

**CHAPTER 9**

**PO 211 – PARTICIPATE IN COMPETITIVE SUMMER BIATHLON ACTIVITIES**





**COMMON TRAINING  
INSTRUCTIONAL GUIDE**



**SECTION 1**

**EO C211.01 – IDENTIFY CIVILIAN BIATHLON OPPORTUNITIES**

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Total Time:

30 min

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**PREPARATION**

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**PRE-LESSON INSTRUCTIONS**

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-802/PG-001, Chapter 4. Specific uses for said resources are identified throughout the Instructional Guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

**PRE-LESSON ASSIGNMENT**

N/A.

**APPROACH**

An interactive lecture was chosen for this lesson to orient the cadets to civilian biathlon opportunities and to generate interest.

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**INTRODUCTION**

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**REVIEW**

N/A.

**OBJECTIVES**

By the end of this lesson the cadet shall be expected to identify civilian biathlon opportunities.

**IMPORTANCE**

It is important for cadets to identify civilian biathlon opportunities because they may choose to pursue the sport of biathlon outside the Cadet Program.

**Teaching Point 1****Introduce Local, Provincial/Territorial, National, and International Biathlon Training Opportunities**

Time: 10 min

Method: Interactive Lecture

There are many training opportunities for biathletes at the local, provincial/territorial, national, and international levels. These training opportunities include clinics and camps ranging from weekend programs for basic and intermediate training, to year round advanced training. Training development clinics offered include coaching, race opportunities and training programs for all ranges in skill levels from the beginner to the advanced competitor training at the national team level.

**LOCAL**

Local ski resorts/clubs may offer a selection of biathlon programs. Biathlon Bears is a community coaching program offered across Canada. The Biathlon Bears program is open to novices and the training is tailored to the athlete's skill level. This program offers training to develop both skiing and marksmanship skills. There is a ranking structure in the program. As skills are learned and mastered, the biathlete progresses to the next Biathlon Bear level.



For examples of local biathlon training opportunities, contact the local ski resort/club.

**PROVINCIAL/TERRITORIAL**

Divisions of Biathlon Canada are located within many of the provinces/territories. These division offices run training and offer support to the local resorts/clubs.



For examples of provincial/territorial biathlon training opportunities, contact the division office/Website.

**NATIONAL**

Biathlon Canada is the governing body for the sport of biathlon within Canada. There are two national biathlon training centres located in Canmore, Alberta and Valcartier, Quebec. These centres offer training to the national biathlon teams.



For examples of national biathlon training opportunities, contact Biathlon Canada ([www.biathloncanada.ca](http://www.biathloncanada.ca)).

**INTERNATIONAL**

The International Biathlon Union (IBU) is the governing body for the sport of biathlon internationally. There are biathlon training centres located across the globe. National training centres offer training to athletes who will be competing internationally. The international training centres allow high performance biathletes to train in various

geographical regions where the elevation above sea level, and the changes in the oxygen density, create different training demands on the biathlete. This allows the biathlete to adapt to the environmental conditions prior to the competition, thus increasing their expected performance outcome.



For examples of international biathlon training opportunities, contact the International Biathlon Union ([www.biathlonworld.com](http://www.biathlonworld.com)).

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## CONFIRMATION OF TEACHING POINT 1

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### QUESTIONS

- Q1. Who offers biathlon training at the local level?
- Q2. Where are the two Canadian national biathlon training centres located?
- Q3. What is the name of the organization that governs biathlon internationally?

### ANTICIPATED ANSWERS

- A1. Local ski resorts/clubs.
- A2. Canmore, Alberta and Valcartier, Quebec.
- A3. The International Biathlon Union (IBU).

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### Teaching Point 2

### Introduce Local, Provincial/Territorial, National, and International Competitive Biathlon Opportunities

Time: 10 min

Method: Interactive Lecture

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### LOCAL

Local ski resorts/clubs offer competitive events across Canada from beginner to advanced racing opportunities.



For examples of local competitive biathlon opportunities, contact the local ski resort/club.

### PROVINCIAL/TERRITORIAL

The division offices located within many Canadian provinces/territories offer regional competitive biathlon events. Many of these events require advancement through a ranking process. There are race qualifications that the competitors must meet, which may include, but are not limited to, age, gender, resort/club or team standings, or previous race standings (if in a series of races). Not all races lead to a higher level, they may only be a participatory race.



For examples of provincial/territorial competitive biathlon opportunities, contact the division office/Website.

## **NATIONAL**

National competitive biathlon events offered through Biathlon Canada include:

- Canadian Championships; and
- Canada Games.



For examples of national competitive biathlon opportunities, contact Biathlon Canada ([www.biathloncanada.ca](http://www.biathloncanada.ca)).

## **INTERNATIONAL**

International competitive biathlon events offered in conjunction with the IBU include:

- Olympic Games;
- World Cup;
- World Championship;
- European Cup; and
- Europa Cup.



For examples of international competitive biathlon opportunities, contact the International Biathlon Union ([www.biathlonworld.com](http://www.biathlonworld.com)).

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## **CONFIRMATION OF TEACHING POINT 2**

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### **QUESTIONS**

- Q1. What types of criteria must a biathlete meet to proceed to a provincial/territorial competition?
- Q2. Name one national competitive biathlon event.
- Q3. Name two international competitive biathlon events.

### **ANTICIPATED ANSWERS**

- A1. Age, gender, resort/club or team standings, or previous race standings (if in a series of races).
- A2. National competitive biathlon events offered through Biathlon Canada include:
- Canadian Championships; and

- Canada Games.

A3. International competitive biathlon events offered in conjunction with the IBU include:

- Olympic Games;
- World Cup;
- World Championship;
- European Cup; and
- Europa Cup.

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### Teaching Point 3

### Identify Famous Biathletes Who Were Introduced to the Sport Through the Canadian Cadet Program

Time: 5 min

Method: Interactive Lecture

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Biathletes who were introduced to the sport through the Canadian Cadet Program have seen Olympic glory. There are numerous ex-cadets who are successful on both the national and international scene. These biathletes include Myriam Bédard, Nikki Keddie, Martine Albert, and Jean-Philippe Le Guellec.

Jean-Philippe Le Guellec, from Shannon, Quebec, was introduced to the sport of biathlon through the air Cadet Program. He won three gold medals at the 2007 Biathlon Canada Championships in Charlo, New Brunswick and participated in the 2006 Winter Olympics in Torino, Italy.

Myriam Bédard, from Ancienne-Lorrette, Quebec, was introduced to the sport of biathlon through the Army Cadet Program. She was the first Canadian athlete to win a World Cup biathlon event in 1991, and the first North American athlete to win an Olympic medal in the 1992 Winter Games at Albertville, France. She also won two gold medals at the 1994 Winter Olympics in Lillehammer, Norway. These were the first Olympic biathlon gold medals won by a North American biathlete. On 4 November 1998 Myriam Bédard was inducted into Canada's Sports Hall of Fame.

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### CONFIRMATION OF TEACHING POINT 3

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#### QUESTIONS

- Q1. Name two famous biathletes who were introduced to the sport through the Canadian Cadet Program.
- Q2. How many gold medals have been won by Jean-Philippe Le Guellec?
- Q3. Myriam Bédard was introduced to the sport of biathlon through which element of the Cadet Program?

#### ANTICIPATED ANSWERS

- A1. Myriam Bédard, Nikki Keddie, Martine Albert, and Jean-Philippe Le Guellec.
- A2. Three.
- A3. Army Cadets.

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### END OF LESSON CONFIRMATION

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#### QUESTIONS

- Q1. What is the name of the training program offered at many ski resorts/clubs in Canada?

Q2. What is the name of the organization that governs the sport of biathlon in Canada?

Q3. Jean-Philippe Le Guellec was introduced to the sport of biathlon through which element of the Cadet Program?

**ANTICIPATED ANSWERS**

A1. Biathlon Bears.

A2. Biathlon Canada.

A3. Air Cadets.

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**CONCLUSION**

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**HOMEWORK/READING/PRACTICE**

N/A.

**METHOD OF EVALUATION**

N/A.

**CLOSING STATEMENT**

Biathlon is a fun and exciting activity that requires personal discipline. For those who choose to pursue this sport, there are numerous civilian training and competitive opportunities available at the local, provincial/territorial, national, and international levels.

**INSTRUCTOR NOTES/REMARKS**

N/A.

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**REFERENCES**

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C0-153 Library and Archives Canada. (2000). *Myriam Bédard*. Retrieved 30 April 2007, from <http://www.collectionscanada.ca/women/002026-223-e.html>.





## COMMON TRAINING INSTRUCTIONAL GUIDE



### SECTION 2

#### EO C211.02 – RUN ON ALTERNATING TERRAIN

Total Time:

30 min

#### PREPARATION

##### PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-802/PG-001, Chapter 4. Specific uses for said resources are identified throughout the Instructional Guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

Ensure a first aid station is set up and a first aid attendant is available during the practical activities.

Photocopy the sample running schedule located at Annex B for each cadet.

Set up a running route on alternating terrain, depending on geographical location.

##### PRE-LESSON ASSIGNMENT

N/A.

##### APPROACH

An interactive lecture was chosen for TP1 and TP5 to introduce cadets to running techniques on alternating terrain and on how to implement a running program.

A practical activity was chosen for TP2 to TP4 as it is an interactive way to introduce the cadets to running on alternating terrain in a safe and controlled environment.

#### INTRODUCTION

##### REVIEW

Review EO C111.02 (Run Wind Sprints), to include:

- preparing for summer biathlon activities; and
- running techniques.

##### OBJECTIVES

By the end of this lesson the cadet shall have run on alternating terrain.

## **IMPORTANCE**

It is important for cadets to run on alternating terrain because it will be useful when participating in summer biathlon activities.

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### **Teaching Point 1**

### **Describe Running Techniques for Alternating Terrain**

Time: 5 min

Method: Interactive Lecture

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## **POSTURE/BODY ALIGNMENT**

### **Uphill Running**

On gradual inclines, runners should run a bit harder than when on level terrain. On steep inclines runners should lift the knees and push off with every step.

### **Downhill Running**

When running downhill the runner should lean into the hill and use short, quick strides.

## **FOOT POSITIONING**

Distance runners should land on their heels or mid-foot and roll forward to the toe while running. Running up on the toes is the method used by sprinters, and if used for distance running, may cause the shins and calves to become tight.

## **ENDURANCE**

To increase endurance, runners should increase distance, duration, and level of difficulty of their runs.

