EO C211.04 – PARTICIPATE IN A COMPETITIVE SUMMER BIATHLON ACTIVITY

1. **Performance**: Participate in a Competitive Summer Biathlon Activity

2. **Conditions**:

   a. Given:

      (1) cadet air rifle;

      (2) cadet air rifle sling;

      (3) safety glasses/goggles;

      (4) .177 air rifle pellets;

      (5) biathlon air rifle target (BART);

      (6) supervision; and

      (7) assistance as required.

   b. Denied: N/A.

   c. Environmental:

      (1) Air rifle range constructed IAW A-CR-CCP-177/PT-001; and

      (2) Running route of approximately 500-1000 m on alternating terrain.

3. **Standard**: In accordance with specified references, the cadet shall participate in a recreational summer biathlon activity, to include:

   a. running a route of 500-1000 m;

   b. shooting five to eight rounds in an effort to activate all five targets of the BART;

   c. running a second route of 500-1000 m;

   d. shooting five to eight rounds in an effort to activate all five targets of the BART;

   e. running a final route of 500-1000 m; and

   f. finishing the race.

4. **Teaching Points**:

   a. Explain the components of the competitive summer biathlon activity, to include:

      (1) course layout;

      (2) rules and regulations;

      (3) scoring;

      (4) penalties; and

      (5) out of bounds areas.

   b. Conduct a warm-up session, composed of light cardiovascular activities, meant to:

      (1) stretch the muscles;

      (2) gradually increase respiratory action and heart rate;

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(3) expand the muscles' capillaries to accommodate the increase in blood circulation; and

(4) raise muscle temperature to facilitate reactions in muscle tissue.

c. Conduct a competitive summer biathlon activity in accordance with paragraph 3. Details on course/ range set-up are included in A-CR-CCP-602/PF-001, Chapter 9, Annex C.

d. Conduct a cool-down session, composed of light cardiovascular activities, meant to:

(1) allow the body time to slowly recover from physical activity and to help prevent injury;

(2) prepare the respiratory and cardiovascular systems to return to their normal state; and

(3) stretch the muscles.

5. **Time**:

a.	Introduction / Conclusion:	10 min
b.	Interactive Lecture:	15 min
c.	Practical Activity:	155 min
d.	Total:	180 min

6. **Substantiation**:

a. An interactive lecture was chosen for TP1 to illustrate the application of rules, principles and concepts of a summer biathlon.

b. A practical activity was chosen for TP2-4 as it is an interactive way to introduce cadets to summer biathlon. This activity contributes to the development of these skills and knowledge in a fun and challenging setting.

7. **References**:

a. A0-027 A-CR-CCP-177/PT-001 D Cdts 3. (2001). *Cadet Marksmanship Program: Reference Manual.* Ottawa, ON: Department of National Defence.

b. A0-032 Cadets Canada. (2002). *Biathlon Competition Rules And IBU/Cadet Disciplinary Rules.* Ottawa, ON: Department of National Defence.

c. A0-036 Cadets Canada. (ND). *Canadian Cadet Movement: Biathlon Championship Series.* Ottawa, ON: Department of National Defence.

d. C0-002 (ISBN 0-88962-630-8) LeBlanc, J. and Dickson, L. (1997). *Straight Talk About Children and Sport: Advice for Parents, Coaches, And Teachers. Oakville*, ON and Buffalo, NY: Mosaic Press.

e. C0-057 Martha Jefferson Hospital. (2001). *Warm-ups.* Retrieved 26 October 2006, from http://www.marthajefferson.org/warmup.php.

f. C0-058 Webb Physiotherapists Inc. (ND). *Running Exercises.* Retrieved 26 October 2006, from http://www.physionline.co.za/conditions/article.asp?id=46.

g. C0-059 Webb Physiotherapists Inc. (ND). *Exercise Programme for Squash, Tennis, Softball, Handball.* Retrieved 25 October 2006, from http://www.physionline.co.za/conditions/article.asp?id=49.

h. C0-060 Impacto Protective Products Inc. (1998). *Exercises.* Retrieved 25 October 2006, from http://www.2protect.com/work3b.htm.

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i. C0-061 City of Saskatoon, Community Services Department. (2006). *Stretch Your Limits: A Smart Guide to Stretching For Fitness.* Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/.

j. C0-089 (ISBN 0-936070-22-6) Anderson, B. (2000). *Stretching: 20th Anniversary* (Rev. ed.). Bolinas, CA: Shelter Publications, Inc.

k. C0-154 Hansen, B. (1999). *Moving on the Spot: Fun And Physical Activity: A Collection of 5 Minute Stretch and Movement Sessions.* Retrieved 26 October 2006, from http://lin.ca/resource/html/dn3.htm#l1.

8. **Training Aids**:

a. Cadet air rifle (one per firing point);

b. Cadet air rifle sling (one per firing point);

c. Safety glasses/goggles (one per firing point);

d. Shooting mat (two per firing point);

e. Target frame (one per firing point);

f. BART (one per firing point);

g. Biathlon scoresheets located at A-CR-CCP-602/PF-001, Chapter 9, Annex D;

h. Course control sheets located at A-CR-CCP-602/PF-001, Chapter 9, Annex D;

i. Range recording sheets located at A-CR-CCP-602/PF-001, Chapter 9, Annex D;

j. Notice board; and

k. Stopwatches.

9. **Learning Aids**:

a. Cadet air rifle;

b. Cadet air rifle sling;

c. Safety glasses/goggles;

d. Shooting mats;

e. Target frame;

f. .177 air rifle pellets;

g. Container to hold pellets;

h. Target frame; and

i. BART.

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

11. **Remarks**:

a. Results should be posted for cadets to review. PO 211 is a complementary training activity. It is designed to provide an opportunity for the cadets to participate in a competitive summer biathlon activity.

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b. EOs C111.01 (Participate in a Biathlon Briefing), C111.02 (Run Short Wind Sprints), C111.03 (Introduction to Summer Biathlon Marksmanship Skills Using the Cadet Air Rifle), C211.01 (Identify Civilian Biathlon Opportunities), C211.02 (Run on Alternating Terrain), and C211.03 (Fire the Cadet Air Rifle Using the Cadet Air Rifle Sling Following Physical Activity) shall be taught prior to instructing this lesson.

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