



PEACE SUPPORT OPERATIONS FIELD BOOK Version 3—2005

This Field Book has been compiled from many sources: post-operational reports, Canadian, Allied and UN doctrine, and experiences of CF personnel, and tactics, techniques and procedures developed and validated by the Peace Support Training Centre.

This book is intended to be carried with you during your deployment and designed to allow you to add information to it. This book contains several types of information: there is reference material that provides information on a variety of peace support operational issues; there is a section of checklists to assist in preparing or executing peace support tasks; there is also some mission specific material to provide situational awareness; and a section containing supplementary information that will be useful during deployment. Certain sections, while more specific to military observers (Mil Obs), contain information that may be of use to any CF member on a deployment.

This Field Book is an information book; it is not policy. In cases where users identify or suspect some conflict with authorized policy or doctrine, the policy or doctrine will take precedence. As experience gained from deployments will continue to be one of the most valuable sources for this book, readers are encouraged to use the enclosed comment card to forward suggestions for changes to the PSTC. This Field Book is meant to be a dynamic tool; with your involvement, it will remain useful and contemporary.

P.T. Haindl
Lieutenant-Colonel
Commandant
Peace Support Training Centre

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1.1—CODE OF CONDUCT

1.1.1 THE LAW OF ARMED CONFLICT

CF personnel serving abroad are subject to the provisions of the National Defence Act, Queen's Regulations and Orders, the Criminal Code of Canada, the Law of Armed Conflict and applicable international law. International law is the primary legal basis for the use of force during international operations. It provides stability in international relations and an expectation that certain acts or omissions will bring about predictable consequences. Nations comply with international law because it is in their best interest to do so. Like most rules of conduct, international law is in a continual state of development and change. As with any legal issue, an operational commander is not expected to be a legal expert but is required to understand the principles in sufficient detail to ensure the following:

- ⇒ That international law is correctly applied in planning and conducting operations.
- ⇒ All members of the force understand their legal responsibilities with respect to the use of force and the conduct of armed conflict, and how to deal with combatants and non-combatants during conflict.

Main International Agreements

There is no single document constituting international law. This is an umbrella term describing a body of agreements that have been developing and expanding since 1907. These international agreements led to the development and codification of the two primary components of international law; the Law of Peace and the Law of Armed Conflict.

The Law of Peace

The international Law of Peace includes but is not restricted to treaties, conventions, agreements and customary international law comprising the norms of international behaviour in times of peace. It regulates the conduct of nations in diplomacy, commerce, industry, resource development, transportation and the protection of the environment. One of the cornerstones of the Law of Peace is the UN Charter.

The Law of Armed Conflict

The modern Law of Armed Conflict (LOAC) has its sources in international conventions (agreements or treaties between states), international custom and practice, general principles recognized by civilized nations, and national and international court rulings. The basis for the LOAC consists of two sets of agreements, each named after the two cities where most of them were devised; **the Hague Conventions of 1907** and the four **Geneva Conventions** for the Protection of the Victims of War of 1949, which have been supplemented by the Protocols to the Conventions.

The **Hague Conventions** are concerned essentially with how military operations are conducted, and the methods and means of combat. The **Geneva Conventions** are primarily concerned with the protection of persons involved in conflict, such as civilians, prisoners of war, and the sick and wounded. Protocol I to the Geneva Conventions deals with international armed conflict and Protocol II with internal armed conflict. In addition to expanding the protection afforded to the victims of war, both these Conventions contain provisions regulating the means and methods of conducting armed conflict.

Use of Force

While the LOAC restricts the use of force in certain situations, it is not intended to inhibit commanders in the accomplishment of their military mission but to:

- ➡ Protect combatants and non-combatants from unnecessary suffering.
- ➡ Protect property of historic, religious or humanitarian value, and the environment from unnecessary destruction.
- ➡ Facilitate the restoration of peace upon the conclusion of hostilities.

Law of Armed Conflict Primary Concepts

Three primary concepts underlie the LOAC:

➡ Military Necessity

The concept of military necessity justifies the application of compulsion and military force to the extent necessary for achieving the military objective at the earliest possible

moment with the least possible expenditure of personnel, resources and equipment. Military necessity does not justify the violation of an explicit rule of the LOAC and therefore cannot be considered in isolation. The concept presupposes that:

- ⇒ The use of force is controlled.
- ⇒ The use of force is necessary to achieve a partial or complete military objective as quickly as possible.
- ⇒ The amount of force used on enemy personnel or property will not exceed that which is needed to achieve prompt submission.

⇒ Humanity

The concept of humanity forbids the infliction of unnecessary suffering, injury or destruction in accomplishing legitimate military missions. This concept also confirms the basic immunity of civilian populations and non-combatants from being the object of an attack during armed conflict.

⇒ Chivalry

This concept refers to the conduct of armed conflict in accordance with certain recognized formalities and courtesies. This concept is reflected in specific prohibitions, such as those against dishonourable or treacherous conduct, and against misuse of enemy flags and flags of truce.

1.1.2 THE CF CODE OF CONDUCT

The CF Code of Conduct consists of eleven rules that reflect the LOAC. The CF Code of Conduct applies to all CF members throughout the spectrum of conflict. Ensuring compliance with the LOAC is a matter of leadership and discipline. The use of military force can never be left uncontrolled. Indeed, strong leadership and discipline ensure that operational aims are achieved through the **appropriate** use of force.

Decision-making and the Code of Conduct

Operational missions often require CF members to make decisions quickly under considerable stress in times of confusion and with potentially serious consequences. Understanding and complying with this simple Code of Conduct helps to ensure that split-second decisions are consistent with the LOAC, Canadian laws,

regulations and orders.

Rules of Engagement Versus the Code of Conduct

In addition to the Code of Conduct, any use of force to accomplish the mission is regulated by **Rules of Engagement (ROE)**. The Code does not replace ROE, it complements them. ROE will never be issued to Canadians that contravene either the Code of Conduct or the LOAC.

RULE 1— ENGAGE ONLY OPPOSING FORCES AND MILITARY OBJECTIVES.

RULE 2— IN ACCOMPLISHING YOUR MISSION, USE ONLY THE NECESSARY FORCE THAT CAUSES THE LEAST AMOUNT OF COLLATERAL CIVILIAN DAMAGE.

RULE 3— DO NOT ALTER YOUR WEAPONS OR AMMUNITION TO INCREASE SUFFERING OR USE UNAUTHORIZED WEAPONS OR AMMUNITION.

RULE 4— TREAT ALL CIVILIANS HUMANELY AND RESPECT CIVILIAN PROPERTY.

RULE 5— DO NOT ATTACK THOSE WHO SURRENDER. DISARM AND DETAIN THEM.

RULE 6— TREAT ALL DETAINED PERSONS HUMANELY IN ACCORDANCE WITH THE STANDARDS SET BY THE THIRD GENEVA CONVENTION. ANY FORM OF ABUSE, INCLUDING TORTURE, IS PROHIBITED.

RULE 7— COLLECT ALL THE WOUNDED AND SICK AND PROVIDE THEM WITH THE TREATMENT REQUIRED BY THEIR CONDITION, WHETHER FRIEND OR FOE.

RULE 8— LOOTING IS PROHIBITED.

RULE 9— RESPECT ALL CULTURAL OBJECTS (MUSEUMS, MONUMENTS, ETC.) AND PLACES OF WORSHIP.

RULE 10— RESPECT ALL PERSONS AND OBJECTS BEARING THE RED CROSS / RED CRESCENT AND OTHER RECOGNIZED SYMBOLS OF HUMANITARIAN AGENCIES.

RULE 11— REPORT AND TAKE APPROPRIATE STEPS TO STOP BREACHES OF THE LAW OF ARMED CONFLICT AND THESE RULES. DISOBEDIENCE OF THE LAW OF ARMED CONFLICT IS A CRIME.

1.1.3 RULES OF THE CODE OF CONDUCT

AMPLIFICATION OF RULE 1

Engage only opposing forces and military objectives.

Rule 1 is the cornerstone of the LOAC. It is consistent with and reflects two of the Principles of War, namely *Selection and Maintenance of the Aim* and *Economy of Effort*. Any deviation from the military aim will jeopardize the mission. Adherence to Rule 1 does not prevent accomplishment of the mission. Rather, it assists in its completion since it ensures that time, personnel and other resources are properly used to achieve the mission.

➤ Military Objectives

Military objectives are those objects that make an effective contribution to military action due to their nature, location, purpose or use. To be a military objective, the destruction or neutralization of the object must offer a definite military advantage to your operation.

➤ Opposing Forces

An *opposing force* is any individual or group of individuals who pose a threat to you or your mission. In an armed conflict, enemy forces are opposing forces whether or not they pose an immediate threat. In Peace Support Operations (PSO) on the other hand, persons (including civilians) usually must do more than simply be in possession of weapons to be considered opposing forces. They must also act in a threatening manner toward you or the persons and property you are tasked to protect.

AMPLIFICATION OF RULE 2

In accomplishing your mission, use only the necessary force that causes the least amount of collateral civilian damage.

Rule 2 deals with the legal obligation to minimize harm to civilians and their property while carrying out your mission. It balances military necessity against the humanitarian principle that civilians should be spared the hardship of conflict. This is known as the principle of proportionality. This principle imposes a duty to ensure that the collateral civilian damage caused is not excessive in relation to the concrete and direct military advantage anticipated.

AMPLIFICATION OF RULE 3

Do not alter your weapons or ammunition to increase suffering or use unauthorized weapons or ammunition.

All CF issued weapons are lawful. The use of only CF issued weapons

and ammunition helps to ensure that there is no deviation from international standards. Note that legal belt knives, jack knives and other such items are permitted so long as they are used only as tools. Under no circumstances are soldiers permitted to bring on operations personal firearms, ammunition or other personal weapons listed as restricted or prohibited by Canadian law. When force is used suffering is likely to result. However, the infliction of unnecessary suffering is prohibited. *Unnecessary suffering* refers to the infliction of injuries or suffering beyond that required to achieve the military aim. Thus, the alteration of weapons ammunition to increase suffering is forbidden.

AMPLIFICATION OF RULE 4

Treat all civilians humanely and respect civilian property.

➤ Targeting of Civilians

Rule 4 deals with the protection of civilians in a theatre of operations. Civilians who do not take part in hostilities must not be targeted. They are to be respected and treated humanely in all circumstances. Their property must also be respected. Civilians should be treated the way that you would like your family to be treated in the same circumstances.

➤ Detention of Civilians

On occasion it may be necessary to detain civilians who, as a result of their actions, are considered to be opposing forces. For example, looters or other common criminals may have to be detained in order to protect a military compound. Civilians apprehended while committing a crime should be released to the custody of UN civil or military police, our MPs or recognized host government law enforcement agencies. Where practical, the crime scene is to be cordoned off until police arrive. If possible, take photos of the scene. Again, direction and guidance should be given to you in operational orders or standard operating procedures (SOPs).

AMPLIFICATION OF RULE 5

Do not attack those who surrender. Disarm and detain them.

➤ Prisoners of War (PWs) and Detainees

The Hague Rules, Geneva Conventions and additional Protocols distinguish between PWs and other persons detained during an armed conflict. During an armed conflict, opposing forces who are captured or surrender have the status of PWs. Persons detained during PSO are not PWs but *detainees*. Regardless of their status, those who surrender and who are no longer a threat must be protected and treated humanely. It is unlawful to

refuse to accept someone's surrender or to order that no PWs or detainees be taken.

➤ Intent to Surrender

Those who wish to surrender must clearly show their intention to do so (i.e. by putting their hands up, throwing away their weapon or showing a white flag). Remember that showing a white flag is not necessarily an expression of the intent to surrender. The white flag means that opposing forces wish to temporarily cease hostilities to talk or negotiate. Individuals who clearly show an intention to surrender must be accorded the treatment outlined under this rule. Keep in mind that being taken as a PW is not a form of punishment and does not permit the capturing party to carry out any reprisal action against the PW. If a PW has committed a crime, then it is the duty of the capturer to report it through the chain of command. Only courts of competent jurisdiction are permitted to try a PW and, if convicted, to impose a punishment.

➤ Search and Disarm

Those who wish to surrender are to be immediately disarmed and searched. Disarming includes searching for and taking away equipment and documents of military value (i.e. weapons, ammunition, maps, orders and code books). A capture report is to be completed in accordance with SOPs. The following material **must** remain with the PW or detainee:

- ⇒ Identification documents/discs.
- ⇒ Clothing, items for personal use and items used for feeding.
- ⇒ Items of personal protection (helmet, gas mask, body armour, etc.).

➤ Safety, Protection and Care of PWs

The evacuation of PWs or detainees is to be organized and begin as soon as the tactical situation permits. While awaiting evacuation, PWs shall:

- ⇒ Not be unnecessarily exposed to danger.
- ⇒ Not be forced to engage in activities having a military character or purpose.
- ⇒ Be protected against acts of violence, insults and

intimidation.

⇒ Be given any immediate first aid or medical attention necessary.

⇒ Use of Restraining Devices and Blindfolds

Restraining devices (handcuffs, shackles, flex-cuffs, tie-wraps, etc.) will only be used on a case-by-case basis where individual PWs or detainees represent an immediate threat. Such restraints will be removed as soon as the individual no longer poses a threat to security.

⇒ Doubtful Status

In recent years the nature of armed conflict, as well as the nature of PSO, has changed and personnel opposing CF members will not always be in uniform or even be members of an organized armed group. Regardless of whether your captives wear uniforms or civilian clothes the obligation to such persons remains the same. In case of doubt about the legal status of persons that you detain, those persons will be treated humanely like any other detained person and evacuated.

AMPLIFICATION OF RULE 6

Treat all detained persons humanely in accordance with the standard set by the third Geneva Convention. Any form of abuse, including torture, is prohibited.

Rule 6 deals with the treatment of anyone detained by CF personnel in the course of an operation. At the tactical level, regardless of the legal status of those who are detained, all persons held without their consent—both PWs and detainees—will be treated in accordance with the standard set by the Third Geneva Convention on the Treatment of PWs.

⇒ Humane Treatment

Humane treatment includes not only the proper provision of the necessities of life but also the type of treatment provided to detained persons. PWs and detainees must, at all times, be protected against insults and public curiosity. They should be treated with all due regard to their gender. Searches of PWs and detainees should be conducted by persons of the same sex. If, in exceptional circumstances, searches must be conducted by a member of the opposite sex, such searches shall be carried out in a respectful manner.

➤ Convention Against Torture

In accordance with the UN Convention Against Torture, any form of torture is prohibited.

➤ Protection and Medical Care

Detained persons must be protected from the effect of hostilities. In the presence of an NBC threat for example, PWs and detainees must be allowed to use their protective equipment. If they do not have such equipment they shall be provided with it where it is practicable to do so.

➤ Food, Water and Shelter

Food and water will be provided as soon as feasible and will not be arbitrarily or unreasonably withheld. Detained persons will be provided shelter from both the elements and hostile action to the same extent as are CF personnel. Every PW and detainee shall be given a medical examination as soon as practicable after capture and the condition of each person should be recorded. All detained persons shall be afforded protection and basic necessities.

➤ Interrogation

Any PW or detainee who is questioned need only give their full name, rank, date of birth and service number or equivalent information. This information is necessary to properly document the detained person. If a PW or detainee refuses to provide this information no action will be taken beyond making note of the refusal.

➤ Prohibition Against Reprisals and the Use of PWs as Human Shields

No reprisals will be taken against PWs or detainees, nor will they be used as human shields.

AMPLIFICATION OF RULE 7

Collect all the wounded and sick and provide them with the treatment required by their condition, whether friend or foe.

Sick and wounded who abstain from hostile acts are entitled to

protection, whether friend or foe. They will be treated humanely and receive, to the fullest extent practicable and with the least possible delay, the medical care and attention required by their condition. There shall be no distinction among them based on any grounds other than medical ones.

➤ Collection and Care of the Sick and Wounded

You have an obligation, to the fullest extent practicable and with the least amount of delay, to take all possible measures to search for and collect the wounded and sick from all sides, opposing forces or not, as well as civilians. This includes the obligation to protect the wounded and sick against theft and ill treatment and to ensure their adequate care. It is understood that this obligation only comes into play once the tactical area has been secured.

➤ Status of the Wounded and Sick

Members of opposing forces who are unconscious or otherwise incapacitated by wounds or sickness, and therefore incapable of defending themselves, shall not be made the object of attack provided that they abstain from any hostile act. They shall be treated as PWs or detainees (as appropriate) and evacuated through the medical services to allow for proper medical treatment. Only medical reasons will determine the priority of treatment. As such, there will be circumstances where a member of opposing forces will have to be treated before a member of the CF.

➤ Burial

As soon as the tactical situation permits, necessary measures should be taken to search for the dead. Under normal circumstances only burial parties should conduct burials. Burials must be preceded by careful examination of the bodies (if possible by medical personnel) in order to confirm death, establish identity and make appropriate reports. One half of the double identity disc, or the identity disc itself if it is a single disc, should remain with the body. The dead should be buried individually whenever circumstances permit.

AMPLIFICATION OF RULE 8

Looting is prohibited.

Looting and the taking of personal war trophies is prohibited.

AMPLIFICATION OF RULE 9

Respect all cultural objects (museums, monuments, etc.) and places of worship.

As a general rule, buildings and property dedicated to cultural or religious purposes must not be attacked. We must do our best to ensure that these buildings and their contents are not destroyed, damaged or stolen. The destruction, desecration or interference with cultural and religious objects and places of worship can only serve to affect our forces adversely and possibly prolong the conflict. Some cultural and religious locations may be marked with a distinctive blue and white sign as illustrated at right. You must recognize and understand the significance of this sign. However, not all religious or cultural property is marked. Signed or not, such property should be respected.

There are other sites which are to be respected and protected. They may be signed as follows:






An installation which, if damaged, could cause adverse effects, such as a dam, dyke or nuclear generating station.	
A protected cultural or religious site.	
An installation to protect civilians, such as a bomb shelter or fire station.	
A neutral, safety or hospital zone.	
An internment or refugee camp.	

Figure 1.1.1: Signs Designating Sites of Importance

Cultural and religious property should not be used for military purposes and, therefore, should not be targeted. If cultural or religious property is used for a military purpose it loses its protection under the LOAC.

AMPLIFICATION OF RULE 10

Respect all persons and objects bearing the Red Cross / Red Crescent and other recognized symbols of humanitarian agencies.

International law provides special protection to personnel and facilities displaying the Red Cross or Red Crescent. To secure such protection all forces should display the Red Cross / Red Crescent on their medical personnel, facilities and transport. Medical personnel, facilities and transport displaying the distinctive emblem must not be attacked.

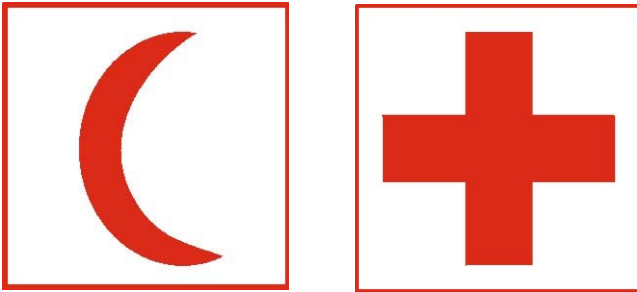


Figure 1.1.2: The Red Cross and the Red Crescent

➤ Medical and Protected Personnel

There are two categories of medical personnel: permanent and temporary.

➤ Permanent Medical Personnel

Permanent medical personnel include: doctors, nurses and medical assistants who are engaged exclusively in the collection, transport or treatment of the sick and wounded or in the prevention of disease; staff engaged exclusively in the administration of medical units and establishments; and chaplains of the armed forces. These people must be respected and protected. They must not be attacked. Permanent medical personnel must wear an armband displaying the Red Cross / Red Crescent emblem and carry an appropriate identity card. If captured, permanent medical personnel and chaplains, although detained, will continue to care for the sick and wounded. If there is no such medical requirement they are to be released and returned to their own forces.

➤ Temporary Medical Personnel

Temporary medical personnel may be employed on a part-time basis as hospital orderlies or temporary stretcher-bearers to search, collect, transport and treat the sick and wounded. Part-time medical personnel are protected when they are carrying out such duties and should not be attacked. Temporary medical personnel wear a smaller armband and emblem while employed on medical duties. Captured temporary medical personnel may be employed on medical duties. Unlike permanent medical personnel, temporary medical personnel do not have to be released to their side if there is no medical requirement for their services.

➤ Medical Units and Establishments

Fixed and mobile medical units and establishments shall not be attacked. Such establishments and units should, if possible, be situated so that attacks against military objectives will not endanger them. The Red Cross / Red Crescent flag will only be used on medical establishments or units entitled to protection under the Geneva Convention.

➤ Medical Transport

Opposing forces' transport for the wounded and sick, or of medical equipment, shall not be targeted once they are identified as such and will be protected in the same manner as mobile medical units. If captured, the wounded and sick being transported will be properly cared for. Ambulances and other vehicles bearing the Red Cross / Red Crescent emblem must not be used to transport ammunition, weapons or troops.

➤ Arming of Medical Personnel

Medical personnel may be armed with small arms and may use those weapons in defence of themselves or the wounded and sick in their charge. Pickets or sentries consisting of non-medical personnel equipped with small arms can be used without adversely affecting the protected status of the medical establishment or unit.

➤ International Committee of the Red Cross

The International Committee of the Red Cross (ICRC) is an independent humanitarian institution. Under the LOAC, the ICRC has a special role and status. As a neutral intermediary the ICRC endeavours, on its own initiative and on the basis of the Geneva Conventions, to bring protection and assistance to the victims of armed conflict. The ICRC

may undertake to care for the wounded and sick. ICRC members wear the distinctive emblem. As such, they must be protected at all times.

➤ Non-Governmental Organizations

On many modern battlefields there are numerous UN and non-governmental organizations (NGOs) which dedicate their efforts to alleviating the suffering of the victims of war. In addition, military authorities may ask the inhabitants in the area of the conflict to voluntarily collect and care for the wounded under their direction. NGOs such as Cooperative for American Relief Everywhere (CARE) and Médecins Sans Frontières (Doctors Without Borders) might wear other recognizable symbols. NGOs do not benefit from international legal protection. However, they and their work in favour of the victims of armed conflict and in providing care for the sick and wounded must be respected.

➤ Improper Use of the Distinctive Emblem (Perfidy)

False and improper use of the Red Cross / Red Crescent emblem is prohibited. The use of the Red Cross / Red Crescent to shield the movement of troops, weapons or ammunition is also prohibited.

AMPLIFICATION OF RULE 11

Report and take appropriate steps to stop breaches of the LOAC and these rules. Disobedience of the LOAC.

It is CF policy to respect and abide by the LOAC in all circumstances. To meet this commitment every CF member must know and understand, as a minimum, the basic principles of the LOAC. It is of the utmost importance that a breach of any provision of the LOAC or the Code of Conduct be reported without delay.