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### **CONFIRMATION OF TEACHING POINT 1**

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## **QUESTIONS**

- Q1. How should your foot strike the ground when running distances?
- Q2. What technique should be used when running up steep inclines?
- Q3. What technique should be used when running downhill?

## **ANTICIPATED ANSWERS**

- A1. Distance runners should land on their heels or mid-foot and roll forward to the toe.
- A2. Lift the knees and push off with every step.
- A3. Lean into the hill and use short, quick strides.

**Teaching Point 2****Conduct a Warm-up Session Composed of Light Cardiovascular Exercises**

Time: 5 min

Method: Practical Activity



The following information will be explained to the cadets during the warm-up activity.

**PURPOSE OF A WARM-UP**

A warm-up is composed of stretches and light cardiovascular exercises designed to:

- stretch the muscles;
- gradually increase respiratory action and heart rate;
- expand the muscles' capillaries to accommodate the increase in blood circulation which occurs during physical activity; and
- raise the muscle temperature to facilitate reactions in muscle tissue.

**GUIDELINES FOR STRETCHING**

The following guidelines should be followed while stretching to prepare for physical activity and to help prevent injury:

- Stretch all major muscle groups, including the back, chest, legs, and shoulders.
- Never bounce while stretching.
- Hold each stretch for 10 to 30 seconds to let the muscles release fully.
- Repeat each stretch two to three times.
- When holding a stretch, support the limb at the joint.
- Static stretching, which is stretching a muscle and holding it in position without discomfort for 10 to 30 seconds, is considered the safest method.
- Stretching helps to relax the muscles and improve flexibility, which is the range of motion in the joints.
- As a guide, allow 10 minutes to warm-up for every hour of physical activity.



The stretches chosen should focus on the areas of the body that will be used the most during the running activity.

**ACTIVITY****OBJECTIVE**

The objective of this warm-up activity is to stretch the muscles and perform light cardiovascular exercises to prepare the body for physical activity and to help prevent injuries.

## RESOURCES

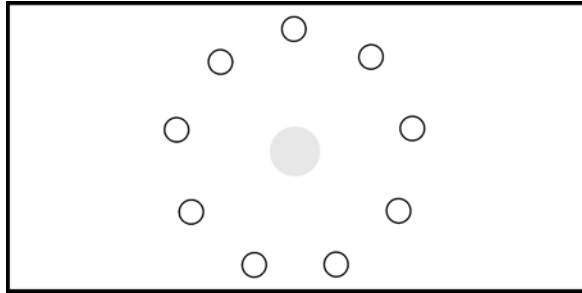
N/A.

## ACTIVITY LAYOUT

N/A.

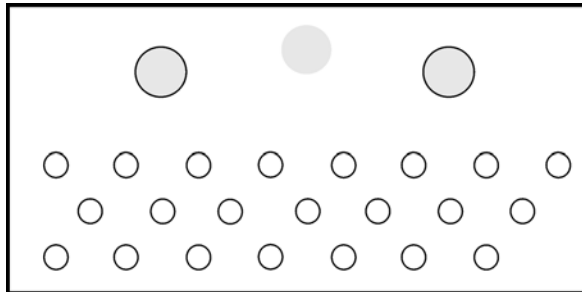
## ACTIVITY INSTRUCTIONS

- Arrange the cadets in either a warm-up circle or in rows (as illustrated in Figures 1 and 2).



*D Cdts 3, 2006, Ottawa, ON: Department of National Defence*

Figure 1 Instructor in the Centre of a Warm-up Circle



*D Cdts 3, 2006, Ottawa, ON: Department of National Defence*

Figure 2 Instructor at the Front With Two Assistant Instructors

- Demonstrate before having the cadets attempt each stretch/light cardiovascular exercise.
- Assistant instructors can help demonstrate the exercises and ensure the cadets are performing them correctly.
- Have cadets perform each stretch/light cardiovascular exercise.



Light cardiovascular activities should be done to warm-up the muscles prior to stretching to avoid injury to or tearing of the muscles. For example, running on the spot for 30 seconds or performing jumping jacks should be performed prior to conducting the stretching activities located at Annex A.

## SAFETY

- Ensure there are at least two arm lengths between the cadets so they can move freely.
- Ensure the cadets perform the stretches and light cardiovascular exercises in a safe manner, following the guidelines for stretching listed in this TP.

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### CONFIRMATION OF TEACHING POINT 2

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The cadets' participation in the warm-up will serve as the confirmation of this TP.

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#### Teaching Point 3

#### Supervise While the Cadets Run on Alternating Terrain

Time: 5 min

Method: Practical Activity

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### ACTIVITY

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#### OBJECTIVE

The objective of this activity is to have the cadets run on alternating terrain.

#### RESOURCES

- Area with alternating terrain that is large enough to conduct a run.
- A whistle.

#### ACTIVITY LAYOUT

N/A.

#### ACTIVITY INSTRUCTIONS

- Have the cadets run at a comfortable pace.
- Ensure that the run includes some uphill and downhill inclines, and that the cadets use the techniques described in TP1.

#### SAFETY

- Ensure a designated first aider and first aid kit are available.
  - Ensure water is available for the cadets after they complete the run.
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### CONFIRMATION OF TEACHING POINT 3

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The cadets' participation in the activity will serve as the confirmation of this TP.

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#### Teaching Point 4

#### Conduct a Cool-down Session Composed of Light Cardiovascular Exercises

Time: 5 min

Method: Practical Activity

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The following information will be explained to the cadets during the cool-down activity.

## PURPOSE OF A COOL-DOWN

A cool-down is composed of stretches and light cardiovascular exercises designed to:

- allow the body time to slowly recover from physical activity and to help prevent injury;
- prepare the respiratory system to return to its normal state; and
- stretch the muscles to help relax and restore them to their resting length.



The stretches chosen should focus on the areas of the body that were used the most during the running activity.

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## ACTIVITY

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### OBJECTIVE

The objective of the cool-down is to stretch the muscles and perform light cardiovascular exercises that allow the body time to recover from physical activity, and to prevent injury.

### RESOURCES

N/A.

### ACTIVITY LAYOUT

N/A.

### ACTIVITY INSTRUCTIONS

- Arrange the cadets in either a warm-up circle or in rows (as illustrated in Figures 1 and 2).
- Demonstrate before having the cadets attempt each stretch/light cardiovascular exercise.
- Assistant instructors can help demonstrate the movements and ensure the cadets are performing them correctly.
- Have cadets perform each stretch/light cardiovascular exercise.

### SAFETY

- Ensure there are at least two arm lengths between the cadets so they can move freely.
- Ensure the cadets perform the stretches and light cardiovascular exercises in a safe manner, following the guidelines for stretching listed in TP2.

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## CONFIRMATION OF TEACHING POINT 4

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The cadets' participation in the cool-down will serve as the confirmation of this TP.

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**Teaching Point 5****Describe How to Create and Implement a Running Schedule**

Time: 5 min

Method: Interactive Lecture

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**PURPOSE OF RUNNING SCHEDULE**

A running schedule will help a new runner ease into a training plan, or guide an experienced runner to increase their endurance. The schedule should allow the runner to gradually increase intensity at a comfortable pace. A sample running schedule is located at Annex B.

**GUIDELINES FOR RUNNING SCHEDULES**

The following guidelines should be followed when creating a running schedule to increase endurance and to help prevent injury:

- If there is no running background, begin with eight consecutive days of walking (20 minutes the first four days, and 30 minutes the remaining four days).
- If there is a running background, begin by walking/running four times a week for 20 to 30 min (e.g. 2 min running/4 min walking, repeat this five times for a 30 min workout).
- Increase the running time, as fitness level allows until the cadet is able to run for 30 minutes continuously.
- The distance run in 30 minutes will increase as fitness level improves, allowing for the run to be calculated based on distance instead of time.
- Change the terrain as fitness level improves.

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**CONFIRMATION OF TEACHING POINT 5**

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**QUESTIONS**

- Q1. What is the purpose of a running schedule?
- Q2. What should a person with no running background begin with?
- Q3. What will increase as fitness level improves?

**ANTICIPATED ANSWERS**

- A1. A running schedule will help a new runner ease into a training plan, or guide an experienced runner to increase their endurance.
- A2. Begin with eight consecutive days of walking.
- A3. The distance that can be run in 30 minutes will increase as fitness level improves.

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**END OF LESSON CONFIRMATION**

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The cadet's participation in the activity in TP3 will serve as the confirmation of this lesson.

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**CONCLUSION**

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**HOMEWORK/READING/PRACTICE**

N/A.

## METHOD OF EVALUATION

N/A.

## CLOSING STATEMENT

Running on alternating terrain will help to increase endurance, which will be useful when participating in summer biathlon activities.

## INSTRUCTOR NOTES/REMARKS

N/A.

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## REFERENCES

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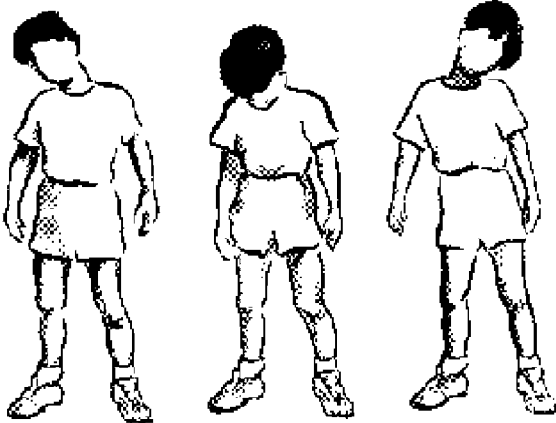
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C0-154 Hansen, B. (1999). *Moving on the Spot: Fun and Physical Activity: A Collection of 5 minute Stretch and Movement Sessions*. Retrieved 26 October 2006, from <http://lin.ca/resource/html/dn3.htm#11>.


