#11 Strathroy Army Cadets

Workbook

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**UNIT 1 – FUNDAMENTAL TRAINING**

1. What are the three aims of the Cadet program?

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1. What does the acronym PSRY stand for?

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S-

R-

Y-

1. List all the officer ranks from lowest to highest.

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1. Name an action cadet should take while addressing a cadet NCO.
2. When should an officer be saluted?
3. How do you properly enter an office?

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1. What does *Acer Acerpori* mean?
2. How is a beret worn properly?
3. How do you form a beret?
4. What type of knot is used to properly tie your necktie?
5. What is our affiliated regiment?
6. Draw all of the cadet ranks.

LCpl Cpl MCpl

Sgt WO MWO

CWO

13. Match the correct action with the situation presented:

1. Cadet addressing an NCO \_\_\_\_\_

2. Cadet addressing an officer \_\_\_\_\_

3. Cadet entering an office \_\_\_\_\_

4. When a Cadet in uniform is present during the playing of the National Anthem or Foreign National Anthem \_\_\_\_\_

5. When a Cadet in uniform is formed up on parade during the playing of the National Anthem or Foreign National Anthem \_\_\_\_\_

6. When a cadet in civilian clothes is present during the playing of the National Anthem or Foreign National Anthem \_\_\_\_\_

7. A cadet is present in uniform when either of the following happens-the national flag is being lowered or raised, when the flag party marches by, the Army Cadet Banner and Cadet Flag are paraded and the Army Cadet Camp Flag is being raised or lowered\_\_\_\_\_\_

a. cadet will come to attention and salute

b. stand at attention

c. remove headdress and stand at attention

d. stand at attention, address the person by rank and surname and remain at attention during the conversation

e. stand at attention, salute when in uniform, address the person by rank and surname, remain at attention during the conversion and salute when leaving

f. stand at attention in the doorway and salute, remain at attention; enter only when told to do so. When leaving, stop at the door, come to attention and salute

14. What is an NCM

a. New-Commissioned Member

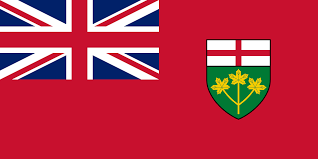
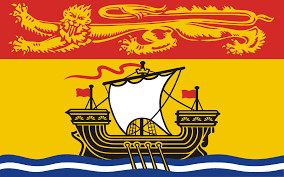
b. Non-Commissioned Member

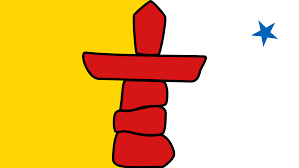
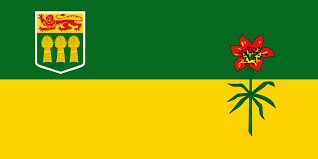
c. An officer

d. None of the above

**UNIT 2 – CITIZENSHIP**

1. When the national anthem is played, what must you do if you are in uniform?
2. Identify each of the following Provincial/territorial flags



1. When was the present Canadian National Flag proclaimed by Her Majesty, Queen Elizabeth II?
2. Name three types of Government.

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1. What are the three levels of government in Canada?

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1. What are characteristics of a good citizen?
2. What are simple individual acts you can perform in everyday life that better the community?

**UNIT 3- MARKSMANSHIP**

READING – IMPORTANT POINTS

Safety Precautions

* firearm safety is the number one priority on or off a range
* the safety catch prevents the rifle from firing by locking the trigger in place
* there are three safe rifle positions: in a rifle case, on the firing line, not on the firing line
* a rifle case should be marked with an arrow on the outside to show which direction the rifle is pointing on the inside
* an individual safety check must be performed to confirm the rifle is safe
* always wash your hands after contact with lead pellets

Prone Position and Holding the Rifle

* a good positioning marksmanship is restful and relaxed
* objective of prone position is to obtain a uniform and stable platform for steady aiming
* weight should be equally distributed throughout the body

Principles of Marksmanship

* The five principles of marksmanship are: position, holding the rifle, aiming, breathing and trigger control
* master eye, one eye that is stronger than the other, used to aim o there are five different elements to good aiming technique
* do not hold your breath more than 5-7 seconds
* follow the recommended breathing sequence
* trigger control involved, position of the hand on the rifle, position of the trigger finger, and squeezing the trigger
* a sling helps to support the weight of the rifle, if too loose will no longer provide support
* natural alignment when a rifle is aimed at a target without being muscled into doing this
* there are two sight alignments, elevation and windage
* three main reasons for a proper follow through

Standing Position

* Standing position to the easiest and quickest position to assume
* to compensate for the weight of the rifle you must bend your back to the right and rearward (opposite for left shooters)
* there are eight characteristics to a good standing position, including having your hips 90° to the target and facing to the right o to compensate for movement when using the standing position, there are steps you can follow to aim higher, aim lower, and further to the left or right
* same breathing and trigger control techniques of the prone position, apply when standing
* the same load, fire, and unload are also the same as when using the prone position, however there are now two options for pumping the rifle

Duties and Responsibilities of Range Personnel

* know what the range safety officer is responsible for
* know some common duties for range assistants
* know why a range must be inspected before firing
* coaching is one of the most important duties of a range assistant
* as a coach you should know your firing point sequence, how to call the shots, how to use the clock system, and how to analyze targets
* know all range commands and procedures
* know how to deal with all immediate action and stoppages
* know how to properly clean the parts of the rifle with the appropriate cleaning supplies

1. What level do the cross rifles and crown badge within the Cadet shooting program represent?

a. Marksman

b. Distinguished Marksman

c. First Class Marksman

d. Expert Marksman

2. What are the three safe rifle positions

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3. Which of the following is NOT an aiming technique

a. Eye relief

b. Sight alignment

c. Proper head position

d. The master eye

4. Good trigger control involves which of the following?

a. position of the trigger finger

b. position of the hand on the head

c. prone position

d. position of the middle finger

5. In order to aim lower when firing in a standing position, you must…?

a. widen your stance, pull left hand back, vary the left hand position

b. reduce width of stance, push left hand forward, vary left hand position

c. shift feet backwards or forwards

d. lower the height at which you are holding the rifle

6. Answer the questions below by finding the them in the word search.

a. The five principles of marksmanship are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_.

b. The mechanism that once engaged prevents the rifle from firing by locking the trigger in place is called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

c. Handling pellets can leave a trace of \_\_\_\_\_\_\_\_\_\_\_on your hands so it is important to \_\_\_\_\_\_\_\_\_\_\_\_\_ them thoroughly after any contact with pellets.

d. The front end of the barrel with attachable barrel weight is called the \_\_\_\_\_\_\_\_

e. The air rifle used in the cadet marksmanship program is the \_\_\_\_\_\_\_\_\_\_ 853C

f. Everyone has one eye which is stronger than the other, this is called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

g. The distance between you eye and the rear sight is called\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