1.1.4 REPORTING BREACHES OF THE LAW OF ARMED CONFLICT

Canadian Forces, allied and coalition personnel, and opposing forces are required to abide by the LOAC and the basic principles these rules represent. If a CF member believes that the LOAC or these principles are being breached, the member must take appropriate steps to stop the illegal action. If the CF member is not in a position to stop the breach, the member should report it to the nearest military authority that can take appropriate action. If a breach of the LOAC or the Code of Conduct has already occurred, the member should report that breach. Any attempt to conceal a breach of the LOAC or the Code of Conduct is in itself an offence under the Code of Service Discipline.

1.2—THE USE OF FORCE

1.2.1 PRINCIPLES IN PEACETIME

The following principles on the use of force apply to all operations domestic and international.

➤ Reasonable Belief

Any use of force must be based on the reasonable belief that a threat exists that warrants the use of force. Mere speculation does not constitute reasonable belief. The use of force must be based on an individual determining that the force is authorized in the circumstances, the use of force is necessary and the use of force is based upon a tangible threat.

➤ Negotiations and Warnings

While in no way negating the inherent right of self-defence and without assuming an unacceptable tactical risk, commanders should make every effort to control the situation through measures short of using force, including personal contact and negotiation. The potentially hostile force should be warned of the situation, emphasizing that forces will take self-defence action as necessary. Steps that can be employed to warn potentially hostile forces of danger could include voice, visual signals, radio or other electronic means of communication, manoeuvres, warning shots (when authorized) or other comparable measures that do not involve the actual application of force.

➤ Exhaustion of Other Options

Whenever the operational situation permits, every effort must be made to resolve a potential hostile confrontation by means other than the use of force. In all circumstances force may only be used if there is no other feasible way immediately available, consistent with force security, to stop the illegal action or to achieve any other legitimate purpose for which the use of force is authorized.

➤ Minimum Force

Force must never be more than the minimum necessary to carry out duties and accomplish assigned objectives or the mission.

➤ Proportionality

Only a response proportionate to the perceived level of threat is justified. Any force used must be limited to the degree, intensity and duration necessary to achieve the objective for which the

force is used and no more.

➤ Duration of Force and Disengagement

The application of force, at whatever level, should cease when the imminent use of force or the hostile act stops, or when it is reasonably believed that the imminent use of force no longer constitutes a threat.

➤ Escalation

Unless specifically authorized, escalation of the level of force is to be minimized. The least amount of force that is required to achieve the objective will be used.

➤ Deadly Force

Deadly force is justified only under conditions of extreme necessity and as a last resort, when all lesser means have failed or cannot reasonably be employed.

➤ Collateral Damage

Collateral damage, which consists of unintentional injury to people or damage to structures near targets, should be minimized.

➤ Retaliation and Reprisal

The use of force in retaliation or reprisal is prohibited.

➤ Positive Control

The use of force should be controlled by the on-scene commander and cease once the aim has been achieved.

➤ Direct Accountability and Liability

An individual who uses force, or the commander who authorizes it, must be able to identify the facts that led to their belief that the application of force was necessary. He must be able to attest that the level of force used was consistent with the level of threat and that the engagement was terminated once the imminent threat ceased to exist. Commanders and individuals will be personally liable for the use of excessive force.

1.2.2 THE USE OF FORCE DURING ARMED CONFLICT

Unlike operations conducted in peacetime, the principles that govern the use of force during periods of **armed conflict** allow for much wider scope and latitude. However, the use of force during armed conflict is not unlimited and certain principles must be adhered to. In

accordance with the LOAC, the following **three major principles** apply:

➤ Distinction

The principle of distinction, also called the principle of identification, imposes an obligation on commanders to distinguish between legitimate military objectives and civilian populations and material when conducting military operations, particularly when selecting targets. This obligation is dependent on the quality of information available to the commander at the time decisions are being made. A commander must therefore make every effort to gather and review intelligence before initiating an attack or otherwise use force.

➤ Non-discrimination

There are two aspects to the principle of non-discrimination. Firstly, the LOAC binds all sides in an armed conflict. Although one side may label the other an unlawful aggressor that side is not entitled to apply the law in a different way because of that assertion. Secondly, the law is applied without adverse distinction founded on race, colour, religion or any similar criteria.

➤ Proportionality

The principle of proportionality establishes a link between the concepts of military necessity and humanity. In accordance with this principle, a commander is not permitted to inflict injury on non-combatants nor cause damage to property disproportionate to the military advantage that he can reasonably anticipate to gain.

1.2.3 KEY CONCEPTS IN THE USE OF FORCE

There are a number of key concepts common to the use of force in domestic and international operations that are fundamental to understanding the application of self-defence or ROE. These concepts include:

➤ Hostile Intent

Under certain circumstances force may be used pre-emptively to protect against the threat of imminent use of force against Canada, its forces, citizens, shipping, commercial aircraft, territory or property where there is reasonable apprehension that death, grievous bodily harm or destruction would be the likely result. For certain international operations this definition may be expanded to include designated allies, non-military personnel, objects, sites, platforms and/or materiel. Although precise criteria

can be established for identifying hostile acts it is more difficult to recognize hostile *intent*, in which case greater amplification may be required depending on the anticipated operational context. Such amplification must take into account the fact that hostile intent can only be demonstrated when a reasonable belief exists that the use of force by the opposition is imminent. Thus, the necessity for the CF to use force is instant and overwhelming and there is no choice or means for deliberation. Such a reasonable belief is necessary before justifying the use of any force in response. Furthermore, the extent of reaction permitted in the face of hostile intent must be clearly understood in terms of the proportionality and duration of the force employed to respond.

⇒ Hostile Act

A hostile act is an attack or other use of force against Canada, its forces, citizens, shipping, commercial aircraft, territory or property where there is reasonable apprehension that death, grievous bodily harm or destruction would be the likely result. For certain international operations this definition may be expanded to include protection of designated allies, non-military personnel, objects, sites, platforms and/or materiel. Force can only be used in the presence of an attack or imminent attack.

⇒ Non-deadly Force

Non-deadly force is any physical means of forcing compliance that does not pose a risk of death or grievous bodily harm to the individual against whom the force is directed. This is usually through the use of physical force short of the use of firearms or other deadly weapons. Examples include pushing, lesser forms of striking or hitting, and physically or mechanically restraining persons. Warning shots are non-deadly force even though they involve the use of firearms.

⇒ Deadly Force

Deadly force is that level of force intended, or likely to cause, death or grievous bodily harm regardless of whether death or grievous bodily harm actually results. This is the ultimate degree of force.

⇒ The Spectrum of Conflict

When considering the use of military force the appropriate application of force will often depend on where the crisis or emergency event is perceived to be on the Spectrum of Conflict.

The Spectrum of Conflict is an ascending scale or graph that categorizes military activities along a continuum running from peacetime, through periods of tension, to sustained hostilities and ultimately nuclear conflict. This spectrum is a useful tool for political, policy and military planners in determining use of force responses to crisis events. It is particularly important when determining the legal basis for the peacetime use of force.

1.2.4 USE OF FORCE IN SELF-DEFENCE

CF personnel are entitled to use force in self-defence or in designated circumstances to protect others from death or serious bodily harm. Both Canadian domestic and international law recognize the authority to use appropriate force in self-defence, up to and including deadly force. When self-defence is used, CF personnel and commanders must consider the following:

➤ Application of Self-Defence

Since different legal regimes underpin domestic and international operations there may be differences in the application of self-defence between both types of operations. During domestic operations the CF operates under the Criminal Code and the use of force for self-defence, the defence of others and of property is authorized only in certain situations. During international operations the CF may be operating under various international laws, including special UN Security Council resolutions, where the use of force in self-defence and defence of others may provide for much wider latitude than is allowed under Canadian domestic law.

➤ Exercising the Right of Self-Defence

Without assuming unacceptable risk, commanders (or individuals when alone) should make every effort to control a situation without the use of force. When time and conditions permit, the potentially hostile force should be warned of the situation and further warned that self-defence action will be taken as necessary. In exercising the right of self-defence the responsible commander (or individual) must identify the presence of an immediate and compelling need to use force. However, there is no obligation to use force in self-defence and commanders may legitimately order that individuals or units under their command not respond to an imminent threat. Such an order would be based on that commander's responsibility, in certain circumstances, to control the escalation of force. If the responsible commander (or individual) determines that he must exercise his right to self-

defence, the following actions should be taken:

- ⇒ The force used should be controlled in terms of time, space and degree of intensity.
- ⇒ The types of weapons used and the rates of usage should be limited to that which is reasonably necessary to repel the attack or anticipated attack.
- ⇒ Every effort should be made to bring self-defence engagements to an end.

1.3—ETHICS

1.3.1 CANADIAN DEFENCE ETHICS

The principles of Canadian Defence Ethics are:

- ⇒ Respect the dignity of all persons.
- ⇒ Serve Canada before self, accepting unlimited liability.
- ⇒ Obey and support lawful authority.

1.3.2 ETHICAL OBLIGATIONS

Obligations of all CF members are:

- ⇒ **Integrity.** We give precedence to ethical principles and obligations in our decisions and actions. We respect all ethical obligations deriving from applicable laws and regulations. We do not condone unethical conduct.
- ⇒ **Loyalty.** We fulfil our commitments in a manner that best serves Canada, the DND and the CF.
- ⇒ **Courage.** We face challenges, whether physical or moral, with determination and strength of character.
- ⇒ **Honesty.** We are truthful in our decisions and actions. We use resources appropriately and in the best interests of the Defence mission.
- ⇒ **Fairness.** We are just and equitable in our decisions and actions.
- ⇒ **Responsibility.** We perform our tasks with competence, diligence and dedication. We are accountable for, and accept the consequences of, our decisions and actions. We place the welfare of others ahead of our personal interests.

1.3.3 CANADIAN ARMY ETHOS

- ➔ **Duty**—responsibility and devotion.
- ➔ **Integrity**—ethics, justice and fairness.
- ➔ **Discipline**—and self-discipline.
- ➔ **Honour**—courage and chivalry.

1.3.4 ETHICAL DILEMMAS

Ethical dilemmas usually take one of the following forms:

- ➔ You are unsure of the right thing to do.
- ➔ Two or more of your values may be in conflict (i.e. religious beliefs versus duty to obey orders).
- ➔ Harm may be caused, no matter what you do.

In resolving dilemmas:

- ➔ You consider your obligation to act.
- ➔ You consider the options you have.
- ➔ You choose the best option taking into consideration:
 - ⇒ Laws/Regulations.
 - ⇒ Consequences.
 - ⇒ Care for others.
 - ⇒ Values.

If unsure, talk to others—to your friends, family, superiors. Someone who is prepared to listen and help anytime you have a concern or problem. Remember:

- ➔ You accept responsibility for your actions.
- ➔ Leaders make expectations, risks and what to do about them very clear.
- ➔ Leaders provide opportunities to discuss concerns and ask questions.
- ➔ Leaders take prompt action when problems occur. They ensure confidentiality and a reprisal-free environment.
- ➔ We recognize manifestly unlawful or inappropriate orders and know that we are not required to obey them. We will speak out.

→ Whether we are a witness or someone being victimized, when unethical behaviour occurs we have a responsibility to speak out or act.

1.3.5 DO'S AND DON'TS

Do's

- Do keep strictly neutral and display impartiality to all parties in dispute.
- Do take into account personal and environmental security threats.
- Do follow security protocols to ensure that no unauthorized persons view "sensitive" documents.
- Do consider the likelihood that all radio communications will be monitored and phrase messages accordingly.
- Do be aware that local employees and interpreters may have vested interest in matters that require sensitive handling.
- Do be aware of the possible loyalty of the host population to previous governments.
- Do inform your superiors of your plans, forecast activities and maintain close liaison with your fellow observers in adjacent areas of operations.
- Do be respectful of your responsibilities when using equipment and transportation assets.
- Do maintain your uniform and equipment to present the best possible image and ensure visibility of your force accoutrements (flag, beret) at all times whilst on duty.

Don't

- Do not take part in any illegal activity (prohibited substance abuse or trade in black-market goods).
- Do not become involved in surreptitious sexual liaisons which could compromise your neutrality and impartiality or affect your personal hygiene (sexual transmitted diseases).
- Do not criticize the host nation or the parties involved in the dispute.
- Do not collect unauthorized "souvenirs" (weapons, unexploded ordnance or religious artifacts).
- Do not dress in a manner that would be offensive to the local population or bring the Forces or Canada into disrepute.
- Do not openly carry marked maps or documents across cease-fire lines.
- Do not express political or military opinions to nationals of either party to a dispute.
- Do not make unauthorized press or media statements (i.e. beware of allegedly "authorized" persons enquiring about the progress of a particular matter).
- Do not allow disagreements with support personnel to create a hostile/non-productive work environment amongst mission staff.
- Do not take photographs, or allow them to be taken, in areas that are subject to a dispute unless authorized to do so.
- Do not allow local gossip or hearsay to influence decisions or reports to your superiors unless you can certify all the facts expressed.
- Do not allow yourself to be coerced into saying or doing anything that could reflect poorly upon yourself, Canada or the force you represent.

1.4—THE UN AND PEACE SUPPORT OPERATIONS

1.4.1 PURPOSE OF THE UN

The *UN Charter* came into force in 1945. It expresses in clear, plain language the view of the founders. The Charter provides the terms of reference for the various elements of the UN in fulfilling its responsibilities.

The UN's primary purpose is to maintain international peace and security, take effective collective measures for the prevention and removal of threats to the peace, and bring settlements by peaceful means (extract from Article 1 of the Charter). The UN strives to achieve this by peaceful means in conformity with the principles of justice and international law.

1.4.2 UN CHARTER OPERATIONAL CHAPTERS

Chapter VI of the UN Charter

Chapters VI and VII of the Charter specifically address how international peace and security should be maintained. Traditional peacekeeping operations have been authorized under Chapter VI, *Pacific Settlement of Disputes* and have been based on three basic principles found to be essential for the success of a peacekeeping mission: the consent of the parties, impartiality, and no use of force except in self-defence. As such, peacekeeping troops would not be considered combatants as this term is understood under international humanitarian law and the LOAC.

Chapter VI “and a Half” Operations

In recent years a new political climate has emerged. Peacekeeping operations have sometimes been given mandates which have required the use of force, thus jeopardizing the three traditional principles for a Chapter VI peacekeeping mission. Such enhanced peacekeeping missions have been referred to colloquially as “Chapter VI and a half” operations.

Chapter VII

If peaceful means fail to resolve a conflict that the Security Council has determined threatens international peace and security, the Security Council must consider taking action under Chapter VII of the Charter, *Action With Respect to Threats to the Peace, Breaches of the Peace and Acts of Aggression*. Chapter VII is essentially coercive. Under Chapter VII, the UN Security Council should determine the existence of any threat to the peace, breach of the peace, or act of aggression and make recommendations or decide what measures should be taken to maintain or restore international peace and security (Article 39). Before resorting to enforcement, the Security Council may call on the parties concerned to comply with such provisional measures as it considers necessary and desirable (Article 40). These measures may include complete or partial interruption of economic relations and

means of communication, the severance of diplomatic relations (Article 41), or such action by air, sea or land forces as may be necessary to maintain or restore international peace and security (Article 42).

Options in Applying Provisions of Chapter VII

Action taken by the Security Council under this Chapter does not necessarily dictate the use of armed force. It may involve less aggressive measures such as sanctions or other punitive steps. On the other hand, the Security Council is authorized to take such action by air, sea, or land forces as it considers necessary to maintain or restore international peace and security. One must not assume simply because a UN Resolution invokes Chapter VII that the offensive use of force is automatically authorized or that UN personnel automatically become combatants. An example to illustrate this was the UNPROFOR mandate in Croatia, which was initially established under Chapter VI of the Charter. Subsequent Security Council resolutions invoked Chapter VII. However, at no time was UNPROFOR specifically authorized to use force in order to discharge its mission. Whether military forces are considered combatants under a Chapter VII operation will be determined by the specific mandate provided to them by the Security Council.

Chapter VIII

Chapter VIII of the Charter encourages regional arrangements for the peaceful settlement of local disputes before referring them to the Security Council, providing such arrangements are consistent with the Purposes and Principles of the UN (Article 52). When appropriate, the Security Council may use regional arrangements or agencies for enforcement action under its authority (Article 53).

1.4.3 UN CONCEPTS

In an effort to be more responsive, the UN has set out seven concepts for future efforts to restore peace and security. These seven concepts reflect the growing scope and complexity of UN activities and provide useful insight into how the world can more fully embrace and achieve the objectives of the UN Charter. They are:

➤ Preventive Diplomacy

Preventive Diplomacy is action to prevent disputes from developing between parties, to prevent existing disputes from escalating into conflicts and to limit the spread of the latter when they occur.

➤ Peacemaking

Peacemaking is diplomatic action to bring hostile parties to negotiated agreements through such peaceful means as those foreseen under Chapter VI of the Charter.

➤ Peacekeeping

Peacekeeping is a UN presence in the field (normally involving military and civilian personnel) with the consent of the parties. Its task is to implement or monitor the implementation of arrangements relating to the control of conflicts (cease-fire, separation of forces, etc.) and their resolution (partial or comprehensive settlements) or to ensure the safe delivery of humanitarian relief.

➤ Peace-enforcement

Peace-enforcement may be needed when all other efforts fail. The authority for enforcement is provided by Chapter VII of the Charter and includes the use of armed force to maintain or restore international peace and security in situations where the Security Council has determined the existence of a threat to the peace, breach of the peace or act of aggression.

➤ Peace-building

Peace-building is critical in the aftermath of conflict. Peace-building includes the identification and support of measures and structures that will promote peace and build trust and interaction amongst former enemies in order to avoid a relapse into conflict.

➤ Sanctions

Sanctions are measures not involving the use of armed force; for example, limitations on exporting specific goods to one or both parties. Note that the purpose of sanctions is to modify the behaviour of a party that is threatening international peace and security, not to punish them or otherwise exact retribution. Sanctions normally include an arms embargo.

➤ Disarmament

Disarmament is the assembly, control and disposal of weapons. “Micro-disarmament” is the practical disarmament of the parties to a conflict the UN is actually dealing with and is especially relevant during post-conflict peace-building. Disarmament can also follow enforcement action.

1.4.4 UNIVERSAL PRINCIPLES OF PEACEKEEPING

Universal principles of peacekeeping apply to the entire structure of the operation, from Headquarters down to the smallest elements of a mission, including political and military components and humanitarian affairs. It is essential that all PSO elements comprehend and comply with these principles. These principles should serve as both a guide and a common frame of reference for all PSO participants. They are built on a clear and achievable mandate and continuous active backing

of the Security Council. The **universally accepted** peacekeeping principles are as follows:

⇒ Legitimacy

A PSO derives its legitimacy from international support, adherence to statutory law and conventions, and the credibility of the Force.

⇒ Consent

PSO are established with the consent and co-operation of the main parties involved in a conflict.

⇒ Impartiality

A Force must be impartial in character. The Force cannot take sides without becoming part of the conflict it has been mandated to control and resolve.

⇒ Minimum Use of Force

In PSO, force will not be used to carry out the mandate. Minimum use of force does not exclude self-defence of Force personnel and property. The use of force must be clearly defined in the (ROE).

⇒ Credibility

The credibility of a PSO is confirmation of its ability to accomplish its mandate. To effectively carry out its mandate and earn the confidence of the parties, a PSO must be comprised of trained personnel who are well equipped and possess high professional standards.

⇒ Negotiation and Mediation

Negotiation and mediation have enormous potential to de-escalate a conflict, to promote a secure environment, and to develop peaceful and lasting solutions to a conflict.

⇒ Operational and Tactical Considerations

APSO is primarily a political operation. Normally a Special Representative is appointed as head of mission. The head of mission is responsible for evaluating the political objectives defined in the mandate and ensuring inter-operability among the various mission components. The following operational and tactical considerations provide an overall frame of reference for dealing with what are often rapidly changing or unanticipated situations that require an immediate response:

⇒ Transparency

Transparency is consistent with the prevailing requirements for security. All parties should be fully aware of the motives, mission and intentions of the operation.

⇒ Co-ordination

A PSO may involve a wide range of organizations; for example, UN relief agencies and NGOs. Personnel at all levels should seek to establish and nurture co-ordination within the mission, with HQs, within their operational areas and with the local population.

⇒ Liaison

Inter-communication should be established at every possible level at the earliest opportunity.

⇒ Information

Information is essential for the Force in order to make continuously updated assessments of the attitudes and capabilities of the parties concerned.

⇒ Limitations and Restrictions

The area of operations is strictly defined, operations to gather information are limited and ROE will normally forbid the use of force unless absolutely necessary for self-defence. PSO forces are normally lightly armed and will only deploy with weapons required for self-defence, consistent both with the mandate and the situation in the area of operations.

⇒ Visibility

The physical visibility of a PSO force is enhanced by distinctive, easily recognized headgear, badges, flags insignia, signs and vehicle markings. PSO forces must also make their intentions perfectly clear to all parties.

⇒ Mobility

PSO forces must be mobile in order to observe extensive areas. They must also have the capacity to respond rapidly to incidents.

⇒ Centralization

All activities of the Force and all incidents it encounters may have political ramifications. Therefore, reporting

and decision-making may be more centralized than in standard military operations. Forces must have adequate communication systems to facilitate the rapid transmission of information from the lowest level in the field to the mission headquarters.

⇒ Self-sufficiency

PSO units should arrive in the AOR as soon as possible with sufficient equipment and stores to operate until a logistics base is in place.

1.4.5 COMPOSITION OF UN PEACE SUPPORT OPERATIONS

The composition of a UN PSO and its assigned tasks depend on the problems to be solved in the conflict area and the political agreement established between the UN and the groups or parties to the conflict. The operation is tailored for the specific conflict area by selecting specific assets needed to fulfil the mandate. Those assets and assigned tasks will involve some or all of the following:

⇒ Diplomatic and Political Officers and Staff Members

Their tasks may range from political negotiations to supervising, monitoring, and directly controlling all administrative bodies and offices.

⇒ Human Rights Component

This component undertakes human rights activities such as monitoring the observance of human rights and fundamental freedoms, the prevention of human rights abuses, and the development and implementation of human rights education programs.

⇒ Civil Administration Component

This component monitors, supervises or directly controls foreign affairs, national defence, public security and information.

⇒ Electoral Component

This component undertakes tasks organizing and supervising a free and fair general election or referendum.

⇒ Repatriation Component

This component takes care of refugees, displaced persons, political prisoners and other detainees. This component also organizes resettlement processes which may involve rehabilitation, providing for immediate needs and laying the groundwork for future plans.

