



FIELDCRAFT

RECRUIT

Australian
Air Force Cadets
Cadet / Instructor Notes

Rewrite dated 20 February 2007

IELDCRAFT RECRUIT (FCR)
(6* Classroom Periods + Bivouac - Optional)

Instructor Note: It is mandatory to conduct FCR1, FCR2 and FCR3 prior to the commencement of any practical fieldcraft exercise. These areas must be assessed practically where appropriate.

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|--------------|--|---------------|---------------------|
| FCR 1 | Personal Equipment | AL:B/2 | Period(s): 2 |
| a. | State: | | B |
| | (1) The necessity for correct Field Clothing and footwear. | | |
| | (2) The requirements for safety equipment. | | |
| b. | Describe the different types of webbing and backpacks, and their uses. | | B |
| c. | Demonstrate how to correctly assemble a pack for a cadet camp | | 2 |
| d. | List the items necessary when packing for a cadet camp including: | | B |
| | (1) food | | |
| | (2) utensils/ accessories | | |
| | (3) tentage | | |
| | (4) sleeping gear | | |
| | (5) clothing | | |
| e. | Describe the different foods and food requirements, in particular | | B |
| | (1) one man ration pack | | |
| | (2) five man ration pack | | |
| | (3) general rations | | |

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|--------------|--|----------------|---------------------|
| FCR 2 | Safety in the Field | AL: A/B | Period(s): 1 |
| a. | State the AAFC Environmental Management requirements and country code of conduct | | B |
| b. | Describe the procedure to be adopted if lost, injured or in danger. | | A |
| c. | State the importance of following instructions in the field | | A |
| d. | Outline Fire precautions. | | B |
| e. | Describe the "buddy system" to be utilized within the AAFC. | | A |
| f. | Explain the importance of the "buddy system with regard to welfare of cadets. | | B |

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|--------------|---|--------------|---------------------|
| FCR 3 | Field Hygiene | AL: B | Period(s): 1 |
| a. | State the definition of personal hygiene. | | |

- b. Outline the requirements of personal and communal hygiene involving food and water.
- c. Explain the application of the principles of personal and communal hygiene.

FCR 4 Camp Accommodation AL: 2 Period(s): 1

- a. Demonstrate the erection and dismantling of tentage, eg. hutchies, personal tent 11 x 11 etc.
- b. Practice the care, maintenance and inventory of equipment.

This topic can be taught and assessed on an optional field exercise or out of the classroom at home SQN. Assessment of FCR 4 may be conducted during Basic stage bivouac if Home SQN arrangements do not allow for earlier assessment.

FCR 5 Practical Assessment and Examination Period(s): 1

Assessment components are to include practical assessment for all practical objectives on a competency displayed/competency not displayed basis. Further to this a theory examination is to be conducted prior to induction stage cadets entering the field, to ensure competence and knowledge in areas crucial to safety.

FCR 6 Examination Review Period(s): 1

Field Exercise (Optional elective periods as required)

A field exercise may be conducted (but is not mandatory) to provide cadets with the opportunity of being fully involved with SQN activities and to assess practical components of FCR

Instructors are reminded that cadets at this stage have had no formal training in other Field related areas. It is recommended that training be commenced in the field in the following areas FCB2 & FCB3:

- a. The application of camouflage on personnel and equipment for common conditions. **B**
- c. The method of concealment of personnel and equipment. **B**
- d. Movement by day or by night. **B**
- e. Basic field signals. **B**
- f. Section and flight formations. **B**
- g. the reason for things being seen **B**

FIELD CRAFT BASIC
FCR 1 - PERSONAL EQUIPMENT
1 PERIOD

Field Clothing and Footwear

1001. The first uniform issued to an AAFC Cadet is the Jungle Green uniform. This is worn by Recruits until graduation after which it becomes field / working dress and is then only worn on bivouacs or other specified activities. Jungle Green uniform consists of the following;