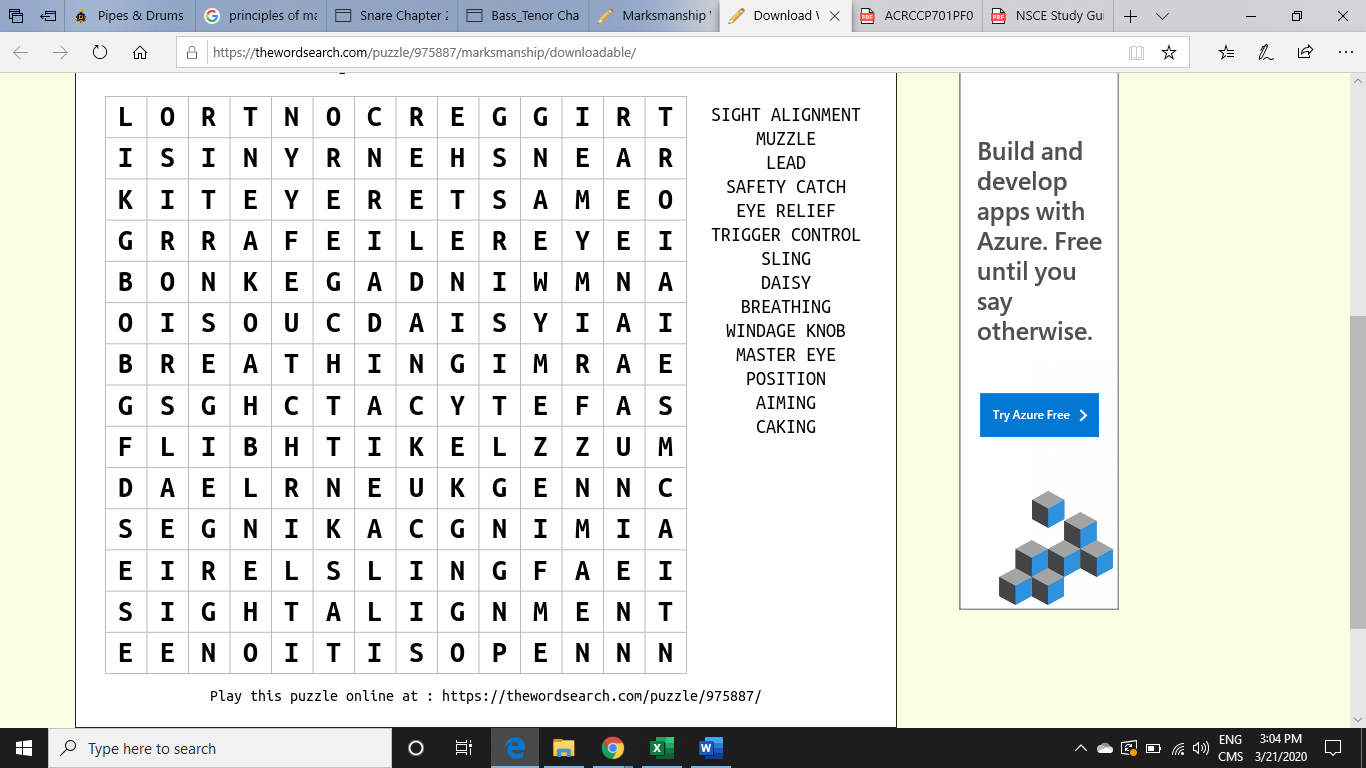
h. The most critical element of the aiming process is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ which refers to the alignment of the eye, the rear sight and the front sight.

i. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_ helps to support the weight of the rifle ensuring minimal muscular effort on the part of the shooter.

j. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is obtained when the rifle can be perfectly aimed at the target without being muscled into position.

k. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_ moves the pellet impact on the target sideways on the target.

l. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ results when residue from the compression chamber air blown into the bore condenses in the barrel.



1. Unscramble the following words and then label the parts of the Daisy 853C indicated by the arrows.

kcots - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ earr gthis - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

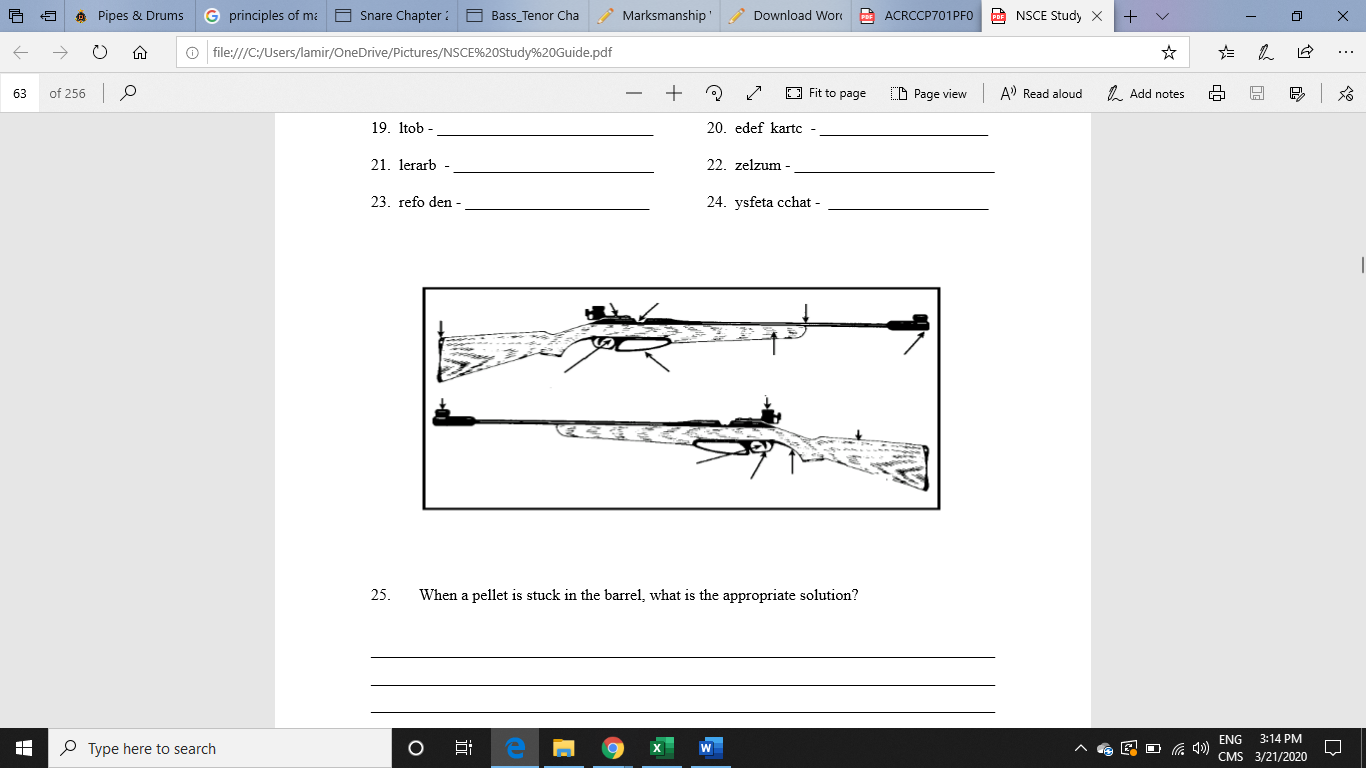
gergirt - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ggertir ruadg - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ntfor tsigh - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ tutb telap – \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ltob - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ edef kartc - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

lerarb - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ zelzum - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

refo den - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ysfeta cchat - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



1. When a pellet is incorrectly seated in the chamber of the rifle, what is the proper solution?

a. safety off, open bolt, insert safety rod

b. safety on, insert safety rod

c. safety on, open bolt, insert safety rod

d. safety off, insert safety rod, open bolt

1. When the range command “relay, cease fire” is given, what is the action that should follow?

a. stop firing, put the safety catch on

b. put the safety catch off, and resume firing

c. stand up and leave your equipment on the ground

d. stop firing, keep the safety catch off

1. Which of the following is the NOT on the list of safe rifle conditions?

a. in a rifle case

b. out of a rifle case

c. on the firing line

d. off the firing line

**UNIT 4 – LEADERSHIP**

1. What does the acronym “TEAM” stand for?

T –

E –

A –

M –

1. What is Morale?
2. What is the Canadian armed Forces definition of Leadership?
3. What are three styles of leadership?

