

CHAPTER 1

PO 201 – IDENTIFY THE ROLE OF AN ENVIRONMENTALLY CONSCIOUS CANADIAN CITIZEN

WHAT ARE MY RIGHTS AS A CANADIAN CITIZEN?

Canadians enjoy the following rights:

- **Equality Rights.** Equal treatment before and under the law, and equal protection and benefit of the law without discrimination.
- **Democratic Rights.** Every citizen has the right to participate in political activities including voting and being elected to political office.
- **Legal Rights.** Every citizen has the right to be presumed innocent until proven guilty, the right to retain a lawyer and to be informed of that right and the right to an interpreter in court proceedings.
- **Mobility Rights.** Every citizen has the right to enter and leave Canada, and to move to and take up residence in any province/territory.
- **Language Rights.** Every citizen has the right to use either the English or French language in communications with the federal government and certain provincial/territorial governments.
- **Minority Language Education Rights.** In general, English and French minorities in every province and territory have the right to be educated in their own language.

WHAT ARE MY RESPONSIBILITIES AS A CANADIAN CITIZEN?

Canadians share common responsibilities. They should:

- understand and obey Canadian laws;
- participate in Canada's democratic political system;
- vote in elections;
- allow other Canadians to enjoy their rights and freedoms; and
- appreciate and help to preserve Canada's multicultural heritage.

THE GOVERNMENT OF CANADA'S CODE OF ENVIRONMENTAL STEWARDSHIP

To reflect the Government's dedication in all aspects of its operations and activities, it has created the Government of Canada's *Code of Environmental Stewardship*.

The Government commits to:

- incorporating environmental concerns in relevant decisions;
- ensuring environmental considerations are incorporated in purchasing practices;
- applying environmentally responsible practices in disposal;
- meeting or exceeding federal environmental laws;
- reusing, recycling and reducing waste; and
- improving the level of environmental awareness.

GOAL MAPPING EXERCISE

SHORT-TERM GOALS

Goal No. 1: _____

Steps To Take: _____

Goal No. 2: _____

Steps To Take: _____

LONG-TERM GOALS

Goal No. 1: _____

Steps To Take: _____

Goal No. 2: _____

Steps To Take: _____

SKIT FOR DIRECTIVE BEHAVIOUR

(Setting: Six first year cadets at a CSTC are getting ready for a barrack inspection to take place in one hour.)

Cadet Red: Okay we have a barrack inspection in an hour, we better get ready.

Cadet Orange: Do we have a uniform inspection at the same time or is it just the room?

Cadet Red: I don't know. Does anyone else?

Cadet Purple: Yes, I know, I asked the staff cadet. We're having a room and uniform inspection at the same time. We're supposed to wear our T-shirts, cadet trousers and parade boots.

Cadet Grey: Man, that's a lot of stuff in just an hour.

Cadet Yellow: No kidding.

Cadet Pink: I don't think I'll be ready.

Cadet Purple: We need to get stuff done fast, so here's what should happen. You two, Cadet Red and Cadet Orange will make the beds and sweep the room. That takes care of the room.

Cadet Grey: What about our uniforms?

Cadet Purple: You, Cadet Grey, take everyone's T-shirts and iron them.

Cadet Yellow: And trousers and boots?

Cadet Purple: You, Cadet Yellow, take everyone's trousers and iron them and Cadet Pink and I will do everyone's boots.

Cadet Red: That didn't take long to come up with a plan. I hope we get everything done.

Cadet Purple: We will, if everyone does their job and right now.

Cadet Red: I'm not great at making beds but I'll do what I'm told.

Cadet Orange: I'm okay at beds, we'll do fine.

Cadet Purple: Okay everyone give your T-shirt to Cadet Grey, your trousers to Cadet Yellow and give me your boots. Everyone, listen up: we have a lot to do and not a lot of time... so get at it. Be back here in 40 minutes.

Cadet Pink: I'll get my polishing kit.

(ALL CADETS PRETEND TO DELIVER REQUIRED ITEMS TO THE CADET WHO HAS BEEN TASKED.)

(40 MINUTES PASS.)

(ALL CADETS RETURN TO THE ROOM.)

Cadet Red: As everyone can see, the beds are done and the room is swept.

Cadet Orange: The beds aren't great, but they'll pass inspection.

Cadet Purple: How did the ironing go?

Cadet Grey: Here are the T-shirts ready to go. I've never ironed that many in such a short time. I hope they pass the inspection.

Cadet Yellow: All the trousers have the right creases and I don't see any railroad tracks.

Cadet Pink: And we finished everyone's boots.

Cadet Purple: Let's get into our uniforms right now because we're running out of time.

(EVERYONE GETS READY FOR THE INSPECTION.)

Cadet Purple: We look okay. I'm pretty sure we will pass the inspection. Okay everyone stand at attention by your bed, because here comes the staff cadet.

SKIT FOR THE PERSUASIVE BEHAVIOUR

(Setting: Six second year cadets at CSTC getting ready for a barrack inspection to take place in one hour.)

Cadet Red: Okay we have a barrack inspection in an hour, we had better get ready.

Cadet Orange: Do we have a uniform inspection at the same time or is it just the room?

Cadet Purple: I asked the staff cadet. We're having a room and uniform inspection at the same time. We're supposed to wear our T-shirts, cadet trousers and parade boots.

Cadet Grey: Man, that's a lot of stuff in just an hour.

Cadet Yellow: No kidding.

Cadet Pink: I don't think I'll be ready.

Cadet Purple: We can be ready, we just need a plan. We need to get beds made, the room swept, T-shirts and trousers ironed and boots done.

Cadet Grey: That's a lot.

Cadet Purple: I have an idea to be able to everything done on time. Would you guys like to hear it?

(EVERYONE NODS IN AGREEMENT.)

Cadet Purple: I think we should divide the work that way we will be able to get things done fast. And if we get people to volunteer to do what they're good at... that should help too. Does that plan make sense to everyone?

(EVERYONE NODS IN AGREEMENT.)

Cadet Purple: I know if we work as a team, we can get everything finished on time and we will look great for the inspection. Okay, so which of us likes making beds?

Cadet Pink: I do. I want to make beds.

Cadet Purple: Anyone else?

Cadet Red: Not me, I like ironing T-shirts, I'll do that.

Cadet Purple: That sounds good. Anyone else want to volunteer?

Cadet Yellow: I like to polish boots. That's what I'll do.

Cadet Orange: Me too. I'll help Cadet Yellow.

Cadet Grey: I don't mind ironing. I'll press everyone's trousers.

Cadet Purple: That leaves me to help with making beds and sweeping the room. Now that everyone has a task, we need to give out our T-shirts, trousers and boots.

(ALL CADETS PRETEND TO DELIVER REQUIRED ITEMS TO THE CADET WHO HAS BEEN TASKED.)

Cadet Red: How long does everyone think this will take?

Cadet Purple: I think it should take about 40 minutes. Does that sound right?

(EVERYONE NODS IN AGREEMENT.)

Cadet Purple: Can everyone be back in 40 minutes?

Cadet Orange: No problem. Let's all be back in 40 minutes.

(EVERYONE NODS IN AGREEMENT.)

(40 MINUTES PASS.)

(ALL CADETS RETURN TO THE ROOM.)

Cadet Purple: As you can see the beds look really good. Thanks Cadet Pink. How did everyone else do?

Cadet Red: T-shirts are finished and look good.

Cadet Yellow: Boots are polished and very shiny. Thanks Cadet Orange.

Cadet Orange: Thanks, we make a good team.

Cadet Grey: Trousers are done too and if I do say so...they look good.

Cadet Purple: I think it's time to get into our uniforms 'cause I believe we're running out of time.

(EVERYONE GETS READY FOR THE INSPECTION.)

Cadet Purple: We look awesome, I know we will pass the inspection. Okay everyone, please stand at attention by your bed, because here comes the staff cadet.

SKIT FOR THE PARTICIPATIVE BEHAVIOUR

(**Setting:** Six senior cadets at CSTC getting ready for a barrack inspection to take place in one hour.)

Cadet Red: Okay we have a barrack inspection in an hour, we had better get ready.

Cadet Orange: Do we have a uniform inspection at the same time or is it just the room?

Cadet Purple: I asked the staff cadet. We're having a room and uniform inspection at the same time. We're supposed to wear our T-shirts, cadet trousers and parade boots.

Cadet Grey: Man, that's a lot of stuff in just an hour.

Cadet Yellow: It's not like we haven't done this before. We'll be okay.

Cadet Grey: We just need to get organized.

Cadet Purple: Let's make a plan. Any ideas?

Cadet Yellow: I know we are going to have to divide up the work, but how?

Cadet Red: What if we pick our jobs from a hat? That could work.

Cadet Grey: How about just doing what we want to do?

Cadet Yellow: I thought, maybe, we could do what we're good at.

Cadet Purple: I really like that idea.

Cadet Orange: Me too, I like doing what I'm good at.

Cadet Red: Okay, sounds good.

Cadet Pink: I'm on board.

Cadet Grey: Besides if we do what we're good at, everything should take less time.

Cadet Purple: Okay so who's good at what?

Cadet Pink: I'm really good at ironing T-shirts.

Cadet Purple: Okay, that's your job and the team is expecting good things.

Cadet Red: My speciality is polishing boots. That should be my task.

Cadet Purple: That's your assignment then. Go ahead.

Cadet Yellow: I am an expert boot polisher. I'll assist Cadet Red.

Cadet Orange: I make the best beds. I should do that.

Cadet Grey: I'm good at making beds too and I'll sweep the floor.

Cadet Purple: Go to it, both of you. I iron trousers very well. That's what I'll do, and I'll stay out of everyone else's business. Okay let's get at it.

(EVERYONE NODS IN AGREEMENT.)

Cadet Red: How long does everyone think this will take?

Cadet Grey: About 40 minutes?

Cadet Orange: Sound goods. Be back in 40 minutes then.

(ALL CADETS PRETEND TO DELIVER REQUIRED ITEMS TO THE CADET WHO HAS BEEN TASKED.)

(40 MINUTES PASS.)

(ALL CADETS RETURN TO THE ROOM.)

Cadet Purple: Wow, this room looks really good. Excellent job, Cadet Orange and Cadet Grey. How did everyone else do?

Cadet Pink: T-shirts are finished and look awesome.

Cadet Yellow: Boots are polished and very shiny. Thanks Cadet Red.

Cadet Red: Thanks, we make a good team.

Cadet Purple: Trousers are done too and if I do say so...they look really good. I think it's time to get into our uniforms because I believe we're running out of time.

(EVERYONE GETS READY FOR THE INSPECTION.)

Cadet Purple: We look excellent, I know this team will pass the inspection. Okay everyone, please stand at attention by your bed, because here comes the staff cadet.

PROBLEM SOLVING SCENARIO

In recently studying about the environment, cadets decide to initiate the creation of a recycling program at the corps.

1. **Confirm the task** – (what must you do?)

2. **Identify the problem** – (what is the problem?)

3. **Determine the Critical Factor** – (what is the overriding problem?)

4. **Develop alternate solutions** – (different ways to solve the problem)

- 1)

- 2)

- 3)

5. **Compare alternatives** – (simplest, safest, most flexible, best use of resources, best solution to the critical factor)

Solutions	Answer Questions

6. **Determine the best solution** – (make a choice)

7. **Implement the solution** – (develop a plan to get the problem solved)

8. **Evaluate the plan and the implementation** – (list some questions to ask for evaluation)

TEMPLATES

TEMPLATE No. 1

Leadership Characteristics

Based on the last training activity, list and or describe the leadership characteristics you observed or displayed.

Leadership Characteristics

[illegible]

TEMPLATE No. 2

Defining Leadership

Based on the last training activity, my definition of leadership is:

Based on the last training activity, my leader's definition of leadership is (what you think your leader would say):

Based on the last training activity, I observed positive leadership when:

TEMPLATE No. 3

Positive Aspects of Leadership

Based on the last training activity, some positive aspects of leadership I displayed or observed are:

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

TEMPLATE No. 4

Leadership Looks Like/Sounds Like/Feels Like

Based on the last training activity, positive leadership that I observed looked like:

Based on the last training activity, positive leadership that I observed sounded like:

Based on the last training activity, positive leadership that I observed felt like:

Based on the last training activity, attributes I observed and wish to incorporate into my own personal leadership style are:

Based on the last training activity, attributes I wish to avoid incorporating into my own personal leadership style are:

SCENARIOS

Scenario No. 1

You and five other Red Star cadets are tasked to set up a classroom for a class that will begin in ten minutes. You arrive to find the door to your classroom locked. The officer who is supposed to have the key is nowhere to be found.

Scenario No. 2

Your Training Officer is preparing for a weekend exercise and asks you to inventory and restock the three field first aid kits with the help of five cadets.

Scenario No. 3

While on a canteen break, you and other cadets see your best friend take some money that belongs to another cadet.

Scenario No. 4

You enter your corps building with four other cadets to find two male Privates (Pte) in a verbal and physical altercation.

Scenario No. 5

You are told by the Master Warrant Officer (MWO) that the large classroom was not set up properly for the guest speaker who is arriving in 10 minutes. You and three other cadets are told to make sure the classroom is ready on time.

Scenario No. 6

Your corps is holding a mandatory training exercise on the same day as your soccer team is scheduled to play in the regional playoffs. You and three other cadets from your corps play on the same team. Your soccer coach is counting on you to be at the game.

Scenario No. 7

Your Warrant Officer (WO) and Platoon Commander are both absent from the parade night. You and one other cadet are tasked by the Administration Officer to verify the attendance and have your platoon members sign the attendance sheet.

Scenario No. 8

You and five of your friends notice that the parade square needs to be cleaned. Your team accepts this small challenge and have decided to ensure that the parade square is clean for the parade practice for the next period.

INFORMATION TO RESEARCH

Name (in Full): _____

Date of Birth: _____

Place of Birth: _____

Date of Death (if Deceased): _____

If Deceased, How Did They Die? _____

Information on Their Childhood: _____

Positions of Responsibility (if Applicable): _____

Incidents Where Influence Was Displayed: _____

Other Interesting Facts or Information: _____

Why Did You Pick This Person? _____

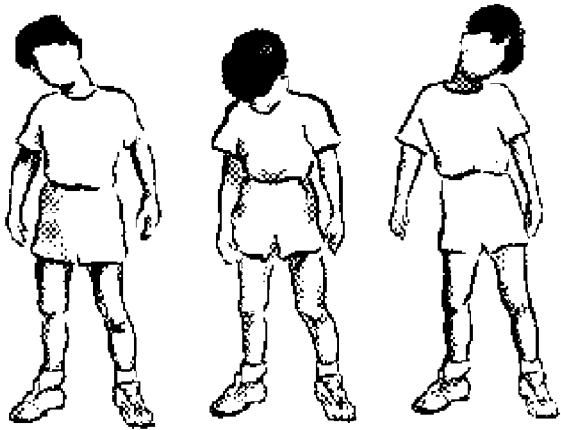
Where Did You Get Your Information? _____

CHAPTER 4


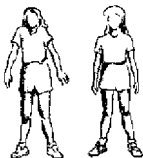
PO 204 – UPDATE PERSONAL ACTIVITY PLAN

SAMPLE STRETCHES

NECK

 <p><i>Moving on the Spot: A Collection of 5-Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from http://www.lin.ca/resource/html/dn3.htm#1</i></p> <p>Figure 4A-1 Neck Stretch</p>	<p>Slowly roll your head across your chest from shoulder to shoulder. Do not roll your head backwards.</p>
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SHOULDERS

 <p><i>Moving on the Spot: A Collection of 5-Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from http://www.lin.ca/resource/html/dn3.htm#1</i></p> <p>Figure 4A-2 Shoulder Push</p>	<p>Stand and extend your arms behind you, interlocking your fingers. Push up and back with your shoulders. Hold this position for a minimum of 10 seconds.</p>
 <p><i>Moving on the Spot: A Collection of 5-Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from http://www.lin.ca/resource/html/dn3.htm#1</i></p> <p>Figure 4A-3 Shoulder Shrug</p>	<p>Stand and raise your shoulders as high as possible and then lower your shoulders, stretching your neck up. Pull your shoulders back as far as possible and then round your shoulders forward by pushing your shoulders forward as far as possible. Hold each position for a minimum of 10 seconds.</p>



Warm Ups, by Martha Jefferson Hospital, Copyright 2001 by Martha Jefferson Hospital. Retrieved 26 October 2006, from <http://www.marthajefferson.org/warmup.php>

Figure 4A-4 Arm Circles

Hold your arms straight out, palms up. Make small circles with your arms, gradually increasing the size.
Reverse the direction of your circles.



Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>

Figure 4A-5 Shoulder Stretch

Either standing or sitting, take your right arm in your left hand and bring it across your chest, supporting the joint by holding it behind the elbow. Pull the elbow lightly towards your chest. You should feel the stretch in your right shoulder.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.

ARMS



Exercises. Copyright 1998 by Impacto Protective Products Inc. Retrieved 26 October 2006, from <http://www.2protect.com/home.htm>

Figure 4A-6 Wrist Rotations

Rotate your hands in circular motions at the wrist.
Change direction and repeat on both sides.



Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>

Figure 4A-7 Triceps Stretch

Stand and bring your right arm over your head, bent at the elbow. Use your left hand to gently pull your arm down.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.



Exercise Programme for Squash, Tennis, Softball, Handball. Retrieved 26 October 2006, from <http://www.physionline.co.za/conditions/article.asp?id=49>

Figure 4A-8 Forearm Stretch

In a kneeling position, place your hands on the floor in front of you with your fingers pointing toward your knees, and your thumbs pointing out. Keeping your hands flat on the floor, lean back. Hold this position for a minimum of 10 seconds.

CHEST AND ABDOMINALS



Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>

Figure 4A-9 Chest Stretch

Stand facing a wall. With your right arm bent and your elbow at shoulder height, place your palm against the wall. Turn your body away from your right arm. You should feel the stretch on the front side of your armpit and across the front of your chest.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.



Moving on the Spot: A Collection of 5-Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from <http://www.lin.ca/resource/html/dn3.htm#1>

Figure 4A-10 Side Stretch

Stand with your left arm up over your head. Bend at the waist towards the right side of your body.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.

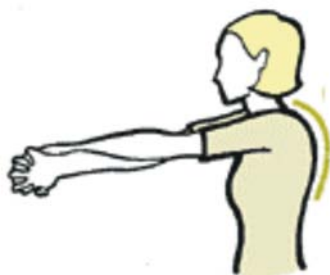
BACK



Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>

Figure 4A-11 Lower Back Stretch

Lie on your back and bring your knees toward your chest. Grasp the back of your knees. Hold this position for a minimum of 10 seconds.



Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>

Figure 4A-12 Upper Back Stretch

Extend your arms straight in front of you at shoulder height crossing one arm over the other. With the palms facing each other, intertwine your fingers and press out through your arms. Let your chin fall to your chest as you exhale. You should feel the stretch in the upper back.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.

LEGS



Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>

Figure 4A-13 Hamstring Stretch

Lie flat on the floor with your knees bent and your back flat on the floor. Slowly raise and straighten one leg, grasping it behind your thigh with both hands. Hold this position for a minimum of 10 seconds.



Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>

Figure 4A-14 Inner Thigh Stretch

Sit on the floor with your knees bent and the soles of your feet together. Grab your toes and pull yourself forward while keeping your back and neck straight.

Hold this position for a minimum of 10 seconds.

Grab your ankles and push your knees down toward the floor with your elbows.

Hold this position for a minimum of 10 seconds.

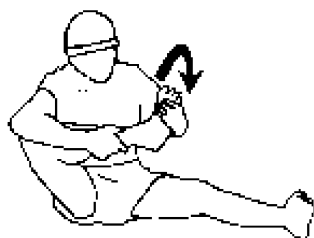


Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>

Figure 4A-15 Hip Flexor

Kneel on your right knee. Position your left foot in front of you, bending your knee and placing your left hand on that leg for stability. Keep your back straight and abdominal muscles tight. Lean forward, shifting more body weight onto your front leg. You should feel the stretch in the front of your hip and the thigh of the leg you are kneeling on. Cushion your kneecap with a folded towel if necessary.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.



Running Exercises. Retrieved 26 October 2006, <http://www.physionline.co.za/conditions/article.asp?id=46>

Figure 4A-16 Ankle Rotations

From a sitting position, rotate your foot in a clockwise, and then a counterclockwise, direction.

Switch and repeat on the opposite side.



Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>

Figure 4A-17 Calf Stretch

Stand three steps away from and facing a wall. Step in towards the wall with your right leg, bending your right knee and keeping your left leg straight. Extending your arms with your palms forward, reach out to the wall and let your body fall toward the wall. Keep your toes forward and your heels down. Lean your body into the wall with your left leg straight behind your body. You should feel the stretch in your left calf.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.



Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>

Figure 4A-18 Quadriceps Stretch

Stand with your hand against a wall for balance. Lift your left foot off the ground, bending your knee as if you are trying to kick your bottom with your heel. Do not lean forward at the hips. Grab and hold your ankle with your left hand. You should feel the stretch in your left thigh.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.

PACK A LUNCH

Name: _____

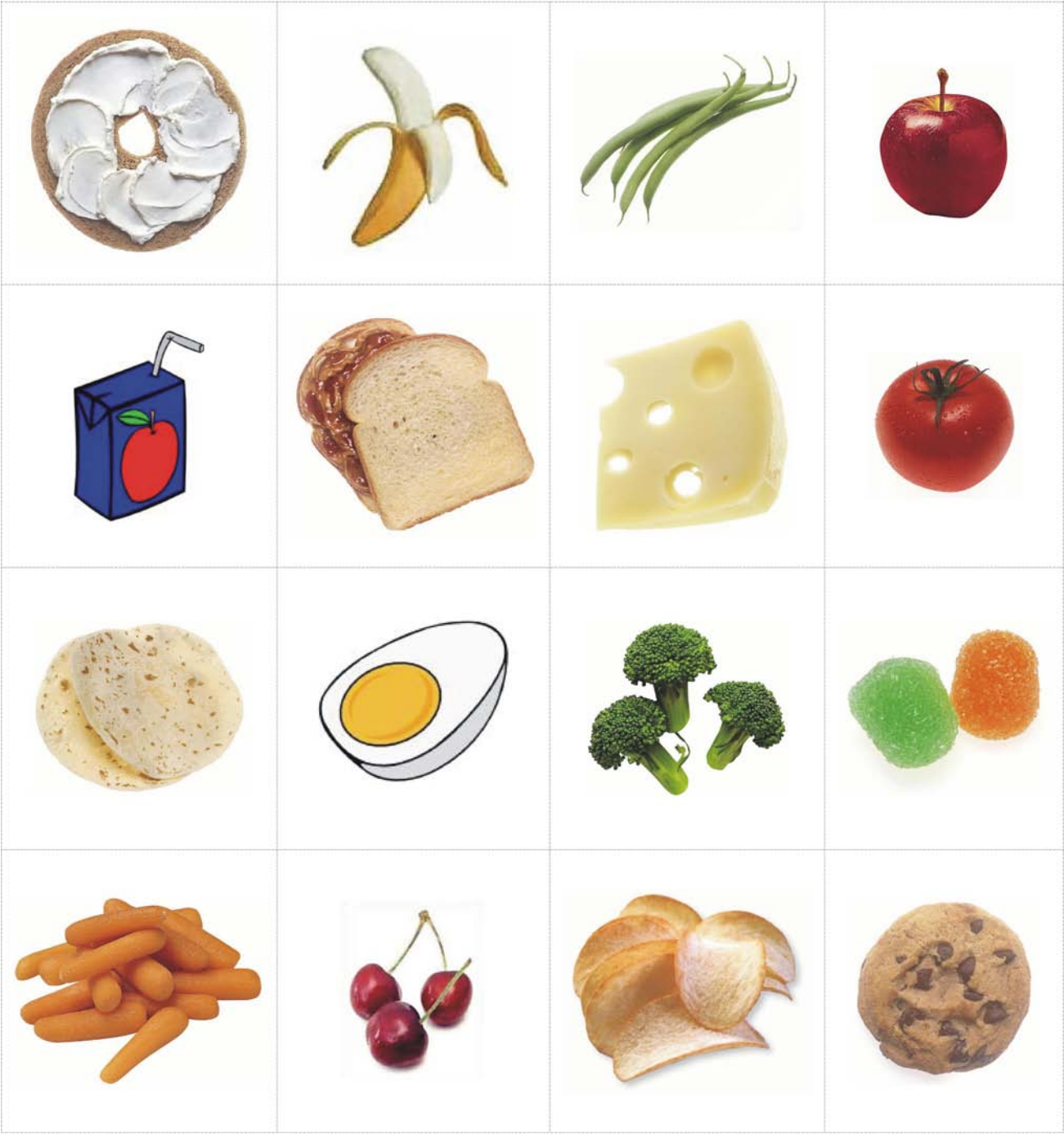
Date: _____

Chose the food items from the following page that you would pack in your lunch and put them into the lunch bag.



"Food Section". WP Clipart. Retrieved 29 March 2007, from <http://www.wpclipart.com/food/index.html>

Figure 4B-1 Lunch Bag



From "Food Section". WP Clipart. Retrieved 29 March 2007, from <http://www.wpclipart.com/food/index.html>
Figure 4B-2 Food Table 1



From "Food Section". WP Clipart. Retrieved 29 March 2007, from <http://www.wpclipart.com/food/index.html>

Figure 4B-3 Food Table 2

For each food item in your lunch bag, identify the food group(s) to which it belongs and how many servings it would be, and enter it into the following table. Total the number of servings at the bottom of the table.

	Number of Servings				
Food Item	Vegetables/ Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Other
TOTAL					

WAYS I CAN ACHIEVE A HEALTHY LIFESTYLE

1. List three ways you can make healthy nutritional food choices more enjoyable.

1.	
2.	
3.	

2. List three types of physical activities in which you enjoy participating.

1.	
2.	
3.	

3. List three reasons why you should not start smoking.

1.	
2.	
3.	

4. List three things you like about yourself.

1.	
2.	
3.	

MY PERSONAL ACTIVITY PLAN FOR THE RED STAR PROGRAM

Name: _____

Date: _____

Developing My Goals

Specific: Ensure the aim of the goal is clearly set out and defined.

Measurable: Ensure the goal has defined standards to work toward that are measurable.

Achievable: Ensure the goal is realistic and can be met.

Relevant: Ensure the goal is worthwhile.

Timed: Ensure there is a set time frame in which to achieve the goal.

My Long-term Goal: _____

Deadline to Achieve by: _____

Steps to Achieve My Goal (Short-term Goals)	Deadline to Achieve by	Date Achieved

FOOD JOURNAL

Name: _____

Date: _____

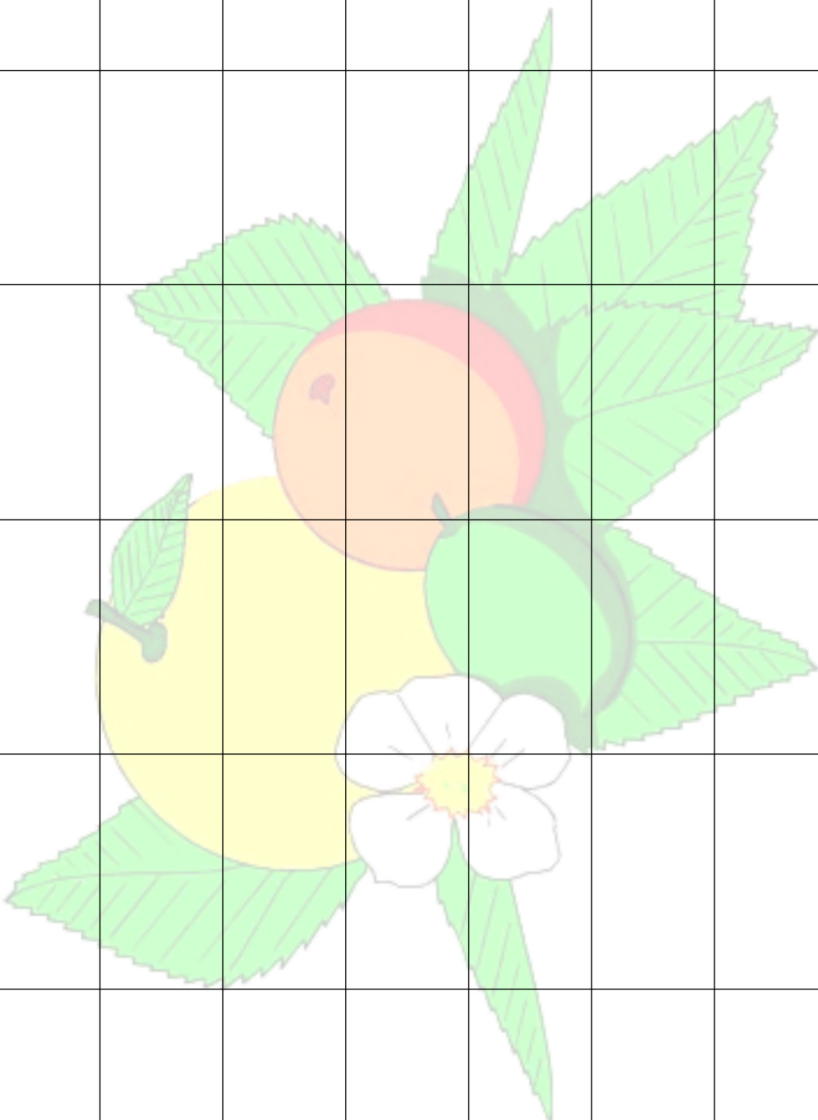
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PERSONAL NUTRITION PLAN

Name: _____

For The Week: _____

Day	Breakfast	Snack	Lunch	Snack	Supper	Snack
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						



CHAPTER 5

PO 205 – PARTICIPATE IN RECREATIONAL SPORTS

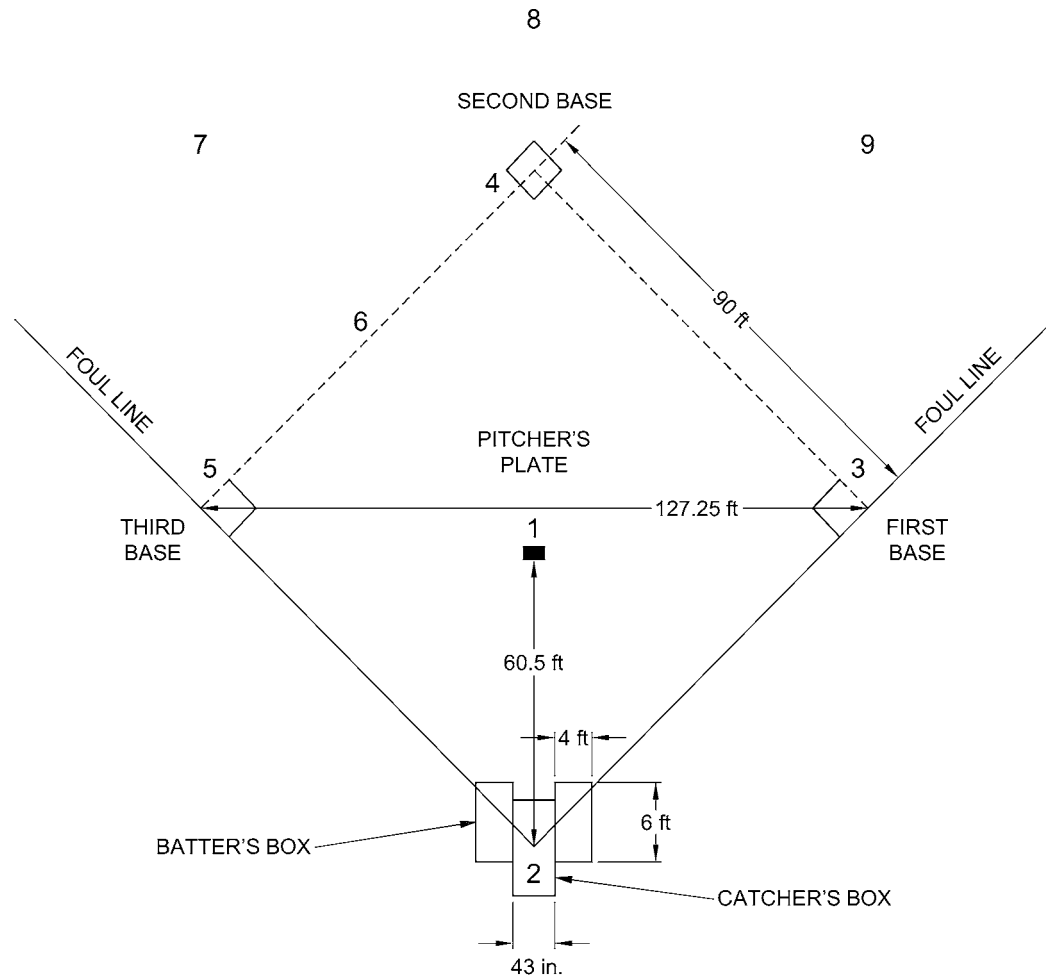
CANADIAN CADET ORGANIZATION LIST OF APPROVED SPORTS

- Baseball,
- Basketball,
- Floor Hockey,
- Football (Flag/Touch),
- Lacrosse,
- Orienteering,
- Ringette,
- Soccer,
- Soccer Baseball,
- Softball,
- Ultimate Frisbee, and
- Volleyball.

RECREATIONAL SPORTS OVERVIEW

BASEBALL	
Objective: While trying to prevent the opposing team from scoring runs, each team tries to score as many runs as possible. A run is scored when a team's player runs (in a counterclockwise direction) and steps on all three bases and the home plate. A game lasts nine innings where the team with the highest score wins, unless there is a tie. In the case of a tie, the game will continue for additional innings until a team, scoring an additional run, breaks the tie.	
Scoring: One point is awarded as a member completes a circuit around the bases.	
Definitions:	
Ball	A pitch that is outside the strike zone.
Bunt	When a batter hits the ball by letting the ball meet the bat to drop as a soft ground ball on the infield.
Double Play	When two outs are made on the same play.
Fair Ball	The ball when it is legally in play.
Fly Ball	A ball batted high into the air.
Fly-out	A fly ball that is caught before it touches the ground or the fence.
Force Play	When a runner is forced to move to the next base because the batter becomes a runner.
Foul Ball	A ball that is hit into foul territory (see Figure 5B-1).
Foul Territory	The area outside the foul lines (see Figure 5B-1).
Home Run	When a batter hits a fair ball over the fence, or circles all bases on a hit inside the fence without getting an out on their way around.
Inning	Consists of a top and a bottom. During either the top or bottom half each team will get the opportunity to bat and field accordingly.
Out	An out can be given due to strikeout, force-out, tag-out, and fly-out.
	Strikeout When a batter has three strikes.
	Force-out When a fielder touches second base with the ball in their possession before the runner reaches second.
	Tag-out When a fielder tags a runner with the ball when they are not on a base.
	Fly-out When a fly ball is caught before it touches the ground or fence.
Strike	A pitch, in the strike zone, at which the batter does not swing, at which the batter swings and misses, or that the batter hits into foul territory during their first two hits. A foul ball on the third is not considered a strike.
Strike Zone	The area over the home plate, between the batter's knees and the midpoint between the top of their shoulders and the top of their pants.

BASEBALL	
Walk	A batter is awarded first base if four “balls” are pitched to the batter during one time up to bat.
Number of Players: Nine players per team.	
Equipment Required:	
<ul style="list-style-type: none"> • Bases (four), • Bats (two), • Batter’s helmets (two), • Baseball (extras should be on hand), • Various gloves, and • Baseball/Softball field. 	
Basic Rules:	
<ul style="list-style-type: none"> • The game consists of nine innings, with three outs per inning (for each team). Innings may be reduced due to time constraints. • One team takes the field first, taking up the various positions, to include: pitcher, catcher, first baseman, second baseman, third baseman, shortstop, left fielder, centre fielder, and right fielder (see Figure 5B-1). • The other team bats first in the top half of the inning, according to the batting order for their players. • The pitcher attempts to get the batter out, preventing him or her from reaching first base and the subsequent bases. • A batter is out if they receive a strikeout, force-out, tag-out, or fly-out. • The batter’s objective is to get around the bases before the ball reaches the base. The batter has to attempt to get to first base before the ball reaches the base. While the ball is in play the batter can attempt to reach subsequent bases. Once their play is over the next batter is up. • A team scores a run when a player has safely touched all three bases and has made it back to home base, or hits the ball over the fence resulting in a home run. 	
Further details on the sport of baseball can be found in Hanlon, Thomas, <i>The Sports Rules Book: Essential Rules for 54 Sports</i> , Human Kinetics Publishers, Inc., pp. 25 to 35.	



LEGEND

1. Pitcher
2. Catcher
3. First Baseman
4. Second Baseman
5. Third Baseman
6. Shortstop
7. Left Fielder
8. Centre Fielder
9. Right Fielder

Hanlon, Thomas, *The Sports Rules Book: Essential Rules for 54 Sports*, Human Kinetics Publishers, Inc., p. 31

Figure 5B-1 Baseball Diamond

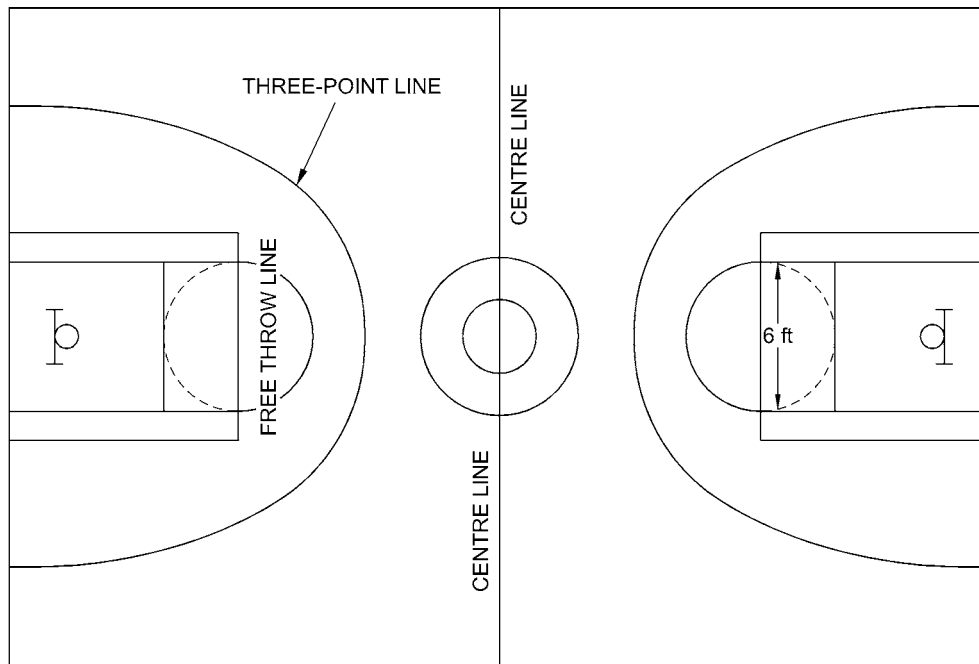
BASKETBALL	
Objective: Teams attempt to score as many points as possible by passing the basketball through the opposing teams' basket. The team with the highest score at the end of the game is the winner.	
Scoring:	
Field Goal	A basket worth two points if scored inside the three-point line and three points if scored from outside the line (see Figure 5B-2).
Free Throw	A basket worth one point.
Definitions:	
Dribble	Dribbling consists of bouncing the ball on the floor, using only one hand at a time. This can be done while moving on the court or while the player is stationary. Once a player stops dribbling and holds the ball, they cannot dribble again until another player touches the ball.
Double Dribble	Dribbling with both hands at once is a violation that results in a turnover.
Field Goal	A two or three-point basket.
Foul	<p>A foul is awarded to a player or coach for misconduct and includes the following:</p> <ul style="list-style-type: none"> • Away from the ball: Committed by a player in a play not involving the player with the ball. • Blocking and charging: Blocking is illegal contact by a defender, impeding the progress of an offensive player. Charging is illegal contact by an offensive player, pushing or moving into the defender's torso. • Delay of game: When a player prevents the ball from being promptly put into play. • Double personal: Occurs when two opposing players commit personal fouls at the same time. • Double technical: When two opposing players commit technical fouls at the same time. • Elbow: When a player elbows a member of the opposing team. • Excessive timeout: When a team calls a timeout when they have no timeouts left, they are granted a technical foul, but the timeout is allowed. • Face guarding: When a defender places a hand in the face or eyes of an opponent they are guarding from the rear, if the opponent does not have the ball. • Fighting and flagrant fouls. • Hand checking: When a defender uses their hands to check the progress of offensive players when those players are in front of them. • Hanging on the rim: When a player hangs off the rim of the basket, unless it is to protect themselves or another player. • Offensive: If a defender has established legal position in a dribbler's path, the dribbler cannot make contact with the opponent. • Personal: A wide variety of contact fouls including holding, pushing, charging, tripping, and illegally interfering with a player's progress.

BASKETBALL	
	<ul style="list-style-type: none"> • Player-control: Charging, which is when the dribbler commits an offensive by charging into a defender who has established legal position. • Technical: Can be on a player, coach, etc. and does not involve contact with the opponent while the ball is alive. Some include profanity, delay of game, excessive time outs, unsportsmanlike conduct, and hanging on the rim. • Unsportsmanlike conduct: Includes actions such as disrespectfully addressing an official; trying to influence an official's decision; arguing with an official; taunting an opponent; etc.
Free Throw	A shot given to a player from the free throw line as a result of a foul. This shot is worth one point.
Rebound	When a player controls possession of a missed shot, either by a teammate or an opponent.
Pass	The movement of the ball by a player to another player by throwing, batting, or rolling the ball.
Pivot	When a player holding the ball pivots with one foot kept at a point of contact with the floor, while stepping in other directions with the other foot.
Sideline Pass	When a player throws the ball in from the sidelines of the court.
Travelling	When a player advances on the court with the ball without dribbling it.
Violations	When a player breaks a rule without contact. These include: backcourt, basket interference and goaltending, double dribble, faking a free throw, kicking or hitting the ball, out of bounds, shot clock, travelling, and throw-in.
Number of Players: Five players per team on the court at a time.	
Equipment Required:	
	<ul style="list-style-type: none"> • Basketball, • Gymnasium/outdoor court, and • Nets (two).
Basic Rules:	
	<ul style="list-style-type: none"> • The game consists of two 20-minute halves. • Teams will consist of a point guard, an off guard/shooting guard, a small forward, a power forward, and a centre/post. • The game begins with what is known as a "jump ball". A player from each team will meet face to face at the centre of the court. When the official tosses the ball straight up between them, both players will attempt to catch or hit the ball to a teammate. • Once the game has begun, the player in possession of the ball must dribble at all times in order to continue to move forward along the court. The player may pass the ball at any time to a teammate. • If a player in possession of the ball stops, they may only pivot on the spot or take a maximum of three steps and then pass or shoot the ball towards the basket.

BASKETBALL

- If a team scores, the opposing team will gain possession of the ball. The opposing team throws the ball inbounds to put the ball back into play. On this throw-in, the thrower cannot step on or over the line while still in possession of the ball.
- During the game, if the ball is tossed out of bounds or a person is fouled, the opposite team will gain the ball where a free throw will be awarded or a sideline pass will take place.

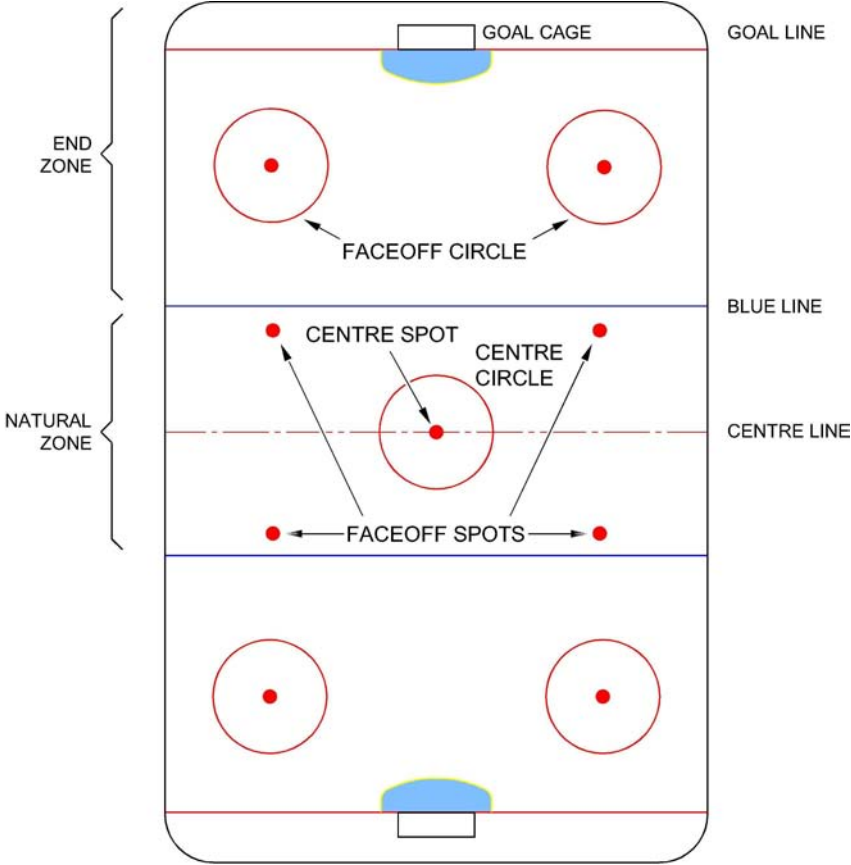
Further details on the sport of basketball can be found in Hanlon, Thomas *The Sports Rules Book: Essential Rules for 54 Sports*, Human Kinetics Publishers, Inc., pp. 37 to 46.



Hanlon, Thomas, *The Sports Rules Book: Essential Rules for 54 Sports*, Human Kinetics Publishers, Inc., p. 41

Figure 5B-2 Basketball Court

FLOOR HOCKEY	
Objective: Teams attempt to score as many points as possible by passing the ball through the opposing team's net. The team with the highest score at the end of the game is the winner.	
Scoring: A player passing the ball off their stick into the net, scores a goal.	
Definitions:	
Face-off	When two players meet to try to gain possession of the ball when the referee drops it.
Goal	A point/goal is scored when a player gets the ball across the goal line.
Rebound	A puck that bounces off the goalkeeper or the goal post.
Save	When the goalkeeper prevents a goal from being scored.
Number of Players: Six players per team on the floor at one time.	
Equipment Required:	
<ul style="list-style-type: none"> • Hockey ball, • Hockey sticks for the number of players, • Goalie sticks (two), • Goalie equipment, and • Hockey nets (two). 	
Basic Rules:	
<ul style="list-style-type: none"> • A game consists of three 20-minute periods. • Teams will consist of a goalkeeper, three forwards—centre, left wing, and right wing—and two defencemen. • A game begins with a faceoff between two opposing players where an official drops the ball at the centre of the playing field/gymnasium. • Players advance with the ball while stickhandling the ball or passing it to fellow teammates. The ball must be in motion at all times. • Every time a goal is scored, the players return to the initial set-up for a faceoff at the centre of the area of play. • If an attacker in the team's attacking zone causes the play to stop, a face-off will occur at the nearest face-off spot in the neutral zone (the central portion between the blue lines). • If a defender in the team's defensive zone causes the play to stop, a face-off occurs at the point of stoppage. 	
Further details on the sport of hockey can be found in Hanlon, Thomas, <i>The Sports Rules Book: Essential Rules for 54 Sports</i> , Human Kinetics Publishers, Inc., pp. 159 to 168. These rules then must be adapted for floor hockey.	



Hanlon, Thomas, *The Sports Rules Book: Essential Rules for 54 Sports*, Human Kinetics Publishers, Inc., p. 162

Figure 5B-3 Hockey Set Up

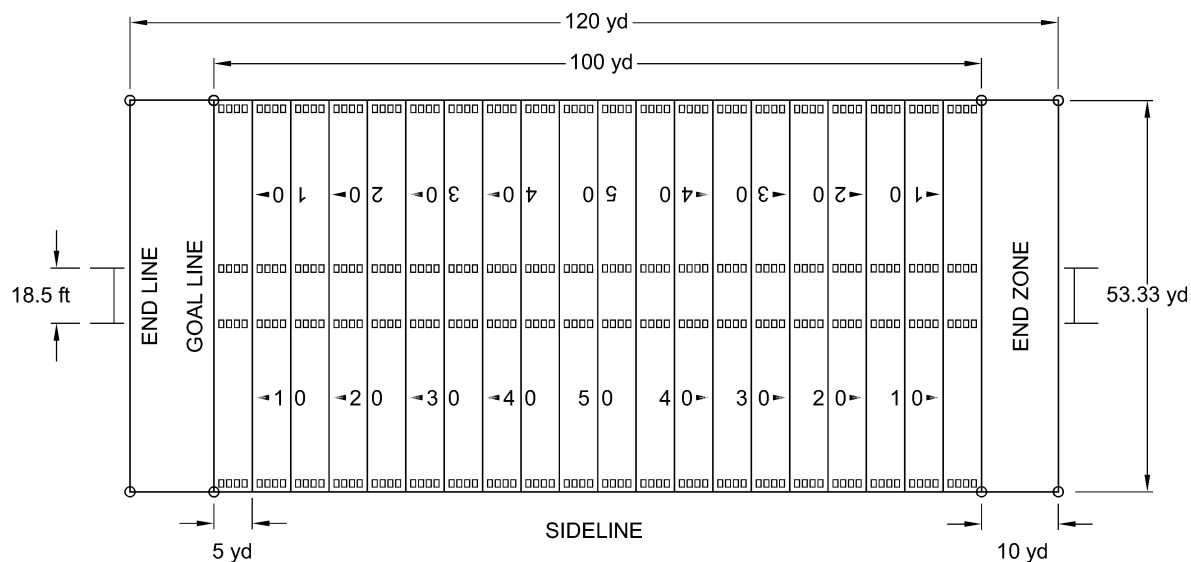
FOOTBALL (FLAG/TOUCH)	
Objective: Teams attempt to score as many points as possible through touchdowns. The team with the highest score at the end of the game is the winner.	
Scoring:	
Touchdown	A touchdown is worth six points and is scored when a player carries the ball into the opponent's end zone or catches the ball in the opponent's end zone before it touches the ground. After a touchdown has been scored, the scoring team can make a one-point convert attempt from the 5-yard line (approximately 4-1/2 metres/15 feet) or a two-point convert attempt from the 10-yard line (approximately 11 metres/36 feet).
Safety	An interception return to the opponent's end zone, on any extra-point play by the defence, will result in the defence scoring two points, plus they will gain possession for the next series at their own 5-yard (4-1/2 metres/15 feet) line.
Rouge	A team is awarded one point when they legally kick the ball into the opponent's end zone and the ball is not brought out of the end. To score off a kick off, the ball must land in the field of play or in the end zone before it goes out of bounds.
Definitions:	
Convert	A pass or a run attempt; no kicking allowed.
Dead Ball	When the ball is no longer in play and the play is over.
First Down	Is a new set of three downs. Each team, when they are the offence, get three downs in which to make a play.
Forward Pass	When the ball is intentionally thrown or handed towards the opponent's goal line.
Fumble	When a player loses possession of the ball while the play is still in progress.
Punt	When the ball is deliberately dropped and then kicked with the foot or leg before the ball touches the ground.
Scrimmage Line	The line where the players line up for the snap.
Snap	When a player designated as the centre passes the ball between the legs to the quarterback.
Touchback	Occurs when the ball is dead on or behind a team's own goal line, provided the ball's force came from an opponent and it is not a touchdown.
Number of Players: Seven players per team on the field at one time for touch football. Eight players per team on the field at one time for flag football.	
Equipment Required:	
<ul style="list-style-type: none"> • Football, • Flags/ribbons, • Field, and • Safety/protective equipment. 	

FOOTBALL (FLAG/TOUCH)

Basic Rules:

- The game consists of four 15- to 18-minute quarters.
- Whichever team takes first possession of the ball is the offence. The other team becomes the defence.
- The offence has three downs to obtain 10 yards, keep possession of the ball, and attempt to score. If they do not gain 10 yards and a first down, possession of the ball changes and that team then becomes the offence.
- To begin the game, a team will kick off from their own 45-yard line (or on a non-regulation field, ten yards back from the centre line). The remaining players of the team must stay behind the kick off line until the ball has been kicked.
- At the kick off, all players of the receiving team must be at least 20 yards away from the kick off line.
- To begin a series of three downs, the ball will be placed on the ground at the point where the ball carrier was touched after the kick off. All members of the offensive team will line up on or behind the line of scrimmage. A player designated as the centre will begin the play by snapping the ball between the legs to the quarterback who must receive the ball from a minimum of five yards behind the line of scrimmage.
- The defensive players must be at least one yard from the line of scrimmage on the opposite side during the snap.
- All players on the offence, with the exception of the centre, can be in motion prior to the snap. They may not cross the line of scrimmage until after the snap.
- In touch football, play is terminated when a defender touches the ball carrier with the hand. In flag football, play is terminated when a defender removes the ball carrier's flag.
- The defensive team will have one player during scrimmage play, called the rusher, who will pursue the quarterback after the ball is snapped. The rusher must be at least five yards away from the line of scrimmage at the time the ball is snapped and cannot be lined up directly with the centre of the opposing team.
- No player is permitted to block or obstruct the rusher in the direct path to the quarterback.
- Teams are only permitted one forward pass on each scrimmage play. Forward passes are not permitted on kick offs or after punts.
- The team that plays defence at the beginning of the first half receives possession at the start of the second half.
- If a team fails to make it across midfield within three plays, possession of the ball changes.
- Once a ball is punted, the team gives up possession of the ball.
- There are no fumbles in touch football.
- Must be played as **non-contact**. Blocking and tackling are not allowed.

Further details on the sport of football can be found in Hanlon, Thomas, *The Sports Rules Book: Essential Rules for 54 Sports*, Human Kinetics Publishers, Inc., pp. 125 to 136. These rules must be adapted for flag/touch football. Some of these modifications can be found on pp. 132 to 133. Further rules may be found in the *National Football Federation's Touch Football Rule Book*.



Hanlon, Thomas, *The Sports Rules Book: Essential Rules for 54 Sports*, Human Kinetics Publishers, Inc., p. 129

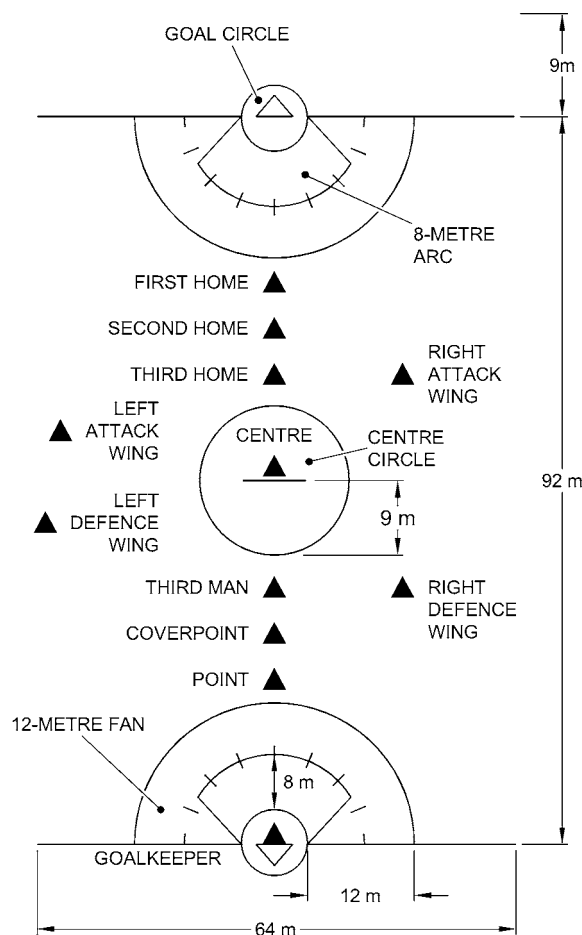
Figure 5B-4 Football Field

LACROSSE	
Objective: Teams attempt to score as many points as possible by passing the ball into the opposing team's goal. The team with the highest score at the end of the game is the winner.	
Scoring: A goal is scored when the ball passes completely over the goal line, between the posts, and under the cross bar of the opponent's goal.	
Definitions:	
Blocking	Occurs when one player moves into the path of an opponent with the ball without giving the opponent a chance to stop or change direction without contact.
Critical Scoring Area	An area at each end of the field, where the attacking team shoots for a goal.
Deputy	A player on the defensive goalkeeper's team who may enter the goal circle when his or her team is in possession of the ball and the goalkeeper is out of the goal circle.
Draw	With two opposing players toeing the centreline, holding their crosses in the air, parallel to the centreline. The umpire places the ball between the players and when they call ready the players pull their sticks up and away, lifting the ball into the air. All other players must be outside the centre circle for the draw.
Free Space to Goal	The path to the goal within the critical scoring area.
Marking	Guarding an opponent within a stick's length.
Penalty Lane	The path to the goal that is cleared when a free position is awarded to the attacking team within the critical scoring area in front of the goal line.
Pick	A technique used by a player without the ball to force an opponent to take a different direction. The player must give the opponent time to see the pick and react to it.
Throw	Two players of opposing teams stand one metre (3-1/3 feet) apart; the umpire stands four to eight metres (13 to 26 feet) away, and throws the ball into the air and the players take it as they move toward the field. No other player can be within four metres (13 feet) of the players taking the throw.
Number of Players: Twelve players per team on the field at one time.	
Equipment Required:	
<ul style="list-style-type: none"> • Ball, • Field crosses for the number of players, • Goalkeeper's crosse (two), • Goalkeeper's helmet, face mask, and throat and chest protector (two of each), and • Mouth guards for the number of players. 	
Basic Rules:	
<ul style="list-style-type: none"> • The game consists of two 30-minute halves. 	

LACROSSE

- The team consists of a goalkeeper, point, coverpoint, third man, left defence wing, right defence wing, left attack wing, right attack wing, third home, second home, first home, and centre, as per [Figure 5B-5](#).
- The game begins with a draw.
- The team in possession of the ball attempts to score goals by advancing the ball down the field. This is done by carrying, throwing, rolling, or batting the ball.
- If the ball goes out of bounds, it is given to the closest player. If two players of opposing teams are an equal distance from the ball, the game is continued with a throw.
- Only one player can be in the goal circle at a time. This can only be the goalkeeper or the deputy.
- Within the goal circle, the goalkeeper must clear the ball within 10 seconds. This can be done with the goalkeeper's crosse, hands, or body.
- After each goal, the ball is put back into play with a draw.

Further details on the sport of lacrosse can be found in Hanlon, Thomas, *The Sports Rules Book: Essential Rules for 54 Sports*, Human Kinetics Publishers, Inc., pp. 179 to 186.