- a. Hat; utility, which is designed with a floppy brim to protect the face, ears and neck and to shade the eyes.
- b. Shirt; should be of a comfortable fit neither too tight nor too loose. For field work, the sleeves are worn down and buttoned at the cuff.
- c. Trousers; as for the shirt, should be a comfortable fit. They are worn with the cuff 'bloused' over the top of the boots using either an elastic garter or heavy duty rubber band.
- d. Socks; must be of sufficient thickness to fit snugly in the boots without restricting circulation to the feet. Woollen socks are best for field work and must be long enough to protrude above the boot tops so as to prevent them chafing the calves.
- e. Boots; GP, are designed for comfort and support in field use, provided that they fit properly. When brand new, boots should not be worn in the field, but need to be 'broken in', by wearing and waxing / polishing them. Boots and laces must be maintained in good condition for field work.

Wet Weather Protection

1002. Bivouacs and field activities often take place in winter months, some form of wet weather clothing is an essential part of a Cadet's kit. This will need to be obtained individually as it isn't normal issue. The ideal clothing for field use is either a poncho or military style waterproof smock, preferably green or camouflage in colour.

Personal Safety Equipment

1003. In the field, each Cadet should carry a personal first aid kit, packaged in a small zip-top plastic envelope. The suggested contents is as follows;

- a. A bandage or shell dressing.
- b. Several bandaids.
- c. A few aspirin.
- d. Safety pins.
- e. Anti-septic cream
- f. Tweezers.
- g. Water purification tablets.

General Safety Equipment

1004. When planning a bivouac, make sure that the following items are included in the stores list;

- a. Spade; to dig latrines, fire trenches and waste pits.
- b. Rake; for clearing around fireplaces and to keep the camp generally tidy.
- c. Axe; for clearing the area if necessary and general use.
- d. Knapsack spray or water bucket; to be within easy reach of each fireplace.

Webbing Equipment and Back Packs

1005. The selection of back packs suitable for AAFC field activities is far too numerous to mention in these notes, but the basic points to consider when choosing one are;

- a. It should be large enough to hold a sleeping bag, spare set of clothing, food and water and other personal items, but not so big that it becomes too heavy or awkward to carry.
- b. It must sit comfortably and squarely on the back without dragging the shoulders down.
- c. When trying out a pack in the store, it should be loaded up so that you get a true feel for the type you want.
- d. Make sure that the pack you select is waterproof.
- e. A good general design for a field back pack is one which has a separate compartment top and bottom, pockets for small items on each side and a map compartment in the back or top flap. See figure 1 below.

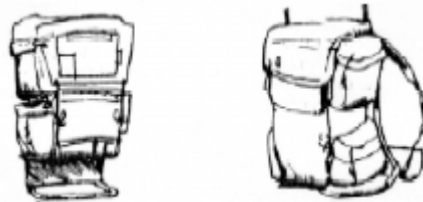


Figure 1 - Two Types of Field Back Pack

1006. Other lightweight webbing equipment which a Cadet will need in the field is available from disposal or camping stores and should be versatile in its use. Military style webbing is best suited to this and the minimum requirement would be a webbing belt, water bottle and carrier and a small pack or basic pouch. The water bottle carrier and pouch are, of course, attached to the belt.

Food Requirements

1007. The planning of bivouac rations is most important and should be done systematically. Start by working out the number of breakfasts, lunches and dinners required and then make up a menu for each. While planning out the menu, keep in mind the correct balance and select food which will include the five major food groups. These are as follows;

- a. Carbohydrates; (bread, cereals, flour, potatoes etc.) to assist the body in the utilization of protein and fat.

- b. Proteins; (cheese, eggs, meat, fish, beans etc.) for growth and tissue repair.
- c. Fats; (cheese, butter, oil, fatty meats etc.) for muscular energy and heat.
- d. Minerals; (salt, potassium, calcium etc.) to maintain cellular function.
- e. Vitamins; (fruit, vegetables etc.) for growth and control of body activities.