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1. List 3 factors that affect communication

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1. What are the four types of supervision?

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1. What does the acronym “SMESC” stand for?

S –

M –

E –

S –

C –

1. What is esprit de corps?
2. List 5 of the principles of leadership.

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1. What is the definition of management?
2. What is the definition of command?
3. In solving a problem there are three methods that can be used, dependant on time. Which one of the following is NOT on of those?

a. trial and error

b. straight analysis

c. operations order

d. logical analysis

**UNIT 5 – MAP & COMPASS**

Types of Maps

* a map is a picture of the ground as though looked at from above
* map reading aims to illustrate certain information or to serve a purpose for the user
* types of maps include: political, street and road, statistical, digital, relief, outline, topographical, orienteering.

Map Scale

* all maps drawn to scale in the modern era
* expression of the ratio between ONE UNIT on the map to the scale distance on the GROUND e.g. 1:50.000 (most common ratio that we use in Cadets) therefore, if we measure in cm’s: 1 cm on the map would 50,000 cm (500 m) on the ground. 2 cm on the map would be 1000,000 cm or 1000m or 1 km

Folding a Map

* maps are always folded accordion style, in the shape of an “M”

Topographical Maps

* is the most common map used in Cadets

Conventional Signs

* are the symbols and colors that represent all the different objects and features that can be found in the area which the map represents

Marginal Information

* know where the Map Scale is (e.g. 1:50,000) and what it is used for o remember to use the right scale for the unit you want to measure Note: the “0” measurement starts after the tenths units. You would start your distant measurement at this point, and that the left-hand end of scale bar marked into tenths for a more accurate measurement of distance between “0” and the full unit

Mapping Terminology

Bearing -The horizontal angle at a given point, measured clockwise from magnetic north or true north to a second point.

Classified roads - Roads for which surface type, width and use are identified.

Contour lines Lines on the map connecting points of equal elevation above mean sea level; using contour lines, relief features can be profiled into a three-dimensional perspective.

Elevation - Vertical distance from a datum (usually mean sea level) to a point or object on the earth's surface.

Magnetic declination - The angle between magnetic north and true north, expressed in degrees and minutes, east or west from true north.

Magnetic north - Direction to which a compass needle points.

Mean sea level - The average height of the surface of the sea for all stages of tide, used as a reference surface from which elevations are measured.

Projection - Geometric representation of the curved surface of the earth on a flat sheet of paper.

Relief - The physical configuration of the earth's surface, depicted on a topographic map by contour lines and spot heights.

Spot elevation - A point on a map where height above mean sea level is noted, usually by a dot and elevation value; it is shown wherever practical (road intersections, summits, lakes, large flat areas and depressions).

Surveying - The operation of taking observations or measurements to determine geographic location.

Topography - Surface features both natural and cultural, collectively depicted on topographic maps.

True north - Direction of the northern rotational axis of the earth - the North Pole.

Unclassified road – Roads for which the surface is undefined

1. There are at least nine different types of maps – name five.

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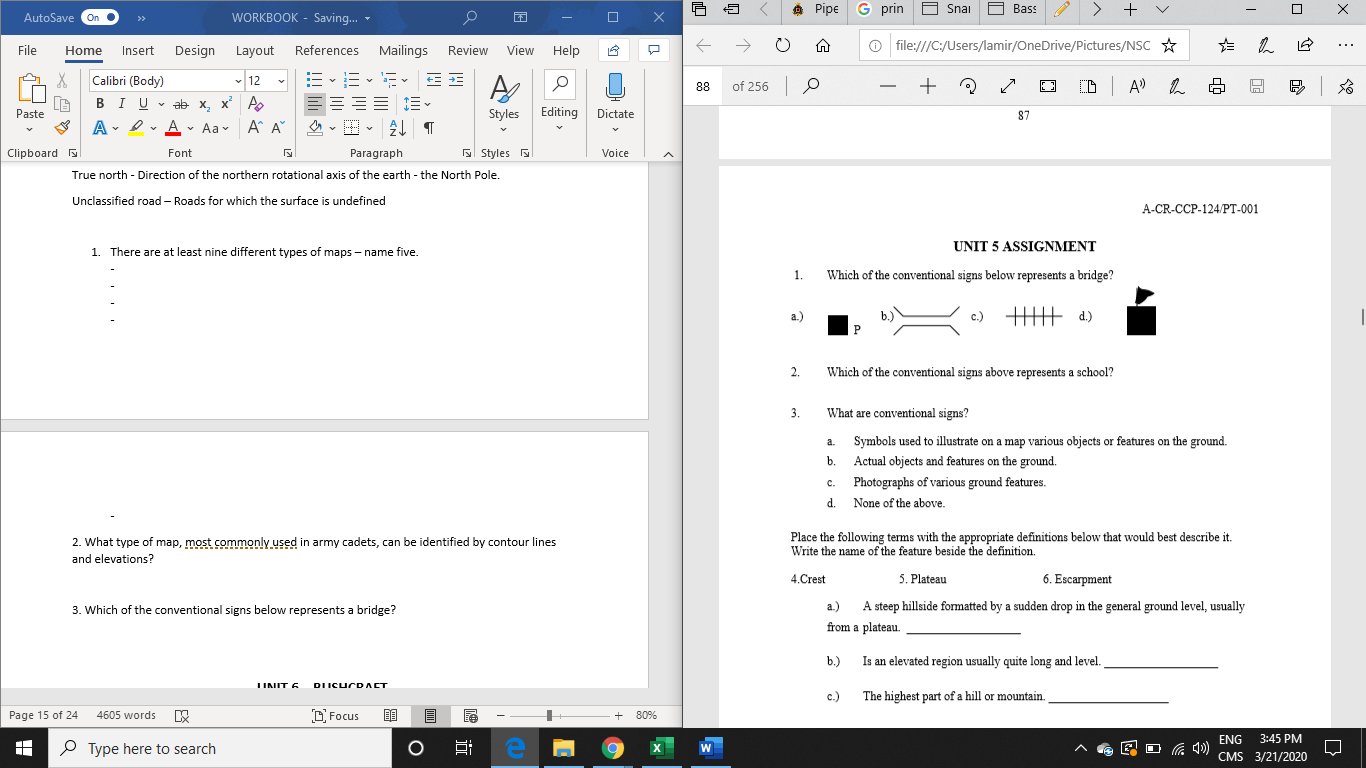
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2. What type of map, most commonly used in army cadets, can be identified by contour lines and elevations?

