

SVA 1: Survival Planning and Preparation



Lesson Prepared by LCDT Vorstermans

Objectives

- a. Outline the major psychological and social stresses to which the individual is exposed in a survival situation.
- b. State the causes and effects on individuals and groups of the following:
 - i. Low Morale
 - ii. Lack of purpose, goals or motivation
 - iii. Lack of self/group discipline
 - iv. Conflict between members
 - v. Fear of the unknown
 - vi. Lack of success in completing tasks of significant survival value
 - vii. Sense of despair, insecurity and hopelessness

Objectives Continued

C. State the need for

I. Planning equipment requirements

II. Prior knowledge of the terrain to be covered

III. Consideration of all methods of travel

IV. Knowledge of weather forecasts and conditions

V. Notification of estimated time of arrival at destination

Quick note: This lesson will be heavily discussion based, so I want everyone of you to join in and participate in each discussion.

Reason for Learning

Scenario:

You're on a GST at RAAF Richmond and you get a joy flight in a C-130 one day on the camp. However, while flying around the Blue Mountains, one of the engines experiences catastrophic failure and the plane crashes.

You wake up dazed, with the blazing wreck of the C-130 illuminating the near area, as you are around 100-200m from the site of the crash. No other cadets, staff or RAAF personnel are to be seen



Psychological and Social Stresses

These are the main psychological and social stresses that are commonly experienced by those going through survival situations (as shown in the objectives

- Low Morale
- Lack of purpose, goals or motivation
- Lack of self/group discipline
- Conflict between members
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- Lack of success in completing tasks of significant survival value
- Sense of despair, insecurity and hopelessness

Scenario Update

After consolidating on your knowledge, and keeping a healthy state of mind, you have persevered for a couple of days, scavenging off some supplies found in the C-130. While scavenging, you find 3-4 more cadets who survived the crash. You decide to form a group, and you are appointed as the de facto leader.

As the days wear on, you start to see the effect of the stresses on your team members, and you try to think of what causes these effects

Cause and Effects of the stresses

Stresses	Cause	Effect
Low Morale	Could be from anything	Bad emotional state, leads to issues
Lack of purpose	Low morale, bad planning	Reluctance to participate, bad emotional state
Lack of discipline	Disorganisation, Division in the group	Further disorganisation, lowered living conditions
Conflict between people	Work not distributed equally, bad emotional states	Worsened emotional state, division within group
Fear of the unknown	Being placed in the situation, doubts	More doubts, bad emotional state
Lack of success in completing tasks	Disorganisation, inability due to the situation	Further division, bad emotional state,
Sense of insecurity, hopelessness, despair	Doubts, being put in the survival situation	Low morale, bad emotional state, further doubts

Scenario Update 2

You and your group have survived a couple of days now, with morale high, a good state of mind, and a base set up with signals. Now, one of your group members has found a map of the local area off the C-130, along with some tools, which you now have to figure out how to use.

This section relates to planning, so it will deviate from the scenario

Planning and Preparation

Equipment: 5 main Factors

- How long will I be out there (including if something goes wrong)?
- Do I need extra rations?
- Is water available in the area?
- Do I need any specialised equipment for the area (for terrain, conditions)?
- Do I need any specialised medicine?

Knowledge of Terrain: ALWAYS look up the terrain beforehand, study notes/maps, and ask people who regularly travel the area for any tips

Planning and Preparation cont.

Methods of Travel: Consider the terrain with all methods of travel available, including backup plans. If you intend to hike/march, make sure you can carry everything with you

Weather and Climate: If possible, analyse the weather for the area beforehand to have a good idea of what weather to expect. The Bureau of Meteorology also has live weather updates on radios and phones

Notification: Make sure there is someone in civilisation that knows where you are at all times, and has direct contact to emergency services, so that in the case of an emergency, it is much quicker to get to you.

Question Time!

Turn your sheets over and put your hands on your heads so that I know you are ready to start the questions. If you need to visit a previous slide or ask any questions, please do so now.

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Scenario Ending

Scenario:

After a week in the Blue Mountains, you were saved. You and your group of cadets made it through to live another day. However, due to the crash of the C-130, cadets are now no longer allowed to have flights on RAAF Aircraft.

Next Lesson

SVA 2: Traps and Snares.

Any Questions?