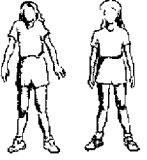


## SAMPLE STRETCHES

### NECK

 <p><i>Moving on the Spot: A Collection of 5 Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from <a href="http://www.lin.ca/resource/html/dn3.htm#1">http://www.lin.ca/resource/html/dn3.htm#1</a></i></p> <p>Figure A-1 Neck Stretch</p>	<p>Slowly roll your head across your chest from shoulder to shoulder. Do not roll your head backwards.</p>
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### SHOULDERS

 <p><i>Moving on the Spot: A Collection of 5 Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from <a href="http://www.lin.ca/resource/html/dn3.htm#1">http://www.lin.ca/resource/html/dn3.htm#1</a></i></p> <p>Figure A-2 Shoulder Push</p>	<p>Stand and extend your arms behind you, interlocking your fingers. Push up and back with your shoulders.</p> <p>Hold this position for a minimum of 10 seconds.</p>
 <p><i>Moving on the Spot: A Collection of 5 Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from <a href="http://www.lin.ca/resource/html/dn3.htm#1">http://www.lin.ca/resource/html/dn3.htm#1</a></i></p> <p>Figure A-3 Shoulder Shrug</p>	<p>Stand and raise your shoulders as high as possible and then lower your shoulders, stretching your neck up.</p> <p>Pull your shoulders back as far as possible and then round your shoulders forward by pushing your shoulders forward as far as possible.</p> <p>Hold each position for a minimum of 10 seconds.</p>



Warm Ups, by Martha Jefferson Hospital, Copyright 2001  
by Martha Jefferson Hospital. Retrieved 26 October 2006,  
from <http://www.marthajefferson.org/warmup.php>

Figure A-4 Arm Circles

Hold your arms straight out, palms up. Make small  
circles with your arms, gradually increasing the size.

Reverse the direction of your circles.



Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006,  
from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>

Figure A-5 Shoulder Stretch

Either standing or sitting, take your right arm in  
your left hand and bring it across your chest,  
supporting the joint by holding it behind the elbow.  
Pull the elbow lightly towards your chest. You  
should feel the stretch in your right shoulder.

Hold this position for a minimum of  
10 seconds and repeat on the opposite side.

## ARMS



Exercises. Copyright 1998 by Impacto Protective Products Inc.  
Retrieved 26 October 2006, from <http://www.2protect.com/home.htm>

Figure A-6 Wrist Rotations

Rotate your hands in circular motions at the wrist.

Change direction and repeat on both sides.



Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006,  
from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>

Figure A-7 Triceps Stretch

Stand and bring your right arm over  
your head, bent at the elbow. Use your  
left hand to gently pull your arm down.

Hold this position for a minimum of  
10 seconds and repeat on the opposite side.



*Exercise Programme for Squash, Tennis, Softball, Handball. Retrieved 26 October 2006, from <http://www.physionline.co.za/conditions/article.asp?id=49>*

Figure A-8 Forearm Stretch

In a kneeling position, place your hands on the floor in front of you with your fingers pointing toward your knees, and your thumbs pointing out. Keeping your hands flat on the floor, lean back.

Hold this position for a minimum of 10 seconds.

## CHEST AND ABDOMINALS



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure A-9 Chest Stretch

Stand facing a wall. With your right arm bent and your elbow at shoulder height, place your palm against the wall. Turn your body away from your right arm. You should feel the stretch on the front side of your armpit and across the front of your chest.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.



*Moving on the Spot: A Collection of 5 Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from <http://www.lin.ca/resource/html/dn3.htm#1>*

Figure A-10 Side Stretch

Stand with your left arm up over your head. Bend at the waist towards the right side of your body.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.

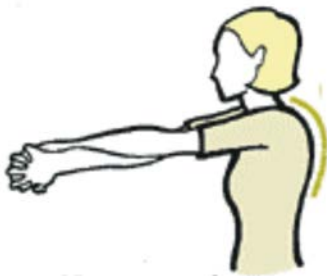
**BACK**



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure A-11 Lower Back Stretch

Lie on your back and bring your knees toward your chest. Grasp the back of your knees.  
Hold this position for a minimum of 10 seconds.



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure A-12 Upper Back Stretch

Extend your arms straight in front of you at shoulder height crossing one arm over the other. With the palms facing each other, intertwine your fingers and press out through your arms. Let your chin fall to your chest as you exhale. You should feel the stretch in the upper back.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.

**LEGS**



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure A-13 Hamstring Stretch

Lie flat on the floor with your knees bent and your back flat on the floor. Slowly raise and straighten one leg, grasping it behind your thigh with both hands.  
Hold this position for a minimum of 10 seconds.



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure A-14 Inner Thigh Stretch

Sit on the floor with your knees bent and the soles of your feet together. Grab your toes and pull yourself forward while keeping your back and neck straight.

Hold this position for a minimum of 10 seconds.

Grab your ankles and push your knees down toward the floor with your elbows.

Hold this position for a minimum of 10 seconds.

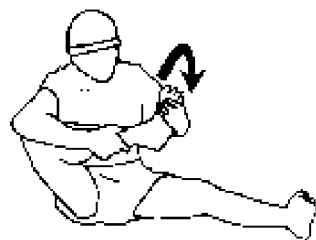


*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure A-15 Hip Flexor

Kneel on your right knee. Position your left foot in front of you, bending your knee and placing your left hand on that leg for stability. Keep your back straight and abdominal muscles tight. Lean forward, shifting more body weight onto your front leg. You should feel the stretch in the front of your hip and the thigh of the leg you are kneeling on. Cushion your kneecap with a folded towel if necessary.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.



*Running Exercises. Retrieved 26 October 2006, <http://www.physionline.co.za/conditions/article.asp?id=46>*

Figure A-16 Ankle Rotations

From a sitting position, rotate your foot in a clockwise, and then a counterclockwise, direction.

Switch and repeat on the opposite side.



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure A-17 Calf Stretch

Stand three steps away from and facing a wall. Step in towards the wall with your right leg, bending your right knee and keeping your left leg straight. Extending your arms with your palms forward, reach out to the wall and let your body fall toward the wall. Keep your toes forward and your heels down. Lean your body into the wall with your left leg straight behind your body. You should feel the stretch in your left calf.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure A-18 Quadriceps Stretch

Stand with your hand against a wall for balance. Lift your left foot off the ground, bending your knee as if you are trying to kick your bottom with your heel. Do not lean forward at the hips. Grab and hold your ankle with your left hand. You should feel the stretch in your left thigh.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.

**TEN WEEK RUNNING SCHEDULE**

<b>Week</b>	<b>Run</b>	<b>Walk</b>	<b>Number of Cycles</b>	<b>Notes</b>
1	2 min	4 min	5	
2	3 min	3 min	5	
3	5 min	2.5 min	4	
4	7 min	3 min	3	
5	8 min	2 min	3	
6	9 min	2 min	2	Run an additional 8 min after the two cycles are completed.
7	9 min	1 min	3	
8	13 min	2 min	2	
9	14 min	1 min	2	
10	30 min			

**Note:** Always remember to include a warm-up and a cool-down in your schedule.

*"First Steps", by Mark Will-Weber, 2006, Runner's World: Beginner's: Training, Copyright 2006 by Rodale Inc. Retrieved 18 April 2007, from <http://www.runnersworld.com/article/printer/1,7124,s6-380-381-386-678-0,00.html>*

Figure B-1 Sample Running Schedule

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## COMMON TRAINING INSTRUCTIONAL GUIDE



### SECTION 3

#### EO C211.03 – FIRE THE CADET AIR RIFLE USING A SLING FOLLOWING PHYSICAL ACTIVITY

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Total Time:

30 min

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#### PREPARATION

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##### PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-802/PG-001, Chapter 4. Specific uses for said resources are identified throughout the Instructional Guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

Construct a range IAW A-CR-CCP-177/PT-001.

##### PRE-LESSON ASSIGNMENT

N/A.

##### APPROACH

An interactive lecture was chosen for TP1 to review holding techniques using the cadet air rifle sling.

A practical activity was chosen for TP2 to TP4 as it is an interactive way to allow the cadets to experience firing the cadet air rifle using the cadet air rifle sling following physical activity.

---

#### INTRODUCTION

---

##### REVIEW

Review EO C111.03 (Fire the Cadet Air Rifle Following Physical Activity).

##### OBJECTIVES

By the end of this lesson the cadet shall be expected to demonstrate summer biathlon marksmanship skills using the cadet air rifle.

##### IMPORTANCE

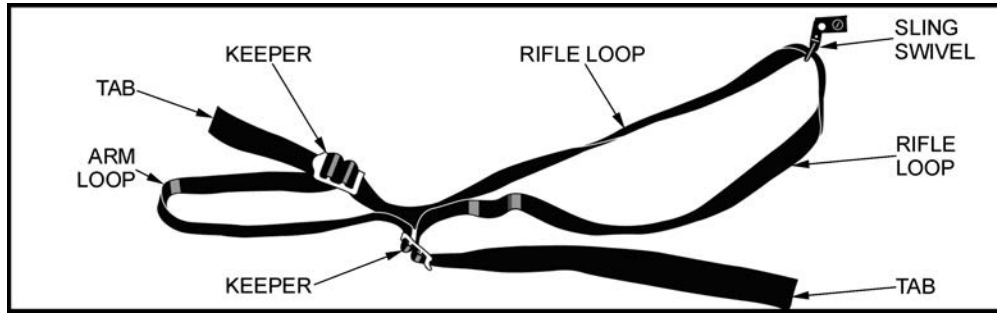
It is important for cadets to be able to adjust the sling on the cadet air rifle and aim while in the prone position because these skills will be useful during summer biathlon activities.

**Teaching Point 1****Review Holding Techniques Using the Cadet Air Rifle Sling**

Time: 5 min

Method: Interactive Lecture

The cadet air rifle sling helps the cadet maintain a comfortable and stable position, improving the ability to hold the cadet air rifle. It also allows the right hand to be free to load the air rifle while the rifle remains in position.

**ASSEMBLING THE SLING**

A-CR-CCP-121/PT-001 (p. 6-17)

Figure 1 Cadet Air Rifle Sling

The cadet air rifle sling is assembled in the following sequence:

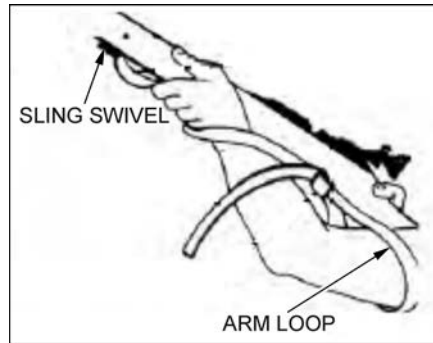
1. Hold the sling parallel to the ground with the short section in the left hand, ensuring the rounded tip of the keeper is pointing to the left.
2. Take the tab of the short section, loop it through the middle slot of the keeper and then back down through the front slot nearest to the rounded tip. The short section will now form a loop.
3. Turn the sling over and slide the sling swivel onto the long section. Ensure the sling swivel hangs downwards, as it will later attach to the rifle.
4. Loop the tab of the long section up through the middle slot of the keeper and then back through the rear slot of the keeper.