1008. The final step is to calculate the quantities required and when doing this, keep in mind that when active, out in the fresh air and burning up plenty of energy, you are likely to need more food per head than would be normal from day to day. A good gauge as to what types and amounts would be needed is to match your calculations up with the menu from a military one-man ,twenty four hour, ration pack.

Fluids

1009. Water is the most vital fluid required by the body and it is most important to plan so that plenty is available at all times. Again, you are likely to need more during field activities than normal. Sweet soft drinks are not suitable in the field as they tend to make the person feel thirsty again soon after drinking. Fruit juices, on the other hand, are very good and have a double purpose in that they provide fluid and vitamins at the same time.

FIELDCRAFT RECRUIT
FCR 2 - SAFETY IN THE FIELD
2 PERIODS

AAFC Country Code of Practice

2001. When operating in the field, the AAFC relies on a special code of behaviour to be exercised by all of its members. There is a very good reason for this, because when on bivouac or other field activity, we often need to camp on or pass through farm land or National Parks and Reserves. By following the 'Country Code of Practice' listed here, we are showing respect for other people's property and feelings. To contravene the code will only make you and other AAFC personnel unwelcome in the future.

- a. Ask permission before using private land, a courteous request will nearly always be granted and often, the owner will be only too happy to pass on information about the area such as campsites, water and so on.
- b. Leave farm gates either open or closed as you find them.
- c. When crossing a fence use the gate, or if necessary, a solid post to climb over so that you don't stretch the wires.
- d. Don't litter, if you can carry it in - you can carry it out.
- e. Don't interfere with or disturb any livestock on the property.
- f. Walk around crops - not through them.
- g. Observe the fire regulations. Because these vary from place to place, check with either the CFS or the local council during the planning phase of your activity.
- h. When hiking along a road, walk in single file on the right hand side, facing the oncoming traffic. At night carry a torch at the front and rear of the group.

Purpose of the Bivouac Standing Orders

2002. The Bivouac Standing Orders (BSO) incorporates the policy of SAAAFRC on the subject of bivouacs and other field activities, as per HQSAAAFRC Training Instructions 2/85, 4/85, 6/85 and 8/85. All SAAAFRC personnel who are involved with the management or implementation of any bivouac or field activity are to be fully conversant with the requirements of BSO.

2003. The content of the BSO is as follows;

- a. Introduction to the document
- b. Suitability of Activities
- c. Supervisory / Training Qualifications
- d. Staff / Cadet Ratios
- e. OA86 Activity Authorisations
- f. Governing Regulations
- g. Prohibited Activities
- h. Medical Aspects

- i. First Aid Requirements
- j. Safety – General
- k. Safety – Emergency Procedures
- l. Dangerous Articles
- m. Rubbish Disposal
- n. Display of Australian Flag
- o. Radio Communications
- p. Fire Picquet
- q. Appointment of an Anchor Person
- r. Female Participation
- s. Night Activities
- t. Alcohol/Drug/Tobacco Consumption
- u. Dress
- v. Unacceptable Sexual Behaviour
- w. Harassment

Lost Procedures

2003. Even with sound planning and preparation it is still possible to become lost or overdue during a bivouac or field activity. Knowing what to do if this situation arises is a vital part of planning an activity. Many combinations of factors contribute to a party becoming lost or overdue, some of these are;

- a. Becoming lost;
 - (i) Poor or inexperienced party leadership and planning.
 - (ii) Lack of knowledge of the terrain
 - (iii) Little or no knowledge of bushcraft.
 - (iv) Panic.
- b. Becoming overdue;
 - (i) Unexpected illness or injury within the party.
 - (ii) Malfunction loss or destruction of essential equipment.
 - (iii) Tackling a route which is beyond the capabilities of the party.
 - (iv) Delays caused by unexpected changes in weather conditions.
 - (v) Changing pre-planned routes or destinations without advising authorities.