➤ Civilian Police Component

The UN Civilian Police (UNCIVPOL) component undertakes the supervision or control of local civilian police in order to ensure that law and order are maintained effectively and impartially and that human rights and fundamental freedoms are fully protected. UNCIVPOL may include Canadian police officers. Additionally, there may be representatives of the International Court present, particularly to deal with crimes against humanity and war crimes.

➤ Border Monitors

This component may monitor any embargo imposed by the International Community along part, or all, of an internationally recognized border.

➤ Military Component

The tasks of this component can generally be summarized as separating opposing sides, establishing a buffer zone or equivalent, supervising a truce or cease-fire agreement, preventing armed conflict between nations or within a nation, and contributing to the maintenance of law and order and a return to normal conditions.

➤ International Staff and Field Service

A UN operation is always supported by the International Staff and Field Service which is headed by the Chief Administrative Officer (CAO) taking care of administrative, financial, communications, logistics and security support.

➤ Local UN Recruitment

The authority to recruit local personnel is delegated to the Chief Administrative Officer. The Force Commander / Chief Military Observer (CMO) may request the recruitment of local staff as needed. The terms and conditions of employment for locally recruited personnel follow, to the extent possible, the practice prevailing in the host country.

1.4.6 DEPARTMENT OF PEACEKEEPING OPERATIONS (DPKO)

Authority and Composition

The Security Council is the authority for mandating and terminating a UN PSO. Command of UN PSO is vested in the Secretary-General under the authority of the Security Council.

The Secretary-General delegates the Under-Secretary-General for DPKO with the responsibility for planning, preparing, conducting and directing all UN field operations, in particular peacekeeping operations. DPKO assists in providing substantive services to the Security Council and the General Assembly and provides secretariat services to the Special Committee on Peacekeeping Operations. DPKO is a department of UN HQ located in New York and consists of:

- ⇒ Office of the Under-Secretary-General.
- ⇒ Military Adviser in the:
 - ⇒ Policy and Analysis Unit
 - ⇒ Situation Centre
 - ⇒ Executive Office
- ⇒ Office of Operations (geographic area of operation).
- ⇒ Office of Planning and Support, which includes:
 - ⇒ Planning Division.
 - ⇒ Mission Planning Service.
 - ⇒ Civilian Police Unit.
 - ⇒ De-mining Unit.
 - ⇒ Training Unit.
 - ⇒ Field Administration and Logistics Division, Finance Management Support Service, Logistics and Communications Service, Personnel Management and Support Service.

1.4.7 UN PSO CHAIN OF COMMAND

When a UN PSO Force performs non-military functions (referred to as a multi-dimensional force) it may require large civilian components (i.e. civilian police or electoral monitors) in addition to the military component. In such cases, overall command in the field is normally exercised by a civilian official, the Special Representative of the Secretary-General (SRSR), to whom the heads of the various components report (including the military components). The Secretary-General provides the SRSR with legal and political advisers and a civilian administrative staff. Canadian elements, regardless of size, will have a national chain of command.

1.4.8 UN DEFINITIONS

➤ Operational Authority

Operational Authority is that authority granted to a commander to use the operational capabilities of assigned forces to undertake mandated missions and tasks. There are three degrees of operational authority, which can apply to the assignment of military forces in a UN PSO:

⇒ Operational Command (UN).

⇒ Operational Control (UN).

⇒ Tactical Control (UN).

➤ Operational Command (UN)

Operational Command (OPCOM) is the authority granted to a commander to assign missions or tasks to subordinate commanders, to deploy units, to reassign forces, and to retain or delegate operational and/or tactical control as may be deemed necessary. It does not of itself include responsibility for administration or logistics, and a UN Commander has no authority for discipline, promotion/demotion or internal organization of units, which remain national responsibilities.

NOTE

OPCOM is the highest level of operational authority that can be given to commanders acting outside their own national chain of command. It is the authority to task military assets in detail, utilizing the full range of their inherent operational capabilities without requiring the prior consent of the troop-contributing country. Traditionally, this level of operational authority is seldom authorized by member states outside their national chain of command.

➤ Operational Control (UN)

Operational Control (OPCON) is the authority granted to a commander to: direct assigned forces to accomplish specific missions or tasks which are usually limited by function, time or location (or a combination thereof); deploy the units concerned; retain or assign tactical control of those units. It does not include authority to assign separate employment of components of the units concerned. It does not of itself include responsibility for administration or logistics, and a UN Commander has no authority for discipline, promotion/demotion, or internal organization of units, which remain national responsibilities.

NOTE

OPCON is a more restrictive level of authority than OPCOM. Under OPCOM, forces are assigned by troop-contributing countries for specific missions or tasks that are normally limited by function, time or location, or a combination thereof. These limitations are derived from the relevant Security Council Resolution/Mandate. Where forces are placed under OPCON, a UN Commander cannot change the mission of those forces or deploy them outside the area of responsibility, as previously agreed by the troop-contributing country, without the prior consent of that country. Furthermore, a UN Commander cannot separate contingents by assigning tasks to components of the units concerned.

➡ **Tactical Control (UN)**

Within the UN this is a seldom used command relationship. Tactical Control (TACCON) is the detailed and usually local direction and control of movements (or manoeuvre) necessary to accomplish assigned missions or tasks.

1.4.9 CONTINGENT COMMANDS

A national contingent consists of a nation's entire contribution to a mission or force, which may include several separate units without a functional relationship to each other. The troop contributing country is responsible for training and preparing its personnel and units. Each nation designates one officer, not necessarily a unit commander, to serve as its Contingent Commander for matters of national interest. Contingent Commanders will be responsible for the good order and discipline of their personnel as well as administrative matters. They report directly to the Force Commander in these matters while reporting to their national command for national matters.

1.4.10 STRUCTURE OF THE UNITED NATIONS

General Assembly

The General Assembly is the main deliberative organ of the UN. It is composed of representatives of all Member States, each of which has one vote. Decisions on important questions, such as those on peace and security, admission of new Members and budgetary matters, require a two-thirds majority. Decisions on other questions are reached by a simple majority. The General Assembly meets once a year in regular session. Special sessions can be convened at the request of the Security Council, a majority of Members, or of one Member if the majority of Members concur. An emergency

special session may be called within twenty-four hours of a request by the Security Council on the vote of any nine members of the Council or if a majority of Members concur. Due to the great number of questions that the Assembly is called upon to consider, the Assembly allocates most questions to its seven Main Committees:

- ➔ FIRST COMMITTEE (Disarmament and Related International Security Matters).
- ➔ SPECIAL POLITICAL COMMITTEE.
- ➔ SECOND COMMITTEE (Economic and Financial).
- ➔ THIRD COMMITTEE (Social, Humanitarian and Cultural).
- ➔ FOURTH COMMITTEE (De-colonization).
- ➔ FIFTH COMMITTEE (Administrative and Budgetary).
- ➔ SIXTH COMMITTEE (Legal).

The Security Council

The Security Council has primary responsibility, under the Charter, for the maintenance of international peace and security. The Council has 15 members: five—China, France, the Russian Federation, the United Kingdom and the United States—are permanent members; 10 are elected by the General Assembly for two-year terms. Each member has one vote. Decisions on substantive matters require nine votes including the concurring votes of all five permanent members. This is the rule of “Great Power Unanimity”, often referred to as “the Veto Power”. Under the Charter, all Members agree to accept and carry out the decisions of the Security Council.

Structure of the Secretariat

The Secretariat is divided into several major organizational units, each of which is headed by an Under-Secretary-General or an official of an equivalent level. The organizational units are:

- ➔ Executive Office of the Secretary-General (EOSG).
- ➔ Office of Internal Oversight Services (OIOS).
- ➔ Department of Public Information (DPI).
- ➔ Office of Legal Affairs (OLA).
- ➔ Department of Peacekeeping Operations (DPKO).
- ➔ Department of Political Affairs (DPA).
- ➔ Department of Humanitarian Affairs (DHA).
- ➔ Department of Administration and Management (DAM).
- ➔ Department for Policy Co-ordination and Sustainable Development (DPCSD).

- ➔ Department for Economic and Social Information and Policy Analysis (DESIPA).
- ➔ Department for Development Support and Management Services (DDSMS).
- ➔ Office of the United Nations High Commissioner for Refugees (UNHCR).
- ➔ United Nations Office at Geneva.
- ➔ United Nations Centre for Human Rights (UNCHR).
- ➔ United Nations International Drug Control Programme (UNDCP).
- ➔ United Nations Office at Vienna.
- ➔ United Nations Conference on Trade and Development (UNCTAD).
- ➔ United Nations Environment Programme (UNEP).
- ➔ United Nations Centre for Human Settlements (UNCHS).
- ➔ United Nations Relief and Works Agency for Palestinian Refugees in the Near East (UNWRA).
- ➔ Economic Commission for Africa (ECA).
- ➔ Economic Commission for Latin America and the Caribbean (ECLAC).
- ➔ Economic Commission for Asia and the Pacific (ECSAP).
- ➔ Economic and Social Commission for Western Asia (ESCWA).

1.4.11 OTHER UN ORGANIZATIONS

Military component members may come into contact with other UN agencies, programmes or commissions working in connection with or as a part of a PSO. The more common ones are:

☞ UNHCR

The Office of the United Nations High Commissioner for Refugees extends international protection to refugees, seeking to ensure that they receive asylum and favourable legal status in their asylum country. UNHCR is voluntarily financed. HQ: Geneva.

☞ UNICEF

The United Nations Children's Fund helps developing countries, at their request, to improve the quality of life of their children through low cost, community based services in maternal and child health, nutrition, sanitation and education, as well as emergency relief. UNICEF is voluntarily financed. HQ: New York.

☞ UNIDIR

The United Nations Institute for Disarmament Research undertakes independent research on disarmament and related problems, particularly international security issues. HQ: Geneva.

➤ UNWRA

The United Nations Relief and Works Agency for Palestinian Refugees in the Near East provides education, training, health and relief services to millions of Arab refugees in Jordan, Lebanon, the Syrian Arab Republic and the occupied territories of the West Bank and Gaza Strip. UNWRA is voluntarily financed, mainly by governments. HQ: Vienna.

➤ UNV

The United Nations Volunteers are qualified, experienced and motivated professionals from over 100 countries providing skills on a voluntary basis to the UN. HQ: Geneva.

➤ UNDP

The United Nations Development Programme, the world's largest channel for multilateral technical and pre-investment assistance to developing countries, supports over 6,000 projects in some 150 countries.

1.5—PEACE PLAYERS

1.5.1 CONCEPT



Figure 1.5.1: Non-Governmental Organizations

PSO are multi-functional operations usually conducted impartially in support of UN mandates. They involve military forces and diplomatic and humanitarian agencies that seek to achieve a long-term political settlement or other conditions specified in a UN mandate. Within a geographic mission area there will likely be many organizations and players in the peace process working towards a resolution. These organizations and players may include:

- ⇒ The UN.
- ⇒ Other multinational bodies, for example, NATO, the Organization for Security and Co-operation in Europe (OSCE), the Western European Union (WEU) or Organisation of American States (OAS).
- ⇒ Governmental agencies.
- ⇒ Military forces.
- ⇒ Civilian police (local police or UN CIVPOL).
- ⇒ The media.
- ⇒ Democratization agencies.
- ⇒ International organizations, NGOs and private volunteer organizations (PVOs).

1.5.2 PRINCIPLES FOR SUCCESS

The following principles are key components for achieving success in multi-functional PSO:

⇒ Unity of Purpose

If it is to be effective, a PSO must function as an integrated unit reflecting the will of the international community as a whole. International forces can be vulnerable to attempts by belligerents to differentiate between contingents and single them out for favourable or unfavourable treatment. This may lead to repercussions in the home countries as well as on the ground which can seriously undermine an operation. Experience has shown that when command in the field is divided, and military units receive guidance from national as well as mission headquarters, the difficulties inherent in an international operation are exacerbated and the risk of casualties rises. Maintaining the integrated, strictly international character of an operation remains the best safeguard against such a development. It is therefore not permissible for contingent commanders to receive or accept instructions from national authorities on operational matters.

Not only do such practices jeopardize the effectiveness of an operation and the safety and security of its personnel, they undermine the very legitimacy of the international peacekeeping body.

➔ Unity of Effort

It is important to stress unity of effort in cases in which a PSO is deployed in tandem with, or in protection of, a major humanitarian relief effort; which ordinarily involves a number of UN agencies as well as a wide variety of NGOs. Generally, in these situations a humanitarian co-ordinator is appointed to ensure effective co-ordination amongst the UN humanitarian agencies and, as much as possible, the NGOs. In the field, the humanitarian co-ordinator would typically report to the Special Representative of the Secretary-General, who normally has authority to co-ordinate all UN elements active in the area of operation.

➔ Military-Civilian Co-ordination

Current PSO involve important but distinct contributions by the civilian and military components of the mission. It is critical to mission success that the activities of UNCIVPOL, election supervisors, human rights monitors, humanitarian aid agencies and similar organizations be integrated with military operations. Co-ordination among the components should be frequent, routine, structured and in-place down to the lowest practical level, such as battalion or company. Care must be taken to avoid *mission creep*—the tendency of military forces to take on responsibilities not intended or authorized in their mandate, thus becoming distracted from their primary roles and tasks. As well, military personnel should be aware that not all civilian agencies will welcome their assistance or even their presence. In such cases the mandated mission should be conducted professionally and cordial relationships should be maintained with civilian agencies.

➔ Soldier versus Civilian Mentality

PSO members must accept their position in the UN mission hierarchy and bear in mind that theirs is but one of numerous, sometimes totally unrelated, tasks in a multi-dimensional mission. The military observer must remember that in many instances the NGOs and UN civilian humanitarian agencies will have been working in the mission area long before the military component arrives. Thus, they will have established long-standing contacts and liaisons which, although civilian in nature, will be of great benefit to the PSO.

⇒ Flexibility

Deployed PSO forces should be prepared to shift from one task to another if required. The nations contributing units or personnel should provide the Force Commander this flexibility to meet urgent operational needs in the mission area or in an immediately adjacent area within the mandate provided by the responsible international organization. Such changes in assigned tasks or specific area of operations must be within the unit's capability.

⇒ Freedom of Movement

General freedom of movement is essential for the successful accomplishment of any PSO. Except for specific locations understood by all parties, PSO members should be free to perform their duties throughout the designated mission area.

⇒ Diversity

In addition to UN agencies or programmes working within a mission area, there will be a wide variety of international political, police, government sponsored and non-government organizations all dealing with different aspects of the situation. Each has distinctive interests and responsibilities and separate reporting channels. Additionally, there may be national governmental and non-governmental agencies from within the country or countries re-establishing their functions. Some may work closely with the military components; others may be entirely independent and distanced. It is the combined efforts of military forces and diplomatic and humanitarian agencies that will achieve the long-term objectives defined in the mission mandate.

1.5.3 TYPICAL AGENCIES AND ORGANIZATIONS

Following is a list of representative groups that may be encountered on PSO:

⇒ Human Rights Agencies:

- ⇒ UN High Commission for Refugees (UNHCR).
- ⇒ UN Department of Political Affairs representatives.
- ⇒ Amnesty International.
- ⇒ Human Rights Watch.

⇒ International Organizations:

- ⇒ Organization for Security and Co-operation in Europe

(OSCE).

- ⇒ European Union (EU).
- ⇒ Organization of American States (OAS).
- ⇒ African Union (AU).
- ⇒ International Red Cross and Red Crescent.
- ➔ **Governmental Organizations:**
 - ⇒ British Overseas Development Institute (ODI).
 - ⇒ Canadian International Development Agency (CIDA).
 - ⇒ Swiss Disaster Relief (SDR).
 - ⇒ US Office for Disaster Assistance (OFDA).
 - ⇒ United States Agency for International Development (US AID).
- ➔ **International NGOs:**
 - ⇒ OXFAM.
 - ⇒ CARE International.
 - ⇒ Peace Brigade International.
 - ⇒ World Vision.
 - ⇒ Médecins sans frontières—Doctors Without Borders.
 - ⇒ Save the Children.
- ➔ **National NGOs:**
 - ⇒ Mines Action Canada.
 - ⇒ Canadian Human Rights Foundation.
 - ⇒ Canadian Council for International Cooperation.
 - ⇒ Canadian Committee to Protect Journalists.
- ➔ **Regional NGOs:**
 - ⇒ Church groups and other private volunteer organizations (PVO).
 - ⇒ Co-operatives.
 - ⇒ Women's groups (i.e. Women for Women in Bosnia).
 - ⇒ Workers' organizations.

1.5.4 EXPERIENCE OF PEACE PLAYERS

Many of these organizations may be well established and well known in the region and they can be of great assistance to PSO members. They will likely be aware of local dangers such as mines and diseases. They will know the political situation and leaders and will most likely have considerable knowledge of the history of the crisis and the people of the area. They will likely have members skilled in the local language and knowledgeable of local customs. They can be a valuable source of information but remember, the information provided may not be impartial or accurate. NGOs may become at risk if they become compromised by offering information; as a result, many organizations are reluctant to share information.

1.5.5 STRENGTHS AND WEAKNESSES OF NON-MILITARY PEACE PLAYERS

➔ Strengths:

- ⇒ Independent and non-partisan.
- ⇒ Quick to arrive on scene and flexible in their actions and activities.
- ⇒ Can be very innovative and quick to take adventurous, experimental steps.
- ⇒ Tend to deal with the deeply rooted causes, seeking to achieve long-term impact.
- ⇒ Have experienced similar situations in other parts of the world.
- ⇒ May have been in the PSO area long before the military arrived.
- ⇒ Display courage and dedication in face of great odds—prepared to take action in situations of great personal risk.

➔ Weaknesses and Limitations:

- ⇒ Professionalism varies within and between organizations.
- ⇒ Not consistently well led.
- ⇒ Their particular mandate, focus or perceived mission may well take precedence over collective interests.
- ⇒ They may become embroiled or entangled in the crisis, hence not impartial.

- ⇒ Focus may be narrower than that mandated by the UN.
- ⇒ Can be fiercely independent.
- ⇒ May well be in competition for attention or resources.
- ⇒ May resort to political or media support to achieve their aims.
- ⇒ May be anti-military in philosophy.

1.5.6 WORKING WITH NON-MILITARY PEACE PLAYERS

- ⇒ Establish formal contact and maintain cordial but professional relationships. Avoid favouring one organization over another.
- ⇒ Ensure that your mandated roles and tasks and limitations are clearly understood.
- ⇒ Learn about the organizations operating within your area of operation, including their mandate. Work towards understanding and trust.
- ⇒ Maintain your impartiality, including the perception of neutrality, and stay within your mandate. Too close an affiliation can be detrimental to the overall mission.
- ⇒ Ensure single points of contact/liaison on the part of both parties.
- ⇒ Exchange contact information, especially for emergencies.
- ⇒ Ensure that it is within your mandate before you provide support (including food, fuel or shelter) unless it is of an urgent humanitarian nature.
- ⇒ Do not provide protection (local defence, convoy escort or security for persons, property and equipment) or medical assistance unless within the terms of the military mandate, except for emergency situations.
- ⇒ Ensure that any transactions (such as loans of clothing or equipment) are within the mandate and scope of your duties, will not detract from achieving your mission and are properly documented.

- ⇒ Ensure that all operations planned in conjunction with such agencies are in accordance with the mandate and approved by the superior military headquarters.
- ⇒ Understand that your assistance and very presence may not be welcome.
- ⇒ Do not fraternize.
- ⇒ Do not underestimate the skill, knowledge, determination and capabilities of peace partners.



2.1—RISK AND THREAT

2.1.1 DEFINITIONS

Threat

Threat is defined as, “an intention or menace to punish or harm”. Threats in an operational theatre are direct and deliberate and include being:

- ⇒ Actively and intentionally targeted by a belligerent party.
- ⇒ The victim of the environment.
- ⇒ Directly targeted by someone who is trying to kill or injure you.

Risk

Risk is defined as, “a chance or possibility of danger, loss, injury or other adverse consequences”. Risks include:

- ⇒ Accidental risks (like vehicle accidents).
- ⇒ Environmental risks (like dysentery from the water supply).
- ⇒ Conflict risks (like landmines or being accidentally or indiscriminately killed or injured by a belligerent force).

Environment

Anyone deploying to an operational theatre can become a casualty. However, one can actively affect any outcome by understanding three critical influencing factors:

- ⇒ Know and understand your environment—the unknown may be what kills you.
- ⇒ Learn survival skills—adopt a learning attitude. Take every opportunity to know your strengths and weaknesses and to improve your weaknesses through training.
- ⇒ Maintain your motivation and awareness.

2.1.2 MISSION AREA FACTORS

Geography and Climate

Appreciate the geographical/climatic conditions of the environment in which you are operating. How will the geography or climate of the

mission area impact upon you and your ability to conduct your mission? For example, in the desert any movement must consider the impact of heat and the need for water.

Culture, Religion and Demographics

Learn and understand the religions and cultures within the mission area. Different religious and cultural customs can have a tremendous impact upon your mission. Do not offend through ignorance. Cultural differences ranging from sense of time, authority, physical contact, gestures, gender bias, privacy, sacred persons or areas can have a tremendous impact.

Know the demographics of the area, including population distribution, ethnicity of the area, economic breakdown (agricultural, rural, high density urban), communications mediums within the area and the state of the local bureaucracy (police, government, health services, etc).

Economy and Infrastructure

Know the level and type of economic development. Know the extent and condition of infrastructure in the mission area, including the availability of potable water, proper sanitation, accommodation infrastructure, roads, and local sources for food and fuel supplies.

Health Hazards

Learn the health risks within the mission. Is it an active malaria zone? What are the poisonous insects or animals? Is there any environmental contamination? Have you taken precautions to prevent sickness and disease?

2.1.3 THE CRISIS-INDUCED ENVIRONMENT

The Conflict

The geography and climate factors discussed above are the natural or normal environment. Now add to this any effects that the conflict has had on the environment. Consider environmental hazards, mine or booby trap hazards, the absence of local authorities to provide protection, and restrictions on movement either from breakdowns in the transportation system or the deliberate blocking of routes.

The Belligerents

It is imperative you understand the belligerents. Who are they? Where are they? What are they fighting for? How do they operate? You must understand their primary motivation. Is it religious, political, ethnic or something else? Perhaps this is not just a recent outbreak of violence but an ethnic or religious struggle embedded in the culture of the nation



for hundreds of years. Understand the overall history or context of the conflict as well as the specifics of the immediate or current crisis, including command and control and disposition of belligerents, the level of any criminal activity, existence of ad-hoc paramilitary organizations, and who has what weaponry.

Criminal Element

Splinter groups and criminal opportunists are liable to exist. Little command structure will be present and the likelihood of violence is high. Black marketeers and organized crime must be considered.