An assistant instructor can be used to demonstrate as the instructor explains wearing, adjusting and attaching the cadet air rifle sling.

**POSITIONING THE SLING ON THE ARM**

The sling arm loop should be positioned on the upper part of the arm, above the bicep muscle near the shoulder. The sling can be held in place by the rubber pad on a shooting jacket. When a shooting jacket is not worn, the sling can be kept in place using a safety pin. This will prevent the sling from slipping down the arm while in the prone position.

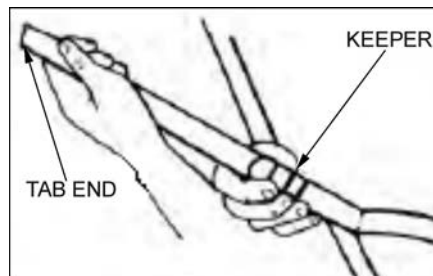


*Daisy Outdoor Products, Operational Manual – Avanti Legend EX Model 853C, Daisy Outdoor Products (p. 7)*

Figure 2 Positioning Sling

### ADJUSTING THE ARM LOOP

To adjust the arm loop, pull the tab away from the keeper. If the sling is too loose, it will not fully support the cadet air rifle and it will have to be kept in place using the muscles. If the sling is too tight, it will restrict blood flow to the arm and can cause discomfort, numbness, or a more pronounced feel of the body's pulse. Therefore, the sling must be comfortable without pinching the arm, while providing maximum support of the cadet air rifle.



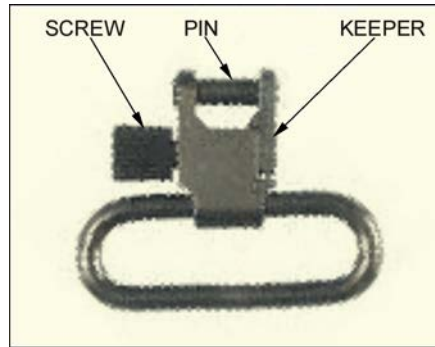
*Daisy Outdoor Products, Operational Manual – Avanti Legend EX Model 853C, Daisy Outdoor Products (p. 8)*

Figure 3 Adjusting Arm Loop

### ATTACHING THE SLING TO THE CADET AIR RIFLE

To attach the sling to the cadet air rifle:

- open the keeper on the sling swivel by pressing on the screw;
- insert the swivel pin into the hole of the sling swivel on the fore end of the rifle; and
- screw the keeper over the pin to lock the swivel in place.

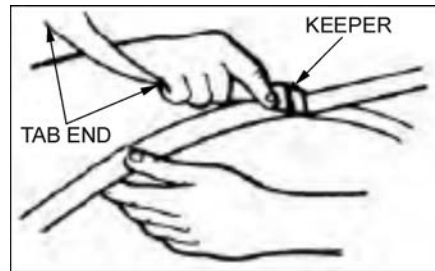


*D Cdts 3, 2007, Ottawa, ON: Department of National Defence*

Figure 4 Sling Swivel

### ADJUSTING THE RIFLE LOOP

To adjust the rifle loop, pull the tab away from the keeper. The tension of the sling should allow the forearm to be in its proper position. If the sling is too loose, it will not provide maximum support of the cadet air rifle. If the sling is too tight, it could cause discomfort and affect the cadet's position.



*Daisy Outdoor Products, Operational Manual – Avanti Legend EX Model 853C, Daisy Outdoor Products (p. 8)*

Figure 5 Adjusting Rifle Loop

---

## CONFIRMATION OF TEACHING POINT 1

---

### QUESTIONS

- Q1. What is the purpose of the cadet air rifle sling?
- Q2. Where should the cadet air rifle sling be positioned on the arm?
- Q3. Why is it important to not over tighten the sling on your arm?

### ANTICIPATED ANSWERS

- A1. The cadet air rifle sling helps the cadet maintain a comfortable and stable position, improving the ability to hold the cadet air rifle.
- A2. The sling arm loop should be positioned on the upper part of the arm, above the bicep muscle near the shoulder.
- A3. If the sling is too tight, it will restrict blood flow to the arm and can cause discomfort, numbness, or a more pronounced feel of the body's pulse.

---

**Teaching Point 2****Conduct a Warm-up Session Composed of Light Cardiovascular Exercises**

Time: 5 min

Method: Practical Activity

---



The following information will be explained to the cadets during the warm-up activity.

**PURPOSE OF A WARM-UP**

A warm-up is composed of stretches and light cardiovascular exercises designed to:

- stretch the muscles;
- gradually increase respiratory action and heart rate;
- expand the muscles' capillaries to accommodate the increase in blood circulation which occurs during physical activity; and
- raise the muscle temperature to facilitate reactions in muscle tissue.

**GUIDELINES FOR STRETCHING**

The following guidelines should be followed while stretching to prepare for physical activity and to help prevent injury:

- Stretch all major muscle groups, including the back, chest, legs, and shoulders.
- Never bounce while stretching.
- Hold each stretch for 10 to 30 seconds to let the muscles release fully.
- Repeat each stretch two to three times.
- When holding a stretch, support the limb at the joint.
- Static stretching, which is stretching a muscle and holding it in position without discomfort for 10 to 30 seconds, is considered the safest method.
- Stretching helps to relax the muscles and improve flexibility, which is the range of motion in the joints.
- As a guide, allow 10 minutes to warm-up for every hour of physical activity.



The stretches chosen should focus on the areas of the body that will be used the most during the activity.

---

**ACTIVITY**

---

**OBJECTIVE**

The objective of this warm-up activity is to stretch the muscles and perform light cardiovascular exercises to prepare the body for physical activity and to help prevent injuries.

## RESOURCES

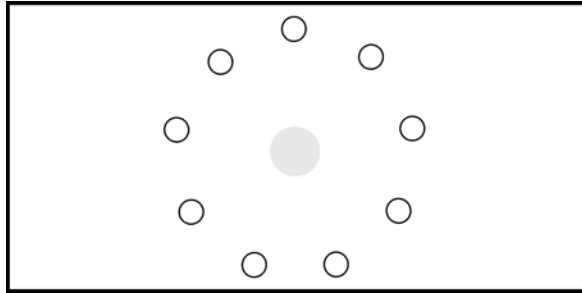
N/A.

## ACTIVITY LAYOUT

N/A.

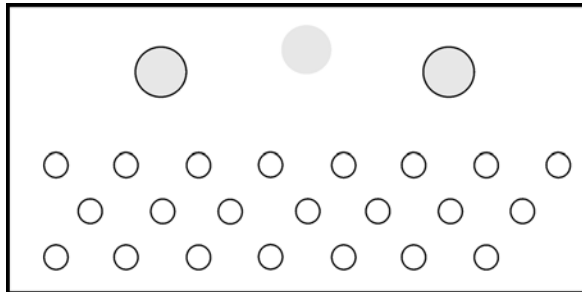
## ACTIVITY INSTRUCTIONS

- Arrange the cadets in either a warm-up circle or in rows (as illustrated in Figures 6 and 7).



*D Cdts 3, 2006, Ottawa, ON: Department of National Defence*

Figure 6 Instructor in the Centre of a Warm-up Circle



*D Cdts 3, 2006, Ottawa, ON: Department of National Defence*

Figure 7 Instructor at the Front With Two Assistant Instructors

- Demonstrate before having the cadets attempt each stretch/light cardiovascular exercise.
- Assistant instructors can help demonstrate the exercises and ensure the cadets are performing them correctly.
- Have cadets perform each stretch/light cardiovascular exercise.



Light cardiovascular activities should be done to warm-up the muscles prior to stretching to avoid injury to or tearing of the muscles. For example, running on the spot for 30 seconds or performing jumping jacks should be performed prior to conducting the stretching activities located at Annex A.

## SAFETY

- Ensure there are at least two arm lengths between the cadets so they can move freely.
- Ensure the cadets perform the stretches and light cardiovascular exercises in a safe manner, following the guidelines for stretching listed in this TP.

---

## CONFIRMATION OF TEACHING POINT 2

---

The cadets' participation in the warm-up will serve as the confirmation of this TP.

### Teaching Point 3

### Conduct an Activity Where Cadets Will Fire the Cadet Air Rifle Using a Sling Following Physical Activity

Time: 10 min

Method: Practical Activity

---

## ACTIVITY

---

### OBJECTIVE

The objective of this activity is to fire the cadet air rifle using the cadet air rifle sling following physical activity.

### RESOURCES

- Cadet air rifle (one per firing lane).
- Cadet air rifle sling (one per firing lane).
- Shooting mats (two per firing lane).
- BART and target frame (one per firing lane).
- Safety glasses/goggles.



If resources are available, the number of firing lanes may be increased.

### ACTIVITY LAYOUT

Construct a range IAW A-CR-CCP-177/PT-001.

### ACTIVITY INSTRUCTIONS

1. The cadets' heart rate should be elevated from participating in the warm-up activity in TP2.
2. Have the cadets approach the firing point and prepare to fire using the techniques outlined in EO C111.04 (Fire the Cadet Air Rifle Following Physical Activity).
3. Have the cadets adopt the prone position, attach the cadet air rifle sling, and simulate firing at the BART.
4. Repeat steps one to three for each relay until all cadets have participated.

### SAFETY

Range activities will be conducted IAW A-CR-CCP-177/PT-001.

---

## CONFIRMATION OF TEACHING POINT 3

---

The cadets' participation in the activity will serve as the confirmation of this TP.

---

**Teaching Point 4**

**Conduct a Cool-down Session Composed of Light Cardiovascular Exercises**

Time: 5 min

Method: Practical Activity

---



The following information will be explained to the cadets during the cool-down activity.

**PURPOSE OF A COOL-DOWN**

A cool-down is composed of stretches and light cardiovascular exercises designed to:

- allow the body time to slowly recover from physical activity and to help prevent injury;
- prepare the respiratory system to return to its normal state; and
- stretch the muscles to help relax and restore them to their resting length.



The stretches chosen should focus on the areas of the body that were used the most during the activity.

---

**ACTIVITY**

---

**OBJECTIVE**

The objective of the cool-down is to stretch the muscles and perform light cardiovascular exercises that allow the body time to recover from physical activity, and to prevent injury.

