snow that may be encountered when snowshoeing.

b. A demonstration and performance was chosen for TPs 2 and 3 as it allows the instructor to explain and demonstrate the procedure for fitting snowshoes and executing snowshoe techniques while providing an opportunity for the cadets to practice the skills.

7. **References**:

a. C2-004 ISBN 1-896713-00-9 Tawrell, P. (1996). *Camping and wilderness survival: The ultimate outdoors book*. Green Valley, ON: Author.

b. C2-248 ISBN 978-0-89886-891-3 Prater, G. (2002). *Snowshoeing: From novice to master*. Seattle, WA: The Mountaineers Books.

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8. **Training Aids**:

    a. Presentation aids (eg, whiteboard / flip chart / OHP) appropriate for the classroom / training area,

    b. Personal expedition equipment,

    c. Personal snowshoe equipment, and

    d. Group snowshoe equipment.

9. **Learning Aids**:

    a. Personal expedition equipment,

    b. Personal snowshoe equipment, and

    c. Group snowshoe equipment.

10. **Test Details**:This EO is assessed IAW Chapter 3, Annex B, 426 PC.

11. **Remarks**:

    a. Expedition centres are required to select two dynamic modes of travel from EO M426.02a (Paddle a Canoe), EO M426.02b (Ride a Mountain Bike), EO M426.02c (Hike Along a Route), EO M426.02d (Snowshoe Along a Route) and EO M426.02e (Ski Along a Route) to incorporate into the expedition training.

    b. This EO has been allocated nine periods in the overall course period allocation. Each expedition centre may adjust this allocation to reflect the choice of activities, facilities and available resources at the expedition centre.

    c. Upon arrival at the expedition centre, cadets will be divided into teams. Cadets will be given an opportunity to navigate and lead peers. These teams will remain the same for the duration of the weekend.

    d. Total distance for the snowshoe route can be adjusted depending on terrain and level of skill of participants.

    e. The following equipment is required when snowshoeing:

        (1) personal snowshoe equipment, to include:

            (a) snowshoes,

            (b) bindings,

            (c) poles,

            (d) whistle, and

            (e) appropriate cold-weather clothing; and

        (2) group snowshoe equipment, to include:

            (a) topographical / trail map of area as required,

            (b) compass,

            (c) first aid kit,

            (d) communication device (eg, hand-held radio),

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(e) GPS receiver,

(f) cold weather emergency kit appropriate to the activity.

f. IAW A-CR-CCP-930/AG-001, *Cadet Program Interim Activity Safety Direction*, weather must be continuously assessed. Training should cease and cadets must be brought inside if the temperature gets too low (consider wind chill).

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