Destruction and Post-Crisis Residue

Evaluate the level of destruction. Has the conflict been primarily a limited skirmish between military forces or has it been widespread and protracted? Has it involved genocide against the civilian population? Understand the level of anger, hatred and resentment belligerents have directed towards each other and towards your uniformed presence. Consider the post-crisis residue of war, specifically the military residue of mines and unexploded ordnance. Casualties, refugees and displaced persons and the instability and potential for famine and epidemic that they carry can also pose serious challenges to mission personnel.

The Mission Area's Impact on Peace Support Operations Members

You must understand that what you find in the mission area may have an impact on you. The post-crisis residue (particularly evidence of conflict such as the large numbers of casualties) combined with the emotion, isolation and culture shock that come with deployment will have an impact on you. Other considerations are physical and mental stress and culture shock, resulting in changes to work capabilities, communication abilities, and sleeping and eating habits.

2.1.4 THE IMPORTED ENVIRONMENT

The Mission and its Mandate

The mission and its mandate are what you bring into the natural environment of the nation and region. Understand that you will be mission driven while the belligerents may not have any interest in or understanding of your mission. They may in fact resent or oppose your very presence.

The Mission's Effect on the Population

Remember also that the local civilian population may not have any idea of who you are or what you are doing in their country and may become victims of propaganda directed against your mission. There may be a

burst of euphoria from the local populace on your arrival, followed progressively by resentment as the mission is held responsible for every evil ever inflicted upon their nation. There may be an unrealistic perception that all wrongs, all economic disadvantages and all threats will be resolved by the mission's presence. Mission members will often be seen as highly advantaged in terms of equipment, medical assets, food, water, freedom of movement or transportation assets. Unrealistic expectations, such as the mission will provide for the local community, need to be recognized and an education program developed to dispel false hope.

2.1.5 THREATS

The most dangerous threat to you in an operational theatre is a direct attack by a belligerent force. This could include acts of terrorism or banditry. You may be targeted for the following reasons:

- ➡ National or foreign policies of the host country or another nation that supports it, which can be interpreted as a threat by one of the belligerents (the threat from that belligerent would thus be aimed at the uniform rather than you as an individual).
- ➡ UN, national government or other governments' policies or statements, that may be interpreted as a threat by one of the belligerents.
- ➡ The perception that you or Canada is partial or biased in dealing with a belligerent, thus compromising your neutrality and increasing the threat of deliberate attack.
- ➡ Your impartiality has been compromised by such things as favouritism, breaching one party's operational security or partisan social activity.
- ➡ Posturing by a belligerent. They may wish to make a point and will attack you just to draw attention or communicate dissatisfaction. In some cases, belligerents are unable or unwilling to control their subordinate military or para-military forces so 'random' attacks are also possible. Ensure you maintain situational awareness of belligerents' views and likely intentions and be conscious of the need for protection.

2.1.6 COUNTERING THE THREAT

The following points should be considered in countering threats:

- ➡ Protecting you and your mission will largely depend on demonstrating a credible deterrent. If the belligerents believe that



an attack on you or your comrades can be conducted with impunity the threat to you will be real. A credible threat of international retaliation and intervention will act as a deterrent to attacks upon you. ROE always permit self-defence; appropriate personnel and installation self-defence measures will also deter the threat of a direct attack. Ensure you maintain your impartiality and your neutrality at all times. Always be conscious of where you are and the possible threats to you. Constantly ask the question, "If I come under attack now, what will I do?"

- ➡ From the day you enter the theatre you are the target of information collection operations. The belligerents and other parties (i.e. criminal elements dealing in the black market) will want all of the information they can get on you and your operations. Security of information is an important component of self-defence and deterrence. Your mission is reliant on locally hired civilian staff who, if they are not intelligence agents when recruited, can become agents through coercion or bribery within a short period of time. Their actions will usually be restricted to information gathering. Translators listen to orders groups and even casual conversations of upcoming operations. Drivers will note supply levels. Telephone operators listen to conversations. Cleaners note marked maps and frequencies on radios. You must be information security conscious. Do not trust anyone with operationally sensitive information and be proactive regarding information security.

2.1.7 PRIMARY RISKS ON PEACE SUPPORT OPERATIONS

The following is a list of primary risks associated with your mission. Each one of these risks can kill. You should develop a personal, team and mission SOP for each of the risks noted including what the risk is, what the warning signs are and what action you should take to counter the risk. The key is knowing your environment and learning the skills that will counter these risks:

- ➡ Traffic accidents.
- ➡ Sickness and disease.
- ➡ Mines.
- ➡ Stray projectiles.
- ➡ Accidents.
- ➡ Mistaken identity.

- ⇒ Stress and depression.
- ⇒ Crime.
- ⇒ Deliberate attack.
- ⇒ Terrorism.

2.1.8 CONTRIBUTING RISKS

The following is a list of factors that will contribute to risk. The primary contributors are a lack of environmental awareness, poor training and inattentiveness:

- ⇒ Poor training and indifference to learning.
- ⇒ Improper or incomplete equipment.
- ⇒ Boredom, inattention or sloppiness.
- ⇒ Poor environmental awareness, including cultural insensitivity.
- ⇒ Ignorance or failing to observe ROE or SOPs.
- ⇒ Fatigue.
- ⇒ Unstable domestic situation.
- ⇒ Abuse of alcohol or other substances.
- ⇒ Poor preventive medicine procedures.
- ⇒ Promiscuous behaviour.
- ⇒ Dishonesty.

2.1.9 COUNTERING RISK

The best way to counter risk is through the following measures:

- ⇒ Proper training.
- ⇒ Proper and complete equipment.
- ⇒ Cultural sensitivity.
- ⇒ Firm knowledge of ROE and SOPs.
- ⇒ Alert and attentive behaviour at all times.
- ⇒ Sufficient rest.
- ⇒ Stable domestic situation prior to and during deployment.
- ⇒ Moderation with alcohol and no abuse of other prohibited



substances.

- ⇒ Proper preventive medicine procedures.
- ⇒ Self-control.
- ⇒ Honesty.
- ⇒ Defensive driving.

2.1.10 CASUALTIES AND TIME IN-THEATRE

There is a proven relationship between casualties and time in-theatre:

- ⇒ Dead or sick animals or birds.

First Few Weeks	
Features	<p>PSO members unfamiliar with their environment, risks and threats.</p> <p><u>Highest likelihood of casualties.</u></p>
Prevention	<p>Situational Awareness.</p> <p>Conduct pre-deployment preparation, training and familiarization.</p> <p>Conduct orientation program in-theatre</p> <p>Keep tasks simple.</p> <p>New members assigned to work with experienced personnel.</p> <p>Train new members in prevention measures.</p>
Middle Third of Tour	
Features	<p>Individuals understand their environment.</p> <p>They have developed skills to counter risks and threats.</p> <p><u>Likelihood of casualties subsides.</u></p>
Prevention	<p>Situational Awareness.</p> <p>Vigilance with self-care routine.</p> <p>Continue training in-theatre.</p> <p>Continued awareness of risks and threats reduces vulnerability.</p> <p>Realize that awareness and motivation will vary.</p> <p>Notice when locals alter their lives.</p>
Final Third of Tour	
Features	<p>Things become routine.</p> <p>Motivation in general, and the awareness of risks and threats may drop off.</p> <p>Routine movement/activities happen.</p> <p><u>Possibility of casualties may once again rise.</u></p>
Prevention	<p>Situational awareness.</p> <p>Maintain vigilance/determine current target and threats.</p> <p>Actively seek ways to minimize risk.</p>

2.2—MINE AWARENESS





➤ Aim

The aim of this chapter is to provide basic information that will enhance your ability to operate in a mined mission area. This information may save your life, but it **will not**:

- ⇒ Replace common sense and observation skills.
- ⇒ Provide technical information required to render safe or neutralize mines and unexploded ordnance (UXO).
- ⇒ Make you a land mine or mine clearance expert.

➤ Awareness

Being aware of mines is useless unless the points outlined herein are applied and the skills are practised until they become automatic.

2.2.1 WHAT IS THE PURPOSE OF MINING?

Mines are laid to achieve the following tactical objectives:

- ➡ To deny ground or access to ground.
- ➡ To force an enemy to move into an area where they will be vulnerable to defensive fire.
- ➡ To act as a terror weapon.
- ➡ Anti-personnel(AP) mines are often used to protect defensive positions.
- ➡ To deny roads and terrain suitable for vehicular approach.
- ➡ To stop movement across borders.

Try to think like the person laying the mines—that is, what is their objective—and look for evidence that may suggest a likely spot for mines.

2.2.2 FREQUENTLY ASKED QUESTIONS ABOUT MINES

➤ What Happens if I Set Off a Mine?

It is too late to worry about it then. Your colleagues and other patrol members are adequately trained to ensure your rapid extraction to adequate medical support. This will be done in accordance with the mission medical evacuation plan (SOP). In all cases try to stay calm, do not move and allow your colleagues time to probe their way to you. Remember that they are entering a mined area to rescue you.

☞ Am I Safe in an Armoured Vehicle?

No, but you will be better protected from an AP mine in an armoured vehicle. Anti-tank (AT) mines are designed to severely damage armoured vehicles. Only a properly designed mine protected vehicle will offer any real protection from AP and AT mines.

☞ What Does a Mine or UXO Look Like?

Mines and UXO come in all shapes and sizes. It is not necessary for you to become a master of mine/UXO identification and be able to quote verbatim mine/UXO characteristics. You must remember that mines are designed to be difficult to see. They are generally buried and often camouflaged by being covered with dirt, foliage or debris. IF IT LOOKS SUSPICIOUS: MARK IT, RECORD THE LOCATION, REPORT IT - **DO NOT TOUCH IT.**

2.2.3 WHAT INDICATORS SUGGEST THE PRESENCE OF MINES?

- ☞ Areas marked with MINE CAUTION signs.
- ☞ Coloured tape or cloth tied to trees or bushes.
- ☞ Crossed branches.
- ☞ Rock piles.
- ☞ Notches on trees.
- ☞ Trees across tracks.
- ☞ Mine craters.
- ☞ Mine casualties and debris.
- ☞ Mine packaging, crates and cans.
- ☞ Trip wires and cables.
- ☞ Disturbed ground and loose soil
- ☞ Unattended fields.
- ☞ Unusual behaviour of the local population.
- ☞ Tin cans on sticks or in trees.
- ☞ Peeled stakes in ground.
- ☞ Twisted grass.



- ➔ Dead animals with blast injuries.
- ➔ Unburied human remains.
- ➔ Round, regularly spaced potholes.
- ➔ Damaged vegetation.
- ➔ Bypasses around apparently good areas or routes.
- ➔ Footprints or tracks in a pattern.
- ☉ What Do I Do if I Find, or Someone Reports to Me, a Mine or UXO?
MARK IT, RECORD THE LOCATION, REPORT IT - **DO NOT TOUCH IT.**
- ☉ How do I know if there are Mines in the Area?
Look for mine indicators. Keep vigilant. Ask for Mine information from your HQ.

2.2.4 WHERE TO EXPECT MINES

- ➔ Confrontation areas, abandoned trenches, military establishments and strategic areas.
- ➔ Embedded in gravel roads and tracks.
- ➔ Close to road edges.
- ➔ Embedded in the soft shoulder verges of paved roads in areas where vehicles are likely to pull over or park.
- ➔ Anywhere there is a restriction on movement, especially where recovery of a damaged vehicle is difficult. Bridges, defiles and narrow roads are examples.
- ➔ Likely ambush areas.
- ➔ Areas that offer good concealment.
- ➔ In rubble, debris or scrap on an otherwise clear route.
- ➔ Near any obstruction of a route that causes traffic to move onto a different surface.
- ➔ Near approaches to demolition sites, roadblocks, checkpoints and obvious obstacles.
- ➔ In and around buildings that could be (or have been) likely command posts, observation points and rest areas.
- ➔ In doorways and room corners.

- ➡ In likely personnel resting spots.
- ➡ In low ground where people might attempt to hide if fired upon.
- ➡ Around abandoned equipment.
- ➡ Around “war prizes”—**DO NOT COLLECT SOUVENIRS!**

➡ Are Mined Areas Marked?

Minefields are sometime marked with a perimeter fence and signs with a skull and cross bones or a recognizable mine symbol. However, minefields may also be unmarked.

➡ Are Mines Booby Trapped with Anti-Lift Devices?

Mines can have anti-lift devices or be connected in serial by trip wire—lifting one mine activates one or more nearby. There are many forms of booby-trapping possible. **DO NOT** touch mines, UXO or suspicious objects. **MARK IT, RECORD THE LOCATION, REPORT IT - DO NOT TOUCH IT.**

➡ What About Improvised Explosive Devices (IED)?

An IED can take many shapes:

- ⇒ Anti-personnel mines linked together and attached to artillery ammunition.
- ⇒ A ball of plastic explosive packed with nails, nuts and bolts.
- ⇒ A can or box packed with explosive and shrapnel pieces.

➡ What About Unexploded Ordnance?

In a war zone you should expect that there will be UXO. These are caused when defective artillery or air munitions are fired or dropped and fail to detonate. UXO is often highly unstable and should never be moved. **MARK IT, RECORD THE LOCATION, REPORT IT - DO NOT TOUCH IT.**



2.2.5 PATROL TIPS

How May Mines be Avoided?

- ➡ Stay within known safe areas.
- ➡ Stay on proven routes.
- ➡ Stay on tarmac/concrete roads.
- ➡ Do not drive onto road shoulders or verges.
- ➡ Do not give in to curiosity, especially if you see an unattended attractive item. Report it immediately!
- ➡ Observe local behaviour.
- ➡ Obtain mine information from your operations centre.
- ➡ Attend mine awareness training.
- ➡ Report UXO (artillery or mortar shells, grenades and rockets) and bulk ammunition left behind by belligerents.
- ➡ Before moving into a known mined area, ask the question, *“Is this an operational necessity?”*

If Movement in a Known Mined Area is an Operational Necessity

- ➡ Contact the operations centre to obtain information and a map overlay of the routes that have been proved safe by Explosive Ordnance Disposal (EOD) personnel in the area in which you plan to travel.
- ➡ Request route proving by EOD before travelling on the route if the route has not been proved or information is outdated or unreliable.
- ➡ Request route and bridge maximum load capacities prior to travelling on the route.
- ➡ Do not travel on any route that has not been EOD proven.
- ➡ Do not travel over any bridge where you do not know the maximum load capacity.
- ➡ Do not drive on the shoulders or in the ditches. Do not assume that a route is safe simply because local inhabitants use it.

2.2.6 PATROLLING IN A MINED AREA—PRACTICAL STEPS

- ➡ Patrol in vehicle pairs. Keep at least 50 meters between vehicles so that if there is an incident the team in the other vehicle will not

be injured and therefore remain able to render assistance.

- ⇒ Do not move about in the dark.
- ⇒ Observe local movement patterns before using an area.
- ⇒ Speak to local people and listen to what they tell you. Often, what you are *not* told is important.
- ⇒ Do not use routes that have not been verified as clear of mines.
- ⇒ Ensure that all personnel in your patrol can assist a mine victim. This includes first aid, radio procedure and extraction of a victim from a mined incident in accordance with SOPs.
- ⇒ Send regular location reports to your HQ.
- ⇒ Do not look for or take souvenirs of ammunition, land mines or UXO.
- ⇒ Expect changes in the use of mine laying techniques.
- ⇒ Be aware of fatigue. This affects your judgement. Have regular halts.
- ⇒ If possible, stay in the centre of a road when driving.
- ⇒ When stopped, stay on the road. This also applies to the need to urinate or defecate. Do not wander off into unproven areas.
- ⇒ Always carry appropriate first aid equipment in vehicles and on foot patrols. Regularly check the items for serviceability and completeness. Check item expiry dates.
- ⇒ Do not touch trip wires or suspicious objects. **MARK IT, RECORD THE LOCATION, REPORT IT - DO NOT TOUCH IT.**
- ⇒ On foot patrols stay on hard surfaces and observe local movement patterns.
- ⇒ Never run into an incident area.
- ⇒ Do not follow vehicle tracks unless you are directly following the vehicle that made them. Old tracks are sometimes mined!

2.2.7 ACTION ON DISCOVERING A MINE OR UXO

If a mine or UXO is discovered the following details should be recorded and reported:

- ⇒ Date time group (in local time).
- ⇒ Patrol call sign.
- ⇒ Personal details (i.e. ID card number, call sign) of person reporting



the incident.

- ⇒ Location co-ordinates/Grid reference (UTM, or latitude and longitude from GPS)
- ⇒ Map title.
- ⇒ Map Scale.
- ⇒ Map number and identifiers.
- ⇒ Map datum point.
- ⇒ Sector.
- ⇒ Type of mine or UXO found (if known).
- ⇒ Number of mines found.
- ⇒ Fuze type (if known).
- ⇒ Any modifications you can view without touching the mine(s) (anti-lift devices or booby traps).
- ⇒ If mines are in a pattern or cluster.
- ⇒ Describe indicators that the area is mined.
- ⇒ Who reported the mine or was it located by the patrol.
- ⇒ Who laid the mine(s) (if known).
- ⇒ Has the information been confirmed and verified; if so by whom.
- ⇒ How reliable is the information given.
- ⇒ Include a sketch map of the mined area showing north and significant obvious landmarks.
- ⇒ Provide additional comments as appropriate.

Mine/UXO Incident Drill

If you are involved in a mine or UXO incident:

- ⇒ Stop.
- ⇒ Report to HQ and, if necessary, request MEDEVAC.
- ⇒ Assess the situation.
- ⇒ Note any pertinent information.
- ⇒ Look, feel and prod your way carefully to the victim.
- ⇒ Mark your route.

- ➡ Clear a work area around the victim(s).
- ➡ Give first aid (if possible).
- ➡ Extract the victim(s) to safety (if possible).
- ➡ Get medical help.
- ➡ Record details of the incident.
- ➡ Mark the area.
- ➡ Do not touch the mines or UXO.

2.2.8 PRODDING FOR MINES

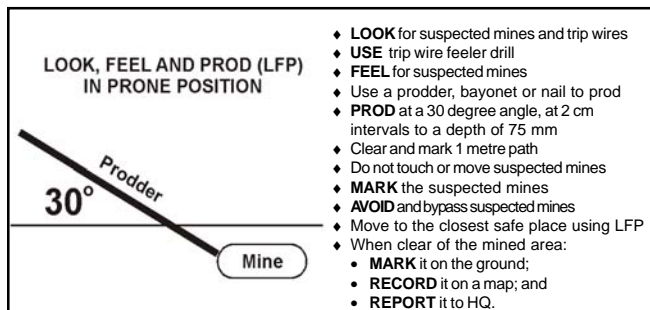


Figure 2.2.1: Prodding for Mines

- ➡ Clear a path approximately 1 metre wide. Mark your route.
- ➡ Carefully remove surface debris with your fingers or by blowing.
- ➡ Once you identify a solid object, investigate it carefully.
- ➡ Once the object is identified as a mine, mark it and avoid it.

2.3—NUCLEAR, BIOLOGICAL AND CHEMICAL DEFENCE

2.3.1 INTRODUCTION

There is no doubt that the threat posed by NBC weapons is very real. History has shown us how effective they can be. Unfortunately, during today's PSOs there is also the real threat of toxic industrial materials (TIMs) due to low safety standards, absence of facility staff during conflicts and collateral damage.

If you are to survive in a NBC environment you must ensure that you remain current on the various individual survival drills. The effects of NBC agents will kill you if they enter your body via the following means:

- ➡ Through your skin by ABSORPTION.
- ➡ Through your mouth by INGESTION.
- ➡ Through your nose or mouth by INHALATION.

2.3.2 NBC INDIVIDUAL PROTECTIVE ENSEMBLE (IPE)

The following is the list of equipment that makes up your IPE. You must learn to recognize the items, become proficient in their use and method of wear, and know your respirator drill. The IPE consists of the following items:

- ➡ Respirator, carrier and canister.
- ➡ 3 way detector paper.
- ➡ Nerve agent pre-treatment tablet set.
- ➡ NBC suit, overboots and gloves
- ➡ Nerve agent vapour detector (NAVD).
- ➡ ATROPINE H16
- ➡ Diazepam
- ➡ Decontamination mitt and lotion.
- ➡ Plug set.
- ➡ If you wear spectacles, a pair of respirator spectacles.

2.3.3 GENERAL INDICATORS OF BIOLOGICAL OR CHEMICAL ATTACK

The following characteristics of your immediate surroundings will indicate that chemical or biological agents may be present:

- ➡ Suspicious liquids or solids on the ground or on vegetation.
- ➡ Unexplained smoke or mist.

⇒ Suspicious odours.

2.3.4 CHEMICAL AGENT INDICATORS

Initial detection will usually be characterized by the following:

- ⇒ Irritation of eyes, nose, throat and skin.
- ⇒ Headache, dizziness and nausea.
- ⇒ Difficulty with, or increased rate of, breathing.
- ⇒ A feeling of choking or tightness in the throat and/or chest.
- ⇒ Strange or out-of-the-ordinary odours.
- ⇒ Strange flavours in food and/or water.

2.3.5 BIOLOGICAL AGENT INDICATORS

The following may identify the presence of biological agents:

- ⇒ An increase in sick or dead animals.
- ⇒ Unusual or unexplained increase in the number of insects.
- ⇒ Enemy fire that does not seem to have an immediate casualty effect.

Some of the more common chemical agents that you are likely to encounter and the associated treatment for them are as follows:

CHEMICAL AGENT CHARACTERISTICS		
CHEMICAL	SYMPTOMS	TREATMENT
NERVE GAS	Breathing difficulties, tightness in chest, nausea, excessive sweating, vomiting, cramps, headache, coma, convulsions, drooling.	Administer atropine
BLEISTER AGENTS (mustard and arsenic gases)	Eyes inflamed, burning, blisters and tissue destruction.	Apply protective ointment to exposed areas.
CHOKING AGENTS	Difficulty in breathing, tightness of the chest.	Loosen clothing, avoid unnecessary exertion, keep warm.
BLOOD AGENTS (cyanide, asphyxiant gases)	Breathing difficulties, tightness of the chest.	Administer Amyl Nitrate and artificial respiration.
TEAR AGENTS	Eyes water, intense eye pain, irritation of the upper respiratory tract.	Rinse the skin and flush irritated surfaces with water.
VOMITING AGENTS (DM, DA, DC)	Sneezing, nausea, salivation and vomiting.	Vigorous activity helps reduce nausea and its duration.
INCAPACITATING AGENTS	Abnormal behaviour, muscle weakness, central nervous system disorders.	Supportive first aid and physical restraints in some situations.



2.3.6 LOCAL ALARMS

A local alarm is used to indicate suspicion or detection of NBC hazards. Alarms such as the air raid siren may be heard first followed by the local alarm for NBC hazards. You must know all local alarm signals as indicated in your unit SOPs. The following are examples of signals that may be used to indicate NBC hazards:

ATTENTION

The local alarm may be given by anyone who suspects or recognizes the presence of NBC agents.