**RESOURCES**

N/A.

**ACTIVITY LAYOUT**

N/A.

**ACTIVITY INSTRUCTIONS**

- Arrange the cadets in either a warm-up circle or in rows (as illustrated in Figures 6 and 7).
- Demonstrate before having the cadets attempt each stretch/light cardiovascular exercise.
- Assistant instructors can help demonstrate the movements and ensure the cadets are performing them correctly.
- Have cadets perform each stretch/light cardiovascular exercise.

**SAFETY**

- Ensure there are at least two arm lengths between the cadets so they can move freely.



- Ensure the cadets perform the stretches and light cardiovascular exercises in a safe manner, following the guidelines for stretching listed in TP2.

---

#### CONFIRMATION OF TEACHING POINT 4

---

The cadets' participation in the cool-down will serve as the confirmation of this TP.

---

#### END OF LESSON CONFIRMATION

---

The cadets' participation in the activity in TP3 will serve as the confirmation of this lesson.

---

#### CONCLUSION

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#### HOMework/READING/PRACTICE

N/A.

#### METHOD OF EVALUATION

N/A.

#### CLOSING STATEMENT

Being able to fire the cadet air rifle using the cadet air rifle sling following physical activity will be useful when participating in summer biathlon activities.

#### INSTRUCTOR NOTES/REMARKS

N/A.

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#### REFERENCES

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C0-057 Martha Jefferson Hospital. (2001). *Warm-ups*. Retrieved 26 October 2006, from <http://www.marthajefferson.org/warmup.php>.

C0-058 Webb Physiotherapists Inc. (ND). *Running Exercises*. Retrieved 26 October 2006, from <http://www.physionline.co.za/conditions/article.asp?id=46>.

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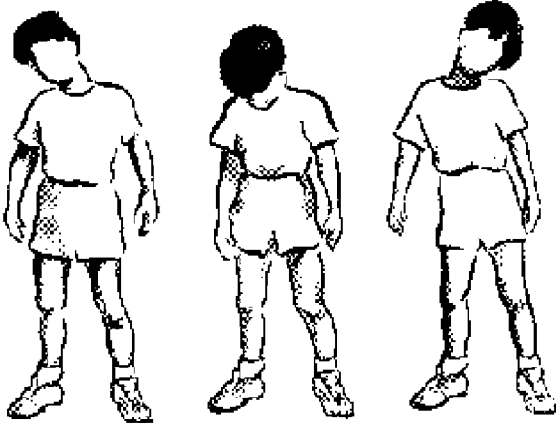
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C0-089 (ISBN 0-936070-22-6) Anderson, B. (2000). *Stretching: 20<sup>th</sup> Anniversary* (Rev. ed.). Bolinas, CA: Shelter Publications, Inc.


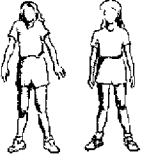
C0-154 Hansen, B. (1999). *Moving on the Spot: Fun and Physical Activity: A Collection of 5 Minute Stretch and Movement Sessions*. Retrieved 26 October 2006, from <http://lin.ca/resource/html/dn3.htm#1>.

## SAMPLE STRETCHES

### NECK

 <p><i>Moving on the Spot: A Collection of 5 Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from <a href="http://www.lin.ca/resource/html/dn3.htm#1">http://www.lin.ca/resource/html/dn3.htm#1</a></i></p> <p>Figure A-1 Neck Stretch</p>	<p>Slowly roll your head across your chest from shoulder to shoulder. Do not roll your head backwards.</p>
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### SHOULDERS

 <p><i>Moving on the Spot: A Collection of 5 Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from <a href="http://www.lin.ca/resource/html/dn3.htm#1">http://www.lin.ca/resource/html/dn3.htm#1</a></i></p> <p>Figure A-2 Shoulder Push</p>	<p>Stand and extend your arms behind you, interlocking your fingers. Push up and back with your shoulders.</p> <p>Hold this position for a minimum of 10 seconds.</p>
 <p><i>Moving on the Spot: A Collection of 5 Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from <a href="http://www.lin.ca/resource/html/dn3.htm#1">http://www.lin.ca/resource/html/dn3.htm#1</a></i></p> <p>Figure A-3 Shoulder Shrug</p>	<p>Stand and raise your shoulders as high as possible and then lower your shoulders, stretching your neck up.</p> <p>Pull your shoulders back as far as possible and then round your shoulders forward by pushing your shoulders forward as far as possible.</p> <p>Hold each position for a minimum of 10 seconds.</p>



*Warm Ups, by Martha Jefferson Hospital, Copyright 2001 by Martha Jefferson Hospital. Retrieved 26 October 2006, from <http://www.marthajefferson.org/warmup.php>*

Figure A-4 Arm Circles

Hold your arms straight out, palms up. Make small circles with your arms, gradually increasing the size.

Reverse the direction of your circles.



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure A-5 Shoulder Stretch

Either standing or sitting, take your right arm in your left hand and bring it across your chest, supporting the joint by holding it behind the elbow. Pull the elbow lightly towards your chest. You should feel the stretch in your right shoulder.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.

## ARMS



*Exercises. Copyright 1998 by Impacto Protective Products Inc. Retrieved 26 October 2006, from <http://www.2protect.com/home.htm>*

Figure A-6 Wrist Rotations

Rotate your hands in circular motions at the wrist.

Change direction and repeat on both sides.



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure A-7 Triceps Stretch

Stand and bring your right arm over your head, bent at the elbow. Use your left hand to gently pull your arm down.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.



*Exercise Programme for Squash, Tennis, Softball, Handball. Retrieved 26 October 2006, from <http://www.physionline.co.za/conditions/article.asp?id=49>*

Figure A-8 Forearm Stretch

In a kneeling position, place your hands on the floor in front of you with your fingers pointing toward your knees, and your thumbs pointing out. Keeping your hands flat on the floor, lean back.

Hold this position for a minimum of 10 seconds.

## CHEST AND ABDOMINALS

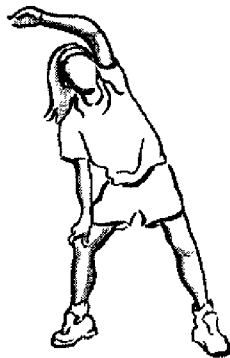


*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure A-9 Chest Stretch

Stand facing a wall. With your right arm bent and your elbow at shoulder height, place your palm against the wall. Turn your body away from your right arm. You should feel the stretch on the front side of your armpit and across the front of your chest.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.



*Moving on the Spot: A Collection of 5 Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from <http://www.lin.ca/resource/html/dn3.htm#1>*

Figure A-10 Side Stretch

Stand with your left arm up over your head. Bend at the waist towards the right side of your body.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.

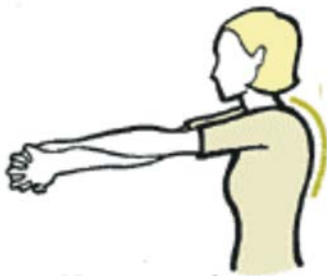
**BACK**



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure A-11 Lower Back Stretch

Lie on your back and bring your knees toward your chest. Grasp the back of your knees.  
Hold this position for a minimum of 10 seconds.



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure A-12 Upper Back Stretch

Extend your arms straight in front of you at shoulder height crossing one arm over the other. With the palms facing each other, intertwine your fingers and press out through your arms. Let your chin fall to your chest as you exhale. You should feel the stretch in the upper back.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.

**LEGS**



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure A-13 Hamstring Stretch

Lie flat on the floor with your knees bent and your back flat on the floor. Slowly raise and straighten one leg, grasping it behind your thigh with both hands.  
Hold this position for a minimum of 10 seconds.



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure A-14 Inner Thigh Stretch

Sit on the floor with your knees bent and the soles of your feet together. Grab your toes and pull yourself forward while keeping your back and neck straight.

Hold this position for a minimum of 10 seconds.

Grab your ankles and push your knees down toward the floor with your elbows.

Hold this position for a minimum of 10 seconds.

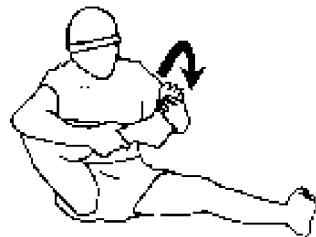


*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure A-15 Hip Flexor

Kneel on your right knee. Position your left foot in front of you, bending your knee and placing your left hand on that leg for stability. Keep your back straight and abdominal muscles tight. Lean forward, shifting more body weight onto your front leg. You should feel the stretch in the front of your hip and the thigh of the leg you are kneeling on. Cushion your kneecap with a folded towel if necessary.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.



*Running Exercises. Retrieved 26 October 2006, <http://www.physionline.co.za/conditions/article.asp?id=46>*

Figure A-16 Ankle Rotations

From a sitting position, rotate your foot in a clockwise, and then a counterclockwise, direction.

Switch and repeat on the opposite side.



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure A-17 Calf Stretch

Stand three steps away from and facing a wall. Step in towards the wall with your right leg, bending your right knee and keeping your left leg straight. Extending your arms with your palms forward, reach out to the wall and let your body fall toward the wall. Keep your toes forward and your heels down. Lean your body into the wall with your left leg straight behind your body. You should feel the stretch in your left calf.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure A-18 Quadriceps Stretch

Stand with your hand against a wall for balance. Lift your left foot off the ground, bending your knee as if you are trying to kick your bottom with your heel. Do not lean forward at the hips. Grab and hold your ankle with your left hand. You should feel the stretch in your left thigh.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.





**COMMON TRAINING  
INSTRUCTIONAL GUIDE**



**SECTION 4**

**EO C211.04 – PARTICIPATE IN A COMPETITIVE SUMMER BIATHLON ACTIVITY**

Total Time:

180 min

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**PREPARATION**

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**PRE-LESSON INSTRUCTIONS**

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-802/PG-001, Chapter 4. Specific uses for said resources are identified throughout the Instructional Guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

Ensure that all members involved in conducting this activity are well versed in the competition guidelines located at Annex A.

Ensure a first aid station is set up.

Set up a running route of 500 to 1000 m on alternating terrain and a range IAW A-CR-CCP-177/PT-001.

Photocopy Annex B.

**PRE-LESSON ASSIGNMENT**

N/A.

**APPROACH**

An interactive lecture was chosen for TP1 to illustrate the application of rules, principles, and concepts of summer biathlon.

A practical activity was chosen for TP2 to TP4 as it is an interactive way to introduce cadets to summer biathlon. This activity contributes to the development of these skills and knowledge in a fun and challenging setting.

