

223 Red Lion RCACS

4500-1-1 (TrgO- Asst)

30 Sept 15

Dist list

OPERATION ORDER

New Start 02-04 Oct 15

Time Throughout – local time (PST)

1. SITUATION

a. 223 Red Lion Air Cadets level one and above will be participating in a level one field training exercise, to teach and broaden information on basic survival techniques. It will be conducted at Cottonwood Beach, Mabel Lake BC. This exercise will commence at 1600hrs Oct. 2, 2015 and end at 1530hrs Oct. 4, 2015

2. MISSION

a. To instruct the basic principles of an emergency survival situation. Participation in this exercise will cover all mandatory and some complimentary training for level 1.

3. EXECUTIUON

This exercise will take place as follows:

a. General Outline

This will take place in five phases:

- i. Phase 1 (1100hrs – 2 Oct 15) advance party begins
- ii. Phase 2 (1730hrs – 2 Oct 15) Cadets will arrive at Brigadier Murphy Armoury.
- iii. Phase 3 (2000hrs, 2 Oct – 0900hrs 4 Oct 15) Cadets will arrive at Cottonwood Beach; training commences.
- iv. Phase 4 (0900hrs, 4 Oct 15) Tear down and pack up.
- v. Phase 5 (1200hrs, 4 Oct 15) Departure of advance party and Cadets.

b. Groupings and Tasks

i. Phase 1: 0830hrs, 2 Oct 15

Group: Lt Van Overschot, Advance party

Tasks:

- 1) Advance party will arrive at Brigadier Murphy Armoury;
- 2) Advance party will collect stores from off site;
- 3) Advance party will head to ASU Vernon;
- 4) Advance party will purchase remaining stores at Wal-Mart; and
- 5) Once finished their tasks the advance party will head to Cottonwood Beach

ii. Phase 2: 1730hrs, 2 Oct 15

Group: CI Devine

Tasks:

- 1) The Cadets will arrive at Brigadier Murphy Armoury;
- 2) A nominal roll will be made;
- 3) Meds and permission slips will be collected;
- 4) A kit check will be done;
- 5) Cadets will sign a CDT 127 upon boarding the bus; and
- 6) **To inform the bus when to leave, NLT 1810hrs**

iii. Phase 3: 2000hrs, 2 Oct 15 – 0900hrs, 4 Oct 15

Group: Staff

Tasks:

- 1) The NCOIC and NCO2IC are to ensure the training schedule is followed; and
- 2) Training commences as per the training schedule, see annex B.

iv. Phase 4: 0900hrs, 4 Oct 15

Group: Lt Van Overschot, Section Commanders

Task:

- 1) Advance party will start teardown and the loading of vehicles; and
- 2) Cadets will conduct general clean up and tear down.

v. Phase 5: 1200hrs, 4 Oct 15

Group: Lt Van Overschot, CI Devine, remaining staff

Task:

- 1) **1200hrs**, advance party will depart to return stores;
- 2) Remaining staff will conduct concurrent activities;
- 3) **1400hrs**, remaining staff and cadets will depart for Brigadier Murphy Armoury; and

- 4) Remaining staff and Cadets will depart Brigadier Murphy Armoury for home.

c. Coordinating Instructions

- i. **O group to be held, 01 October, 2015 (Cadets)**
- ii. **O Group Officers – 01 October 2015.**
- iii. Timing of Phases:
 - 1) Phase 1 – 0830hrs, 2 Oct 15
 - 2) Phase 2 – 1730hrs, 2 Oct 15
 - 3) Phase 3 – 2000hrs, 2 Oct 15 –4 Oct 15
 - 4) Phase 4 – 0900hrs, 4 Oct 15
 - 5) Phase 5 – 1200hrs, 4 Oct 15

4. SERVICE SUPPORT

Support will be provided as follows:

- a. Dress:
 - i. CAF Members – CADPAT
 - ii. Civilian Staff and Cadets - Field Training Uniform or appropriate civilian clothing.
- b. Equipment:
 - i. See Annex B.
- c. Rations:
 - i. Meals will be MREs and fresh rations.
- d. Personnel:
 - i. TBA number of cadets, and TBA officers.
- e. Sanitation:
 - i. Washrooms will be provided.
- f. Transport:
 - i. 1 – 50 pas bus
 - ii. 1 – rentals (cube van)
 - iii. 1- pmc
- g. First aid:

