



Lesson Plan



FCR 3: Safety in the Field	CSGT S. Fraser	40 minutes (full lesson) Theory Lesson
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Preparation

Training Aids/Resources:
 PowerPoint (laptop and cable)
 Projector
 Handout x30

References:

- FCR Syllabus 2017 v1.0

Introduction

1	<p>Objectives:</p> <ul style="list-style-type: none"> a. State the AAFC Environmental Management requirements and country code of conduct b. Describe the procedure to be adopted if lost, injured or in danger. c. State the importance of following instructions in the field. d. Outline Fire precautions. e. Describe the “buddy system” to be utilised within the AAFC. f. Explain the importance of the “buddy system” with regard to welfare of cadets. 	1 min PPT – Slide 1
2	<p>Prior Knowledge Check</p> <p>*Instructor to initiate discussion based on cadet experience gathered from previous lessons</p>	3 mins
3	<p>Reason for Learning/Motivation:</p> <p>Safety is the most important aspect of any AAFC activity. Therefore, cadets must understand how they contribute to the safety of field exercises, and specifically where their responsibilities lie. This ensures a fun and safe environment for these activities, as well as reducing any chances of injuries.</p>	1 min

Development

4	<p>AAFC Environmental Management requirements</p> <ul style="list-style-type: none"> • Often have to pass through farmland or National Parks or Reserves <p>Country Code of Conduct</p> <ul style="list-style-type: none"> • Obtain permission before entering property • Leave gates as you found them • Use gates, if necessary use solid post to climb over fence • Don’t litter – what you take in, you take out • Don’t disturb livestock • Walk around crops – not through • Observe fire regulations • Hiking on road – single file right hand side facing traffic. At night carry torch at front and end of group. <p>Impact on the environment:</p> <ul style="list-style-type: none"> • Protect and preserve native animal and plant life by not willingly destroying them or their habitats • Stick to trails • Don’t damage natural features e.g. rock formations, river banks etc 	7 mins Handout x30 PPT – Slide 2-3
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	<ul style="list-style-type: none"> • Clean up thoroughly • If you see anyone else being careless with the environment, point out their mistake or report to SECO • Don't pollute waterways (animals still need water...) <p>Q1 – State the Country Code of Conduct. See above.</p> <p>Q2 – How do we avoid impacting the environment? See above.</p>	
5	<p>Procedure to be adopted if lost, injured or in danger</p> <p>Becoming Lost:</p> <ul style="list-style-type: none"> • Poor leadership • Lack of terrain knowledge • Lack of bushcraft knowledge, i.e. navigation skills • Leads to panic <p>Becoming Overdue:</p> <ul style="list-style-type: none"> • Illness or injury • Malfunction/loss of essential equipment • Tackling a route beyond groups capabilities • Changes in weather conditions <p>NOTE:</p> <ul style="list-style-type: none"> • OVERDUE: is late – make effort to contact authorities / reach objective so no unnecessary search is called • LOST: location unknown – take action to help search parties locate group <p><u>IF LOST:</u></p> <ul style="list-style-type: none"> ➔ Move to prominent feature/landmark/clearing ➔ Stay together ➔ One member on watch at all times ➔ If possible, radio in to HQ and let them know you are lost, last known co-ordinates, and path heading. Only if radio is unavailable (dead, frequency unavailable) and mobile phones are accessible by a SECO, can they be used. ➔ Signalling – smoke and fires / flashing lights; torches; mirror / shouting, waving clothing <p>Q1 – Difference between lost and overdue? Overdue = late; Lost = unknown</p> <p>Q2 – What could make a group overdue? Injury; equipment malfunction; weather change etc</p> <p>Q3 – What to do if lost? Move to prominent feature, stay together, signal for help</p>	5 mins Handout x30 PPT – Slide 4-5
6	<p>Importance of following instructions in the field</p> <ul style="list-style-type: none"> • Safety (self and others) – there is a reason rules are set, and you are told to do things, i.e. <ul style="list-style-type: none"> ○ No running in the bush, avoids injuries, reduces the risk of the activity ○ 1m person clearing, 5m tree etc clearing around the fire pit, reduces risk of fire ○ Don't build hutchies under deadfall, could fall and injure/kill cadets 	3 mins Handout x30 PPT – Slide 6



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	<ul style="list-style-type: none"> Following/complying with all policies and procedures (i.e. lost and found procedures) Ensuring all critical information is communicated to all members of a field-ex Self-discipline <p>Q1 – Why do we follow instructions? Safety, self-discipline, complying with procedures/policies</p>	
7	<p>Fire precautions</p> <ul style="list-style-type: none"> Clearing Area – 5m around Trees above – deadfall, no overhanging trees Jerry nearby (water jerry used ONLY for fire emergencies) minimum of 2 per fire Fire-bans (observe field fire regulations) Piquet duty – never leave fire unattended Trench type (at least 30cm deep) fireplace, using kindling and twigs to get started, then logs to keep going <p>Q1 – State the distance to be cleared. 5m</p>	<p>3 mins</p> <p>Handout x30</p> <p>PPT –</p> <p>Slide 7</p>
8	<p>Describe the “buddy system” to be utilised within the AAFC</p> <ul style="list-style-type: none"> SECO pairs together Partner for duration of the camp Stick together ‘buddies’ Number system 	<p>3 mins</p> <p>Handout x30</p> <p>PPT –</p> <p>Slide 8</p>
9	<p>Importance of the “buddy system” with regard to welfare of cadets</p> <ul style="list-style-type: none"> It is very difficult for staff and senior cadets to monitor every member of an activity at all times, which increases the chance that someone gets left behind or lost The “buddy system” is a highly important safety element when conducting field exercises in the AAFC. It gives you the responsibility to watch out for your peers, and learn that you are not only responsible for just yourself. By implementing the “buddy system” a cadet always has someone looking out for them, to make sure that they don’t get left behind I.e. when going to the toilet, en route an injury occurs, your buddy is there to notify staff and go get you help <p>Q1 – Why is the buddy system important? See above.</p>	<p>3 mins</p> <p>Handout x30</p> <p>PPT –</p> <p>Slide 9</p>
Conclusion		
10	<p>Testing:</p> <p><u>Ask class if they have further questions</u></p> <p>Q1 – What are some important elements of the country code of conduct?</p> <p>Q2 – What should you do if you become lost?</p> <p>Q3 – How can you safely maintain a fire on a field-ex?</p> <p>Q4 – Why is it important to follow instructions in the field?</p> <p>Q5 – Who has to utilise the “buddy system”?</p> <p>Q6 – How does the “buddy system” help to improve the safety of cadets on a field-ex?</p>	<p>7 mins</p> <p>PPT –</p> <p>Slide 10</p>
11	<p>Restate Objectives:</p>	<p>1 min</p> <p>PPT –</p>



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	<p>a. State the AAFC Environmental Management requirements and country code of conduct</p> <p>b. Describe the procedure to be adopted if lost, injured or in danger.</p> <p>c. State the importance of following instructions in the field.</p> <p>d. Outline Fire precautions.</p> <p>e. Describe the “buddy system” to be utilised within the AAFC.</p> <p>f. Explain the importance of the “buddy system” with regard to welfare of cadets.</p>	Slide 11
12	<p>Restate Reason for Learning</p> <p>Safety is the most important aspect of any AAFC activity. Therefore, cadets must understand how they contribute to the safety of field exercises, and specifically where their responsibilities lie. This ensures a fun and safe environment for these activities, as well as reducing any chances of injuries.</p>	1 min
13	<p>Next Lesson: FCR 4 – Field Hygiene & Food Safety</p>	