3. Which of the conventional signs below represents a bridge?



4. Which represents a school?

5. What are conventional signs?

a. Symbols used to illustrate on a map various objects or features on the ground.

b. Actual objects and features on the ground.

c. Photographs of various ground features.

d. None of the above

6. Place the following terms with the appropriate definitions below that would best describe it. Write the name of the feature beside the definition.

Crest Plateau Escarpment

a.) A steep hillside formatted by a sudden drop in the general ground level, usually from a plateau. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b.) Is an elevated region usually quite long and level. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c.) The highest part of a hill or mountain. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. Conventional signs are coloured according to the category. What colour is used for unpaved roads?

8. Contour Intervals are indicated by which of the following colors?

a.) red

b.) black

c.) brown

d.) none of the above

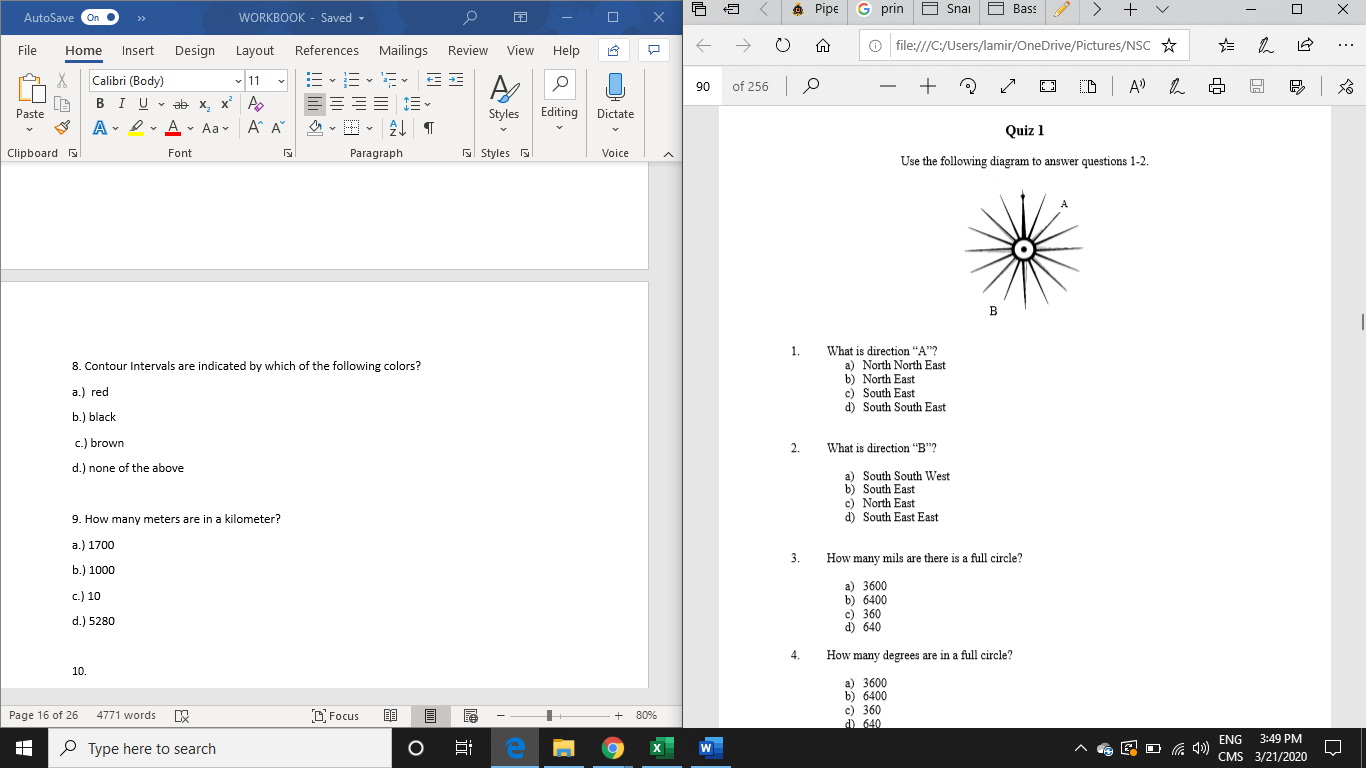
9. How many meters are in a kilometer?

a.) 1700

b.) 1000

c.) 10

d.) 5280

10. What is direction “A”?

a) North North East

b) North East

c) South East

d) South South East

What is direction “B”?