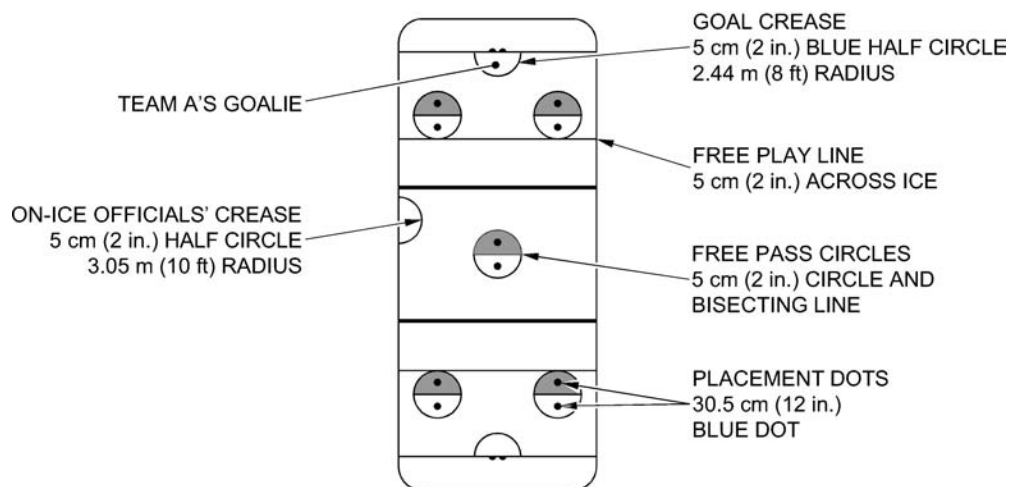


Hanlon, Thomas, The Sports Rules Book: Essential Rules for 54 Sports, Human Kinetics Publishers, Inc., p. 182

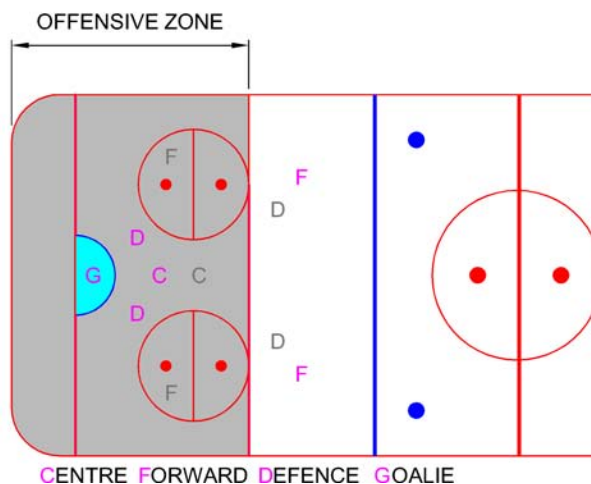
Figure 5B-5 Lacrosse Field

RINGETTE (OFF ICE VERSION)	
Objective:	Teams attempt to score as many points as possible by getting the ring in the opposing team's net. The team with the highest score at the end of the game is the winner.
Scoring:	One point for every time a player gets the ring in the opposing team's net.
Definitions:	N/A.
Number of Players:	Six players per team on the floor at one time.
Equipment Required:	<ul style="list-style-type: none">• Nets (two),• Safety equipment,• Rubber ring,• Straight sticks for number of players,• Goalkeeper's sticks (two), and• Goalkeeper's masks (two).
Basic Rules:	<ul style="list-style-type: none">• Play begins with the visiting team being given a free centre free pass circle (which is like a faceoff circle in hockey).• Teams consist of a goalkeeper, two defencemen, and three forwards.• The ring is passed up the playing field in order to get the ring in the opposing team's net.• Free passes are used in ringette to restart play. The ring is placed in the free pass circle for this and one player gets to take possession, having five seconds to pass the ring to a teammate. Shots on goal are allowed from the free pass.• The stick is placed inside the ring to play.• If the ring is within the goal crease the only player who is allowed to touch it is the goalie. The goalie will pick up the ring and throw it like a Frisbee to a teammate but it cannot be thrown beyond the blue line. The goalkeeper can also hit the ring with their stick or foot to move it out of the goal crease.
Further details on the sport of ringette can be found at www.ringette.ca .	

TEAM A'S DEEP DEFENSIVE ZONE



TEAM A'S DEEP OFFENSIVE ZONE

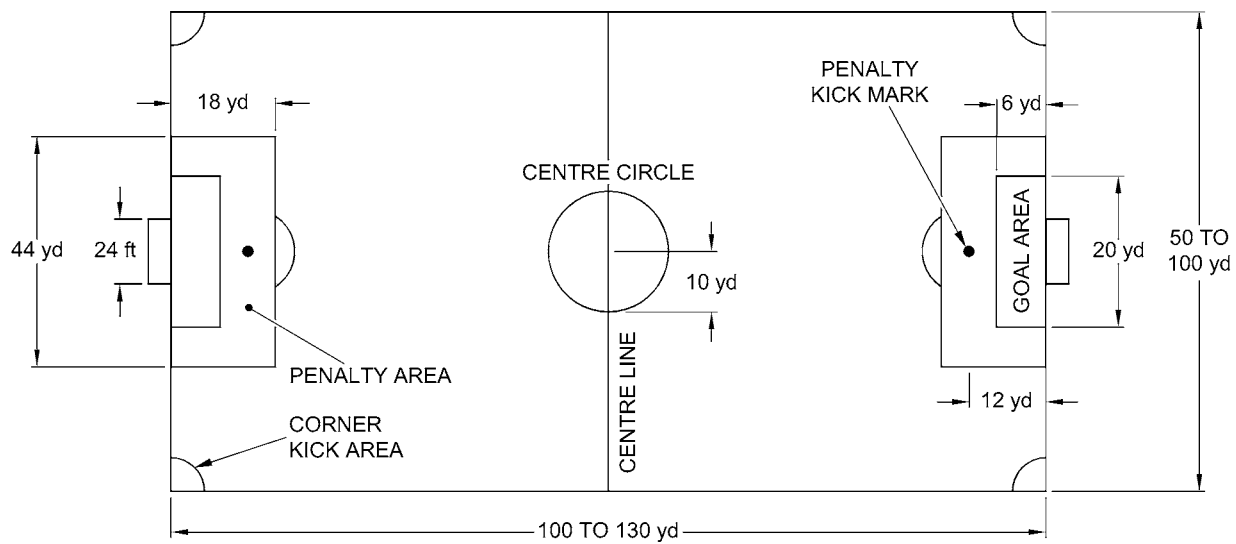


"How Ringette Is Played", Ringette Canada. Retrieved 30 October 2006, from <http://www.ringette.ca/e/about/played.htm>

Figure 5B-6 Ringette Ice/Playing Field

SOCCER	
Objective: Teams attempt to score as many points as possible by getting the ball in the opposing team's net. The team with the highest score at the end of the game is the winner.	
Scoring: One point is scored for every goal made into the opposing team's net which completely crosses the goal line.	
Definitions:	
Corner Kick	Awarded to the opposing team when players kick the ball over their own goal line. All opposing players must be at least 10 yards (9 metres/29-1/2 feet) from the ball for a corner kick.
Dribble	To move the ball with the feet in a continuous motion by passing the ball from one foot to the other.
Foul	Results in a direct or indirect free kick for the opposing team at the spot where the foul occurred. Fouls include: <ul style="list-style-type: none"> • kicking, tripping, or pushing; • jumping into an opponent; • violently or dangerously charging an opponent; • striking an opponent with the hand, arm, or elbow; • holding an opponent's body or clothing; • playing the ball anywhere on the arm; • offsides; • obstructing an opponent by deliberately blocking their path; • kicking too high, putting an opponent in danger; • bending low, putting themselves in danger; • unsportsmanlike conduct; • charging an opponent when the ball is no more than one step away; • charging into the goalkeeper while in the goal area, preventing them from playing the ball or retaining possession of the ball; and • the goalkeeper taking more than four steps before releasing the ball.
Free Kick	Direct free kicks are awarded for fouls on a player; indirect free kicks are awarded for other violations made by the opposing team.
Goal Kick	Occurs when a player kicks the ball over the opposing team's goal line. The opposing team is awarded the goal kick. Opposing players must be outside the penalty box area; either the goalkeeper or another player may kick the ball. The ball must be kicked beyond the penalty box area to be put into play. The player who performs the goal kick cannot touch the ball again until another player has done so.
Heads the Ball	When a player hits the ball with their head.
Penalty Kick	Is awarded to a team when an opposing player commits an intentional foul. All players, except the kicker and the goalkeeper, must stand outside the penalty area, at least ten

SOCCER	
Throw-in	<p>yards (9 metres/29-1/2 feet) from the ball. The goalkeeper must stand on the goal line and not move their feet until the kick is made. If a goal is not scored and the ball goes out of bounds after being touched by the goalkeeper, the attacking team gets a corner kick.</p> <p>Is awarded to a team when the ball goes over the sideline and was last touched by an opponent. A player throws the ball in from over their head, keeping both feet on the ground while releasing the ball. At least part of each foot must be on or behind the sideline.</p>
Number of Players: Up to 11 players per team on the field at one time.	
Equipment Required:	
<ul style="list-style-type: none"> • Soccer ball, • Nets (two), and • Field or gymnasium. 	
Basic Rules:	
<ul style="list-style-type: none"> • The game consists of two 45-minute halves. • Teams will consist of a goalkeeper, defenders, midfielders, and forwards, or strikers. • The game begins with a kickoff at the centre of the playing field, where the ball is placed in a stationary position at the centre spot. • All players must be on their team's half of the playing field before the kick off takes place. The player who kicks off may not touch the ball again until another player has. • Players have to move the ball up the field with their feet, head, or chest. They may not touch the ball with their hands. • The game continues in this manner, with players dribbling the ball and moving it toward the opposing teams goal in order to score. • When a goal is scored the play begins again with the team losing the goal taking the kick off. • A goal may not be scored directly off a kick off, goal kick, or throw-in. 	
Further details on the sport of soccer can be found in Hanlon, Thomas, <i>The Sports Rules Book: Essential Rules for 54 Sports</i> , Human Kinetics Publishers, Inc., pp. 237 to 245.	

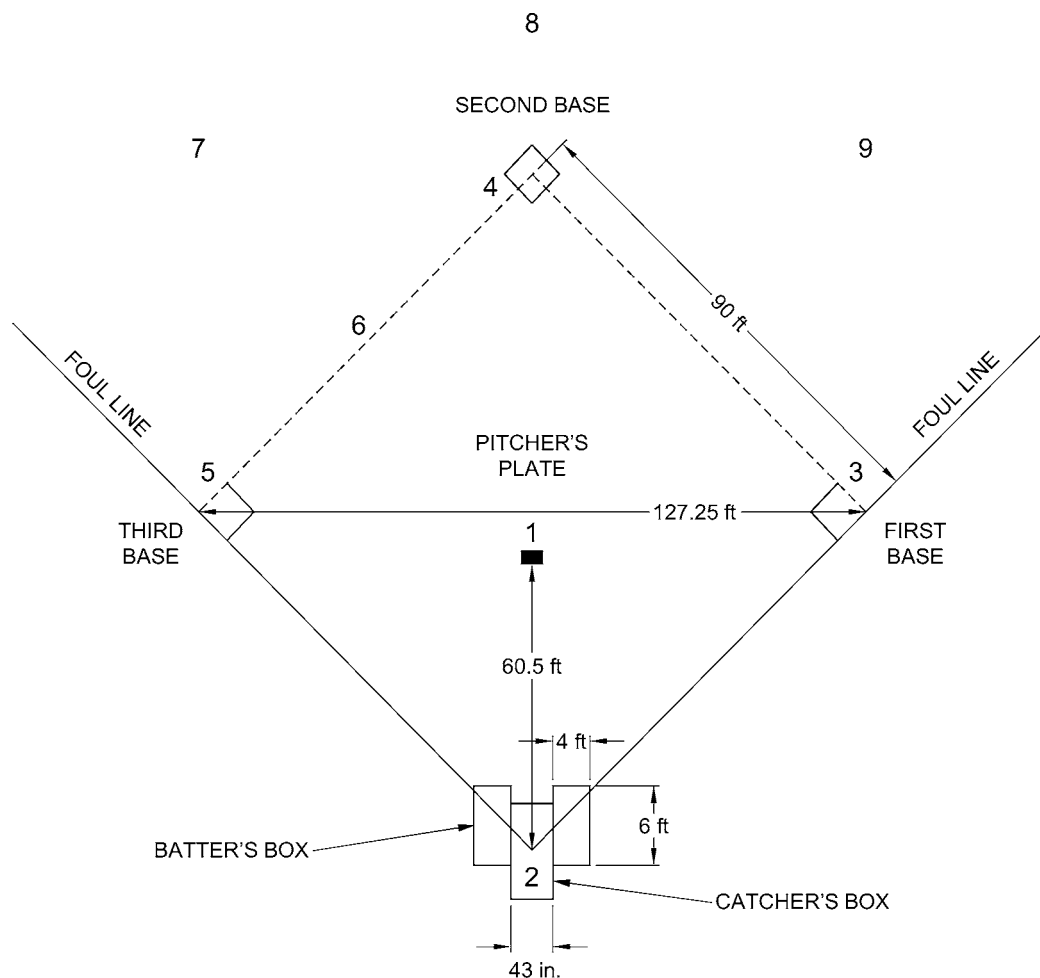


Hanlon, Thomas, The Sports Rules Book: Essential Rules for 54 Sports, Human Kinetics Publishers, Inc., p. 241

Figure 5B-7 Soccer Field

SOCCER BASEBALL/KICKBALL	
Objective: While trying to prevent the opposing team from scoring runs, each team tries to score as many runs as possible. A run is scored when a team's player runs (in a counter-clockwise direction) and steps on all three bases and the home plate.	
Scoring: One point is awarded as a member completes a circuit around the bases. A game lasts nine innings where the team with the highest score wins, unless there is a tie. In the case of a tie the game will continue for additional innings until a team, scoring an additional run, breaks the tie.	
Definitions:	
Double Play	When two outs are made on the same play.
Double	A kick in which the batter safely runs to second base.
Fair Ball	The ball when it is legally in play.
Force Play	Occurs when a runner is forced to advance to the next base because the batter becomes a runner.
Foul Play	Any ball hit into foul territory.
Foul Territory	The area outside the foul lines.
Home Run	When a batter kicks a fair ball over the fence or circles all bases on a kick that was inside the fence.
Lead Off	When a runner leads off a base before the ball has left the pitcher's hand.
Legal Touch	When a defensive player tags a runner with the ball while the runner is not on a base. This results in an out.
Out	An out can be given due to strikeout, force-out, tag-out, and fly-out.
Strikeout	When a batter has three strikes.
Force-out	When a fielder touches second base with the ball in their possession before the runner reaches second.
Tag-out	When a fielder tags a runner with the ball when they are not on a base. This is also known as a legal touch.
Fly-out	When a fly ball is caught before it touches the ground or fence.
Steal	When a runner attempts to steal a base during a pitch to the kicker.
Tag-up Rule	If the ball is caught in the air after the kicker has kicked it, the kicker is out. Other players who are on bases must touch the base they were on after the ball is caught before they can run to the next base.
Number of Players: Eight players per team on the field at one time.	
Equipment Required:	
<ul style="list-style-type: none"> Soccer ball, 	

SOCCER BASEBALL/KICKBALL	
<ul style="list-style-type: none">• Baseball/softball field or a gymnasium or field, and• Bases/pylons (four).	
Basic Rules:	
<ul style="list-style-type: none">• The game consists of five innings, with three outs per inning (for each team).• One team takes the field first, taking up the various positions, to include a pitcher, catcher, first baseman, second baseman, third baseman, shortstop, left fielder, centre fielder, right fielder, and other fielders depending on the number of players.• When pitching, the ball must touch the ground at least once and cannot be higher than one foot above the plate when it gets to the kicker. The ball should be pitched to roll as smoothly as possible.• A ball is put into play once the pitcher rolls the ball toward home plate and the kicker has attempted to kick the ball.• The kicker must wait for the ball to be within three feet of the home plate before they can attempt to kick the ball.• Leading off and stealing bases is not allowed.• Bunts are not permitted.• The kicker at home plate must kick the ball with the leg or foot, below the knee.• Field players can tag the runner out while either carrying the ball or throwing it at the runner and making contact. Thrown balls are to hit below the waist.• A runner who leaves their base before the pitch reaches home plate or before the pitch is kicked, is out and the ball is considered dead.	
Further details on the sport of soccer baseball/kickball can be found at www.kickball.com	



LEGEND

1. Pitcher
2. Catcher
3. First Baseman
4. Second Baseman
5. Third Baseman
6. Shortstop
7. Left Fielder
8. Centre Fielder
9. Right Fielder
10. Extra Fielder

Hanlon, Thomas, The Sports Rules Book: Essential Rules for 54 Sports, Human Kinetics Publishers, Inc., p. 31

Figure 5B-8 Baseball Diamond (Can Be Used for Soccer Baseball)

SOFTBALL (SLOW PITCH)

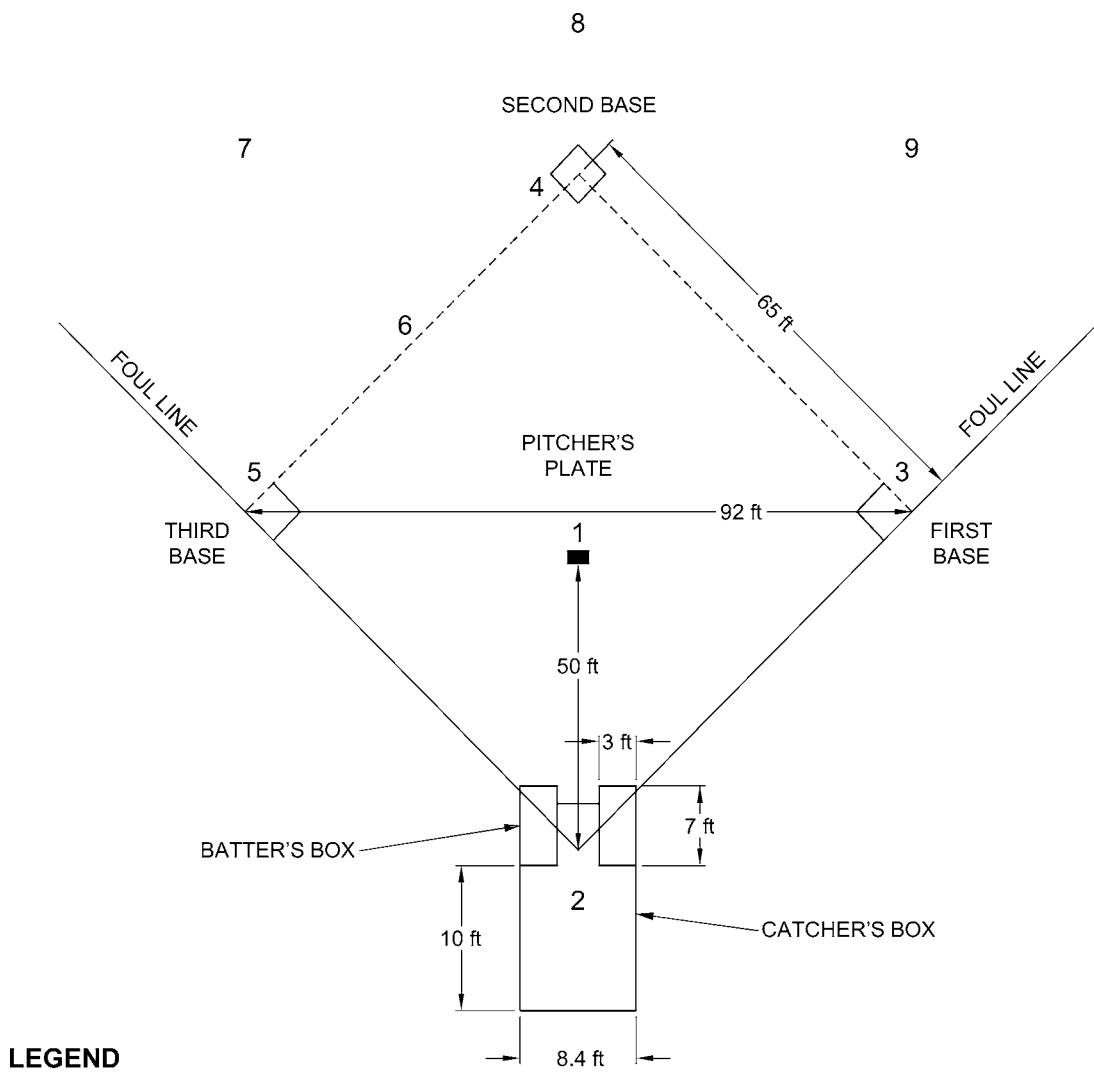
Objective: While trying to prevent the opposing team from scoring runs, each team tries to score as many runs as possible. A run is scored when a team's player runs (in a counterclockwise direction) and steps on all three bases and the home plate.

Scoring: One point is awarded as a member completes a circuit around the bases. A game lasts nine innings where the team with the highest score wins, unless there is a tie. In the case of a tie the game will continue for additional innings until a team scoring an additional run, breaks the tie.

Definitions:

Ball	A pitch that is outside the strike zone.
Bunt	When a batter hits the ball by letting the ball meet the bat to drop as a soft ground ball on the infield.
Double Play	When two outs are made on the same play.
Fair Ball	The ball when it is legally in play.
Fake Tag	A form of obstruction of a runner by a fielder who neither has the ball nor is about to receive it. The umpire will award the runner the base they would have made, if the obstruction had not been made.
Fly Ball	A ball batted high into the air.
Fly-out	A fly ball that is caught before it touches the ground or the fence.
Force Play	When a runner is forced to advance to the next base because the batter becomes a runner.
Foul Play	Any ball hit into foul territory.
Foul Territory	The area outside the foul lines (see Figure 5B-9).
Home Run	When a batter hits a fair ball over the fence or circles all bases on a ball that was hit inside the fence.
Inning	An inning consists of a top and a bottom. During either the top or bottom half each team will get the opportunity to bat and field accordingly.
Interference	This occurs when an offensive player impedes or confuses a defensive player as they are trying to make a play. Interference can be physical or verbal.
Lead Off	When a runner leads off a base once the ball has been batted, touches the ground, or reaches home plate, but must return to the base if the ball is not hit.
Out	An out can be given due to strikeout, force-out, tag-out, and fly-out.
Strikeout	When a batter has three strikes.
Force-out	When a fielder touches second base with the ball in their possession before the runner reaches second.

SOFTBALL (SLOW PITCH)		
	Tag-out	When a fielder tags a runner with the ball when they are not on a base. This is also known as a legal touch.
	Fly-out	When a fly ball is caught before it touches the ground or fence.
Overslide	When a player over slides first base when running. It is allowed at first base, but at second and third base, the runner may be tagged out.	
Steal	In fast-pitch, a runner may attempt to steal a base during a pitch to the batter.	
Strike Zone	The area over the home plate, between the batter’s back shoulder and front knee.	
Walk	A batter is awarded first base if four “balls” are pitched to the batter during one time up to bat.	
Number of Players: 10 players per team on the field at a time if team is not batting.		
Equipment Required:		
<ul style="list-style-type: none">• Bases (four),• Bat,• Batter’s helmets,• Softball,• Various gloves for the number of players, and• Baseball/softball field.		
Basic Rules:		
<ul style="list-style-type: none">• The game consists of seven innings, with three outs per inning (for each team).• One team takes the field first, taking up the various positions, to include a pitcher, catcher, first baseman, second baseman, third baseman, shortstop, left fielder, centre fielder, right fielder, and extra fielder.• The other team bats first in the top half of the inning, according to the batting order for their players.• The pitcher attempts to get the batter out, preventing them from reaching first base and the subsequent bases.• The pitcher must use an underhand pitch.• A batter is out if they receive a strikeout, force-out, tag-out, or fly-out.• The batter’s objective is to get around the bases without being tagged and before the ball reaches the base.• A team scores a run when a player has safely touched first, second, and third base, and has made it back home or hits the ball over the fence.		
Further details on the sport of softball can be found in Hanlon, Thomas, <i>The Sports Rules Book: Essential Rules for 54 Sports</i> , Human Kinetics Publishers, Inc., pp. 247 to 259.		



LEGEND

1. Pitcher
2. Catcher
3. First Baseman
4. Second Baseman
5. Third Baseman
6. Shortstop
7. Left Fielder
8. Centre Fielder
9. Right Fielder
10. Extra Fielder

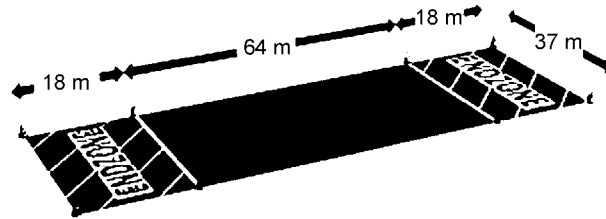
Hanlon, Thomas, *The Sports Rules Book: Essential Rules for 54 Sports*, Human Kinetics Publishers, Inc., p. 251

Figure 5B-9 Softball Field

ULTIMATE FRISBEE	
Objective: Teams attempt to score as many points as possible by catching a pass in the opponent's end zone. The team with the highest score at the end of the game is the winner.	
Scoring: Points are awarded to a team when a player catches a pass in the opponent's end zone. A typical game is scored to 15 points.	
Definitions:	
Clearing	To get out of the area where the thrower wants to pass the disc.
Cut	An attempt to get free of other players in order to receive a pass.
Force	To make it difficult for the thrower to throw the disc in a certain direction in an attempt to try to get them to pass it the other way.
Huck	A long high pass that is nearly the length of the field.
Layout	When a player dives to catch or intercept the disc.
Poach	When a defender moves away from their marker to try to intercept a pass to another player.
Swing	A lateral pass across the pitch, instead of upfield.
Switch	When two defenders exchange the offensive players they were marking.
Number of Players: Seven players per team on the field at one time.	
Equipment Required:	
<ul style="list-style-type: none"> • Plastic disc (Frisbee), and • Pylons to mark boundaries. 	
Basic Rules:	
<ul style="list-style-type: none"> • Each team lining up on the front of their respective end zone line initiates play. The defence throws the disc to the offence. • The disc may be played in any direction by passing to teammates. Players must remain stationary when they hold the disc. It must be passed to other players on the field that is closer to the opponent's end zone. • A player cannot hold the disc for longer than 10 seconds. The defender, who is guarding the player holding the disc (staller), must count out the stall count. • When a pass is not completed due to being out of bounds, being dropped, blocked or intercepted, etc. the defence takes possession of the disc and becomes the offence. • To bring the disc back into play it must be brought to the point on the pitch where it went out, or the nearest point where a defender touched it. • There is no physical contact allowed between the players. • A throw can be made without stopping if it is within three steps of the catch. The thrower cannot change direction or speed up after catching the disc. 	

ULTIMATE FRISBEE

Further details on the sport of ultimate Frisbee can be found at www.whatisultimate.com or www.upa.org/ultimate.



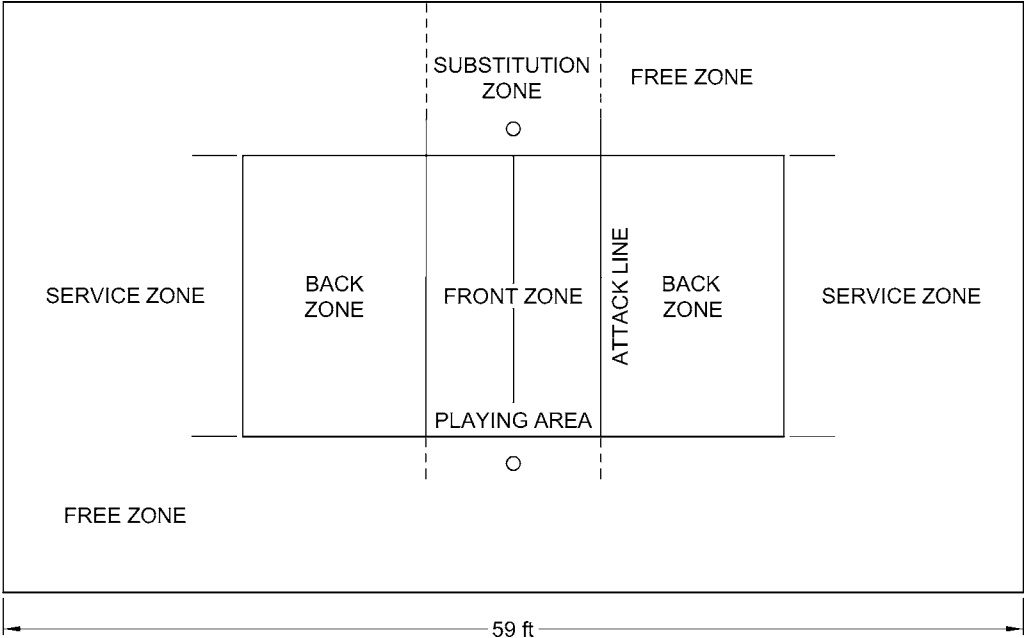
"What Is Ultimate Frisbee", What is Ultimate. Retrieved 30 October 2006, from http://www.whatisultimate.com/what/what_game_en.html

Figure 5B-10 Ultimate Frisbee Field

VOLLEYBALL	
Objective: Teams attempt to score as many points as possible by hitting the ball into the opposing team's portion of the court. The team with the highest score at the end of the game is the winner.	
Scoring: One point is awarded every time the ball hits inside the boundary lines of the opposing teams court; the opponents are unable to return the serve within three hits; the opponents hit the ball out of bounds; or the opponents commit a fault or foul when the team was the serving team.	
Definitions:	
Attack Hit	A hit aimed into the opponent's court.
Attack Lines	These separate each side of the court into a front zone and a back zone.
Block	Occurs when one or more players stop the ball before, or just after, it crosses the net.
Rally	The exchange of hits back and forth between the teams. The team that wins the rally gets the serve.
Rotation Order	Each team has a rotation order that must be kept when it gains the serve. Each time a team gains a serve, players will rotate one position clockwise.
Number of Players: Six players per team on the court at one time.	
Equipment Required:	
<ul style="list-style-type: none"> • Volleyball, • Volleyball net, and • Volleyball court. 	
Basic Rules:	
<ul style="list-style-type: none"> • The game continues until a team scores 15 points and has a two-point advantage. • The team has three players on the front of the court and three on the back of the court. • Players can hit the ball with their hands clasped together or with either an open or closed fist. Players can strike the ball overhand or underhand. • One team will start the serving, the other receiving. A player retains the serve until the other team wins the right to serve. • Upon completing the serve a team must rotate positions. • The server may stand anywhere behind the end line to serve. • A service fault occurs if the ball touches a player of the serving team; fails to pass through the crossing space over the net; touches the net or any other object; or lands out of bounds. • Only the serving team can score points. • If the team that is receiving stops their opponents from scoring, they are awarded the serve. • Each team has a maximum of three hits to get the ball over the net to return the ball. This is in addition to blocking. • Except on the serve, the ball is still in play if it touches the net. 	

VOLLEYBALL

Further details on the sport of volleyball can be found in Hanlon, Thomas, *The Sports Rules Book: Essential Rules for 54 Sports*, Human Kinetics Publishers, Inc., pp. 325 to 334.



Hanlon, Thomas, *The Sports Rules Book: Essential Rules for 54 Sports*, Human Kinetics Publishers, Inc., p. 327

Figure 5B-11 Volleyball Court

CLASSIFICATION ACTIVITY

CLASSIFICATION ACTIVITY

Objective: To provide cadets the opportunity to obtain marksmanship classifications.

Scoring: There are four classification levels that must meet the following standards:

1. Marksman: Two five-round groupings within a circle of 3 cm in diameter.
2. First Class Marksman: Two five-round groupings within a circle of 2.5 cm in diameter.
3. Expert Marksman: Two five-round groupings within a circle of 2 cm in diameter.
4. Distinguished Marksman: Two five-round groupings within a circle of 1.5 cm in diameter.

Equipment Required:

Mandatory:

- CCT200GRTD Canadian Cadet Movement Air Rifle Grouping Target (one per cadet);
- Air Rifle Grouping Template from A-CR-CCP-177/PT-001 (p. B1-1); and
- A stopwatch.

Optional aids to firing are limited to the following:

- Cadet air rifle sling;
- Marksmanship jacket;
- Shooting glove; or
- Hat.

Activity Guidelines:

1. Distribute an Air Rifle Grouping Target to each cadet.
2. Have cadets write their name and rank on the target and attach it to the target frame.
3. Cadets will fire in relays following the commands given by the RSO.
4. Cadets will fire five pellets into each circle on the target.
5. Give cadets a maximum of 15 minutes to fire.
6. Have cadets retrieve their targets.
7. Score the targets using the Air Rifle Grouping Template.

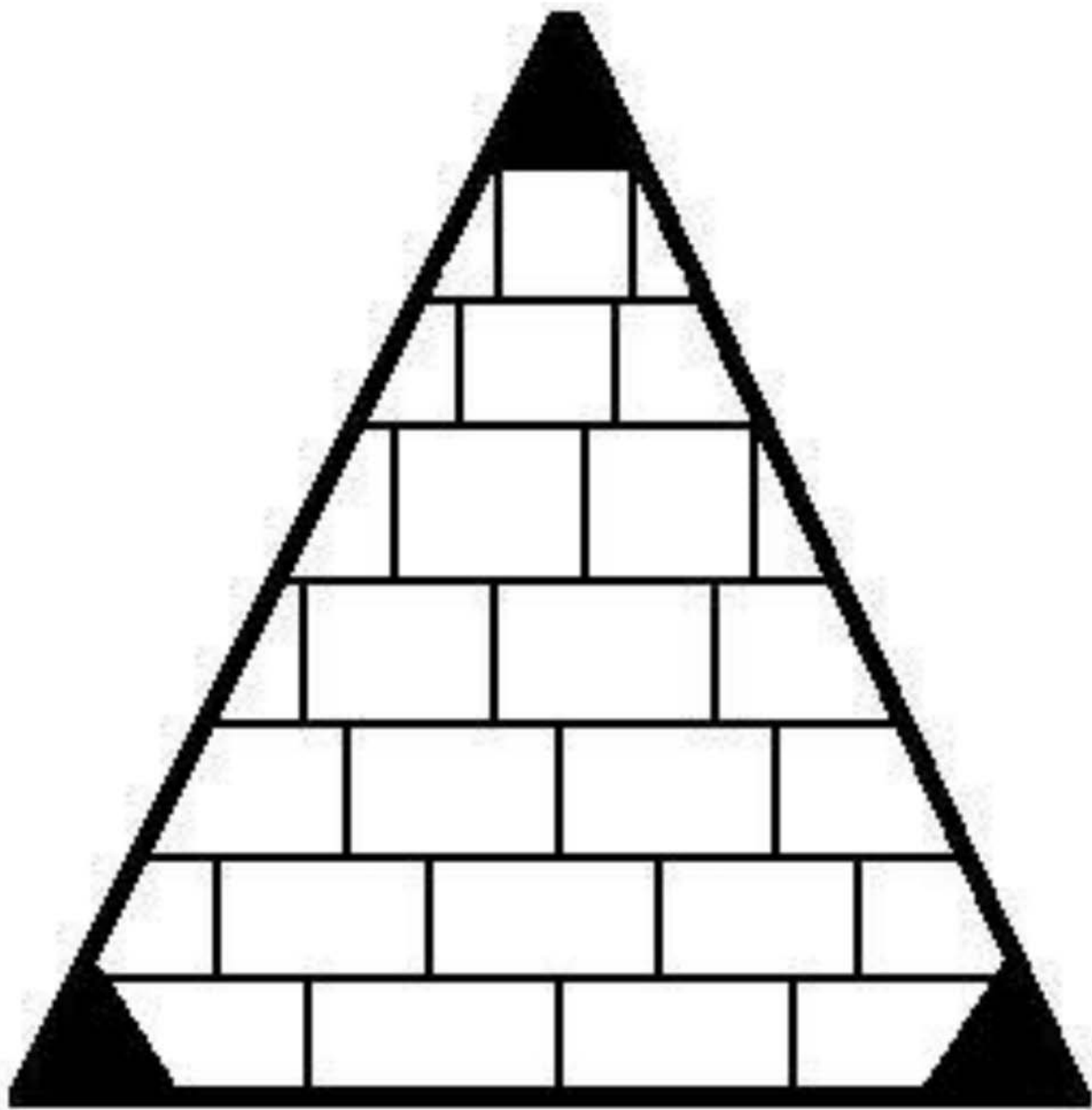
The following is prohibited:

- Alterations made to the rifles.
- A pellet loading clip.
- Supports used as a rest for the rifle or the forearm.
- A spotting scope.
- Use of sights not provided with the cadet air rifle.
- Coaching.

FUN ACTIVITY

PYRAMID
Objective: To fire pellets into each point on the pyramid.
Scoring: One point is awarded for each point on the pyramid that is hit by a pellet.
Equipment Required: Mandatory: Pyramid Target (one per cadet). Optional aids to firing are limited to the following: <ul style="list-style-type: none">• Cadet air rifle sling;• Marksmanship jacket;• Shooting glove; or• Hat.
Activity Guidelines: <ol style="list-style-type: none">1. Distribute one Pyramid Target to each cadet.2. Have cadets write their name and rank on the target and attach it to the target frame.3. Cadets will fire in relays following the commands given by the RSO.4. Cadets will be given three pellets to fire one pellet into each corner of the pyramid.5. Give cadets three minutes to fire.6. Score the targets awarding one point for each corner hit on the pyramid.7. On completion of the activity or as time allows, place the targets out for the cadets to review.8. Return the targets to cadets. The following is prohibited: <ul style="list-style-type: none">• Alterations made to the rifles.• A pellet loading clip.• Supports used as a rest for the rifle or the forearm.• A spotting scope.• Use of sights not provided with the cadet air rifle.

PYRAMID TARGET



Name: _____

Date: _____

D Cdts 3, 2007, Ottawa, ON: Department of National Defence

Figure 6B-1 Pyramid Target

FUN ACTIVITY

SHOOTING STAR

Objective: To fire a pellet into each point on the star.

Scoring: One point is awarded for each point on the star that is hit by a pellet.

Equipment Required:

Mandatory: Star Target (one per cadet).

Optional aids to firing are limited to the following:

- Cadet air rifle sling;
- Marksmanship jacket;
- Shooting glove; or
- Hat.

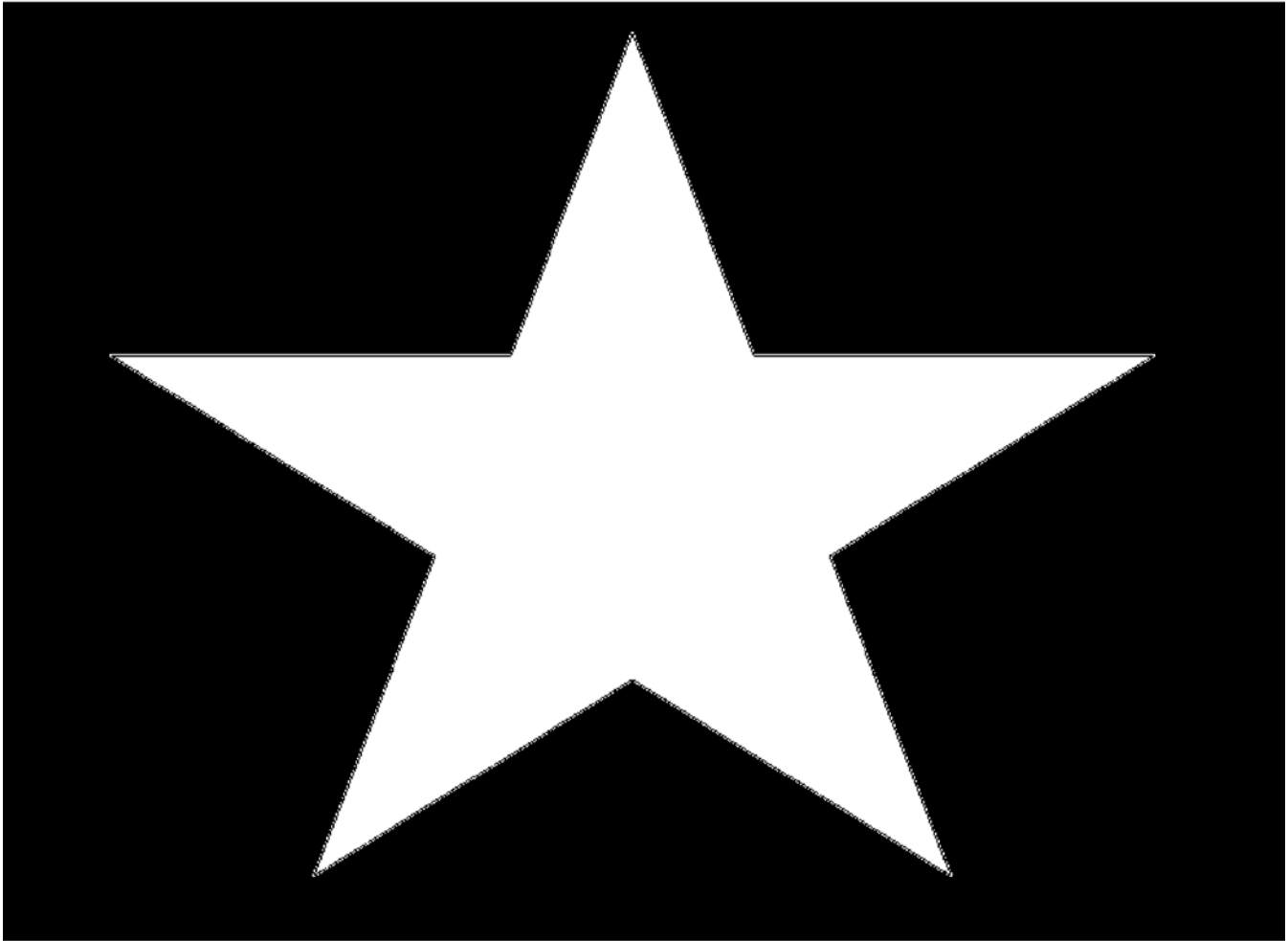
Activity Guidelines:

1. Distribute one Star Target to each cadet.
2. Have cadets write their name and rank on the target and attach it to the target frame.
3. Cadets will fire in relays following the commands given by the RSO.
4. Cadets will be given five pellets to fire one pellet into each point on the star.
5. Give cadets five minutes to fire.
6. Score the targets awarding one point for a pellet hit within each point on the star.
7. On completion of the activity or as time allows, place the targets out for the cadets to review.
8. Return the targets to cadets.

The following is prohibited:

- Alterations made to the rifles.
- A pellet loading clip.
- Supports used as a rest for the rifle or the forearm.
- A spotting scope.
- Use of sights not provided with the cadet air rifle.

STAR TARGET



Name: _____

Date: _____

D Cdts 3, 2007, Ottawa, ON: Department of National Defence

Figure 6C-1 Star Target

FUN ACTIVITY

BEACH BALL

Objective: To fire ten pellets into the black circle on the beach ball.

Scoring: One point is awarded for each successful hit in the black circle.

Equipment Required:

Mandatory: Beach Ball Target (one per cadet).

Optional aids to firing are limited to the following:

- Cadet air rifle sling;
- Marksmanship jacket;
- Shooting glove; or
- Hat.

Activity Guidelines:

1. Distribute one Beach Ball Target to each cadet.
2. Have cadets write their name and rank on the target and attach it to the target frame.
3. Cadets will fire in relays following the commands given by the RSO.
4. Cadets will be given ten pellets to fire into the black circle on the beach ball.
5. Give cadets ten minutes to fire.
6. Score the targets awarding one point for each pellet hit within the black circle.
7. On completion of the activity or as time allows, place the targets out for the cadets to review.
8. Return the targets to cadets.

The following is prohibited:

- Alterations made to the rifles.
- A pellet loading clip.
- Supports used as a rest for the rifle or the forearm.
- A spotting scope.
- Use of sights not provided with the cadet air rifle.

BEACH BALL TARGET



Name: _____

Date: _____

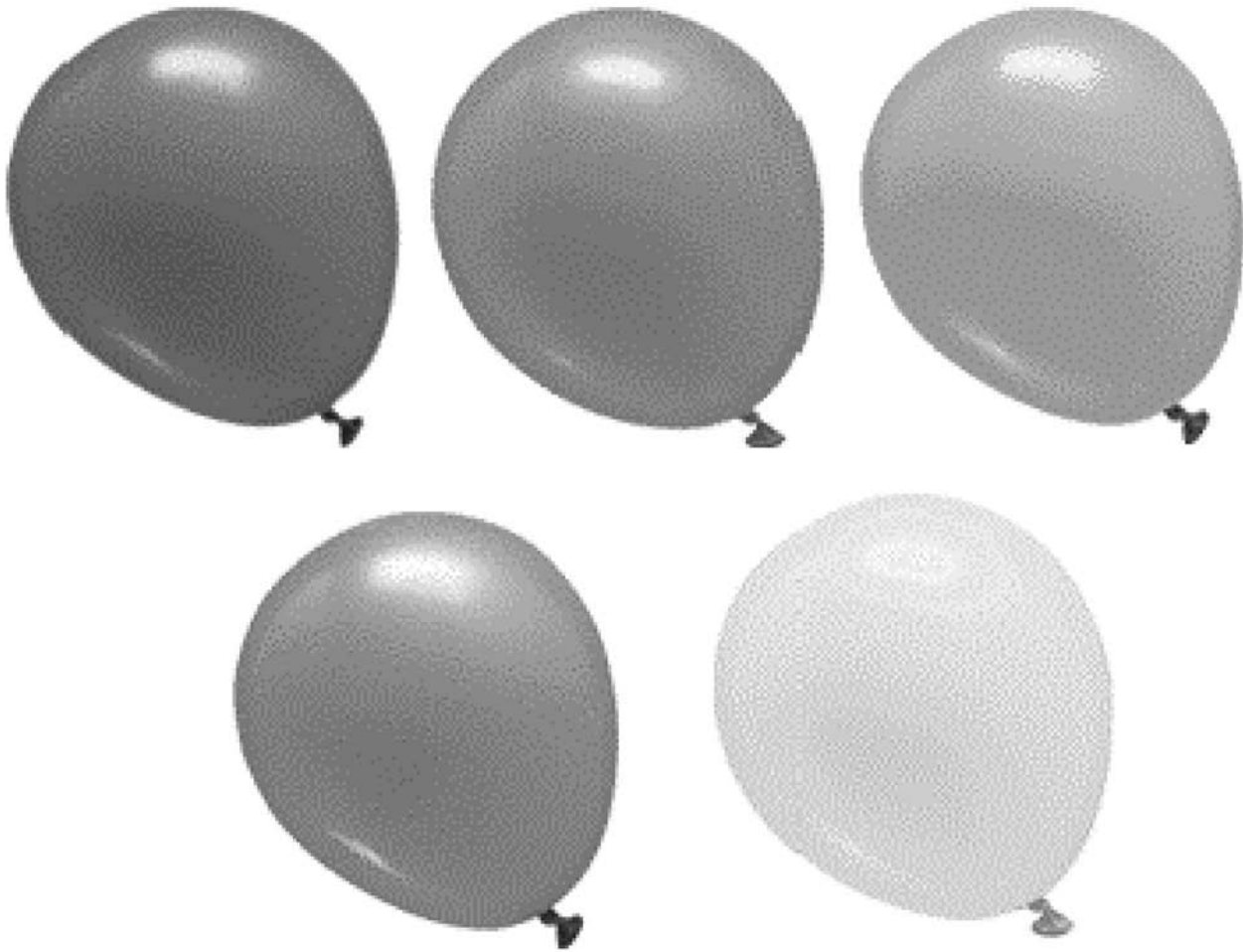
D Cdts 3, 2006, Ottawa, ON: Department of National Defence

Figure 6D-1 Beach Ball Target

FUN ACTIVITY

BALLOONS
Objective: To fire pellets into balloons on the target.
Scoring: One point is awarded for each balloon hit by a pellet.
Equipment Required: Mandatory: Balloon Target (one per cadet). Optional aids to firing are limited to the following: <ul style="list-style-type: none">• Cadet air rifle sling;• Marksmanship jacket;• Shooting glove; or• Hat.
Activity Guidelines: <ol style="list-style-type: none">1. Distribute one Balloon Target to each cadet.2. Have cadets write their name and rank on the target and attach it to the target frame.3. Cadets will fire in relays following the commands given by the RSO.4. Cadets will be given five pellets to fire one pellet into each point on the star.5. Give cadets five minutes to fire.6. Score the targets awarding one point for each balloon hit.7. On completion of the activity or as time allows, place the targets out for the cadets to review.8. Return the targets to cadets. <p>The following is prohibited:</p> <ul style="list-style-type: none">• Alterations made to the rifles.• A pellet loading clip.• Supports used as a rest for the rifle or the forearm.• A spotting scope.• Use of sights not provided with the cadet air rifle.
Note: Actual balloons may be used in place of the paper targets.

BALLOON TARGET



Name: _____

Date: _____

D Cdts 3, 2007, Ottawa, ON: Department of National Defence

Figure 6E-1 Balloon Target

TIMED ACTIVITY

CHASE THE DOTS

Objective: To fire pellets into the dots on the target in a clockwise direction, within a time limit.

Scoring: One point is awarded for each black dot that is hit by a pellet within the time allotted.

Equipment Required:

Mandatory:

- Chase the Dots Target (one per cadet); and
- A stopwatch.

Optional aids to firing are limited to the following:

- Cadet air rifle sling;
- Marksmanship jacket;
- Shooting glove; or
- Hat.

Activity Guidelines:

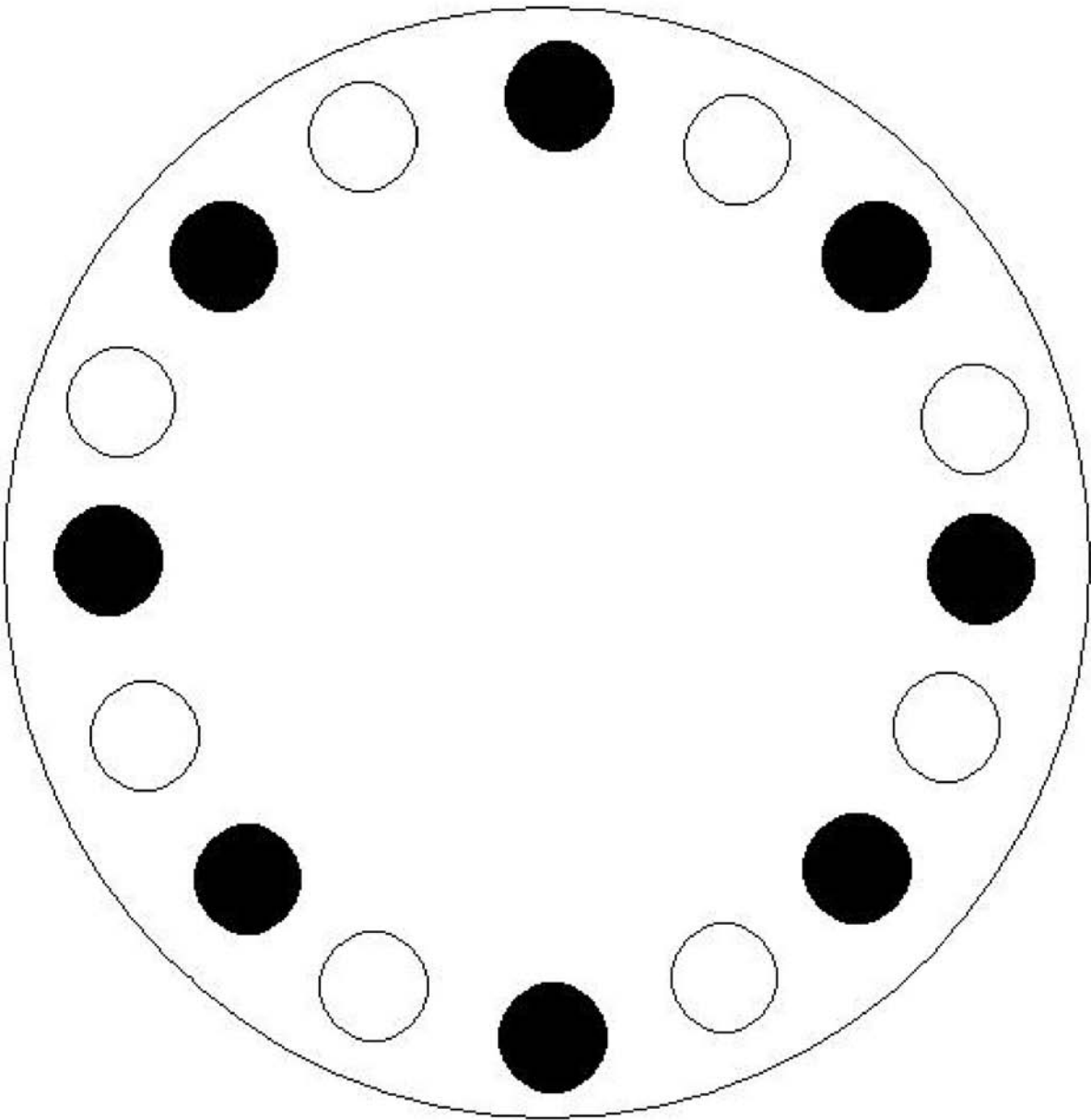
1. Distribute one Chase the Dots Target to each cadet.
2. Have cadets write their name and rank on the target and attach it to the target frame.
3. Cadets will fire in relays following the commands given by the RSO.
4. Cadets will be given sixteen pellets.
5. Cadets will fire one pellet into the black circles, in a clockwise direction, on the target.
6. A suggested time limit for this activity is eight minutes.
7. Have cadets retrieve their targets.
8. Score the targets based on the method described above.
9. On completion of the activity or as time allows, place the targets out for the cadets to review.
10. Return the targets to cadets.

The following is prohibited:

- Alterations made to the rifles.
- A pellet loading clip.
- Supports used as a rest for the rifle or the forearm.
- A spotting scope.
- Use of sights not provided with the cadet air rifle.
- Coaching.

Note: To make this activity more difficult, shorten the time allowance.

CHASE THE DOTS TARGET



Name: _____

Date: _____

D Cdts 3, 2007, Ottawa, ON: Department of National Defence

Figure 6F-1 Chase the Dots Target

TIMED ACTIVITY

SPEED GRID
Objective: To fire pellets into the circles on the target, within a time limit.
Scoring: One point is awarded for each circle that is hit by a pellet within the time allotted.
Equipment Required: Mandatory: <ul style="list-style-type: none">• Cadet air rifle five pellet clip (three per firing lane);• Speed Grid Target (one per cadet); and• A stopwatch. Optional aids to firing are limited to the following: <ul style="list-style-type: none">• Cadet air rifle sling;• Marksmanship jacket;• Shooting glove; or• Hat.
Activity Guidelines: <ol style="list-style-type: none">1. Distribute one Speed Grid Target to each cadet.2. Have cadets write their name and rank on the target and attach it to the target frame.3. Cadets will fire in relays following the commands given by the RSO.4. Five pellets will be pre-loaded into the cadet air rifle five pellet clip. Three clips will be used per cadet.5. Cadets will fire one pellet into each circle on the target.6. A suggested time limit for this activity is 15 minutes.7. Have cadets retrieve their targets.8. Score the targets based on the method described above.9. On completion of the activity or as time allows, place the targets out for the cadets to review.10. Return the targets to cadets. The following is prohibited: <ul style="list-style-type: none">• Alterations made to the rifles.• Supports used as a rest for the rifle or the forearm.• A spotting scope.• Use of sights not provided with the cadet air rifle.• Coaching.
Note: To make this activity more difficult, shorten the time allowance.

SPEED GRID TARGET

Date: _____

Name: _____

D Cds 3, 2007, Ottawa, ON: Department of National Defence
Figure 6G-1 Speed Grid Target

6G-2

TIMED ACTIVITY

BEAT THE CLOCK

Objective: To fire pellets into the designated hours (numbers) within a time limit.

Scoring: One point is awarded for each correct hour (number) hit by a pellet within the time allotted.

Equipment Required:

Mandatory:

- Beat the Clock Target (one per cadet); and
- A stopwatch.

Optional aids to firing are limited to the following:

- Cadet air rifle sling;
- Marksmanship jacket;
- Shooting glove; or
- Hat.

Activity Guidelines:

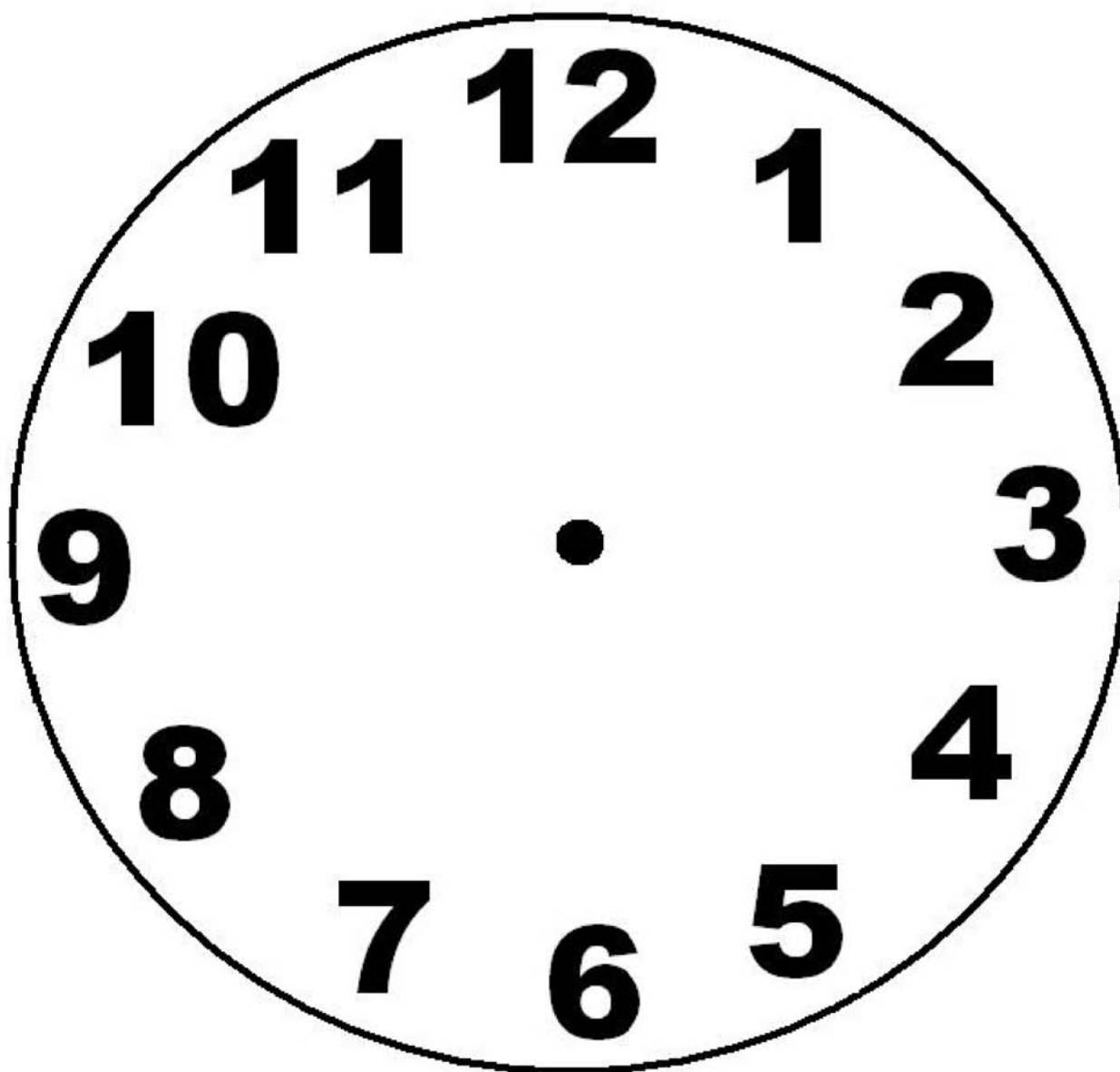
1. Distribute one Beat the Clock Target to each cadet.
2. Have cadets write their name and rank on the target and attach it to the target frame.
3. Cadets will fire in relays following the commands given by the RSO.
4. Cadets will be given six pellets.
5. The RSO will call out six hours (numbers) in five second increments using the 24-hour clock.
6. Cadets will fire one pellet at each hour (number) as it is called by the RSO (e.g. if 1300 hrs was called the cadet will fire at the 1 on the clock face).
7. Have cadets retrieve their targets.
8. Score the targets awarding one point for each correct number hit on the target.
9. On completion of the activity or as time allows, place the targets out for the cadets to review.
10. Return the targets to cadets.