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**INTRODUCTION**

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**REVIEW**

N/A.

**OBJECTIVES**

By the end of this lesson the cadet shall have participated in a competitive summer biathlon activity.

## IMPORTANCE

It is important for cadets to participate in a competitive summer biathlon activity because it requires personal discipline, develops marksmanship skills, and promotes physical fitness.

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### Teaching Point 1

### Explain the Components of the Competitive Summer Biathlon Activity

Time: 15 min

Method: Interactive Lecture

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Based on the facilities, the cadet should be made aware of the start area, the course, the firing range, and the finish area.

## COURSE LAYOUT

Each cadet will:

- run a loop of 500 to 1000 m;
- fire five to eight rounds in an effort to activate all five targets on the biathlon air rifle target (BART);
- run a second loop of 500 to 1000 m;
- fire five to eight rounds in an effort to activate all five targets on the BART;
- run a third loop of 500 to 1000 m; and
- finish the race.



The 500 to 1000 m course should be clearly marked prior to the start of this activity.

## RULES AND REGULATIONS

Rules and regulations for the competitive summer biathlon activity include the following:

- Cadets must use the same firing lane for the duration of the activity.
- The run must be completed in the proper sequence and on the marked route.
- Rifles must be placed at the firing point by the range staff and will remain there for the duration of the activity.
- All firing will be done in the prone position.
- The cadet air rifle sling is the only firing aid that may be used.
- The rifle must be made safe upon completion of firing.
- An inoperable rifle will be replaced by the range staff, the target will be reset, and the cadet will fire five to eight shots with the new rifle.
- Safety infractions will result in time penalties.

- Missed targets will result in time penalties.

## SCORING

Scoring will be calculated as follows:

- **Time.** The cadet's final time is the time from the start to the finish, plus any issued penalties.
- **Firing.** For each bout of firing, the number of missed targets will be recorded on the range recording sheet by the lane scorekeeper (located at Annex B). For each missed target, a one-minute penalty will be added to the cadet's total time.

## PENALTIES

Penalties will be added to the individual's time, to include:

- Each violation of the principles of fair play or good sportsmanship will result in a one-minute penalty, to include:
  - not giving way in an area of congestion;
  - pushing or shoving;
  - using profanity; and
  - interfering with other competitors.
- Each missed target will result in a one-minute penalty.
- Each safety infraction on the firing point will result in a one-minute penalty to include:
  - not keeping control of the cadet air rifle;
  - moving forward of the firing point; and
  - intentionally firing rounds at objects other than the BART.

## OUT OF BOUNDS AREAS

Make cadets aware of all out of bounds areas and safety considerations depending on the training area.

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### CONFIRMATION OF TEACHING POINT 1

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## QUESTIONS

- Q1. What are two rules/regulations for this biathlon activity?
- Q2. How will the competitive summer biathlon activity be scored?
- Q3. What is one violation of the principles of fair play/good sportsmanship?

## ANTICIPATED ANSWERS

- A1. Rules and regulations for the competitive summer biathlon activity include the following:
- Cadets must use the same firing lane for the duration of the activity.
  - The run must be completed in the proper sequence and on the marked route.
  - Rifles must be placed at the firing point by the range staff and will remain there for the duration of the activity.
  - All firing will be done in the prone position.

- The cadet air rifle sling is the only firing aid that may be used.
- The rifle must be made safe upon completion of firing.
- An inoperable rifle will be replaced by the range staff, the target will be reset, and the cadet will fire five to eight shots with the new rifle.
- Safety infractions will result in time penalties.
- Missed targets will result in time penalties.

A2. The activity will be scored based on time and penalties.

A3. A violation of the principles of fair play/good sportsmanship may include:

- not giving way in an area of congestion;
- pushing or shoving;
- using profanity; and
- interfering with other competitors.

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## Teaching Point 2

## Conduct a Warm-up Session Composed of Light Cardiovascular Exercises

Time: 10 min

Method: Practical Activity

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The following information will be explained to the cadets during the warm-up activity.

### PURPOSE OF A WARM-UP

A warm-up is composed of stretches and light cardiovascular exercises designed to:

- stretch the muscles;
- gradually increase respiratory action and heart rate;
- expand the muscles' capillaries to accommodate the increase in blood circulation which occurs during physical activity; and
- raise the muscle temperature to facilitate reactions in muscle tissue.

### GUIDELINES FOR STRETCHING

The following guidelines should be followed while stretching to prepare for physical activity and to help prevent injury:

- Stretch all major muscle groups, including the back, chest, legs, and shoulders.
- Never bounce while stretching.
- Hold each stretch for 10 to 30 seconds to let the muscles release fully.
- Repeat each stretch two to three times.
- When holding a stretch, support the limb at the joint.

- Static stretching, which is stretching a muscle and holding it in position without discomfort for 10 to 30 seconds, is considered the safest method.
- Stretching helps to relax the muscles and improve flexibility, which is the range of motion in the joints.
- As a guide, allow 10 minutes to warm-up for every hour of physical activity.



The stretches chosen should focus on the areas of the body that will be used the most during the activity.

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## ACTIVITY

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### OBJECTIVE

The objective of this warm-up activity is to stretch the muscles and perform light cardiovascular exercises to prepare the body for physical activity and to help prevent injuries.

### RESOURCES

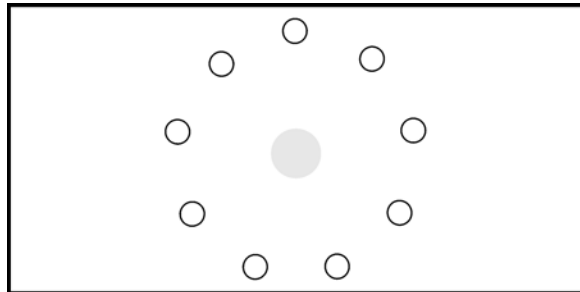
N/A.

### ACTIVITY LAYOUT

N/A.

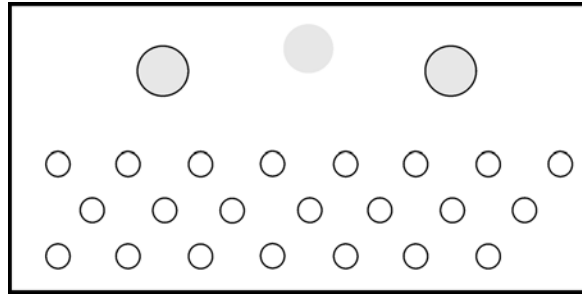
### ACTIVITY INSTRUCTIONS

- Arrange the cadets in either a warm-up circle or in rows (as illustrated in Figures 1 and 2).



*D Cdts 3, 2006, Ottawa, ON: Department of National Defence*

Figure 1 Instructor in the Centre of a Warm-up Circle



*D Cdts 3, 2006, Ottawa, ON: Department of National Defence*

Figure 2 Instructor at the Front With Two Assistant Instructors

- Demonstrate before having the cadets attempt each stretch/light cardiovascular exercise.
- Assistant instructors can help demonstrate the exercises and ensure the cadets are performing them correctly.
- Have cadets perform each stretch/light cardiovascular exercise.



Light cardiovascular activities should be done to warm-up the muscles prior to stretching to avoid injury to or tearing of the muscles. For example, running on the spot for 30 seconds or performing jumping jacks should be performed prior to conducting the stretching activities located at Annex C.

**SAFETY**

- Ensure there are at least two arm lengths between the cadets so they can move freely.
- Ensure the cadets perform the stretches and light cardiovascular exercises in a safe manner, following the guidelines for stretching listed in this TP.

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**CONFIRMATION OF TEACHING POINT 2**

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The cadets' participation in the warm-up activity will serve as the confirmation of this TP.

**Teaching Point 3**

**Conduct a Competitive Summer Biathlon Activity**

Time: 135 min

Method: Practical Activity

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**ACTIVITY**

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**OBJECTIVE**

The objective of this activity is for cadets to participate in a competitive summer biathlon activity.

**RESOURCES**

Based on 20 cadets per group, the following resources are required per event:

- Cadet air rifles (5);
- Cadet air rifle slings (5);
- Shooting mats (10);

- .177 air rifle pellets (a minimum of 700 pellets);
- Stopwatches (5);
- BART and target frame (5);
- Safety glasses/goggles (8);
- Pens/pencils;
- Notice board;
- Biathlon scoresheets located at Annex B;
- Course control sheets located at Annex B; and
- Range recording sheets located at Annex B.

### **ACTIVITY LAYOUT**

- Set up a running route of approximately 500 to 1000 m on alternating terrain.
- Set up an air rifle range in accordance with Annex A.
- Set up targets and target frames.
- Place two shooting mats per shooting lane.
- Place a cadet air rifle at each firing point.
- Place a pair of safety glasses/goggles at each firing point.

### **ACTIVITY INSTRUCTIONS**

Activity instructions are located at Annex A.

### **SAFETY**

- Ensure all range safety procedures are followed.
- Ensure cadets drink plenty of water and apply sunscreen.
- Ensure the running route is clearly marked and crossing points are monitored anywhere a road may be crossed.
- Ensure a first aider is identified at the start of the activity and is available at all times.
- Ensure water is available for the cadets during and after the activity.

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### **CONFIRMATION OF TEACHING POINT 3**

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The cadets' participation in the activity will serve as the confirmation of this TP.

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**Teaching Point 4**

**Conduct a Cool-down Session Composed of Light Cardiovascular Exercises**

Time: 10 min

Method: Practical Activity

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The following information will be explained to the cadets during the cool-down activity.

**PURPOSE OF A COOL-DOWN**

A cool-down is composed of stretches and light cardiovascular exercises designed to:

- allow the body time to slowly recover from physical activity and to help prevent injury;
- prepare the respiratory system to return to its normal state; and
- stretch the muscles to help relax and restore them to their resting length.



The stretches chosen should focus on the areas of the body that were used the most during the activity.

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**ACTIVITY**

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**OBJECTIVE**

The objective of the cool-down is to stretch the muscles and perform light cardiovascular exercises that allow the body time to recover from physical activity, and to prevent injury.

**RESOURCES**

Area large enough for all cadets to conduct a cool-down activity.

**ACTIVITY LAYOUT**

N/A.