a) South South West

b) South East

c) North East

d) South East East

11. How many mils are there is a full circle?

a) 3600

b) 6400

c) 360

d) 640

12. How many degrees are in a full circle?

a) 3600

b) 6400

c) 360

d) 640

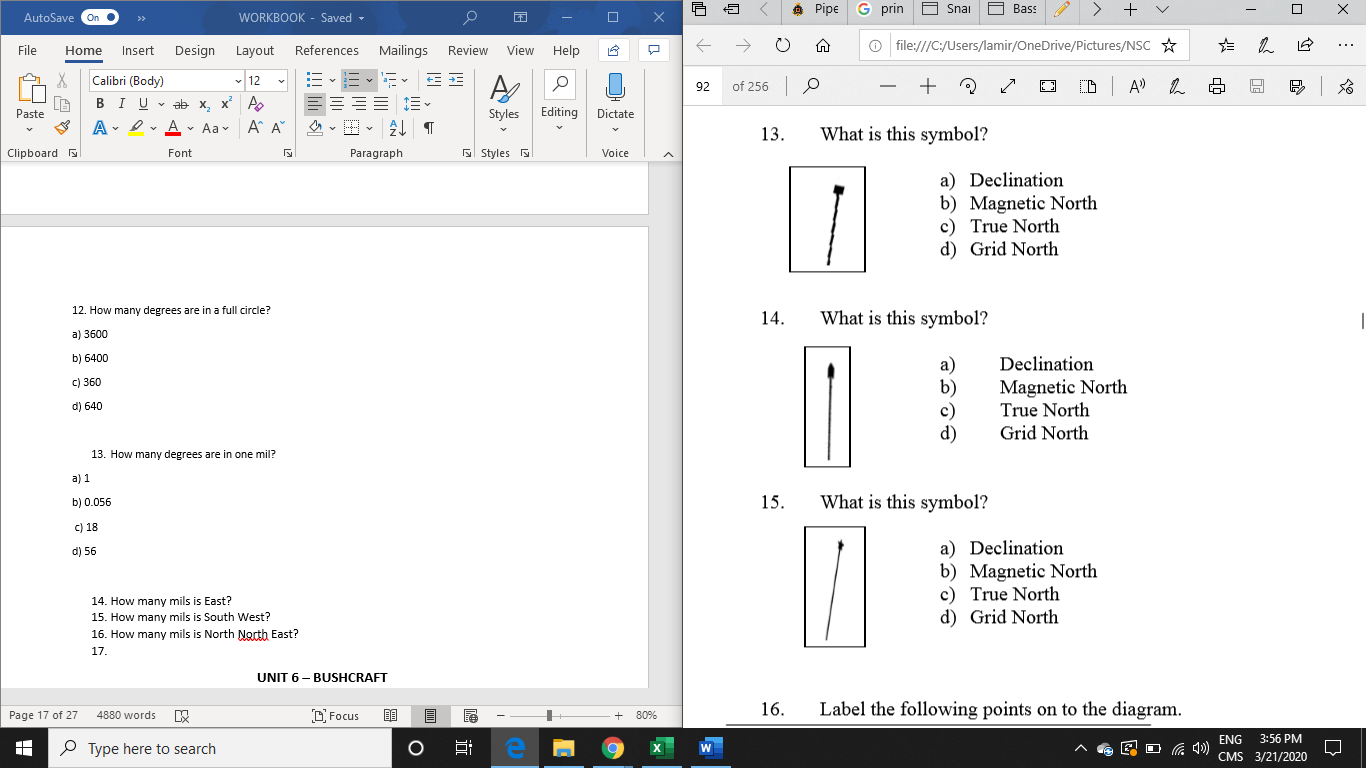
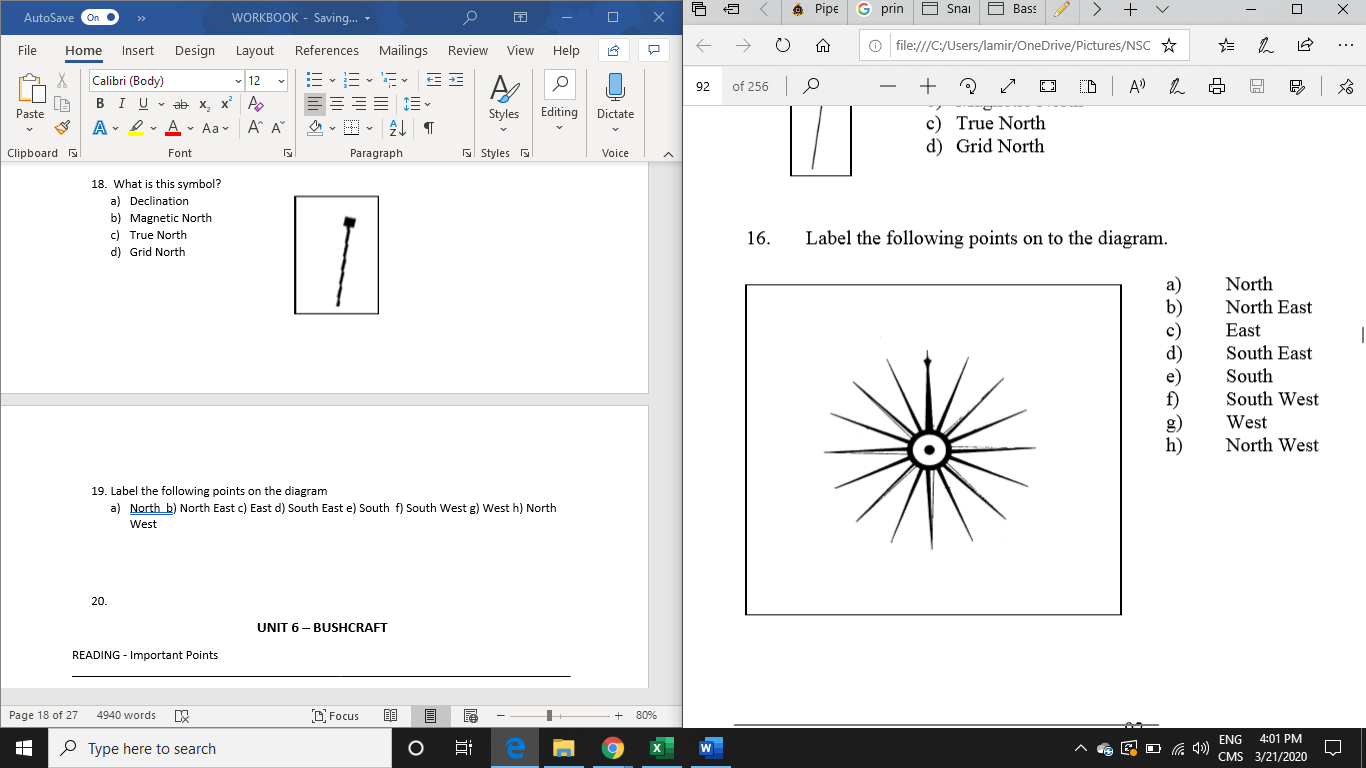
1. How many degrees are in one mil?