- i. Lt Van Overschot will provide first aid. 911 will be called for any major medical issues. See Annex H.
 - h. Water:
 - i. Brought by advance party.
 - i. Wild Life:
 - i. If wildlife is spotted the OIC must be notified ASAP. If cadets see dangerous wild life they stay together and slowly move away if safe. If approached by wild life cadets will group together and make lots of noise as a deterrent.
 - j. Environmental Protection:
 - i. In Case of ANY fuel or oil spills, the OPI must be notified. A spill it will be used for any fuel or oil spills. OPI will then follow the TREES program for reporting the spill. No trees will be cut down or damaged during the FTX.
 - k. Garbage:
 - i. Will be collected during the training and properly disposed of after training.
 - l. Evacuation Plan:
 - i. All cadets will be briefed on the evacuation plan. The meeting point due to emergency will be the designated during briefing. Initiated by the fire alarm or shouting "FIRE, FIRE, FIRE."
 - m. Fire Plan:
 - i. In case of a fire cadets will go to the meeting spot in the evacuation plan. Cadets will report all fires. Cadets will not attempt to put out fires.
 - n. Medical Emergency:
 - i. The First Aid O will treat all medical issues. The First Aid O will drive any injuries that they cannot treat to the Vernon General Hospital 1hr 6min away. Transport will be by the safety vehicle driven by the First Aid O.
- 5. COMMAND AND SIGNALS
 Command and signals for this exercise will be organized as follows:
 - a. Command
 - i. OPI – Lt Van Overschot
 - ii. Oic- CI Devine
 - iii. 2Oic- CV Calvert
 - iv. NCOIC - FSgt Gaskell
 - v. NCO2IC - FSgt Arthur

- vi. First Aid O – Lt Van Overschot
- vii. Higher HQ- Maj Cross

b. Signals

i. Call Signs:

- a) Zero - FSgt Gaskell
- b) Zero One – FSgt Arthur
- c) Foxtrot - First Aid O- Lt Van Overschot
- d) Artemis HQ – Maj Cross
- e) Bravo - Section Commander
- f) Charlie - Section Commander
- g) Papa – CI Devine
- h) Papa One – CV Calvert
- i) **No Duff - Emergency**

c. Emergency contacts

- i. Ambulance, Fire, Police – 911
- ii. Hospital – 2101 32 St, Vernon, BC V1T 5L2
(250) 545-2211

d. Exercise Location

- i. Co-Ordinates: 50.617188, -118.677643 Cottonwood Beach, Lumby BC



Monty R Cross .
Major .
Commanding Officer .
223 Red Lion Squadron

Authenticator:
CI Devine TrgO Asst
223 RCACS
250-307-3368

Annexes:

Annex A	Permission slip
Annex B	Training schedule
Annex C	Personal Kit List
Annex D	Sqn stores list
Annex E	Warning Order
Annex F	Directions to Hospital
Annex G	Area Map
Annex H	Emergency Procedures
Annex I	Safety Procedures
Annex J	Fire Regulations
Annex K	Environmental Procedures

Dist List
Action

OPI
NCOIC
Advance Party
Section Commanders
Sup O

Info

Trg O
Admin O
Sup O
Sqn Commander

Annex A
18 Jan 15
Permission Slip

Operation New Start

Cadet Exercise Authorization Form:

Date of Exercise: Oct/2/2015 – Oct/4/2015

223 Red Lion Cadets will be participating in a weekend Survival that encompasses the Level one field training and will be held at Mable lake forestry camp. Operation New Start Is designed to build the basic skills of how to survive in an emergency outside of civilization.

On Friday, Oct, 2, 2015 @ 1600hrs cadets arrive at hall. All cadets get a kit check, load up and leave for site.

Saturday, Oct, 3, 2015 @ 630hrs cadets will start training.

Sunday, Oct, 4, 2015 @ 1530hrs cadets will return to the hall and be dismissed.

A personal kit requirement list is provided to each cadet and is attached. All meals will be provided and are of the boiled foil bag type. We are looking forward to an enjoyable weekend. You are asked to supply the following information, sign and return this permission form to 223 Red Lion RCACS ASAP.

If you have any question about this exercise please feel free to come in and talk to the Training Officer Lt. Van Overschot.

NO SMOKING by Cadets is permitted during this exercise.