The following is prohibited:

- Alterations made to the rifles.
- Supports used as a rest for the rifle or the forearm.
- A spotting scope.
- Use of sights not provided with the cadet air rifle.
- Coaching.

Note: To make this activity more difficult, shorten the time allowance.

BEAT THE CLOCK TARGET



Name: _____

Date: _____

D Cds 3, 2007, Ottawa, ON: Department of National Defence

Figure 6H-1 Beat the Clock Target

COMPETITIVE ACTIVITY

CORPS/SQUADRON MARKSMANSHIP COMPETITION

Objective: To provide cadets the opportunity to compete within the corps/squadron.

Scoring: Targets will be scored IAW A-CR-CCP-177/PT-001, to include:

- Each target has a highest possible score of 100 points (10 diagrams worth 10 points each).
- All shot holes are scored using the highest value of the scoring ring that it is touching.
- Shots outside the scoring rings are given a value of zero.
- If more than the prescribed number of shots are fired at a target, the shots with the highest value will be discarded until the correct number of shots remain on the target. A two-point penalty will be deducted for each excess shot.
- If more than one shot is fired at a scoring diagram, only the prescribed number of shots may be fired at the remaining diagrams [e.g., if two shots were fired at the first diagram, one diagram on the target would remain blank (free of shots)]. If this occurs more than twice, a two-point penalty will be deducted for each excess shot.

Equipment Required:

Mandatory: CCT2001AR853 Canadian Cadet Movement Competition Targets (two per cadet).

Optional aids to firing are limited to the following:

- Cadet air rifle sling;
- Marksmanship jacket;
- Shooting glove; or
- Hat.

Activity Guidelines:

1. This activity may be conducted as individuals or teams of four.
2. Distribute two CCT2001AR853 Canadian Cadet Movement Competition Targets to each cadet.
3. Have cadets write their name and rank on the target and attach it to the target frame.
4. Cadets will be given 30 minutes to fire 20 pellets (one pellet at each diagram [zeroing pellets are permitted]).
5. On completion of the activity or as time allows, place the targets out for the cadets to review.
6. After viewing, all targets will be collected by the RSO to record results.
7. Return the targets to cadets.

The following is prohibited:

- Cross-firing.
- Alterations made to the rifles.
- Supports used as a rest for the rifle or the forearm.
- A spotting scope.
- Use of sights not provided with the cadet air rifle.

COMPETITIVE ACTIVITY

LUNAR LAUNCH
Objective: To provide cadets the opportunity to compete within the corps/squadron.
Scoring: The average distance from the earth to the moon is 384 400 km. All targets from marksmanship activities conducted during the training year will be added together to achieve a distance from earth and position on the space shuttle crew. The four scoring levels/positions must meet the following standards: <ol style="list-style-type: none">1. Mission Commander: A score of 100 or more: 384 400 km from earth, lunar landing!2. Mission Specialist: A minimum score of 75: 288 300 km from earth.3. Chief Engineer: A minimum score of 50: 192 200 km from earth.4. Science Officer: A minimum score of 25: 96 100 km from earth, lunar launch!
Equipment Required: Mandatory: Any targets used in marksmanship activities during the training year.
Activity Guidelines: <ol style="list-style-type: none">1. Add the scores from the targets used by each cadet during the training year.2. Use the scoring method described above to assign the cadets levels/positions on the space shuttle crew.
Notes <ol style="list-style-type: none">1. If this activity is conducted, a record must be kept of the cadets' scores from marksmanship activities.2. This activity may be conducted over multiple training years.3. The certificate found at Annex J may be awarded to cadets who achieve levels/positions in this activity.

CHAPTER 7

PO 207 – SERVE IN AN ARMY CADET CORPS

ACTIVITY



A Full Value Contract (FVC) can take many forms. Examples of FVCs are located at [Annex B](#).

Time: 30 min

OBJECTIVE

The objective of this activity is to develop a corps FVC which will help create a positive environment for each individual member and the entire group.

RESOURCES

Depending on the type of FVC that will be constructed, the following resources may be required:

- flipchart paper;
- cardboard;
- markers;
- pens/pencils;
- ruler;
- glue;
- scissors;
- coloured paper; and
- magazines, etc.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Using flipchart paper to record ideas, brainstorm with the cadets by asking what values and qualities the group should adhere to in order to achieve goals.
2. Ensure all cadets have the same understanding of all the values and qualities noted.
3. Using flipchart paper to record ideas, have the cadets brainstorm a list of group behaviours that can help the group achieve goals.
4. Ensure all cadets have the same understanding of all the behaviours noted.
5. As an entire group, have the cadets represent their values and qualities by completing a FVC.

SAFETY

N/A.

URNS AND INCLINES ON THE MARCH IN SLOW TIME

91. Turns and inclines on the march are executed to change direction (see Figure 3-14).

92. On the command **LEFT TURN BY NUMBERS, SQUAD – ONE** given as the right foot is forward and on the ground, squad members shall complete a half pace with the left foot and freeze.

93. On the command **SQUAD – TWO**, squad members shall:

- a. bend the right knee so the upper leg is parallel to the ground;
- b. using the momentum of the knee, force the shoulders 90 degrees to the left to face the new direction, while simultaneously pivoting on the ball of the left foot 90 degrees to the left;
- c. straighten the right leg as in the position of attention;
- d. immediately shoot the left foot forward in a half pace with the toe just clear of the ground;
- e. keep the body and head held up; and
- f. keep the arms, body and head steady.

94. On the command **SQUAD – THREE**, squad members shall complete the half pace with the left foot and continue marching.

95. On the command **LEFT – TURN**, the three movements are combined into one continuous movement and the cadence is maintained.

96. The timing is:

Count: **CHECK – PIVOT – LEFT – RIGHT – LEFT**

Foot: **LEFT – RIGHT – LEFT – RIGHT – LEFT**

97. On the command **LEFT IN – CLINE**, the drill described for turning to the left is followed except that the turn is made through 45 degrees.

FAÇON DE TOURNER ET D'OBLIQUER EN MARCHANT AU PAS RALENTI

91. On tourne et on oblique en marchant pour changer de direction (voir figure 3-14).

92. Au commandement « **EN DÉCOMPOSANT, À GAUCHE TOURNEZ, ESCOUADE — UN** », donné au moment où le pied droit est en avant et au sol, les membres de l'escouade doivent faire un demi-pas du pied gauche et s'immobiliser.

93. Au commandement « **ESCOUADE — DEUX** », les membres de l'escouade doivent :

- a. fléchir le genou droit de façon à ce que la cuisse soit parallèle au sol;
- b. à l'aide du genou, exécuter un mouvement de 90 degrés vers la gauche avec les épaules de façon à faire face dans la nouvelle direction tout en pivotant de 90 degrés vers la gauche sur la demi-pointe du pied gauche;
- c. redresser la jambe droite comme à la position du garde-à-vous;
- d. effectuer aussitôt un demi-pas du pied gauche, en rasant le sol avec la pointe du pied;
- e. garder le corps et la tête bien droits; et
- f. garder les bras, le corps et la tête immobiles.

94. Au commandement « **ESCOUADE — TROIS** », les membres de l'escouade doivent faire un demi-pas du pied gauche et continuer à marcher.

95. Au commandement « **À GAUCHE, TOUR — NEZ** », les trois mouvements sont combinés en un seul mouvement continu et la cadence demeure la même.

96. La cadence est la suivante :

Mesure : **PRÊT — PIVOT — GAUCHE — DROITE — GAUCHE**

Pieds : **GAUCHE — DROITE — GAUCHE — DROITE — GAUCHE**

97. Au commandement « **À GAUCHE, OBLI — QUEZ** », le mouvement exécuté est le même que lorsqu'il s'agit de tourner à gauche, sauf que le changement de direction est de 45 degrés.

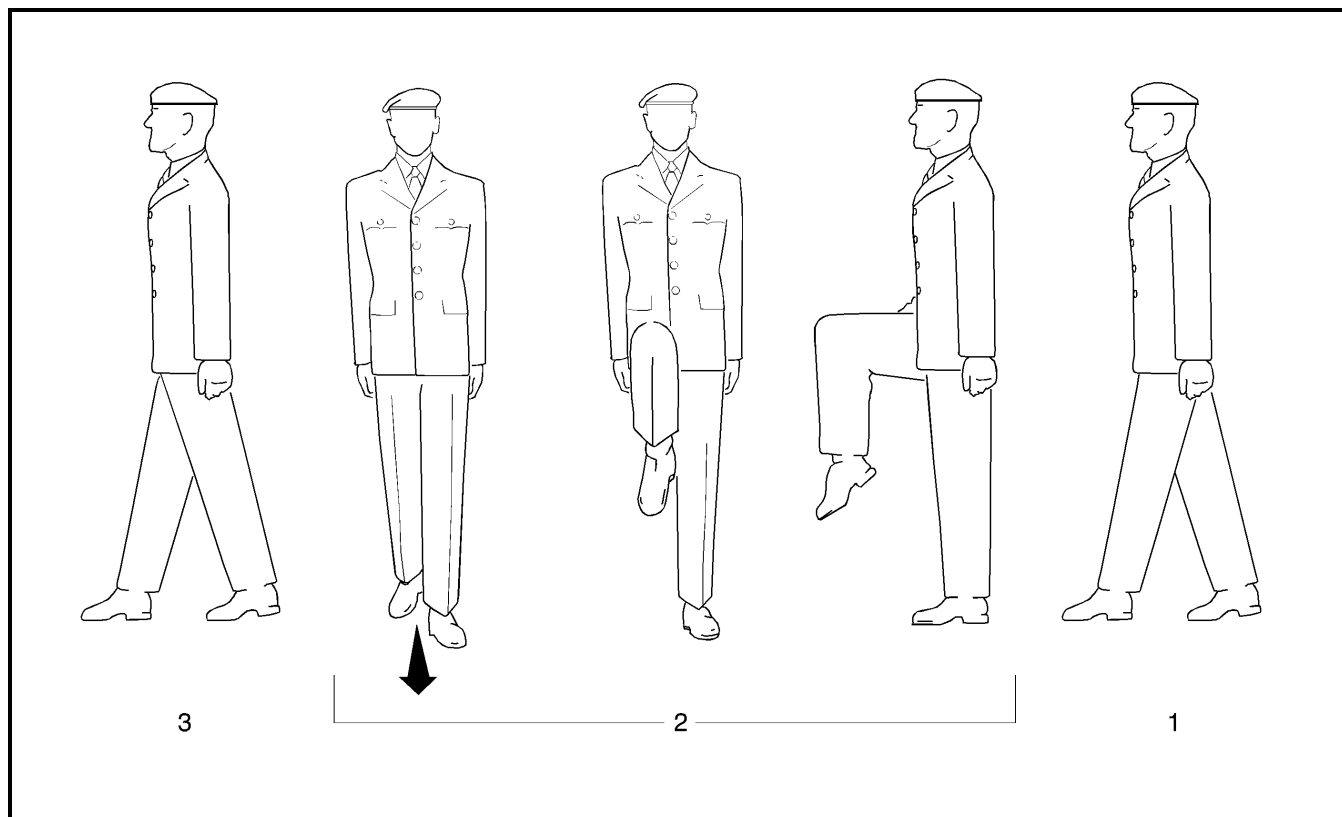


Figure 3-14 Turns in Slow Time

Figure 3-14 Façon de tourner au pas ralenti

98. On the command RIGHT TURN BY NUMBERS, SQUAD – ONE given as the left foot is forward and on the ground, squad members shall complete a half pace with the right foot.

98. Au commandement « EN DÉCOMPOSANT, À DROITE TOURNEZ, ESCOUADE — UN », donné lorsque le pied gauche est en avant et au sol, les membres de l'escouade doivent faire un demi-pas du pied droit.

99. On the command SQUAD – TWO, squad members shall:

- a. bend the left knee so the upper leg is parallel to the ground;
- b. using the momentum of the knee, force the shoulders 90 degrees to the right to face the new direction, while simultaneously pivoting on the ball of the right foot 90 degrees to the right;
- c. straighten the left leg as in the position of attention;
- d. immediately shoot the right foot forward in a half pace with the toe just clear of the ground;

99. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent :

- a. fléchir le genou gauche de sorte que la cuisse soit parallèle au sol;
- b. à l'aide du genou, exécuter un mouvement de 90 degrés vers la droite avec les épaules de façon à faire face dans la nouvelle direction tout en pivotant de 90 degrés vers la droite sur la demi-pointe du pied droit;
- c. redresser la jambe gauche comme à la position du garde-à-vous;
- d. effectuer aussitôt un demi-pas du pied droit, en rasant le sol avec la pointe du pied;

e. keep the body and head held up; and

f. keep the arms, body, and head steady.

100. On the command SQUAD – THREE, squad members shall complete the half pace with the right foot and continue marching.

101. On the command RIGHT – TURN, the three movements are combined into one continuous movement and the cadence is maintained.

102. The timing is:

Count: CHECK – PIVOT – RIGHT – LEFT – RIGHT

Feet: RIGHT – LEFT – RIGHT – LEFT – RIGHT

103. On the command RIGHT IN – CLINE, the drill described for turning to the right is followed except that the turn is made through 45 degrees.

URNS AND INCLINES ON THE MARCH IN QUICK TIME

104. Turns and inclines on the march are executed to change direction (see Figure 3-15).

105. On the command LEFT TURN BY NUMBERS, SQUAD – ONE, given as the right foot is forward and on the ground, squad members shall complete a half pace with the left foot with the right arm swung forward and the left to the rear.

106. On the command SQUAD – TWO, squad members shall:

- a. cut the arms to the side as in the position of attention;
- b. bend the right knee;
- c. using the momentum of the knee, force the shoulders 90 degrees to the left to face the new direction, while simultaneously pivoting on the ball of the left foot 90 degrees to the left;
- d. straighten the right leg as in the position of attention;

e. garder le corps et la tête bien droits; et

f. garder les bras, le corps et la tête immobiles.

100. Au commandement « ESCOUADE — TROIS », les membres de l'escouade doivent faire un demi-pas du pied droit et continuer à marcher.

101. Au commandement « À DROITE, TOUR — NEZ », les trois mouvements sont combinés en un seul mouvement continu et la cadence demeure la même.

102. La cadence est la suivante :

Mesure : PRÊT — PIVOT — DROITE — GAUCHE — DROITE

Pieds : DROITE — GAUCHE — DROITE — GAUCHE — DROITE

103. Au commandement « À DROITE, OBLI — QUEZ », le mouvement exécuté est le même que lorsqu'il s'agit de tourner à droite, sauf que le changement de direction est de 45 degrés.

FAÇON DE TOURNER ET D'OBLIQUER EN MARCHANT AU PAS CADENCÉ

104. On tourne et on oblique en marchant pour changer de direction (voir figure 3-15).

105. Au commandement « EN DÉCOMPOSANT, À GAUCHE TOURNEZ, ESCOUADE — UN », donné au moment où le pied droit est en avant et au sol, les membres de l'escouade doivent faire un demi-pas du pied gauche en balançant le bras droit vers l'avant et le bras gauche vers l'arrière.

106. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent :

- a. ramener les bras le long du corps comme à la position du garde-à-vous;
- b. fléchir le genou droit;
- c. à l'aide du genou, exécuter un mouvement de 90 degrés vers la gauche avec les épaules de façon à faire face dans la nouvelle direction tout en pivotant de 90 degrés vers la gauche sur la demi-pointe du pied gauche;
- d. redresser la jambe droite comme à la position du garde-à-vous;

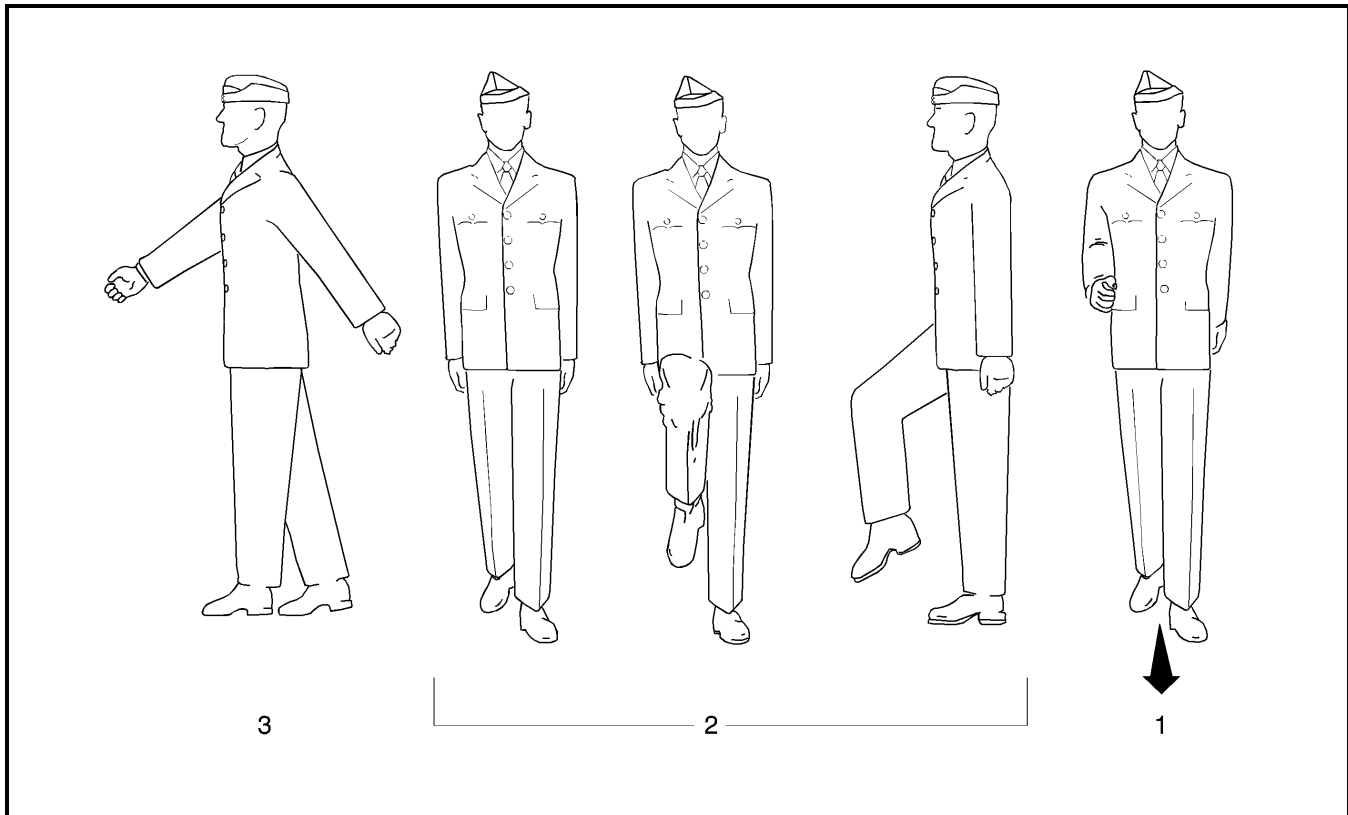


Figure 3-15 Turns in Quick Time

Figure 3-15 Façon de tourner au pas cadencé

- e. immediately shoot the left foot forward in a half pace with the toe just clear of the ground;
- f. keep the body and head held up; and
- g. keep the arms, body and head steady.

107. On the command SQUAD – THREE, squad members shall complete the half pace with the left foot and continue marching (swinging the arms).

108. On the command LEFT – TURN, the three movements are combined into one continuous movement and the cadence is maintained.

109. The timing is:

Count: CHECK – PIVOT – LEFT – RIGHT – LEFT

Feet: LEFT – RIGHT – LEFT – RIGHT – LEFT

- e. effectuer aussitôt un demi-pas du pied gauche, en rasant le sol avec la pointe du pied;
- f. garder le corps et la tête bien droits; et
- g. garder les bras, le corps et la tête immobiles.

107. Au commandement « ESCOUADE — TROIS », les membres de l'escouade doivent faire un demi-pas du pied gauche et continuer à marcher (en balançant les bras).

108. Au commandement « À GAUCHE, TOUR — NEZ », les trois mouvements sont combinés en un seul mouvement continu et la cadence demeure la même.

109. La cadence est la suivante :

Mesure : PRÊT — PIVOT — GAUCHE — DROITE — GAUCHE

Pieds : GAUCHE — DROITE — GAUCHE — DROITE — GAUCHE

110. On the command LEFT IN – CLINE, the drill described for turning to the left is followed except that the turn is made to 45 degrees.

111. On the command RIGHT TURN BY NUMBERS, SQUAD – ONE given as the left foot is forward and on the ground, squad members shall complete a half pace with the right foot, swing the left arm forward and the right to the rear.

112. On the command SQUAD – TWO, squad members shall:

- a. cut the arms to the side as in the position of attention;
- b. bend the left knee;
- c. using the momentum of the knee, force the shoulders 90 degrees to the right to face the new direction, while simultaneously pivoting on the ball of the right foot 90 degrees to the right;
- d. straighten the left leg as in the position of attention;
- e. immediately shoot the right foot forward in a half pace with the toe just clear of the ground;
- f. keep the body and head held up; and
- g. keep the arms, body and head steady.

113. On the command SQUAD – THREE, squad members shall complete the half pace with the right foot and continue marching.

114. On the command RIGHT – TURN, the three movements are combined into one continuous movement and the cadence is maintained.

115. The timing is counted as:

Count: CHECK – PIVOT – RIGHT – LEFT – RIGHT

Feet: RIGHT – LEFT – RIGHT – LEFT – RIGHT

110. Au commandement « À GAUCHE, OBLI — QUEZ », le mouvement exécuté est le même que lorsqu'il s'agit de tourner à gauche, sauf que le changement de direction est de 45 degrés.

111. Au commandement « EN DÉCOMPOSANT, À DROITE TOURNEZ, ESCOUADE — UN », donné lorsque le pied gauche est en avant et au sol, les membres de l'escouade doivent faire un demi-pas du pied droit, balancer le bras gauche vers l'avant et le bras droit vers l'arrière.

112. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent :

- a. ramener les bras le long du corps comme à la position du garde-à-vous;
- b. fléchir le genou gauche;
- c. à l'aide du genou, exécuter un mouvement de 90 degrés vers la droite avec les épaules de façon à faire face dans la nouvelle direction tout en pivotant de 90 degrés vers la droite sur la demi-pointe du pied droit;
- d. redresser la jambe gauche comme à la position du garde-à-vous;
- e. effectuer aussitôt un demi-pas du pied droit, en rasant le sol avec la pointe du pied;
- f. garder le corps et la tête bien droits; et
- g. garder les bras, le corps et la tête immobiles.

113. Au commandement « ESCOUADE — TROIS », les membres de l'escouade doivent faire un demi-pas du pied droit et continuer à marcher.

114. Au commandement « À DROITE, TOUR — NEZ », les trois mouvements sont combinés en un seul mouvement continu et la cadence demeure la même.

115. La cadence est la suivante :

Mesure : PRÊT — PIVOT — DROITE — GAUCHE — DROITE

Pieds : DROITE — GAUCHE — DROITE — GAUCHE — DROITE

116. On the command RIGHT IN – CLINE, the drill described for turning to the right is followed, except that the turn is made to 45 degrees.

ABOUT TURN ON THE MARCH IN SLOW TIME

117. On the command ABOUT TURN BY NUMBERS, SQUAD – ONE given as the right foot is forward and on the ground (Figure 3-16), squad members shall:

- a. take a half pace with the left foot placing the foot flat on the ground naturally;
- b. bring the right foot in to the left, in a straight-leg manner without scraping the ground, to the position of attention;
- c. maintain the same cadence; and
- d. keep the arms to the side.

118. On the command SQUAD – TWO, squad members shall:

- a. maintain the arms at the sides;
- b. pivot on the ball of the right foot to force the body through a turn of 90 degrees to the right;
- c. simultaneously, bend the left knee so that the thigh is parallel to the ground; and
- d. lower the leg smartly to the ground to assume the position of attention.

119. On the command SQUAD – THREE, squad members shall:

- a. maintain the arms at the sides;
- b. pivot on the ball of the left foot to force the body through a turn of 90 degrees to the right;
- c. simultaneously, bend the right knee so that the thigh is parallel to the ground; and
- d. lower the leg smartly to the ground to assume the position of attention.

116. Au commandement « À DROITE, OBLI — QUEZ », le mouvement exécuté est le même que lorsqu'il s'agit de tourner à droite, sauf que le changement de direction est de 45 degrés.

DEMI-TOUR EN MARCHANT AU PAS RALENTI

117. Au commandement « EN DÉCOMPOSANT DEMI-TOUR TOURNEZ, ESCOUADE — UN », donné au moment où le pied droit est en avant et au sol (figure 3-16), les membres de l'escouade doivent :

- a. faire un demi-pas du pied gauche et poser le pied à plat au sol, de façon naturelle;
- b. ramener le pied droit vers le pied gauche sans fléchir la jambe et sans toucher le sol, jusqu'à la position du garde-à-vous;
- c. conserver la même cadence; et
- d. laisser les bras le long du corps.

118. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent :

- a. laisser les bras le long du corps;
- b. pivoter sur la demi-pointe du pied droit de façon à effectuer avec le corps une rotation de 90 degrés vers la droite;
- c. en même temps, fléchir le genou gauche de façon à ce que la cuisse soit parallèle au sol; et
- d. abaisser la jambe vers le sol d'un geste énergique pour revenir à la position du garde-à-vous.

119. Au commandement « ESCOUADE — TROIS », les membres de l'escouade doivent :

- a. laisser les bras le long du corps;
- b. pivoter sur la demi-pointe du pied gauche de façon à effectuer avec le corps une rotation de 90 degrés vers la droite;
- c. en même temps, fléchir le genou droit de façon à ce que la cuisse soit parallèle au sol; et
- d. abaisser la jambe vers le sol d'un geste énergique pour revenir à la position du garde-à-vous.

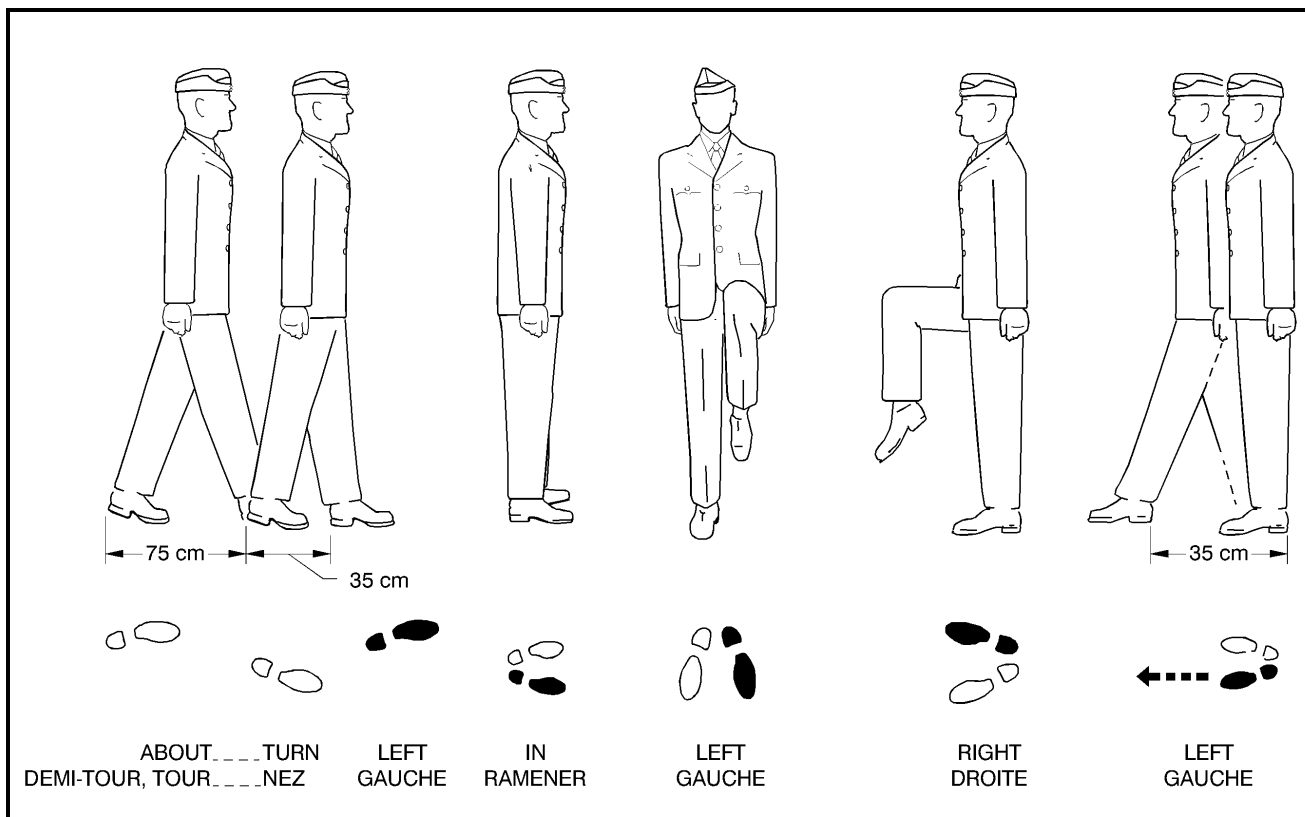


Figure 3-16 About Turn in Slow Time

Figure 3-16 Demi-tour en marchant au pas ralenti

120. On the command SQUAD – FOUR, squad members shall step off in slow time with a half pace with the left foot in the new direction.

120. Au commandement « ESCOUADE — QUATRE », les membres de l'escouade doivent commencer à marcher au pas ralenti en exécutant un demi-pas du pied gauche dans la nouvelle direction.

121. On the command ABOUT – TURN, the four movements are combined and the cadence is maintained.

121. Au commandement « DEMI-TOUR, TOUR — NEZ », les quatre mouvements sont combinés en conservant la même cadence.

122. The timing is:

122. La cadence est la suivante :

Count: LEFT – IN – LEFT – RIGHT – LEFT

Mesure : GAUCHE — RAMENER — GAUCHE — DROITE — GAUCHE

Feet: LEFT – RIGHT – LEFT – RIGHT – LEFT

Pieds : GAUCHE — DROITE — GAUCHE — DROITE — GAUCHE

ABOUT TURN ON THE MARCH IN QUICK TIME

DEMI-TOUR EN MARCHANT AU PAS CADENCÉ

123. On the command ABOUT TURN BY NUMBERS, SQUAD – ONE given as the right foot is forward and on the ground (Figure 3-17), squad members shall:

123. Au commandement « EN DÉCOMPOSANT, DEMI-TOUR TOURNEZ, ESCOUADE — UN », donné au moment où le pied droit est en avant et au sol (figure 3-17), les membres de l'escouade doivent :

- a. take a half pace with the left foot, placing the foot flat on the ground naturally;
- b. bring the right foot in to the left, in a straight-leg manner above the ground, to the position of attention;
- c. simultaneously, cut the right arm down and the left in from the rear as the right foot comes in; and
- d. maintain the cadence.

124. On the command SQUAD – TWO, squad members shall:

- a. maintain the arms at the sides;
- b. pivot on the ball of the right foot to force the body through a turn of 90 degrees to the right;
- c. simultaneously, bend the left knee; and
- d. lower the leg smartly to the ground to assume the position of attention.

125. On the command SQUAD – THREE, squad members shall:

- a. maintain the arms at the sides;
- b. pivot on the ball of the left foot to force the body through a turn of 90 degrees to the right;
- c. simultaneously, bend the right knee; and
- d. lower the leg smartly to the ground to assume the position of attention.

126. On the command SQUAD – FOUR, squad members shall step off in quick time with a half pace with the left foot in the new direction.

127. On the command ABOUT – TURN, the four movements are combined and the cadence is maintained.

- a. faire un demi-pas du pied gauche et poser le pied à plat au sol, de façon naturelle;
- b. ramener le pied droit vers le pied gauche sans fléchir la jambe et sans toucher le sol, jusqu'à la position du garde-à-vous;
- c. en même temps, ramener le bras droit et le bras gauche près du corps au moment où le pied droit est rapproché; et
- d. conserver la même cadence.

124. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent :

- a. laisser les bras le long du corps;
- b. pivoter sur la demi-pointe du pied droit de façon à effectuer avec le corps une rotation de 90 degrés vers la droite;
- c. en même temps, fléchir le genou gauche; et
- d. abaisser la jambe vers le sol d'un geste énergique pour revenir à la position du garde-à-vous.

125. Au commandement « ESCOUADE — TROIS », les membres de l'escouade doivent :

- a. laisser les bras le long du corps;
- b. pivoter sur la demi-pointe du pied gauche de façon à effectuer avec le corps une rotation de 90 degrés vers la droite;
- c. en même temps, fléchir le genou droit; et
- d. abaisser la jambe vers le sol d'un geste énergique pour revenir à la position du garde-à-vous.

126. Au commandement « ESCOUADE — QUATRE », les membres de l'escouade doivent commencer à marcher au pas cadencé en exécutant un demi-pas du pied gauche dans la nouvelle direction.

127. Au commandement « DEMI-TOUR, TOUR — NEZ », les quatre mouvements sont combinés en conservant la même cadence.

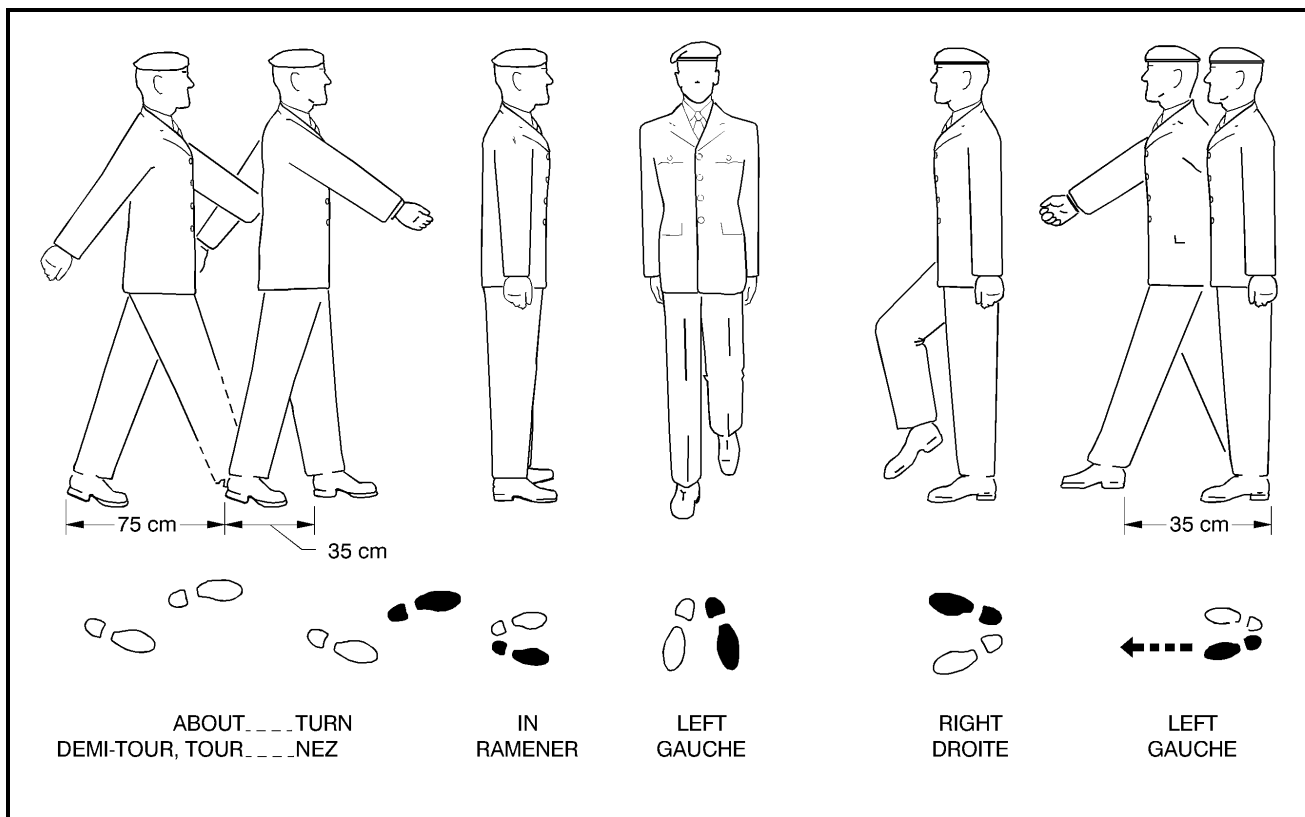


Figure 3-17 About Turn in Quick Time

Figure 3-17 Demi-tour en marchant au pas cadencé

128. The timing is:

Count: LEFT – IN – LEFT – RIGHT – LEFT

Feet: LEFT – RIGHT – LEFT – RIGHT – LEFT

129. When a blank file of one person exists in a squad which is in line, the person shall commence to step short on the cautionary word of command RETIRE (ADVANCE), and execute the about turn with the new leading rank on the executive word TURN.

CHANGE TO QUICK TIME FROM SLOW TIME

130. On the command CHANGE TO QUICK TIME, QUICK – MARCH given as the right foot is forward and on the ground, squad members shall step forward with the left foot in quick time, swinging the right arm forward and the left arm to the rear.

128. La cadence est la suivante :

Mesure : GAUCHE — RAMENER — GAUCHE — DROITE — GAUCHE

Pieds : GAUCHE — DROITE — GAUCHE — DROITE — GAUCHE

129. Lorsqu'une escouade en ligne comprend une file creuse d'une personne, cette personne doit commencer à marcher au pas raccourci lorsque le mot d'avertissement « VERS L'ARRIÈRE (VERS L'AVANT) » est donné et faire demi-tour en même temps que le nouveau rang avant lorsque le commandement d'exécution « TOUR – NEZ » est donné.

FAÇON DE PASSER DU PAS RALENTI AU PAS CADENCÉ

130. Au commandement « CHANGEZ DE CADENCE, PAS CADENCÉ — MARCHÉ », donné au moment où le pied droit est en avant et au sol, les membres de l'escouade doivent partir du pied gauche, au pas cadencé, en balançant le bras droit vers l'avant et le bras gauche vers l'arrière.

CHANGE TO DOUBLE TIME FROM QUICK TIME

131. On the command CHANGE TO DOUBLE TIME, DOUBLE – MARCH given as the right foot is forward and on the ground, squad members shall step forward with the left foot in double time and with the arms in the position for marching in double time.

CHANGE TO QUICK TIME FROM DOUBLE TIME

132. On the command CHANGE TO QUICK TIME, QUICK – MARCH given as the right foot is forward and on the ground, squad members shall shorten the pace to the standard quick march length while completing four more paces in double time and then break into quick time.

CHANGE TO SLOW TIME FROM QUICK TIME

133. On the command CHANGE TO SLOW TIME, SLOW MARCH BY NUMBERS, SQUAD – ONE given as the right foot is forward and on the ground, squad members shall complete a half pace with the left foot, with the right arm swung forward and the left arm to the rear.

134. On the command SQUAD – TWO, squad members shall cut the arms to the sides as in the position of attention. The right foot is brought forward in double time, the right knee is bent and the right foot placed smartly beside the left. As the right foot strikes the ground, the left foot is shot forward in a half pace just above the ground with the toe pointing down as in slow time.

135. On the command SQUAD – THREE, squad members shall complete the half pace with the left foot and carry on marching in slow time.

136. On the command CHANGE TO SLOW TIME, SLOW – MARCH, the three movements are combined. The timing is counted as “left, right, left” in double time.

FAÇON DE PASSER DU PAS CADENCÉ AU PAS DE GYMNASTIQUE

131. Au commandement « CHANGEZ DE CADENCE, PAS DE GYMNASTIQUE — MARCHÉ », donné au moment où le pied droit est en avant et au sol, les membres de l'escouade doivent partir du pied gauche, au pas de gymnastique, les bras dans la position prescrite pour le pas de gymnastique.

FAÇON DE PASSER DU PAS DE GYMNASTIQUE AU PAS CADENCÉ

132. Au commandement « CHANGEZ DE CADENCE, PAS CADENCÉ — MARCHÉ », donné au moment où le pied droit est en avant et au sol, les membres de l'escouade doivent réduire le pas à la longueur réglementaire du pas cadencé tout en faisant quatre pas au pas de gymnastique, et passer ensuite au pas cadencé.

FAÇON DE PASSER DU PAS CADENCÉ AU PAS RALENTI

133. Au commandement « EN DÉCOMPOSANT, CHANGEZ DE CADENCE, PAS RALENTI, MARCHÉ, ESCOUADE — UN », donné au moment où le pied droit est en avant et au sol, les membres de l'escouade doivent faire un demi-pas du pied gauche, le bras droit dirigé vers l'avant et le bras gauche vers l'arrière.

134. Au commandement « ESCOUADE — DEUX », les membres de l'escouade doivent ramener les bras à la position du « garde-à-vous ». Le pied droit est ramené à la cadence du pas de gymnastique, le genou droit est fléchi et le pied droit est ramené d'un geste énergique à côté du pied gauche. Au moment où le pied droit touche le sol, on fait un demi-pas du pied gauche en rasant le sol, la pointe du pied dirigée vers le bas comme dans le cas du pas ralenti.

135. Au commandement « ESCOUADE — TROIS », les membres de l'escouade doivent faire un demi-pas avec le pied gauche et continuer à marcher au pas ralenti.

136. Au commandement « CHANGEZ DE CADENCE, PAS RALENTI — MARCHÉ », les trois mouvements sont combinés. Le rythme de la cadence est le même que le « gauche, droite, gauche » du pas de gymnastique.

SQUAD IN THREES FORMING SINGLE FILE FROM THE HALT

158. On the command SINGLE FILE FROM THE LEFT (RIGHT), QUICK – MARCH:

- the directing flank marches off in single file in quick time (Figure 3-20); and
- the remainder mark time. The leading person of the centre and non-directing flank execute a left (right) incline and lead off in single file when the file on their left (right) is clear.

FORMATION DE LA FILE INDIENNE PAR L'ESCOUADE EN COLONNE PAR TROIS, DE LA HALTE

158. Au commandement « DE LA GAUCHE (DROITE), EN FILE INDIENNE, PAS CADENCÉ — MARCHÉ » :

- le flanc de direction commence à marcher en file indienne au pas cadencé (figure 3-20); et
- les autres membres de l'escouade marquent le pas. Le guide du centre et celui du flanc qui ne contrôle pas la direction obloquent vers la gauche (droite) et avancent en file indienne lorsque la file qui est à leur gauche (droite) a terminé sa manœuvre.

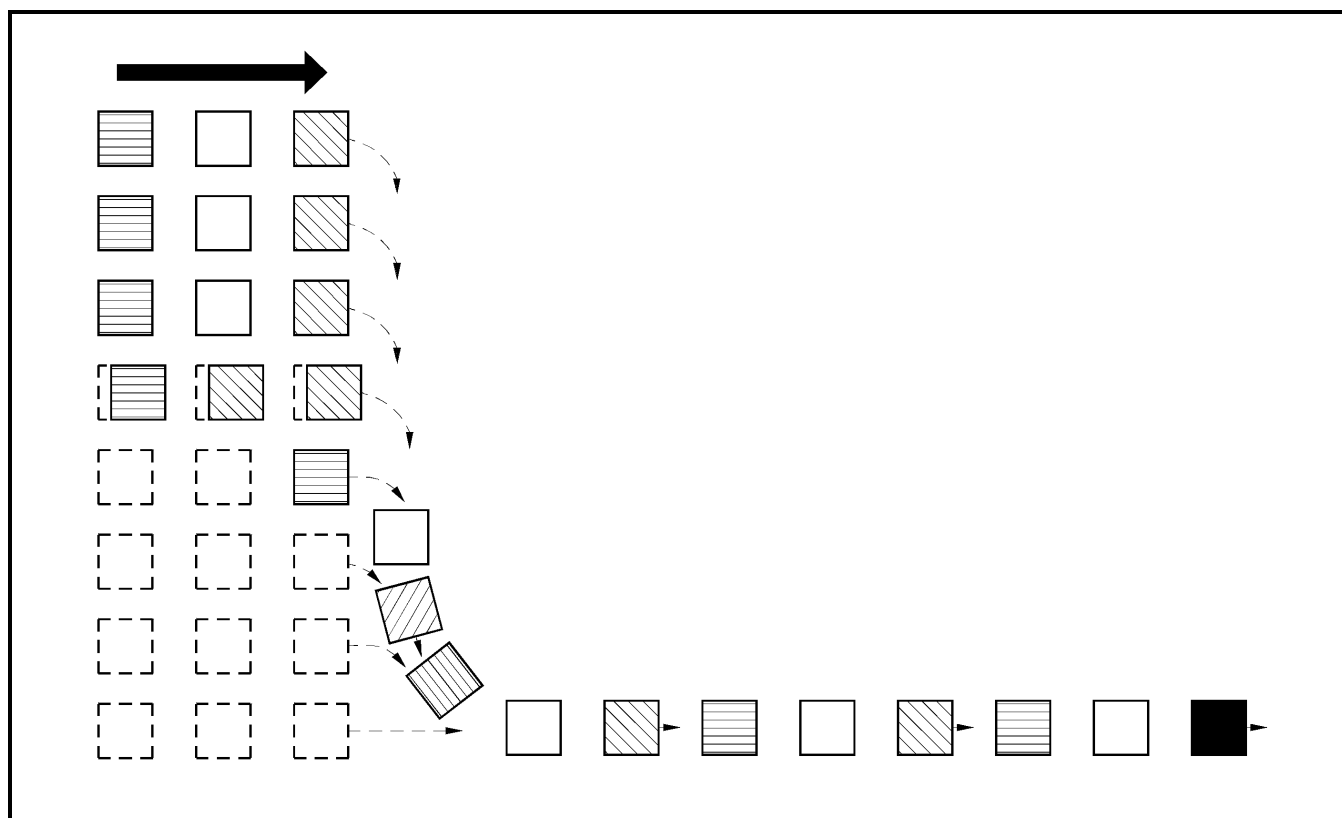


Figure 3-21 Squad in Line Forming Single File
Figure 3-21 Formation de la file indienne par l'escouade en ligne

SQUAD IN THREES FORMING SINGLE FILE ON THE MARCH

159. On the command SINGLE FILE FROM THE LEFT (RIGHT), REMAINDER MARK – TIME given as the right foot is forward and on the ground:

FORMATION DE LA FILE INDIENNE PAR L'ESCOUADE EN COLONNE PAR TROIS, EN MARCHANT

159. Au commandement « DE LA GAUCHE (DROITE), EN FILE INDIENNE, LES AUTRES, MARQUEZ LE — PAS », donné au moment où le pied droit est en avant et au sol :

- a. the directing flank continues marching forward;
- b. the remainder mark time; and
- c. the leading person of the centre and non-directing flank execute a left (right) incline and lead off in single file when the file on their left (right) is clear.

SQUAD IN SINGLE FILE REFORMING THREES FROM THE HALT

160. On the command ON THE RIGHT (LEFT) REFORM THREES, REMAINDER QUICK – MARCH:

- a. the rank leading the single file stands fast; and
- b. the remainder step off, reform three ranks and halt.

SQUAD IN SINGLE FILE REFORMING THREES ON THE MARCH

161. On the command ON THE RIGHT (LEFT), REFORM THREES, FRONT RANK MARK – TIME given as the right foot is forward and on the ground:

- a. the leading rank marks time; and
- b. the remainder reform threes and mark time.

162. On the command FOR – WARD or SQUAD – HALT, the squad acts as ordered.

SQUAD IN LINE FORMING SINGLE FILE FROM THE HALT

163. On the command SINGLE FILE FROM THE RIGHT (LEFT), QUICK – MARCH:

- a. the file on the directing flank marches forward in single file in quick time (Figure 3-21); and

- a. le flanc de direction continue à avancer;
- b. les autres membres de l'escouade marquent le pas; et
- c. le guide du centre et celui du flanc qui ne contrôle pas la direction obliquent vers la gauche (droite) et avancent en file indienne lorsque la file qui est à leur gauche (droite) a terminé sa manœuvre.

RETOUR À LA COLONNE PAR TROIS DE L'ESCOUADE EN FILE INDIENNE, DE LA HALTE

160. Au commandement « SUR LA DROITE (GAUCHE), REFORMEZ TROIS RANGS, LES AUTRES, PAS CADENCÉ — MARCHÉ » :

- a. le rang qui dirige la file indienne reste immobile; et
- b. les autres membres de l'escouade se mettent en marche, reforment trois rangs et s'arrêtent.

RETOUR À LA COLONNE PAR TROIS DE L'ESCOUADE EN FILE INDIENNE, EN MARCHANT

161. Au commandement « SUR LA DROITE (GAUCHE), REFORMEZ TROIS RANGS, RANG AVANT, MARQUEZ LE — PAS », donné lorsque le pied droit est en avant et au sol :

- a. le rang qui dirige la file marque le pas; et
- b. les autres membres de l'escouade se reforment sur trois rangs et marquent le pas.

162. Au commandement « VERS L'A — VANT » ou « ESCOUADE — HALTE », l'escouade exécute la manœuvre demandée.

FORMATION DE LA FILE INDIENNE PAR L'ESCOUADE EN LIGNE, DE LA HALTE

163. Au commandement « DE LA DROITE (GAUCHE), EN FILE INDIENNE, PAS CADENCÉ — MARCHÉ » :

- a. la file du flanc de direction s'avance en file indienne au pas cadencé (figure 3-21); et

- b. the remainder mark time, lead off and wheel in single file following the file on their right (left).

SQUAD IN LINE FORMING SINGLE FILE ON THE MARCH

164. On the command SINGLE FILE FROM THE RIGHT (LEFT), REMAINDER MARK – TIME given as the right foot is forward and on the ground:

- a. the file on the directing flank continues marching forward; and
- b. the remainder mark time and then lead off in single file, stepping off with the left foot, when the file on their right (left) is clear.

SQUAD IN SINGLE FILE REFORMING LINE FROM THE HALT

165. On the command ON THE LEFT (RIGHT), REFORM LINE, REMAINDER QUICK – MARCH:

- a. the leading file stands fast (Figure 3-22); and
- b. the remainder step off, reform line and halt.

SQUAD IN SINGLE FILE REFORMING LINE ON THE MARCH

166. On the command ON THE LEFT (RIGHT), REFORM LINE, REMAINDER MARK – TIME given as the right foot is forward and on the ground:

- a. the leading file marks time; and
- b. the remainder reform line and mark time.

167. On the command FOR – WARD or SQUAD – HALT, the squad acts as ordered.

- b. les autres rangs marquent le pas, puis se mettent en marche en décrivant une conversion pour former la file indienne à la suite du rang qui est à leur droite (gauche).

FORMATION DE LA FILE INDIENNE PAR L'ESCOUADE EN LIGNE, EN MARCHANT

164. Au commandement « DE LA DROITE (GAUCHE), EN FILE INDIENNE, LES AUTRES, MARQUEZ LE — PAS », donné au moment où le pied droit est en avant et au sol :

- a. la file du flanc de direction continue à avancer; et
- b. les autres membres de l'escouade marquent le pas puis avancent en file indienne, faisant le premier pas du pied gauche, lorsque la file qui est à leur droite (gauche) a terminé sa manœuvre.

RETOUR SUR TROIS RANGS DE L'ESCOUADE EN FILE INDIENNE, DE LA HALTE

165. Au commandement « SUR LA GAUCHE (DROITE), REFORMEZ LA LIGNE, LES AUTRES, PAS CADENCÉ — MARCHÉ » :

- a. la file de tête reste immobile (figure 3-22); et
- b. les autres membres de l'escouade se mettent en marche, reforment la ligne et s'arrêtent.

RETOUR SUR TROIS RANGS DE L'ESCOUADE EN FILE INDIENNE, EN MARCHANT

166. Au commandement « SUR LA GAUCHE (DROITE), REFORMEZ LA LIGNE, LES AUTRES, MARQUEZ LE — PAS », donné au moment où le pied droit est en avant et au sol :

- a. la file de tête marque le pas; et
- b. les autres reforment la ligne et marquent le pas.

167. Au commandement « VERS L'A — VANT » ou « ESCOUADE — HALTE », l'escouade exécute la manœuvre demandée.

CHAPTER 2

LEE ENFIELD RIFLE DRILL

SECTION 1

BASIC RIFLE DRILL

201. INTRODUCTION

1. **General.** Before commencing instruction in rifle drill, it is important that the cadets receive instruction in the parts of the rifle.

CHAPITRE 2

EXERCICE AVEC LE FUSIL LEE ENFIELD

SECTION 1

EXERCICE ÉLÉMENTAIRE AVEC LE FUSIL

201. INTRODUCTION

1. **Généralités.** Avant d'apprendre aux cadets à exécuter l'exercice avec le fusil, il est important de décrire les différentes parties et pièces du fusil.

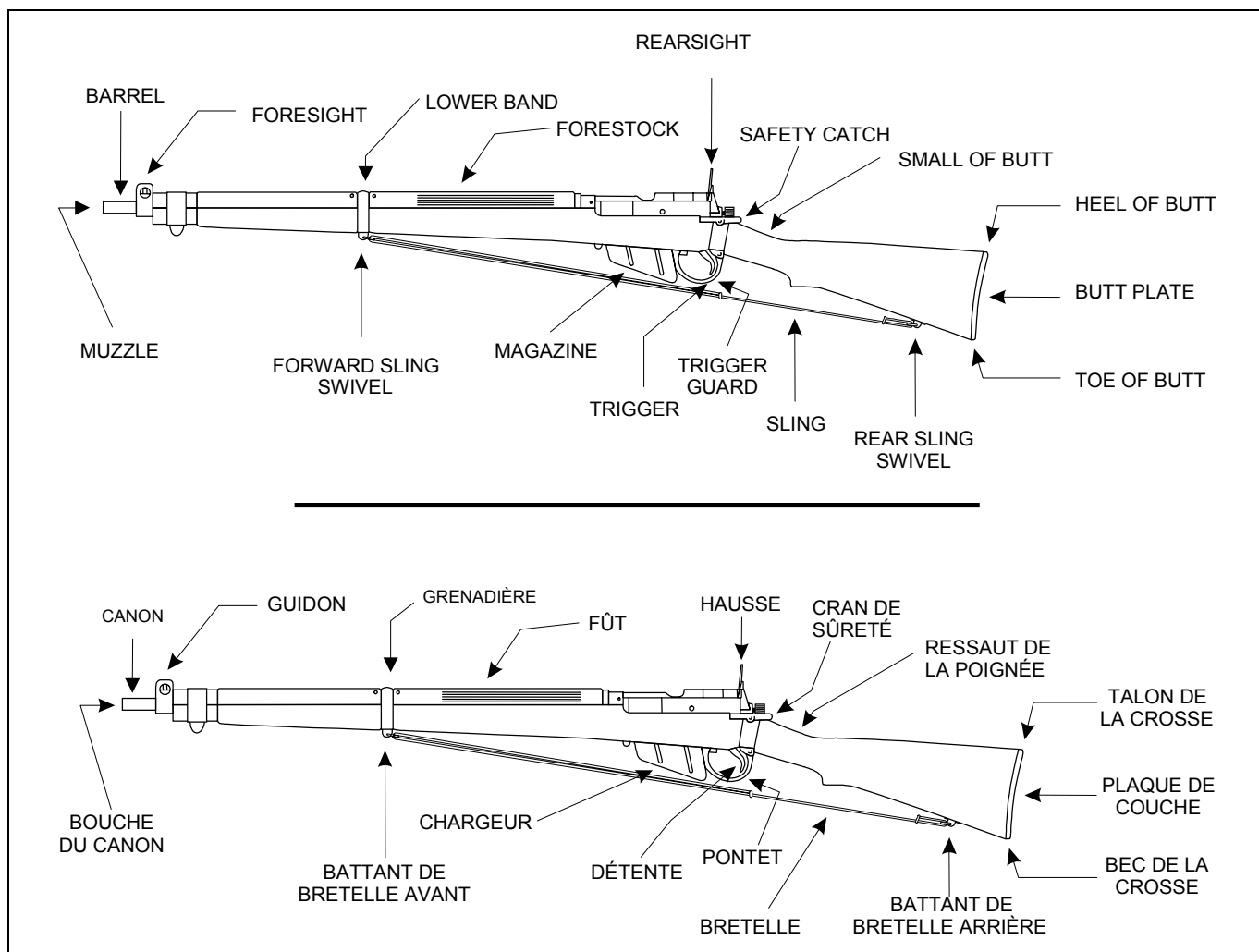


Figure 2-1 Parts of the rifle

Figure 2-1 Parties du fusil

2. **Lee Enfield rifle.** The Sea Cadet Organization opted for the Lee Enfield rifle to execute rifle drill movements for the following reasons:

- a. a majority of Sea Cadet Corps already had them in stock;
- b. the Canadian Forces had enough of them in stock to be able to issue to those Sea Cadet Corps which didn't have any or not enough,
- c. secure storage for this type of rifle (manual loading) is governed by regulations not as strict as those for semi-automatic and automatic rifles, making it more accessible to Sea Cadet Corps;
- d. cadets are not authorized to drill with the C7 rifle.

3. **References.** Each kind of weapon has by its form and dimension, its proper drill. It is very important that those are used for an easy use of the rifle. Rifle drill described in the "Canadian Forces drill and ceremonial manual" (C1 and C7 rifles) should not be used.

4. *B.R. 1834 (49) Royal Naval Handbook of Parade and Rifle Drill*, publication in effect when the Lee Enfield rifle was used by the Armed Forces of the Commonwealth, was used as a reference document to write this chapter.

5. **Rifle Movements.** Unless stated otherwise, cadets carrying out rifle exercises are to have impressed on them the following important points:

- a. the body and head are to be kept perfectly still while the rifle is moving;
- b. the eyes are not to follow the movement of the rifle. They are to be kept looking to their front at their own level;

2. **Fusil Lee Enfield.** L'Organisation des cadets de la Marine a opté d'utiliser le fusil Lee Enfield pour l'exécution de l'exercice militaire avec arme pour les raisons suivantes :

- a. une majorité des corps des cadets de la Marine en détenait déjà en inventaire;
- b. les Forces canadiennes en avaient suffisamment en inventaire au point de pouvoir en fournir aux corps de cadets de la Marine qui n'en avaient pas ou pas assez;
- c. l'entreposage sûr de ce type d'arme (à chargement manuel) est régi par des règlements beaucoup moins stricts que pour un fusil de type semi-automatique ou automatique, le rendant ainsi plus accessible aux corps de cadets de la Marine;
- d. les cadets ne sont pas autorisés à exécuter des mouvements d'exercice militaire avec le fusil C7.

3. **Références.** Chaque type d'arme possède, de part sa forme et ses dimensions, des mouvements d'exercice militaire qui lui est propre. Il est donc très important que ceux-ci soient utilisés dans le but de faciliter l'utilisation du fusil. L'exercice militaire avec arme décrit dans le manuel de l'exercice et du cérémonial des Forces canadiennes (Fusils C1 et C7) est à proscrire car celui-ci n'est pas adapté au fusil Lee Enfield.