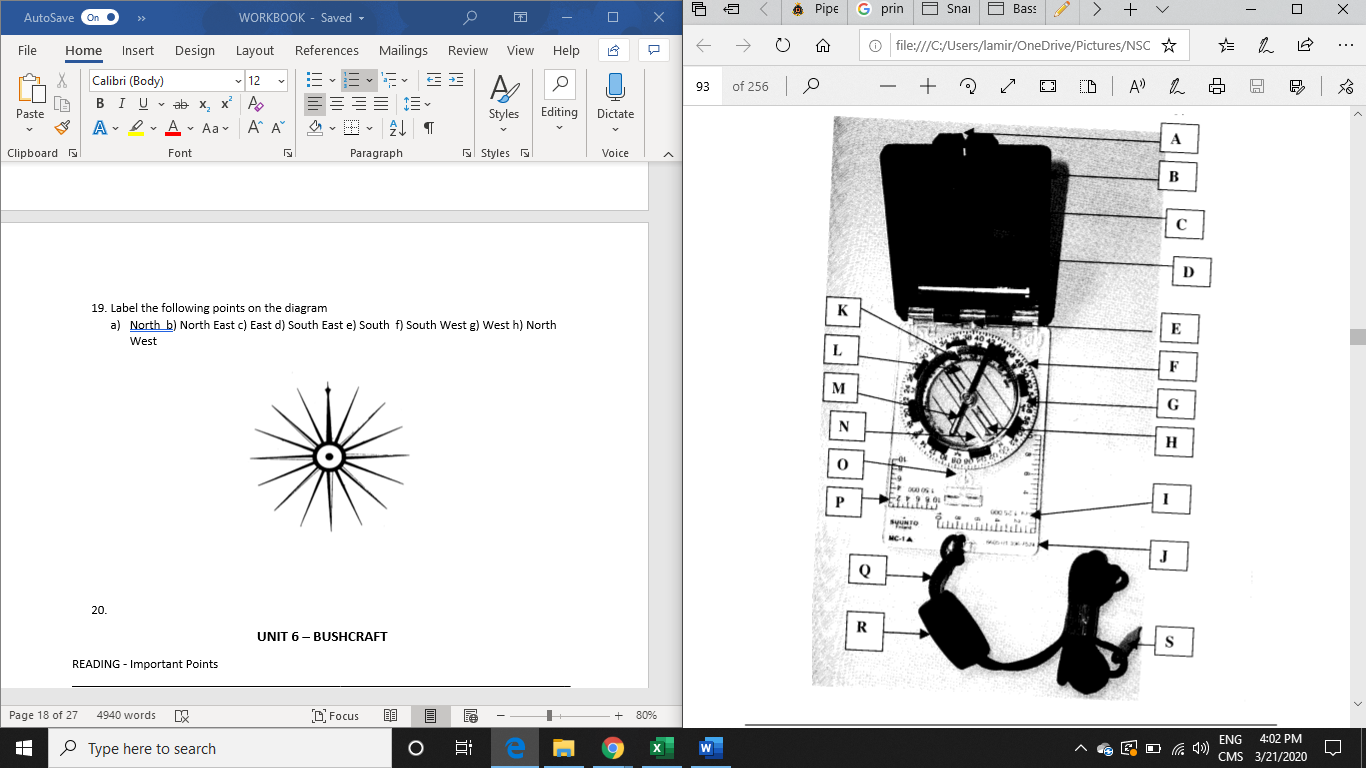
a) 1

b) 0.056

c) 18

d) 56

1. How many mils are in one degree
2. 0.18
3. 10
4. 17.7
5. 177
6. How many mils is East?
7. How many mils is South West?
8. How many mils is North North East?
9. What is this symbol?
10. Declination
11. Magnetic North
12. True North
13. Grid North
14. Label the following points on the diagram
15. North b) North East c) East d) South East e) South f) South West g) West h) North West
16. Label the parts of a compass

A-

B-

C-

D-

E-

F-

G-

H-

I-

J-

K-

L-

M-

N-

O-

P-

Q-

R-

S-

1. What is the difference between true, grid and magnetic north
2. Where is a back bearing read from?

a) 1:50 000 romer

b) Luminous Orienteering Point

c) Luminous Index Point

d) Luminous Orienteering Arrow

1. What is the function of the romer?

a) Used to measure bearings

b) Used to align the dial with the map

c) Roam around looking for North

d) Used to measure exact points on the map

1. Where is Grid North located?
2. Where the magnetic needle points
3. Where the lines of longitude converge
4. Where the North pole is
5. Where the lines of a topographical map indicate
6. Another word for re-section is “triangulation”.

True False

1. Identify the three components of the Global Positioning System (GPS).

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27. List three factors that limit a global positioning system receiver.

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28. List three common uses/advantages of a handheld global positioning system.

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29. A typical receiver on a global positioning system needs to receive broadcasts from \_\_\_\_\_\_\_\_\_ satellites in order to process an accurate position.

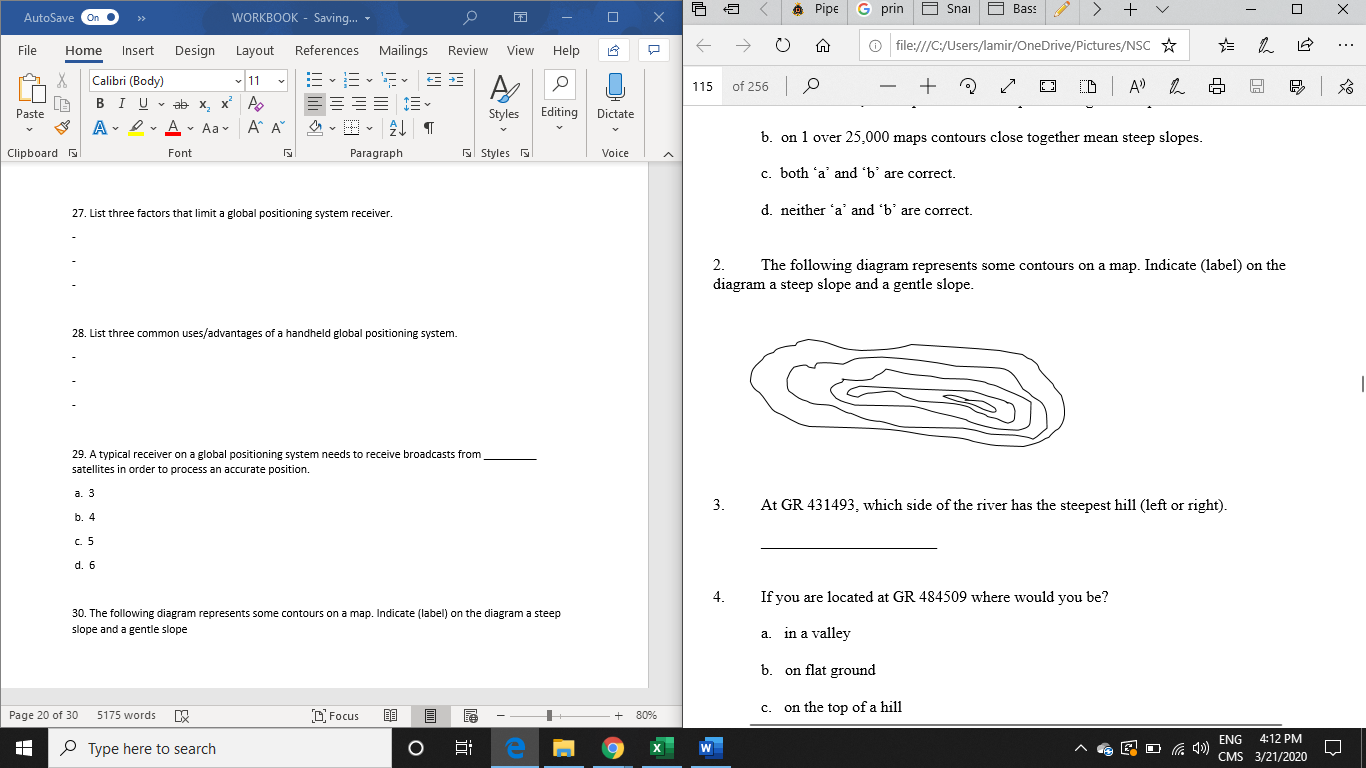
a. 3

b. 4

c. 5

d. 6

30. The following diagram represents some contours on a map. Indicate (label) on the diagram a steep slope and a gentle slope



**UNIT 6 – BUSHCRAFT**

READING - Important Points \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Select Personal Clothing and Equipment

* Weather and seasonal considerations will impact your choices
* Clothing must protect you from sun, wind, rain, snow, various temperatures, insects
* Remember to use C-O-L-D
* There are two categories of equipment (Personal and Section)
* Items to carry in your pocket include: whistle knife, identification, compass, survival kit
* Sleeping bag must be the correct size, have the proper insulation for the coldest temperature, breathable, have a good zipper
* Sleeping bags come in three styles o sleeping pad for appropriate type of activity, several designs

Pack and Carry Individual Clothing and Equipment

* Various load carrying devices such as: backpack (rucksack), webbing, canoe pack, barrel, pack board and tumpline
* External frame backpacks (rucksack) have adaptable components, can carry large objects, does not press against your back, will raise your center of gravity
* Internal frame backpacks (rucksack) mold to the shape of your back, easy to pack, lack of projections, ventilation is restricted
* Make sure to wear the rucksack properly, shoulder straps and hip belt are properly fastened

Apply the Principles of Safe Tool Craft

* Store tools in a secure space
* Use the right tool for the task at hand
* When using a saw, use stead strokes
* When using an axe, secure the target in a safe manner

Assemble a Survival Kit

* Will the container float? is it waterproof? sturdy?
* A survival kit will reflect the needs of the user
* Might include items such as: matches, snare wire, mirror, fishing gear, emergency blanket
* Remember S-T-O-P in an emergency.