- ➔ **Percussion.** A systematic triple beat, then a pause, on any metal or other object that produces a loud noise such as a bell, metal triangle, iron railing, vehicle fender, etc.
- ➔ **Horns and Sirens.** A horn signal of three short blasts followed by two seconds of silence, with the sequence repeated for one minute. A siren signal of three long warbling notes, each separated by silence can also be used.
- ➔ **Vocal Alarm.** The shout of “GAS, GAS, GAS” for any type of attack that demands masking, supplemented by the shout of “SPRAY, SPRAY, SPRAY” for a liquid chemical attack.
- ➔ **Automatic Audible NBC Detectors.** Audible signals given by automatic detectors in the presence of NBC hazards.
- ➔ **Individuals.** Masking, followed by exaggerated movements to attract attention.
- ➔ **Automatic Visual NBC Detectors.** Visual signals such as flashing lights given by automatic detectors in the presence of NBC agents.

2.3.7 NBC SIGNS

Known or suspected contaminated areas are marked with standard triangular markers. They are colour coded and labelled to indicate the contaminating agent. You must be able to recognize the following markers.

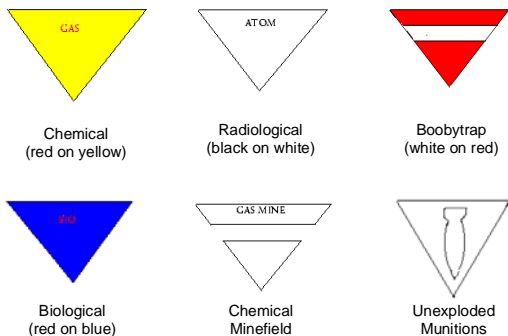


Figure 2.3.1: NBC Signs

2.3.8 BIOLOGICAL CHEMICAL WARFARE (BCW) SURVIVAL RULE

When the local commander has ordered that the BCW survival rule be put into effect you, on your own initiative, must be vigilant for the presence of biological and chemical agents. The catch-word **AROUSE** is used to remember the survival rule. Therefore, if any of the following conditions prevail, you must assume the presence of chemical or biological agents and perform the immediate action drill:

- ⇒ **Artillery** or other bombardment is experienced.
- ⇒ **Raids** or hostile acts are made by aircraft against your unit.
- ⇒ **Odors** or liquids, which are suspicious are detected.
- ⇒ **Unusual bomblettes** or missiles are seen.
- ⇒ **Smoke** or mist from an unknown source is present.
- ⇒ **Effects** on your body or on others is noticed.

2.3.9 MASK

The mask is the most important single item of the IPE in NBC defence. As such, it must be properly handled and maintained. It is your responsibility to ensure the mask is put together correctly, that the canister is in good condition and that the mask is properly adjusted to fit. When caring for your mask avoid the following:



- ⇒ Storage near heat.
- ⇒ Storage of unauthorized articles in carrier.
- ⇒ Dismantling of components without authorization.
- ⇒ Unnecessary stretching of the harness.
- ⇒ Unnecessary rough handling.
- ⇒ Leaving the mask in the carrier, for long periods, which promotes distortion—remove the mask for a short period each week.
- ⇒ Allowing moisture to enter the canister.
- ⇒ Allowing dirt or dust to collect on or in mask or carrier.
- ⇒ Unnecessary exposure to sunlight.

2.3.10 MASKING DRILLS

MISSION ORIENTED PROTECTIVE POSTURE (MOPP)

MOPP READY: Personal equipment is available within 2 hours and the carrier bag is worn.

MOPP 0: Personal equipment must be immediately available and the carrier bag is worn.

MOPP 1: The suit and the carrier bag are worn. The boots and gloves are carried.

MOPP 2: The suit, boots and carrier bag are worn; the gloves are carried.

MOPP 3: The suit, boots, gloves and carrier bag are worn.

MOPP 4: All your personal equipment is worn including the gas mask.

The masking drill can be carried out independently from MOPP 1, MOPP 2 or MOPP 3. However, if the situation warrants that you mask you should subsequently go to MOPP 4. The shout “GAS, GAS, GAS” or “SPRAY, SPRAY, SPRAY” must result in the following masking drill being completed in nine seconds or less:

- ⇒ Stop breathing and close the eyes.

- ➡ Remove head dress (helmet) with right hand and place between legs, sling weapon.
- ➡ Pull carrier release and hold it open.
- ➡ Don mask using the following method:
- ➡ With the right hand, grasp the face piece by the outlet valve and remove it from the carrier;
- ➡ Remove the plug set;
- ➡ Place the left hand on the side of the canister so that the left thumb is in the lower left strap, hook the right thumb into the lower right strap, release the canister and hold the mask by the straps;
- ➡ Thrust out the chin and dig it into the chin cup; and
- ➡ Slide the straps over the head and ensure that the pad is in the center at the rear.
- ➡ Smooth out folds in face piece or twists in the straps.
- ➡ Blow out to remove any gas vapours.
- ➡ Test for tightness.
- ➡ Begin breathing.
- ➡ Shout “GAS, GAS, GAS” or “SPRAY, SPRAY, SPRAY”.

ONCE COMPLETED:

- ➡ Replace helmet and check proper closure and seal of all clothing.
- ➡ Return plug set to carrier.
- ➡ Close and fasten carrier.

2.3.11 INDIVIDUAL DECONTAMINATION

The responsibilities of the individual are limited to decontamination of the following:

- ➡ Face and Hands

Decontaminate within the first two minutes of contamination.



➤ Body

Decontamination of the body must take place as soon as possible after contamination. All clothing should be removed, leaving the mask until last, then a thorough shower or bath is to be taken using generous quantities of soap and water. The soap should be germicidal and the water hot. Minor cuts and abrasions should be treated immediately.

➤ Mask

Decontamination of the mask should be performed using the procedure for periodic cleaning and disinfecting carried out as follows:

- a. Remove the Mask from the carrier.
- b. Remove Canister.
- c. Open the outlet valve cover and let it hang.
- d. Wash the mask in a solution of two parts detergent (washing detergent or equivalent) to 100 parts water, at a temperature of 20-40 degrees celcius. Agitate the Mask for one minute by hand. Remove Mask from the solution and drain the the outside and inside of the Mask.

➤ Clothing

To decontaminate clothing wash it thoroughly in hot soapy water.

➤ Food

Unopened food cans should be thoroughly boiled or washed in soapy water before use.

➤ Water

Water and drinking containers should be treated in the same manner as food containers. If uncovered water only is available, it should be treated in the usual way with water purification tablets. If these tablets are not available the water should be boiled for 15 minutes.

➤ Eating Utensils

Eating utensils should be washed thoroughly in disinfectant soap and hot water or boiled for 15 minutes before use.

2.3.12 INDIVIDUAL DECONTAMINATION (ID) DRILL

The following assumptions are made in conducting this ID drill:

- ➡ This drill will follow the immediate action (IA) drill (that is mask, sound alarm, take overhead cover, perform ID drill if skin or detector paper is contaminated and if nerve agent effects are experienced—use self-aid).
- ➡ The individual is wearing his or her CW coveralls at the time of performing the ID drill.
- ➡ Overhead cover has already been taken (as part of the IA drill). Therefore, there is no need to mention it again as part of this ID drill.
- ➡ The drill is conducted while under vapour hazard conditions and not liquid hazard conditions.

Nerve Agent Self-treatment.

The individual will have already applied HI-6 and Diazepam as part of the IA drill if nerve agents effects were experienced. Should subsequent self-injection of a second or third HI-6 auto-injector be required (now as part of the ID drill) the 15 minute rule (between injections) should be respected. The individual was not in MOPP 4 when exposed—otherwise, there would be no need to decontaminate exposed skin as no skin would have been exposed at the time of the attack.

Nerve Agent “Buddy Aid”.

After protecting himself, the individual will then provide immediate first-aid to any casualties. Injections of atropine-oxime when there is no nerve agent poisoning is harmful and will result in unnecessary casualties. Excessive injections (more than three) may be harmful unless prescribed by medical personnel. Do not mistake the symptoms of heat stress for nerve agent poisoning. The medication in the HI6 auto-injector will harm you if used incorrectly or inappropriately. Therefore, use the HI6 auto-injector only to counter the effects of nerve agent poisoning.

2.3.13 MOVEMENT THROUGH A CONTAMINATED AREA

Avoid contaminated areas or pass through them as rapidly as possible. If required to remain in or pass through contaminated areas you must:

- ➡ Use your IPE for self-protection.
- ➡ When possible, use vehicles to traverse the contaminated area



on the up-wind side. Vehicle windows and doors must be closed, heaters/blowers turned off and tarps closed and secured. Vehicle movement must conform to the following:

- ⇒ Extend vehicle interval to 125 metres and slow to 8 kph.
- ⇒ Do not follow directly behind the vehicle in front and avoid any dust or debris thrown up from wheels and tracks.
- ⇒ Avoid brushing under trees and driving through puddles.
- ⇒ After crossing the area, check for contaminants.
- ⇒ Select routes or bivouac areas on high ground since chemical agents tend to be heavier than air and settle in low places. Avoid cellars, trenches, gullies, valleys and other low places where agents may collect.
- ⇒ Avoid unnecessary contact with contaminated surfaces such as buildings, debris, woods, shrubbery, tall grass and puddles. These areas tend to retain the agent for extended periods.
- ⇒ Do not stir up dust unnecessarily.

2.3.14 NUCLEAR DEFENCE

Your reaction to an unexpected nuclear attack should be as follows:

- ⇒ Drop flat on your stomach with your feet toward the explosion, close your eyes, cover your face with your hands and put your head down.
- ⇒ Remain in position for 90 seconds from the time of the blast.
- ⇒ Adopt MOPP 4.

2.4—SECURITY—FORCE PROTECTION

2.4.1 GENERAL

PSO members will be in possession of information and or material that could aid belligerents, criminal elements or other interested parties. The operational effectiveness of a PSO is highly dependent on impartiality. Force protection activities protect a force and its ability to implement its mandate impartially through:

- ⇒ Protective security (personnel, physical, organizational and information security).
- ⇒ Operational security (OPSEC).

⇒ Tactical security (protection against outside threats).

This field book will focus on protective security measures since they are largely an individual responsibility.

2.4.2 AIM OF SECURITY

Force Protection security measures are aimed at protecting:

- ⇒ Personnel from death, injury or abduction (safety).
- ⇒ Mission or belligerent force information against compromise (INFOSEC).
- ⇒ Installations and equipment (physical security).

2.4.3 SECURITY THREATS

PSO personnel, equipment, installations and information may be at risk from:

- ⇒ Criminal activity (including theft, blackmail or black marketeering).
- ⇒ Hostile Intelligence Services (HIS).
- ⇒ Banditry.
- ⇒ Sabotage/terrorism.
- ⇒ Subversion.
- ⇒ Espionage.

2.4.4 COMMAND RESPONSIBILITY

Security policies are a commander's responsibility and will be reflected in Force standing orders or SOPs. The Force Senior Security Officer will be a dedicated position in a larger force or a secondary duty in a smaller force and will be responsible for:

- ⇒ Determining the threat.
- ⇒ Establishing policy and planning commensurate with that threat.
- ⇒ Conducting security education and training.
- ⇒ Ensuring personnel, physical, organizational and information security measures exist.
- ⇒ Ensuring accountability for those measures.
- ⇒ Countering, investigating and resolving breaches or activity.



- ⇒ Reporting breaches.

2.4.5 PROTECTION OF PERSONNEL

Personnel are protected through:

- ⇒ Security clearances.
- ⇒ Control of access, whether to information (“need-to-know”) or to physical locations.
- ⇒ Control and use of identification cards and discs, passes and passports.
- ⇒ Education and awareness concerning espionage, subversion, criminal activities and other threats.

2.4.6 COUNTERMEASURES

The following countermeasures can be directed by the Force:

- ⇒ Movement of members can be restricted, including the location of leave areas and times they can be used, locations and timings for non-operational activities, and restrictions on wearing civilian clothing.
- ⇒ The use of non-operational transportation and public transportation can be restricted.
- ⇒ Areas or facilities can be declared out of bounds.
- ⇒ Curfews can be imposed.
- ⇒ Secure areas for parking Force vehicles can be designated.
- ⇒ Civilian labour can be screened and regulated.
- ⇒ PSO members can adopt common-sense individual countermeasures such as avoiding predictable activities or movements.

2.4.7 PHYSICAL SECURITY

Physical security for the protection of Force and individual equipment includes:

- ⇒ Weapons, ammunition and explosives.
- ⇒ Mission essential equipment such as communications equipment and defensive stores.

- Maps and overlays.
- Medical supplies and equipment.
- Uniforms and insignia.
- Rations and water.

2.4.8 COUNTERMEASURES

The following are appropriate countermeasures:

- Ensure secure areas are created for storage or holding of equipment. Select infrastructure for this storage that can be protected.
- Impose access control measures including guards, access points and vehicle barriers.
- Sweep facilities and regularly ensure they are secure.
- Install additional barriers to protect high-risk areas within a secure compound.
- Locate sensitive areas away from other buildings and compound perimeters.
- Use reflective film or other material to block windows.
- Use light barriers on windows at night.
- Reinforce the infrastructure with pre-detonation screening, sacrificial roofs and double walls.

2.4.9 ORGANIZATIONAL SECURITY

Organizational security measures must adjust according to the threat. Components of organizational security include the following:

- Awareness by PSO personnel of potential targeting of HQ facilities, living quarters, ammunition and fuel storage sites and vehicles (whether parked or moving). Physical and organizational security measures must be in place to deter or prevent these occurrences.
- Force and unit security orders.
- Security measures appropriate to a specific location's actual or predicted threat.
- Control of access to areas or facilities.
- VIP and Close Protection Programs.



2.4.10 COUNTERMEASURES

The following are appropriate countermeasures:

- ⇒ Education and training of personnel in security measures, including refresher briefings.
- ⇒ Effective security SOPs and standing orders.

2.4.11 INFORMATION SECURITY

Information takes many forms and both classified and unclassified information can be compromised. Unclassified information when collected and analysed can be highly significant to hostile agencies, particularly if it confirms or clarifies classified information they are seeking. Information types include:

- ⇒ Official and personal documents, including personal letters.
- ⇒ Maps and overlays.
- ⇒ Meetings or conversations.
- ⇒ Electronic media such as personal computers and networks, telephone, message and facsimile traffic, and GPS positional readings.
- ⇒ Photographs.
- ⇒ Radio or cellular telephone transmissions.

2.4.12 COUNTERMEASURES

The following countermeasures protect information:

- ⇒ Secure information in use and destroy it when it is no longer of value (i.e. drafts or superseded documents).
- ⇒ Use secure transmission means when appropriate (note this does not just include electronic means since liaison officers and dispatch riders can personally deliver sensitive material).
- ⇒ Control access to information (“need-to-know”).
- ⇒ Screen civilian labour.
- ⇒ Be aware of eavesdropping.
- ⇒ Be aware of the possibility of listening devices and/or illicit photography.
- ⇒ Always treat the Internet, mail services and unencrypted cellular

telephones as non-secure means.

2.4.13 REPORTING

Do not hesitate to report suspicious activity or persons even if you only suspect a problem. Units will have designated security personnel. Speak to your supervisor. Failing to report allows the activity to go unchecked which can escalate the effects.

2.4.14 PERSONAL SECURITY MEASURES

You should take the following personal security measures:

- ➡ Mark all CF and personal kit with your service number.
- ➡ Limit your attractive and expensive personal items to those you really need.
- ➡ Do not travel alone.
- ➡ Vary your routes and routines.
- ➡ Be alert to overly friendly local inhabitants.
- ➡ Use locks and securable containers.
- ➡ Report suspicious activities and persons.

2.4.15 SECURITY ON LEAVE

While on leave you should be aware of the following security considerations:

- ➡ Be cautious with overly inquisitive people.
- ➡ Do not travel alone.
- ➡ Do not leave critical documents such as passports/visas or money in a hotel, but carry them with you covertly.
- ➡ Do not draw attention by wearing expensive clothing and jewellery or carrying attractive/expensive equipment.
- ➡ Avoid public demonstrations.
- ➡ Vary your personal routine.
- ➡ Ensure your itinerary is known by someone else.
- ➡ Learn a couple of emergency phrases in the local language.



- ➔ Know the location of civilian police, the Canadian embassy or military attaché (or an embassy friendly to Canada), or representatives of the Force or Canadian contingent if they are located in or near the leave area.
- ➔ Notice activity around you such as suspicious persons or the absence of the “usual” local inhabitants.
- ➔ Report any suspicious contact or solicitation upon your return.

2.4.16 ILLEGAL ACTIVITY

Illegal activity on the part of PSO members can have significant individual, institutional and even international consequences.

2.4.17 CUSTOMS OBLIGATIONS

Canadian and other national Customs regulations are stringent and not to be taken lightly. Infractions can have severe consequences for the PSO member, the unit, the CF, the mission and Canada’s reputation. Under no circumstances are Canadian or other nations’ Customs regulations to be violated, either intentionally or through negligence. Be aware that individuals may target you as a potential carrier. Some typical infractions might be:

- ➔ Illegally transporting weapons, explosives and war contraband souvenirs.
- ➔ Transporting national treasures or religious icons.
- ➔ Smuggling jewellery and electronic equipment.
- ➔ Transporting illicit drugs.
- ➔ Transporting restricted items into countries that may ban them for religious or cultural reasons.
- ➔ Exceeding authorized limits without reporting.

2.5—EMERGENCY DRIVING

2.5.1 THE THREAT

The military driver, vehicle and passengers are susceptible to a variety of potential attacks. The threat may include explosive devices, ambush or hijacking, shooting and mines. In addition to good driving technique, the driver should employ the following:

- ➡ Maximum concentration at all times.
- ➡ Detailed, accurate and extensive observation.
- ➡ Correct and immediate reactions to changing conditions.
- ➡ A deliberate and well-defined plan to meet any situation.

2.5.2 OVERT ATTACKS

The determined assailant is extremely difficult to combat. However, for the attack to be totally successful the target vehicle needs to be encouraged into a pre-arranged position. If the driver—through his security awareness, alertness and preparation—can keep his vehicle and occupants out of such a position the attack will be unsuccessful. The type of attack could vary considerably.

2.5.3 AMBUSH/HIJACKING

A recurring risk to the safety of PSO personnel is vehicle hijacking. In most situations the hijackers hold the advantage through surprise and local knowledge of the ground. Experience has shown that most hijackings are targeted against single vehicles with one or two occupants. Whenever possible vehicles should not travel alone, especially in remote or known problem areas. The safety of personnel takes priority over the security of vehicles and equipment. Personnel encountering a hijack situation have three choices, depending on the situation presented:

- ➡ Drive through the hijackers.
- ➡ Stop.
- ➡ Stop short of the hijack area, assess the situation and reverse out of the area.

2.5.4 POTENTIAL DANGER AREAS

The following areas are potentially dangerous:

- ➡ Unlit areas at night.
- ➡ Road works and diversions.
- ➡ Bridges, culverts and tunnels.
- ➡ Mandatory/likely stopping points (i.e. roundabouts, traffic lights and level crossings).
- ➡ Passenger drop off / pick up points.



2.5.5 HIJACK COUNTERMEASURES

Prior to starting a journey the following preparatory actions should be carried out:

- ⇒ Vehicles should have a crew of at least two.
- ⇒ Vehicles should have communications.
- ⇒ Minimum equipment should be taken into or through sensitive areas.
- ⇒ All crew should be armed and in possession of a vehicle bag containing ammunition, maps and a radio.
- ⇒ All crew must be aware of the route to be taken.

2.5.6 ROUTE TRACKING DRILL

Crews must send regular location reports (LOCREPs). The operations centre must maintain a log of vehicle movements. Armed escorts should be provided for vehicles moving through sensitive areas. On commencement of a suspected hijacking, vehicle occupants should remain calm and assess the situation while attempting to send a contact report. Vehicle doors should be locked and all windows closed.

2.5.7 BLOCKED ROUTE DRILL

Reverse the vehicle out of the area. If this is not possible bring the vehicle to a controlled stop and carry out the following actions:

- ⇒ Send a contact report.
- ⇒ Stay in the vehicle.
- ⇒ If ordered to vacate the vehicle do so slowly to buy time for help to arrive. Try to negotiate your way out of the situation.
- ⇒ Delay the searching of the vehicle for as long as possible and hand over weapons only if lives are threatened or appear to be in danger.
- ⇒ Do not allow your party to be separated.

2.5.8 ROUTE NOT BLOCKED DRILL

If there appears to be no blockages or heavy weapons present, the

commander may make the decision to drive through the situation. The following actions should be carried out:

- ➡ Send a contact report.
- ➡ Select low gear and accelerate through the position.
- ➡ Increase weapon readiness within vehicle (i.e. cock weapons).
- ➡ Continue on towards the nearest force military or police unit and submit an incident report immediately.

2.5.9 OPERATIONS CENTRE DRILL

The operations centre must support the hijack victims quickly and decisively. If available, the nearest quick reaction force (QRF) should be alerted, briefed and dispatched.

2.5.10 QRF DRILL

When activated, the QRF must move with best possible speed to the area. Once in position the QRF will:

- ➡ Locate and account for all personnel.
- ➡ Move recovered personnel to the nearest secure base.
- ➡ Obtain descriptions of the hijackers, their vehicle(s) and the direction they may have taken.
- ➡ Search for any missing personnel.
- ➡ In the event of a firefight, provide covering fire or take other appropriate action based on ROE.
- ➡ Send regular SITREPs to the operations centre.

2.5.11 MINES

Mines may be used as part of an ambush but can also be left unattended to kill or injure military personnel. Drivers need to be current with the mine threat in the area they are travelling and practise mine awareness. There are several precautions that can be taken to minimize the risk:

- ➡ If possible, drive on roads posted clear of mines.
- ➡ If possible, stay on well travelled, paved roads avoiding potholes, shoulders and objects on the road.
- ➡ When on unpaved roads ensure roads have been used recently.



If possible, wait for other vehicles to precede you and follow in their tracks at a safe distance. Do not take anyone's word that the road is clear.

- ➡ Never be the first to travel any road, especially at first light.
- ➡ Stay clear of potential targets such as belligerents' military convoys or vehicles.
- ➡ Roads leading to, or in the vicinity of, belligerents' military installations are particularly suspect.
- ➡ Watch carefully for mine indicators such as dead animals, freshly disturbed dirt on road sides and trip wires across roads.
- ➡ Where applicable, drive with the windshield up if the vehicle is not equipped with wire cutting devices.
- ➡ Ride inside the vehicle with the floor sand-bagged or protected by metal plates.