Cadets Name: _____

Personal Medical Conditions to be considered: _____

Phone number to contact Parent/ Guardian: _____

I have read this form, and hereby give permission for my son / daughter to participate in the activity outlined.

Parent or Guardian

Date

Annex B
18 Jan 15
Training Schedule

Friday, 2 Oct 15

1945hrs	Cadets Arrive	Fsgt Arthur
2000hrs	Briefings	Fsgt Gaskell
2030hrs	Hand out kit/ set up biv sites	Section Commanders
2130hrs	Collect fire wood	Section Commanders
2200hrs	Mug up	Section Commanders
2230hrs	Lights out/ Fire picket starts/Staff Meeting	Section Commanders

Saturday, 3 Oct 15

	Level One (A)	Level One (B)	Level One (C)	Level One (D)
0730hrs	Wake up			
0800hrs -0830hrs	Breakfast			
0900hrs –0940hrs	M190.02		M190.04	
0950hrs – 1030hrs	C190.06		C190.02	
1035hrs – 1115hrs	C190.06		M190.02	
1120hrs – 1200hrs	M190.07		M190.05	
1205hrs – 1255hrs	Lunch			
1300hrs – 1340hrs	M190.07		M190.05	
1345hrs – 1425hrs	M190.07		M190.05	
1430hrs – 1510hrs	M190.04		C190.06	
1515hrs – 1555hrs	C190.02		C190.06	
1600hrs – 1640hrs	M190.05		M190.07	
1645hrs – 1725hrs	M190.0		M190.07	
1730hrs – 1800hrs	Dinner			
1800hrs – 1840hrs	M190.05		M190.07/	

Sunday, 4 Oct 15

0730hrs	Cadets are woken up/pack personal kit	
0830hrs	Breakfast	
0900hrs	Tear down biv sites	
1000hrs	Tear down CP/ Load cube van	
1200hrs	Lunch	
1215hrs	Advance party departs for ASU	
1245hrs	Nature walk/ Activities	
1400hrs	Cadets depart training area	

Notes:

M190.02 Maintain Personal Equipment and Hygiene in the Field

M190.04 Discuss Survival Psychology

M190.05 Identify Types of Shelters

M190.07 Light, Maintain and Extinguish a Fire

C190.02 Identify Environmental Injuries

C190.06 Collect Drinking Water in the Field

Personal Equipment List

Mandatory Items:

Cup or Mug	Mel Mac, Plastic, or metal, insulated recommended
Plate	
Knife, Fork, Spoon	
Headgear	
Trousers 2 pair	Sweat pants or wool preferred, Jean NOT Permitted, wind proof not water proof
Shirts 3 Pair	
Underwear 3 pair	
Socks	Wool recommended, enough to change at least twice a day
Footwear	Boots preferred
Personal Hygiene	Face Cloth, hand soap, toothbrush, and toothpaste, comb
Other	Sweaters and warm coats are recommended flashlight with extra batteries, Knife – no longer than 6 inches, MUST be able to lock, and MUST have a blade cover.

Optional Items

1. Combat clothing
2. One hatchet
3. One hunting knife (see restrictions)

If you do not have some of the above items please let us know ahead of time as we may be able to arrange access.

Forbidden items

1. Rambo style knives, throwing knives, or knives with blades over 6 inches
2. Drugs
3. Alcohol
4. Cigarettes
5. Pellet guns, Slingshots, Darts
6. Fireworks or Firecrackers
7. Electronics of any kind

Back pack (able to carry all your gear)

When in doubt, pack for the weather. And remember,

ONE MAN, ONE KIT

Supply to Provide

Item	Quantity
Radios	All
Batteries	24 x AA
Garbage Bags	1 x box of 24 (approx.)
Kitchen Supplies	Large pots, utensils...
Compasses	All
Flagging Tape	2 Roles
First Aid Kit	2
Propane Tanks	3
Gas can	1
Generator	1
Extension cords	2
Water jugs	4
Propane stoves	All
Propane lanterns	All
Propane accessories	All
Light rope	1 roll
Wash basins	All
Soaps and sanitary supplies	All
Lighting kit	1

Annex E
18 Jan 15
Warning order

Warning Order

September 15, 2015

Operation New Start

This FTX will teach basic survival techniques and is open to all cadets, however it is part of the mandatory training for level 1 cadets.