4. La *B.R. 1834 (49) Royal Naval Handbook of Parade and Rifle Drill*, publication qui était en vigueur lorsque les Forces armées du Commonwealth utilisait le fusil Lee Enfield, a servi de document de référence pour la rédaction du présent chapitre.

5. **Mouvements avec le fusil.** À moins d'indications contraires, les cadets, qui exécutent l'exercice avec un fusil, doivent connaître les points suivants :

- a. le corps et la tête doivent demeurer parfaitement immobiles pendant les mouvements faits avec le fusil;
- b. les yeux ne doivent pas suivre les mouvements du fusil. Ils doivent demeurer fixés et droits vers l'avant;

- c. the rifle, during its movements, is to be kept as close to the body as possible;
- d. the rifle is always to be moved as quickly as possible and the standard pause between all rifle and foot drill movements is observed;
- e. the fingers are kept close together; and
- f. the disengaged hand is brought to the rifle by the shortest route and as quickly as possible; and the same principle applies when returning the disengaged hand to the position of attention.

6. **Rest Periods.** In the early stages of recruit training, short rest periods shall be given during drill instruction by standing the squad easy. During these rest periods, the squad may be questioned on subjects previously taught. The squad shall not kept in any one position long enough to produce strain and fatigue. Periods of drill at the halt shall be interspersed with movements on the march, with or without arms, at appropriate intervals to keep the squad alert, exercise the muscles, and, as a result, produce a high standard of drill.

7. There are two methods of grasping the rifle for the movements outlined in this chapter.

- a. Full Round Grasp. The specified part of the rifle is held with a tight grip, thumb on one side, fingers together and grasping as much of the rifle as possible around the opposite side.
- b. Y-Grip. The specified part is held with the thumb on one side, fingers together and straight on the opposite site. If fingers are to be pointed in a certain direction, it shall be stated in the movement.

- c. on doit garder le fusil le plus près possible du corps pendant les mouvements;
- d. on doit toujours exécuter les mouvements avec le fusil le plus rapidement possible et la pause réglementaire entre les mouvements de l'exercice avec le fusil doit être observée comme avec l'exercice élémentaire;
- e. les doigts sont joints; et
- f. on amène la main libre au fusil par le plus court chemin et le plus rapidement possible; le même principe s'applique en ramenant la main à la position du garde-à-vous.

6. **Périodes de repos.** Au début de l'instruction des recrues, on accordera de courtes périodes de repos aux troupes pendant les périodes d'exercice, en faisant adopter aux membres de l'escouade la position de «repos». On peut profiter de ces moments d'arrêt pour poser aux membres de l'escouade des questions sur les sujets déjà abordés. On devra éviter de garder les membres de l'escouade dans la même position trop longtemps; on ne ferait alors que causer de la tension et de la fatigue inutiles. On alternera les périodes d'exercice à la halte avec des mouvements de marche, avec ou sans armes, à intervalles appropriés, afin de garder les membres de l'escouade en état d'alerte, de permettre aux troupes de se détendre les muscles et de s'assurer que l'exercice produira les meilleurs résultats possibles.

7. Il y a deux façons de saisir le fusil pour exécuter les mouvements décrits dans le présent chapitre.

- a. Prise complète. La partie désignée du fusil est tenue à l'aide d'une prise serrée, le pouce sur un côté, les doigts sont joints et tiennent la plus grande portion possible de l'autre côté de l'arme.
- b. Prise jumelée. La partie désignée est tenue par le pouce d'un côté, les doigts sont joints et bien droits sur le côté opposé. On indiquera, pour le mouvement, si les doigts doivent être pointés dans une certaine direction.

202. ATTENTION

1. To assume the position of attention (order arms), squad members shall:

- a. grasp the rifle with the right hand in the Y-grip, just below the lower band, fingers extended straight down the right side of the rifle with the thumb on the left side touching the seam of the trousers. The position of the right hand will not vary with the height of the individual, but the position of the right elbow will be either bent or straight. If the elbow is bent it will be held close to the body and to the rear;
- b. place the butt flat on the ground with the rifle touching the boot, toe of the butt in line with the small toe of the right foot; and
- c. keep the magazine to the front.

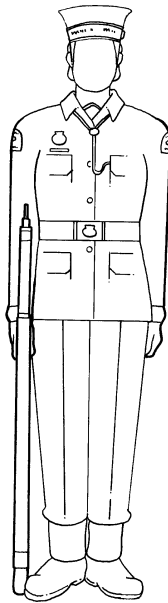


Figure 2-2 Attention

203. STAND AT EASE FROM ATTENTION

1. On the command, STAND AT—EASE, squad members shall:

202. GARDE-À-VOUS

1. Pour adopter la position du garde-à-vous (au pied, armes), les membres de l'escouade doivent :

- a. saisir le fusil avec la main droite par une prise jumelée, juste sous la grenadière, les doigts étendus directement vers le bas du côté droit du fusil, avec le pouce sur le côté gauche et touchant le revers du pantalon. La position de la main droite ne variera pas selon la taille de l'individu, mais le coude droit sera plus ou moins fléchi. Si le coude est fléchi, il sera tenu près du corps et à l'arrière;
- b. tenir le fusil de façon à ce que la crosse repose sur le sol, qu'elle touche le côté de la chaussure, le bec de crosse en ligne avec le petit orteil du pied droit; et
- c. garder le chargeur vers l'avant.

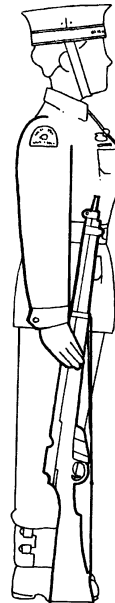


Figure 2-2 Garde-à-vous

203. DE LA POSITION DU GARDE-À-VOUS À LA POSITION «EN PLACE, REPOS »

1. Au commandement « EN PLACE, RE—POS », les membres de l'escouade doivent :

- a. force the rifle directly to the front and to the full extent of the right arm, grasping the rifle with a Y-Grip, keeping the toe of the butt in contact with the ground and in line with the small toe of the right foot;
- b. simultaneously, bend the left knee and place the left foot smartly on the ground 25 cm (approximately 10 in.) to the left; and
- c. keep the left arm straight at the side.

- a. tendre jusqu'à pleine extension le bras droit devant eux, en utilisant la prise jumelée, en poussant le fusil sans le soulever et sans déplacer la crosse qui doit rester collée au sol, appuyée contre la chaussure, le bec de crosse en ligne avec le petit orteil droit;
- b. simultanément, fléchir le genou gauche et ramener énergiquement le pied à 25 cm (environ 10 po) du pied droit, et
- c. garder le bras gauche tendu le long du corps.

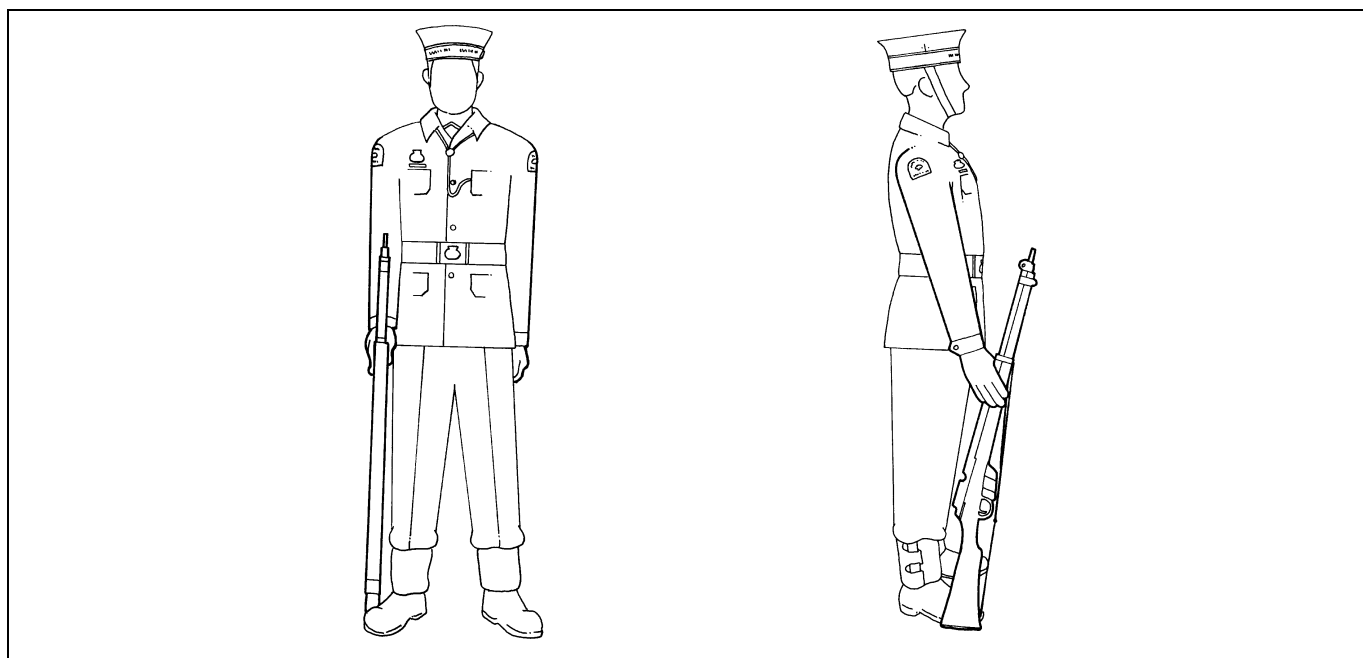


Figure 2-3 Stand at ease

Figure 2-3 En place repos

204. STAND EASY FROM STAND AT EASE

204. DE LA POSITION « EN PLACE, REPOS » À LA POSITION « REPOS »

1. On the command, STAND—EASY, squad members shall:

1. Au commandement « RE—POS », les membres de l'escouade doivent :

- a. with a quick movement of the right arm, bring the muzzle of the rifle to the centre of the body by pivoting the rifle on the toe of the butt so the base of the magazine is pointing to the left;

- a. d'un mouvement vif du bras droit, amener la bouche du canon vers l'avant et au centre du corps, en faisant pivoter le fusil sur le bec de la crosse de façon à ce que la base du chargeur pointe vers la gauche;

- b. simultaneously, strike and grasp the rifle with the palm of the left hand, hand on top of the nosecap, thumb in rear and fingers in front of the rifle, fingers together pointing down and to the right in a straight line from the elbow; and
- c. after observing a standard pause, relax the body.

- b. simultanément, saisir vivement le canon juste derrière le guidon avec la paume de la main gauche, le pouce vers l'arrière et les autres doigts joints devant le canon et pointés vers le sol, dans l'alignement du coude; et
- c. observer la pause réglementaire et se détendre.

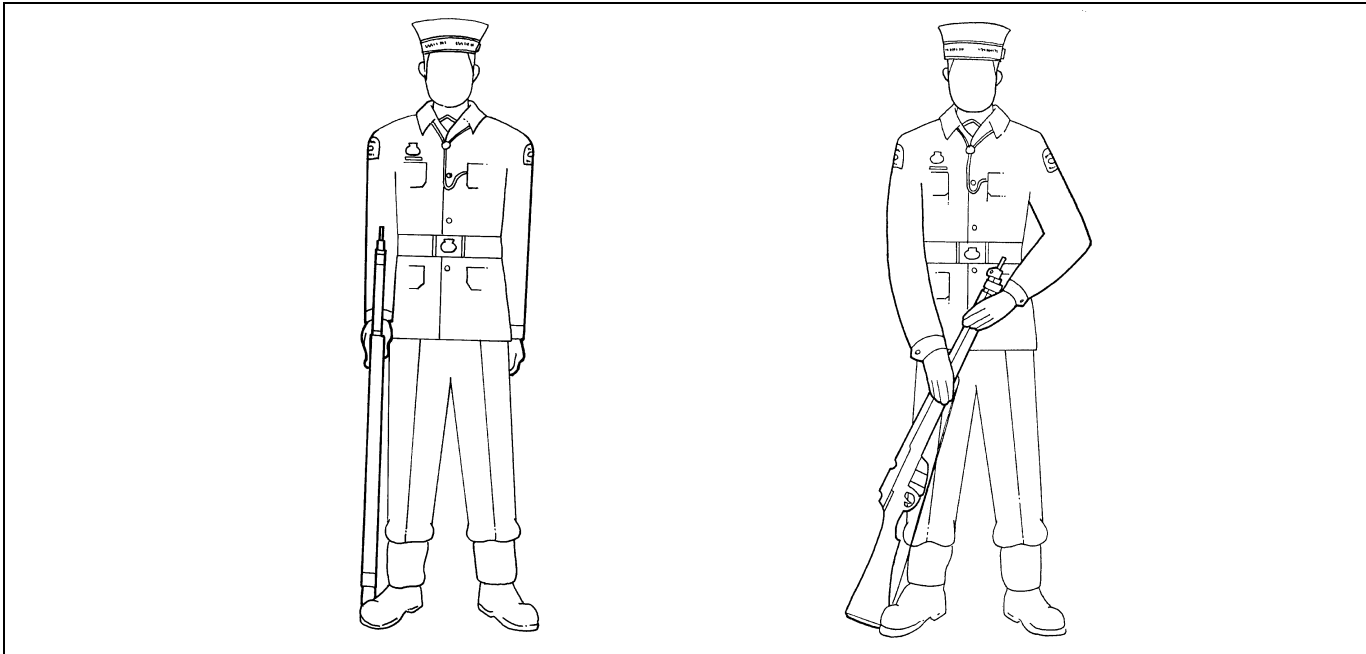


Figure 2-4 Stand easy from Stand at ease

Figure 2-4 De la position « en place repos » à la position « repos »

205. STAND AT EASE FROM STAND EASY

1. On the command, SQUAD, the squad shall assume the position of stand at ease.

205. DE LA POSITION « REPOS » À LA POSITION « EN PLACE, REPOS »

1. Au commandement « ESCOUADE », les membres de l'escouade doivent adopter la position « en place, repos ».

206. ATTENTION FROM STAND AT EASE

1. On the command, ATTEN—TION, squad members shall:

- a. bend the left knee and bring the left foot to the position of attention, keeping the left arm at the side; and

206. DE LA POSITION « EN PLACE, REPOS » À LA POSITION « GARDE-À-VOUS »

1. Au commandement « GARDE-À—VOUS », les membres de l'escouade doivent :

- a. fléchir le genou gauche et ramener le pied gauche à la position du garde-à-vous, le bras gauche tendu le long du corps; et

- b. with a swift motion, simultaneously force the rifle to the right side, keeping the butt in contact with the ground and the foot, and assume the position of attention.

207. SHORT TRAIL FROM THE ORDER

1. The short trail is used when marching the squad short distances or during dressing when squad members are required to move.

2. On the command, **SHORT TRAIL—ARMS**, given only when the squad is in the position of attention, squad members shall:

- a. bend the right arm and raise the butt of the rifle 2.5 cm (1 inch) from the ground; and
- b. keep the rifle vertical and close to the body.

3. On the command, **AT THE SHORT TRAIL, QUICK—MARCH**, simultaneously with the detail in paragraph 2 above, step off with the left foot.

4. On the command, **SQUAD—HALT**, the squad shall halt as ordered and, as the right knee is straightened, lower the rifle to the attention position.

5. When a squad is at the order arms position and the command, **QUICK—MARCH**, is given, the squad shall automatically adopt the short trail position as they step off with the left foot.

- b. d'un mouvement vif et simultané, ramener le fusil le long du corps du côté droit, la crosse collée au sol et appuyée contre la chaussure, et adopter la position du garde-à-vous.

207. DE LA POSITION « AU PIED, ARMES » À LA POSITION « ARMES À LA HANCHE »

1. On utilise ce mouvement lorsque les membres d'une escouade se déplacent sur une courte distance ou lorsqu'ils s'alignent.

2. Au commandement « **ARMES À LA HANCHE** » donné seulement lorsque l'escouade est au garde-à-vous, les membres de l'escouade doivent :

- a. fléchir le bras droit et soulever la crosse du fusil à 2,5 cm (1 pouce) du sol; et
- b. laisser le fusil à la position verticale et près du corps.

3. Au commandement « **ARMES À LA HANCHE, PAS CADENCÉ—MARCHE** », les membres de l'escouade doivent exécuter les mouvements décrits au paragraphe 2 ci-dessus et, en même temps, commencer à marcher en partant du pied gauche.

4. Au commandement « **ESCOUADE—HALTE** », les membres de l'escouade exécutent le mouvement demandé en s'arrêtant et, au moment de redescendre la jambe droite, ils abaissent le fusil comme à la position du « garde-à-vous ».

5. Lorsque l'escouade est à la position « au pied, armes » et que le commandement ordonne « **PAS CADENCÉ—MARCHE** », les membres de l'escouade adoptent la position « armes à la hanche » dès qu'ils avancent le pied gauche.

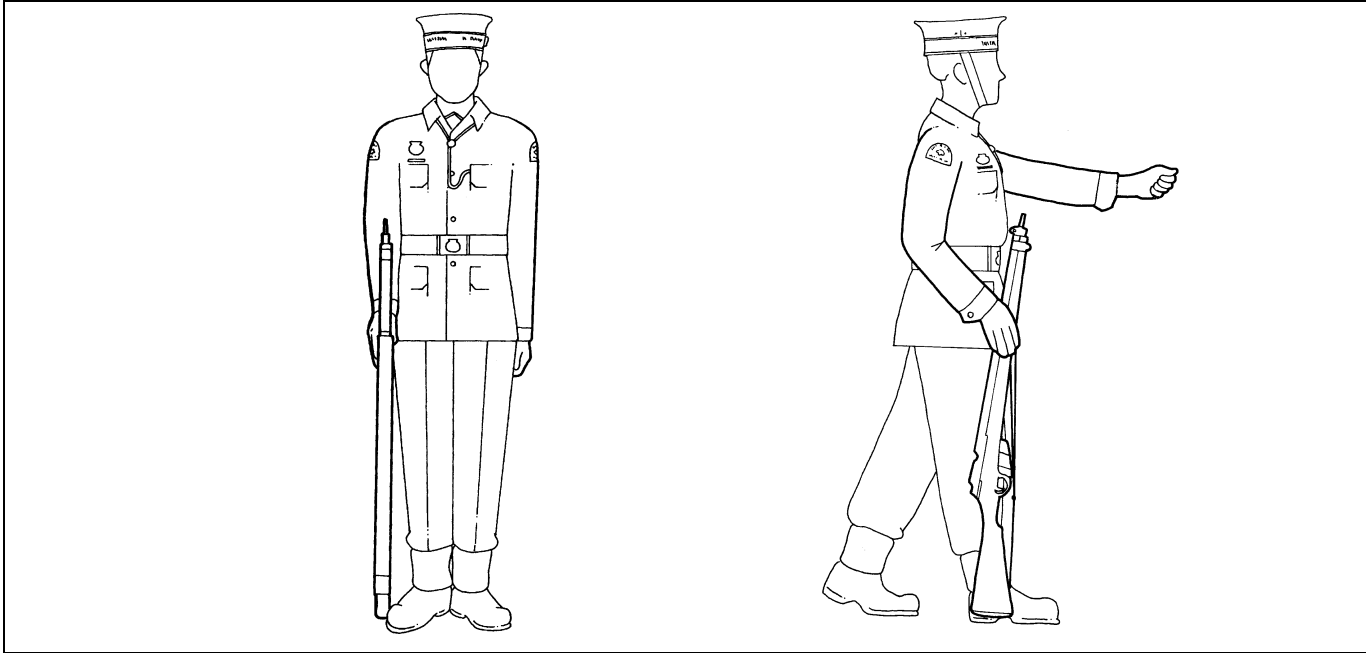


Figure 2-5 The short trail

208. GROUND ARMS

1. The ground arms command is used when it is necessary to move the squad without arms. Ground arms is only ordered when a squad is at the open order. Care must be taken not to kick or step on arms when they are grounded.

2. On the command, GROUND ARMS BY NUMBERS, SQUAD—ONE, squad members shall:

- a. take a half pace forward with the left foot and by bending the knees, adopt a squatting position with the weight of the body on the right foot;
- b. keeping the right arm straight, with the right hand in line with the right knee, simultaneously rotate the rifle to the right, lay it on the ground with the magazine to the right and the muzzle pointing straight to the front;
- c. ensure that the rear sight is in line with the small toe on the right foot;
- d. keep the shoulders square to the front and look down at the rifle; and
- e. keep the left arm straight against the body

Figure 2-5 Armes à la hanche

208. « AU SOL, ARMES »

1. Le commandement « AU SOL—ARMES » est donné lorsque l'escouade doit se déplacer sans armes et uniquement lorsque les rangs sont ouverts. Les membres de l'escouade doivent veiller à ne pas marcher sur les armes ni à les heurter du pied.

2. Au commandement « EN DÉCOMPOSANT, AU SOL, ARMES, ESCOUADE—UN », les membres de l'escouade doivent :

- a. faire un demi pas vers l'avant avec le pied gauche et s'accroupir en fléchissant les genoux, sans toucher le sol et en faisant porter le poids du corps sur le pied droit;
- b. le bras droit tendu, la main droite vis-à-vis du genou droit, faire pivoter le fusil vers la droite et le poser à terre, le chargeur vers la droite et le canon pointé vers l'avant;
- c. s'assurer que la hausse est en ligne avec le petit orteil du pied droit;
- d. sans bouger les épaules, incliner la tête légèrement pour regarder le fusil; et
- e. garder le bras gauche tendu, le coude collé

and hip.

à la hanche.

3. On the command, SQUAD—TWO, squad members shall:

3. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent :

- a. release the rifle; and
- b. assume the position of attention by standing erect, bending the left knee and bringing the left foot smartly back to the right foot.

- a. relâcher le fusil; et
- b. adopter la position du garde-à-vous en se redressant bien droits, en fléchissant le genou gauche et en ramenant le pied gauche contre le pied droit d'un mouvement énergique.

4. On the command, GROUND—ARMS, the two movements are combined. A standard pause shall be observed between the movements.

4. Au commandement « AU SOL—ARMES », les deux mouvements sont combinés et séparés par une pause réglementaire.

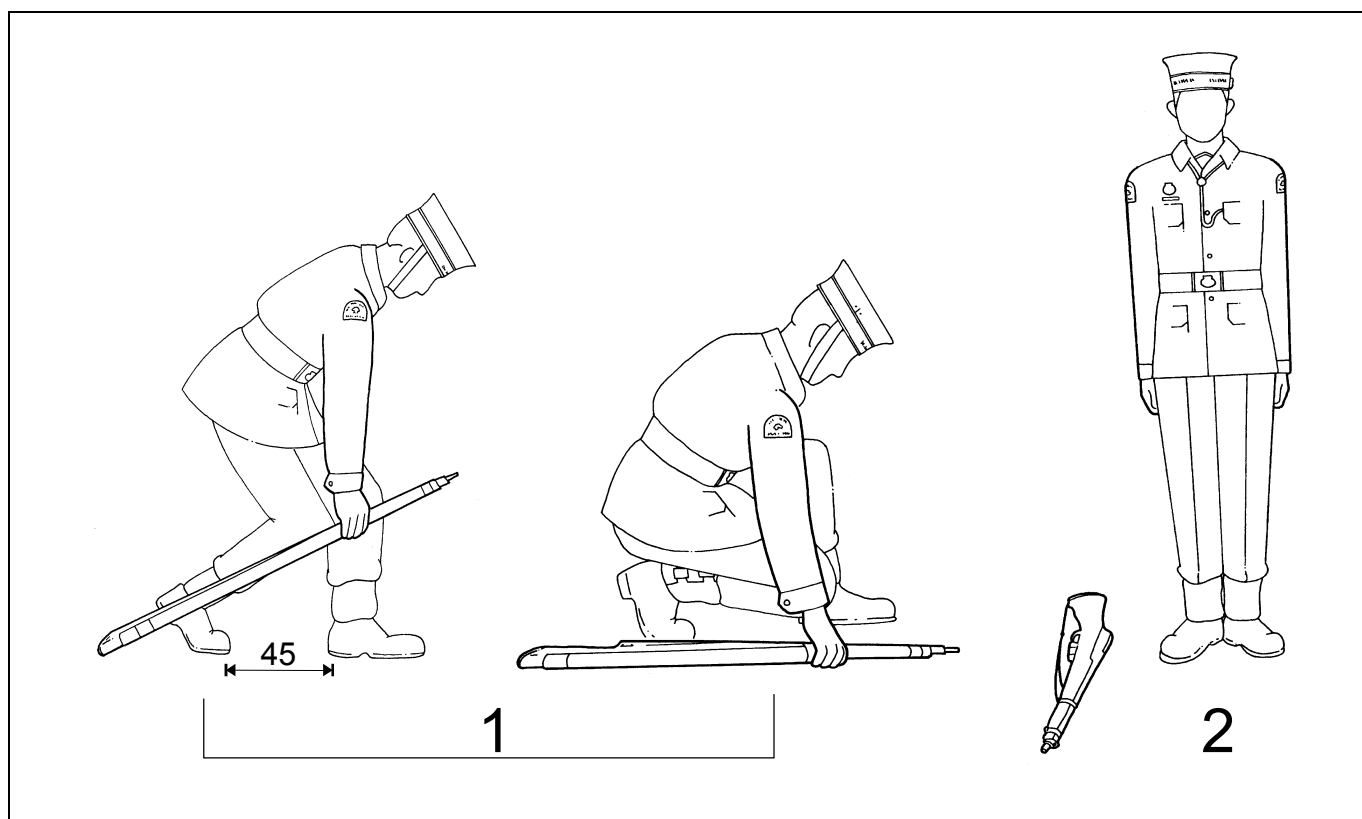


Figure 2-6 Ground arms

Figure 2-6 Au sol, armes

209. TAKE UP ARMS

209. « RAMASSEZ, ARMES »

1. On the command, TAKE UP ARMS BY NUMBERS, SQUAD—ONE, squad members shall:

1. Au commandement « EN DÉCOMPOSANT, RAMASSEZ, ARMES, ESCOUADE—UN », les membres de l'escouade doivent :

- a. take a half pace forward with the left foot and squat with the weight of the body on the right foot;

- a. faire un demi pas vers l'avant avec le pied gauche et s'accroupir en faisant porter le poids du corps sur le pied droit;

- b. look down and grasp the rifle at the lower band with the right hand; and
- c. keep the left arm straight against the body and hip.

2. On the command SQUAD—TWO, squad members shall assume the position of attention by:

- a. standing erect, bending the left knee and bringing the left foot smartly back to the right; and
- b. simultaneously, rotating the rifle to the left, bringing the magazine to the front and placing the butt of the rifle flat on the ground.

3. On the command TAKE UP—ARMS, the two movements are combined. A standard pause shall be observed between the movements.

210. SLOPE ARMS FROM THE ORDER

1. The slope arms is the position primarily used when marching with the rifle. Care is to be given to ensure that all members keep the left forearm parallel to the ground and that the rifle is kept as still as possible while marching.

2. On the command SLOPE ARMS BY NUMBERS, SQUAD—ONE, squad members shall:

- a. throw the rifle upwards with the right hand, catching it with both hands at the same time, the left hand with a full round grasp around the forestock and the right hand with a Y-grip around the small of the butt;
- b. ensure that the left forearm is parallel to the ground, close to the body;
- c. keep the right arm slightly bent, elbow to the rear and close to the body; and
- d. keep the rifle close to the body.

3. On the command, SQUAD—TWO, squad

- b. regarder le fusil et, de la main droite, saisir le fusil à la grenadière; et

- c. garder le bras gauche tendu, collé à la hanche.

2. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent adopter la position du garde-à-vous en procédant de la manière suivante :

- a. se tenir droit, fléchir le genou gauche et ramener le pied gauche contre le pied droit d'un mouvement énergique; et
- b. en même temps, faire pivoter le fusil vers la gauche de façon à ramener le chargeur vers l'avant, et appuyer la crosse du fusil sur le sol.

3. Au commandement « RAMASSEZ—ARMES », les deux mouvements sont combinés et séparés par une pause réglementaire.

210. DE LA POSITION « AU PIED, ARMES » À LA POSITION « SUR L'ÉPAULE, ARMES »

1. La position « SUR L'ÉPAULE, ARMES » est la principale position utilisée lorsque l'on marche avec une arme. On doit porter une attention particulière pour s'assurer que tous les membres gardent leurs avant-bras gauche parallèle au sol et que l'arme demeure immobile lors des déplacements.

2. Au commandement « EN DÉCOMPOSANT, SUR L'ÉPAULE, ARMES, ESCOUADE—UN », les membres de l'escouade doivent :

- a. lancer le fusil vers le haut avec la main droite, l'attraper avec les deux mains en même temps, la main gauche avec une prise complète autour du fût et la main droite en prise jumelée autour de la poignée de la crosse;
- b. s'assurer que l'avant-bras gauche est parallèle au sol et près du corps;
- c. garder le bras droit un peu plié, le coude vers l'arrière et près du corps; et
- d. garder le fusil près du corps.

3. Au commandement « ESCOUADE—DEUX »,

members shall:

- a. carry the rifle across and close to the body, placing it flat on the left shoulder, the underside out and away from the body;
 - b. change the grip of the right hand to a full round grasp at the small of the butt, keeping the right forearm parallel to the ground;
 - c. seize the butt of the rifle with the left hand, the thumb 2,5 cm (1 in) above the toe of the butt, and the fingers together and wrapped around the butt plate; and
 - d. keep the left elbow close to the body, forearm parallel to the ground pointing straight.
4. On the command SQUAD—THREE, squad members shall cut the right arm to the side as in the position of attention.
 5. On the command SLOPE—ARMS, the three movements are combined. A standard pause shall be observed between the movements.

les membres de l'escouade doivent :

- a. amener le fusil devant et à proximité du corps, le placer à plat sur l'épaule gauche, le chargeur vers l'extérieur;
 - b. changer la prise de la main droite à une prise complète autour de la poignée de la crosse, en gardant l'avant-bras parallèle au sol;
 - c. saisir la plaque de couche avec la main gauche, le pouce à 2,5 cm (1 po) du bout de la crosse et les doigts joints et entourant la plaque de couche; et
 - d. garder le coude gauche près du corps, l'avant-bras parallèle au sol pointant droit devant.
4. Au commandement « ESCOUADE—TROIS », les membres de l'escouade doivent ramener le bras droit sur le côté comme dans la position du garde-à-vous.
 5. Au commandement « SUR L'ÉPAULE—ARMES », les trois mouvements sont combinés et séparés par une pause réglementaire.

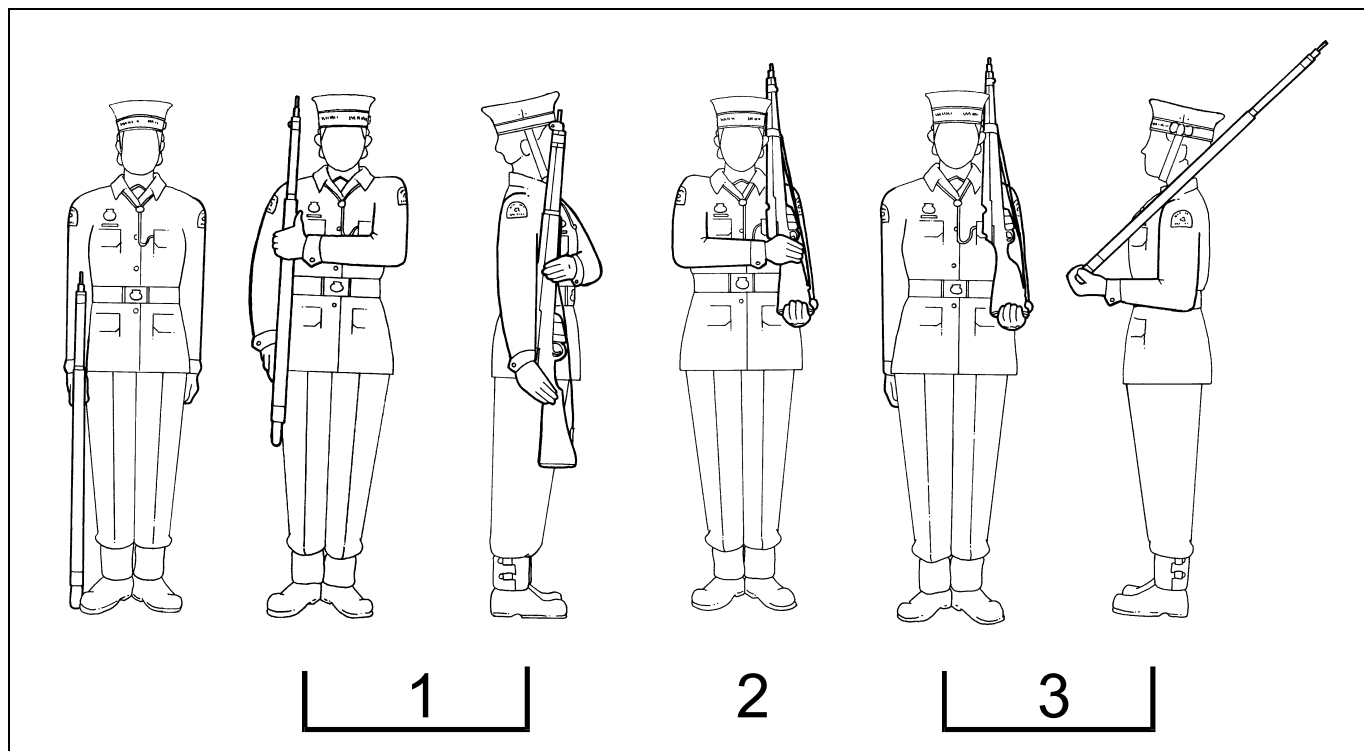


Figure 2-7 Slope arms from the Order

Figure 2-7 De la position « au pied, armes » à la position « sur l'épaule, armes »

211. ORDER ARMS FROM THE SLOPE

1. On the command ORDER ARMS BY NUMBERS, SQUAD—ONE, squad members shall:

- a. bring the right arm across and close to the body and grab the rifle at the forestock with a full round grasp, and keeping the right forearm parallel to the ground; and
- b. simultaneously, bring the rifle down to a vertical position and to the full extent of the left arm, keeping the rifle close to the left side of the body.

2. On the command SQUAD—TWO, squad members shall:

- a. use the right arm to force the rifle down and to the right side of the body as in the position of the order, rotating the rifle so that the underside faces to the front;
- b. simultaneously, change the position of the left hand so that it cuts across the body and holds the rifle below the nose cap with a full round grasp, back of the hand facing to the front; and
- c. Change the position of the rifle hand to a y-Grip and allow the right hand to slide upwards on the forestock.

3. On the command SQUAD—THREE, squad members shall cut the left hand to the side as in the position of the order.

4. On the command ORDER—ARMS, the three movements are combined. A standard pause shall be observed between the movements.

211. DE LA POSITION « SUR L'ÉPAULE, ARMES » À LA POSITION « AU PIED, ARMES »

1. Au commandement « EN DÉCOMPOSANT, AU PIED, ARMES, ESCOUADE—UN », les membres de l'escouade doivent :

- a. amener le bras droit devant eux et près du corps et saisir le fusil par le fût avec une prise complète et garder l'avant-bras droit parallèle au sol; et
- b. en même temps, amener le fusil vers le bas, en position verticale et à une pleine extension du bras gauche, et garder le fusil le long du côté gauche du corps.

2. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent :

- a. utiliser la main droite pour porter le fusil vers le bas et sur le côté droit du corps dans la position « au pied, armes », en faisant une rotation de l'arme pour que le chargeur soit placé vers l'avant;
- b. en même temps, changer la position de la main gauche pour passer près du corps et tenir le fusil avec une prise complète, le dos de la main vers l'avant; et
- c. Changer la position de la main droite pour une prise jumelée et permettre ensuite à la main de remonter le fût.

3. Au commandement « ESCOUADE—TROIS », les membres de l'escouade doivent porter la main gauche sur le côté comme dans la position « au pied, armes ».

4. Au commandement « AU PIED—ARMES », les trois mouvements sont combinés et séparés par une pause réglementaire.

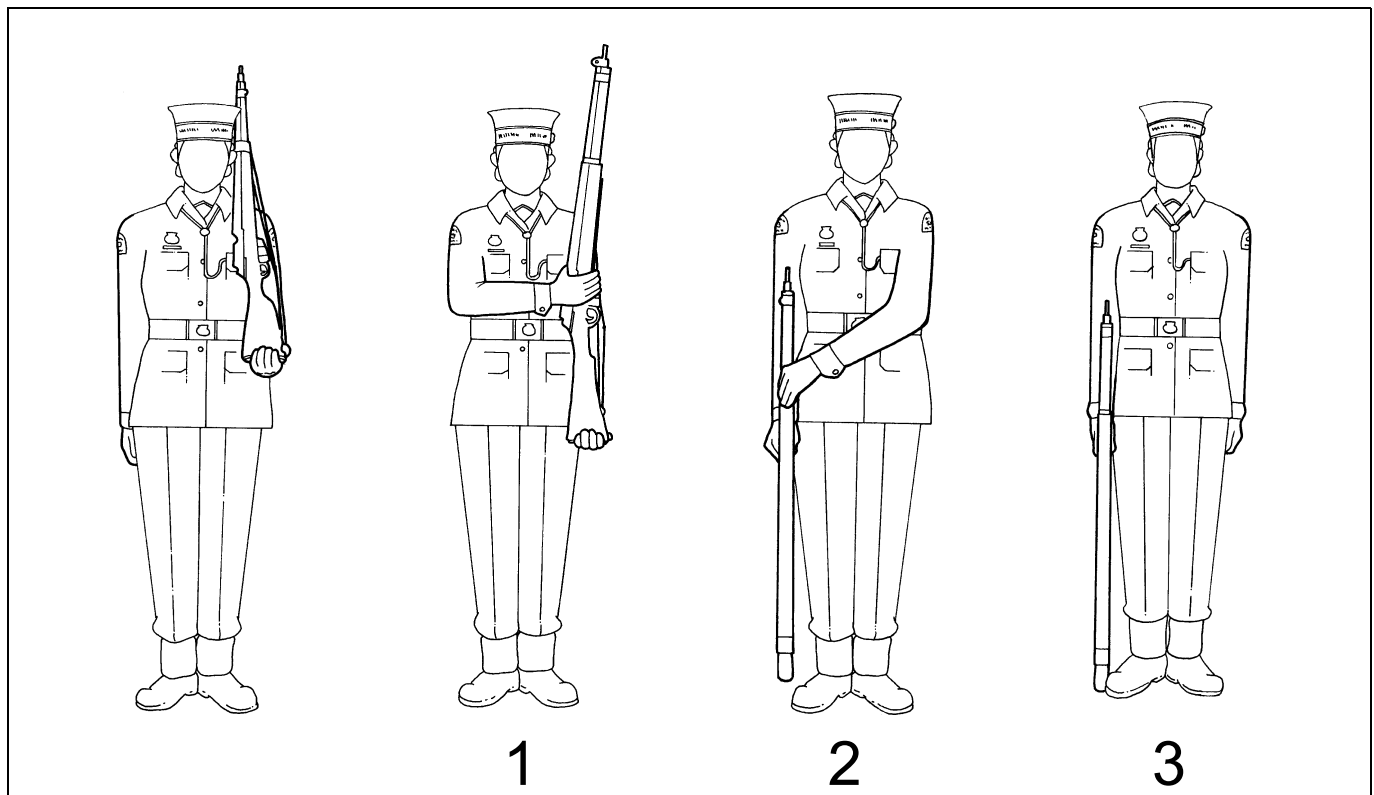


Figure 2-8 Order arms from the slope

Figure 2-8 De la position « au pied, armes » à la position « sur l'épaule, armes »

212. DRESSING A SQUAD

1. When dressing a squad on parade with rifles, the squad may be at the order or slope position.

2. On the command RIGHT (LEFT)—DRESS, the movement is executed in the same fashion as without arms except that the left arm is raised at the order position as the head is turned in the required direction. This requires the right marker to raise their left arm, and the left marker to keep the left arm to the side.

212. ALIGNER UNE ESCOUADE

1. Lorsqu'on aligne une escouade armée, l'escouade pourra être soit en position « au pied, armes » ou à la position « sur l'épaule, armes ».

2. Au commandement « PAR LA DROITE (GAUCHE)—ALIGNÉZ », le mouvement est exécuté de la même façon que sans arme, à l'exception que le bras gauche est levé et que la tête est tournée dans la direction demandée. Ce qui implique que le guide de droite doit lever le bras gauche et que le guide de gauche, doit garder le bras gauche sur le côté.

3. Dressing a squad while at the slope position is carried out as for the right dress without arms. The right arm shall be raised for a left dress under this condition.

4. Arms are not required to be raised by well-trained cadets.

213. ORDERING A SQUAD WITH RIFLES ON PARADE

1. On the command, MARKER, the marker shall:
 - a. come to attention and observe the standard pause;
 - b. slope arms and observe the standard pause;
 - c. march to a position three paces in front of and facing the instructor and halt; and
 - d. remain at the slope.

2. After the marker has halted, the instructor shall turn right and move to a position three paces front and centre of where the squad will be fallen in.

3. On the command, FALL—IN, the squad shall:
 - a. come to attention and observe the standard pause;
 - b. slope arms and observe the standard pause;
 - c. march onto the parade ground and halt on the left of and covering off the marker; and
 - d. remain at the slope.

4. The instructor shall then proceed as required i.e. Right Dress, Eyes Front, Order Arms, Stand at Ease.

5. This movement may be executed with the rifles held at the short trail position if the instructor so orders.

3. Aligner une escouade, dans la position « sur l'épaule, armes », se fait de la même façon que l'alignement par la droite sans arme. Dans ce cas, le bras droit doit être levé pour l'alignement par la gauche.

4. Les cadets bien entraînés ne sont pas tenus de lever le bras.

213. RASSEMBLER L'ESCOUADE AVEC LES ARMES

1. Au commandement « GUIDE », le guide devra :
 - a. adopter la position du garde-à-vous et marquer une pause réglementaire;
 - b. porter l'arme sur l'épaule et marquer une pause réglementaire;
 - c. s'avancer de façon à se trouver à trois pas de l'instructeur, face à lui, et s'arrêter; et
 - d. garder l'arme sur l'épaule.

2. Lorsque le guide s'est arrêté, l'instructeur doit tourner vers la droite et s'avancer jusqu'à ce qu'il se trouve à trois pas et au centre de l'endroit où l'escouade doit prendre position.

3. Au commandement « RASSEMBLEMENT—MARCHE », les membres doivent :
 - a. adopter la position du garde-à-vous et marquer une pause réglementaire;
 - b. porter l'arme sur l'épaule et marquer une pause réglementaire;
 - c. s'avancer sur le terrain de parade et s'arrêter à la gauche du guide, dans le même alignement; et
 - d. garder l'arme sur l'épaule.

4. L'instructeur doit alors donner les commandements appropriés, c'est-à-dire « PAR LA DROITE, ALIGNEZ », « FIXE », « AU PIED, ARMES » et « EN PLACE REPOS ».

5. Cette manœuvre peut également être exécutée l'arme à la hanche, selon les directives émises par l'instructeur.

214. PRESENT ARMS FROM THE SLOPE

1. On the command, PRESENT ARMS BY NUMBERS, SQUAD—ONE, squad members shall cut the right hand across the body and seize the rifle at the small of the butt with a full round grasp, back of the hand facing the front.

2. On the command, SQUAD—TWO, squad members shall:

- a. raise the rifle with the right hand perpendicular in front of the centre of the body, sling to the left;
- b. simultaneously, place the left hand smartly on the sling, wrist on the magazine, fingers together and pointing upwards, thumb against the forefinger, with the point of the thumb in line with the mouth;
- c. ensure that the left elbow is close to the butt, the right elbow and butt close to the body; and
- d. left hand in front of the mouth.

3. On the command, SQUAD—THREE, squad members shall:

- a. raise the right foot 15 cm (6 inches) and place it behind the left so that the instep of the right foot is against the heel of the left, feet at an angle of 30 degrees, both legs straight;
- b. as the right foot is placed on the ground, bring the rifle down perpendicularly close in front of the centre of the body, sling to the front, holding it at the full extent of the right arm, fingers extended and slanting 45 degrees downward in a Y-grip;
- c. as the right foot is placed on the ground, grasp the forestock with the left hand in a full round grasp, thumb along the left side of the rifle pointing towards the muzzle, left forearm parallel to the ground and close to the body; and

214. DE LA POSITION « SUR L'ÉPAULE, ARMES » À LA POSITION « PRÉSENTEZ, ARMES »

1. Au commandement « EN DÉCOMPOSANT, PRÉSENTEZ, ARMES, ESCOUADE—UN », les membres de l'escouade doivent porter la main droite devant le torse et saisir l'arme par la poignée de la crosse avec une prise complète, le dos de la main vers l'avant.

2. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent :

- a. lever le fusil avec la main droite, perpendiculairement à l'avant et au centre du torse, la bretelle vers la gauche;
- b. placer, fermement et simultanément, la main gauche à plat sur la bretelle, le poignet sur le chargeur, les doigts rassemblés et pointés vers le haut, le pouce contre l'index, avec la pointe du pouce en ligne avec la bouche;
- c. s'assurer que le coude gauche est près de la crosse, le coude droit et la crosse sont à proximité du corps; et
- d. la main gauche au même niveau que la bouche.

3. Au commandement « ESCOUADE—TROIS », les membres de l'escouade doivent :

- a. lever le pied droit de 15 cm (6 pouces) et le placer derrière le pied gauche de manière à placer l'intérieur du pied droit sur le talon du pied gauche en formant un angle de 30 degrés vers la droite, les deux jambes sont bien droites,
- b. au moment de placer le pied droit sur le sol, amener le fusil et le faire pivoter au centre du torse, la bretelle vers l'avant, avec une pleine extension du bras droit, les doigts sont tendus et inclinés à 45 degrés vers le bas par une prise jumelée;
- c. au moment de placer le pied droit sur le sol, saisir le fût avec la main gauche par une prise complète, le pouce placé le long du côté gauche du fusil et pointant vers la bouche du canon, l'avant-bras gauche est parallèle au sol, le coude collé sur le corps;

et

- d. support the weight of the rifle with the left hand.

- d. le poids du fusil est supporté avec la main gauche.

4. On the command, PRESENT—ARMS, the three movements are combined. A standard pause shall be observed between the movements.

4. Au commandement « PRÉSENTEZ—ARMES », les trois mouvements sont combinés et séparés par une pause réglementaire.

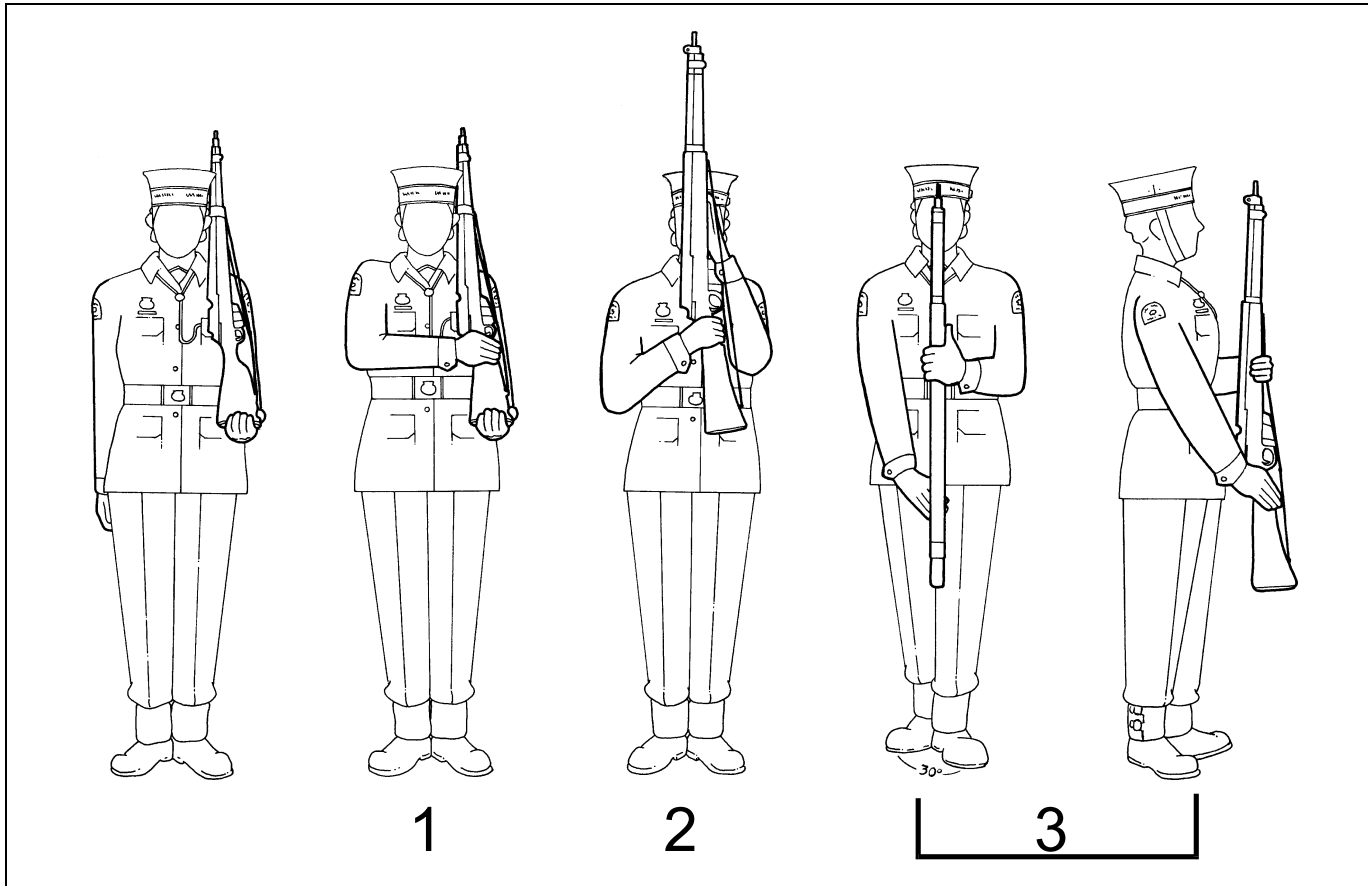


Figure 2-9 Present Arms from the Slope

Figure 2-9 De la position « sur l'épaule, armes » à la position « présentez, armes »

215. SLOPE ARMS FROM THE PRESENT

215. DE LA POSITION « PRÉSENTEZ, ARMES » À LA POSITION « SUR L'ÉPAULE, ARMES »

1. On the command, SLOPE ARMS BY NUMBERS, SQUAD—ONE, squad members shall:

1. Au commandement « EN DÉCOMPOSANT, SUR L'ÉPAULE ARMES, ESCOUADE—UN », les membres de l'escouade doivent :

- transfer the grip of the right hand so that it holds the small of the butt with a full round grasp;
- transfer the left hand and seize the butt of the rifle, the thumb 2,5 cm (1 in) above the toe of the butt, and the fingers together and

- changer la prise de la main droite sur la poignée de la crosse par une prise complète;
- transférer la main gauche pour saisir la plaque de couche, le pouce à 2,5 cm (1 po) du bout de la crosse et les doigts joints et

wrapped around the butt plate; and

entourant la plaque de couche; et

- c. simultaneously, place the rifle flat on the left shoulder, the underside out and away from the body.

- c. en même temps, placer le fusil à plat sur l'épaule gauche, le chargeur vers l'extérieur.

2. On the command, SQUAD—TWO, squad members shall:

2. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent :

- a. bend the right knee and bring the right foot to the position of attention; and
- b. as the right foot is placed on the ground, cut the right arm to the right side of the body.

- a. fléchir le genou droit et ramener le pied droit à la position du garde-à-vous; et
- b. au moment de placer le pied droit au sol, porter le bras droit sur le long du corps.

3. On the command, SLOPE—ARMS, the two movements are combined. A standard pause shall be observed between the movements.

3. Au commandement « SUR L'ÉPAULE—ARMES », les deux mouvements sont combinés et séparés par une pause réglementaire.

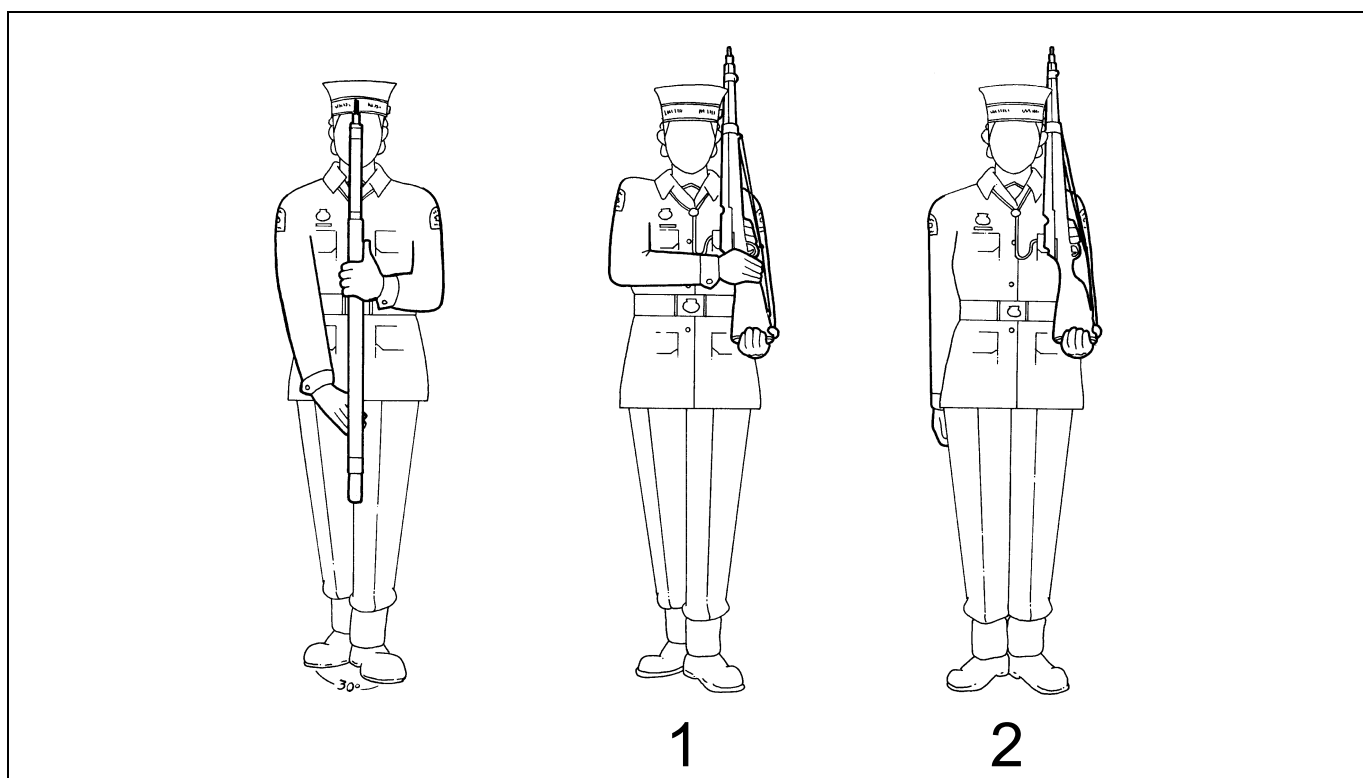


Figure 2-10 Slope Arms from the Present

Figure 2-10 De la position « présentez, armes » à la position « sur l'épaule, armes »

216. FIXING BAYONETS

216. BAÏONNETTE AU CANON

1. The squad shall be at the open order when fixing and unfixing bayonets.

1. Les mouvements « baïonnette au canon » et « baïonnette au fourreau » doivent être exécutés les rangs ouverts.

2. On the command, SQUAD WILL FIX BAYONETS BY NUMBERS, SQUAD—ONE, squad members shall:

- a. force the rifle out to the full extent of the right arm as for the position of stand at ease; and
- b. grasp the handle of the bayonet with the left hand in a Y-grip, back of the hand to the body, fingers straight and together pointing directly down, bayonet handle in the palm of the hand.

3. On the command, SQUAD—TWO, squad members shall:

- a. rotate the bayonet anti-clockwise; and
- b. withdraw the bayonet from the scabbard by straightening the left arm, the bayonet being held along the left buttock, not visible from the front, and the fingers extended down the side of the bayonet handle.

4. On the command, SQUAD WILL FIX BAYONETS—FIX, the two movements are combined.

5. On the command, BAYONET—SQUAD—ONE, squad members shall:

- a. lower the head to look directly at the muzzle of the rifle; and
- b. simultaneously, bring the bayonet across the front of the body with the left hand and align the bayonet with the bayonet studs.

6. On the command, SQUAD—TWO, squad members shall push the bayonet down until the catch engages, fingers kept round the bayonet handle and the thumb over the handle, head lowered and body erect.

7. On the command, SQUAD—BAYONETS, the

2. Au commandement « EN DÉCOMPOSANT, BAÏONNETTE AU CANON FIXEZ, ESCOUADE—UN », les membres de l'escouade doivent:

- a. tendre le bras droit de façon à incliner le canon du fusil vers l'avant, comme dans la position « en place, repos »;
- b. saisir la poignée de la baïonnette avec la main gauche par une prise jumelée, le dos de la main placé vers le corps, les doigts droits et rassemblés pointant directement vers le bas, la poignée de la baïonnette dans la paume de la main.

3. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent :

- a. faire pivoter la baïonnette dans le sens contraire des aiguilles d'une montre; et
- b. retirer la baïonnette du fourreau en allongeant le bras gauche, la baïonnette placée le long de la fesse gauche et dissimulée vers l'arrière, les doigts tendus vers le bas, le long de la poignée de la baïonnette.

4. Au commandement « ESCOUADE, BAÏONNETTE AU CANON, FI—XER », les deux mouvements sont combinés.

5. Au commandement « EN DÉCOMPOSANT, BAÏONNETTE, ESCOUADE—UN », les membres de l'escouade doivent :

- a. baisser la tête pour regarder directement la bouche du canon;
- b. en même temps, amener la baïonnette à l'avant du corps avec la main gauche et aligner la baïonnette avec les tenons de la baïonnette.

6. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent amener la lame à la verticale sur la bouche du canon avec un angle d'environ 45 degrés de la poignée de la baïonnette et pousser la baïonnette vers le bas jusqu'à l'engagement du loquet, les doigts sont enroulés autour de la poignée de la baïonnette et le pouce au-dessus de la poignée, la tête vers le bas et le corps droit.

7. Au commandement « ESCOUADE—

two movements are combined. A standard pause shall be observed between the movements.

8. On the command, SQUAD, squad members shall open the palm of the left hand and strike the handle of the bayonet, fingers and thumb together and extended in continuation of the line of the arm, thumb below the cross piece (guard) of the bayonet.

9. On the command, SQUAD ATTEN—TION, squad members shall:

- a. pull the rifle to the right side: and
- b. cut the left arm to the left side and raise the head to assume the position of attention.

BAÏONNETTE », les deux mouvements sont combinés et séparés pour une pause réglementaire.

8. Au commandement «ESCOUADE», les membres de l'escouade doivent ouvrir la paume de la main gauche et frapper la poignée de la baïonnette, les cinq doigts de la main joints et tendus dans l'alignement du bras, le pouce sous la garde de la baïonnette.

9. Au commandement « ESCOUADE GARDE-À-VOUS », les membres de l'escouade doivent :

- a. ramener le fusil du côté droit, près du corps; et
- b. ramener le bras gauche le long du corps, relever la tête et adopter la position du garde-à-vous.