Discuss the Principles of Outdoor Cooking

* Finding safe drinking water, always bring it to a boil, then cool it before drinking or use a water purifier.
* Outdoor cooking, eat as healthy as possible
* Food can be boiled, cooked over a fire, fried, smoked, dried

Construct a Shelter

* You need to have protection from wind, precipitation and sunlight
* Avoid overhead hazards, be 100m from cooking area and 100m from open water, 10m from a trail/path/road
* Easiest improvised shelter is an “A” frame, using 2 trees about 7m apart, ground sheets and string

Follow Camp Routine and Discipline in the Field

* Good personal hygiene in the field will protect you from illness, keep yourself and your clothing clean
* Wash yourself daily and keep your hair clean
* Go to the washroom regularly
* Treat injuries properly
* Safety regulations, routine and discipline, there are general rules that apply at all times called SOP’s

Discuss Natural Hazards

* Poison ivy is one of the most common poisonous plants in Ontario
* Biting and stinging insects are the most common hazard and may cause anaphylactic shock in some people
* Nuisance animals are common, don’t feed them, keep food sealed and hang it well away from your shelter
* Hypothermia is the rapid lowering of the bodies core temperature
* In cold weather be aware of the risk of frost bite
* Hyperthermia is the rapid raising of the bodies core temperature and has two general stages (heat exhaustion, heat stroke)
* In hot weather be aware of the UV index and risk of sun burn
* Water is essential to survival, drink water all the time (even in winter) to avoid dehydration
* When you notice a thunderstorm approaching, stop what you are doing and ensure your safety
* When traveling at night, ensure that you can see your terrain

Demonstrate Concern for the Environment

* Minimum impact camping, leave behind no trace you have been there, or passed through the area
* Use popular areas and tails to avoid further damage to an area
* Anything (garbage) you bring in with you, take out with you also
* Travel in small groups whenever possible
* When depositing wash water with soap, make sure to dispose of it at least 100m from any ground water source

Maintain Section Equipment

* Routine maintenance should be carried out before use, or each day, and before storage
* Know the most common problems and repair solutions for the Coleman stove and lantern

Identify a Bivouac Site and all its Various Components

* Components of a Bivouac site include: water access, prevailing wind, wash site, sleeping are, POL point, food hang etc.
* The key to a good biv site is planning
* Always check for danger
* Keep the site organized, clean and safe
* Hang food at least 100m from camp site, 6m from the ground
* Hang equipment at least 5m from the ground, 2m from a tree trunk

Hiking Techniques

* Foot care, check your feet every hour and change socks as required
* Avoid water, keep boots dry
* Energy conservation, be well fed, well rested and physically fit
* Stretch and warm up before you start
* Labored breathing is a sign your working too hard
* use teamwork
* Establish a routine of rest stops
* Keep team members well-spaced
* When walking up a steep hill, keep your body straight, walking down a steep hill is as dangerous than walking up
* When crossing obstacles, plan your route before you cross
* Do not try and wade through a water obstacle

Prepare for an Expedition

* An expedition is an organized voyage or journey across land or water, with a specific aim in mind
* You must be prepared both physically and mentally
* Need a list of kit each person will require, check its serviceability
* Need a list of group kit, check its serviceability
* Make sure your technical skills are ready
* During the expedition, take a few moments to assess things

Dangerous Animals

* Depending on where you are you may encounter black, grizzly or polar bears, avoid their known habitats and plan with them in mind
* Do not surprise a bear or feed them
* You cannot out run or out climb a bear
* Be aware of wildcats, stay in a group with your pack on
* Never provoke a large animal (moose elk, cattle)
* Report all animal attacks to local wildlife authorities
* Poisonous snake, give them space, any bite victim must seek immediate medical attention
* Communications, includes the phonetic alphabet, call signs, prowords and specific operating rules

Discuss Survival Psychology and Strategy

* A survival situation is the absence of all, or most, equipment and conditions expected
* The survival priority list: first aid, fire, shelter, signals, water, food
* By neglecting aspects of your mental and physical health you limit your ability to think and act
* Psychology of survival, fear: unknown, weakness, discomfort, being alone, the dark, animals
* Seven enemies of survival: pain, cold, thirst, hunger, fatigue, boredom and loneliness
* Have a positive attitude for survival
* Team behavior in survival is essential, organization, moral, reaction speed will increase chances
* Always set out emergency signals, rely on visual and sound
* Ground to air signals are very useful (require a doctor etc)

Predict a Change in Weather

* Air pressure, the force air exerts on an object
* Warm fronts, more stable than cold, less severe and longer lasting
* Cold fronts, more unstable than warm, very active
* Occluded fronts, where one air mass is caught between two others
* Cloud formations: cirrus, cumulus, cirrocumulus, fair-weather cumulus, cumulus congestus, altocumulus etc.
* Forecasting weather from clouds, when weather is getting worse, clouds will thicken, join together and lower in elevation
* Wind can also be used to forecast weather
* Make notes in a journal morning, noon and night to track weather changes, but still use local forecasts and common sense

1. When selecting personal clothing and equipment, moisture management is an important part of the selection process. List three ways you can manage moisture when choosing clothing for an FTX/Expedition.

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1. In a few sentences, describe the difference between a rectangular style sleeping bag, and a mummy style sleeping bag.
2. What is a quinzhee?
   1. An improvised shelter between two trees, with a thatched roof
   2. A type of compass
   3. A snow shelter made from a large snow drift
   4. A snow shelter made from any type of snow, packed 2m high
3. In an emergency/survival situation you should apply the principles applied to the acronym STOP. What does the acronym stand for?

S -

T –

O –

P –

1. Which is NOT a principle of axe safety?
   1. Being a safe distance from other people
   2. Using one hand on the axe
   3. Do not aim it at your foot
   4. Make sure the axe head is on securely
2. When preparing yourself to go on an expedition, what are some important questions you should ask yourself before you leave?
3. Fill in the blanks from the list below to complete these sentences. Use each answer only once.