2.5.12 EXPLOSIVE DEVICES

Car bombs that are attached to, or thrown into, the vehicle or placed close to it when it is static or on the move are intended to injure or kill the occupants or to immobilize the vehicle to allow kidnapping. This type of problem is unpredictable and devastating. If tasked to proceed to an area to inspect an explosion wait at least 30 minutes before entering the area since a popular tactic is to explode a second bomb nearby after crowds and security forces have descended upon the area.

2.5.13 VEHICLE SECURITY

To ensure the security of both passengers and vehicle the following should be adhered to:

- ➡ The vehicle should never be left unattended in an unsecure area if at all possible.
- ➡ Pay attention to vehicles close to you and their occupants.
- ➡ Always check around and under the vehicle when it has been left unattended.
- ➡ Avoid parking on soft ground or close to objects that could be useful to an attacker.
- ➡ Avoid being boxed in; maintain an exit or turnaround opportunity open at all times.

- ➡ Secure all doors, windows, hood and trunk. If it is necessary to open a window, open it only a few inches.
- ➡ Do not take on unauthorized passengers.
- ➡ Be aware of vehicle contents. Check ownership of all luggage and packages.

2.5.14 SEARCHING VEHICLES

Search the car regularly. Learn to recognize the normal appearance of the underside of the vehicle as well as the engine compartment so that changes will be readily apparent. Vehicle searches must be done in a systematic, methodical sequence to ensure no part is left unchecked. Suspicion should be aroused by the following:

- ➡ Unusual objects on or around the vehicle.
- ➡ Objects out of place on the vehicle.
- ➡ Outward signs of tampering.
- ➡ Loose wiring, tape or string on or near the vehicle.
- ➡ Disturbed ground near the vehicle.

2.5.15 ROUTE SELECTION AND PLANNING

All routes should be reconnoitred whenever possible. There will be occasions when reconnaissance cannot be done. A situational awareness of route conditions, threats, restrictions to freedom of movement, climate or weather conditions affecting travel will be additional factors in selecting routes. The principles of route selection are:

- ➡ Avoid routines/regular routes.
- ➡ Insist on accurate timings.
- ➡ Ensure another party knows your proposed route and maintain contact throughout your transit to destination.
- ➡ Select routes that allow the maximum safe speed possible.
- ➡ Select routes that offer the best possible security.
- ➡ Reveal dates, timings, route and destination only on a need-to-know basis.

2.5.16 FOLLOWED BY A SUSPICIOUS VEHICLE

If you are followed by a suspicious vehicle:



- ➡ Note the particulars of the vehicle.
- ➡ Slow down, accelerate suddenly or do a box turn to confirm.
- ➡ If confirmed:
 - ⇒ Use car telephone or radio to alert your unit or Force police.
 - ⇒ Drive to the nearest Force military or police unit.
 - ⇒ Carry out evasive driving techniques.

2.5.17 EVASIVE ACTION

Listed below are actions to be taken in the event of an attack:

- ➡ Road blocked—attempt to drive around, U-turn or reverse.
- ➡ Fired upon by another moving vehicle—attempt sudden acceleration or braking actions.
- ➡ Ambush—drive through, U-turn/reverse or drive around.

2.5.18 EVASIVE DRIVING

The driver should remember the following when considering what action to take in a given situation:

- ➡ Maintain control of the vehicle and avoid excessive speed.
- ➡ Keep passengers informed of what you are about to do (if possible) before carrying out any sudden manoeuvres.
- ➡ Ramming should be employed as an evasive technique only as a last resort. If this tactic has to be used always try to ram with the non-engine end of your vehicle.
- ➡ The safety of the crew and vehicle are more likely maintained if another vehicle can be kept between you and the pursuer.

2.5.19 ACTION AT CHECK POINTS

The behaviour of personnel at checkpoints can be unpredictable, especially at night. The following procedures could enhance your security:

- ➡ Slow down when approaching a checkpoint until you are recognized and waved through.
- ➡ Do not use force at a checkpoint. If there is confusion, proceed with caution. If access is denied seek direction from your HQ. Let them deal with the problem if you cannot resolve it.

- ➡ Maintain observation on the checkpoint after passing to ensure your passage has gone without incident.
- ➡ Just prior to stopping at a checkpoint at night, switch off headlights and switch on the interior light to assist in the identification of occupants.

2.5.20 EQUIPMENT IN VEHICLES

Prior to any road movement, whether a patrol or otherwise, it is essential that your personal equipment and vehicle be serviceable. All items should be located for easy access in the event of trouble. The following equipment must be in the vehicle:

- ➡ Helmets and flak jackets, either worn or beside you.
- ➡ Portable radios, handy in case of vehicle evacuation.
- ➡ Personal preventive medicine / survival kit (including water).
- ➡ Vehicle flags flown (and illuminated if used at night).

2.6—CONDUCT AFTER CAPTURE

2.6.1 INTRODUCTION

The Code of Conduct after Capture describes the behaviour expected of CF personnel when taken prisoner/hostage. None of us expects to be taken hostage but the possibility exists. Being part of a PSO will increase the chance of being exposed to, or involved in, a hostage situation. Many UN and NATO personnel have been taken hostage in recent years for periods of hours to weeks. This is also an age of increasing terrorism and criminal activity, both of which use hostage-taking as a tool for gaining recognition and influencing others. No country is totally safe from terrorist attack. For these reasons it is important to be acquainted with not only the many aspects of hostage situations but also how you are expected to respond to those situations. The doctrine guiding behaviour and responses is summarized by the acronym P.R.I.D.E.

2.6.2 P.R.I.D.E.

☞ **P**—Principles of Leadership:

- ⇒ Senior person exercises leadership.
- ⇒ Discipline by all.
- ⇒ Duty continues.

☞ **R**—Resist Exploitation:



- ⇒ Resist interrogation.
- ⇒ Protect vital information.
- ⇒ Discredit captors' propaganda.
- ⇒ Plan to escape.
- ☉ **I—Information to be Given:**
 - ⇒ Required to give name, rank, service number and date of birth.
 - ⇒ If questioned further, **MAY** give blood group and religion.
- ☉ **D—Dignity**
 - ⇒ Accept the adversity with dignity.
 - ⇒ Maintain faith.
 - ⇒ Encourage cohesion.
- ☉ **E—Escape**

In all circumstances escape may be considered. However, take into consideration retaliation against remaining persons, the implications of re-capture, the unpredictability of the hostage takers' behaviour and any uncertainty of your status (you may be told you are a detainee and be unaware of hostage demands).

2.6.3 TYPES OF HOSTAGE TAKERS

There are several types of hostage takers. It is useful to identify them as this can provide information as to the reasons behind hostage-taking incidents. The types of hostage takers (and why they may have taken hostages) are:

- ⇒ Military and paramilitary personnel (to prevent being targeted).
- ⇒ Terrorists (to right a perceived wrong).
- ⇒ Criminals (usually for money).
- ⇒ The mentally ill (may include the above types).
- ⇒ The emotionally distraught (in response to a personal crisis or domestic dispute).

2.6.4 TYPES OF HOSTAGE SITUATIONS

➤ Barricade

In this situation people are held with the hostage takers in a building, plane, train or other clearly identified location. The lives of the hostages are bartered for demands. This is the favoured action for terrorists seeking publicity. However, barricade situations are highly charged because the terrorists themselves, usually being surrounded by the police and military, are in a sense captives as well.

➤ Containment

This is an increasingly common experience for peacekeepers. It refers to situations where a building, camp or a group such as a convoy of vehicles is surrounded and restrained by a larger force that has control of the local area. Violence is averted as long as the group held “hostage” remains stationary. There is no direct control over the hostages but rather a zone of containment.

➤ Human Shields

This is often used by ruthless or desperate military and paramilitary personnel. It involves the deliberate placement of captured people (soldiers or civilians) at sites or on equipment in order to deter targeting or attack.

➤ Kidnapping

This is where people are captured, taken to a secret location and kept for ransom or political leverage. The motive for terrorists to use this method of hostage taking is usually to obtain the release of political prisoners or imprisoned terrorists. The majority of hostage situations are kidnappings but they generally involve only one or a few people at a time.

2.6.5 STAGES OF HOSTAGE SITUATIONS

The following are the typical stages associated with a hostage-taking incident:

- ➡ Planning and surveillance.
- ➡ Attack (the taking or restraining of hostages).
- ➡ Movement (normally only in a kidnapping situation).
- ➡ Captivity (the main focus of this section).



- ⇒ Rescue or release.

2.6.6 CAPTORS BEHAVIOUR TOWARDS THEIR HOSTAGES

Although there is great variability in the experiences of hostages, the behaviours below should be expected from captors:

- ⇒ Physical restraint and sensory deprivation (chains and blindfolds).
- ⇒ Mental cruelty.
- ⇒ Interrogations.
- ⇒ Indoctrination/brainwashing (often associated with enforced sleep loss).
- ⇒ Verbal abuse and humiliation (such as being stripped naked).
- ⇒ Threats of injury and death.
- ⇒ Physical, perhaps sexual, abuse.

2.6.7 STAGES OF ADAPTATION TO CAPTIVITY

Six broad stages of reaction and adaptation to being held hostage have been identified.

- ☉ Startle/Panic (First Seconds to Minutes)

Hostage situations are not usually anticipated and are life-threatening, posing an abrupt transition that is difficult to assimilate quickly. Typical initial reactions are a desire to flee, uncontrollable trembling and confused thinking.

- ☉ Disbelief (First Minutes to Hours)

Common thoughts are “This can’t be happening” and “We’ll be rescued shortly.”

- ☉ Hyper-vigilance and Anxiety (First Hours to Days)

This refers to the state of being extremely wary and alert to minute details. It is often accompanied by startled reactions to noise or sudden movement and a tendency to think the worst of the situation.

- ☉ Resistance/Compliance (First Days to weeks)

Captive behaviour is highly variable across individuals. Some resist all coercive attempts while others cannot cope with

relatively minor pressure.

➤ Depression and Despair (First Weeks to Months)

Loss of freedom, boredom, isolation, cruel treatment and lack of contact with the outside world usually combine to cause depression and passivity in even the hardest person.

➤ Gradual Acceptance (First Months to Years)

The final stage of adaptation (not reached by many captives due to relatively short periods of detention) is where the captive decides to gain some control of his/her life, making constructive use of the time and limited resources available.

2.6.8 STRESS REACTIONS IN CAPTIVITY

The type, intensity and duration of reactions to being taken and held hostage vary dramatically across individuals. Many such reactions should be considered understandable responses to what is a most unusual and stressful situation. The most important thing to attempt to do is to bring your initial reactions under control as soon as possible. It is often said that the first 45 minutes of a hostage situation are the most dangerous because both captors and captives are highly stressed and prone to impulsive behaviour. The more quickly you can gain your composure the more sensibly you can respond to the situation.

➤ Initial Phase

The first moments after capture are usually characterized by shock, disbelief, denial, confusion, a sense of unreality and fear.

➤ Intermediate Phase

Common reactions during the first hours and days after capture are emotional numbness, apathy, social withdrawal, scape-goating, complaining, bickering, irritability, hysteria, crying, generalized anxiety, anger, protective behaviours toward female and child hostages, extreme talkativeness and reflection upon one's life.

➤ Long-term Phase

If captivity extends more than a week, the following may occur: depression, fatalistic thinking, deliberate self-injury, sleep disturbance, vivid dreams, mental confusion, ritualistic behaviours, loss of emotional control and general ill-health that



may be partly stress-induced (i.e. asthma, diarrhoea, skin disorders, stomach complaints, and aches and pains).

2.6.9 THE “STOCKHOLM SYNDROME”

This overused term refers to the positive relationship that can develop between captor and hostage. It has been frequently observed that some hostages begin to perceive their captors as protectors and believe that the actions of government officials, police and family unjustly jeopardize the safety of the hostages. Or hostages may come to identify strongly with the political cause of terrorist hostage-takers. Fortunately, the syndrome can be a two-way phenomenon. Captors may begin to develop an interest in, or concern for, their hostages (in some cases even feelings of friendship). Some hostages have used this to their advantage to elicit sympathy, erode captor resolve and gain a variety of concessions—even freedom—from their captors.

2.6.10 SURVIVING A HOSTAGE SITUATION

Surviving a hostage situation remains, to a considerable degree, a matter of chance. However, hostages can maximize their chances of survival and minimize their suffering by managing themselves, their time and their environment in certain ways. Advice drawn from previous hostages and experts in the field is outlined below—these are not strict rules that must be followed rigidly but rather general guidelines. There will always be exceptions.

➤ Re-gain and Maintain Composure

Attempt to gain control over your panic reactions upon capture as soon as possible. Try to be calm and clear-headed at all times. Without jeopardizing your own safety, try to calm any other hostages who are not coping. Hostages who are hysterical draw attention to themselves and are troublesome for the captors to manage, which may provoke them.

➤ Maintain a Low-key, Unprovocative Posture

Overt resistance is usually counterproductive in a hostage situation. It is safest to control impulsive behaviour, remain calm and follow instructions. In the early, edgy stages of captivity, be aware that even eye contact may be regarded as a challenge to the captor's domination. Studies show that military personnel in uniform and others who present a threatening manner to captors are the most likely to be killed or injured. In most instances where hostages have been killed, the hostage had antagonized the terrorist.

➤ Get Captors to Recognize You as a Human Being

Hostages are generally considered by their captors as expendable objects. You should attempt to show them your humanity so they begin to identify you as a person. To achieve this you must foster communication on non-threatening topics. Talk about family and interests, but avoid political, religious and other sensitive issues.

➔ Follow the Rules Set by the Captors

Unless you have clear reasons for not doing so, such as the violation of your personal dignity or for security reasons, it is wise to consent to demands made by your captors. Many observers believe that overt resistance is counterproductive in hostage situations. Be aware that some captors will play games with you by varying the rules in order to deliberately “catch you out.” There may be rules (such as no communication with other hostages) that you may want to thwart and be willing to pay the price for if detected. Be careful; balance the likely payoffs of your behaviour with the possible consequences.

➔ Say as Little as Possible if Questioned

It is always wise to give only short answers to questions. Also avoid making suggestions.

➔ Win Your Captors' Respect

Be stoic, that is, maintain an outward face of acceptance of adversity with dignity. Live your values rather than discuss them. Avoid open displays of cowardice and fear. Learn what behaviour your captors value and regard as “honourable,” and make use of this information in your dealings with them. (Captors from some cultures are often astounded by Westerners kneeling in prayer as they often believe they are all “infidels” without any religious faith.)

➔ Set Goals

Be determined to survive until a certain date (such as a family anniversary) but be prepared to reset these dates if your captivity is prolonged. Note that the longer a hostage situation lasts the safer you are. Plan on a long captivity as this helps stave off disappointment and depression.

➔ Maintain Control of Your Environment

This strategy reduces stress by enhancing self-esteem and reducing feelings of hopelessness and helplessness. One hostage always kept a small amount of his food to offer to any captors who came to his cell. In this way he transformed his



apparent situation of powerless imprisonment into one of welcoming “visitors” to his “home.” Sharing food with any fellow hostages can also pay important dividends such as bringing you out of yourself and creating much-needed bonds of friendship.

➤ Keep Your Mind Active

Take in and store as much detail as possible about your captors’ habits and characteristics, your surroundings, etc. This will also have the effect of diminishing the fear of the unknown as you begin to recognize patterns in behaviours and procedures. Develop mind games to stimulate your thinking (i.e. try to remember the plots of movies you have seen or passages from books read). The possibilities are only limited by your creative ability.

➤ Attempt to Understand Your Captors

Be sensitive to, and learn about, the culture of your captors. Many guards may have limited intelligence and minimal skills in your language. Do not make assumptions about their general knowledge. During extended captivity it is common for captors to engage you in games such as cards. It may be wise to be a subtle loser most of the time; outdoing your captors may not be in your best interests.

➤ Eat and Exercise as Much as Possible

This will have the dual effect of maintaining general body conditioning and counteracting the physical effects of stress and confinement. Adapt to imposed restrictions—it is amazing how some hostages have continued to exercise despite being bound and blindfolded.

➤ Maintain Hope

Believe in something that is strongly meaningful to you, whether it be family, God, country or an ideal. Religion commonly becomes more prominent in the thoughts of hostages. One military member held hostage in Tehran was strongly motivated by the need to win the respect of his father (a retired Senior NCM): “I had to come back and look my father in the eye. That thought helped me make sure that things I did would be acceptable to him.”

➤ Actively Use Stress Management Techniques

Most of us know the theory and several methods of managing stress but we may rarely, if ever, put them into practice. Physical relaxation techniques can reduce stress levels and can be very

useful as a method to manage pain (if required). Relaxation can also assist in coping with feelings such as claustrophobia caused by physical restraints. Practise other stress management techniques such as positive self-talk, developing a daily routine, accepting negative emotions and keeping a diary, secretly if need be (one hostage used a pin to poke holes above letters in a bible to record his thoughts, smoothing them down to avoid detection).

➤ Accept Your Behaviour During Captivity

Avoid dwelling on feelings of weakness or guilt about your behaviour during captivity. You have been placed in an extraordinary situation with little or no warning or preparation. You are likely to be under extreme stress. You may regret making statements while under duress or stress, sought or used by your captors for political purposes. The world accepts statements made under coercion and stress as simply that.

➤ Be Tolerant of Fellow Hostages

Just as each person has different reactions to stress, each person will have different methods of coping as a hostage. Some methods are not effective and may endanger the group. You may need to help these people cope in other ways. Methods that may be effective for one person may be very annoying to other hostages (i.e. constant talking). Be tolerant; and be aware that there is a tendency to vent frustrations on fellow hostages as it is too risky to do so against the real cause of your frustration—your captors. Do not regard incidents of emotional breakdown in others as weakness; everybody has a breaking point.

➤ Overview

Each individual has different preferences for coping with stressful events. Sometimes we revert to habitual ways of coping when there are better options available. By being acquainted with a range of options (as outlined above) you will have a better chance of quickly finding those that work for you in a dynamic hostage situation. Effective, adaptive coping techniques will enhance both your chances of surviving and your psychological adjustment during captivity, which, in turn, should minimize the after-effects of being held hostage. These guidelines also allow hostages to survive with their integrity, dignity and self-respect intact.

2.6.11 ACTIONS DURING A RESCUE OR RELEASE

If you are being held hostage and a rescue mission is attempting to



release you, do the following during the execution of the attempted rescue:

- ➡ Drop flat so that the rescue team can fire freely at the hostage takers.
- ➡ Do not move. Movement draws attention and this might encourage someone to shoot you.
- ➡ Do not attempt to help. Let the rescue team do its job. You may be mistaken for a hostage taker.
- ➡ Do not panic. Most rescues are over in seconds with a successful result.
- ➡ Do not say anything or resist. You may be mistaken as a hostage taker until the rescuers can confirm you are a victim. Only identify yourself if you are asked directly and if it is safe to reply.

2.6.12 POST-RESCUE/RELEASE

Re-entering the real world can be as much a shock as leaving it. Upon release, hostages generally transfer in a matter of hours from conditions of isolation, deprivation and powerlessness to celebrity status, prosperity, sensory overload and freedom. Although these changes sound appealing, the transition is often accompanied by significant adjustment difficulties.

➡ Comments to the Media

Try to avoid media exposure immediately after release. Until you have been properly debriefed, avoid talking about your ordeal as you may unintentionally create difficulties for any hostages remaining in captivity. Similarly, due to the possibility of the Stockholm Syndrome influencing your thinking, avoid comments about your captors. Instead, pose for photos and focus any remarks on the joy of freedom and your eagerness to see loved ones.

➡ Debriefing

It is crucial that all hostages are thoroughly psychologically debriefed about their ordeal immediately upon release. Irrespective of the length of captivity, there are numerous issues that should be addressed to set the released hostage on the proper road to recovery. Psychological debriefing programs are well established in most Western countries. Depending on the duration and hardship of captivity, these debriefing programs can last from several hours to two or three weeks.

The objectives of debriefing are numerous. Fundamentally, debriefing demonstrates care and concern (something probably lacking during the hostage experience). Most importantly, debriefing assists released hostages to deal with any psychological consequences of their hostage experience (i.e. guilt, confusion, fears, loss of self-respect). It provides people the opportunity to freely discuss feelings, opinions and experiences related to their captivity and new-found freedom. Debriefing informs released hostages of the typical problems that can arise when returning to family, job and society after captivity. It also identifies any personnel in need of further support.

➡ Recovery

Released hostages need time to rest and recuperate from the physical and mental hardships or deprivations most suffer. Generally, how well hostages cope with recovery depends on the duration and harshness of their captivity. However, there are always exceptions due to differences in character. Some released hostages claim they are unaffected by their experience while others admit to significant, long-standing personal changes and concerns. Sometimes the joys of release and a need to appear to be coping can mask serious readjustment difficulties. These problems may surface and become apparent after a period of struggling to cope. Unfortunately, “denied” problems can become more severe than problems faced early on after release.

➡ Post-release Stress Reactions

Stress reactions to the experiences of captivity can continue long after release. Sometimes stress reactions are delayed and do not occur for days, weeks or months. Often those afflicted by such delayed reactions do not realize that the hostage experience is the cause of their disturbance. Stress symptoms can include:

- ⇒ Insomnia and nightmares.
- ⇒ Intrusive thoughts, distortions of time and space, and flashbacks (a sense of reliving parts of the experience).
- ⇒ Chronic fatigue.
- ⇒ Headaches, skin disorders, high blood pressure, diarrhoea, back trouble and other health problems.
- ⇒ Sexual and social inhibitions.



- ⇒ Depression, helplessness, generalized anxiety, guilt and other emotional responses.
- ⇒ Memory problems.
- ⇒ Fears of retribution from the terrorists or their associates, and intense fears triggered by reminders of the hostage experience (such as a person's accent or a dark room).

Such feelings are understandable reactions to a very unusual and stressful event. These stress reactions are not uncommon and can often be remedied or reduced with assistance from mental health professionals with experience in post-trauma stress reactions. It is important that help is sought early so that normal functioning can be restored as quickly as possible.

➔ When to Seek Help with Post-release Stress

People may need extra help in getting over the experiences of being held hostage or in adjusting to work and family life following homecoming. If the difficulties listed below apply, you should consider seeking formal assistance. Family and friends are often better judges than the released hostage of how much the experience has affected them. Show them this list and heed their advice as to whether you would benefit from assistance. You require help:

- ⇒ If you cannot handle intense feelings or physical sensations.
- ⇒ If you feel your emotions are not returning to normal.
- ⇒ If you have chronic signs of stress (such as heart problems, general hostility, migraines, alcohol misuse and depression).
- ⇒ If you continue to feel numb or empty and have inappropriate feelings, such as a desire to avoid intimacy with your loved ones.
- ⇒ If you cannot confront your thoughts and/or feelings (e.g. you keep extremely busy in order to avoid them).
- ⇒ If you continue to have disturbed sleep or nightmares.
- ⇒ If you have no person or group with whom you can share your thoughts and feelings.
- ⇒ If your relationships and work seem to be suffering or changing for the worse.
- ⇒ If you are having frequent accidents or are increasing your intake of alcohol or drugs.