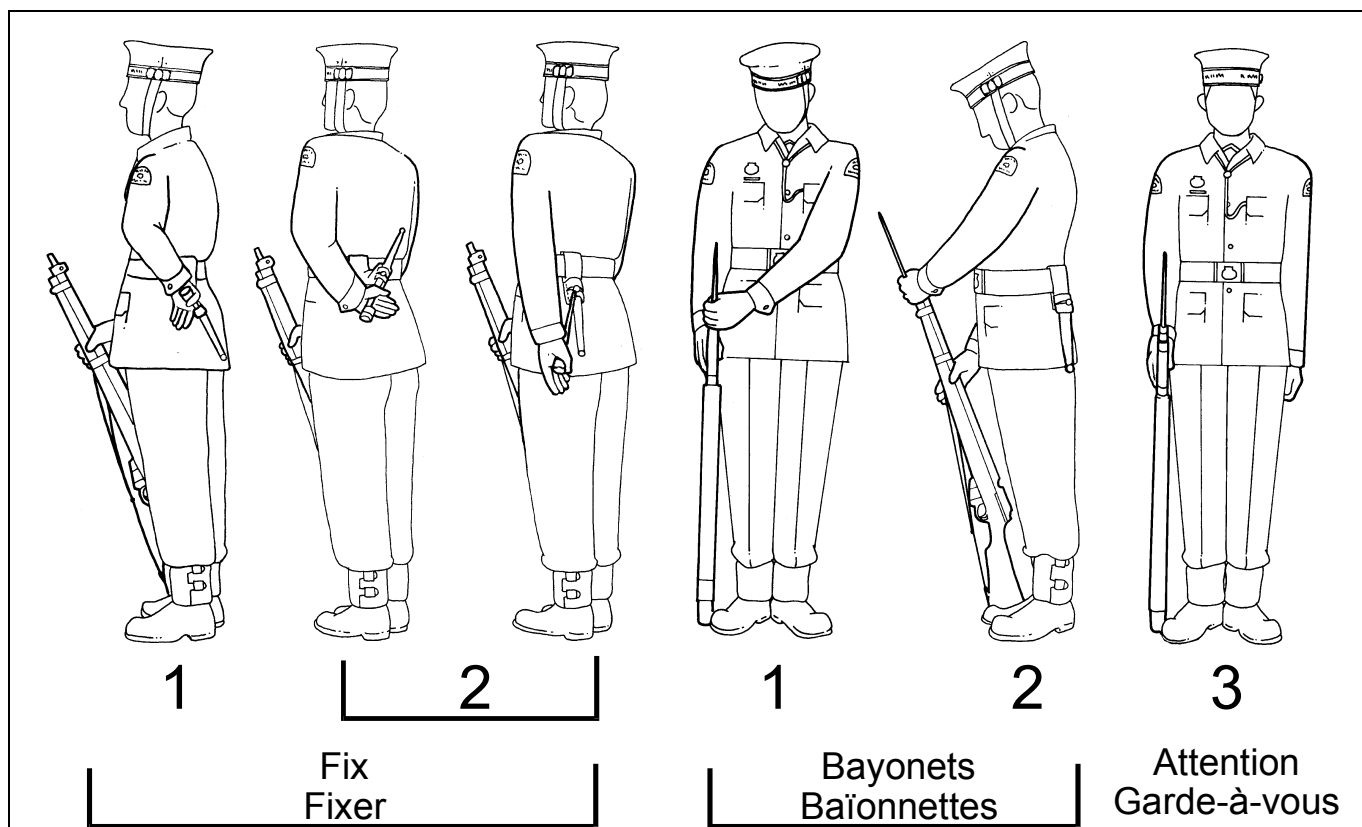


Figure 2-11 Fixing bayonets

Figure 2-11 Baïonnette au canon

217. UNFIX BAYONETS

1. On the command, SQUAD WILL UNFIX BAYONETS BY NUMBERS, SQUAD—ONE, squad members shall:

- a. bend the knees slightly;
- b. change the grip on the rifle to a full round grip with the right hand;
- c. simultaneously, place the butt of the rifle between the feet and grip the rifle between the knees, heels together, upper body kept upright; and
- d. bring the left hand across the body and place it above the right in a full round grasp on the forestock.

2. On the command, SQUAD—TWO, squad members shall:

- a. shift the right hand to a full round grasp on the bayonet handle, back of the hand to the right;
- b. simultaneously, press up on the bayonet bolt spring with the right index finger;
- c. at the same time, press down on the bayonet handle with the ball of the right thumb, turn the bayonet sharply to the left and raise 2.5 cm (1 inch) clear of the rifle, blade pointing vertically up; and
- d. keep both elbows to the sides of the body.

3. On the command, SQUAD WILL UNFIX BAYONETS—UNFIX, the two movements are combined. A standard pause shall be observed between the movements.

4. On the command, BAYONETS BY NUMBERS, SQUAD—ONE, squad members shall:

- a. drop the point of the bayonet to the left side with the right hand in a full round grasp;
- b. at the same time, place the left hand on the

217. BAÏONNETTE AU FOURREAU

1. Au commandement « EN DÉCOMPOSANT, ESCOUADE BAÏONNETTE AU FOURREAU, REMETTEZ, ESCOUADE—UN », les membres de l'escouade doivent :

- a. plier légèrement les genoux;
- b. changer la prise sur le fusil pour une prise complète avec la main droite;
- c. en même temps, placer la crosse du fusil entre les pieds et saisir le fusil entre les genoux, les chevilles rapprochées, le haut du corps bien droit; et
- d. amener la main gauche devant eux et la placer au-dessus de la main droite, par une prise complète autour du fût.

2. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent :

- a. prendre une prise complète sur la poignée de la baïonnette, le dos de la main vers la droite;
- b. en même temps, appuyer sur le ressort de verrou avec l'index de la main droite;
- c. appuyer, du même coup, sur le manche de la baïonnette vers le bas avec le bout du pouce droit, tourner rapidement la baïonnette vers la gauche et la soulever à 2,5 cm (1 pouce) de la bouche du canon, la lame pointant verticalement vers le haut; et
- d. garder les deux coudes sur les côtés du corps.

3. Au commandement « ESCOUADE, BAÏONNETTE AU FOURREAU, REMET—TEZ », les deux mouvements sont combinés et séparés par une pause réglementaire.

4. Au commandement « EN DÉCOMPOSANT, BAÏONNETTE, ESCOUADE—UN », les membres de l'escouade doivent :

- a. porter la pointe de la baïonnette vers la gauche avec la main droite par une prise complète;
- b. du même coup, placer la main gauche sur le

- scabbard, fingers underneath and straight together in a Y-grip;
- c. tilt the scabbard to the rear and guide the bayonet tip into the mouth, keeping the scabbard horizontal to the ground; and
- d. move the head to follow the movement of the bayonet.
5. On the command, SQUAD—TWO, squad members shall push the entire bayonet blade into the scabbard with the right hand as the left hand holds the scabbard for support.
6. On the command, SQUAD—BAYONETS, the two movements are combined. A standard pause shall be observed between the movements.
7. On the command, ATTENTION BY NUMBERS, SQUAD—ONE, squad members shall:
- a. grasp the rifle with the right hand as for the position of Attention;
- b. simultaneously, release the scabbard with the left hand and strike and grasp the rifle below the noscap with a full round grasp; and
- c. turn the head and eyes to the front.
8. On the command, SQUAD—TWO, squad members shall:
- a. lift the rifle over the right instep;
- b. straighten up; and
- c. simultaneously, with the left hand guide the rifle to the position of attention, steadying the rifle in the vertical position with the left hand, fingers extended and thumb behind the muzzle.
9. On the command, SQUAD—THREE, squad members shall cut the left hand and arm to the side assuming the position of Attention.
- fourreau, les doigts en dessous et ensemble dans une prise jumelée;
- c. renverser le fourreau vers l'arrière et déposer la pointe de la baïonnette dans le fourreau, en gardant le fourreau horizontal; et
- d. bouger la tête pour suivre le mouvement de la baïonnette.
5. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent pousser toute la lame de la baïonnette dans le fourreau avec la main droite, tandis que la main gauche retient le fourreau.
6. Au commandement « ESCOUADE—BAÏONNETTE », les deux mouvements sont combinés et séparés par une pause réglementaire.
7. Au commandement « EN DÉCOMPOSANT, GARDE-À-VOUS, ESCOUADE—UN », les membres de l'escouade doivent :
- a. saisir le fusil avec la main droite comme à la position garde-à-vous;
- b. simultanément, avec la main gauche lâcher le fourreau, frapper la poignée de la baïonnette et la saisir ensuite par une prise complète; et
- c. tourner la tête et les yeux droit devant.
8. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent :
- a. soulever le fusil au-dessus du pied droit;
- b. se redresser; et
- c. en même temps, de la main gauche, placer le fusil à la position du garde-à-vous en le tenant à la verticale, le pouce derrière le canon et les autres doigts tendus.
9. Au commandement, « ESCOUADE—TROIS », les membres de l'escouade doivent ramener la main et le bras gauche sur le côté comme à la position garde-à-vous.

10. On the command, SQUAD ATTEN—TION, the three movements are combined. A standard pause shall be observed between the movements.

10. Au commandement « ESCOUADE, GARDE-À—VOUS », les trois mouvements sont combinés et séparés par une pause réglementaire.

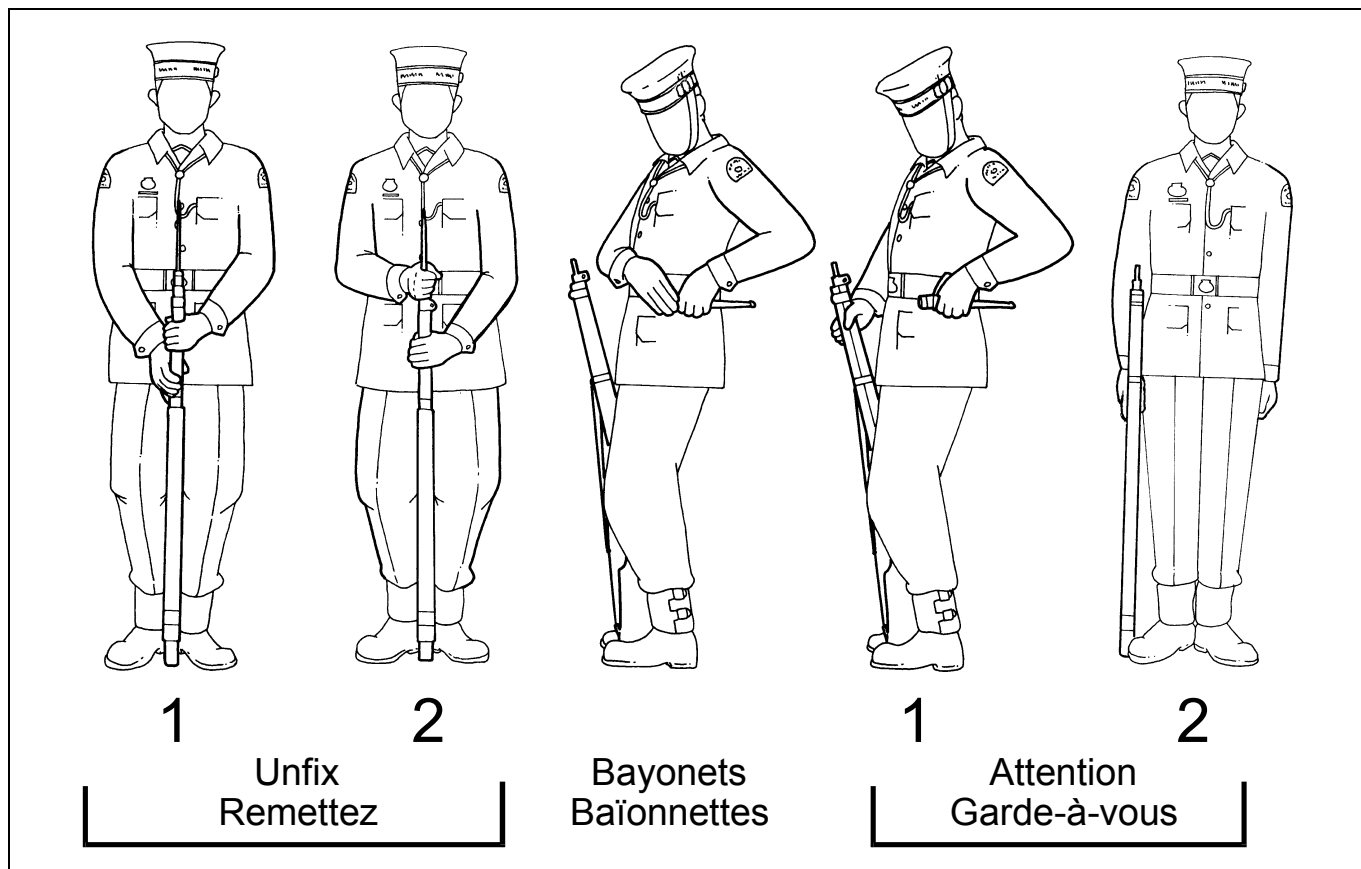


Figure 2-12 Unfix bayonets

Figure 2-12 Baïonnette au fourreau

218. INSPECTION OF ARMS FROM THE ORDER

1. The primary purpose of port arms is to inspect the rifle for cleanliness, however, it is also the desired position when doubling with a rifle (see paragraph 9).

2. On the command, FOR INSPECTION, PORT ARMS BY NUMBERS, SQUAD—ONE, squad members shall:

- a. throw the rifle across the body with the muzzle leading, the magazine pointing down and the barrel to the left;
- b. simultaneously, grab the rifle with the left hand in a full round grasp at a point just

218. DE LA POSITION « AU PIED, ARMES » À LA POSITION « POUR L'INSPECTION, PORTEZ, ARMES »

1. Le but premier de la position « portez, armes », est d'inspecter les armes pour vérifier leur propreté. Toutefois, c'est aussi la position souhaitée pour marcher au pas de gymnastique avec un fusil (cf. paragraphe 9).

2. Au commandement « EN DÉCOMPOSANT POUR L'INSPECTION, PORTEZ, ARMES, ESCOUADE—UN », les membres de l'escouade doivent :

- a. projeter l'arme devant le torse, la bouche du canon d'abord, le magasin vers le bas et le canon vers la gauche;
- b. en même temps, saisir l'arme avec la main gauche avec une prise complète juste sous

- below the front sling swivel, back of the hand facing the ground;
- c. at the time the left hand meets the rifle, the right hand shall grab the rifle at the small of the butt with a full round grasp, back of the hand facing up, and the thumb in line with belt buckle; and
- d. ensure that the rifle is on a 45 degree angle pointing up and to the left, right and left elbows to the sides of the body in and arms held still in a natural position.
3. On the command, SQUAD—TWO, squad members shall bring the right hand to the safety catch and turn it forward with the thumb so that the catch points to the left.
4. On the command, SQUAD—THREE, squad members shall grasp the bolt handle with the thumb and index finger of the right hand, turn it sharply upwards, and draw back the bolt to its full extent.
5. On the command, SQUAD—FOUR, squad members shall raise the back sight with the thumb and forefinger of the right hand.
6. On the command, SQUAD—FIVE, squad members shall grasp the small of the butt with the right hand in a full round grasp, thumb towards the body and pointing towards the muzzle on the left side of the rifle.
7. On the command, FOR INSPECTION, PORT—ARMS, the five movements are combined. A standard pause shall be observed between the movements.
8. On the command, EASE—SPRINGS, squad members shall work the bolt rapidly backwards and forwards until all cartridges are removed from the magazine and chamber. On their own time and once all cartridges are released from the rifle, squad members shall close the bolt, press the trigger, turn the safety catch to the rear, lower the back sight, and return the right hand to the small in a full round grasp, thumb towards the body.
- le battant de bretelle avant, le dos de la main orienté vers le sol;
- c. au moment où la main gauche touche au fusil, la main droite saisira le fusil par la poignée de la crosse avec une prise complète, le dos de la main vers le haut, le pouce en ligne avec la boucle de ceinture; et
- d. s'assurer que l'arme pointe à un angle de 45 degrés vers le haut et la gauche, les deux coudes appuyés sur les côtés du corps et les bras fixés dans une position naturelle.
3. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent amener la main droite vers le cran de sûreté et le tourner vers l'avant avec le pouce pour que le cran pointe vers la gauche.
4. Au commandement « ESCOUADE—TROIS », les membres de l'escouade saisissent la poignée de culasse avec le pouce et l'index de la main droite, tournent rapidement vers le haut, et ouvrent complètement la culasse.
5. Au commandement « ESCOUADE—QUATRE », les membres de l'escouade doivent lever la hausse avec le pouce et l'index de la main droite.
6. Au commandement « ESCOUADE—CINQ », les membres de l'escouade doivent saisir la poignée de la crosse avec la main droite avec une prise complète, le pouce vers le corps pointant vers la bouche du canon sur le côté gauche du fusil.
7. Au commandement « POUR L'INSPECTION, PORTEZ—ARMES », les cinq mouvements sont exécutés. Une pause réglementaire devra être faite entre les mouvements.
8. Au commandement « RELÂCHER LA CULASSE », les membres de l'escouade doivent, rapidement, faire bouger la culasse vers l'arrière et l'avant jusqu'à ce que toutes les cartouches soient expulsées du chargeur et de la chambre du fusil. Chacun à son tour et une fois les cartouches expulsées, les membres de l'escouade doivent fermer la culasse, presser la détente, amener le cran de sûreté vers l'arrière, abaisser la hausse et, retourner la main droite sur la poignée de la crosse avec une prise complète, le pouce orienté vers le corps.

9. If ordered to port arms for the purpose of doubling, the command is given as PORT—ARMS, and only paragraph 2 is executed.

9. Si le commandement « portez, armes », est donné dans le but de marcher au pas de gymnastique, le commandement est donné de la même façon que « PORTEZ—ARMES », mais seulement le paragraphe 2 est exécuté.



Figure 2-13 Inspection of arms

Figure 2-13 Pour l'inspection, portez armes

219. ORDER ARMS FROM THE INSPECTION

219. DE LA POSITION « POUR L'INSPECTION, PORTEZ ARMES » À LA POSITION « AU PIED, ARMES »

1. On the command, ORDER ARMS BY NUMBERS, SQUAD—ONE, squad members shall remove the right hand from the small of the butt to strike and grasp the rifle at the lower band, ensuring that the angle of the rifle does not change.

1. Au commandement « EN DÉCOMPOSANT, AU PIED, ARMES, ESCOUADE—UN », les membres de l'escouade doivent relâcher la poignée de crosse et saisir vivement la grenadière avec la main droite en veillant à ne pas modifier l'inclinaison du fusil.

2. On the command, SQUAD—TWO, squad members shall:

2. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent :

- a. force the rifle down the right side of the body as for the position of the order, keeping the fingers of the right hand straight;
- b. simultaneously, strike and grasp the rifle directly beneath the upper band using a full round grasp with the left hand, guiding the rifle down to the right side of the body; and
- c. as the rifle moves down, change the position of the right hand so that the fingers and

- a. faire glisser le fusil sur le côté droit du corps comme à la position « au pied, armes », en gardant les doigts de la main droits;
- b. simultanément, avec la main gauche, frapper et saisir ensuite le fusil juste sous le guidon en utilisant une prise complète pour guider le fusil sur le côté droit du corps; et
- c. tout en laissant glisser le fusil, changer la position de la main droite pour que tous les

thumb point down the rifle.

3. On the command, SQUAD—THREE, squad members shall cut the left arm to the left side of the body as in the position of the order.

4. On the command, ORDER—ARMS, the three movements are combined. A standard pause shall be observed between the movements.

5. If the butt plate is not in contact with the ground at the completion of the movement, squad members shall observe a standard pause before slowly lowering the rifle until it is in place beside the right foot.

doigts pointent vers le bas.

3. Au commandement « ESCOUADE—TROIS », les membres de l'escouade doivent ramener le bras gauche le long du corps comme dans la position « au pied, armes ».

4. Au commandement « AU PIED—ARMES », les trois mouvements sont exécutés. Une pause réglementaire devra être faite entre les mouvements.

5. Si le talon de la crosse n'est pas en contact avec le sol à la fin du mouvement, les membres de l'escouade doivent faire une pause réglementaire avant de redescendre lentement le fusil jusqu'à ce qu'il soit en place près du pied droit.

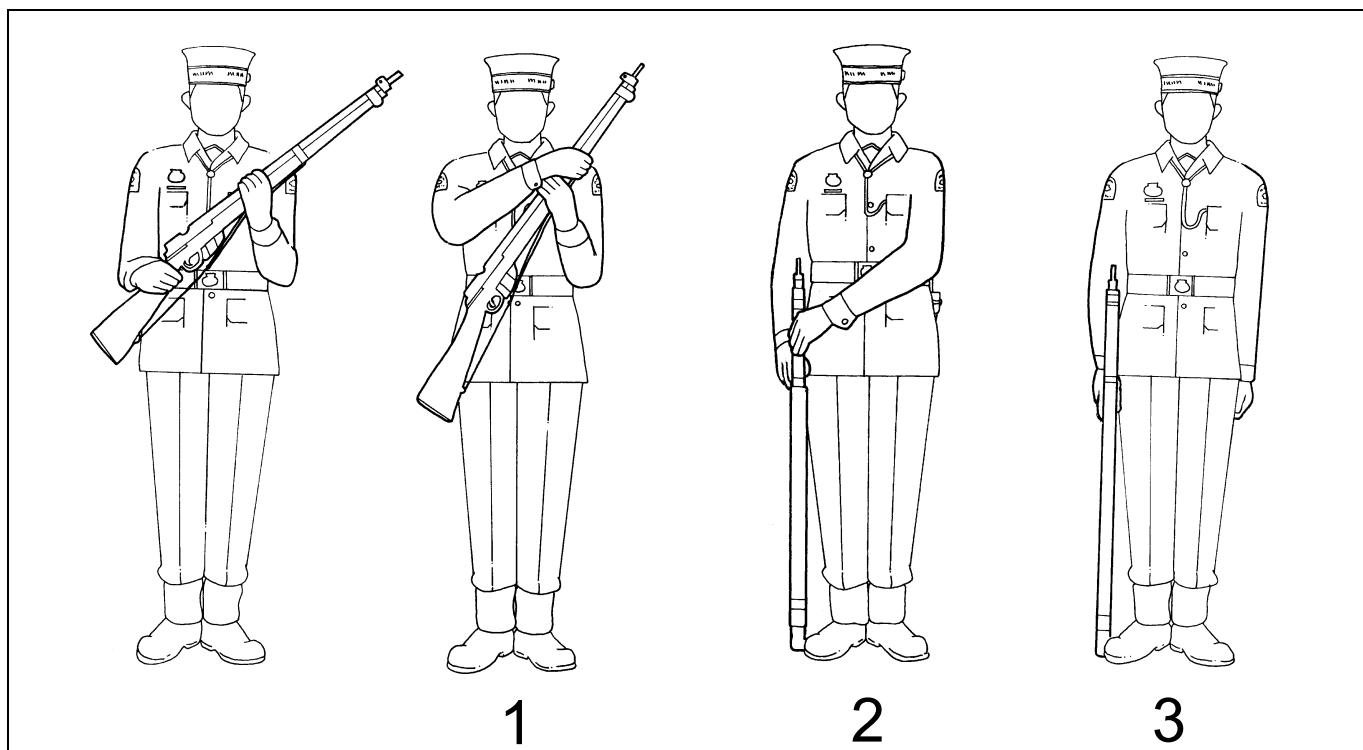


Figure 2-14 Order arms from Inspection

Figure 2-14 De la position « pour l'inspection, portez armes » à la position « au pied, armes »

220. CHANGE ARMS AT THE SLOPE

1. The change arms movement is to be used when members under arms are carrying the rifle for long periods of time.

2. On the command, CHANGE ARMS BY NUMBERS, SQUAD—ONE, squad members shall cut the right arm across the front of the body and

220. DE LA POSITION « CHANGEZ ARMES » À LA POSITION « SUR L'ÉPAULE, ARMES »

1. Le mouvement « changez armes » doit être fait lorsque les membres de l'escouade transportent le fusil durant de longues périodes.

2. Au commandement « EN DÉCOMPOSANT, CHANGEZ ARMES, ESCOUADE—UN », les membres de l'escouade doivent ramener le bras

seize the rifle at the butt with the right hand, fingers together and wrapped around the butt plate, thumb around the underside of the butt and one inch above the toe of the butt, back of the hand facing forward.

3. On the command, SQUAD TWO, change the position of the left hand so that it grabs the small of the butt with a full round grasp, back of the hand facing left.

4. On the command, SQUAD—THREE, squad members shall:

- a. transfer the rifle across the front of the body to the right shoulder by letting it rotate clockwise with the right hand until the magazine is facing to the right, maintaining the grip on the butt plate, and the back of the right hand facing down;
- b. loosening the grip on the small of the butt with the left hand, allowing the rifle to rotate, while maintaining the full round grasp, back of the left hand facing to the front, left elbow in front of and close to the body; and
- c. ensure that the right arm is parallel to the ground, elbow close to the body, and the forearm pointing straight.

5. On the command, SQUAD—FOUR, squad members shall cut the left arm to the left side of the body as if assuming the position of attention.

6. On the command, CHANGE—ARMS, the four movements are combined. A standard pause shall be observed between the movements.

droit à l'avant du torse et saisir le fusil par la crosse avec la main droite, les doigts rassemblés et entourant la plaque de couche, le pouce sur l'autre côté de la crosse, et à 2,5 cm (un pouce) du talon de la crosse, le dos de la main placé vers l'avant.

3. Au commandement « ESCOUADE—DEUX », changer la position de la main gauche pour saisir la poignée de la crosse avec une prise complète, le dos de la main vers la gauche.

4. Au commandement « ESCOUADE—TROIS », les membres de l'escouade doivent :

- a. transporter le fusil à l'avant du corps vers l'épaule droite, en faisant une rotation de gauche à droite avec la main droite jusqu'à ce que le chargeur soit à droite et vers l'extérieur, tenir la prise sur la plaque de couche, le dos de la main droite placé vers le sol;
- b. relâcher la prise sur la poignée de la crosse avec la main gauche, permettant au fusil de faire une rotation, tout en tenant une prise complète, le dos de la main gauche vers l'avant, le coude gauche à l'avant et près du corps; et
- c. s'assurer que le bras droit est parallèle au sol, le coude près du corps et l'avant-bras pointant droit devant.

5. Au commandement « ESCOUADE—QUATRE », les membres de l'escouade doivent ramener le bras gauche le long du corps comme dans la position du garde-à-vous.

6. Au commandement « CHANGEZ—ARMES », les quatre mouvements sont combinés et séparés par une pause réglementaire.

7. When the order is given and the right hand is carrying the rifle, follow the above movements using the opposite directions for left and right, and rotate the rifle counter clockwise.

7. Lorsque le commandement est donné et que la main droite tient le fusil, suivez les mouvements ci-dessus en utilisant les directions opposées de gauche et droite, et faites une rotation du fusil de droite à gauche.

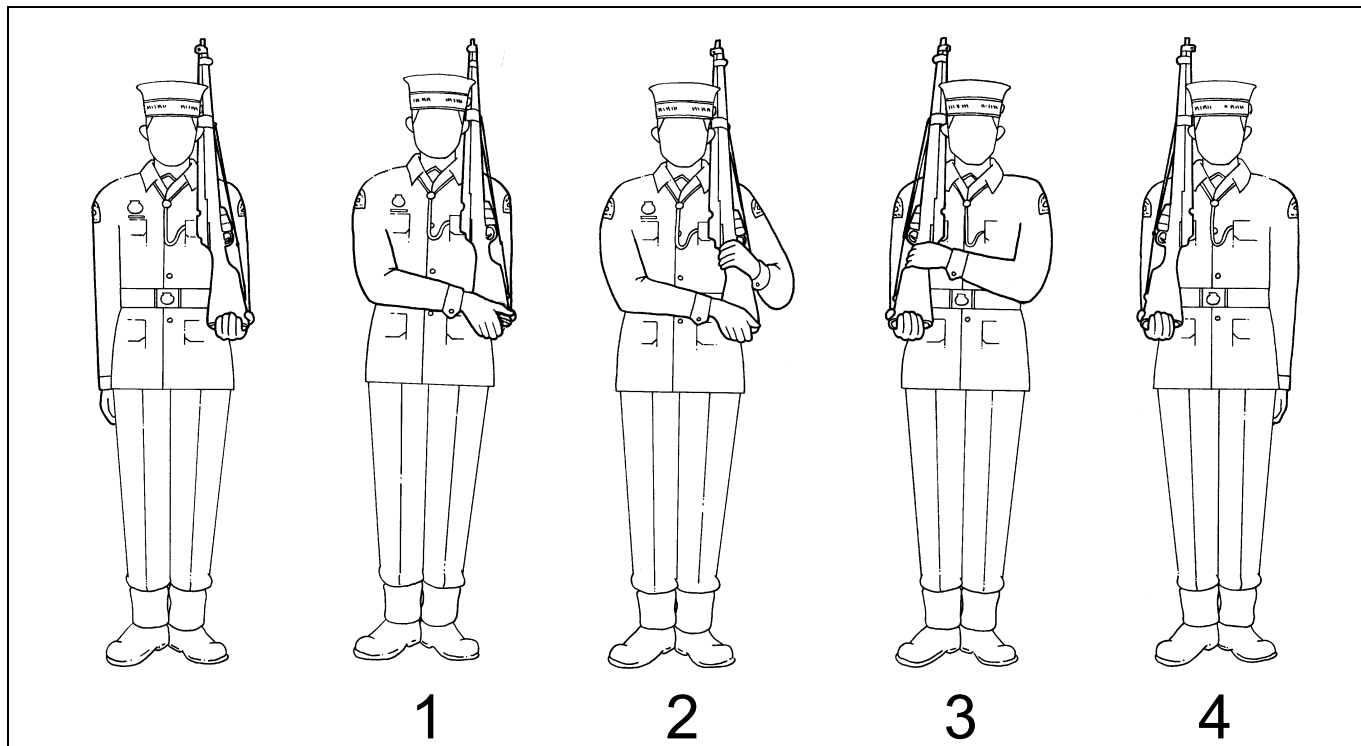


Figure 2-15 Change arms at the slope

Figure 2-15 De la position « changez armes » à la position « sur l'épaule, armes »

221. SHORT SLING ARMS

1. On the command, SHORT SLING—ARMS, given from the Order, squad members shall loosen the sling and sling the rifle on the right shoulder with the sling in front and rifle in the rear. The right hand grasps the sling with the thumb underneath and level with the top of the breast pocket.

2. When the rifle is slung, only the head and eyes shall be turned when saluting on the march. At the halt the position of attention is maintained. No hand salute is given.

221. ARMES À LA BRETELLE DROITE

1. Au commandement « À LA BRETELLE DROITE—ARMES », donnée à la position « en place repos », les membres de l'escouade doivent détendre la bretelle et porter l'arme en bandoulière à l'épaule droite, la bretelle vers l'avant et le fusil dans le dos. De la main droite, ils doivent tenir la bretelle en plaçant le pouce sous la bretelle vis-à-vis du bord supérieur de la poche de poitrine.

2. Lorsqu'ils portent le fusil en bandoulière, les membres de l'escouade doivent tourner uniquement la tête pour saluer en marchant. À la halte, ils doivent garder la position du garde-à-vous et ne pas saluer de la main.

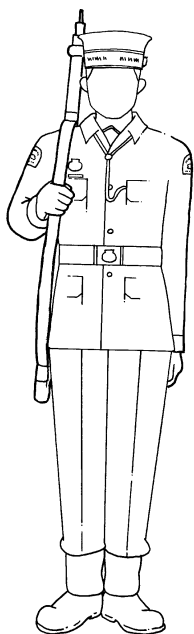


Figure 2-16 Short Sling Arms

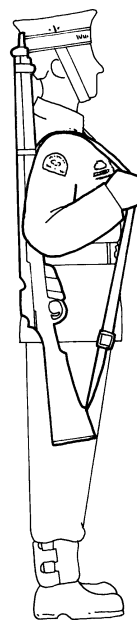


Figure 2-16 Armes à la bretelle droite

SECTION 2

DRILL FOR USE ON BOARD SHIP

222. GENERAL

1. The following movements are designed specifically to be performed on board ship, as they are more easily executed in confined spaces.

223. SHOULDER ARMS FROM THE ORDER

1. On the command, SHOULDER ARMS BY NUMBERS, SQUAD—ONE, squad members shall:

- a. throw the rifle straight up the right side of the body with the right hand;
- b. simultaneously, cut the left hand across the body and catch the rifle at the lower band with a full round grasp of the left hand, left forearm parallel to the ground;
- c. at the same time, grab the rifle with the right hand, middle finger inside the trigger guard, index and middle finger close around the magazine, thumb and remaining fingers together and pointing straight down the rifle; and
- d. rest the upper part of the rifle in the hollow of the right shoulder, rifle vertical to the ground.

2. On the command, SQUAD—TWO, squad members shall:

- a. cut the left arm to the side as in the position of attention; and
- b. cut the right arm back so the right thumb touches the seam of the right pant leg, rifle held to the full extent of the right arm, touching the right side of the body.

3. On the command, SHOULDER—ARMS, the two movements are combined. A standard pause shall

SECTION 2

EXERCICE EFFECTUÉ À BORD D'UN NAVIRE

222. GÉNÉRALITÉS

1. Les mouvements suivants sont conçus spécialement pour être exécutés à bord d'un navire puisqu'ils sont plus faciles à exécuter dans des espaces restreints.

223. DE LA POSITION « AU PIED, ARMES » À LA POSITION « À L'ÉPAULE, ARMES »

1. Au commandement « EN DÉCOMPOSANT, À L'ÉPAULE, ARMES, ESCOUADE—UN », les membres de l'escouade doivent :

- a. avec la main droite, projeter le fusil sur le côté droit du corps;
- b. en même temps, ramener la main gauche à l'avant du corps et attraper le fusil par la grenadière avec une prise complète de la main gauche, l'avant-bras gauche est parallèle au sol;
- c. au même moment, saisir le fusil avec la main droite, le majeur à l'intérieur du pontet, l'index et le majeur près du chargeur, le pouce et les autres doigts sont ensemble et pointent directement vers le bas de l'arme; et
- d. déposer la partie supérieure du fusil dans le creux de l'épaule droite, le fusil se trouve à la verticale.

2. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent :

- a. ramener le bras gauche sur le côté comme dans la position du garde-à-vous; et
- b. ramener le bras droit pour que le pouce droit touche le bord de la jambe droite du pantalon, le fusil maintenu par le bras droit en pleine extension, en touchant le côté droit du corps.

3. Au commandement « À L'ÉPAULE—ARMES », les deux mouvements sont combinés et séparés par

be observed between the movements.

une pause réglementaire.

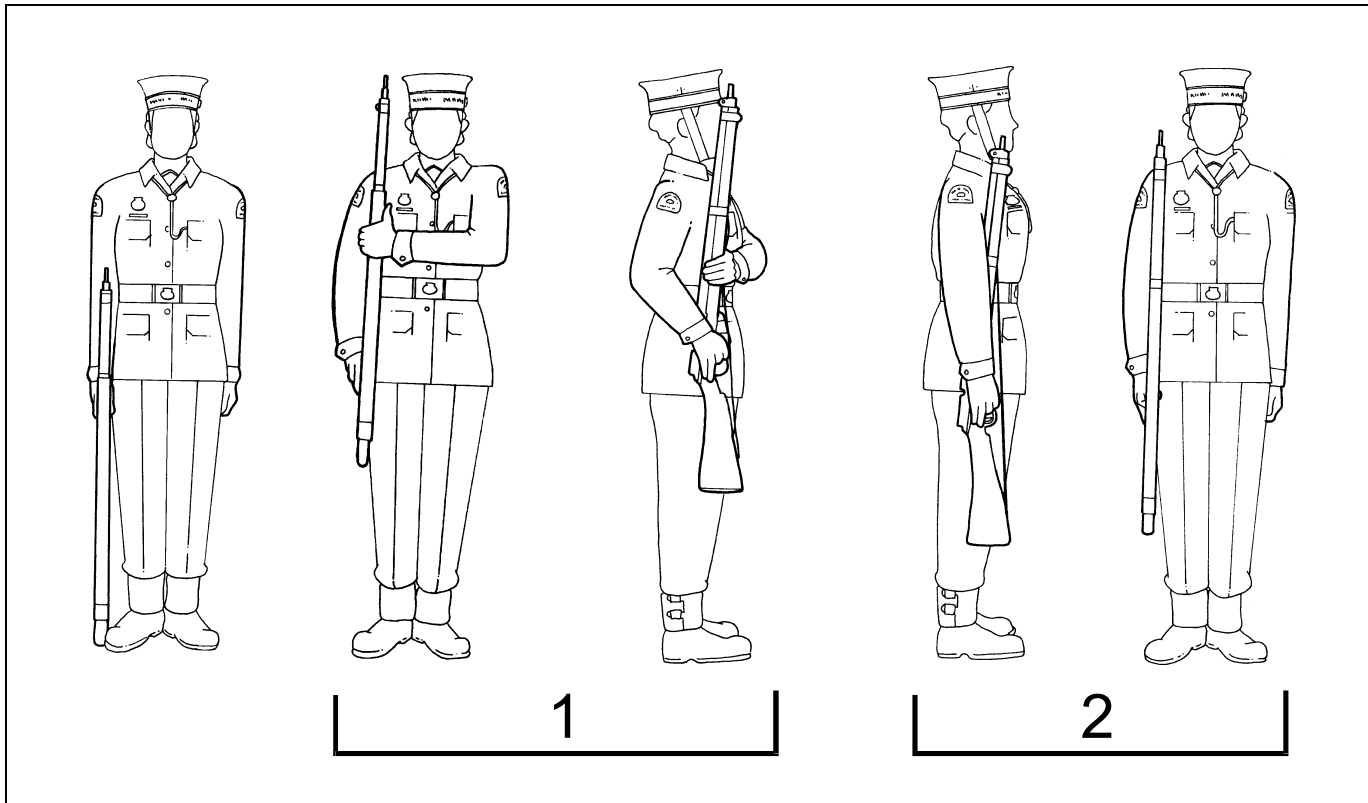


Figure 2-17 Shoulder arms from the Order

Figure 2-17 De la position « au pied, armes » à la position « à l'épaule, armes »

224. ORDER ARMS FROM THE SHOULDER

224. DE LA POSITION « À L'ÉPAULE, ARMES » À LA POSITION « AU PIED, ARMES »

1. On the command, ORDER ARMS BY NUMBERS, SQUAD—ONE, squad members shall:

1. Au commandement « EN DÉCOMPOSANT, AU PIED, ARMES, ESCOUADE—UN », les membres de l'escouade doivent :

- strike and grasp the rifle at the noscap with the left hand in a full round grasp, keeping the left elbow close to the body; and
- simultaneously, force the butt of the rifle forward so the rifle is held vertically to the ground.

- frapper et saisir le fusil juste derrière le guidon avec une prise complète de la main gauche tout en gardant le coude près du corps; et
- simultanément, laisser glisser le fusil en poussant la crosse vers l'avant, afin de tenir le fusil en position verticale.

2. On the command, SQUAD—TWO, squad members shall: allow the rifle to drop vertically to a point where the butt of the rifle is 2.5 cm (1 inch) above the ground by sliding it through a relaxed Y-grip of the right hand, ensuring that the right hand ends up grasping the rifle at the lower band.

2. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent laisser glisser le fusil verticalement jusqu'à ce le bout de la crosse soit à 2,5 cm (1 pouce) du sol, en le glissant avec une prise jumelée légère de la main droite, en s'assurant que la main droite saisira l'arme par la grenadière.

3. On the command, SQUAD—THREE, squad members shall:

- a. place the butt of the rifle on the ground with the right hand so the heel of the butt of the rifle is touching the boot and in line with the small toe of the right foot;
- b. if necessary, cut the right arm back so that the hand holds the rifle at the lower band, thumb touching the seam of the right pant leg, rifle held in a Y-grip, fingers straight and together pointing directly down as in the position of the order; and
- c. cut the left arm to the left side of the body as in the position of the order.

4. On the command, ORDER—ARMS, the three movements are combined. A standard pause shall be observed between the movements.

3. Au commandement « ESCOUADE—TROIS », les membres de l'escouade doivent :

- a. placer la crosse du fusil sur le sol avec la main droite afin que le talon de la crosse touche la botte et soit en ligne avec le petit orteil du pied droit;
- b. si nécessaire, ramener le bras droit pour que la main tienne l'arme par la grenadière, le pouce touchant au bord de la jambe droite du pantalon, le fusil est tenu par une prise jumelée, les doigts sont droits et sont pointés directement vers le bas, comme dans la position « au pied, armes »; et
- c. ramener le bras gauche sur le long du corps comme dans la position « au pied, armes ».

4. Au commandement « AU PIED—ARMES », les trois mouvements sont combinés et séparés par une pause réglementaire.

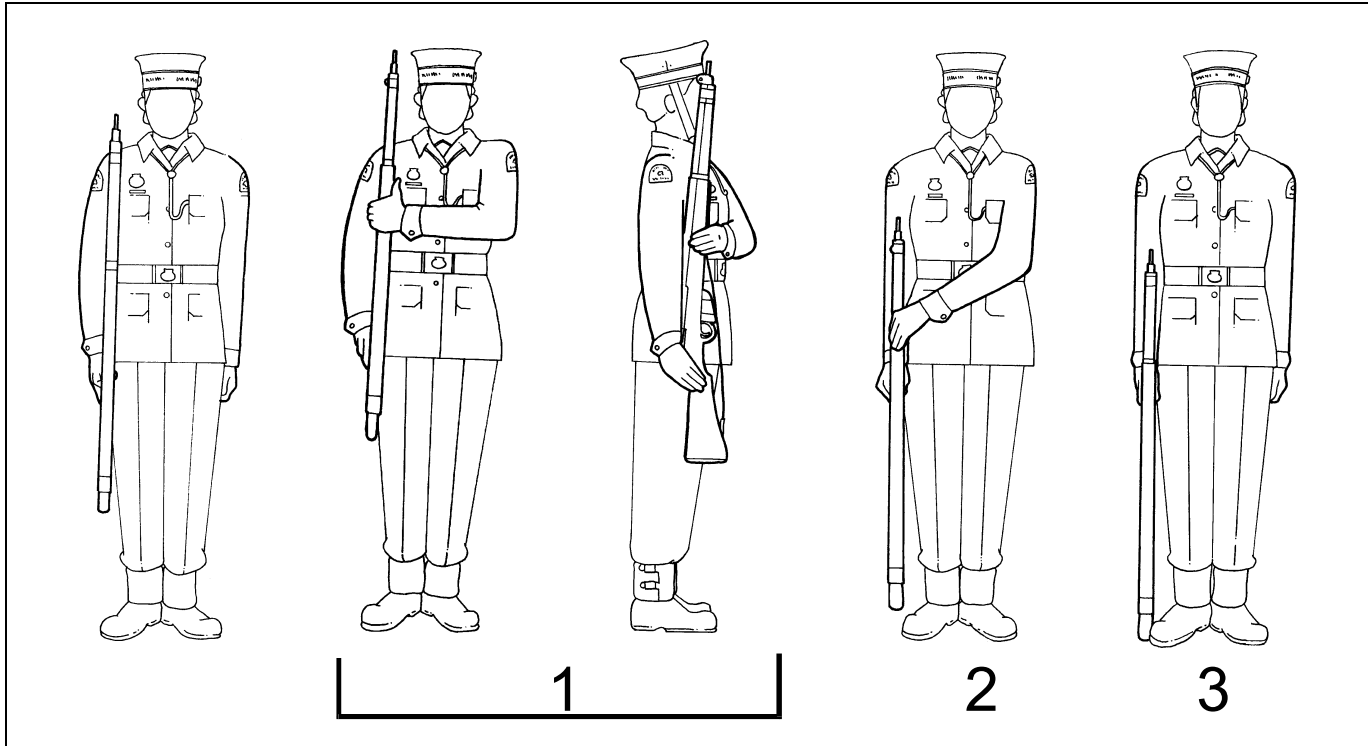


Figure 2-18 Order Arms from the Shoulder

Figure 2-18 De la position « à l'épaule, armes » à la position « au pied, armes »

225. PRESENT ARMS FROM THE SHOULDER

225. DE LA POSITION « À L'ÉPAULE, ARMES » À LA POSITION « PRÉSENTEZ, ARMES »

1. On the command, PRESENT ARMS BY NUMBERS, SQUAD—ONE, squad members shall:

1. Au commandement « EN DÉCOMPOSANT, PRÉSENTEZ, ARMES, ESCOUADE—UN », les membres de l'escouade doivent :

- a. throw the rifle vertically upwards 10 cm (4 inches) with the right hand;
- b. simultaneously, grab the rifle with the left hand in a full round grasp around the handguard, elbow close to the body and the forearm parallel to the ground;
- c. at the same time, seize the rifle with the right hand in a Y-grip at the small of the butt, right elbow to the rear, arm close to the right side of the body; and
- d. ensure that the rifle is vertical to the ground and kept at the right side of the body.

- a. lancer le fusil verticalement, vers le haut, de 10 cm (4 pouces) avec la main droite;
- b. en même temps, saisir le fusil avec la main gauche avec une prise complète autour du fût, le coude près du corps et l'avant-bras parallèle au sol;
- c. du même coup, saisir le fusil avec la main droite avec une prise jumelée sur la poignée de la crosse, le coude droit vers l'arrière, le bras près du côté droit du corps; et
- d. s'assurer que le fusil est posé verticalement et gardé sur le côté droit du corps.

2. On the command, SQUAD—TWO, squad members shall:

2. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent :

- a. raise the rifle with the right hand in a full

- a. lever le fusil avec la main droite avec une

- round grasp around the small of the butt, perpendicular in front of the centre of the body, sling to the left;
- b. simultaneously, place the left hand smartly on the sling, wrist on the magazine, fingers together and pointing upwards, thumb against the forefinger, with the point of the thumb in line with the mouth; and
- c. ensure that the left elbow is close to the butt, the right elbow and butt close to the body.
3. On the command, SQUAD—THREE, squad members shall:
- a. raise the right foot 15 cm (6 inches) and place it behind the left so that the instep of the right foot is against the heel of the left, toes pointing at a 30 degree angle to the right, both legs straight;
- b. as the right foot is placed on the ground, bring the rifle down perpendicularly close in front of the centre of the body, sling to the front, holding it at the full extent of the right arm, fingers extended and slanting 45 degrees downward in a Y-grip;
- c. as the right foot is placed on the ground, grasp the forestock with the left hand in a full round grasp, thumb along the left side of the rifle pointing towards the muzzle, left forearm parallel to the ground; and
- d. support the weight of the rifle with the right hand, left forearm parallel to the ground.
4. On the command, PRESENT—ARMS, the three movements are combined. A standard pause shall be observed between the movements.
- prise complète de la poignée de la crosse, perpendiculairement, à l'avant et au centre du corps, le chargeur sur la gauche;
- b. en même temps, placer la main gauche sur la bretelle, le poignet sur le chargeur, les doigts réunis et pointant vers le haut, le pouce contre l'index, avec la pointe du pouce en ligne avec la bouche du canon; et
- c. s'assurer que le coude gauche est près de la crosse, le coude droit et la crosse près du corps.
3. Au commandement « ESCOUADE—TROIS », les membres de l'escouade doivent :
- a. lever le pied droit de 15 cm (6 pouces) et le placer derrière le pied gauche de façon à ce que l'intérieur du pied droit soit appuyé sur le talon du pied gauche, les orteils sont pointés dans un angle de 30 degrés vers la droite, les deux jambes sont tenues bien droites;
- b. au moment où le pied droit est placé sur le sol, amener le fusil perpendiculairement vers le bas et près du centre du corps, la bretelle vers l'avant, et le bras droit en pleine extension, les doigts déployés et inclinés à 45 degrés vers le bas à l'aide d'une prise jumelée;
- c. au moment où le pied droit est placé sur le sol, saisir le fût avec la main gauche à l'aide d'une prise complète, le pouce le long du côté gauche du fusil et pointant vers la bouche du canon, l'avant-bras gauche est parallèle au sol; et
- d. tenir le poids du fusil avec la main droite, l'avant-bras gauche est parallèle au sol.
4. Au commandement « PRÉSENTEZ—ARMES », les trois mouvements sont combinés et séparés par une pause réglementaire.

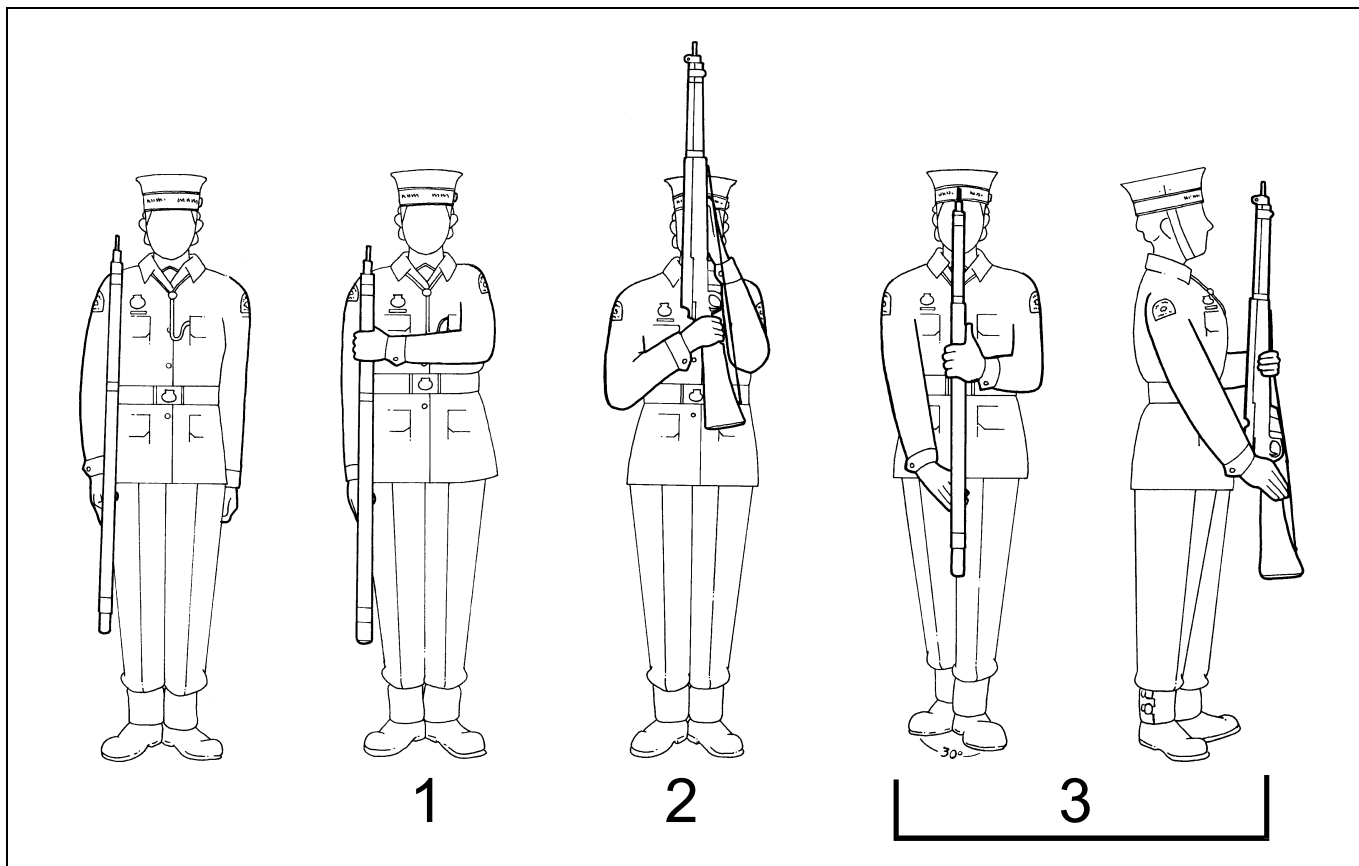


Figure 2-19 Present arms from The shoulder

Figure 2-19 De la position « à l'épaule, armes » à la position « présentez armes »

226. SHOULDER ARMS FROM THE PRESENT

226. DE LA POSITION « PRÉSENTEZ, ARMES » À LA POSITION « À L'ÉPAULE, ARMES »

1. On the command, SHOULDER ARMS BY NUMBERS, SQUAD—ONE, squad members shall:

1. Au commandement « EN DÉCOMPOSANT, À L'ÉPAULE, ARMES, ESCOUADE—UN », les membres de l'escouade doivent :

- a. grasp the rifle at the lower band with a full round grasp of the left hand; and
- b. simultaneously, bring the rifle to the right side of the body, grab the rifle with the right hand, middle finger inside the trigger guard, index and middle finger close around the magazine, thumb and remaining fingers together and pointing straight down the rifle.

- a. saisir le fusil par la grenadière avec une prise complète de la main gauche; et
- b. en même temps, amener le fusil du côté droit du corps, saisir le fusil avec la main droite, le majeur placé à l'intérieur du pontet, l'index et le majeur ensemble près du chargeur, le pouce et les autres doigts réunis et pointés directement vers le bas de l'arme.

2. On the command, SQUAD—TWO, squad members shall:

2. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent :

- a. raise the right foot 10 cm (4 inches) off the ground and place it beside the left as in the

- a. soulever le pied droit de 10 cm (4 pouces) du sol et le placer à côté du pied gauche

position of attention;

comme dans la position de garde-à-vous;

- b. as the right foot touches the ground, cut the left arm to the left side of the body as in the position of attention; and
- c. if necessary, cut the right arm back so the right thumb touches the seam of the right pant leg, rifle held to the full extent of the right arm, touching the right side of the body.

- b. au moment où le pied droit touche au sol, ramener le bras gauche sur le côté gauche du corps comme dans la position de garde-à-vous; et
- c. si nécessaire, ramener le bras droit afin que le pouce de la main droite touche au bord de la jambe droite du pantalon, le fusil est maintenu par le bras droit complètement étendu et touchant au côté droit du corps.

3. On the command, SHOULDER—ARMS, the two movements are combined. A standard pause shall be observed between the movements.

3. Au commandement « À L'ÉPAULE—ARMES », les trois mouvements sont combinés et séparés par une pause réglementaire.

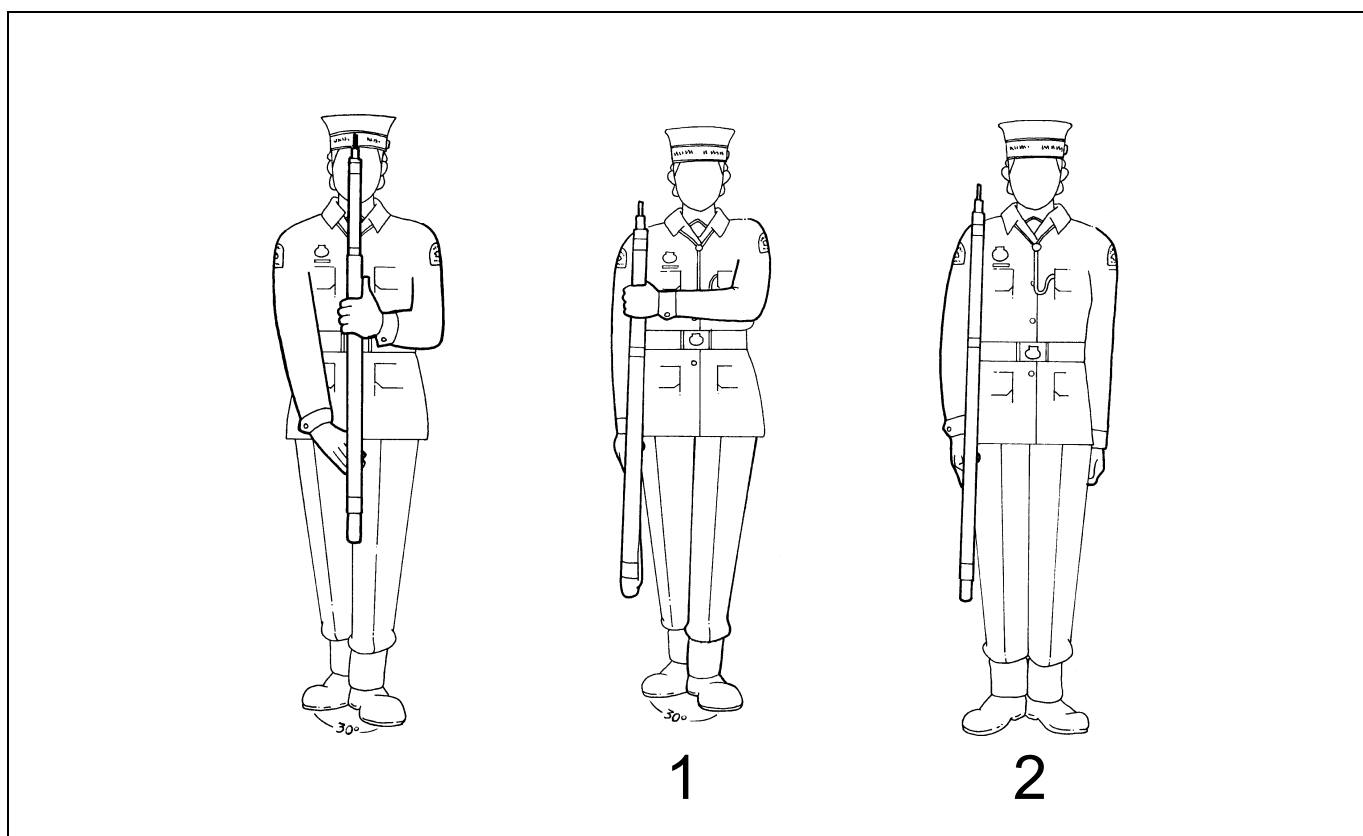


Figure 2-20 Shoulder Arms from the Present

Figure 2-20 De la position « présentez armes » à la position « à l'épaule, armes »

227. SLOPE ARMS FROM THE SHOULDER

227. DE LA POSITION « À L'ÉPAULE, ARMES » À LA POSITION « SUR L'ÉPAULE, ARMES »

1. On the command, SLOPE ARMS BY NUMBERS, SQUAD—ONE, squad members shall:

1. Au commandement « EN DÉCOMPOSANT, SUR L'ÉPAULE, ARMES, ESCOUADE—UN », les membres de l'escouade doivent :

- a. throw the rifle vertically upwards 10 cm

- a. lancer le fusil verticalement vers le haut à

(4 inches) with the right hand;

10 cm (4 pouces) avec la main droite;

- b. simultaneously, grab the rifle with the left hand in a full round grasp around the forestock, elbow close to the body;
- c. at the same time, seize the rifle with the right hand in a Y-grip at the small of the butt, right elbow to the rear, arm close to the right side of the body; and
- d. ensure that the rifle is vertical to the ground and kept at the right side of the body.

- b. en même temps, saisir le fusil avec la main gauche avec une prise complète autour du fût, le coude près du corps;
- c. du même coup, saisir le fusil avec la main droite à l'aide d'une prise jumelée sur la poignée de la crosse, le coude droit vers l'arrière, le bras près du côté droit du corps; et
- d. s'assurer que le fusil est posé à la verticale et gardé sur le côté droit du corps.

2. On the command, SQUAD—TWO, squad members shall:

2. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent :

- a. carry the rifle across and close to the body, placing it flat on the left shoulder, the underside out;
- b. change the grip of the right hand to a full round grasp at the small of the butt;
- c. seize the butt of the rifle with the left hand, the thumb 2.5 cm (1 inch) above the toe of the butt, and the fingers together and wrapped around the butt plate; and
- d. keep the left elbow close to the body, forearm parallel to the ground pointing straight.