1. The most common economical sleeping bag is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. A sleeping bag that is a compromise between the efficiency of the mummy design and the economy of the rectangular bags is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. The disadvantage of this type of mattress is that they are easily damaged and take a long time to prepare for use and storage. It is an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Another name for the load bearing vest which is used primarily by military forces is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. The warmest of all sleeping bag styles is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. This item is an excellent pack for climbing and mountaineering where a range of motion and lower center of gravity are important. It is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. This item is an excellent pack for novice trekkers, and for carrying heavy loads over worn trails and fairly level terrain. It is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. What part of the rucksack takes most of the weight? \_\_\_\_\_\_\_\_\_\_\_\_\_\_

9. There is an acronym which describes the action you should take if you ever become lost when you are hiking. What is it? \_\_\_\_\_\_\_\_\_\_\_\_

10. What is something that you should always carry on your person when you go into the bush? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

11. The easiest improvised shelter is the \_\_\_\_\_\_\_\_\_

12. The most common poisonous plant in Canada is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

13. The most common hazard for nature enthusiasts in Canada is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

14. The rapid lowering of your body’s core temperature is called \_\_\_\_\_\_\_\_\_\_\_\_\_

15. The term used to describe the rate of heat loss on the body resulting from the combined effect of low temperature and wind is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

16. Untreated heat exhaustion symptoms will get worse and lead to \_\_\_\_\_\_\_\_\_\_\_\_

17. What is the best drink to use to replenish your dehydrated body \_\_\_\_\_\_\_\_\_\_\_

18. Fire requires three components to burn, fuel, oxygen and \_\_\_\_\_\_\_\_\_\_\_\_\_\_

rectangular bag air mattress rectangular bag webbing heat

mummy bag internal frame pack hip belt STOP

survival kit poison ivy insects external frame back pack Water

A frame Hypothermia wind chill heat stroke

1. Decode the scrambled letters to name the seven enemies of survival

N A I P \_\_\_\_\_\_\_\_\_\_\_\_\_

T T H S R I \_\_\_\_\_\_\_\_\_\_\_\_\_

G H N R U E \_\_\_\_\_\_\_\_\_\_\_\_\_

F E U I T G A \_\_\_\_\_\_\_\_\_\_\_\_\_

S S L L O E I E N N \_\_\_\_\_\_\_\_\_\_\_\_\_

R B O M D O \_\_\_\_\_\_\_\_\_\_\_\_\_

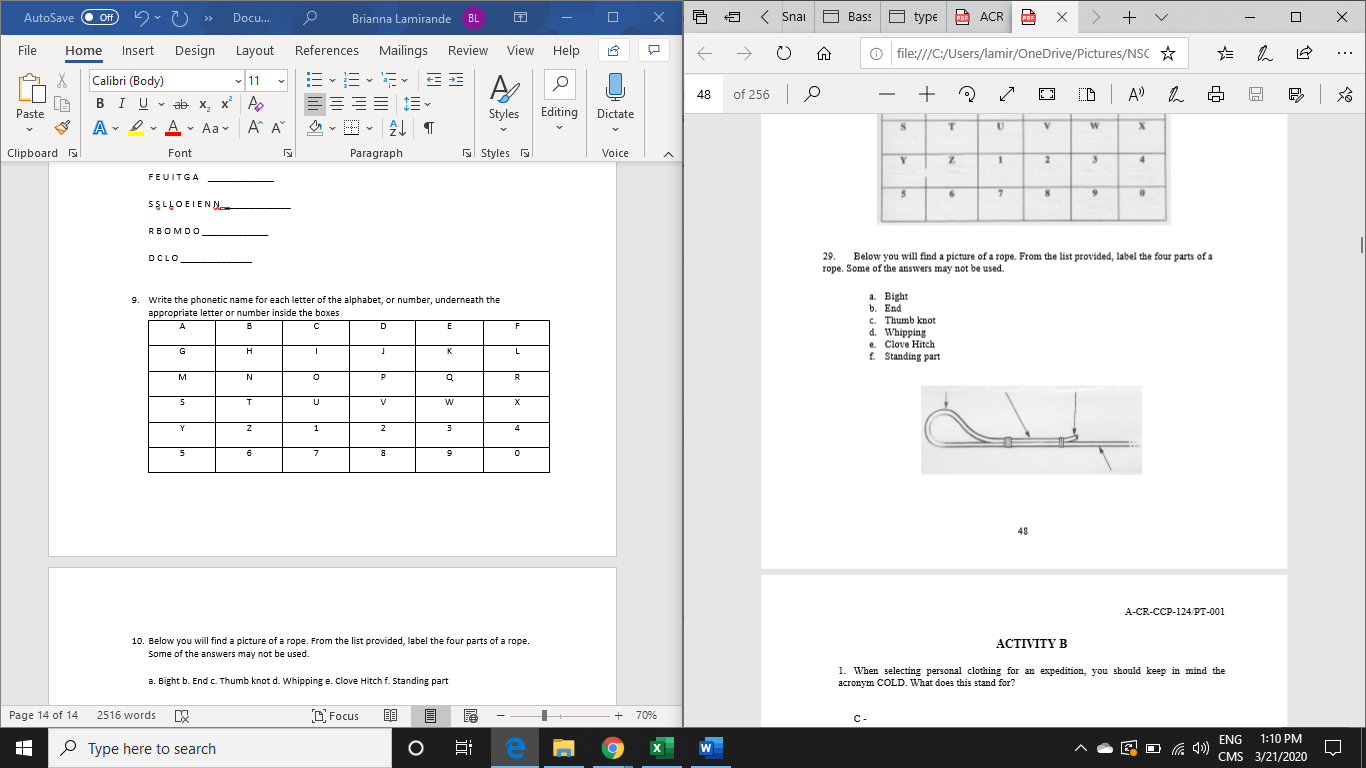
D C L O \_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Write the phonetic name for each letter of the alphabet, or number, underneath the appropriate letter or number inside the boxes

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| A | B | C | D | E | F |
| G | H | I | J | K | L |
| M | N | O | P | Q | R |
| S | T | U | V | W | X |
| Y | Z | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 0 |

1. Below you will find a picture of a rope. From the list provided, label the four parts of a rope. Some of the answers may not be used.

* 1. Bight b. End c. Thumb knot d. Whipping e. Clove Hitch f. Standing part



1. When selecting personal clothing for an expedition, you should keep in mind the acronym COLD. What does this stand for?

C –

O -

L –

D –

1. In order to properly manage your equipment for an expedition, you must divide it into two categories, one of which is objects you carry in your pockets. List any four of the nine items commonly carried in the pocket.

a.

b.

c.

1. What is the definition of a survival situation?
2. Which knot is used to anchor a rope around a tree trunk, pole or other such item? This knot is also easy to undo and will not slip.

a. Figure Eight

b. Reef

c. Double Figure Eight

d. Bowline

15. List 5 different types of improvised shelters

-

-

-

-

-

16. When selecting a wilderness shelter site, to protect yourself and your shelter, you should…?

a. Avoid depressions where water might pool after rainfall

b. Place your site on a road or path

c. Avoid putting the opening of your shelter away from the wind

d. Place your shelter nearest to the cooking area

17. In a survival situation, there are certain things that you will experience, that may threaten your survival if you do not know how they will affect you. These are the seven enemies of survival. Of the lists, what are the correct seven enemies of survival?

a. heat, cold, thirst, hunger, fatigue, boredom and loneliness

b. pain, cold, thirst, hunger, fatigue, boredom and loneliness

c. pain, cold, thirst, huger, sleep, boredom and loneliness

d. heat, cold, thirst, hunger, fatigue, loneliness

18. In the set-up of a bivouac site, your sleeping area should be \_\_\_\_\_m from the kitchen area, as well as the food hang.

a. 10m

b. 100m

c. 1000m

d. 50m

19. Which knot is often called the rescue knot, and makes a loop that will not slip?

a. fisherman’s

b. figure eight

c. bowline

d. thumb