- ⇒ If your partner or children are showing any of these signs and you wish to discuss the matter.
- ⇒ If there are any other changes in emotions or behaviour that are worrying you.

2.7—COMBAT LIFESAVING

2.7.1 THE LIFESAVING STEPS

The actions that you take immediately after a person becomes a casualty will to a large extent determine the degree and speed of recovery. Before you begin administering any first aid you must:

- ⇒ Ensure the area is safe for you to enter.
- ⇒ Remove the casualty from any danger.
- ⇒ Call for medical assistance

Then you administer the four lifesaving steps as follows:

- ⇒ Restore breathing.
- ⇒ Stop bleeding.
- ⇒ Protect the wound.
- ⇒ Treat for shock.

These steps are closely related and the importance of each will be governed by the specific situation. In all cases, examine the wounded person to determine the full extent of injuries. This will enable you to apply only those steps necessary to save life.

2.7.2 RESTORE BREATHING

If they are not breathing, determine whether the casualty has a pulse or heartbeat. If they do, perform artificial respiration as follows:

- ⇒ Clear the airway by:
 - ⇒ Turning the casualty's head to one side.
 - ⇒ Running your fingers behind the casualty's lower teeth and over the back of the tongue to scrape out any debris—if the casualty's tongue is blocking the airway, grasp it between thumb and forefinger and extend it to its natural position by pulling it forward.



- ⇒ Adjusting the jaw using the head-tilt, chin-lift method.
- ⇒ Administer mouth-to-mouth or mouth-to-nose artificial respiration as follows:
 - ⇒ Position the casualty with his back on the ground and yourself near the head.
 - ⇒ Position the casualty's head face up and place a rolled combat coat under the upper shoulders to extend the neck.
 - ⇒ Seal the casualty's airway opening (mouth or nose) that is not being used while inflating the lungs. If you use the mouth, pinch the nose shut or seal it with your cheek while continuing to hold the jaw in a jutting out position. If you have to use their nose because facial injuries prevent use of the mouth, or you can't get the mouth open, seal the lips by placing your finger lengthways across them.
 - ⇒ Take a deep breath and open your mouth wide.
 - ⇒ Place your mouth across the casualty's mouth or nose (as appropriate) and press down hard to make an airtight seal.
 - ⇒ Focus your eyes on the casualty's chest and blow forcefully into the mouth or nose. A rise of the chest will be observed if air is reaching the lungs.
 - ⇒ Remove your mouth allowing the casualty to exhale. Listen for the return of air from the casualty's lungs. If the exhalation is noisy, widen the airway and continue to administer mouth-to-mouth (or nose) respiration repeating the steps as set out in the preceding sub—paragraphs.
 - ⇒ Repeat these actions at a rate of once every 5 seconds until the casualty is able to breathe unassisted or until you are relieved.

NOTE

If the casualty's stomach begins to bulge, indicating that some air has entered the stomach, expel the air by gently pushing on the stomach.

2.7.3 STOP THE BLEEDING / PROTECT THE WOUND

Uncontrolled bleeding causes shock and eventually death. The use of a direct pressure dressing is the preferred method to control bleeding in an emergency situation.

Exerting force on the relevant body pressure point will also control bleeding as long as the casualty or you can continue to apply pressure.

An amputated limb caused by an explosion will likely require the application of a tourniquet before a pressure dressing is used as arteries will be cut, the wound will be jagged and the loss of blood will be severe. **It is important to ensure that amputated parts accompany the casualty to the aid station.**

The application of a sterile dressing (i.e. a field dressing) and applying pressure to a bleeding wound helps clot formation, compresses open blood vessels and prevents germs from further invading the wound.

2.7.4 SIGNS AND SYMPTOMS OF BLEEDING

A casualty with severe bleeding normally has the following signs and symptoms:

- ➡ The skin appears pale and may be cold and clammy to the touch.
- ➡ Pulse is rapid and weak.
- ➡ Nausea and thirst.
- ➡ Breathing is shallow and rapid.
- ➡ Shivering.
- ➡ Confusion.
- ➡ The casualty may vomit blood if bleeding occurs inside the stomach area.
- ➡ The casualty may have difficulty breathing if bleeding occurs inside the thoracic area (wound to the chest).
- ➡ Dependent on blood loss, shock can occur slowly or rapidly.

2.7.5 ACTION FOR WOUNDS WITH SEVERE BLEEDING

The general rule for bleeding can be summed up with three letters: **P.E.R.** Pressure—Elevation—Rest. The actions required to stem bleeding are:

- ➡ Apply direct pressure on the wound with a field dressing.
- ➡ If possible, elevate the wounded limb.



- ⇒ Eliminate physical movement, lie the casualty down and provide heat and assurance.
- ⇒ **The aim in using dressings is not to soak up blood with dressings: it is to STOP the bleeding.** Bleeding should be controlled before the wound is dressed, if time permits. Do not be fooled by term “pressure dressing” as it only applies minimal broad pressure and may restrict venous return in the extremity.
- ⇒ **DO NOT place dressings over soaked-through dressings: this will NOT control the bleeding. If dressings are becoming soaked, they should be removed, the location of the bleeding should be determined and direct pressure from a couple of fingers should be used to control the bleeding.**
- ⇒ If any of the dressings are adhering to the wound (which they won't do if the bleeding is soaking through), then leave it in place so as not to disturb any clotting which has occurred.
- ⇒ If the bleeding does not stop and you are faced with an amputation or arterial bleeding of an extremity, apply pressure to the nearest related body pressure point.
- ⇒ Indirect pressure may be useful in some circumstances. “Indirect pressure” is pressure applied to an artery at the location where it travels near a bone. By applying pressure, the blood flow is reduced or halted, allowing for temporary control of hemorrhage in those instances when direct pressure is not effective or possible. The diagram on next page illustrates points for controlling bleeding through indirect pressure points.

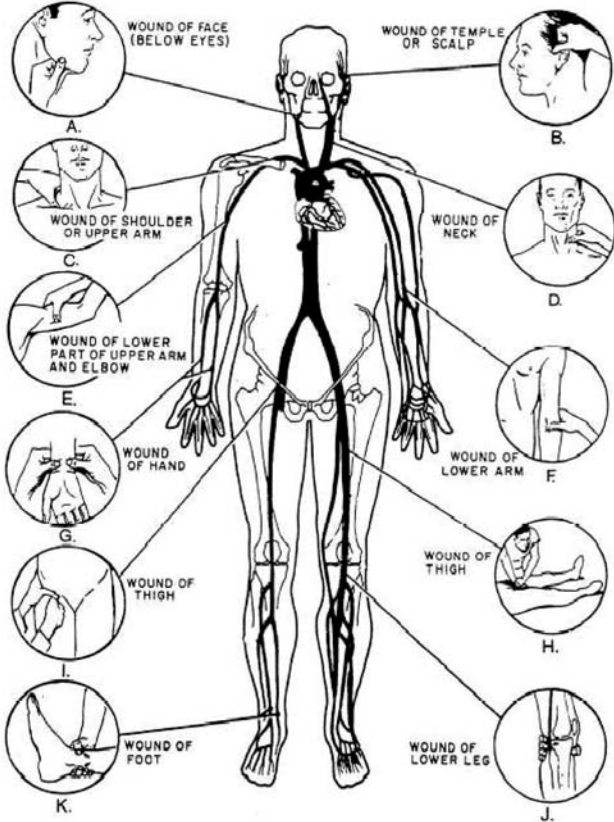


Figure 2.7.1: Pressure points for control of bleeding

If the wound continues to bleed, apply a tourniquet in the following manner:

- ➔ Fasten a cloth bandage (scarf, etc.) approximately 7 – 10 cm in width 10 cm above the wound.
- ➔ Wrap the bandage twice around the limb. Insert padding under the first knot to prevent damage to the skin when pressure is applied. Ensure that any clothing at the tourniquet site is smoothed out.
- ➔ Insert a small piece of wood, or a bayonet case, and tie a second knot.



- ➔ Turn the piece of wood in order to tighten the tourniquet. The pressure should be high enough so that no pulse can be felt or bleeding stops, whichever comes first.
- ➔ Immobilize the piece of wood with another bandage or a belt.
- ➔ On the forehead of the casualty, or on a piece of paper attached to the casualty, indicate the exact time of application of the tourniquet (i.e. T/16:20)
- ➔ The tourniquet must be visible at all times.
- ➔ Loosen the tourniquet only in the presence of medical personnel or when it has been applied for more than one hour.
- ➔ If heavy bleeding persists after a few minutes, tighten the tourniquet again for another hour.

NOTE

Care of fractures with protruding bone is also administered using these actions.

Shock is likely to set in with severe bleeding. To prevent shock:

- ➔ Cover the casualty and ensure that they are kept warm against the effects of cold and wet ground.
- ➔ Slightly elevate lower limbs by using a rolled up jacket, a log, a pouch, etc.
- ➔ Monitor the casualty by periodically evaluating their vital signs, airway, breathing rate and circulation.

2.7.6 WOUNDS WITH IMBEDDED OBJECTS

The actions required for this type of wound are:

- ➔ Leave the foreign object in place; do not attempt to remove it.
- ➔ Control bleeding by maintaining pressure around the foreign object with a dressing or clean cloth, making sure you do not move it.
- ➔ Immobilize the foreign object by:
 - ⇒ Applying a ring pad(s).
 - ⇒ Without putting pressure on the object, keep the pad(s) in place with a narrow bandage(s).

2.7.7 WOUNDS AND BLEEDING OF THE ABDOMEN

The actions required for this type of wound are:

- ➡ Lie the casualty down, face up, with legs and knees slightly flexed.
- ➡ Loosen clothing at the waist.
- ➡ If organs do not protrude, apply a dressing to the wound and bandage firmly.
- ➡ If internal organs are visible (bowels), cover them with a damp shell dressing without applying pressure.

CAUTION

Do not try to replace organs protruding from a wound.

- ➡ If improvised dressings are required, use pieces of clothing or any other clean material.
- ➡ Prevent shock.
- ➡ Do not give any liquids by mouth.
- ➡ Get the casualty evacuated on a priority basis.

2.7.8 WOUND AND BLEEDING OF THE CHEST

Signs and symptoms:

- ➡ Breathing is painful and laboured.
- ➡ Patient displays signs of anxiety.
- ➡ Blood flowing from the wound with each breath, accompanied by small bubbles.
- ➡ Coughing up blood.
- ➡ Rapid loss of consciousness.

The first priority is to ensure adequate breathing. Maintain an open airway and be prepared to give artificial respiration if breathing stops. Subsequently carry out the following:

- ➡ Uncover the wound.
- ➡ Immediately place the envelop of a field dressing on the wound with the inside of the cover facing the wound.



- ➡ Fasten the field dressing over the cover, securing it on three sides, open at the bottom so that it will act as a valve, letting air out while exhaling and blocking air while inhaling.
- ➡ Immobilize the arm on the wounded side with a bandage.
- ➡ Keep the casualty lying down on his back, shoulders slightly elevated and slanted toward the injured side.
- ➡ Prepare for immediate evacuation.

2.7.9 AMPUTATION

Signs and symptoms:

- ➡ The limb is partially or completely amputated.
- ➡ Bleeding may be severe.
- ➡ Signs of shock can appear rapidly.

Subsequent actions required to care for the casualty are:

- ➡ Apply the principles of P.E.R.
- ➡ If amputation is complete, recover the amputated segment, wrap it in a clean cloth and insert it in the envelop of a field dressing.
- ➡ If the amputated portion is bigger, use a raincoat or any other material that is waterproof.
- ➡ Keep the amputated segment in a cool environment if possible (use ice if available).
- ➡ Ensure the amputated segment accompanies the casualty.

CAUTION

Do not complete a partial amputation. Do not freeze the amputated part.

2.7.10 CONCUSSION WOUND FROM EXPLOSIONS

The actions required for this type of wound are:

- ➡ Make the casualty as comfortable as possible.
- ➡ Evaluate the casualty's Airway, Breathing and Circulation (ABC), and treat for shock.
- ➡ Prepare the casualty for immediate evacuation.

2.7.11 CARE IN THE PRESENCE OF NBC AGENTS

Treatment of wounds in a toxic environment requires special

considerations:

- ➡ Ensure that you are fully protected with mask and gloves and that your mask is functioning.
- ➡ Do not begin an examination or treatment until the casualty is masked, the mask is functioning and, if necessary, the antidote has been administered.
- ➡ Do not expose a wound in the presence of a chemical agent. Apply dressings over protective clothing. Try to repair a breach in the mask, hood or protective clothing with tape.
- ➡ Squat down to administer first aid. Do not kneel as the ground may be contaminated.
- ➡ Decontaminate exposed skin but do not decontaminate the wound itself.

2.7.12 SEVERE BURNS

The actions required to treat burns are as follows:

- ➡ Assess breathing. If absent, start immediate mouth-to-mouth resuscitation.
- ➡ Remove rings or watch if those regions are affected.
- ➡ Remove any burned clothing still covering the burn area, but only if it does not stick to the skin.
- ➡ Cover the burned portion with a clean, dry dressing large enough to cover the entire area.
- ➡ Prevent shock.
- ➡ If the casualty is conscious, give a small amount of fluid by mouth.
- ➡ Prepare the casualty for immediate evacuation.

CAUTION

Do not use wool or cotton dressings—their fibres stick to burns. The dressing must not be too tight as it will worsen the injury. Do not apply any creams, ointment or other fatty substance (butter) to the burned area. Do not apply ice. Do not rupture blisters.

2.7.13 SYMPTOMS AND TREATMENT OF SHOCK

Shock may result from any type of injury. The more severe the injury, the more likely shock will develop. The early signs of shock are



restlessness, thirst, paleness of skin and a rapid heartbeat. A casualty in shock may be excited or calm and appear very tired. The casualty may be sweating even when the skin feels cool and clammy. As shock worsens, the casualty breathes in small, rapid breaths or gasps, even when the airway is clear. The casualty may stare vacantly into space and the skin may have a blotchy or bluish appearance, especially around the lips. Treat signs of shock as follows:

- ➔ Maintain adequate respiration. To do this you may need to do nothing more than clear the upper airway. Position the casualty to ensure adequate drainage of any fluid obstructing the airway and observe to ensure that the airway remains unobstructed.
- ➔ Control bleeding by applying pressure to the pertinent pressure point, applying pressure bandages or elevating the affected limb. Apply a tourniquet only if absolutely necessary.
- ➔ Loosen constrictive clothing that tend to bind the casualty at the neck, waist and other areas (such as brassieres for females). Loosen, but do not remove, shoes.
- ➔ Take charge of the situation and reassure the casualty. Show the casualty by your calm, self-confident and gentle yet firm manner that you know what you are doing. Initiate conversation and continue to reassure the casualty. The casualty will always presume the worst. Your reassurance and continued positive conversation may save a life. Avoid talking about severe injuries. Remember, ill-timed or erroneous information can increase anxiety and advance the effects of shock.

2.7.14 HOT EXPOSURE AND RISKS

Problems in hot weather:

- ➔ Heat Stress. The body cannot regulate its temperature, extra water is lost through sweating including dry sweating (in extreme heat the skin appears dry as the sweat is evaporating).
- ➔ Heat Injuries include:
 - ⇒ Heat Rash on clothed areas (can be avoided through good hygiene).
 - ⇒ Sunburn that impairs heat loss and may have long-term hazards.
 - ⇒ Heat Cramps due to excessive salt and water loss. Usually occurs prior to acclimatization and is countered through hydration and proper nutrition.

- ⇒ Heat Exhaustion. Symptoms of heat exhaustion include fatigue, nausea, dizziness, fainting, vomiting, disorientation, irritability and elevated temperature. Ensure proper work rest cycles and hydration.
- ⇒ Heat Stroke has the symptoms of heat exhaustion but the disorientation and elevated body heat is more severe and can be fatal.

Countermeasures

- ⇒ **Hydration and Nutrition.** Maintain adequate water consumption. Recognize that treated water is less appealing and therefore less than required will be consumed. Water consumption needs do not reduce once you are acclimatized. Carry water at all times, it is a priority item in extreme heat climates. Monitor your hydration level by checking for light urine and frequent urination.
- ⇒ **Acclimatization.** Acclimatization to significant heat can take up to fourteen days. Acclimatization is gained through two hours a day of light exercise that increases in intensity each day. Maintain physical fitness.
- ⇒ **Work Rest Cycles.** Perform heavy work (including PT) in early morning or cool evening. Alternate work and rest. Find or create shade. Avoid body contact with the surface of the ground as ground heated by the sun is much hotter than the air temperature. Digging a shallow scrape for resting will reduce ground temperature significantly.
- ⇒ **Sunscreen and Head Covering.** Always use sunscreen with a high SPF factor (SPF 30 or more; fair skinned members should use SPF 60) even when already tanned. Head coverings provide critical protection from sun and heat.

2.7.15 COLDEXPOSURE AND INJURIES

The probability of cold injuries increase when you are exposed to unfavourable climatic conditions, subjected to conditions that promote boredom and loneliness, when diet and rest are inadequate or interrupted, and/or when fear, stress (injuries or pain) are factors. The cold is an enemy that can be controlled through planning and a systematic heads-up approach. It's a fact—most cold injuries can be avoided! Simply follow these basic rules:

- ⇒ Always wear environmental clothing IAW the instructions issued with them.



- ➔ Eat all components of the rations as intended, including supplements, when issued for cold weather operations. Attempt to eat smaller meals more often and drink plenty of hot beverages.
- ➔ Do not consume alcohol. It gives you an initial warm rush but when its effects wear off you'll be even colder than before.
- ➔ Do not physically exert yourself to the point of perspiration. It will freeze on you and in your clothing once you relax.
- ➔ Wash daily, cleaning as much of your body as the situation will allow. If you can't get hot water, rub yourself down with snow.
- ➔ Change your socks and underwear as often as possible—two or three times a day if you can. Let the old socks freeze, then crush them and beat the frost out.
- ➔ Get as much rest as you can. Do not sleep fully dressed; use your sleeping bag.

2.7.16 HYPOTHERMIA

Prolonged exposure to cold or damp or immersion in cold water can reduce the core temperature (the temperature of the heart, lungs, brain and vital organs). Should the core temperature fall more than 2° C below normal the resulting condition is called Hypothermia. This condition is progressive and unless immediate steps are taken to arrest it core cooling **will** continue, leading to unconsciousness and death. Signs and symptoms are as follows:

SIGNS AND SYMPTOMS	PROGRESSIVE STAGES OF HYPOTHERMIA		
	MILD	MODERATE	SEVERE
Body core temperature	35° to 32° C	32° to 27° C	below 27° C
Pulse	normal range	slow but weak	weak, irregular or absent
Respiration	normal range	slow and shallow	slow or absent
Appearance and behaviour	shivering, slurred speech	stumbling, violent shivering	shivering stops, unconsciousness
State of consciousness	conscious but withdrawn	sleepy, confused, irrational	unconsciousness

2.7.17 TREATMENT OF HYPOTHERMIA

Treatment to counter the effects of hypothermia is as follows:

- ➔ Handle the casualty gently.

- ➡ Prevent further heat loss.
- ➡ Dry and warm the casualty slowly.
- ➡ Take time to assess the ABC.
- ➡ Evacuate to medical aid.

2.8—PREVENTIVE MEDICINE

Accidents are the most common cause of death and serious injury overseas. The risk of acquiring a serious disease is relatively small but always possible. Simple precautions can dramatically reduce or eliminate the risks altogether. It is vital that you be aware of the risks, precautions and preventive measures in order to maintain your personal effectiveness and protect their well-being.

2.8.1 KNOW THE ENVIRONMENT OF YOUR PSO REGION

You must be aware of the following factors concerning the environment in which you will serve:

➡ Topography

Knowledge of the topography includes mountains, deserts, jungles, agricultural areas, plains, waterways and coastal regions and includes knowledge of the potential for floods, earthquakes, volcanoes, etc. Typically, one can break the PSO area into regions with similar topographical features. However, you should always be prepared for the most severe topography within your area.

➡ Climate

Climate includes temperature, humidity, rain/snowfall, winds and seasonal variations. Again, you must be prepared for the extremes and the most severe climatic conditions.

➡ Living and Sanitary Conditions

You need to be familiar with the living and sanitary conditions they may experience, again preparing for the worst. There may be significant numbers of displaced persons, damage to homes and shelters, and degraded or destroyed utilities such as sewage, water, lighting and gas.



➔ Pollution

You must be aware of pollution problems such as:

- ⇒ Untreated municipal discharges into waterways.
- ⇒ Rivers polluted with industrial contaminants, phenols, petrochemicals and sulphates.
- ⇒ Ground water contaminated with nitrates, chlorides and sulphates, including the intentional contamination of wells and other water sources.
- ⇒ Soil contamination such as PCBs and other industrial and agricultural pollutants.
- ⇒ Air pollution because of the fuels used and industrial waste.
- ⇒ Hazardous conditions as a result of conflict (i.e. depleted uranium munitions).

2.8.2 MOST PREVALENT THREATS TO PSO MEMBERS

PSO members should be fully cognizant of the hazards they face and the potential results. This section will not cover all diseases. However, it would be most advantageous for you to be familiar with the diseases common to your region, signs of such diseases, appropriate preventive measures and actions to take if affected. The following table highlights some of the hazards and the potential results:

Hazard	Result
Violence/Combat	Unpredictable casualties
Accidents/Non-battle injury	Major source of lost manpower
Food and Water Contamination	Spread of diarrhoea and diseases
Close Contact with People	Respiratory tract infections; diseases such as tuberculosis, meningitis and hepatitis; sexually transmitted diseases
Climate and Terrain	Cold and heat illness, trauma
Ticks and Biting Insects	Transmission of serious diseases
Air and Water Pollution	Respiratory diseases, allergies and toxic effects

2.8.3 KEY PREVENTIVE MEDICINE MEASURES

Deployment Phase

- ⇒ Maintain a healthy diet and good physical fitness.
- ⇒ Establish a “buddy” system for physical and psychological support.
- ⇒ Emphasize safety (injuries are very common during early phases).
- ⇒ Minimize sleep loss and jet lag.
- ⇒ Drink plenty of fluids.
- ⇒ Schedule and eat regular meals.
- ⇒ Avoid alcohol, caffeine, nicotine and carbonated beverages.

Operational Phase

- ⇒ Assume that all water, beverages and food from non-military sources are contaminated.
- ⇒ Enforce appropriate cold, heat and water discipline SOPs.
- ⇒ Schedule and eat regular meals.
- ⇒ Bathe or shower daily if possible.
- ⇒ Defecate only in constructed latrines or designated areas.
- ⇒ Enforce use of insect repellent, clothing dip and bug nets.
- ⇒ Avoid contact with wild and domestic animals.
- ⇒ Remain informed and updated.
- ⇒ Conduct regular recreation and stress alleviation debriefings.
- ⇒ Emphasize safety at all times.