- a. transporter le fusil à l'avant du torse, le placer à plat sur l'épaule gauche, le chargeur vers l'extérieur;
- b. changer la prise de la main droite pour une prise complète sur la poignée de la crosse;
- c. saisir la crosse du fusil avec la main gauche, le pouce à 2,5 cm (1 pouce) du talon de la crosse, les doigts sont réunis et entourent la plaque de couche; et
- d. garder le coude gauche près du corps, l'avant-bras parallèle au sol pointant droit devant.

3. On the command, SQUAD—THREE, squad members shall cut the right arm to the side as in the position of attention.

3. Au commandement « ESCOUADE—TROIS », les membres de l'escouade doivent ramener le bras droit sur le côté comme dans la position du garde-à-vous.

4. On the command, SLOPE—ARMS, the three movements are combined. A standard pause shall be observed between the movements.

4. Au commandement « SUR L'ÉPAULE—ARMES », les trois mouvements sont combinés et séparés par une pause réglementaire.

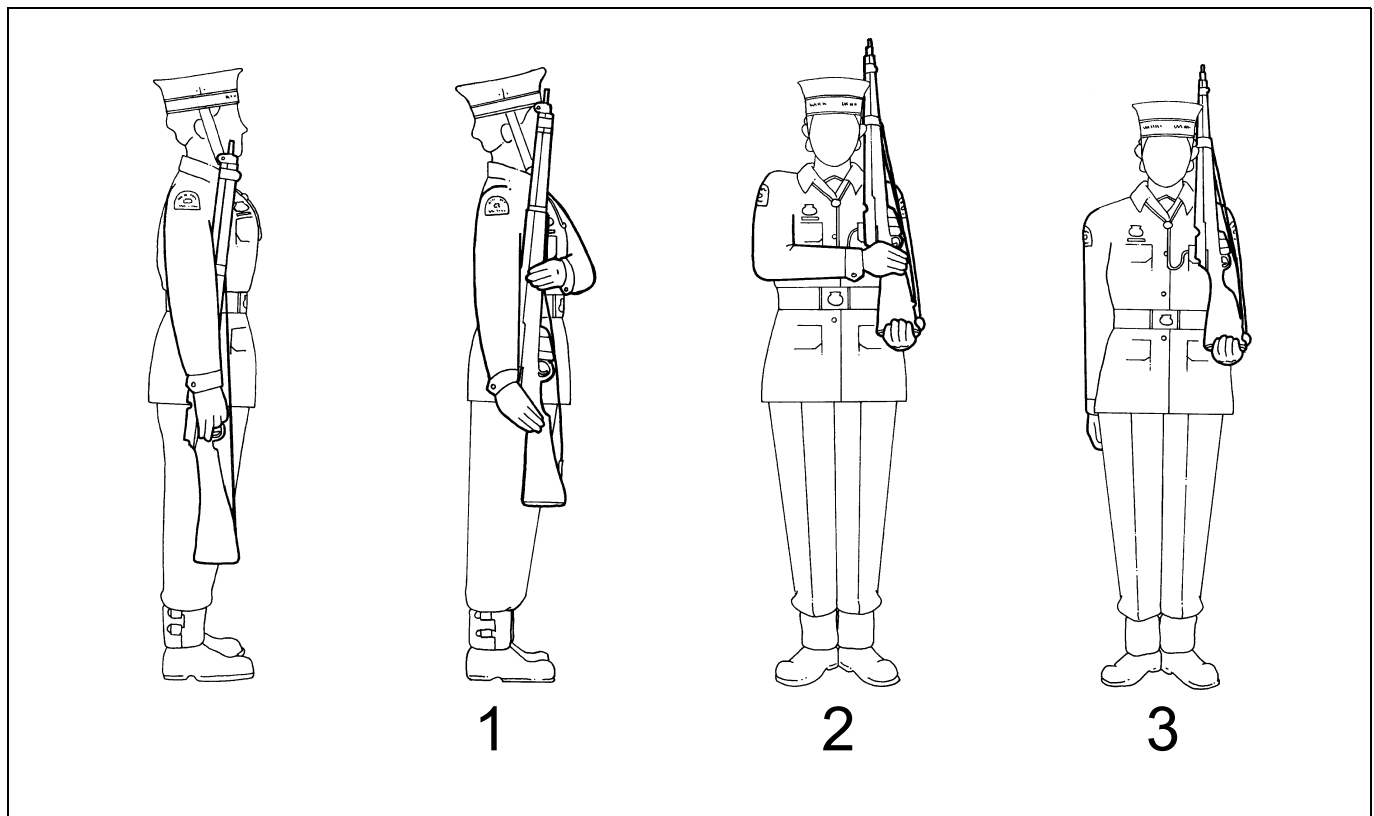


Figure 2-21 Slope Arms from the Shoulder

Figure 2-21 De la position « à l'épaule, armes » à la position « sur l'épaule, armes »

228. SHOULDER ARMS FROM THE SLOPE

1. On the command, **SHOULDER ARMS BY NUMBERS, SQUAD—ONE**, squad members shall seize the rifle at the small of the butt with the right hand in a full round grasp, back of the hand facing forward, forearm parallel to the ground.

2. On the command, **SQUAD—TWO**, squad members shall:

- a. bring the rifle to the right side of the body, with the right hand, middle finger inside the trigger guard, index and middle finger close around the magazine, thumb and remaining fingers together and pointing straight down the rifle; and
- b. simultaneously, grasp the rifle at the lower band with a full round grasp of the left hand.

3. On the command, **SQUAD—THREE**, squad

228. DE LA POSITION « SUR L'ÉPAULE, ARMES » À LA POSITION « À L'ÉPAULE, ARMES »

1. Au commandement « **EN DÉCOMPOSANT, À L'ÉPAULE, ARMES, ESCOUADE—UN** », les membres de l'escouade doivent saisir la poignée de la crosse du fusil avec une prise complète de la main droite, le dos de la main vers l'avant, l'avant-bras parallèle au sol.

2. Au commandement « **ESCOUADE—DEUX** », les membres de l'escouade doivent :

- a. avec la main droite, amener le fusil sur le côté droit du corps, le majeur placé à l'intérieur du pontet, l'index et le majeur sont ensemble près du chargeur, le pouce et les autres doigts sont réunis et pointent directement vers le bas de l'arme; et
- b. en même temps, saisir le fusil par la grenadière à l'aide d'une prise complète de la main gauche.

3. Au commandement « **ESCOUADE—TROIS** »,

members shall:

- a. cut the left arm to the left side of the body as in the position of attention; and
- b. if necessary, cut the right arm back so that the right thumb is touching the seam of the right pant leg.

4. On the command, SHOULDER—ARMS, the three movements are combined. A standard pause shall be observed between the movements.

les membres de l'escouade doivent :

- a. ramener le bras gauche sur le côté gauche du corps comme dans la position du garde-à-vous; et
- b. si nécessaire, ramener le bras droit afin que le pouce de la main droite touche au bord de la jambe droite du pantalon.

4. Au commandement « À L'ÉPAULE—ARMES », les trois mouvements sont combinés et séparés par une pause réglementaire.

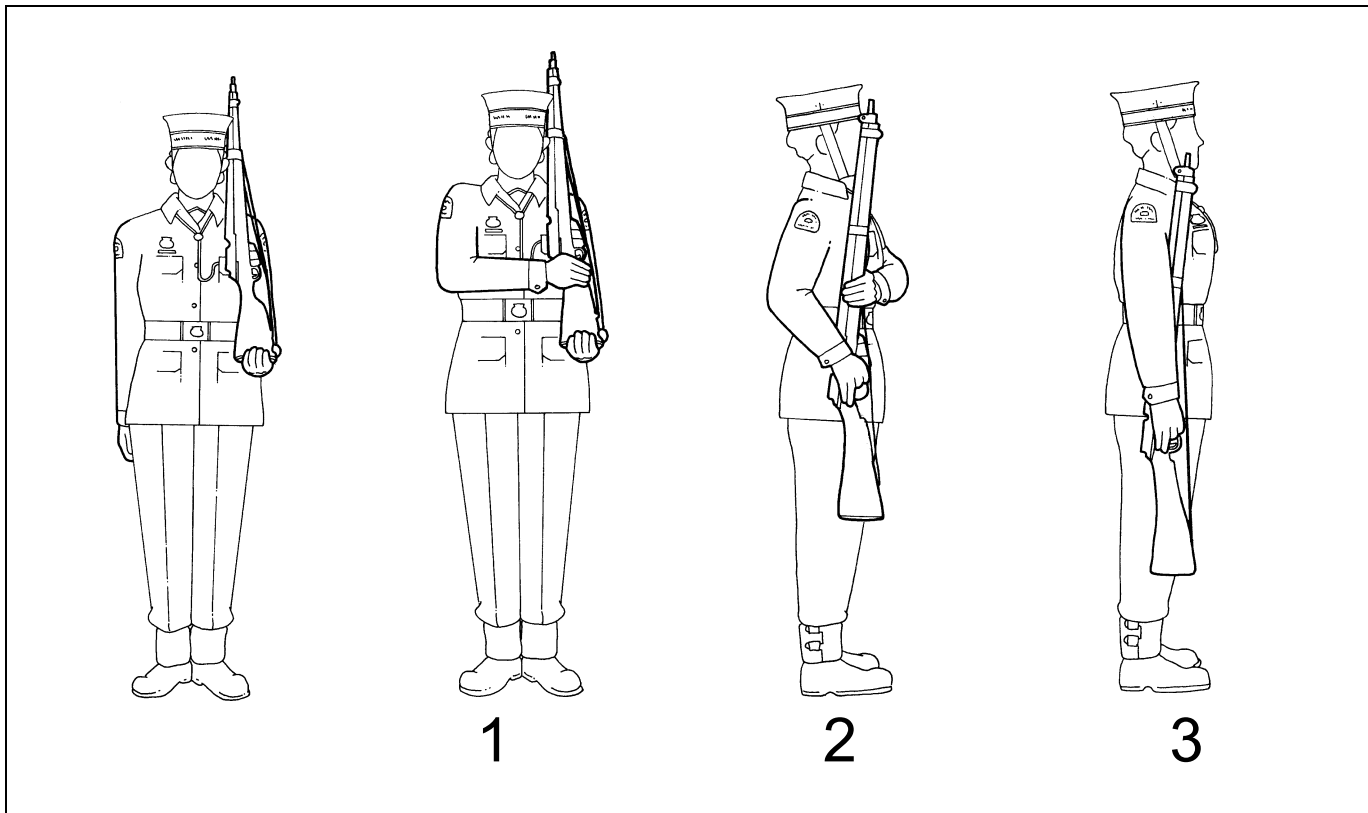


Figure 2-22 Shoulder arms from the Slope

Figure 2-22 De la position « sur l'épaule, armes » à la position « à l'épaule, armes »

SECTION 3

SALUTING WITH ARMS

229. SALUTING AT SLOPE ARMS

1. On the command, TO THE FRONT SALUTE BY NUMBER, SQUAD—ONE, squad members shall bring the right arm across the body and striking the small of the butt smartly with the right hand, forearm horizontal, back of the hand uppermost, fingers and thumb together and straight. All other movements such as turning the head are executed as if saluting without arms.

2. On the command, SQUAD—TWO, squad members shall cut the right hand to the right side of the body as in the position of attention.

SECTION 3

SALUER AVEC LES ARMES

229. SALUER DEPUIS LA POSITION « SUR L'ÉPAULE, ARMES »

1. Au commandement « EN DÉCOMPOSANT VERS L'AVANT SALUEZ, ESCOUADE—UN », les membres de l'escouade doivent amener le bras droit en travers du corps et en frappant la poignée de la crosse avec la main droite, l'avant-bras à l'horizontal, le dos de la main le plus élevé possible, les doigts et le pouce rassemblés et droits. Tous les autres mouvements, tel que tourner la tête, sont exécutés comme si on saluait sans arme.

2. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent ramener la main droite sur le côté du corps comme dans la position du garde-à-vous.

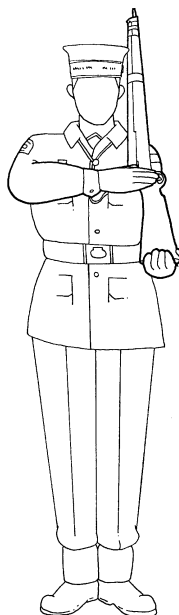


Figure 2-23 Saluting at Slope Arms

Figure 2-23 Saluer depuis la position « sur l'épaule, armes »

230. SALUTING AT SHOULDER ARMS

1. On the command, TO THE FRONT SALUTE BY NUMBER, SQUAD—ONE, squad members shall:

230. SALUER DEPUIS LA POSITION « À L'ÉPAULE, ARMES »

1. Au commandement « EN DÉCOMPOSANT, VERS L'AVANT SALUEZ, ESCOUADE—UN », les

membres de l'escouade doivent :

- | | |
|---|---|
| <p>a. with the right hand, force the rifle forward to a vertical position and simultaneously move the left hand across the body with the forearm parallel to the ground; and</p> <p>b. strike the rifle with the fingers and thumb together and extended, with the back of the hand to the front and the elbow close to the body.</p> <p>2. On the command, SQUAD—TWO, squad members shall cut the left hand to the left side of the body as in the position of attention.</p> <p>3. On the command, TO THE FRONT—SALUTE, the two movements are combined. A standard pause shall be observed between the movements.</p> | <p>a. de la main droite, avancer le fusil vers l'avant jusqu'à une position verticale, en même temps, rabattre l'avant-bras gauche contre le torse tout en laissant l'avant-bras parallèle au sol; et</p> <p>b. frapper le garde-main de la main gauche, les doigts joints et tendus, le dos de la main vers l'extérieur et le coude collé au corps.</p> <p>2. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent ramener la main gauche sur le côté du corps comme dans la position du garde-à-vous.</p> <p>3. Au commandement « VERS L'AVANT, SALU—EZ » les deux mouvements sont combinés et séparés par une pause réglementaire.</p> |
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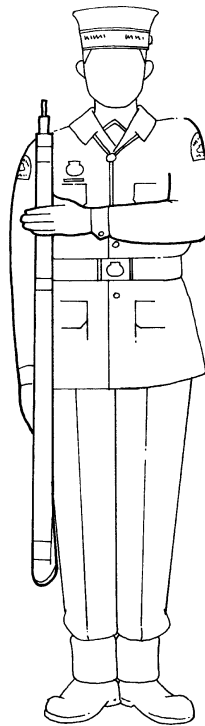


Figure 2-24 Saluting at shoulder arms

**Figure 2-24 Saluer depuis la position
« à l'épaule, armes »**

SECTION 4

FUNERAL DRILL

231. RESTING ON ARMS REVERSED FROM PRESENT ARMS

1. On the command REST ON YOUR ARMS REVERSED BY NUMBERS, SQUAD—ONE, squad members shall rotate the rifle with the butt coming towards the body and up until the rifle is vertical to the ground, muzzle pointing down, sling inwards.

2. On the command, SQUAD—TWO, squad members shall place the right hand on the butt plate with the thumb around the toe of the butt and the fingers together.

3. On the command, SQUAD—THREE, squad members shall place the left hand over the right, drop the elbows to the sides and lower the head until the chin touches the chest.

4. On the command, REST ON YOUR ARMS—REVERSED, the three movements are combined. A standard pause shall be observed between the movements.

232. PRESENT ARMS FROM RESTING ON ARMS REVERSED

1. On the command, PRESENT ARMS BY NUMBERS, SQUAD—ONE, squad members shall:

- a. raise the rifle with the right hand until the right forearm is parallel to the ground; and
- b. simultaneously, seize the rifle at the handguard with the left hand in a Y-grip, back of the hand to the body, thumb to the left, elbow close to the body.

2. On the command, SQUAD—TWO, squad members shall shift the grasp of the right hand to the

SECTION 4

EXERCICE POUR LES FUNÉRAILLES

231. DE LA POSITION « PRÉSENTEZ ARMES » À LA POSITION « SUR VOS ARMES RENVERSÉES, REPOSEZ »

1. Au commandement « EN DÉCOMPOSANT, SUR VOS ARMES RENVERSÉES, REPOSEZ, ESCOUADE—UN », les membres de l'escouade doivent faire une rotation de la crosse, vers le corps et le haut, jusqu'à ce que le fusil soit à la verticale du sol, la bouche du canon vers le bas, la bretelle vers l'intérieur.

2. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent saisir la plaque de couche de la main droite, le pouce contre le bec de la crosse et les autres doigts joints.

3. Au commandement « ESCOUADE—TROIS », les membres de l'escouade doivent poser la main gauche sur la droite, ramener les coudes près du corps et abaisser la tête pour que le menton touche la poitrine.

4. Au commandement « SUR VOS ARMES RENVERSÉES—REPO-SEZ », les trois mouvements sont combinés et séparés par une pause réglementaire.

232. DE LA POSITION « SUR VOS ARMES RENVERSÉES, REPOSEZ » À LA POSITION « PRÉSENTEZ, ARMES »

1. Au commandement « EN DÉCOMPOSANT, PRÉSENTEZ, ARMES, ESCOUADE—UN », les membres de l'escouade doivent :

- a. soulever le fusil avec la main droite jusqu'à ce que l'avant-bras droit soit parallèle au sol; et
- b. en même temps, avec la main gauche saisir le fusil par le garde-main à l'aide d'une prise jumelée, le dos de la main vers le corps, le pouce vers la gauche et le coude près du corps.

2. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent changer la prise

small of the butt in a full round grasp, back of the hand towards the ground, thumb to the front.

3. On the command, SQUAD—THREE, squad members shall:

- a. rotate the rifle with the butt coming towards the body and down until the rifle is vertical to the ground, muzzle pointing up, sling outwards;
- b. change the grasp on the right hand to a Y-grip at the small of the butt, thumb to the left; and
- c. change the grasp on the left hand so that the thumb points directly up along the left side of the forestock.

4. On the command, PRESENT—ARMS, the three movements are combined. A standard pause shall be observed between the movements.

de la main droite sur la poignée de la crosse, pour une prise complète, le revers de la main vers le sol et le pouce vers l'avant.

3. Au commandement « ESCOUADE—TROIS », les membres de l'escouade doivent :

- a. faire une rotation de la crosse, vers le corps et le sol, jusqu'à ce que le fusil soit à la verticale du sol, la bouche du canon pointant vers le haut, la bretelle vers l'extérieur;
- b. changer la prise de la main droite pour une prise jumelée sur la poignée de la crosse, le pouce vers la gauche; et
- c. changer la prise de la main gauche afin que le pouce pointe directement vers le haut, le long du fût.

4. Au commandement « PRÉSENTEZ—ARMES », les trois mouvements sont combinés et séparés par une pause réglementaire.

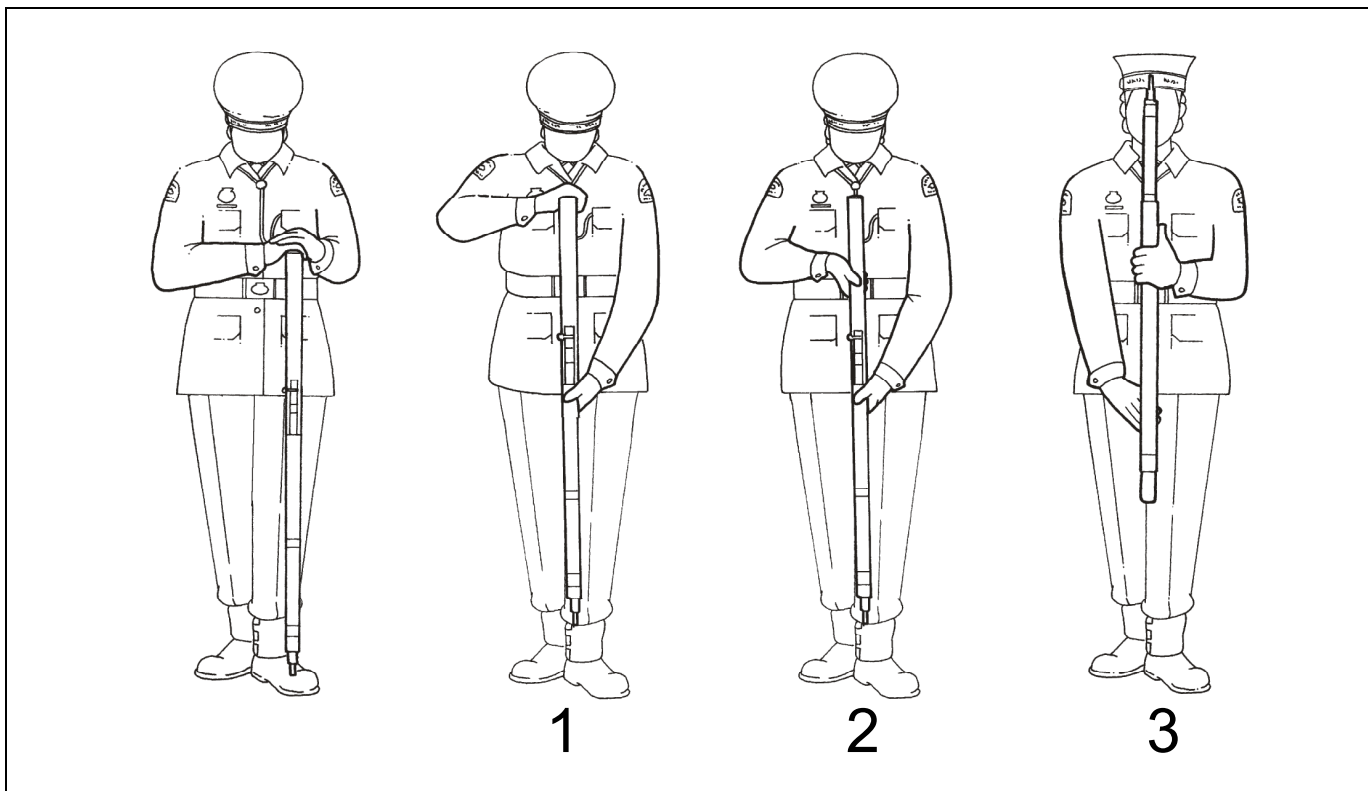


Figure 2-25 Present Arms from Resting on arms reversed

Figure 2-25 De la position « sur vos armes renversées, reposez » à la position « présentez armes »

SECTION 5

CEREMONIAL DRILL

233. FIRING VOLLEYS

1. The procedure for firing blank cartridges in a ceremony requires the combination of several orders and movements, each of which will be broken down into numbers. The squad shall be given a right incline before executing the procedure.

2. On the command, VOLLEYS, WITH BLANK CARTRIDGES LOAD BY NUMBERS, SQUAD—ONE, given at the slope position, squad members shall bring the right arm across the front of the body and place the right hand on the small of the butt in a full round grasp, back of the hand facing forward.

3. On the command, SQUAD—TWO, squad members shall:

- a. take a half pace forward with the left foot;
- b. at the same time, bring the rifle down so that the butt is placed on the right hip, magazine facing down, muzzle pointed to the front and raised 45 degrees from a horizontal position, maintaining the grasp on the small of the butt with the right hand; and
- c. simultaneously, bring the left hand forward to strike the forestock in a full round grasp, back of the hand facing down, thumb to the left side, elbow close to the body.

4. On the command, SQUAD—THREE, squad members shall:

- a. lower the head to look at the action; and
- b. using the right hand, reach over the rifle and turn the safety catch forward with the thumb and forefinger.

5. On the command, SQUAD—FOUR, squad members shall grasp the bolt handle and open the bolt, maintaining a full round grasp and keeping the head down.

SECTION 5

EXERCICE DE CÉRÉMONIE

233. SALVE AVEC LE FUSIL

1. La procédure de tir d'une salve à blanc pendant une cérémonie demande la réunion de plusieurs commandements et mouvements qui seront décomposés. L'escouade devra recevoir le commandement d'obliquer à droite avant l'exécution.

2. Au commandement « EN DÉCOMPOSANT, SALVE À BLANC, CHARGEZ, ESCOUADE—UN », donné en position « sur l'épaule, armes », les membres de l'escouade doivent amener le bras droit à l'avant du corps et placer la main droite sur la poignée de la crosse à l'aide d'une prise complète, le dos de la main vers l'avant.

3. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent :

- a. faire un demi-pas vers l'avant du pied gauche;
- b. en même temps, ramener la crosse sur la hanche droite, le chargeur vers le sol, la bouche du canon pointée vers le haut avec un angle de 45 degrés, tenir la prise sur la poignée de la crosse avec la main droite; et
- c. en même temps, ramener la main gauche vers l'avant pour frapper le fût avec une prise complète, le dos de la main vers le sol, le pouce vers la gauche et le coude près du corps.

4. Au commandement « ESCOUADE—TROIS », les membres de l'escouade doivent :

- a. baisser la tête; et
- b. avec la main droite au-dessus du fusil, tourner le cran de sûreté vers l'avant avec le pouce et l'index.

5. Au commandement « ESCOUADE—QUATRE », les membres de l'escouade doivent saisir la poignée de culasse et ouvrir la culasse, tenir une prise complète et garder la tête penchée

6. On the command, SQUAD—FIVE, squad members shall close the bolt to load a cartridge into the chamber if a magazine is in use.

Note. If the magazine does not allow cartridges to be loaded automatically, the cadet will have to do it manually.

7. On the command, SQUAD—SIX, squad members shall:

- a. place the right hand on the small of the butt, in a full round grasp, back of the hand to the right; and
- b. at the same time, snap the head and eyes up to look directly forward.

8. On the command, SQUAD WILL VOLLEY WITH BLANK CARTRIDGES—LOAD, the six movements are combined. A standard pause shall be observed between the movements. If it is necessary to load manually, an extra number shall be added to include placing a cartridge in the chamber before closing the bolt.

9. On the command, PRESENT, squad members shall:

- a. raise the rifle and place the butt on the right shoulder, muzzle pointed to the front and raised to an angle of 45 degrees, left arm to the full extent and left hand maintaining the full round grasp on the forestock; and
- b. place the right hand in a full round grasp on the small of the butt, back of the hand to the right, index finger resting on the trigger guard.

vers le sol.

6. Au commandement « ESCOUADE—CINQ », les membres de l'escouade doivent fermer la culasse pour charger une cartouche dans la chambre, si un chargeur est utilisé.

Nota. Si le chargeur ne permet pas l'insertion automatique d'une cartouche, il faudra insérer cette dernière de façon manuelle.

7. Au commandement « ESCOUADE—SIX », les membres de l'escouade doivent :

- a. Placer la main droite sur la poignée de la crosse, avec une prise complète, le dos de la main vers la droite; et
- b. en même temps, tourner rapidement la tête et les yeux pour regarder directement vers l'avant.

8. Au commandement « SALVE À BLANC, CHAR—GEZ », les six mouvements sont combinés et séparés par une pause réglementaire. S'il est nécessaire de charger manuellement, un autre mouvement doit être ajouté, pour inclure le chargement d'une cartouche dans la chambre avant de fermer la culasse.

9. Au commandement « PRÉSENTEZ », les membres de l'escouade doivent :

- a. soulever l'arme et placer la plaque de couche sur l'épaule droite, la bouche du canon pointée vers l'avant et levée dans un angle de 45 degrés, le bras gauche complètement allongé et la main gauche tenant une prise complète sur le fût; et
- b. placer la main droite sur la poignée de la crosse à l'aide d'une prise complète, le dos de la main vers la droite, l'index demeurant sur le pontet.

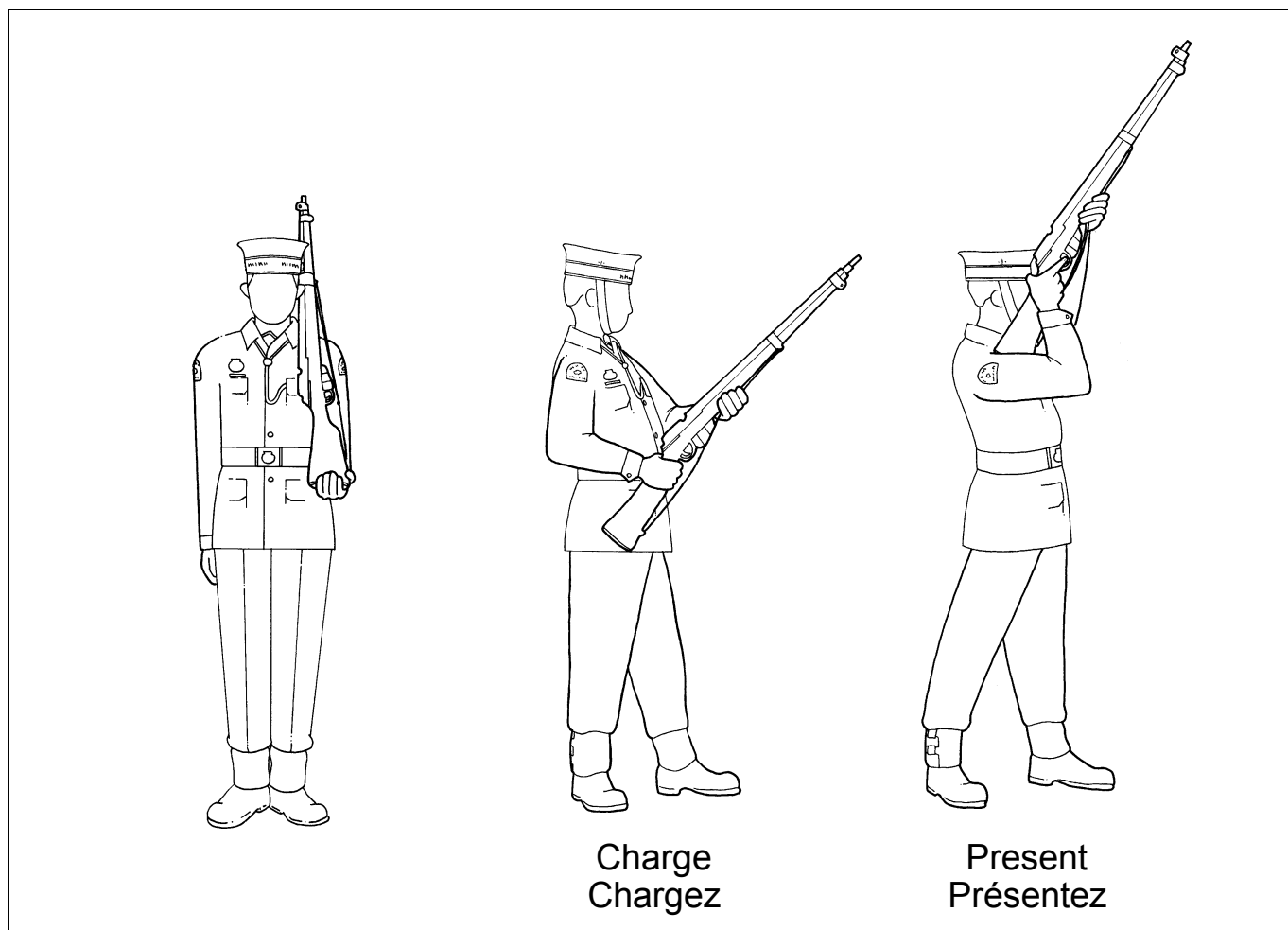


Figure 2-26 Firing volleys

10. On the command, FIRE, squad members shall press the trigger with the index finger once, remaining at the present until the next command is given.

11. On the command, RE—LOAD, squad members shall bring the rifle down to the position of the second movement of the load excluding paragraph 3a, and carry out the same procedure.

12. On the command, UNLOAD BY NUMBERS, SQUAD—ONE, squad members shall bring the rifle back down to the load position as in the second movement of the load procedure.

13. On the command, SQUAD—TWO, squad members shall:

Figure 2-26 Salve avec le fusil

10. Au commandement « FEU », les membres de l'escouade doivent appuyer, une seule fois, sur la détente avec l'index et demeurer dans cette position jusqu'au prochain commandement.

11. Au commandement « RECHAR—GEZ », les membres de l'escouade doivent ramener l'arme plus bas, dans la position du deuxième mouvement du chargement, à l'exception du paragraphe 3a, et procéder de la même façon.

12. Au commandement « EN DÉCOMPOSANT, DÉCHARGEZ, ESCOUADE—UN », les membres de l'escouade doivent ramener le fusil plus bas, dans la position de chargement, comme dans le deuxième mouvement de la procédure de chargement.

13. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent :

- a. lower the head to look at the bolt; and
- b. grasp the bolt handle and open the bolt with the right hand.

14. On the command, SQUAD—THREE, squad members shall close the bolt with the right hand.

15. On the command, UN—LOAD, the three movements are combined. A standard pause shall be observed between the movements.

16. On the command, MAKE SAFE BY NUMBERS, SQUAD—ONE, squad members shall turn the safety catch to the rear by reaching across the top of the rifle and using the thumb and index finger of the right hand.

17. On the command, SQUAD—TWO, squad members shall:

- a. return the right hand to a full round grasp on the small of the butt; and
- b. snap the head and eyes directly to the front.

18. On the command, MAKE—SAFE, the two movements are combined. A standard pause shall be observed between the movements.

19. On the command, UN—LOAD, the five movements are combined. A standard pause shall be observed between the movements.

- a. baisser la tête pour regarder la culasse; et

- b. saisir la poignée de culasse et ouvrir la culasse avec la main droite.

14. Au commandement « ESCOUADE—TROIS », les membres de l'escouade doivent fermer la culasse avec la main droite.

15. Au commandement « DÉCHAR—GEZ », les trois mouvements sont exécutés. Une pause réglementaire devra être faite entre les mouvements.

16. Au commandement « EN DÉCOMPOSANT, SÛRETÉ, ESCOUADE—UN », les membres de l'escouade doivent tourner le cran de sûreté vers l'arrière en plaçant la main droite au-dessus du fusil et en utilisant le pouce et l'index.

17. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent :

- a. remplacer la main droite dans une prise complète sur la poignée de la crosse; et
- b. tourner rapidement la tête et les yeux directement vers l'avant.

18. Au commandement « SÛRETÉ », les deux mouvements sont combinés et séparés par une pause réglementaire.

19. Au commandement « DÉCHAR—GEZ », les cinq mouvements sont combinés et séparés par une pause réglementaire.

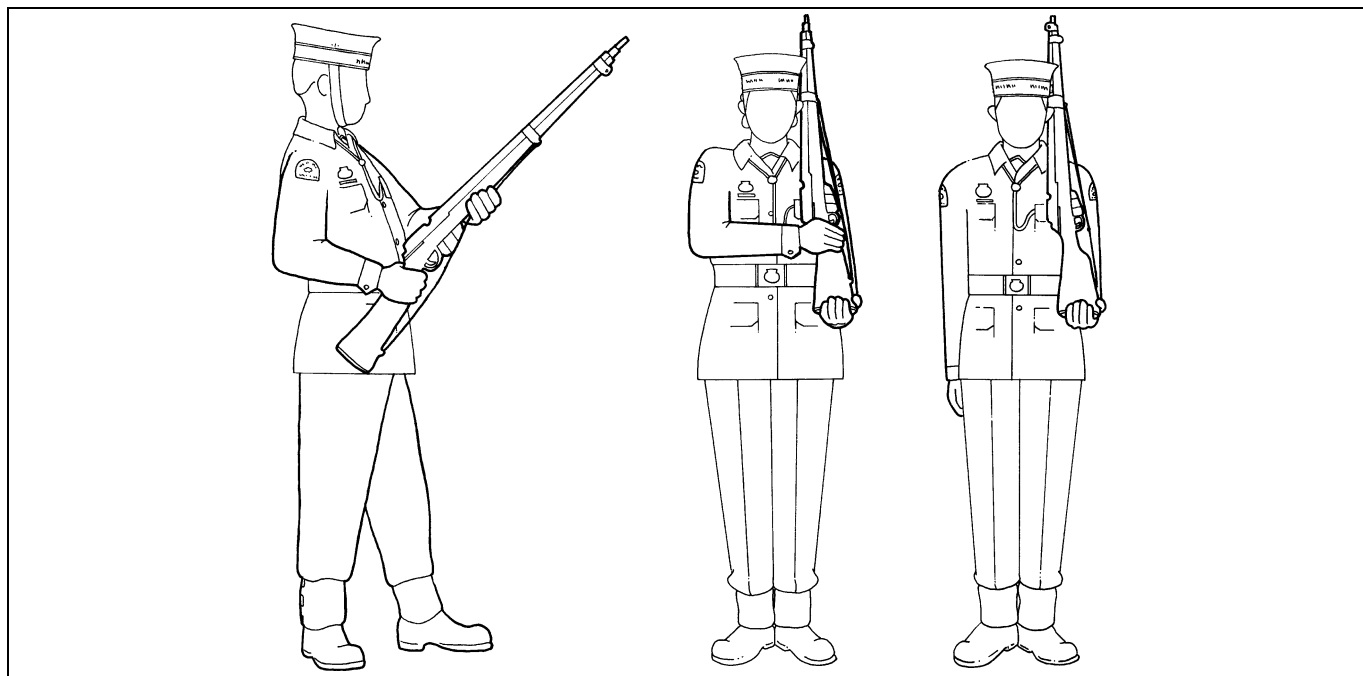


Figure 2-27 Slope Arms after Firing a volley

20. On the command, SLOPE ARMS BY NUMBERS, SQUAD—ONE, squad members shall place the rifle on the left shoulder as for the position of the slope, right hand on the small of the butt, left hand around the butt plate.

21. On the command, SQUAD—TWO, squad members shall:

- a. bend the left knee and place the left leg beside the right as in the position of attention; and
- b. as the left foot hits the ground, cut the right arm to the right side of the body to assume the slope arms position.

22. After volleying is complete, the squad shall be given a left incline and return to an advanced direction.

23. When ceremonial firing is complete and at the soonest possible time afterward, the squad shall be ordered, FOR INSPECTION PORT ARMS and all inspection procedures shall be carried out.

24. If a misfire occurs during ceremonial firing, the

Figure 2-27 De la position pour la salve avec le fusil à la position « sur l'épaule, armes »

20. Au commandement « EN DÉCOMPOSANT, SUR L'ÉPAULE, ARMES, ESCOUADE—UN », les membres de l'escouade doivent placer le fusil sur l'épaule gauche, comme dans la position « sur l'épaule, armes », la main droite sur la poignée de la crosse, la main gauche autour de la plaque de couche.

21. Au commandement « ESCOUADE—DEUX », les membres de l'escouade doivent :

- a. replier le genou gauche et placer la jambe gauche à côté de la jambe droite comme dans la position du garde-à-vous; et
- b. au moment où le pied gauche touche le sol, ramener le bras droit sur le côté droit du corps, pour prendre la position « sur l'épaule, armes ».

22. Après avoir exécuter les salves, l'escouade devra obliquer vers la gauche et retourner à une position vers l'avant.

23. Aussitôt la cérémonie des salves complétée, on commandera à l'escouade « POUR L'INSPECTION, PORTEZ, ARMES » et on exécutera toutes les procédures d'inspection.

24. Si un tir raté survient pendant la cérémonie, le

member shall continue with the firing procedure in order to extract the misfire from the chamber.

membre devra poursuivre les procédures de salve afin d'extraire la cartouche de la chambre.

CHAPTER 9

PO 211 – PARTICIPATE IN COMPETITIVE SUMMER BIATHLON ACTIVITIES

TEN WEEK RUNNING SCHEDULE

Week	Run	Walk	Number of Cycles	Notes
1	2 min	4 min	5	
2	3 min	3 min	5	
3	5 min	2.5 min	4	
4	7 min	3 min	3	
5	8 min	2 min	3	
6	9 min	2 min	2	Run an additional 8 min after the two cycles are completed.
7	9 min	1 min	3	
8	13 min	2 min	2	
9	14 min	1 min	2	
10	30 min			

Note: Always remember to include a warm-up and a cool-down in your schedule.

"First Steps", by Mark Will-Weber, 2006, Runner's World: Beginner's: Training, Copyright 2006 by Rodale Inc. Retrieved 18 April 2007, from <http://www.runnersworld.com/article/printer/1,7124,s6-380-381-386-678-0,00.html>

Figure 9B-1 Sample Running Schedule

GUIDELINES FOR CONDUCTING A COMPETITIVE SUMMER BIATHLON ACTIVITY

OBJECTIVES

The objectives of the competitive summer biathlon activity are:

- to practice and improve marksmanship skills;
- to improve the level of physical fitness; and
- to introduce the sport of summer biathlon.

COMPOSITION

Each cadet will enter as an individual.

FACILITIES

The facilities required to conduct a competitive summer biathlon activity are:

- a route, on alternating terrain, of approximately 500 to 1000 m with the start and finish lines located close to the range. The route should be wide enough to accommodate a maximum of 10 cadets running at one time. When roads are to be crossed, they must be clearly marked and a central crossing point established with traffic control provided; and
- an air rifle range constructed IAW A-CR-CCP-177/PT-001 Chapter 1, Section 1, with a minimum of one firing lane per cadet per group.

PARTICIPANTS

This activity may be conducted with cadets from multiple corps. A sample invitation for the competitive summer biathlon activity is located at [Annex E](#).

STAFFING

Numerous staff are required to conduct a competitive summer biathlon activity. These appointments may be filled by corps staff, and shall include:

- **Technical Delegate.** Responsible for the overall conduct of the competition, including issuing penalties, and interpreting the rules.
- **Range Safety Officer (RSO).** Responsible for the overall conduct of the activities on the range.
- **Assistant RSO.** Responsible for targets, issuing ammunition, and assisting the RSO, as required.
- **Lane Scorekeeper.** Responsible for scoring targets and recording results on the range recording sheet (located at [Annex D](#)).
- **Chief of Statistics.** Responsible for compiling all the event data (e.g. range results, start/finish time, and any penalties issued).
- **Runner.** Responsible for collecting the scoring sheets and delivering them to the chief of statistics.
- **Start and Finish Line Chief.** Responsible for starting the run and recording the finish times on the scoresheet (located at [Annex D](#)).
- **Course Control.** Responsible for recording each time the cadet runs a loop on the course control sheet (located at [Annex D](#)).
- **First Aider.** Responsible for dealing with any injuries that may occur during the competition.

FORMAT

Team Captain's Meeting

All cadets will attend the team captain's meeting. This meeting includes all the essential information required by the cadets to participate in the competitive summer biathlon activity. The cadets are given:

- start times;
- range lane assignments;
- weather updates; and
- introductions to the competition staff.

The Running Loop

Each cadet will run three separate loops of 500 to 1000 m. Each running loop will consist of:

- assembling for an individual start (cadets will begin at 10-second intervals for the first loop); and
- crossing the finish line.

The Range

Each cadet will fire five to eight pellets in an effort to activate all five targets on the BART. After each bout of firing, the appropriate lane scorer will record the cadet's results and reset the BART.

SEQUENCE

This competitive summer biathlon activity will be conducted in the following sequence:

1. running a loop of 500 to 1000 m;
2. firing five to eight pellets at the BART;
3. running a loop of 500 to 1000 m;
4. firing five to eight pellets at the BART;
5. running a third loop of 500 to 1000 m; and
6. crossing the finish line.

EQUIPMENT

Based on 20 cadets per group, the equipment required to conduct the competitive summer biathlon activity shall include, but is not limited to the following:

- Cadet air rifles (5);
- Cadet air rifle slings (5);
- Shooting mats (10);
- .177 air rifle pellets (a minimum of 700 pellets);
- Stop watches (5);
- BART and target frame (5);

- Safety glasses (8);
- Pens/pencils;
- Notice board;
- Biathlon scoresheets located at [Annex D](#);
- Course control sheets located at [Annex D](#); and
- Range recording sheets located at [Annex D](#).

DRESS

Appropriate clothing according to the weather forecast.

RULES AND REGULATIONS

- Cadets must use the same firing lane for the duration of the activity.
- The run must be completed in the proper sequence and on the marked route.
- Rifles must be placed on the firing point by the range staff and will remain there for the duration of the activity.
- All firing will be done in the prone position.
- The cadet air rifle sling is the only firing aid that may be used.
- The rifle must be made safe upon completion of firing.
- An inoperable rifle will be replaced by the range staff, the target will be reset, and the cadet will fire five to eight shots with the new rifle.
- Safety infractions will result in time penalties.
- Missed targets will result in time penalties.

SCORING

Scoring will be calculated as follows:

- **Time.** The cadet's final time is the time from the start to the finish, plus any issued penalties.
- **Firing.** For each bout of firing, the number of missed targets will be recorded on the range recording sheet by the lane scorekeeper (located at [Annex D](#)). For each missed target, a one-minute penalty will be added to the cadet's total time.

PENALTIES

Penalties will be added to the individual's time, to include:

- Each violation of the principles of fair play or good sportsmanship will result in a one-minute penalty, to include:
 - not giving way in an area of congestion;
 - pushing or shoving;
 - using profanity; and

- interfering with other competitors.
- Each missed target will result in a one-minute penalty.
- A one-minute penalty will be issued for each safety infraction, to include:
 - not keeping control of the cadet air rifle;
 - moving forward of the firing point; and
 - intentionally firing rounds at objects other than the BART.

OUT OF BOUNDS AREAS

Out of bounds areas are to be clearly identified prior to the start of the competitive summer biathlon activity.

AWARDS

Awards instructions are located at [Annex F](#).

NOTES

- Course control staff will record each time a cadet runs through a loop. See course control sheet located at [Annex D](#).
- The start and finish line chief will keep records for each cadet. When the sheet is full or nearly full the runner will take the sheet to the chief of statistics. See scoresheet located at [Annex D](#).
- Bibs may be used to identify cadets, if available.

COMPETITION GUIDELINES

COURSE CONTROL SHEET

[illegible]

D Cdts 3, 2006, Ottawa, ON: Department of National Defence

Figure 9D-1 Course Control Sheet

SCORESHEET

Cadet Name	Start Time	Loop One	Loop Two	Loop Three	End Time	Run/Safety Penalties	Firing Penalties	Total Time

Note: The start and finish line chief is responsible for recording the run times and presenting the scoresheet(s) to the scorekeeper.

D Cdts 3, 2006, Ottawa, ON: Department of National Defence
Figure 9D-2 Scoresheet

RANGE RECORDING SHEET

Scorekeeper's Name: _____

Cadet Name:	Lane	Shots Fired			X = Miss			Misses	Comments/Penalties
Cadet Name:	Lane	Shots Fired			X = Miss			Misses	
		3 Spare			O O O O O				
Cadet Name:	Lane	Shots Fired			X = Miss			Misses	
		3 Spare			O O O O O				
Cadet Name:	Lane	Shots Fired			X = Miss			Misses	
		3 Spare			O O O O O				
Cadet Name:	Lane	Shots Fired			X = Miss			Misses	
		3 Spare			O O O O O				
Cadet Name:	Lane	Shots Fired			X = Miss			Misses	
		3 Spare			O O O O O				
Cadet Name:	Lane	Shots Fired			X = Miss			Misses	
		3 Spare			O O O O O				
Cadet Name:	Lane	Shots Fired			X = Miss			Misses	
		3 Spare			O O O O O				
Cadet Name:	Lane	Shots Fired			X = Miss			Misses	
		3 Spare			O O O O O				
Cadet Name:	Lane	Shots Fired			X = Miss			Misses	
		3 Spare			O O O O O				
Cadet Name:	Lane	Shots Fired			X = Miss			Misses	
		3 Spare			O O O O O				

D Cds 3, 2006, Ottawa, ON: Department of National Defence

Figure 9D-3 Range Recording Sheet

INVITATION SAMPLE

Corps Competitive Summer Biathlon Activity

When:

Where:

Eligibility: Red Star Cadets

Rules: Located at [Annex C](#) to PO 211, Instructional Guide.

Event: Individual

Category: Female: three loops of 500 to 1000 m, two relays of firing in the prone position
Male: three loops of 500 to 1000 m, two relays of firing in the prone position

Schedule:	0900hrs	Coaches meeting
	1010hrs	Start
	1055hrs	Last cadet start
	1200hrs	Last cadet finish
	1300hrs	Awards

Note: Times listed above are approximate.

Contact Information:

Special Notes:

Additional corps officers will be required to assist in running the competitive summer biathlon activity.

Parents and spectators are invited to observe the activity.

AWARDS INSTRUCTIONS

AWARDS

All cadets shall be awarded with a certificate/ribbon for participation. The top three competitors from each gender shall be awarded with a certificate/ribbon/medal.

AWARD CEREMONY

The technical delegate shall organize the award ceremony for the competitive summer biathlon activity.

AWARD PRESENTATIONS

The hosting corps Commanding Officer or other local VIP shall present awards to the winning cadets and certificates to all cadets.

CHAPTER 10

PO 220 – RECOGNIZE CANADIAN FORCES PEACE SUPPORT OPERATIONS

FACT SHEET

- | |
|---|
| • It was formed on October 24, 1945. |
| • It was signed on April 4, 1949. |
| • It combats international terrorism. |
| • Canada was one of the founding members. |
| • It is protecting us since May 12, 1958. |
| • It is a bi-national organization. |
| • It is guided by a Charter. |
| • One of its roles is to halt the traffic of small arms and light weapons. |
| • It has a military structure and a political structure. |
| • It assists in the detection and monitoring of illegal drug trafficking. |
| • Haiti was one of its operations. |
| • It uses the North Warning System for its operations. |
| • Operation Noble Eagle is one of its main operations. |
| • It does not have its own armed forces. |
| • It conducts observer missions. |
| • Canada is the sixth largest contributor to its civil and military budget. |
| • It detects and responds to any air-breathing threat to North America. |
| • It promotes stability and safeguards the freedom and security of its members. |

SPECIFICATION SHEET

Operation	Cyprus
Location	Republic of Cyprus, Mediterranean island on Turkish coast, 9000 square km
Date	1964 to 1993

Map



PLC Map Collection/University of Texas Library Online by University of Texas at Austin,
Retrieved 8 March 2007, from http://www.lib.utexas.edu/maps/cia06/cyprus_sm_2006.gif

Figure 10D-1 Map of Cyprus

Description

Cyprus is a small Mediterranean island of 9000 square km (smaller than Cape Breton Island, Nova Scotia). It has a population of almost 800 000 people. Cyprus was a British colony but in 1960, the island gained its independence.

Cyprus has been largely Greek in culture, language and population for more than 3000 years. Many Greek Cypriots (Cyprus citizens) wanted to join the Greek nation. However, there was a minority of Turkish people who were against the possibility. During the independence period, friction between those two groups grew and in 1963, violence exploded everywhere on the island.

In 1964, Cyprus asked the UN to send a peacekeeping force to maintain peace between the Greeks and the Turks. Since small groups of Turks lived among larger groups of Greeks, fights were happening everywhere. After managing many disagreements and conflicts, a fragile balance was reached in 1974.

1974 also marked the coup d'état organized by the Greek Cypriots. They wanted the island to officially become part of Greece. Turkey responded by invading the island and took control of the northern part of the island. Canadian peacekeepers were suddenly right in the middle of a war zone.

After several weeks of fighting, a cease-fire was negotiated and the Green Line was born. The Green Line was a cease-fire line and a buffer zone stretching across the island. It separated the portions of the island controlled by the Greeks and the Turks.

From 1964 to 1993, the CF maintained a battalion-sized contingent of peacekeepers on Cyprus.

The contingent varied in size during the 29 years of Canada's involvement, from a high of 1100 personnel in 1964 to fewer than 500 in 1974.

Agency Under Which Deployed and Mandate

In 1964, Cyprus asked the UN to establish a peacekeeping force.

Duties


- patrol the buffer zone and monitor the cease-fire;
- maintain crowd control; and
- supervise mediation between angry parties.

Facts and Figures

- The Canadian mission to Cyprus lasted 29 years.
- More than 25 000 CF members served in Cyprus. Many of them served more than once.
- The buffer zone is called the Green line and runs the width of Cyprus. On some maps, it may also be called the Attila line. It is still managed by UN Forces. The length of the line varies in width from 20 m to 7 km.

Heroes, Bravery and Sacrifice

- 28 Canadian peacekeepers gave their lives in Cyprus.
- During the Turkish invasion, Turks were threatening to attack the Cyprus airport. Canadian peacekeepers were defending the area with only a few anti-tank weapons and heavy machine guns. They achieved this by moving around the airport at night to create the illusion that the airport was heavily defended.

Operation	Golan Heights of Syria
Location	Syria
Date	1974 to 2006 (see Facts and Figures)
Map	 <p><i>Maps of Golan Heights, Foundation for Middle East Peace. Retrieved 8 March 2007, from http://www.fmep.org/maps/map_data/golan_heights/golan_1991.gif</i></p>
<p>Figure 10D-2 Map of the Golan Heights of Syria</p>	
Description	<p>Syria is a small Arab country located in the Middle East along the eastern edge of the Mediterranean Sea. It has a population of 18 million people. The Golan Heights is a territory between Syria and Israel.</p> <p>In 1967, the Israeli Army captured the Heights and put it under military administration from 1967 to 1981. Syria and Israel contest the ownership of the Heights but have not used overt military forces since 1974. On 31 May, 1974, an agreement was signed between Israeli and Syrian forces.</p> <p>The UN was called to supervise the cease-fire plan and to monitor the situation. The plan provided an area of separation and two equal zones. The border between the two countries is called the 'Area of Separation'. It is 80 km long and from 1 to 10 km wide. Inside this area, no military presence is allowed other than the UN observers. Beyond this area there are restrictions on military presence and the activity of both armies. Members of the UN's observer forces are usually the only people who can cross the Israeli-Syrian border.</p>
Agency Under Which Deployed	The United Nations.

Duties

- supervise ceasefire;
- establish and monitor the buffer zone;
- supervise the implementation of the disengagement agreement; and
- provide transportation, supply, maintenance, communications and other logistical support services for the main observer force.

Significant Outcomes


Since 1988, Israel has allowed pilgrims to cross the border to visit a shrine in Syria.

Facts and Figures

- In the Golan Heights, Canadians found a way to cope by getting a mascot. 'Digger the Dog' lived with the Maintenance Platoon and held the honorary rank of sergeant. He has been with the contingent for more than 20 tours and even had his picture taken with then-prime minister of Canada, Jean Chrétien.
- As of March 2006, 12 000 CF members have served in the Golan Heights.
- The Golan Heights operation is Canada's third-largest peacekeeping commitment.
- In 2006, two senior officers were still serving in the Golan Heights operation.

Heroes, Bravery and Sacrifice

Four Canadians gave their lives in the Golan Heights.

Operation	The Balkans
Location	Southeast Europe, north of Greece and across the Adriatic Sea from Italy. It was known as Yugoslavia
Date	1991 to ____
Map	 <p>PLC Map Collection/University of Texas Library Online by University of Texas at Austin, Retrieved 8 March 2007, from http://www.lib.utexas.edu/maps/europe/central_balkan_pol98.jpg</p> <p>Figure 10D-3 Map of The Balkans Region</p>
Description	<p>The Balkan countries are located in southeast Europe, north of Greece and across the Adriatic Sea from Italy. This is a land of beautiful mountains, fertile plains and an island-studded coastline that stretches along the Adriatic Sea. For much of the 20th century, this area was a single Communist country known as Yugoslavia. In the early 1990s, Yugoslavia began to feel the long-standing ethnic, religious and political differences between the Roman Catholic, Eastern Orthodox and Muslim populations who have lived there for centuries. This created an environment of suspicion that made for an insecure situation.</p> <p>The situation became unstable and the country began to crumble. The various ethnic and religious groups erupted in violence.</p> <p>The various religious groups tried to split off and create their own countries dividing Yugoslavia by ethnic and religious lines. During that period, there were many cases of 'ethnic cleansing' where entire villages or areas of minorities were persecuted, driven out or killed by armies.</p>
Agency Under Which Deployed and Mandate	<p>The CF has served in the Balkans under the United Nations (UN) and the North Atlantic Treaty Organization (NATO).</p> <p>The UN sent a peacekeeping force to try to reduce the violence in the following countries: Croatia and Bosnia-Herzegovina.</p>

This was the first of a series of UN peace support efforts in Croatia, Bosnia-Herzegovina, Macedonia and Kosovo.

Duties


- monitor fragile ceasefires;
- supply areas under attack with food and supplies for the civilians trapped in the middle of the fighting;
- block naval shipments to the region;
- collect and destroy weapons from local armies;
- protect areas of ethnic minorities;
- patrol and observe in buffer zones;
- clear landmines;
- protect refugees; and
- provide humanitarian assistance.

Facts and Figures

In 1999, Canadian pilots flew combat missions for the first time since the Korean War (1950–1953).

Heroes, Bravery and Sacrifice

- Captain (Capt) Joseph Bélisle and Sergeant (Sgt) Mario Forest received Medals of Bravery while serving in Sarajevo. They rescued two seriously wounded women. While under sniper fire, Capt. Bélisle returned fire to shield Sgt. Forest, who crawled to reach the two victims and removed them from danger and helped them into a military vehicle.
- On two occasions, Canadian soldiers found themselves in hospitals full of patients that had been abandoned by staff because of intense fighting in the area. Canadian soldiers protected the hospitals and gave aid to the patients.
- Master Corporal (MCpl.) Mark Isfeld was a combat engineer who served in three peace missions before losing his life in a landmine explosion in Croatia in 1994. MCpl. Isfeld was known for giving children in war-torn regions handmade dolls that his mother and others in Canada had made. He gave those dolls to bring happiness and hope to children. After his death, thousands of dolls began to flood in from people across Canada in order to keep MCpl. Isfeld's tradition alive. The dolls are now known as 'Izzy dolls'.
- In the Balkans, 20 Canadians gave their lives in various missions.

Operation	Afghanistan
Location	Afghanistan, surrounded by Iran and Pakistan
Date	January 2002 to ____
Map	 <p><i>Understanding Afghanistan: Land in Crisis, National Geographic.com, 2007, Copyright 2007 by National Geographic Society. Retrieved March 8, 2007, from http://www.nationalgeographic.com/landincrisis/political.html</i></p> <p>Figure 10D-4 Map of Afghanistan</p>
Description	<p>Afghanistan is a country located in southwest Asia between Pakistan and Iran. It is about the size of Saskatchewan and has a population of about 30 million people. In the 1980s, the Taliban regime gained control of most of the country. The Taliban regime severely limited the civil rights of the citizens and supported terrorist groups, including al-Qaeda (the group claiming to be behind the attacks on Sept 11, 2001 in the United States).</p> <p>In January 2002, CF soldiers based in Kandahar joined American and British troops to help drive out the Taliban regime, eliminate terrorist operations and establish lasting peace in the country.</p> <p>With the 'defeat' of the Taliban, attention turned to stabilizing the country and helping the new Afghan government get established. The UN authorized a NATO-led International Security Assistance Forces (ISAF) to take the challenge. The initial Canadian contribution to ISAF consisted of 700 CF members stationed in Kabul. They were responsible for providing support to southern locations. They also had to patrol the western sector of the city.</p>
Agency Under Which Deployed	The UN and NATO (ISAF).
Duties	<ul style="list-style-type: none"> • bring security and stability; • search and destroy enemy strongholds; • patrol areas of the country;

- organize de-mining activities;
- assist in the operations of Kabul International Airport;
- help with control and management of ammunition depots and facilities;
- rebuild the Afghan National Army and police force; and
- provide humanitarian efforts (digging water wells, rebuilding schools, rebuilding roads and distributing relief supplies like blankets, food and school materials).

Significant Outcomes


- Schools, clinics, roads, irrigation canals and wells have been built in various communities.
- The National Solidarity Program was established to help Afghans elect village councils comprised of men and women. They also built infrastructure to improve health and education.
- Over five million children (one-third girls) now go to school compared to 700 000 in 2001.
- Programs are offered in Kandahar to support basic reading, writing and arithmetic skills for adults.