**ACTIVITY INSTRUCTIONS**

- Arrange the cadets in either a cool-down circle or in rows (as illustrated in Figures 1 and 2).
- Demonstrate before having the cadets attempt each stretch/light cardiovascular exercise.
- Assistant instructors can help demonstrate the movements and ensure the cadets are performing them correctly.
- Have cadets perform each stretch/light cardiovascular exercise.





Sample stretches are located at Annex C.

## SAFETY

- Ensure there are at least two arm lengths between the cadets so they can move freely.
- Ensure the cadets perform the stretches and light cardiovascular exercises in a safe manner, following the guidelines for stretching listed in TP2.

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## CONFIRMATION OF TEACHING POINT 4

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The cadets' participation in the cool-down activity will serve as the confirmation of this TP.

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## END OF LESSON CONFIRMATION

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The cadets' participation in the competitive summer biathlon activity will serve as the confirmation of this lesson.

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## CONCLUSION

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## HOMEWORK/READING/PRACTICE

N/A.

## METHOD OF EVALUATION

N/A.

## CLOSING STATEMENT

Competitive summer biathlon is an activity that requires personal discipline, develops marksmanship skills, and promotes physical fitness. Competitive biathlon opportunities are available at the local, regional, and national level.

## INSTRUCTOR NOTES/REMARKS

Results should be posted for cadets to review. PO 211 is a complementary training activity. It is designed to provide an opportunity for the cadets to participate in a competitive summer biathlon activity.

EOs C111.01 (Participate in a Biathlon Briefing), C111.02 (Run Short Wind Sprints), C111.03 (Introduction to Summer Biathlon Marksmanship Skills Using the Cadet Air Rifle), C211.01 (Identify Civilian Biathlon Opportunities), C211.02 (Run on Alternating Terrain), and C211.03 (Fire the Cadet Air Rifle Using a Sling Following Physical Activity) shall be taught prior to conducting this lesson.

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## REFERENCES

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A0-027 A-CR-CCP-177/PT-001 D Cdts 3. (2001). *Canadian Cadet Movement: Cadet Marksmanship Program Reference Manual*. Ottawa, ON: Department of National Defence.

A0-032 Cadets Canada. (2002). *Biathlon Competition Rules and IBU/Cadet Disciplinary Rules*. Ottawa, ON: Department of National Defence.

A0-036 Cadets Canada. (ND). *Canadian Cadet Movement: Biathlon Championship Series*. Ottawa, ON: Department of National Defence.

C0-002 (ISBN 0-88962-630-8) LeBlanc, J. & Dickson, L. (1997). *Straight Talk About Children and Sport: Advice for Parents, Coaches, and Teachers*. Oakville, ON and Buffalo, NY: Mosaic Press.

C0-057 Martha Jefferson Hospital. (2001). *Warm-ups*. Retrieved 26 October 2006, from <http://www.marthajefferson.org/warmup.php>.

C0-058 Webb Physiotherapists Inc. (ND). *Running Exercises*. Retrieved 26 October 2006, from <http://www.physionline.co.za/conditions/article.asp?id=46>.

C0-059 Webb Physiotherapists Inc. (ND). *Exercise Programme for Squash, Tennis, Softball, Handball*. Retrieved 25 October 2006, from <http://www.physionline.co.za/conditions/article.asp?id=49>.

C0-060 Impacto Protective Products Inc. (1998). *Exercises*. Retrieved 25 October 2006, from <http://www.2protect.com/work3b.htm>.

C0-061 City of Saskatoon, Community Services Department. (2006). *Stretch Your Limits: A Smart Guide To Stretching for Fitness*. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>.

C0-089 (ISBN 0-936070-22-6) Anderson, B. (2000). *Stretching: 20<sup>th</sup> Anniversary* (Rev. ed.). Bolinas, CA: Shelter Publications, Inc.

C0-154 Hansen, B. (1999). *Moving on the Spot: Fun and Physical Activity: A Collection of 5 Minute Stretch and Movement Sessions*. Retrieved 26 October 2006, from <http://lin.ca/resource/html/dn3.htm#11>.

## GUIDELINES FOR CONDUCTING A COMPETITIVE SUMMER BIATHLON ACTIVITY

### OBJECTIVES

The objectives of the competitive summer biathlon activity are:

- to practice and improve marksmanship skills;
- to improve the level of physical fitness; and
- to introduce the sport of summer biathlon.

### COMPOSITION

Each cadet will enter as an individual.

### FACILITIES

The facilities required to conduct a competitive summer biathlon activity are:

- a route, on alternating terrain, of approximately 500 to 1000 m with the start and finish lines located close to the range. The route should be wide enough to accommodate a maximum of 10 cadets running at one time. When roads are to be crossed, they must be clearly marked and a central crossing point established with traffic control provided; and
- an air rifle range constructed IAW A-CR-CCP-177/PT-001, Chapter 1, Section 8, with a minimum of one firing lane per cadet per group.

### PARTICIPANTS

This activity may be conducted with cadets from multiple squadrons. A sample invitation for the competitive summer biathlon activity is located at Annex D.

### STAFFING

Numerous staff are required to conduct a competitive summer biathlon activity. These appointments may be filled by squadron staff, and shall include:

- **Technical Delegate.** Responsible for the overall conduct of the competition, including issuing penalties, and interpreting the rules.
- **Range Safety Officer (RSO).** Responsible for the overall conduct of the activities on the range.
- **Assistant RSO.** Responsible for targets, issuing ammunition, and assisting the RSO, as required.
- **Lane Scorekeeper.** Responsible for scoring targets and recording results on the range recording sheet (located at Annex B).
- **Chief of Statistics.** Responsible for compiling all the event data (e.g. range results, start/finish time, and any penalties issued).
- **Runner.** Responsible for collecting the scoring sheets and delivering them to the chief of statistics.
- **Start and Finish Line Chief.** Responsible for starting the run and recording the finish times on the scoresheet (located at Annex B).
- **Course Control.** Responsible for recording each time the cadet runs a loop on the course control sheet (located at Annex B).
- **First Aider.** Responsible for dealing with any injuries that may occur during the competition.

## **FORMAT**

### **Team Captain's Meeting**

All cadets will attend the team captain's meeting. This meeting includes all the essential information required by the cadets to participate in the competitive summer biathlon activity. The cadets are given:

- start times;
- range lane assignments;
- weather updates; and
- introductions to the competition staff.

### **The Running Loop**

Each cadet will run three separate loops of 500 to 1000 m. Each running loop will consist of:

- assembling for an individual start (cadets will begin at 10-second intervals for the first loop); and
- crossing the finish line.

### **The Range**

Each cadet will fire five to eight pellets in an effort to activate all five targets on the BART. After each bout of firing, the appropriate lane scorer will record the cadet's results and reset the BART.

## **SEQUENCE**

This competitive summer biathlon activity will be conducted in the following sequence:

1. running a loop of 500 to 1000 m;
2. firing five to eight pellets at the BART;
3. running a loop of 500 to 1000 m;
4. firing five to eight pellets at the BART;
5. running a third loop of 500 to 1000 m; and
6. crossing the finish line.

## **EQUIPMENT**

Based on 20 cadets per group, the equipment required to conduct the competitive summer biathlon activity shall include, but is not limited to the following:

- Cadet air rifles (5);
- Cadet air rifle slings (5);
- Shooting mats (10);
- .177 air rifle pellets (a minimum of 700 pellets);
- Stop watches (5);
- BART and target frame (5);
- Safety glasses (8);
- Pens/pencils;

- Notice board;
- Biathlon scoresheets located at Annex B;
- Course control sheets located at Annex B; and
- Range recording sheets located at Annex B.

## **DRESS**

Appropriate clothing according to the weather forecast.

## **RULES AND REGULATIONS**

- Cadets must use the same firing lane for the duration of the activity.
- The run must be completed in the proper sequence and on the marked route.
- Rifles must be placed on the firing point by the range staff and will remain there for the duration of the activity.
- All firing will be done in the prone position.
- The cadet air rifle sling is the only firing aid that may be used.
- The rifle must be made safe upon completion of firing.
- An inoperable rifle will be replaced by the range staff, the target will be reset, and the cadet will fire five to eight shots with the new rifle.
- Safety infractions will result in time penalties.
- Missed targets will result in time penalties.

## **SCORING**

Scoring will be calculated as follows:

- **Time.** The cadet's final time is the time from the start to the finish, plus any issued penalties.
- **Firing.** For each bout of firing, the number of missed targets will be recorded on the range recording sheet by the lane scorekeeper (located at Annex B). For each missed target, a one-minute penalty will be added to the cadet's total time.

## **PENALTIES**

Penalties will be added to the individual's time, to include:

- Each violation of the principles of fair play or good sportsmanship will result in a one-minute penalty, to include:
  - not giving way in an area of congestion;
  - pushing or shoving;
  - using profanity; and
  - interfering with other competitors.
- Each missed target will result in a one-minute penalty.
- A one-minute penalty will be issued for each safety infraction, to include:
  - not keeping control of the cadet air rifle;
  - moving forward of the firing point; and

- intentionally firing rounds at objects other than the BART.

### **OUT OF BOUNDS AREAS**

Out of bounds areas are to be clearly identified prior to the start of the competitive summer biathlon activity.

### **AWARDS**

Awards instructions are located at Annex E.

### **NOTES**

- Course control staff will record each time a cadet runs through a loop. See course control sheet located at Annex B.
- The start and finish line chief will keep records for each cadet. When the sheet is full or nearly full the runner will take the sheet to the chief of statistics. See scoresheet located at Annex B.
- Bibs may be used to identify cadets, if available.

**COMPETITION GUIDELINES**  
**COURSE CONTROL SHEET**

Cadet Name	Loop 1 Verification	Loop 2 Verification	Loop 3 Verification

*D Cdts 3, 2006, Ottawa, ON: Department of National Defence*

Figure B-1 Course Control Sheet

## SCORESHEET

Cadet Name	Start Time	Loop One	Loop Two	Loop Three	End Time	Run/Safety Penalties	Firing Penalties	Total Time

**Note:** The start and finish line chief is responsible for recording the run times and presenting the scoresheet(s) to the scorekeeper.

