

Please add to or modify any of these to enhance their training!

Combat Triage/TCCC (DOJO)

Schedule: 2 Stations; 25 minutes per station

Station 1a: TCCC

- Calling 9-lines
- Putting on a tourniquet
- MARCH overview

Station 1b: TechMed (WARN: FAKE BLOOD)

- Pick 1-4 cadets from the TCCC station to go do TechMed activity
 - If only 1 cadet raises their hand, have them pick 3 others
 - Deblouse (only if necessary)
- Employing TCCC on Realistic Rescue Randy (male)

Station 2: Rescue Randy

- 1) Litter carry
 - a) 2 or 4 cadets practice raising, moving with, and dropping a litter
 - b) communication is key
- 2) Randy carry
 - a) Drag: arms under armpits dragging the dummy
 - b) Buddy: 2 cadets carry a randy; one with arms under armpits, one with arms around legs

Field Exercise (Base Defense/Small Unit Tactics)

Schedule: 50 minutes

Topic 1: UXO/IED/EOD 9-line; mortar procedures

- Going over how to address explosives and what to do when a mortar is called

Topic 2: Bounding and 360 coverage

- Practice alternate and successive bounding with 360 coverage
- Perform with and without barricades

Topic 3: Base Defense

- Cadets are given barricades to set up an ECP and must defend it against other GMC OPFOR
- Defending cadets are armed with dummy rifles
- OPFOR may be armed (up to POC/Cadre discretion)

GLP/Confidence Course

Schedule: 2 stations; 20 minutes per station; 5 minute transition

- *each flight starts at different stations*

Station 1: Bridge

- Cadets have 15 minutes to construct a bridge to cross the river
- Use materials in shed
- Yellow has to touch yellow, etc.
- Both aisles of the bridge must be completed before crossing
- AT LEAST 2 POC at station
- Optional 5 minute debrief

Station 2: Confidence Course

- Cadets have 20 minutes to go through the courses
- Assign GMC safeties (2 per cadet for each log, 1 per cadet for pull over)
- Split up into groups
- One POC cadet per course