Facts and Figures

- Over the past several years, more than 8000 CF members have helped Afghanistan in its transition to a democratic government.
- Prior to becoming Chief of Defence Staff (February 4, 2005) General Rick Hiller commanded the ISAF mission in Afghanistan between February and August, 2004.

Heroes, Bravery and Sacrifice

- January 27, 2004, Corporal (Cpl) Jamie Murphy was killed when a suicide bomber jumped into his vehicle.
- During a firefight with insurgents, Captain (Capt) Nichola Kathleen Sarah Goddard of the 1st Royal Canadian Horse Artillery from Shilo, Manitoba was the first woman in Canadian history killed in a combat role. She is the first female member of the CF killed in action since World War II.
- On February 19, 2007, Her Excellency the Right Honourable Michaëlle Jean, Governor General and Commander-in-Chief of Canada, presented six Military Valour Decorations to CF members who have displayed gallantry and devotion to duty in combat. This was the first time these have been presented since they were created in 1993.
- During that ceremony, Capt Nichola Kathleen Sarah Goddard was awarded the Meritorious Service Medal (Posthumous) for her unfaltering dedication and courage. On five occasions, Capt Goddard volunteered to conduct reconnaissance operations in unsteady villages. Capt Goddard's passionate and professional approach to her duties and those in her charge, directly inspired all mission members and greatly contributed to the mission's success.

Operation	Operation Assistance
Location	Red River, Manitoba
Date	April 21 to May 19, 1997
Map	 <p><i>"Natural Resources Canada", Geoscientific Insights into the Red River and its Flood Problems in Manitoba, 2005, Retrieved 15 March 2007, from http://gsc.nrcan.gc.ca/floods/redriver/geological_e.php</i></p> <p>Figure 10D-5 Map of Red River Valley, Manitoba</p>
Description	<p>In Spring 1997, after a winter of heavy snow, the Red River in Manitoba, began flooding in early April. By April 20, people of the Red River Valley were beginning to lose their battle against the rising water.</p> <p>On April 21, the CF launched Operation Assistance to work under the direction of Emergency Preparedness Canada, helping provincial and municipal authorities and volunteers. The main task was to build floodwalls and breakwaters.</p> <p>On May 1, the flood reached its highest level and spilled over Winnipeg and spread through the city. The evacuations began May 8 for Winnipeg and the rural areas around it.</p> <p>By May 12, the worst was over and troops began to withdraw. The flood destroyed properties, houses, fields and farms. Around 800 houses suffered from flood damage.</p>

Agency Under Which Deployed and Mandate

The Manitoba provincial government requested military assistance aid.


Duties

- fill sandbags;
- build floodwalls and breakwaters;
- set up and use pumps;
- patrol evacuated towns; and
- provide medical attention.

Facts and Figures

More than 8500 regular and reserve soldiers were mobilized to work for Operation Assistance.

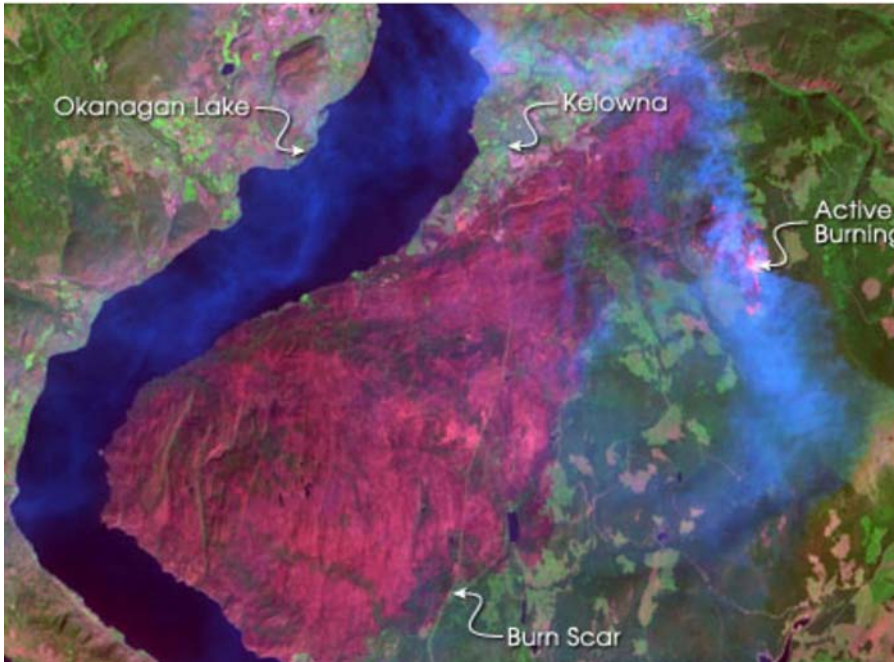
On May 13, 135 CF vehicles rolled through downtown Winnipeg on their way out of town. The citizens lined the streets, clapping and cheering.

Operation	Operation Recuperation
Location	East Central Canada (western New Brunswick, southern Quebec and eastern Ontario)
Date	January 8 to February 8, 1998
Map	 <p>Freezing rain accumulations from January 4 to 10, 1998</p> <ul style="list-style-type: none"> 40 mm 60 mm 80 mm 100 mm
	<p>Wikipedia, (2006) North American Ice Storm of 1998, Retrieved 15 March 2007, from http://en.wikipedia.org/wiki/1998_ice_storm</p> <p>Figure 10D-6 Map of East Central Canada</p>
Description	<p>On January 4, 1998, an ice storm began in East Central Canada. After 80 hours of intermittent freezing rain and drizzle, the icefall finally stopped on January 8. The temperature dropped sharply. The weight of the ice brought down millions of trees, the roofs of large buildings, 120 000 km of power lines and telephone cables, 130 major transmission towers and about 300 000 utility poles.</p> <p>The storm did most of the damage in western New Brunswick, southern Quebec, especially around Montreal and eastern Ontario in the farming communities of the lower Ottawa valley.</p> <p>Roads were blocked by fallen trees, power lines were broken by the ice and rivers of ice were blocking everything. More than one million households (9000 in Quebec and 100 000 in Ontario) comprising of about four million people lacked electricity, which meant no lights, central heating, running water, refrigeration or hot meals.</p>
Agency Under Which Deployed and Mandate	<p>The New Brunswick, Ontario and Quebec provincial governments requested aid from the CF.</p>
Duties	<ul style="list-style-type: none"> • clear roads; • rescue people and animals trapped by storm wreckage; • evacuate the sick; • shelter and feed about 100 000 people; • inspect generators and ensure the required fuel was used; and

- work with hydro companies to repair and replace downed transmission towers and utility poles.
- * On January 13, the province of Quebec requested that the CF assume the powers of peace officers around the area of Montreal.

Facts and Figures

- Operation Recuperation involved 15 784 deployed Army, Navy and Air Force personnel, 10 550 in Quebec, 4850 in Ontario and 384 in New Brunswick.
- 3740 were Reserve soldiers.
- In addition, 6200 CF members and DND employees working at their regular jobs provided the logistical support required to sustain such an operation.
- It was the largest operational deployment of troops ever to serve on Canadian soil in response to a natural disaster.
- It was the largest operational deployment of Canadian military personnel since the Korean War.

Operation	Peregrine
Location	British Columbia
Date	August 3 to September 16, 2003
Map	 <p><i>"Visible Earth, a Catalog of NASA Images and Animations of our Planet", by NASA, 2003, Copyright 2003 by NASA/GSFC/MITI/ERSDAC/JAROS and U.S./Japan Aster Science Team. Retrieved 16 March 2007, from http://visibleearth.nasa.gov/view_rec.php?id=16565</i></p> <p>Figure 10D-7 Satellite View of the Okanagan Region During the 2003 Fires</p>
Description	<p>On August 2, 2003, the Government of British Columbia (BC) declared a state of emergency because forest fires were burning throughout the province. Within 24 hours, the first soldiers were deployed and arrived in Merritt, BC.</p> <p>After receiving a day of basic forest firefighting training from the British Columbia Forest Service, including safety procedures, fire ratings, hose handling, and fire behaviour, the soldiers took the fire lines. The soldiers were divided in two task forces. Task Force One was in Kamloops and Task Force Two was in the Okanagan Valley.</p> <p>At the height of the crisis, about 800 fires were burning in BC. Thousands of people were ordered out of their homes.</p> <p>Fires were hard to extinguish because they were fed by fuel sources such as tree roots.</p> <p>The operation lasted 45 days.</p>
Agency Under Which Deployed and Mandate	<p>The BC provincial government requested military assistance.</p>

Duties

- fighting fires;
- working with civilian firefighters to control unstable fires;
- stabilizing less active areas of fire zones;
- delivering medical attention; and
- providing administration and logistical support.

Facts and Figures

- More than 2200 CF members (including 900 Reservists) were involved in fighting five of the worst fires at Barriere-McLure, Okanagan Mountain Park, Vaseux Lake, McGillivray and Kuskanook.
- 60 fire departments and around 1000 firefighters took part in controlling the fire.
- Operation Peregrine was the third largest domestic operation after the 1998 ice storm (Operation Recuperation) and the 1997 Red River Flood (Operation Assistance).

CAUGHT IN THE CROSSFIRE, ACTIVITY SHEET

1. Note your impressions about the documentary.

2. Note two challenges faced by peacekeepers during this Balkans peace mission.

3. Note two things about the life and duties of a soldier during this mission.

4. Note your impressions and feelings about this peace mission.

CHAPTER 11

PO 221 – PERFORM THE DUTIES OF A SECTION MEMBER DURING A WEEKEND BIVOUAC EXERCISE



STEP 1



STEP 2



STEP 3

Figure 11-9-11 (Sheet 1 of 2) Folding a Groundsheet

D Cdts 3, 2007, Ottawa, ON: Department of National Defence



STEP 4



STEP 5

Figure 11-9-11 (Sheet 2 of 2) Folding a Groundsheet

D Cdts 3, 2007, Ottawa, ON: Department of National Defence

PROVINCIAL/TERRITORIAL WILDLIFE



Figure 11A-1 The Red Fox

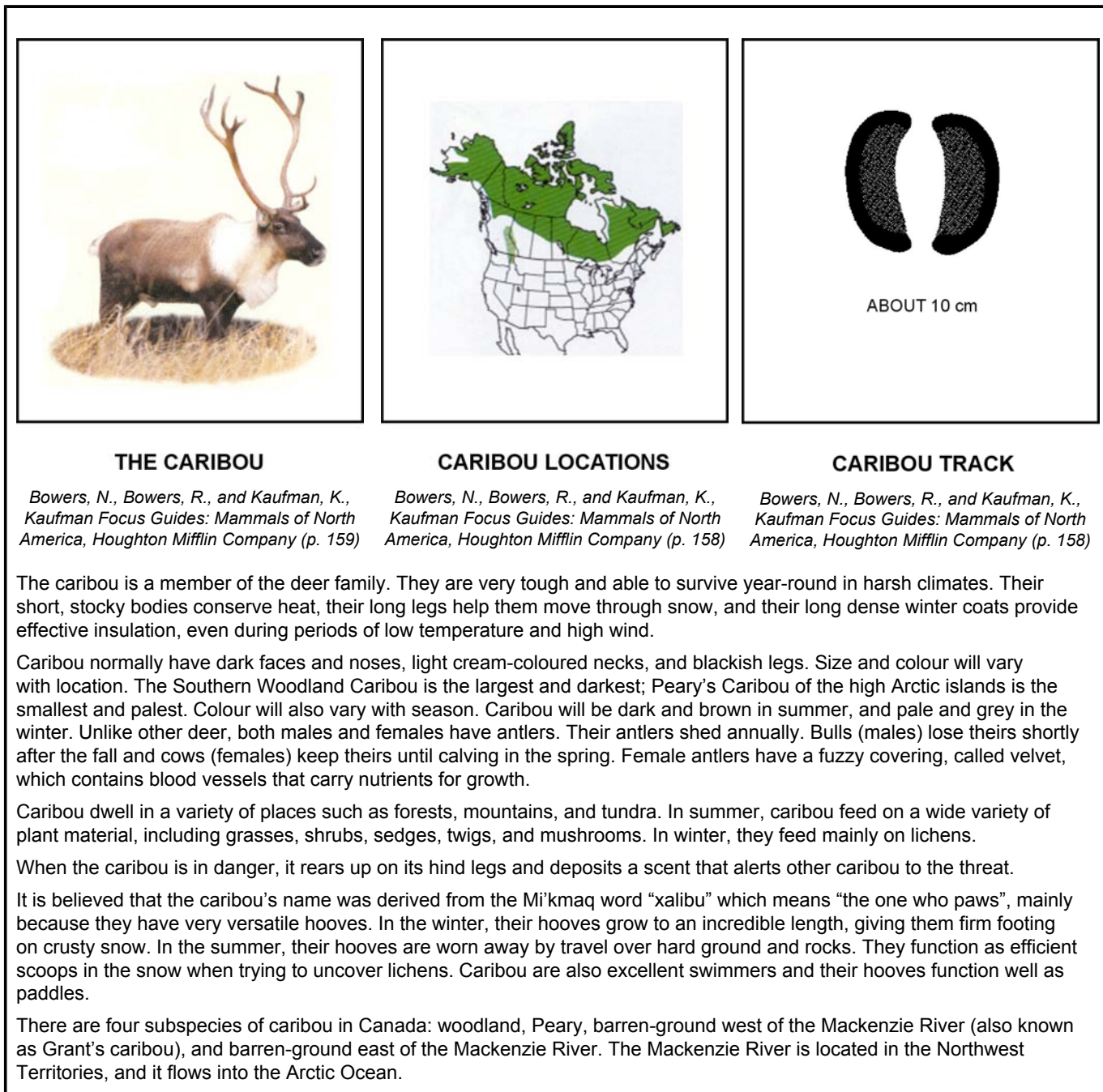


Figure 11A-2 The Caribou

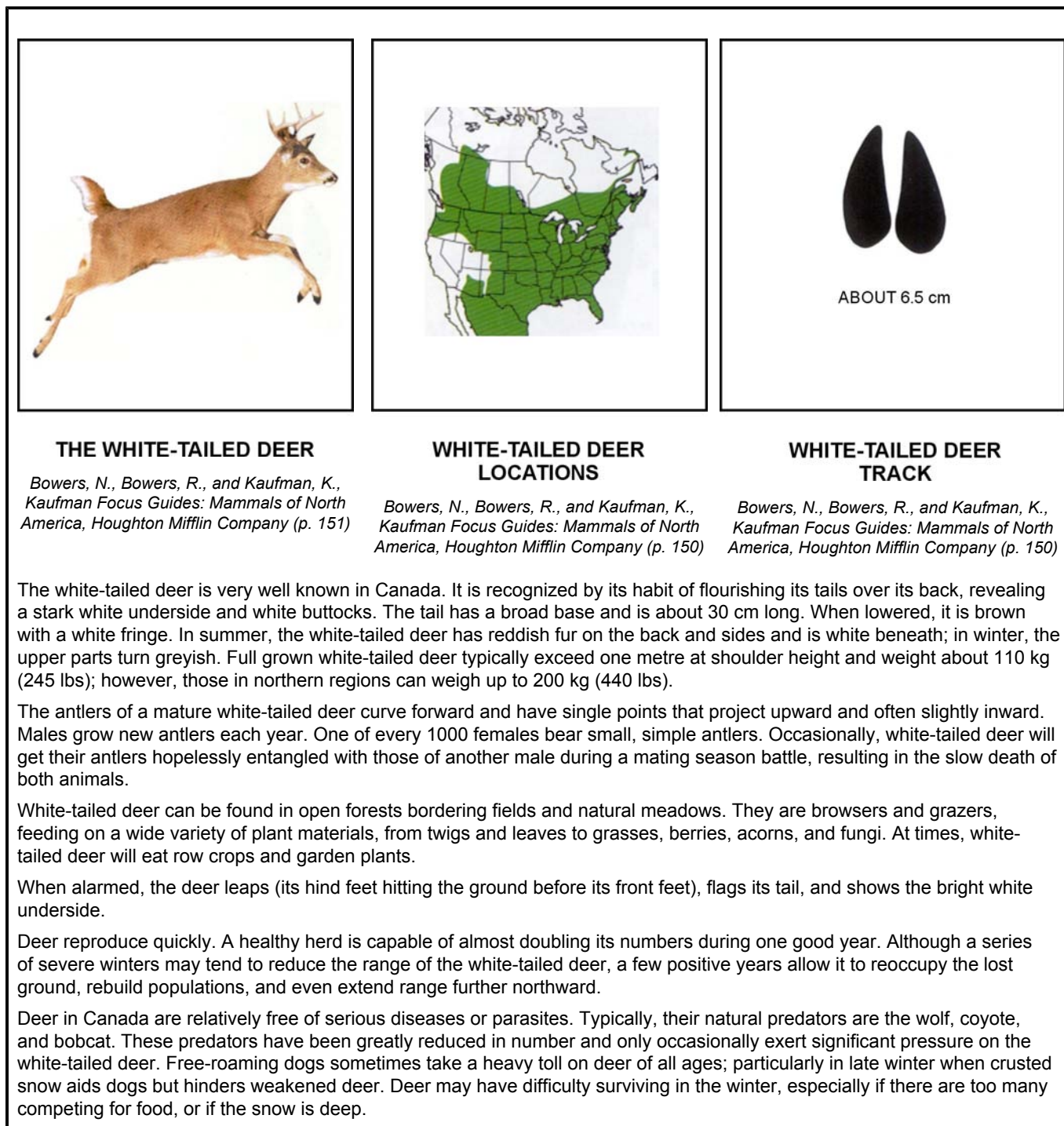


Figure 11A-3 The White-tailed Deer

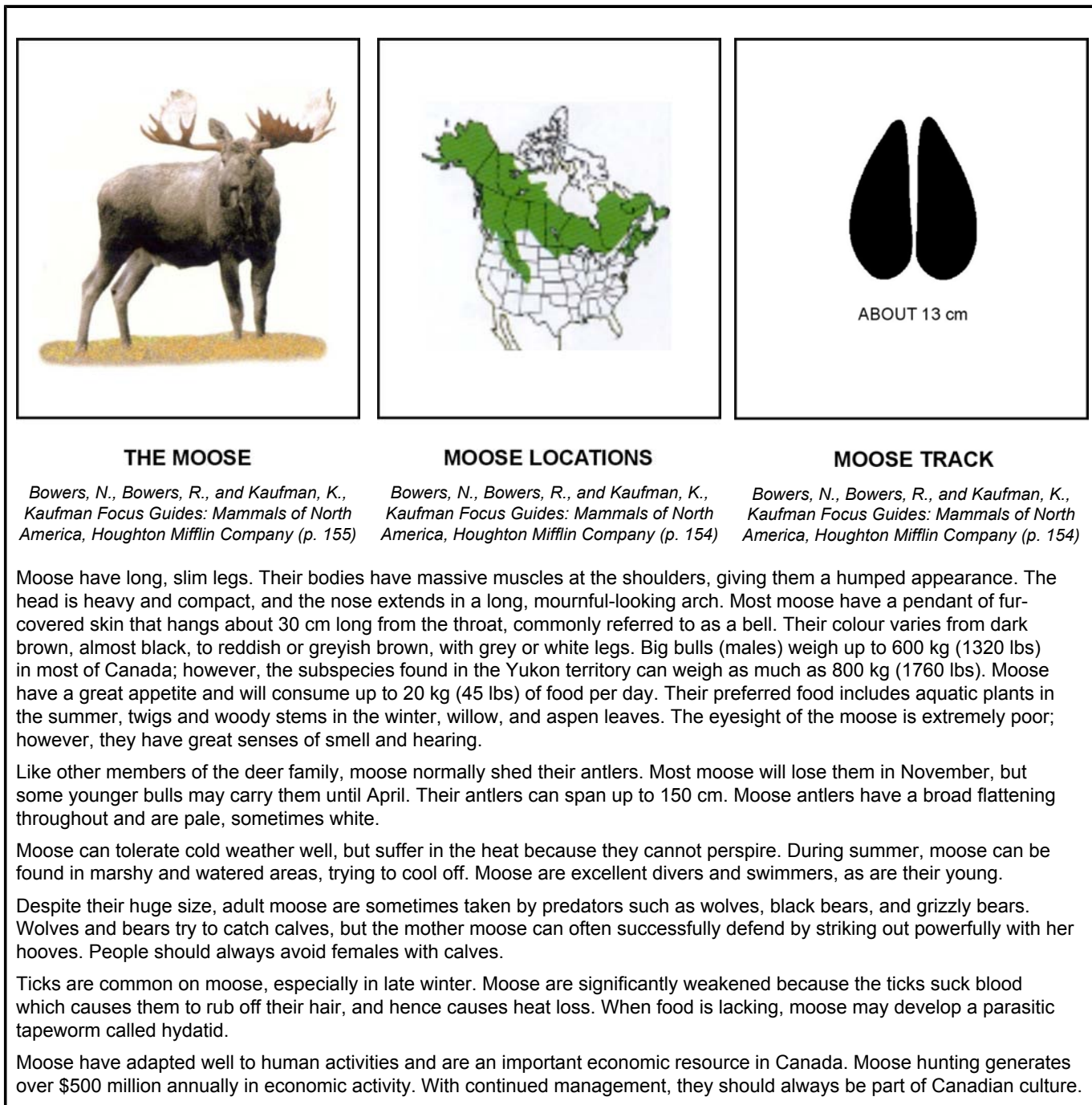


Figure 11A-4 The Moose



Figure 11A-5 The Striped Skunk



Figure 11A-6 The Raccoon



Figure 11A-7 The Gray Wolf

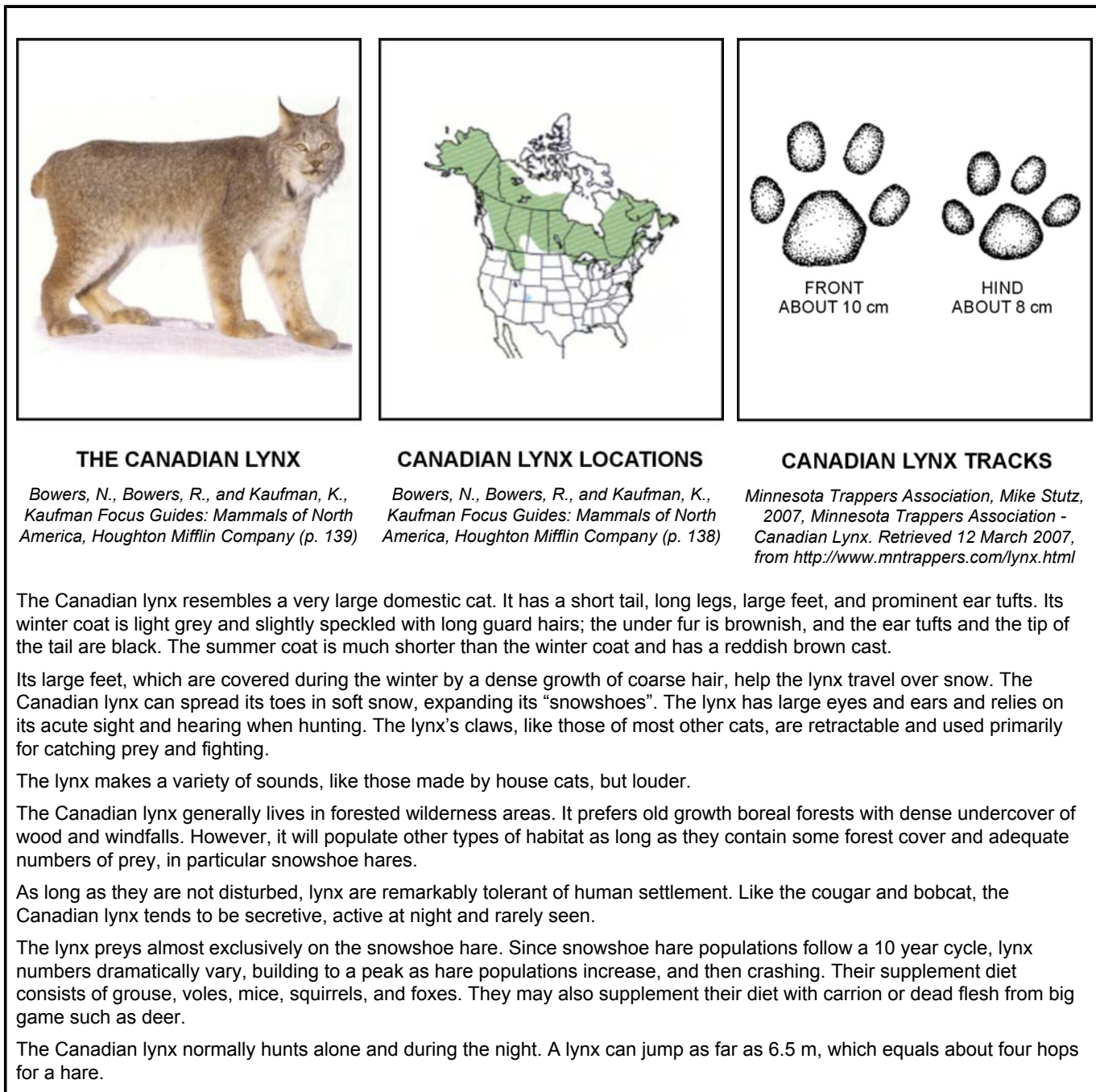


Figure 11A-8 The Canadian Lynx



Figure 11A-9 The Black Bear

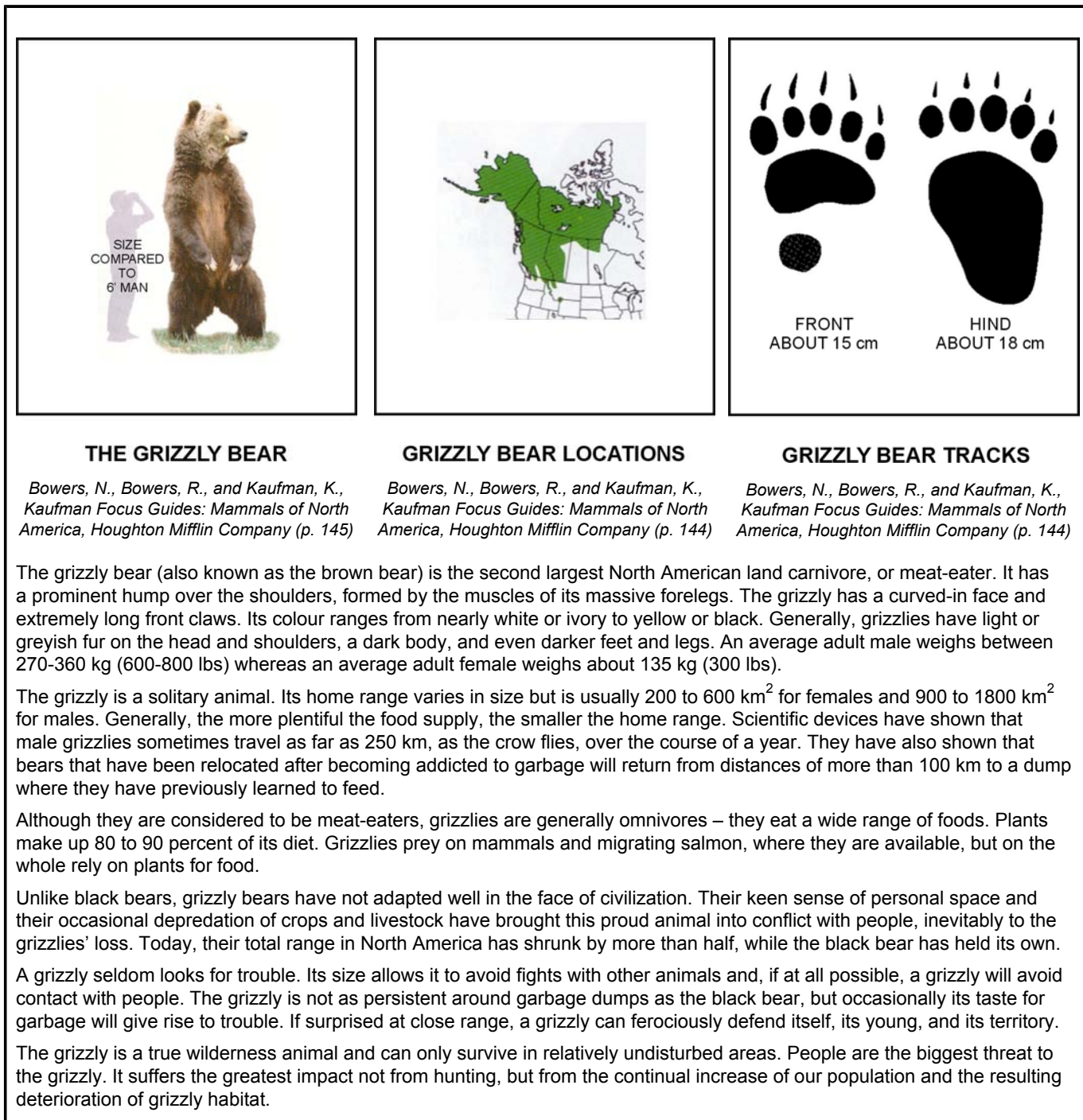


Figure 11A-10 The Grizzly Bear

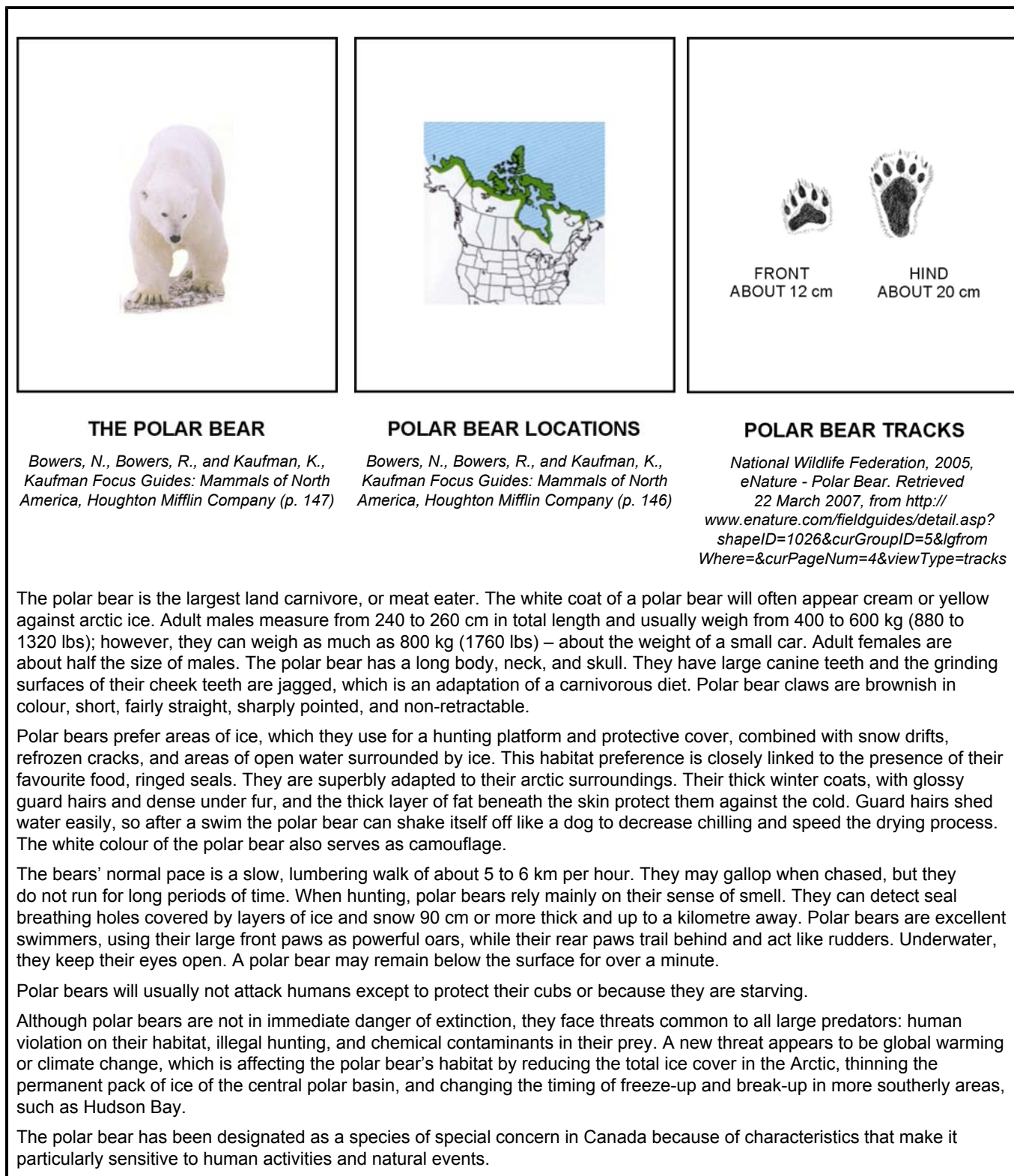


Figure 11A-11 The Polar Bear



THE BALD EAGLE

Canadian Wildlife Service & Canadian Wildlife Federation, 2003, Hinterland Who's Who - Bird Fact Sheets. Retrieved 26 February 2007, from <http://www.hww.ca/hww2p.asp?id=27&cid=0>

DISTRIBUTION OF THE BALD EAGLE

-  BREEDING RANGE
-  WINTERING RANGE
-  BREEDING AND WINTERING RANGE



BALD EAGLE LOCATIONS

Canadian Wildlife Service & Canadian Wildlife Federation, 2003, Hinterland Who's Who - Bird Fact Sheets. Retrieved 26 February 2007, from <http://www.hww.ca/hww2p.asp?id=27&cid=0>

The bald eagle is Canada's largest bird of prey. One of 59 species of eagles in the world, the bald eagle is one of two eagles in North America (the other is the Golden Eagle). It is the only eagle found exclusively in North America.

Bald eagles are enormous birds. They have a wing span of about two metres. When perched, a fully grown bald eagle measures about 76 cm tall. It is not uncommon for a bald eagle to weigh over seven kilograms. On average, females are larger than males and juveniles are larger but lighter in weight than adults of the same sex. Adults have a dark brown (almost black) body that contrasts sharply with the white feathers on the head and tail, and the yellow beak, eyes, and legs. It takes a young bald eagle four or five years to achieve this distinct colouration.

Bald eagles can see three or four times farther than most people, which is a huge advantage to a bird that hunts and scavenges. They have a sufficient sense of hearing but their senses of taste and smell are poorly developed.

Bald eagles feed primarily on fish, aquatic birds, and mammals, which they may take alive or find dead. The majority of live food consumed consists of the sick or those wounded by hunters. To kill and handle prey, bald eagles have massive beaks, large talons, and oversized feet equipped with small spikes, called spicules. They take food any way they can, stealing from other birds, scavenging on dead flesh, and hunting in flight, from a perch, on the ground, or in shallow water. They will sometimes feed in groups, but rarely cooperate when hunting. Generally, adults are likely to hunt and kill, whereas younger birds rely on scavenging and stealing.

Canadian bald eagle populations are currently relatively stable, although the situation varies regionally. Currently, populations in coastal British Columbia, the boreal forest, and the Atlantic provinces are doing well. Local populations in southern Ontario and New Brunswick, as well as the lower 48 states of the United States, are endangered.

If mortality rates continue to be high, population growth will be slow. However, if suitable habitats remain available and human disturbance is kept to a minimum, the magnificent soaring bird will be enjoyed for many years to come.

Figure 11A-12 The Bald Eagle



Figure 11A-13 The Cougar

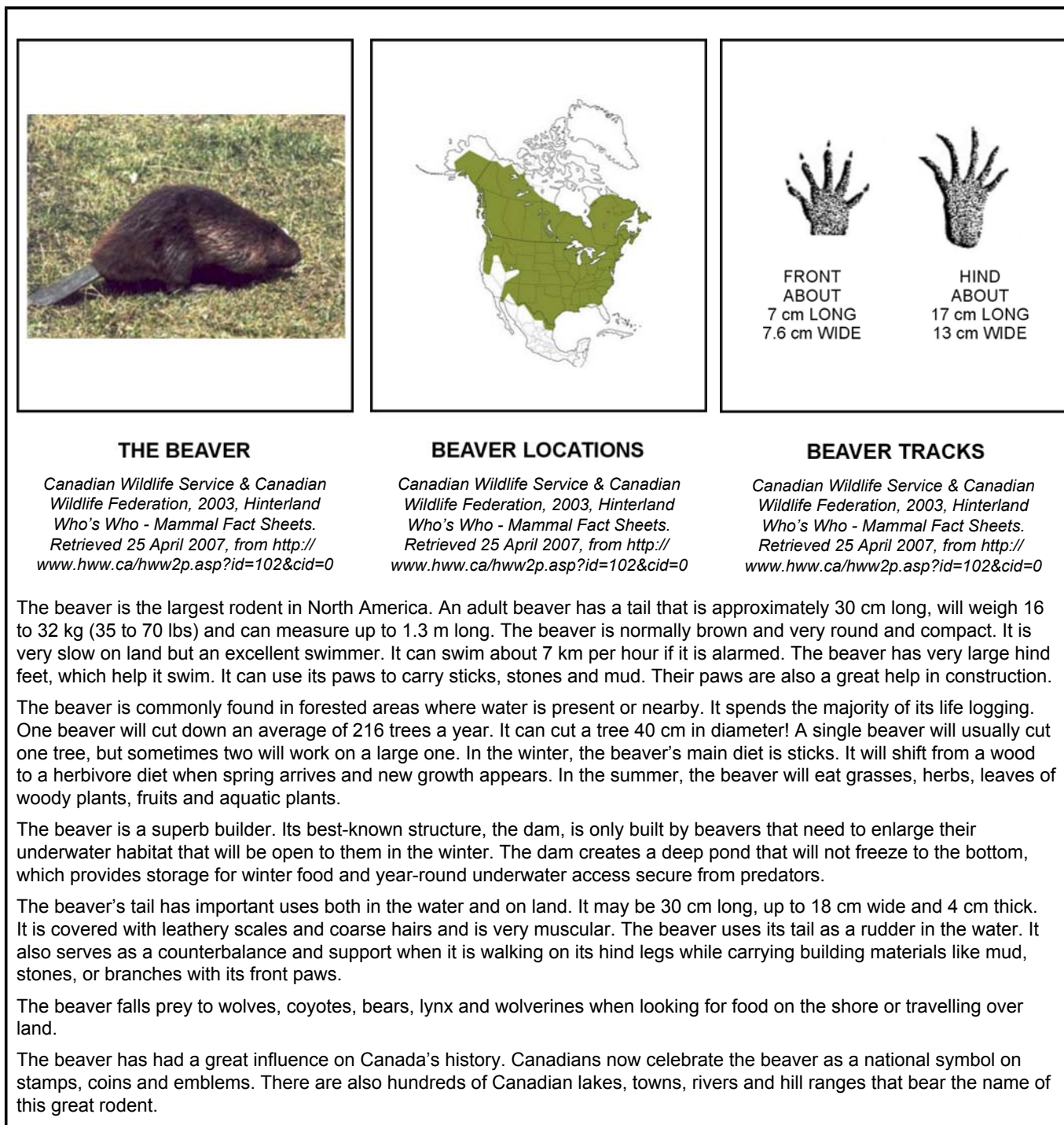


Figure 11A-14 The Beaver



Figure 11A-15 The Coyote

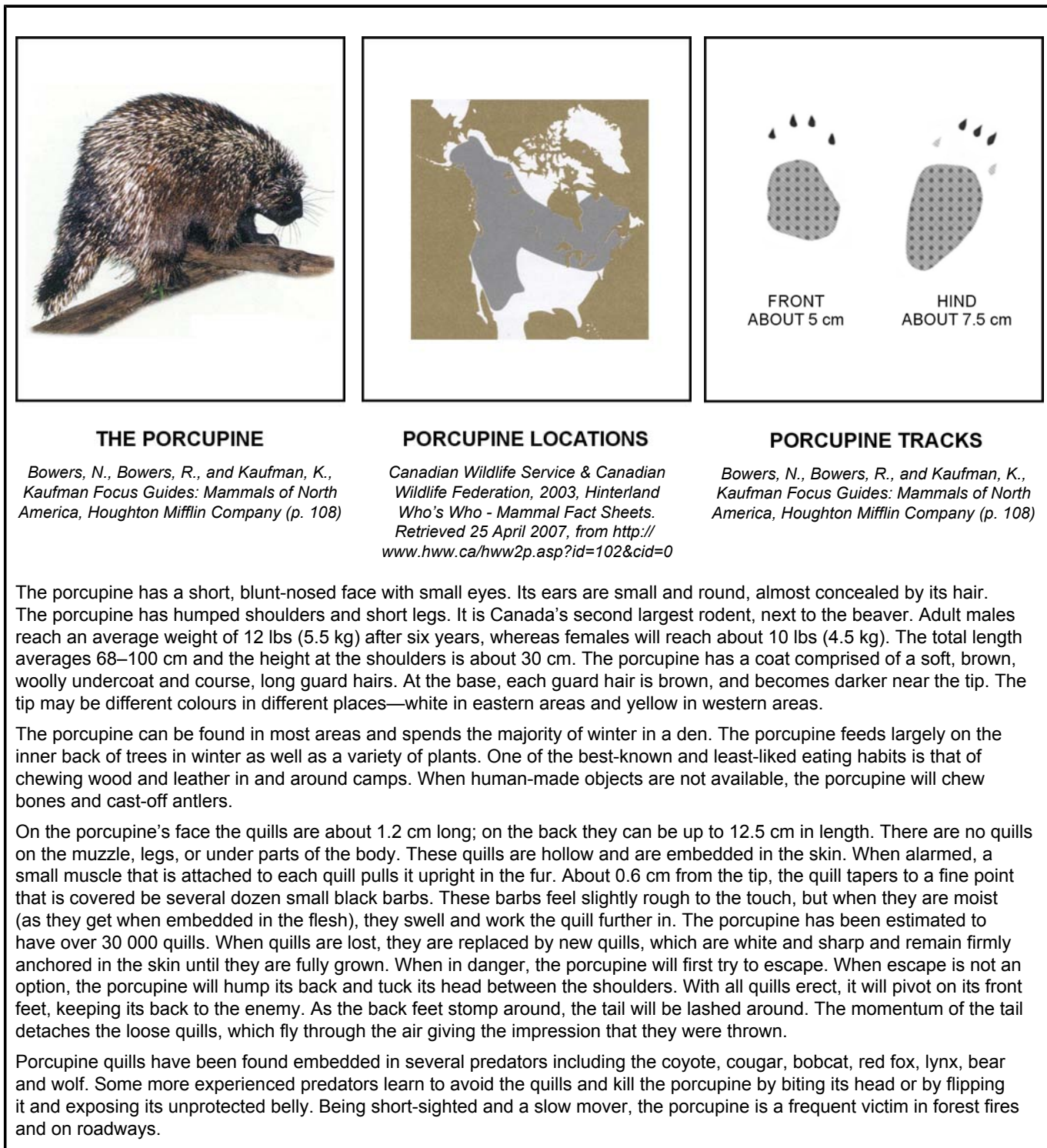


Figure 11A-16 The Porcupine

PROVINCIAL/TERRITORIAL WILDLIFE WORKSHEET

PROVINCIAL/TERRITORIAL

WILDLIFE WORKSHEET

NAME OF WILDLIFE:

GENERAL DESCRIPTION:

HABITAT:

DIET:

UNIQUE CHARACTERISTICS:

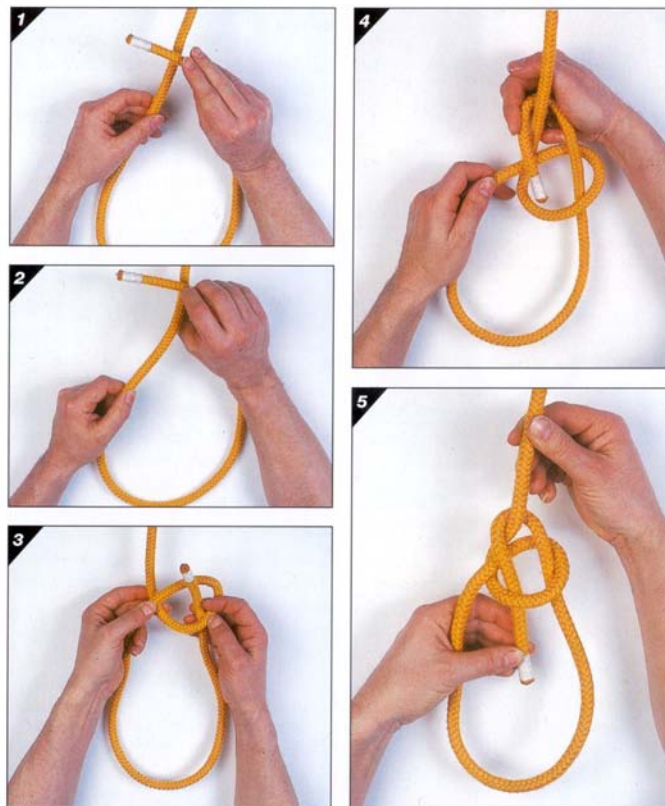
KNOT-TYING INSTRUCTIONS

BOWLINE

Uses. In climbing, it is used as a safety measure during ascent and is clipped into the carabiner. It is often called the rescue knot because it makes a simple loop that does not slip. It can be used to tie around yourself, to throw to someone who needs a lifeline, or to secure objects (such as canoes to a wharf).

Procedure

1. With the standing part of the rope away from you, take the working end in your right hand and place it on top of the standing part.
2. Put your thumb under the standing part.
3. Twist your right hand 180 degrees away from you, to form a simple over hand loop (looks like a number six), and pull the working end up through.
4. Take the working end round behind the standing part.
5. Bring the working end down through the loop. Tighten the bowline by holding on to the bight formed by the end and pulling hard on the standing part.



BOWLINE

Pawson, D., Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 164)

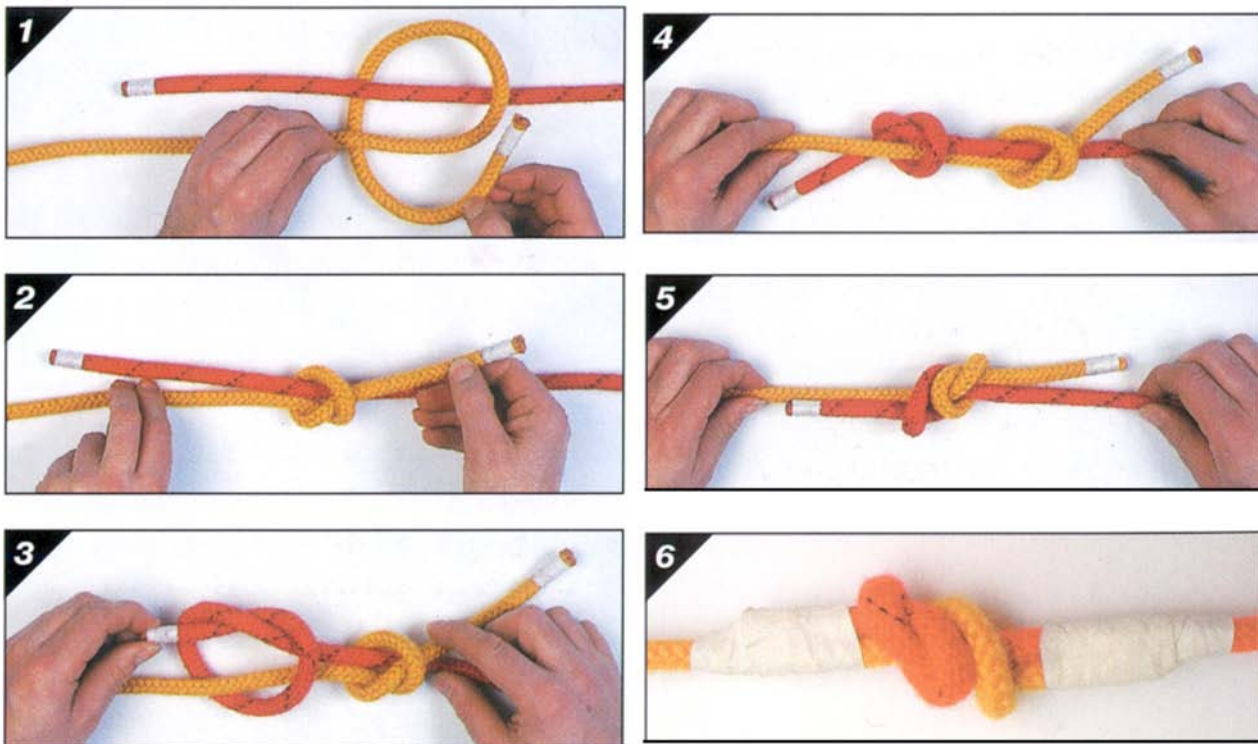
Figure 11C-1 Bowline

FISHERMAN'S KNOT

Uses. To join two pieces of rope together. It is commonly used by anglers and climbers.

Procedure

1. Lay the ropes alongside each other, end to end. Take one of the ropes and bring it over the other and under itself.
2. Make an overhand knot around the second rope.
3. Make an overhand knot around the standing part of the first rope.
4. Slide together to complete the knot.
5. Tighten to finish the fisherman's knot.
6. Tape ends if used in climbing to avoid slipping.



FISHERMAN'S KNOT

Pawson, D., Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 116)

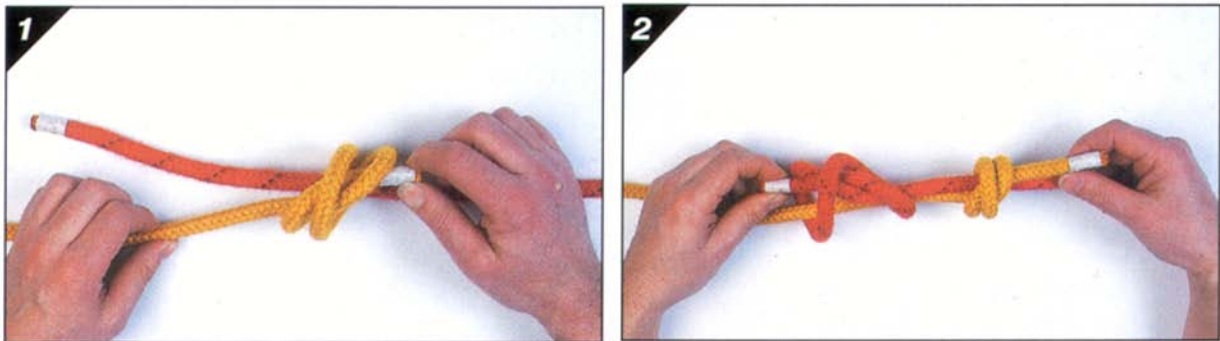
Figure 11C-2 Fisherman's Knot

DOUBLE FISHERMAN'S KNOT

Uses. To join two pieces of rope together. It is commonly used by anglers and climbers. It is ideal for slippery line or rope.

Procedure

1. With the first rope, make a double overhand knot around the body of the second rope.
2. Make a double overhand knot around the body of the first rope.
3. Pull tight and slide together. The knots should make "X's" on one side.



STEPS 1 AND 2

Pawson, D., Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 117)



STEP 3

40th Fife Scout Troop, 2007, Knotting the Thumb Knot. Retrieved 3 May 2007, from <http://www.users.zetnet.co.uk/whitelaw/knots/dfish.jpg>

Figure 11C-3 Double Fisherman's Knot

DOUBLE OVERHAND RUNNING KNOT

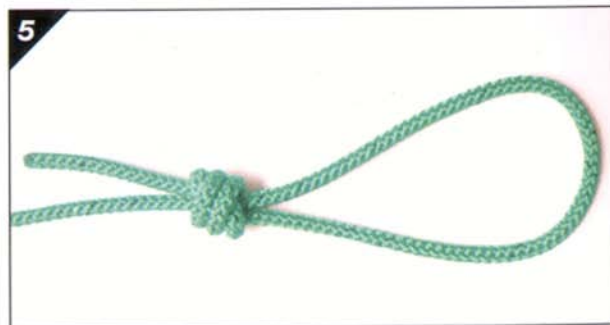
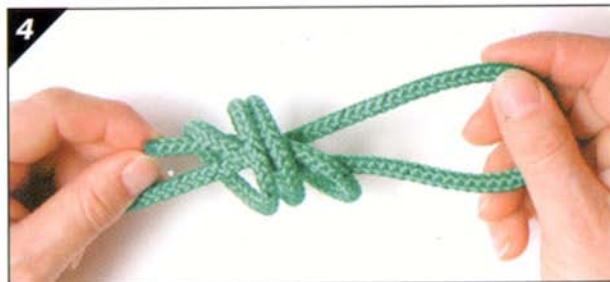
Uses. This sliding loop grips tightly around an object. It is ideal for fixing a lanyard fast to the arms of sunglasses or spectacles so they can hang around a person's neck when not in use.

Procedure

1. Make a loop with a fairly long working end on top.
2. With fingers parallel to the standing part, wrap around the standing part three times.
3. Put the working end down through the "tunnel" where the fingers are.
4. Tighten the turns by pulling on the working end, working the turns snugly together.



The same knot must be made at the other end of the rope in order to fix it to the arms of sunglasses or spectacles. When two knots are made, the knots can be easily adjusted by pulling on each end to the desired length.



DOUBLE OVERHAND RUNNING KNOT

Pawson, D., Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 117)

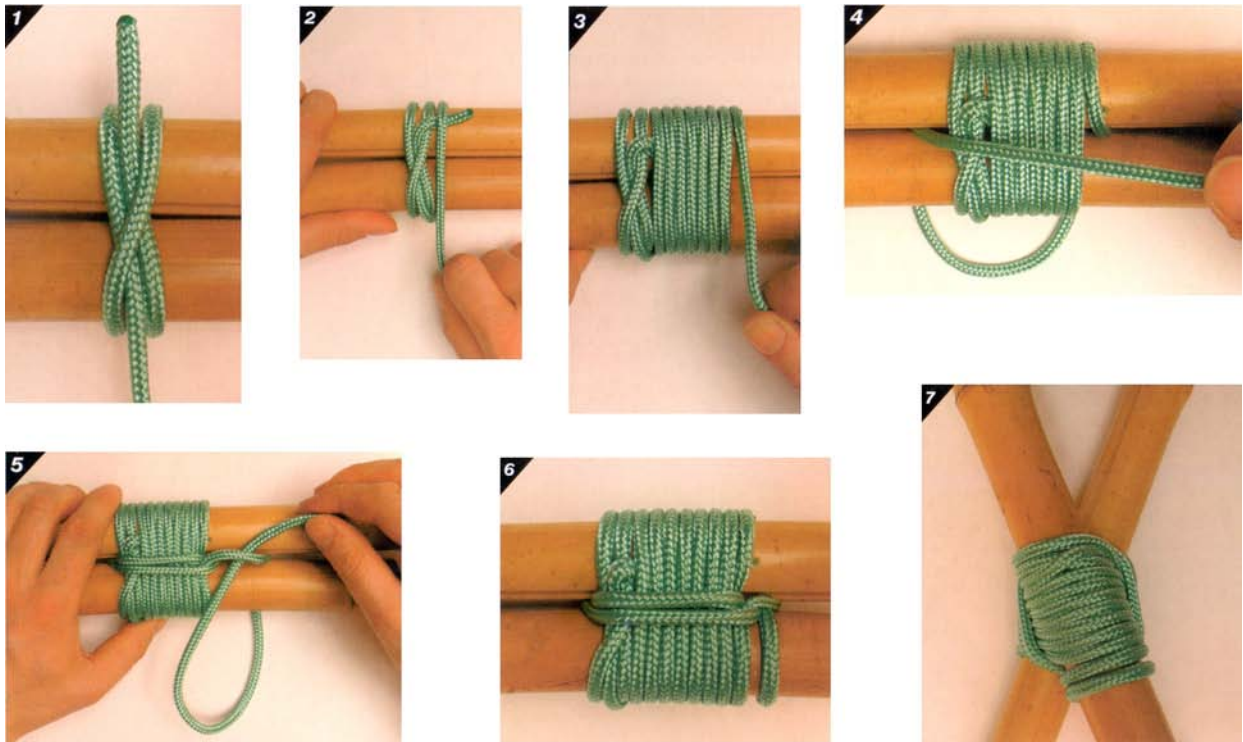
Figure 11C-4 Double Overhand Running Knot

TYING LASHINGS

SHEER LASHING

Procedure

1. Make a clove hitch around both poles.
2. Wrap the standing end around both poles, trapping the working end of the clove hitch underneath.
3. Make eight to ten more wraps around the poles.
4. Bring the rope up between the spars and make two tight turns parallel to the poles.
5. Make a clove hitch around one of the poles.
6. Ensure the lashing is tight and secure.
7. Sheer lashing opened to create a pair of sheer legs or an A-frame.



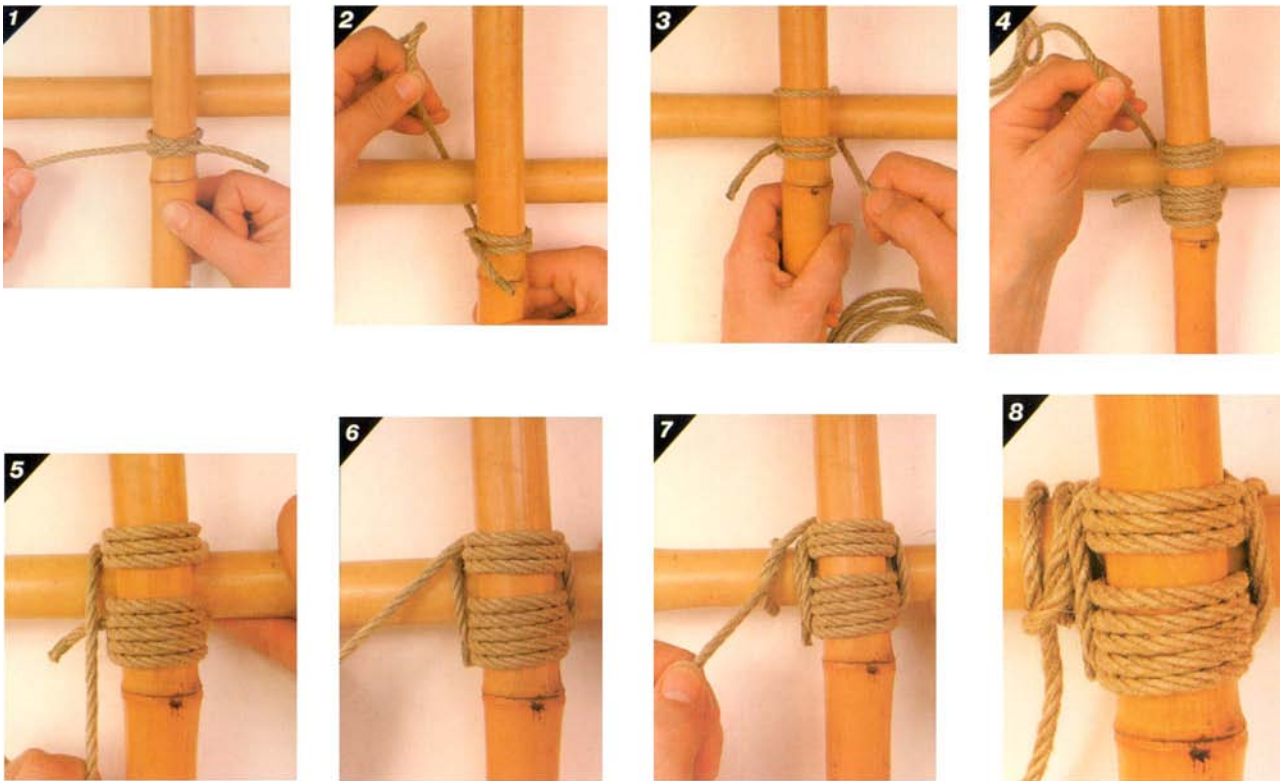
Pawson, D., Pocket Guide to Knots & Splices, Chartwell Books, Inc. (pp. 184-185)

Figure 11D-1 Sheer Lashing

SQUARE LASHING

Procedure

1. With the vertical pole on top of the horizontal pole, make a clove hitch. The vertical pole runs up and down, and the horizontal pole left to right.
2. Bring all of the rope around and behind the horizontal pole.
3. Tightly bring the rope over the vertical pole and back behind the horizontal pole, back to the clove hitch.
4. Continue to make three complete turns around the poles, pulling the rope tight after each turn.
5. After passing the clove hitch, tightly bring the rope to the horizontal pole from behind and start wrapping around the two poles. These wraps are called frapping turns.
6. Make two complete sets of frapping turns.
7. Make a clove hitch around the horizontal pole.
8. Ensure lashing is tight and secure.