*D Cdts 3, 2006, Ottawa, ON: Department of National Defence*

Figure B-2 Scoresheet



# RANGE RECORDING SHEET

Scorekeeper's Name: \_\_\_\_\_

Cadet Name:	Lane	Shots Fired			X = Miss	Misses	Comments/Penalties
		3 Spare	Shots Fired				
Cadet Name:	Lane				○ ○ ○ ○ ○ ○ ○ ○ ○ ○		
Cadet Name:	Lane				X = Miss	Misses	
Cadet Name:	Lane				○ ○ ○ ○ ○ ○ ○ ○ ○ ○		
Cadet Name:	Lane				X = Miss	Misses	
Cadet Name:	Lane				○ ○ ○ ○ ○ ○ ○ ○ ○ ○		
Cadet Name:	Lane				X = Miss	Misses	
Cadet Name:	Lane				○ ○ ○ ○ ○ ○ ○ ○ ○ ○		
Cadet Name:	Lane				X = Miss	Misses	
Cadet Name:	Lane				○ ○ ○ ○ ○ ○ ○ ○ ○ ○		
Cadet Name:	Lane				X = Miss	Misses	
Cadet Name:	Lane				○ ○ ○ ○ ○ ○ ○ ○ ○ ○		
Cadet Name:	Lane				X = Miss	Misses	
Cadet Name:	Lane				○ ○ ○ ○ ○ ○ ○ ○ ○ ○		
Cadet Name:	Lane				X = Miss	Misses	
Cadet Name:	Lane				○ ○ ○ ○ ○ ○ ○ ○ ○ ○		
Cadet Name:	Lane				X = Miss	Misses	
Cadet Name:	Lane				○ ○ ○ ○ ○ ○ ○ ○ ○ ○		
Cadet Name:	Lane				X = Miss	Misses	
Cadet Name:	Lane				○ ○ ○ ○ ○ ○ ○ ○ ○ ○		
Cadet Name:	Lane				X = Miss	Misses	

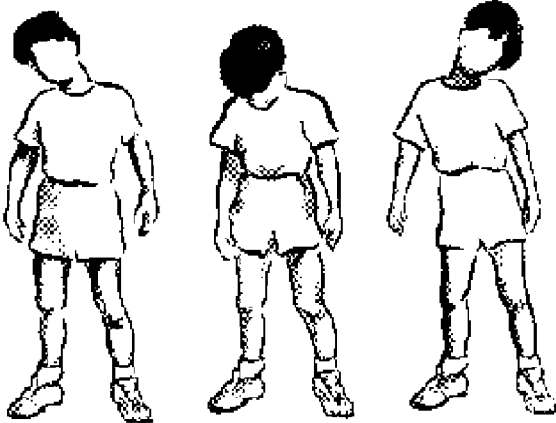
*D Cdts 3, 2006, Ottawa, ON: Department of National Defence*

Figure B-3 Range Recording Sheet


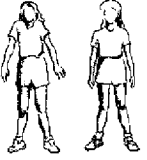
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## SAMPLE STRETCHES

### NECK

 <p><i>Moving on the Spot: A Collection of 5 Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from <a href="http://www.lin.ca/resource/html/dn3.htm#1">http://www.lin.ca/resource/html/dn3.htm#1</a></i></p> <p>Figure C-1 Neck Stretch</p>	<p>Slowly roll your head across your chest from shoulder to shoulder. Do not roll your head backwards.</p>
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### SHOULDERS

 <p><i>Moving on the Spot: A Collection of 5 Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from <a href="http://www.lin.ca/resource/html/dn3.htm#1">http://www.lin.ca/resource/html/dn3.htm#1</a></i></p> <p>Figure C-2 Shoulder Push</p>	<p>Stand and extend your arms behind you, interlocking your fingers. Push up and back with your shoulders.</p> <p>Hold this position for a minimum of 10 seconds.</p>
 <p><i>Moving on the Spot: A Collection of 5 Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from <a href="http://www.lin.ca/resource/html/dn3.htm#1">http://www.lin.ca/resource/html/dn3.htm#1</a></i></p> <p>Figure C-3 Shoulder Shrug</p>	<p>Stand and raise your shoulders as high as possible and then lower your shoulders, stretching your neck up.</p> <p>Pull your shoulders back as far as possible and then round your shoulders forward by pushing your shoulders forward as far as possible.</p> <p>Hold each position for a minimum of 10 seconds.</p>



Warm Ups, by Martha Jefferson Hospital, Copyright 2001  
by Martha Jefferson Hospital. Retrieved 26 October 2006,  
from <http://www.marthajefferson.org/warmup.php>

Figure C-4 Arm Circles

Hold your arms straight out, palms up. Make small  
circles with your arms, gradually increasing the size.

Reverse the direction of your circles.



Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006,  
from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>

Figure C-5 Shoulder Stretch

Either standing or sitting, take your right arm in  
your left hand and bring it across your chest,  
supporting the joint by holding it behind the elbow.  
Pull the elbow lightly towards your chest. You  
should feel the stretch in your right shoulder.

Hold this position for a minimum of  
10 seconds and repeat on the opposite side.

## ARMS



Exercises. Copyright 1998 by Impacto Protective Products Inc.  
Retrieved 26 October 2006, from <http://www.2protect.com/home.htm>

Figure C-6 Wrist Rotations

Rotate your hands in circular motions at the wrist.

Change direction and repeat on both sides.



Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006,  
from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>

Figure C-7 Triceps Stretch

Stand and bring your right arm over  
your head, bent at the elbow. Use your  
left hand to gently pull your arm down.

Hold this position for a minimum of  
10 seconds and repeat on the opposite side.



*Exercise Programme for Squash, Tennis, Softball, Handball. Retrieved 26 October 2006, from <http://www.physionline.co.za/conditions/article.asp?id=49>*

Figure C-8 Forearm Stretch

In a kneeling position, place your hands on the floor in front of you with your fingers pointing toward your knees, and your thumbs pointing out. Keeping your hands flat on the floor, lean back.

Hold this position for a minimum of 10 seconds.

## CHEST AND ABDOMINALS

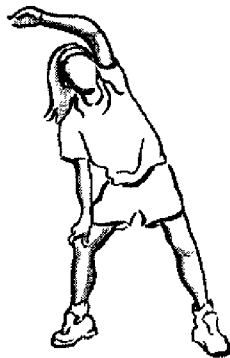


*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure C-9 Chest Stretch

Stand facing a wall. With your right arm bent and your elbow at shoulder height, place your palm against the wall. Turn your body away from your right arm. You should feel the stretch on the front side of your armpit and across the front of your chest.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.



*Moving on the Spot: A Collection of 5 Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from <http://www.lin.ca/resource/html/dn3.htm#1>*

Figure C-10 Side Stretch

Stand with your left arm up over your head. Bend at the waist towards the right side of your body.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.

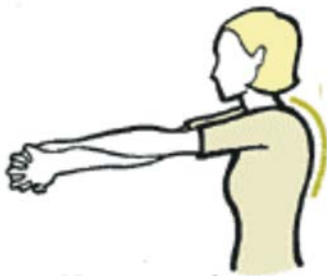
**BACK**



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure C-11 Lower Back Stretch

Lie on your back and bring your knees toward your chest. Grasp the back of your knees.  
Hold this position for a minimum of 10 seconds.



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure C-12 Upper Back Stretch

Extend your arms straight in front of you at shoulder height crossing one arm over the other. With the palms facing each other, intertwine your fingers and press out through your arms. Let your chin fall to your chest as you exhale. You should feel the stretch in the upper back.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.

**LEGS**



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure C-13 Hamstring Stretch

Lie flat on the floor with your knees bent and your back flat on the floor. Slowly raise and straighten one leg, grasping it behind your thigh with both hands.  
Hold this position for a minimum of 10 seconds.



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure C-14 Inner Thigh Stretch

Sit on the floor with your knees bent and the soles of your feet together. Grab your toes and pull yourself forward while keeping your back and neck straight.

Hold this position for a minimum of 10 seconds.

Grab your ankles and push your knees down toward the floor with your elbows.

Hold this position for a minimum of 10 seconds.

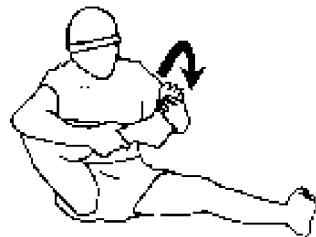


*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure C-15 Hip Flexor

Kneel on your right knee. Position your left foot in front of you, bending your knee and placing your left hand on that leg for stability. Keep your back straight and abdominal muscles tight. Lean forward, shifting more body weight onto your front leg. You should feel the stretch in the front of your hip and the thigh of the leg you are kneeling on. Cushion your kneecap with a folded towel if necessary.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.



*Running Exercises. Retrieved 26 October 2006, <http://www.physionline.co.za/conditions/article.asp?id=46>*

Figure C-16 Ankle Rotations

From a sitting position, rotate your foot in a clockwise, and then a counterclockwise, direction.

Switch and repeat on the opposite side.



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure C-17 Calf Stretch

Stand three steps away from and facing a wall. Step in towards the wall with your right leg, bending your right knee and keeping your left leg straight. Extending your arms with your palms forward, reach out to the wall and let your body fall toward the wall. Keep your toes forward and your heels down. Lean your body into the wall with your left leg straight behind your body. You should feel the stretch in your left calf.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure C-18 Quadriceps Stretch

Stand with your hand against a wall for balance. Lift your left foot off the ground, bending your knee as if you are trying to kick your bottom with your heel. Do not lean forward at the hips. Grab and hold your ankle with your left hand. You should feel the stretch in your left thigh.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.



## INVITATION SAMPLE

### Squadron Competitive Summer Biathlon Activity

**When:**

**Where:**

**Eligibility:** Proficiency Level Two Cadets

**Rules:** Located at Annex A to EO C211.04, Instructional Guide.

**Event:** Individual

**Category:** Female: three loops of 500 to 1000 m, two relays of firing in the prone position  
Male: three loops of 500 to 1000 m, two relays of firing in the prone position

**Schedule:** 0900hrs Coaches meeting  
1010hrs Start  
1055hrs Last cadet start  
1200hrs Last cadet finish  
1300hrs Awards

**Note:** Times listed above are approximate.

**Contact Information:**

**Special Notes:**

Additional squadron officers will be required to assist in running the competitive summer biathlon activity.  
Parents and spectators are invited to observe the activity.

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## **AWARDS INSTRUCTIONS**

### **AWARDS**

All cadets shall be awarded with a certificate/ribbon for participation. The top three competitors from each gender shall be awarded with a certificate/ribbon/medal.

### **AWARD CEREMONY**

The technical delegate shall organize the award ceremony for the competitive summer biathlon activity.

### **AWARD PRESENTATIONS**

The hosting squadron Commanding Officer or other local VIP shall present awards to the winning cadets and certificates to all cadets.

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