1. When: Friday Oct.2, 2015 at 1600 hours until Sunday Oct.4 at 1530 hours

2. Where: Mabel Lake provincial park

3. Transportation: Cadets will meet at the armouries no later than 1600 hours on Friday Oct.2, and will bus up to Mabel Lake. The bus will return them to the armouries on Sunday Oct.4 at 1530 hours.

4. Dress: See attached kit list.

This exercise will train new cadets in the basics of survival and act as a refresher course for all other cadets before the senior FTX. It is also a great opportunity for the cadets to get to know each other and learn to work as a team. Senior cadets can use this FTX as an opportunity to demonstrate and practice their leadership skills.

Annex F
18 Jan 15
Directions to Hospital

Lumby-Mabel Lake Rd, North Okanagan D, BC V0E to Vernon Jubilee Hospital - Googl... Page 1 of 2



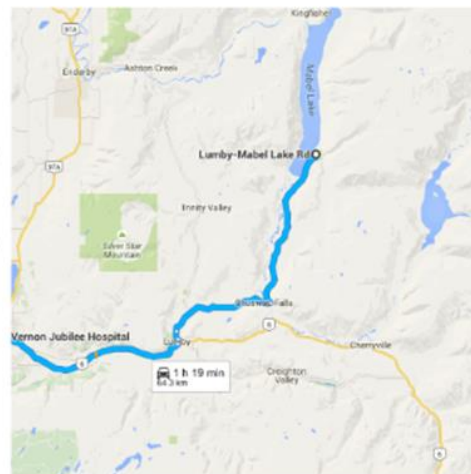
Lumby-Mabel Lake Rd

North Okanagan D, BC V0E

Follow Lumby-Mabel Lake Rd to Shuswap Ave

51 min (35.5 km)

1. Head southwest on Lumby-Mabel Lake Rd toward Taylor Creek Forest Service Rd
21.4 km
2. Turn right to stay on Lumby-Mabel Lake Rd
14.1 km



Follow BC-6 to 15 Ave in Vernon

25 min (26.2 km)



<https://www.google.ca/maps/dir/50.4592526,-118.7251282/Vernon+Jubilee+Hospital,+3...> 2015-09-30

Annex G
18 Jan 15
Area Map



EMERGENCY PROCEDURES

1. The following injury Emergency Procedures are to be followed:
 - a. Minor injury – cadet can remain
 - (1) Ensure individual and group safety first and foremost
 - (2) Conduct initial assessment, provide temporary treatment/relief (if trained) AND simultaneously notify/send for the First Aid Officer
 - (3) First Aid Officer will inspect initial treatment (if any) and modify or replace as necessary
 - (4) Parents will be contacted if necessary
 - (5) First Aid Officer will complete the necessary reporting paperwork (Cadet – DND 2299, Staff – CF 98)
 - (6) First Aid Officer will monitor the subject's condition continually throughout the remainder of training
 - (7) OIC Ex and CO will be notified as soon as practicable
 - b. Minor injury – cadet requires hospital
 - (1) Ensure individual and group safety first and foremost
 - (2) Conduct initial assessment, provide temporary treatment/relief (if trained) AND simultaneously notify/send for the First Aid Officer
 - (3) First Aid Officer will inspect initial treatment (if any) and modify or replace as necessary
 - (4) Cadet will be removed from training area via safety vehicle or ambulance. Directions to nearest hospital above.
 - (5) First Aid O will accompany cadet and report back to OIC Ex
 - (6) Parents will be contacted by an officer

- (7) First Aid Officer will complete the necessary reporting paperwork (Cadet – DND 2299, Staff – CF 98)
- (8) Emergency services may be contacted if required via numbers at Command and Signals
- (9) CO will be notified as soon as practicable

c. Major injury – cadet requires hospital/emergency services

- (1) Ensure individual and group safety first and foremost
- (2) Conduct initial assessment, provide temporary treatment/relief (if trained) AND simultaneously notify/send for the First Aid Officer
- (3) First Aid Officer will inspect initial treatment (if any) and modify or replace as necessary. First Aid Officer will send for emergency services as required. Emergency phone numbers at Command and Signals.