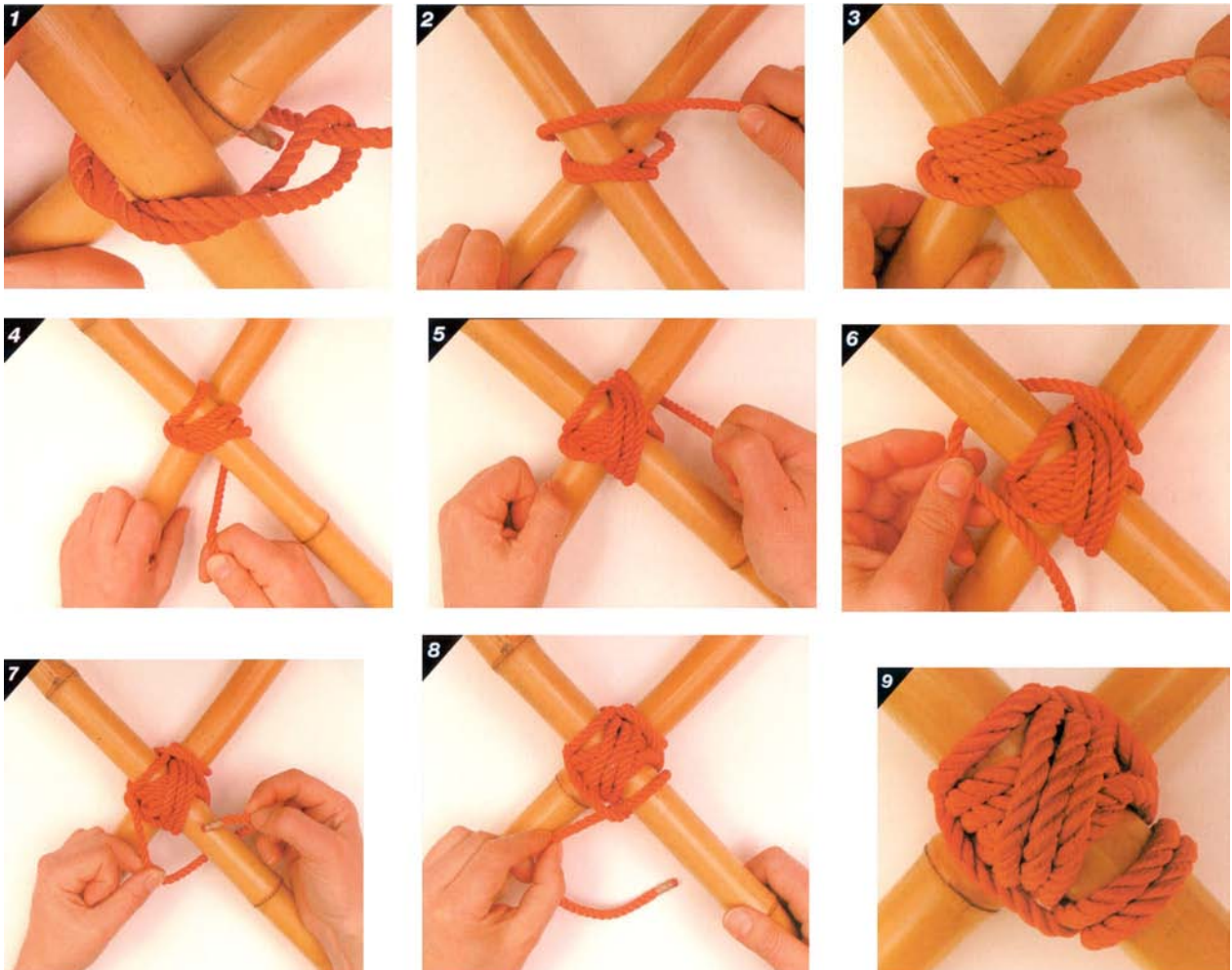
Pawson, D., Pocket Guide to Knots & Splices, Chartwell Books, Inc. (pp. 180-181)

Figure 11D-2 Square Lashing

DIAGONAL LASHING

Procedure

1. Make a timber hitch around the two crossed poles.
2. Make a turn around the two crossed poles, pulling the timber hitch tight.
3. Make three more complete turns in the same direction, pulling them tight.
4. Change direction by coming around one of the poles.
5. Make four full turns around the two poles at right angles to the original turns, pulling them tight.
6. Take the working end of the rope around one of the poles, making a frapping turn.
7. Make two complete frapping turns.
8. Make a clove hitch.
9. Ensure lashing is tight and secure.



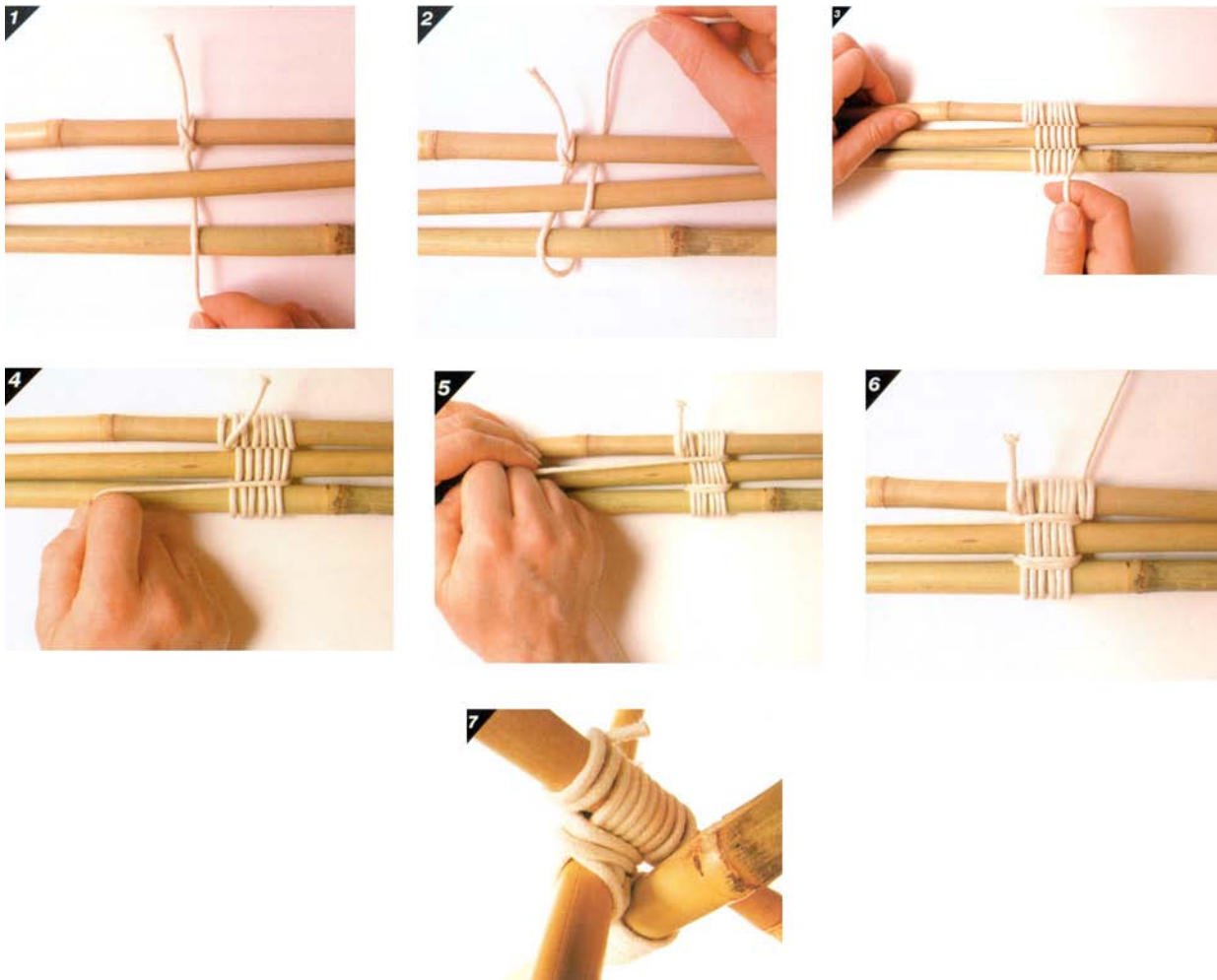
Pawson, D., Pocket Guide to Knots & Splices, Chartwell Books, Inc. (pp. 182-183)

Figure 11D-3 Diagonal Lashing

FIGURE-OF-EIGHT LASHING

Procedure

1. Make a clove hitch around one of the outside poles. Bring the rope under and over the other poles.
2. Go around the pole furthest away from the start and weave the rope back over and under.
3. Continue to weave the rope under and over eight times. Bring the rope up in between any two poles.
4. Pull the rope parallel to the poles and put in two frapping turns.
5. Make three frapping turns in between the remaining poles.
6. Make a clove hitch around the pole that already has a clove hitch (from the beginning) at the opposite end.
7. Open up the poles.



Pawson, D., Pocket Guide to Knots & Splices, Chartwell Books, Inc. (pp. 187-188)

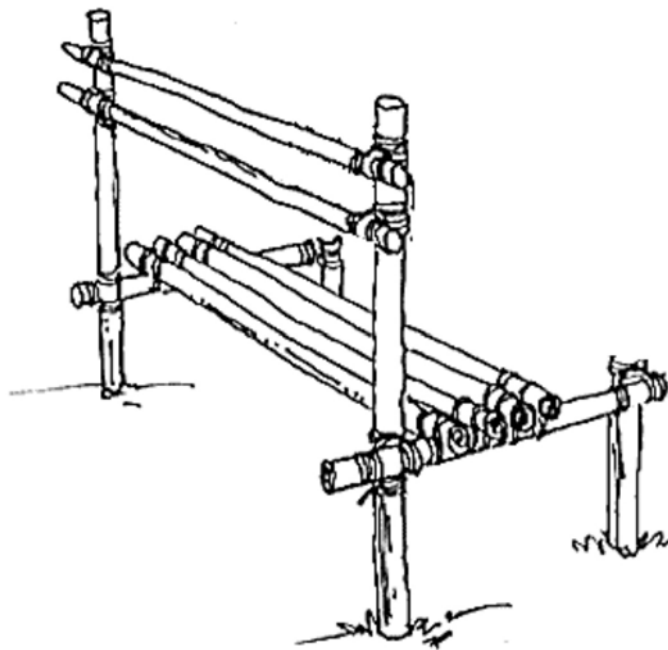
Figure 11D-4 Figure-of-eight Lashing

FIELD AMENITIES

BENCH WITH BACK REST

Instructions

1. Find a large area.
2. Obtain the following resources:
 - a large quantity of rope;
 - eight round pieces of wood/logs approximately two metres each;
 - two round pieces of wood/logs approximately one metre each; and
 - two round pieces of wood/logs approximately one half metre each.
3. Begin by constructing the sitting portion of the bench by attaching four long pieces of wood to the one metre pieces, using square lashings.
4. Drive the two long and two short pieces of wood that will be used as the legs of the bench into the ground.
5. Lash the sitting portion onto the legs, using square lashings.
6. Construct the back rest using square lashings and attach it to the long legs in the ground.



BENCH WITH BACK REST

*PioneeringProjects.org, by A. Miller, 2004, Projects, Copyright 2001 from PioneeringProjects.org.
Retrieved 20 February 2007, from <http://www.pioneeringprojects.org/projects/index.htm>*

Figure 11E-1 Bench With Back Rest

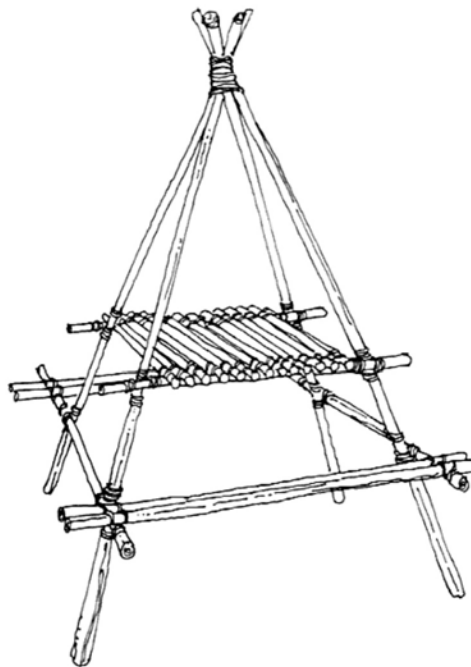
CAMP TABLE

Instructions

1. Find a large area.
2. Obtain the following resources:
 - a large quantity of rope,
 - four round pieces of wood/logs approximately three metres each;
 - six round pieces of wood/logs approximately two metres each;
 - two round pieces of wood/logs approximately one metre and a half each; and
 - fourteen round pieces of wood/logs approximately one half metre each.
3. Construct a figure-of-eight lashing around the four long pieces of wood, to make an A-frame.
4. Construct the table top, using square lashings.
5. Attach the table top portion to the long poles, using square lashings.
6. Make the sitting portion using square lashings and attach it to the long poles using square lashings.



The best lashing to use for the peak of the camp table is the figure-of-eight lashing. It must be tied using the indicated steps; however, there will be four poles used instead of three.



CAMP TABLE

*PioneeringProjects.org, by A. Miller, 2004, Projects, Copyright 2001 from PioneeringProjects.org.
Retrieved 20 February 2007, from <http://www.pioneeringprojects.org/projects/index.htm>*

Figure 11E-2 Camp Table

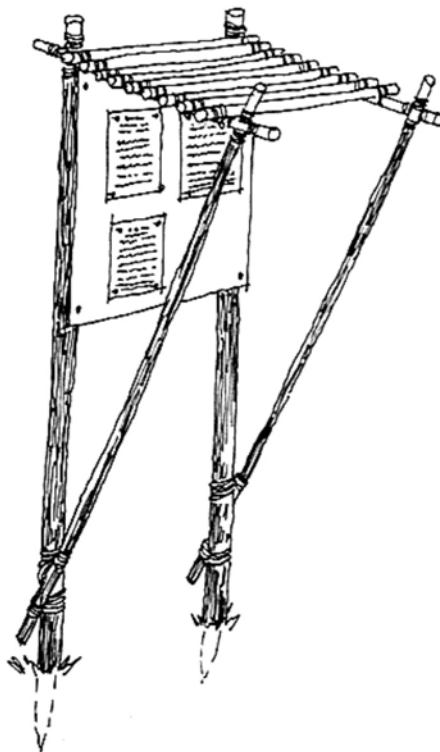
BULLETIN BOARD

Instructions

1. Find a large area.
2. Obtain the following resources:
 - a large quantity of rope;
 - two thick round pieces of wood/logs approximately two metres each;
 - two round pieces of wood/logs approximately two metres each; and
 - twelve round pieces of wood/logs approximately one metre each.
3. Construct the canopy portion of the bulletin board using square lashings.
4. Tie the ends of the thin two metre wood to the thick two metre wood with a sheer lashing.
5. Use diagonal lashings to fasten the thin two metre wood to the canopy.
6. Square lash the end of the canopy to the thick wood.
7. Drive the two thick round pieces of wood into the ground.



A flat piece of wood or a piece of bristol board can be used for the background of the bulletin board.



BULLETIN BOARD

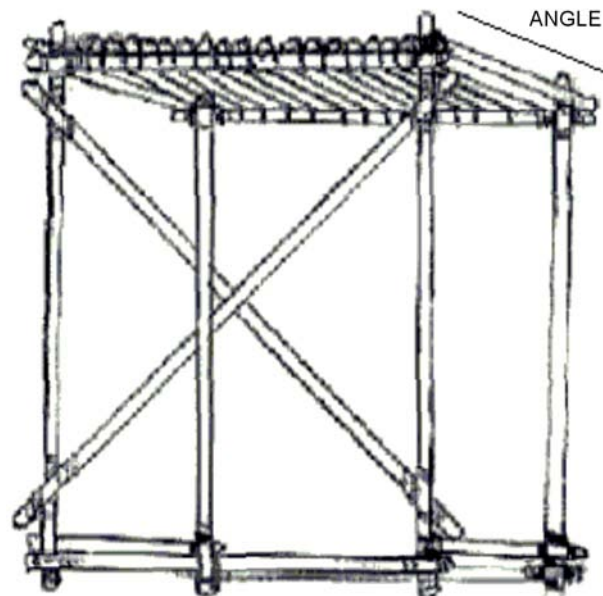
*PioneeringProjects.org, by A. Miller, 2004, Projects, Copyright 2001 from PioneeringProjects.org.
Retrieved 20 February 2007, from <http://www.pioneeringprojects.org/projects/index.htm>*

Figure 11E-3 Bulletin Board

PODIUM

Instructions

1. Find a large area.
2. Obtain the following resources:
 - a large quantity of rope;
 - twelve to fifteen round pieces of wood/logs approximately one half metre each; and
 - eight round pieces of wood/logs approximately one and a half metres each.
3. Construct the table portion of the podium using square lashings.
4. Construct the base of the podium using square lashings. The X portion will provide needed support and requires diagonal lashings.
5. Square lash the table portion of the podium to the base.



PODIUM

*PioneeringProjects.org, by A. Miller, 2004, Projects, Copyright 2001 from PioneeringProjects.org.
Retrieved 20 February 2007, from <http://www.pioneeringprojects.org/projects/index.htm>*

Figure 11E-4 Podium

ANSWER SHEET

TREE IDENTIFICATION

1.
2.
3.
4.
5.

Notes

PICTURES OF TREES

SPECIES A



Degree Confluence Project, 2006, Russia:Smolenskaya, Copyright 2006 for Alex Jarrett. Retrieved 4 April 2007 from <http://www.confluence.org/photo.php?visitid=8546&pic=ALL>

Figure 11G-1 Tree Grove



Richard's Notes, 2004, White Birch Bark, Copyright 2004 by Richard's Note. Retrieved 27 March 2007, from <http://www.richardsnotes.org/archives/2004/03/page/2/>

Figure 11G-2 Tree Bark

SPECIES B



Wikipedia, 2006, Hickory. Copyright 2003 by Susan Sweeney. Retrieved 4 April 2007, from <http://en.wikipedia.org/wiki/hickory>

Figure 11G-3 Tree



Firewood, Copyright 2007 by Donnan.com. Retrieved 27 March 2007, from <http://www.donnan.com/firewood.htm>

Figure 11G-4 Tree Bark

SPECIES C



*Islandnet.com, 2004, Beacon Hill Park History 1842-2004, Copyright 2004 by Janis Ringuette.
Retrieved 4 April 2007, from <http://www.islandnet.com/beaconhillpark/contents/chapter1.htm>*

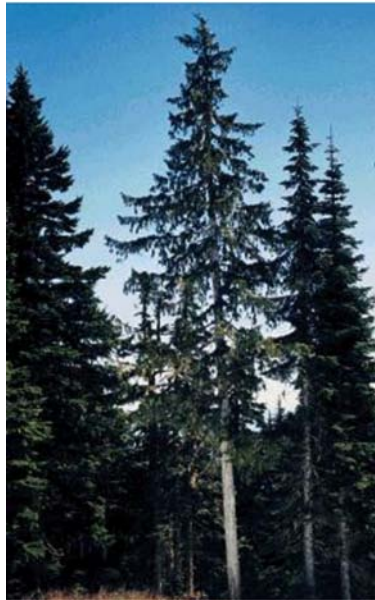
Figure 11G-5 Tree



Firewood, Copyright 2007 by Donnan.com. Retrieved 27 March 2007, from <http://www.donnan.com/firewood.htm>

Figure 11G-6 Tree Bark

SPECIES D



Ministry of Forest and Range – Government of British Columbia, 2001, Tree Book- Yellow Cedar, Copyright 2001 by the Province of British Columbia. Retrieved 30 March 2007, from <http://www.for.gov.bc.ca/hfd/librarydocuments/treebook/yellowcedar.htm>

Figure 11G-7 Tree



Wikipedia, 2006, Thuja Plicata. Retrieved 30 March 2007, from http://en.wikipedia.org/wiki/thuja_plicata

Figure 11G-8 Tree Bark

SPECIES E



Ministry of Forest and Range – Government of British Columbia, 2001, Tree Book- Western Larch, Copyright 2001 by the Province of British Columbia. Retrieved 30 March 2007, from <http://www.for.gov.bc.ca/hfd/librarydocuments/treebook/westernlarch.htm>

Figure 11G-9 Tree



Ministry of Forest and Range – Government of British Columbia, 2001, Tree Book Western Larch, Copyright 2001 by the Province of British Columbia. Retrieved 30 March 2007, from <http://www.for.gov.bc.ca/hfd/librarydocuments/treebook/westernlarch.htm>

Figure 11G-10 Tree Bark

SPECIES F



Ashcroft Farm, 2006, Type of Christmas Trees, Copyright 2006 by Ashcroft Farm. Retrieved 4 April 2007, from <http://www.ashcroftfarm.com/types.html>

Figure 11G-11 Tree



St. Mary's School, 2003, Mrs. Zvonar's Tree Page, Copyright 2003 by St. Mary's School. Retrieved 27 March 2007, from http://www.stmarysschool.net/whitesprucetree_cb.html

Figure 11G-12 Tree Bark

CHAPTER 12

PO 222 – NAVIGATE ALONG A ROUTE USING A MAP AND COMPASS

LAND FEATURES



A



B



C



D



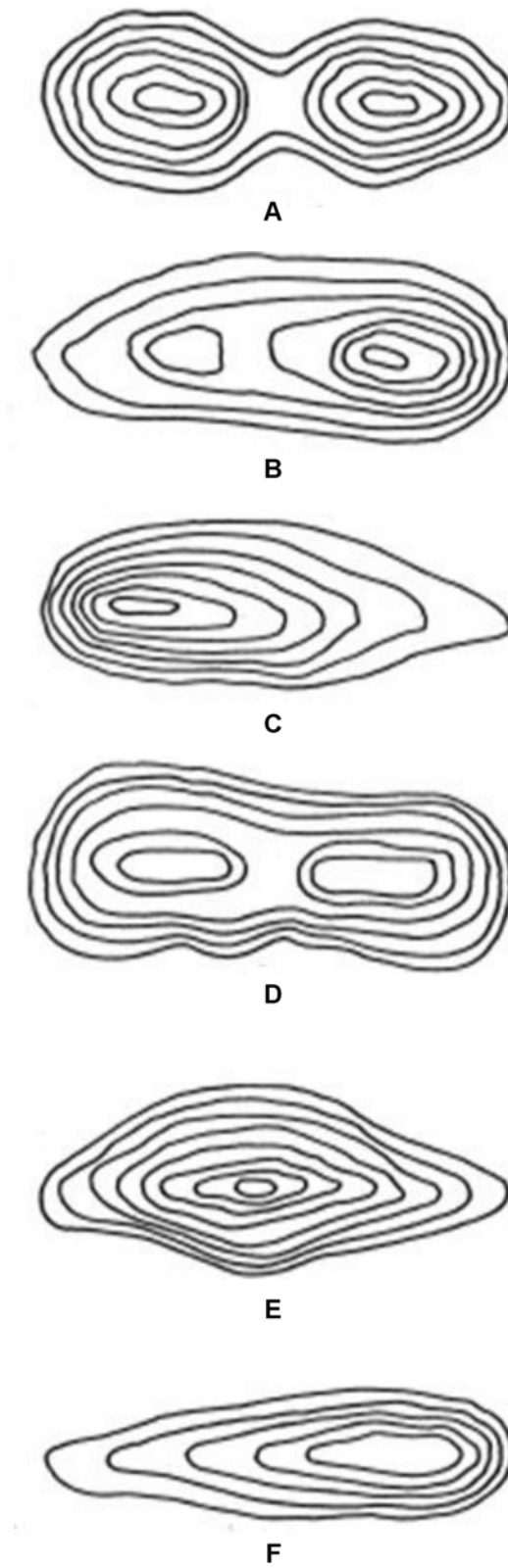
E



F

D Cmts 3, 2007, Ottawa, ON: Department of National Defence

Figure 12B-1 Contour Features

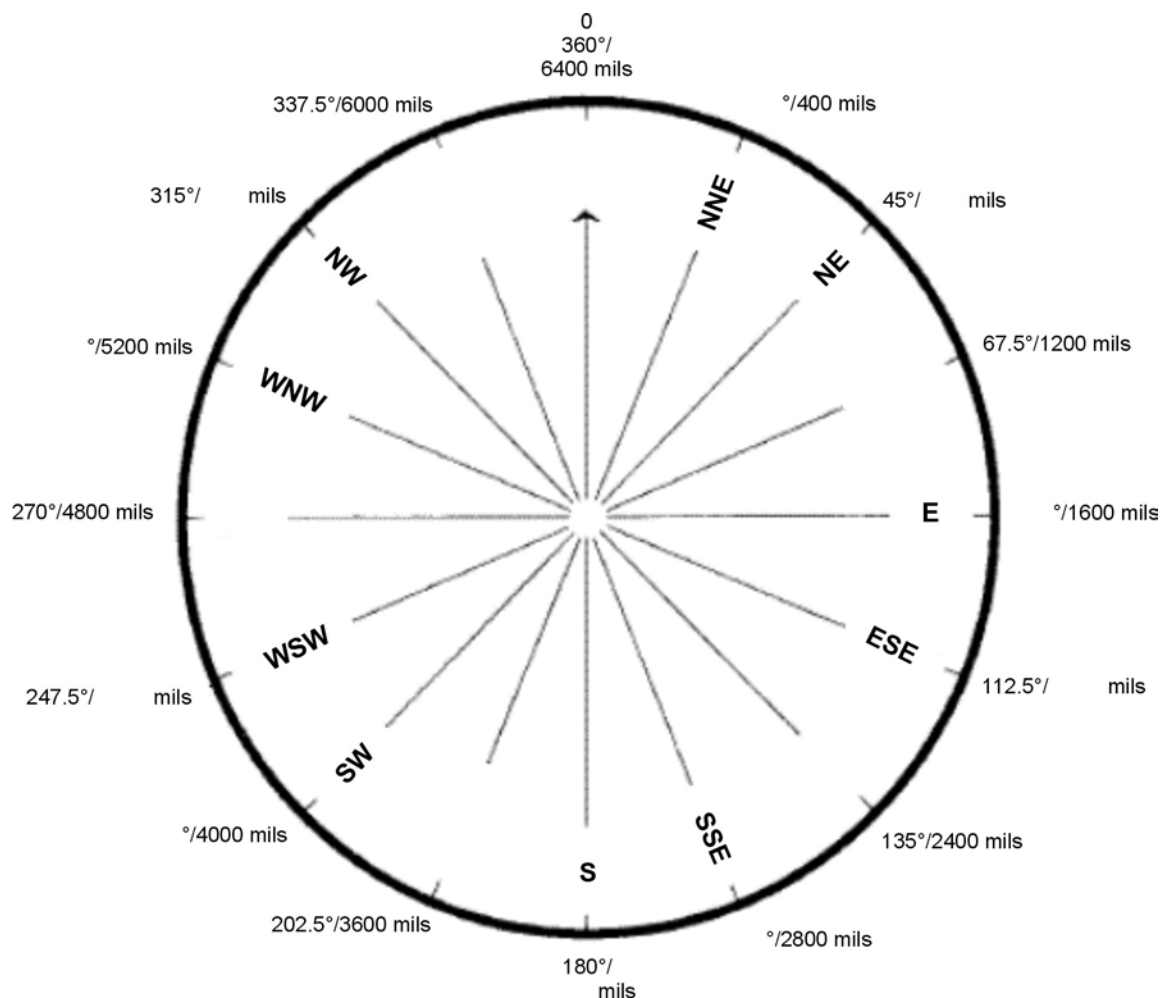


D Cdt 3, 2007, Ottawa, ON: Department of National Defence

Figure 12B-2 Contour Features Examples

COMPASS ROSE ACTIVITY SHEET

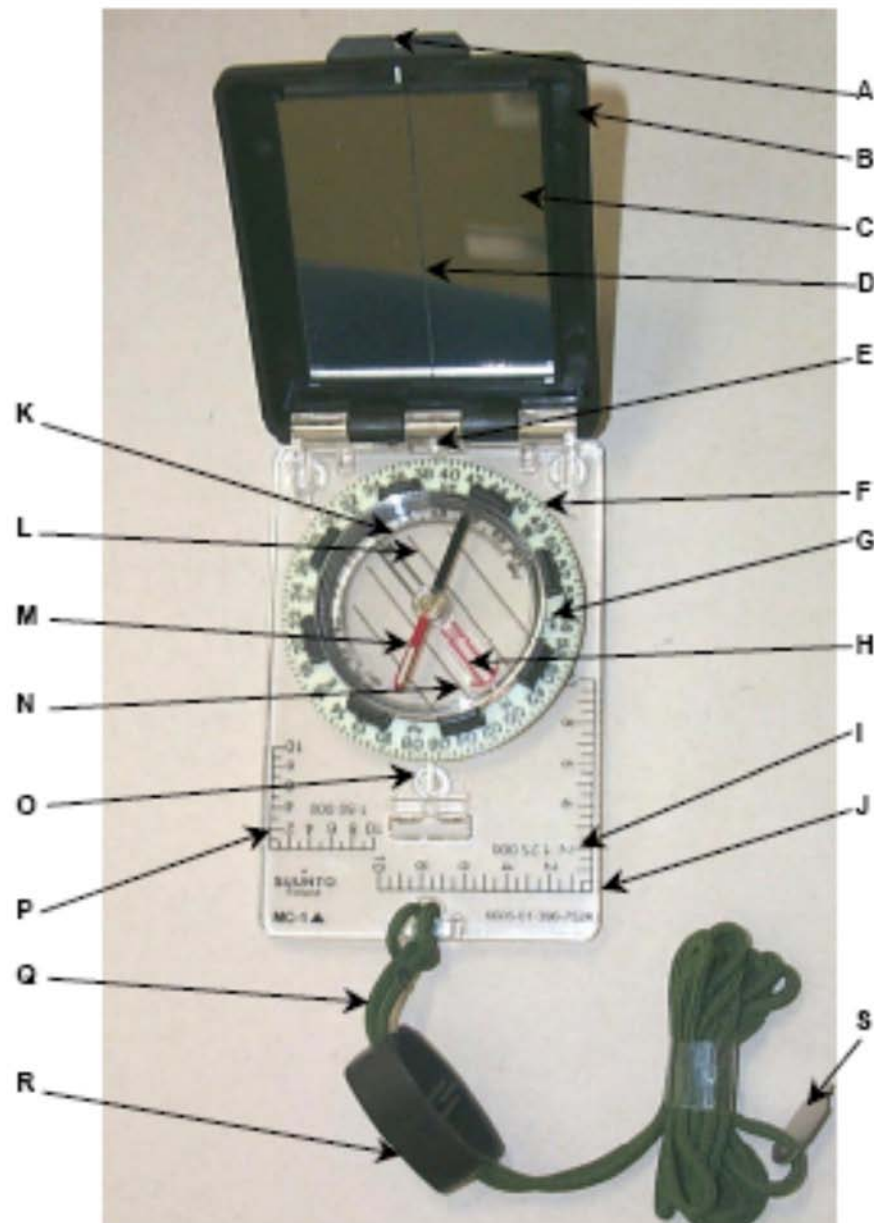
Fill in the missing detail for each point of the compass rose



D Cdts 3, 2007, Ottawa, ON: Department of National Defence

Figure 12C-1 Compass Rose Activity

COMPASS PARTS



LEGEND

A - Sight	B - Compass Cover	C - Sighting Mirror	D - Sighting Line
E - Luminous Index Point	F - Compass Dial	G - Dial Graduations	H - Orienting Arrows
I - Romer 1:25,000	J - Compass Base Plate	K - Declination Scale	L - Compass Meridian lines
M - Magnetic Needle	N - Luminous Orienting Points	O - Luminous Index Point	P - Romer 1:50,000
Q - Safety Cord or Lanyard	R - Adjustable Wrist Lock	S - Screwdriver	T - Declination Adjusting Screw (not shown)

CHAPTER 13

PO 223 – HIKE ALONG A ROUTE AS PART OF AN OVERNIGHT EXERCISE

TREKKING GEAR CARDS

Fanny Packs



ABC-of-Hiking, 2007, Shop Backpacks, Copyright 2007 by Max Lifestyle.net "Go Hiking like Max". Retrieved 19 April 2007, from <http://www.abc-of-hiking/shopitems/backpacks/prowler5-backpacks.asp>

Figure 13A-1 Fanny Pack

Characteristics

- Small and unobtrusive;
- Thin belt with pouch sewn on;
- Lightweight; and
- Maximum capacity should be 10 pounds.

Daypacks



ABC-of-Hiking, 2007, Shop Backpacks, Copyright 2007 by Max Lifestyle.net "Go Hiking like Max". Retrieved 17 April 2007, from <http://www.abc-of-hiking/shopitems/backpacks/team-backpacks.asp>

Figure 13A-2 Daypacks

Characteristics

- Available in various models and sizes;
- May have extra features (loops, pockets, hydration system);
- Firm padding should be found on shoulder straps, waist belt and back padding; and
- Capacity from 15 to 35 L.

Boots



Internet Outdoors Unlimited, 2003, Alpina Trekking Boots, Copyright 2003 by Internet Outdoors Unlimited. Retrieved 17 April 2007, from <http://www.shopoutdoors.com/Alpinahikingboots.html>

Figure 13A-3 Hiking Boot

Characteristics

- Sturdy;
- Lightweight;
- Offers protection and support;
- Comfortable; and
- Correct size.

Water Carriers



ABC-of-Hiking, 2007, Shop Water Bottles, Copyright 2007 by Max Lifestyle.net "Go Mountain Biking like Max". Retrieved 17 April 2007, from <http://www.abc-of-mountainbiking/shopitems/water-bottles/unbottle7002-water-bottles.asp>

Figure 13A-4 Hydration System

Characteristics

- Available in various models and capacities;
- Lightweight and durable;
- Many forms, colours and materials; and
- Helps one to stay hydrated.

Socks



ABC-of-Hiking, 2007, Shop Hiking Socks, Copyright 2007 by Maxi Lifestyle.net "Go hiking like Max". Retrieved 17 April 2007, from <http://abc-of-hiking.com/shopitems/socks/trailsock-socks.asp>

Figure 13A-5 Sock

Characteristics

- Made from various materials;
- Absorbs moisture;
- Provides insulation; and
- Works better in pairs.

Rain Gear



ABC-of-Biking, 2007, Shop Outdoor Jackets, Copyright 2007, by Maxi Lifestyle.net "Go biking like Max". Retrieved 17 April 2007, from <http://www.abc-of-mountainbiking.com/shopitems/jackets/stanza-jackets.asp>

Figure 13A-6 Rain Jacket

Characteristics

- Available in various models, colours, sizes and shapes;
- Breathable fabric;
- Lightweight;
- Folds away;
- Should have a hood; and
- Waterproof.

Hats



ABC-of-Fishing, 2007, Shop Fishing Hats, Copyright 2007 by Maxi Lifestyle.net "Go Fishing like Max". Retrieved 17 April 2007, from <http://www.abc-of-fishing.net/shopitems/hats/voodoo-hats.asp>

Figure 13A-7 Hat

Characteristics

- Absorbs sweat;
- Available in various models, colours, sizes and shapes;
- Protects head and neck from the sun and rain; and
- Should have a wide brim.

Extra Insulation



ABC-of-Hiking, 2007, Shop Men's Sweatshirts, Copyright 2007 by Maxi Lifestyle.net "Go Hiking like Max". Retrieved 17 April 2007 from <http://www.abc-of-hiking.com/shopitems/sweatshirts/covertcardigan-mens-sweatshirts.asp>

Figure 13A-8 Fleece

Characteristics

- Available in various models, colours, sizes and shapes;
- Lightweight;
- Fast drying; and
- To be worn under a jacket.

Sunscreen and Insect Repellent



Forest Home Outfitters, 2007, *Ooops I forgot*. Retrieved 17 April 2007, from <http://foresthometoutfitters.org/index.php?cPath=37>

Figure 13A-9 Sunscreen and Insect Repellent

Characteristics

- Protects against exposure from the sun; and
- Wards off insects.

Camera and Film



WP ClipArt, 2007, *Camera Section*. Retrieved 18 April 2007 from <http://www.wpclipart.com/camera/index.html>

Figure 13A-10 Digital Camera

Characteristics

- Various sizes, models and colours;
- Records memorable moments; and
- Uses batteries.

Bathing Suit and Towel



Simply Swim, 2007, Arrow One Piece, Copyright 2007 by Hostshopping.co.uk. Retrieved 17 April 2007, from <http://cylinder-bag.hotshopping.co.uk/swimsuits.html>

Figure 13A-11 One-piece Bathing Suit



Morth Marine Austria, 2007, Cliff Swim Trunk, Copyright 2007 by Vorbehaltlich Tippfehler Zuletzt. Retrieved 17 April 2007, from <http://www.marine-moerth.com/Hellyhansen1.hmt>

Figure 13A-12 Bathing Suit

Characteristics

- Comfortable;
- As to fit the person; and
- Allows a person to go for a swim or wash.

Binoculars



ABC-of-Hiking, Shop Binoculars, Copyright 2007 by Maxi Lifestyle.net "Go Hiking like Max". Retrieved 17 April 2007, from <http://www.abc-of-hiking.com/shopitems/binoculars/echocompact-binoculars.asp>

Figure 13A-13 Binoculars

Characteristics

- Various sizes and models; and
- Views objects, routes and wildlife from a far distance.

WEATHER FORECAST SCENARIOS

Scenario A: Sunny Day

The last weekend in June, your cadet corps is going on a trek. The weather forecast for your region says it will be sunny throughout the weekend. What should you bring?

Clothing	Personal Items
<ul style="list-style-type: none"> • balaclava; • extra pair of pants, shirt and socks; • face mask; • gloves; • insulated pants; • jacket; • mittens; • neck gaiter; • pants; • parka; • parka hood; • fleece jacket; • raingear (jacket and pants); • scarf; • shirt; • shorts; • sweater; • tilley cap; • toque/cap; • turtleneck; • undershirt; • vest; and • windbreaker. 	<ul style="list-style-type: none"> • cookware and utensils; • extra food (energy bars, dried fruit or nuts, hard candies, etc.); • extra clothing (warm clothing and raingear); • first aid kit; • flashlight; • insect repellent; • lip balm; • money; • pen and paper (notebook); • personal hygiene kit; • personal medication; • pocket knife or multi-tool; • sunscreen and sunglasses; • a signalling device; • water container; • water filter; and • waterproof matches.

Scenario B: Rainy Day

During your fall navigation/trekking FTX, the Red Star cadets are going on a trek. For the weekend, the weather forecast says it might be windy and rainy. What should you bring?	
Clothing	Personal Items
<ul style="list-style-type: none"> • balaclava; • extra pair of pants, shirt and socks; • face mask; • gloves; • insulated pants; • jacket; • mittens; • neck gaiter; • pants; • parka; • parka hood; • fleece jacket; • raingear (jacket and pants); • scarf; • shirt; • shorts; • sweater; • tilley cap; • toque/cap; • turtleneck; • undershirt; • vest; and • windbreaker. 	<ul style="list-style-type: none"> • cookware and utensils; • extra food (energy bars, dried fruit or nuts, hard candies, etc.); • extra clothing (warm clothing and raingear); • first aid kit; • flashlight; • insect repellent; • lip balm; • money; • pen and paper (notebook); • personal hygiene kit; • personal medication; • pocket knife or multi-tool; • sunscreen and sunglasses; • a signalling device; • water container; • water filter; and • waterproof matches.

Scenario C: Cold and Snowy Day

During your winter adventure training activities FTX, the Red Star cadets are going on a trek. For the weekend, the weather forecast says it will snow and the temperature will be -25 degrees. What should you bring?

Clothing	Personal Items
<ul style="list-style-type: none"> • balaclava; • extra pair of pants, shirt and socks; • face mask; • gloves; • insulated pants; • jacket; • mittens; • neck gaiter; • pants; • parka; • parka hood; • fleece jacket; • raingear (jacket and pants); • scarf; • shirt; • shorts; • sweater; • tilley cap; • toque/cap; • turtleneck; • undershirt; • vest; and • windbreaker. 	<ul style="list-style-type: none"> • cookware and utensils; • extra food (energy bars, dried fruit or nuts, hard candies, etc.); • extra clothing (warm clothing and raingear); • first aid kit; • flashlight; • insect repellent; • lip balm; • money; • pen and paper (notebook); • personal hygiene kit; • personal medication; • pocket knife or multi-tool; • sunscreen and sunglasses; • a signalling device; • water container; • water filter; and • waterproof matches.

Weather Forecast Scenarios – Answer Sheet

[illegible]

STRETCHES AND EXERCISES

EXERCISES TO BUILD BODY STRENGTH

Legs

Abductor Raise. Lie on the floor on the left side with the left leg slightly bent. Place the right hand in front for support. Keeping the right leg straight and in line with the body, raise it with a slow, controlled movement. Hold for one second, lower and then repeat. Repeat the exercises a minimum of 10 times on both sides.



*Yahoo Health, 2007, Basic Muscle-conditioning Exercises, Copyright 2002 by Nucleus Communications Inc.
Retrieved 29 March 2007, from <http://health.yahoo.com/topic/weightloss/overview/article/healthwise/popup/zm2427>*

Figure 13D-1 Abductor Raise

Lunge. Keep hands on sides with shoulder-width apart. Step forward with one leg, bending both knees until the thigh is parallel with the knee. Push back to starting position. Alternate legs. Do not let back knee touch the ground. Repeat this exercise a minimum of 10 times on both sides.



Department of Public Health County of Los Angeles California, 2006, LAPublicHealth.org/Strength Training, Copyright 2006 by LADPH. Retrieved 27 March 2007, from <http://www.lapublichealth.org/physact/physactstrength.htm>

Figure 13D-2 Lunges With Weights

Glutes Raise. Hands in front shoulder-width apart. The back should stay straight. Keeping the right leg bent, raise it into the air. Press up into the heel. Count two seconds up and two seconds down. Repeat a minimum of 10 times on both sides.

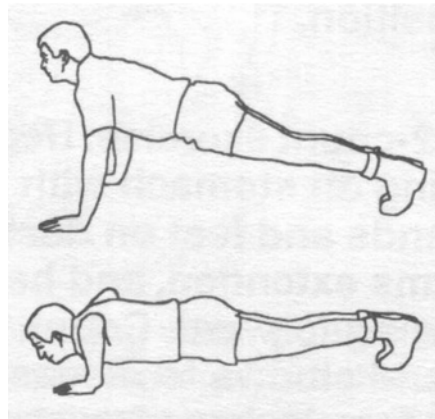


*Bodybuilding.com, 2007, Exercise Guides-Glute Kickback, Copyright 2007 by Bodybuilding.com.
Retrieved 29 March 2007, from <http://bodybuilding.com/fun/exercises.php?mainmuscle=glute>*

Figure 13D-3 Glutes Raise

Arms

Pushups. Place hands directly under the shoulders, keeping fingers pointed forward and legs in line with the body. Lower the body toward the floor without touching it and then push off the floor to the start position. Do as many as you can.

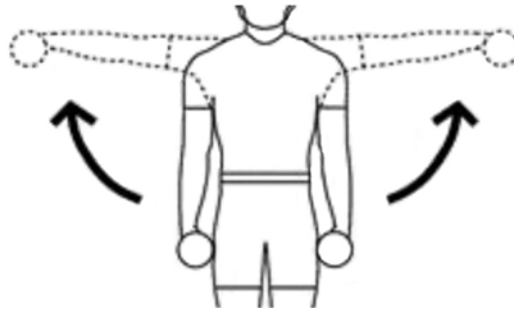


*The Fitness Motivator.com, 2006, Add these Basic Exercises to your fitness plan. Retrieved
on 29 March 2007, from <http://www.the-fitness-motivator.com/basicexercises.html>*

Figure 13D-4 Push Up

Back and Shoulders

Lateral Raise With Weights. Hold weights at the sides, palms facing in. Slowly raise arms to shoulder level and lower. Keep arms and wrists straight. This exercise should be repeated a minimum of 10 times on both sides.

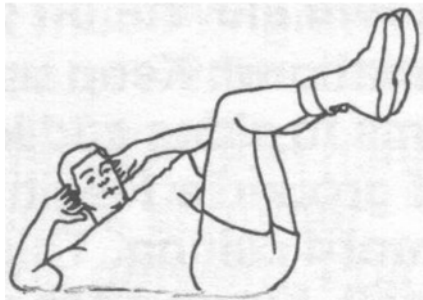


Weight Lifting Workout Routines, 2006, Shoulder Exercises, Copyright, 2006 by Weight Lifting Workout Routines. Retrieved 29 March 2007, from <http://www.weight-lifting-workout-routines.com/shoulder-exercises.html>

Figure 13D-5 Lateral Raises With Weights

Stomach

Crunches. Lie on the back bringing the legs up over the hips and cross the ankles. Place the arms either on the thighs, across the chest or beside the head (hardest). Slowly curl up using abs to lift shoulders from ground at the same time. Do not swing legs. Repeat a minimum of 10 times on both sides. The number of repetitions can increase with comfort level.

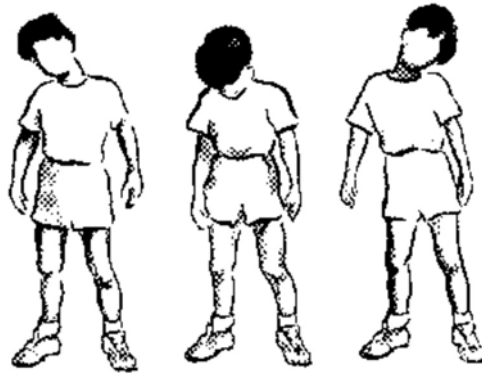


The Fitness Motivator.com, 2006, Add these Basic Exercises to Your Fitness Plan. Retrieved on 3 April 2007, from <http://www.the-fitness-motivator.com/basicexercises.html>

Figure 13D-6 Crunches Position

STRETCHING EXERCISES BEFORE AND DURING THE TREK

Neck. Slowly roll the head across the chest from shoulder to shoulder. Do not roll head backwards.



Moving on the Spot: A Collection of 5-Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, ON: Toronto Public Health. Retrieved 26 October 2006, from <http://www.lin.ca/resource/html/dn3.htm#l1>

Figure 13D-7 Neck Stretch

Shoulders. Stand and raise the top of the shoulders toward the ears until a slight tension is felt in neck and shoulders. Hold for five seconds. Then relax shoulders downward. This exercise can be repeated several times.



University of Michigan Occupational Safety & Environmental Health, 2007, Basic Office Stretches, Copyright 2007 by The Regents of the University of Michigan. Retrieved 28 March 2007, from http://www.oseh.unmich.edu/ergonomics_intro.html

Figure 13D-8 Shoulders Stretch

Triceps and Top of Shoulders. Stand up and bring the right arm over the head, bent at the elbow. Use the left hand to gently pull the arm down. Hold this position for a minimum of 10 seconds. This exercise should be repeated a minimum of 10 times on both sides.



Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>

Figure 13D-9 Triceps Stretch

Shoulders, Arms and Chest. Interlace fingers behind the back. If this feels fairly easy, then lift the arms up behind the back until a stretch is felt in the arms, shoulders, or chest. Hold for 10 to 15 seconds. Keep chest and chin out.



University of Michigan Occupational Safety & Environmental Health, 2007, Basic Office Stretches, Copyright 2007 by The Regents of the University of Michigan. Retrieved 28 March 2007, from http://www.oseh.unmich.edu/ergonomics_intro.html

Figure 13D-10 Shoulders, Arms and Chest Stretch

Hamstrings, Back Knees and Legs. Stand with feet shoulder-width apart and pointed straight ahead. Slowly bend forward from the hips. Keep your knees slightly bent. Go to the point where a slight stretch is felt in the back of the legs. Hold for 10 to 15 seconds.



PC Coach, 2005, Stretching for Runners, Copyright 2005 by Biometrics Inc. Retrieved on 29 March 2007, from <http://www.pccoach.com/newsletters/may05/stretching.htm>

Figure 13D-11 Hamstring, Back Knees and Leg Stretch

Front Hip and Lower Back Area. Start with one leg in front of the other, with the ankle of the front leg directly below the front knee. The other knee is resting on the ground. Place hands on top of each other on the thigh, just above the knee. Hold for 10 to 15 seconds and repeat for the other side.



ARC Committed to Curing Arthritis, 2007, Back Pain, Copyright 2007 for Arthritis Research Campaign. Retrieved 27 March 2007, from http://www.arc.org.uk/about_arth/booklets/6002/6002

Figure 13D-12 Stretch for Hip and Lower Back Area

Quads and Knees. Hold the top of the right foot with the left hand and gently pull the heel toward the buttocks. Hold for 10 to 15 seconds and repeat for the other leg.



*Women's Heart Foundation, 2005, Stretching Exercises for Women, Copyright 2005 for Women's Heart Foundation.
Retrieved 28 March 2007, from http://www.womensheart.org/content/exercises/stretching_exercises.asp*

Figure 13D-13 Quads and Knees Stretch

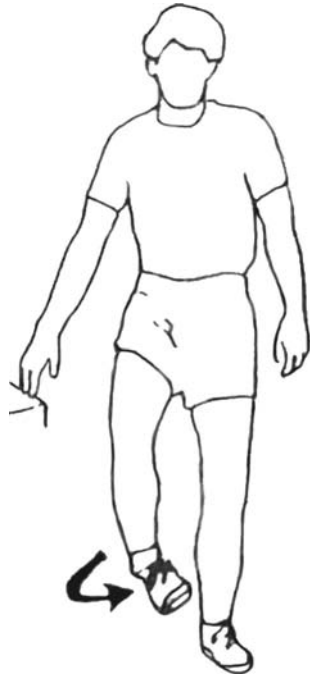
Squat. Squat down with feet flat and toes pointed out at 15 degrees. Heels should be apart depending on how flexible one is. Keep the knees to the outside of the shoulders, directly above the big toes. Hold for 15 to 30 seconds. Using a fence or pole for balance is acceptable.



The Back Rack, 1999, Cycling Stretches After Riding, Copyright 1999 by Stretching Inc. Retrieved 29 March 2007, from <http://thebikerack.com/page.cfm?pageId=247>

Figure 13D-14 Squat Position

Ankles. Lift the left foot off the ground and rotate the foot and ankle 10 to 15 times clockwise and then counterclockwise. Repeat for the right foot and ankle.



*Women's Heart Foundation, 2005, Stretching Exercises for Women, Copyright 2005 by Women's Heart Foundation.
Retrieved 28 March 2007, from http://www.womensheart.org/content/exercises/stretching_exercises.asp*

Figure 13D-15 Ankle Rotation

CHAPTER 14

PO 224 – IDENTIFY IMMEDIATE ACTIONS TO TAKE WHEN LOST

CADENCE ARTICLE

Cadence • Issue 4 • Winter • 2001

Forum

New ideas, best practices
and lessons learned



Sgt Stephanie Leger learned more than she bargained for on her survival instructor's course.

SHE HAD
SEEN THE
HELICOPTERS;
HOWEVER,
SHE FELT
THEY COULD
NOT SEE HER
BECAUSE SHE
WAS DRESSED
IN COMBAT
CLOTHING.

LOST AND FOUND

By Capt Jon MacDonald

Sgt Stephanie Leger learned a lot more than she expected on her six-week survival instructor's course at the air cadet summer training centre in Greenwood, NS, this past summer. So did the cadet movement.

The fourth-year air cadet from 101 Royal Canadian Air Cadet Squadron in Moncton, NB was lost for 23 hours on her solo exercise in Cloud Lake, NS. But her story had a happy ending. And lessons were learned.

On the day of her solo exercise, Cadet Leger had not returned to her campsite by the end of the day. After searching for a few hours, staff notified the authorities and later, her parents. It was a call that any parent would dread. The Leger's 16-year-old daughter had been missing for 14 hours.

Cadet Leger's mother, Bernice, immediately flew to Greenwood. The training centre had organized a van and driver, accommodations, and a padre. Mrs. Leger was briefed on the situation and, at her request, was brought to Cloud Lake where the search was in progress. She was impressed to see some 200 people involved with the search efforts including personnel from the training centre, the RCMP, 14 Wing Greenwood, the Emergency Measures Organization and ground search and rescue teams from across the province. There were helicopters from 14 Wing and the Department of Natural Resources, as well as several tracking dogs.

It was late afternoon when Cadet Leger was found in good spirits and physical condition. She told the searchers that she had strayed from her site and was unable to relocate it, partly because it was getting dark. When she realized she was lost, she stayed where she was until she was found. Following a happy and tearful reunion with her mother, waiting paramedics checked her medical status, verified later at the local hospital.

The incident resulted in some valuable lessons. Cadet Leger said afterwards that she had seen the helicopters; however, she felt they could not see her because she was dressed in combat clothing. Little consideration had been given to the fact that combat clothing is designed to keep someone hidden in the bush. Given that



Cadet Leger embraces her mother after her ordeal.

combat clothing is practical for the course, Sgt Leger suggested that cadets carry something reflective or brightly coloured for potential emergency situations.

Searchers found Cadet Leger because she used the safety whistle she was given. However, whistles with a much greater range are available and are now being considered.

As well, the communication procedures and equipment at Cloud Lake were not adequate to handle the extensive search requirements. This is also being reviewed.

Some of the best lessons come from Sgt Leger herself. She has experienced what few people will, and we can learn from what she tells us. She says, "When you realize you are lost the first thing is to stop and sit, observe your surroundings and plan anything you will need such as shelter, fire, food and so on. This is exactly what I did. The hardest part of the ordeal was not to let fear conquer my mind, especially at night. A trick to staying calm at night is to sleep. You have to keep saying to yourself that someone will eventually find you, maybe not today or tomorrow but eventually."

She believes that when you're lost in the bush and alone with your mind, you have to use it to your advantage. "Your mind is a very powerful thing. If you think of all the horrible things that could happen, you'll get nothing accomplished. If you're hungry, convince yourself that you're not hungry! Make yourself laugh!

Talk to rocks, trees...anything. I was lucky enough to have a 'pet' squirrel! I told him that he could be my buddy for now but in a few days, if I wasn't found, he'd be my lunch. While doing this, you almost forget you are lost. Even if it is for only a second, it really helps a lot."

The incident was also proof that our training works. Maj Ken Mayo, the chief training officer for Cloud Lake says, "Cadet Leger acted calmly and used her training towards staying safe for that night. She stayed calm throughout and kept to the general area where she was when

she realized she was lost. The training that we give our cadets is effective and useful in real world situations."

Sgt Leger agrees. "The outcome could have been worse, but it wasn't — thanks to the training I received prior to this exercise. I'd highly recommend this course to any cadet."

Sgt Leger and her parents are thankful to those who helped in the search. They believe that "an exemplary team effort was the key to the happy ending." The cadet adds, "No-one knows how seeing them felt when they found me!"

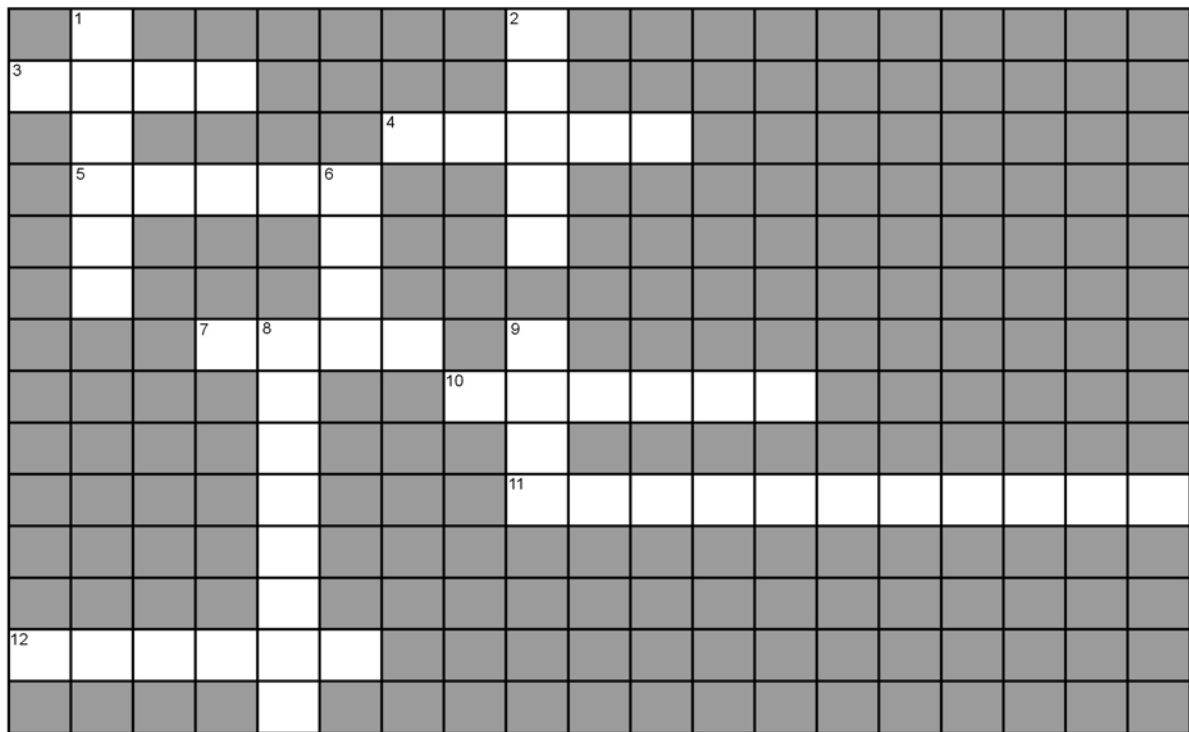
Cadet Leger stayed to finish her course. Her parents agreed with her choice. Two days later, they sent her younger brother to the three-week physical education and recreation training course. As Mrs. Leger put it, "everyone got back on the horse." 🌿

**"THE HARDEST
PART OF THE
ORDEAL WAS
NOT TO LET
FEAR CONQUER
MY MIND,
ESPECIALLY
AT NIGHT."**

— Capt MacDonald is the regional public affairs officer, Atlantic

**"IF YOU'RE
HUNGRY,
CONVINCE
YOURSELF
THAT YOU'RE
NOT HUNGRY!
MAKE YOUR-
SELF LAUGH!
TALK
TO ROCKS,
TREES...
ANYTHING."**

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 ____.