Action if Lost or Overdue

2004. An overdue group is not lost, just late and every effort should be made by the group to reach the objective and / or contact the authorities as soon as possible so that an unnecessary

search is not initiated. A lost party however, must take appropriate action to assist search and rescue organisations in locating the group quickly.

2005. In order to assist search parties, the lost group should move to a prominent feature such as a clearing or high point in the terrain and then remain stationary and together. At least one member of the group needs to be on watch at all times, day and night, so as to either call for help or alert the others to danger if necessary. Signals attract attention and should be used whenever it is thought that such might be seen by searchers. Some common forms of signalling are smoke, fires, flashing lights, torches, mirror flashes, shouting, whittling and waving flags or items of clothing. Standard signals for use with searching aircraft are in common use internationally and these are shown at Annex A.

FIELD CRAFT RECRUIT
FCR 3 - HYGIENE
1 PERIOD

Definition of Personal Hygiene

3001. Personal hygiene means the measures that can be taken by individuals to safeguard their own state of health.

Requirements and Application of Personal Hygiene

3002. Cleanliness has a great deal to do with protecting the body against certain diseases, but this alone is not enough as illness can occur through other means, such as insect bites, contaminated drinking water or using unclean eating utensils. Personal hygiene, therefore, is not just about washing the body but extends to proper care of personal equipment as well.

The following guidelines will assist in the application of personal hygiene;

- a. Skin; bathing the whole body daily is ideal, but not always possible in the field. Some form of washing however, is usually available and this needs to be done particular attention to those parts of the body where sweat accumulates such as the armpits, waist, crutch, feet and parts which are exposed to dust and dirt.
- b. Mouth and teeth; teeth should be cleaned at least once daily using vertical strokes with the tooth brush so as to clean and stimulate the gums.
- c. Ears; ear complaints are painful and difficult to treat so prevention is best. The most common causes of ear trouble are through accumulated sweat and dirt and swimming in contaminated water. Clean out the ears thoroughly but take care not to use any object which is likely to rupture the ear drum or scratch the inside of the ear.
- d. Hands and feet; the hands are continually coming into contact with dirty and infected material and if care is not taken, may transfer this to food or other parts of the body. Germs particularly collect under the finger nails and skin infections can be caused through scratches and small cuts. Sweat and dirt collect on the feet, particularly between the toes, and make them especially susceptible to infection through cuts, chafing and blisters. To keep the hands and feet in good condition do the following;
 - (i) Trim nails short and clean them out regularly.
 - (ii) Wash hands before each meal and after each visit to the latrine.
 - (iii) Thoroughly wash, dry and inspect the condition of the feet daily.
 - (iv) Keep a clean pair of socks and change them daily, after washing the feet.
 - (v) Wash and change clothing as often as the situation allows.

Dirty clothes carry germs which can enter the body through the pores or small cuts, causing boils, carbuncles and other skin infections.

Requirements and Application of Communal Hygiene

3003. Effective communal hygiene is essential in a bivouac or camp situation for the prevention of intestinal and other communicable diseases. There are four factors which need to be taken into consideration. These are explained fully in lecture four and are, siting of the bivouac, water supply, sanitation and disposal of refuse.

3004. Disease is usually spread in a communal situation by a chain of events taking place, break the chain and you have made a start on controlling the disease. What usually happens is outlined below;

- a. The cause; An infected person or carrier of the disease.
- b. The route; Contaminated food, water, utensils, unsanitary conditions or direct contact.
- c. The destination; A healthy person.

3005. To break the chain;

- a. The infected person or carrier must be removed from the unit, isolated and treated.
- b. Hygiene and sanitation must be as perfect as conditions permit. Food must be properly cooked, water must be sterilised or boiled before use. Flies and other insects must not be allowed to come into contact with cooking utensils, food or human faeces.
- c. Healthy members of the unit must be protected against contamination.