Cadet will be removed from training area via safety vehicle, ambulance, medevac, or other

- (4) First Aid O will accompany and report back to OIC Ex
- (5) Parents will be contacted by an officer
- (6) First Aid Officer will complete the necessary reporting paperwork (Cadet – DND 2299, Staff – CF 98)
- (7) CO will be notified as soon as practicable

Annex I

18 Jan 15

Safety Procedures

SAFETY PROCEDURES

1. The following general safety procedures are to be strictly enforced:
 - a. All exercise personnel shall participate in an exercise briefing as well as an expedition briefing to be conducted by the OIC Ex prior to undertaking exercise/expedition activities,
 - b. All participants shall be aware of and adhere to safety boundaries and restricted areas,
 - c. Regular hydration of all personnel will be monitored, enforced, and initiated by exercise staff,
 - d. Appropriate hygiene practices (brushing teeth, applying deodorant, changing clothes, hand washing etc) will be monitored, enforced, and initiated by exercise staff,
 - e. Proper footwear and personal feet conditions will be verified and monitored on a continual basis,
 - f. An adult staff member to cadet ratio of 1:10 (including one staff member of each gender) will be enforced at all times,
 - g. Incidents where cadets are on roadways or in parking lots will be minimized and, if unavoidable, cadets shall wear visibility vests,
 - h. Headress will be worn at all times by all personnel,
 - i. Rations will only be consumed at the pre-designated times in designated areas,
 - j. All garbage will be packed out by personnel.
 - k. Personnel shall not run except for in the event of an emergency or directed otherwise,
 - l. Exercise participants shall ensure proper stretching precautions prior to commencing a hike,
 - m. Training areas will be inspected by the OIC Ex for potential safety hazards,

- n. In the event of 3 whistle or horn blasts, personnel shall proceed to the previously designated muster points.
2. The following work safety procedures are to be strictly enforced:
- a. Flammable liquids will be properly stored within the POL and equipment requiring filling will only be filled within the designated area and with extreme care,
 - b. Spill kits will be carried in each DND rental vehicle and staff members will be previously trained with their use,
 - c. Knives and multi tools will only be unsheathed when required, and should be used with extreme care. Cadets will be briefed by an officer prior to using a knife or multi tool. Blades will not exceed 6 inches in length,
 - d. Safety equipment (goggles, work gloves, face masks etc) shall be available and used by personnel performing hazardous tasks,
 - e. WHMIS guidelines shall be followed by all personnel using hazardous chemicals/substances,
 - f. Personnel unsure of proper safety procedures regarding the use of tools/equipment will seek proper training prior to engaging in such activities, and
 - g. Cadets shall not use axes or hatchets unless briefed and supervised by an officer

FIRE REGULATIONS

1. Fire Regulations:
 - a. Fires may only be lit if and when authorized by OIC Ex,
 - b. Extreme care shall be taken to ensure that stoves are operated safely and with minimal risk of spread of flame, and
 - c. Matches and lighters will only be used for the legitimate lighting of cooking stoves.
2. Fire Fighting:
 - a. Fire pickets are to be established during night with personnel to be on the lookout for fires
 - b. Any individual encountering a fire shall shout “FIRE, FIRE, FIRE” and transmit “NO DUFF, FIRE, FIRE, FIRE” over the radio communications.
 - c. Cadets shall be immediately directed away from the danger area to the muster point,
 - d. If there is minimal risk of injury, adult staff may attempt to extinguish the fire,
 - e. An adult staff member will conduct a roll call to ensure that all personnel area accounted for,
 - f. OIC Ex will contact emergency services as per Command and Signals, and
 - g. Arrangements shall be made to evacuate cadets or continue the activity without exposing cadets to fire damaged area.

ENVIRONMENTAL PROCEDURES

1. All personnel are to act with due diligence to ensure minimal impact on the environment by abiding to the following:

- a. Every effort shall be made by personnel to ensure minimal impact to the environment,
- b. All garbage will be collected and carried out by participants,
- c. When possible, recycling shall be separated from garbage and properly disposed of,
- d. Spill kits will be carried in each DND rental vehicle and staff members will be previously trained with their use,
- e. Live trees, brush, plants, etc shall not be removed or disturbed and holes shall not be dug,
- f. Personnel shall only hike on pre-laid trails and will minimize any deviations from the path,
- g. Personnel shall use washroom facilities every time they are required, and
- h. Grey water shall be disposed of in the provided washroom facilities.

2. In the event of a spill:

- a. Trained personnel shall take control of the situation,
- b. Spilled chemicals and contaminated surfaces shall be removed or absorbed as per TREEs training guidelines, and
- c. The incident shall be properly reported through the chain of command