Immunization

The first line of defence is proper immunization. Vaccines are available to prevent many diseases. Follow the prescribed CF immunization schedule.

2.8.4 MISSION AREA ACCLIMATIZATION

Acclimatization is the process by which an individual adjusts to the conditions of the particular PSO area. In acclimatizing properly, you may avoid the potential effects of sudden change and hence remain active and effective instead of becoming a liability. The following



are tips on some aspects of acclimatization.

☛ Sun Acclimatization

- ⇒ Avoid direct sunlight, particularly at mid-day.
- ⇒ Apply sunscreen with a sun protection factor (SPF) of 30 or greater.
- ⇒ Apply sunscreen 30 minutes before going out and after excessive sweating or swimming.
- ⇒ Wear sunglasses, a wide-brim hat and other protective clothing.
- ⇒ Check with a doctor to ensure that exposure to the sun will induce no adverse reactions due to medications you may be using.

☛ Heat Acclimatization

- ⇒ Wear loose-fitting, breathable (i.e. cotton) clothing.
- ⇒ Drink plenty of fluids.
- ⇒ Avoid alcohol and beverages containing caffeine.
- ⇒ Add extra salt to your diet.
- ⇒ Take it slow. Do not overdo work and exercise until you are acclimatized.

☛ High Altitude Acclimatization

- ⇒ Make your ascent gradual, taking breaks at intermediate altitudes.
- ⇒ Drink extra fluids.
- ⇒ Do not overexert yourself.
- ⇒ Avoid sedatives, aspirin, codeine and alcohol.

☛ Cold Acclimatization

- ⇒ Wear appropriate protective clothing.
- ⇒ Drink extra fluids.
- ⇒ Do not overexert yourself.
- ⇒ Avoid sedatives, aspirin, codeine and alcohol.

2.8.5 NUTRITION

Properly planned and executed dietary practices help maintain and enhance physical performance and morale and significantly contribute to mission accomplishment. You should be aware of the importance of food and water and how to implement sound nutritional practices. Meals affect motivation and morale. Food intake is almost always higher at scheduled meals compared to unplanned meals. People tend to eat more when they are in a social group for meals. Hot meals improve morale and increase food intake. Thus, if possible, try to schedule at least one hot meal per day. Attempt to maintain regularly scheduled meal times.

2.8.6 FOOD AND WATER DISCIPLINE

One of the greatest threats to your health is infectious diarrhoea that results from contamination of water and food by bacteria, viruses and parasites. Contamination occurs because of improper water purification; inadequate cooking, handling or storage of food and water; and breakdowns in field sanitation and local public health services. Diarrhoea is the principal symptom but nausea, vomiting, fever and other symptoms are also caused by these conditions. Diarrhoea, especially when vomiting or fever is present, causes dehydration. The most common condition is simple diarrhoea with frequent, watery stools and abdominal cramping for three to five days.

Take the following precautions against food and water illness:

- ➡ Drink water or beverages only from approved military water sources. Assume all ice is contaminated.
- ➡ Consume food only from approved military sources. Perishable food must be refrigerated, adequately cooked and served steaming hot.
- ➡ Avoid dairy products, shellfish, uncooked seafood and other raw foods of any kind.
- ➡ Do not eat any peeled fruit that you have not peeled yourself.
- ➡ Follow proper field sanitation procedures for disposal of waste and for the location and maintenance of latrines. All latrines should be at least 100 meters—downwind, downstream, downhill—away from mess facilities.
- ➡ Do not add beverage flavourings to bulk water supplies because they block the action of disinfectants.



- ⇒ Practise good personal hygiene. Wash your hands to protect yourself and others from infectious diseases. Do not bathe, swim or wash clothes in local water such as rivers and ponds.

2.8.7 PREVENTION OF DIARRHOEA

Take the following steps to prevent diarrhoea:

- ⇒ Ensure that all foods are stored and prepared properly.
- ⇒ Be aware that alcohol consumption may make you less cautious and excessive consumption may itself cause diarrhoea (alcoholic beverages are not a source of water intake).
- ⇒ Avoid any foods which may have been exposed to flies.
- ⇒ Avoid food and drink that has a high risk of being contaminated.
- ⇒ Establish that unknown types of food are safe before consuming them.
- ⇒ Be aware that the organisms which are responsible for disease are not readily apparent.
- ⇒ Be aware that foods that typically cause diarrhoea include shellfish, uncooked vegetables, salads and peeled fruit, rice, milk products, eggs and poultry.

2.8.8 CARE AND FIRST AID FOR DIARRHOEA

Individuals with severe, bloody or prolonged diarrhoea (more than 3 or 4 days) and/or vomiting should be medically evaluated. Dehydration is a concern with all diseases that result in diarrhoea and vomiting. To prevent dehydration, take the following action:

- ⇒ Drink safe, clear fluids to replenish liquid losses.
- ⇒ Urinate frequently.
- ⇒ Commercial sports drinks are acceptable provided that the bottle is clean and sealed.
- ⇒ Pepto Bismal may be used for minor bouts of diarrhoea.
- ⇒ Seek medical assistance if diarrhoea persists for more than 48 hours and or if blood or mucus is seen in feces.

2.8.9 RULE OF THUMB

If you cannot cook it, boil it or peel it, then forget it!

2.8.10 DISEASES FROM HUMAN CONTACT

Respiratory tract infections such as colds, flu, sinusitis and strep throat can be common in local populations as well as among deployed personnel, particularly if living in crowded conditions. Tuberculosis can be a serious health risk near refugee and detention camps. Meningitis (an infection of the lining of the brain) can be spread with direct contact with droplets from the nose and throat of infected persons. It is characterized by the sudden onset of fever, intense headache, nausea and often vomiting, a stiff neck and a rash. Meningitis can rapidly prove fatal. Sexually transmitted diseases such as hepatitis B, AIDS, gonorrhoea, syphilis, genital warts and herpes may cause sores, genital discomfort, several types of viruses, liver disease, intestinal problems and other serious long-term medical problems.

Preventive Measures for Diseases from Human Contact

- ➡ Minimize crowding in living spaces.
- ➡ Maintain good ventilation.
- ➡ If living with others in close proximity, alternate sleeping positions (head to foot).
- ➡ Abstinence is the best way to avoid sexually transmitted diseases (STDs). Use of a condom only *minimizes* the risk; it does not eliminate it.
- ➡ If possible, when exposed to blood or body fluids from casualties, wear gloves, masks, gowns and goggles, and wash hands thoroughly after exposure.

2.8.11 SEXUALLY TRANSMITTED DISEASES

STDs, including gonorrhoea, syphilis, genital warts, herpes, hepatitis B infection and infection with the AIDS virus (HIV), could be common. Abstinence is the best way to prevent sexually transmitted diseases. If sexual contact is not avoided, condom use is essential to minimize risk. A physician should be consulted if genital discomfort, sores (painful or painless) or an unusual discharge develops.

2.8.12 CAUSES OF ACCIDENTS

Factors contributing to serious injury as the result of accidents include:

- ➡ Abandonment of safety practices during the early phases of deployment.
- ➡ Poor visibility and depth perception in certain kinds of terrain and weather conditions.



- ⇒ Poor roads and no traffic control.
- ⇒ Athletic injuries resulting from physical training.
- ⇒ Recreation and sports.
- ⇒ Improper handling of weapons and ordnance (issued and found).
- ⇒ Failure to wear proper protection against operational hazards.

Fatigue caused by chronic sleep deprivation and high mission-related stress will compound many of these problems. Since motor vehicle crashes are the primary cause of non-combat fatalities and serious disabilities, special care should be taken to prevent these types of accidents.

Precautions to Avoid Accidents and Non-combat Injuries

- ⇒ Plan missions and work with safety in mind.
- ⇒ Ensure PSO members are trained in the proper use of equipment.
- ⇒ Establish systems to identify potential hazards and breakdowns in safety procedures.
- ⇒ Follow established safety standards and procedures.
- ⇒ Designate safety personnel.
- ⇒ Emphasize vehicle safety (seat belts, speed limits).
- ⇒ Avoid physical over-training and minimize aggressiveness in sports.
- ⇒ Enforce weapons safety procedures.
- ⇒ Enforce ordnance handling and disposal policies.
- ⇒ Enforce discipline regarding the collection of battlefield “souvenirs.”
- ⇒ Ensure protective equipment (eye shields/body armour) is available and properly used.
- ⇒ Ensure adequate rest and sleep.
- ⇒ Manage individual and peer stress proactively.

2.8.13 DISEASES, POISONS AND ILLNESSES FROM PLANTS

Plants can be dangerous to your health. For example, plants with thorns can puncture the skin and cause infections. Other plants can cause rashes just by touching the skin. Contact with the smoke from burning plants can also cause skin rashes and damage to the lungs.

Precautions to Avoid Problems with Plants

- ➡ Become educated about dangerous plant species and their potential for causing health problems.
- ➡ Avoid skin contact with harmful plants.
- ➡ Use clothing as a protective barrier for the skin.
- ➡ Clean clothing after contact with dangerous plants. Clothing can be decontaminated by washing with soap and hot water.
- ➡ Seek medical evaluation if injury or poisoning from plants occurs.

2.8.14 DISEASES FROM ANIMALS

Animals can transmit diseases directly or indirectly to PSO members. For example, *Hemorrhagic fever* with renal syndrome (fever with kidney failure) is transmitted from mice to individuals who breathe infected, dust-like, animal waste particles.

☞ Brucellosis

Brucellosis (“Q” fever and *anthrax*) is found in goats, sheep and cattle. Infection may result from consumption of local milk or other dairy products, from breathing dust-like particles from infected animals or their feces, and from direct contact with animal tissues, urine or blood.

☞ Leptospirosis

Leptospirosis (*mud fever*) may occur after wading or lying in water or mud infected with the urine of disease-carrying animals (cattle, dogs, horses, pigs, rats and others). These diseases cause headache, fever, chills, sweating and body aches.

☞ Rabies through Bites and Scratches

Animal bites or scratches must be evaluated by medical personnel. If a PSO member is infected with rabies and does not receive anti-rabies shots they will die.

Precautions to Avoid Diseases from Animals

- ➡ Avoid contact with domestic or wild animals. Camp pets should be forbidden but dogs may be kept for security purposes; if so, the dog must be properly vaccinated and its vaccinations kept current.
- ➡ Avoid contact with meat, hides and animal carcasses. Blood, urine and wastes of animals should be avoided.
- ➡ Do not work or live in sheds, huts, pens or other areas where livestock has been housed or slaughtered.



- ⇒ Elevate or cover spouts on water sources to prevent animals from licking or otherwise contaminating them.

2.8.15 DISEASES FROM INSECTS

Several species of disease-carrying insects may inhabit the PSO region. Some diseases spread by insects are serious and can be fatal. High-risk periods may be seasonal and high-risk times of day may exist. All biting flies and insects are considered carriers of disease and steps should be taken to control their numbers and prevent biting. Almost all diseases from insects cause severe flu-like symptoms with fever, muscle aches, weakness and headaches. Other signs or symptoms may include rashes, swollen lymph nodes, joint pain, shaking chills, sweats, nausea or vomiting. Therefore, all flu-like symptoms must be treated seriously.

☛ Countermeasures to Insect-borne Diseases

Prevention of diseases transmitted by biting insects depends on personal protective measures and area insect control. If used rigorously, the following precautions should provide protection against biting insects:

- ⇒ Apply insect repellent and protective skin lotion to exposed skin and to the first three inches of skin covered by the uniform during the months of insect activity. Skin repellent may be effective up to 12 hours, so it should be applied at least twice per day during periods when insects are prevalent.
- ⇒ During the months of insect activity, protect clothing with insect clothing dip and reapply it as required. Treating bed netting may be useful in areas where sand flies are numerous since they are small enough to penetrate untreated netting.
- ⇒ Shake out clothing, boots and bedding to rid of them of insects, before use.
- ⇒ Sleep in well-screened areas and keep sleeping surfaces off the ground.
- ⇒ Use appropriate coils and insect sprays to kill insects in living areas.
- ⇒ Conduct periodic personal and “buddy” checks for ticks and other biting insects, especially when moving cross-country in brush or grass. Ticks are removed from the skin by firmly grasping the head of the tick with a pair of tweezers and removing the tick with a gentle steady pull.

- ⇒ Wear and blouse trousers and shirts properly to prevent tick bites. Trouser legs should be tucked inside boots.
- ⇒ Avoid contact with wild and domestic animals.
- ⇒ Remember measures to control insects include good personal hygiene, proper disposal of garbage and human waste, and covering food and water. Insect breeding areas such as pools of water in old tires, cans, buckets and ditches should be drained.

2.8.16 SNAKES

Snakes may have highly toxic venom with effects ranging from severe pain and ulceration of the skin to death. Be aware of the conditions in which snakes thrive, the general areas they inhabit and avoid them. Note that the information on snakes is very much theatre-specific and each PSO region will be different.

Preventive Measures against Snakes

- ⇒ Treat all snakes as poisonous and dangerous.
- ⇒ Avoid snakes as much as possible and be vigilant in areas where they tend to live.
- ⇒ Avoid sleeping on the ground.
- ⇒ Shake out boots, uniforms and bedding before use.
- ⇒ Do not disturb, corner or attack snakes.
- ⇒ Do not attempt to handle snakes, even if they appear dead.
- ⇒ If confronted, keep absolutely still.
- ⇒ Never walk in undergrowth or deep sand without boots and bloused trousers.
- ⇒ Be particularly alert around dwellings as snakes may be in pursuit of rats and mice.
- ⇒ Do not place your hands in holes or crevices.
- ⇒ Seek immediate medical aid if bitten. Apply ice and immobilize the body part involved. Do not apply a tourniquet or attempt to suck the wound.



2.8.17 PRECAUTIONS TO AVOID PROBLEMS IN MOUNTAINOUS ENVIRONMENTS

- ➡ Allow the body to gradually adapt to the thin air to prevent altitude illnesses. This can be accomplished by maintaining a slow rate of ascent or by resting for a day (and a night) at 1500 meters before continuing to higher elevations.
- ➡ Limit physical activity, if possible, during the first 24 to 48 hours in the mountains to reduce the risk of getting acute mountain sickness.
- ➡ Take appropriate medications to prevent severe symptoms of altitude illness if susceptible.
- ➡ Plan for decreased physical and mental work capabilities.
- ➡ Maintain adequate hydration in mountains by drinking fluids but avoid alcoholic beverages.
- ➡ Employ caution and proper techniques to reduce the danger of falling when walking, running or climbing in the mountains.

2.8.18 SIGNS AND SYMPTOMS OF HEAT STRESS

- ➡ Symptoms are malaise, headache and nausea.
- ➡ Signs are paleness, dry skin, clumsiness and confusion.

Prevention of Heat Stress

- ➡ Education in prevention and emergency treatment.
- ➡ Acclimatization, especially for those unaccustomed to hard work in hot weather.
- ➡ Physical fitness.
- ➡ Active measures such as work-rest and water replacement protocols.

2.8.19 PRECAUTIONS TO BE TAKEN IN COLD ENVIRONMENTS

Conduct training for cold weather operations before deployment. Training and education about cold weather hazards are essential because soldiers do not acclimatize very well to the cold. Points to consider are:

- ➡ Maintain physical fitness as high levels of fitness are essential for participation in cold-weather operations.
- ➡ Minimize periods of inactivity in cold conditions.

- ➡ Minimize risk of cold injuries in fighting positions and sentry and observation posts by placing pads, sleeping bags, tree boughs, etc. inside these positions.
- ➡ Maintain adequate food consumption to make up for increased energy requirements in cold weather. Eat “normal” meals with frequent nutritious snacks.
- ➡ Maintain proper hydration to reduce susceptibility to cold injuries. In cold-weather operations you should consume about a litre of water with breakfast, lunch, dinner and before going to sleep at night. An additional litre should be consumed every hour during the workday (more if the work is strenuous enough to cause you to sweat) for a total of at least 6 to 8 litres per day.
- ➡ Monitor hydration status by noting urine colour and frequency of urination. Dark yellow urine and infrequent urination indicate that fluid consumption should be increased.
- ➡ Avoid alcohol and tobacco because of their adverse effects in the cold.
- ➡ Keep hands, feet and skin dry. Change socks at least once a day; more if possible.
- ➡ Keep clothing clean. Dirty clothing loses its insulation value and prevents evaporation of sweat.
- ➡ Wear clothes in layers. Layered clothing allows you to adjust to changes in temperature or physical workload. Wearing layered clothing is especially important for people whose duties require them to move in and out of heated spaces or to periodically undertake vigorous physical activity.

2.8.20 PERSONAL PREVENTIVE MEDICINE KIT

You should prepare for your own protection and use a preventive medicine kit. Keep in mind that you must be prepared for the extremes, not the norm, and be prepared to be away from support systems longer than you plan. Some items worthy of consideration are:

- ➡ Insect repellent.
- ➡ Sunscreen.
- ➡ Dental floss.
- ➡ Prescription and other suitable medications (anti-malarial, motion or altitude sickness, laxative, throat lozenges, etc.).
- ➡ Spare eyeglasses and sunglasses.
- ➡ Disposable latex gloves.



- ⇒ Vaseline™ petroleum jelly.
- ⇒ Oral thermometer.
- ⇒ Condoms.
- ⇒ Pepto Bismal™.
- ⇒ Baby wipes.

2.8.21 MILITARY OBSERVER FIRST AID KITS

When you get your MilOb First Aid Kit, which comes in three large bags, the first thing you need to do is take out all of the equipment and medication and become familiar with every piece. You do not need to carry everything with you at all times. Even though the intent of the kit, from a CF medical point of view, is for a professional health care practitioner to use it, there will be times where you will have to administer yourself. The following should be considered:

- ⇒ Make up three separate bags:
 - ⇒ A carry-around kit, for everyday use and when on foot patrols. The small pack from the webbing is ideal to carry these contents.
 - ⇒ A trauma or emergency kit, to use for emergencies and to be carried during vehicle patrols.
 - ⇒ A “pharmacy” kit, kept back in the quarters with all the extra supplies.
 - ⇒ Take all the medications out of their boxes and label each one with NATO stock number (NSN) and other applicable information.
 - ⇒ Make a detailed inventory list of what medications and equipment are in each bag. Put one copy in the bag and carry one with you. This will save you frustration when looking for an item three months into your tour. If possible, see your MO or MA and go over the medications, especially the antibiotics. In your list, make a note of what the medications are for. The kit will have an inventory of all equipment and medication to assist you.
 - ⇒ If time permits, come up with a cross-referenced list of symptoms to medications. This should be done with an MO or MA.
 - ⇒ If you are taking prescription medications ensure you know what the possible side effects will be if used with any of the medications in the kit.

- ⇒ Make sure that you take vitamins.
- ⇒ Make sure that you take hand-sanitizer and carry a small bottle on you at all times.
- ⇒ Take a couple of electronic digital thermometers.
- ⇒ Take some basic cold medications that you normally use.
- ⇒ Buy a couple of first aid sticks and always carry them with you to apply to any small cuts or bites. Infection is your worst enemy.
- ⇒ To help you remember to take your malaria pills on your scheduled day, stick them to a calendar so that they will not be forgotten.
- ⇒ An indoor/outdoor thermometer is a handy piece of kit to have.
- ⇒ Always carry with you latex gloves (in a film canister) and a shell dressing.

2.8.22 FOOD PREPARATION AND STORAGE

The following points should be considered for food preparation and storage:

- ⇒ Always ensure that whoever is preparing the food is following proper hygiene practices—**to Canadian standards!** Don't be afraid to set the standard here. If you don't, you and your team could suffer.
- ⇒ Ensure that you wash all your fruits and vegetables. PURITABS are the ideal. Follow the package instructions. If you do not have PURITABS, use a water solution with Javex. Usually the mixture of water to Javex is 9 parts water to 1 part bleach.
- ⇒ Don't fall into the trap of avoiding the local foods; just be aware of how it is being prepared. Also, don't be foolish and think that just because the locals eat it that it's OK for you to eat. Use common sense. If you do hire a cook, teach them proper food hygiene and storage.
- ⇒ If your team site does not hire a cook and you will be preparing food yourselves, learn how to buy food smartly and ensure that your storage area is clean and that your products are properly stored.
- ⇒ Disposal of food is important. Ensure that proper food disposal techniques are employed.



- ➔ Bring zip lock baggies in a variety of sizes to help store your food.
- ➔ Don't just eat soups and Kraft macaroni. This will be a good time to be a bit adventurous, but again, use common sense.

2.8.23 CONCLUSION

The risk of acquiring a serious disease is relatively small but always possible. Simple precautions can dramatically reduce or eliminate the risks altogether. It is vital that you be aware of risks, precautions and preventive measures in order to maintain your personal effectiveness and protect your well-being. Do not put yourself at undue risk through negligence. Be well informed and take action to protect yourself. Those in command and leadership positions have the additional responsibility to ensure that their subordinates are provided the information they need and that they are taking appropriate preventive measures.

2.9—STRESS MANAGEMENT

2.9.1 DEFINITIONS

☞ Stress

Stress is the wear and tear on the body caused by the need to adapt to changes in the physical, social or work environment. It is the physical and psychological process of reacting to and coping with events or situations that place extraordinary pressure upon a human being.

☞ Basic Stress

Basic or minor stress is experienced by every individual in daily situations that may produce tension, frustration or irritation.

☞ Cumulative Stress

Cumulative stress is the result of strain that occurs too often (frequency), lasts too long (duration) and is too severe (intensity).

☞ Critical Incident

A critical incident is an event outside the range of normal experience, which is sudden and unexpected and involves the perception of a threat to life. It disrupts one's sense of control.

➤ Critical Incident Stress

The unusually strong physical and emotional reactions experienced in the face of a critical incident which can interfere with one's ability to function during or after the event.

➤ Critical Incident Stress Management (CISM)

Critical Incident Stress Management (CISM) is a process designed to mitigate or reduce the effects of a critical incident. It assists in the recovery of normal people from an abnormal incident by helping to normalize the symptoms. A CISM program is conducted by trained facilitators and professionals who educate individuals and groups on what to expect on the way to recovery.

➤ Traumatic Stress

Traumatic Stress can be stress that accumulates over time; it can also be the result of a single, sudden and violent assault that harms or threatens an individual or someone close by, either physically or psychologically.

➤ Post-Traumatic Stress Disorder (PTSD)

Exposure to a critical incident may lead to a more serious condition known as Post-Traumatic Stress Disorder (PTSD). PTSD may be compared to a wound that will not heal naturally. An individual with PTSD may, after a period of well-being, experience a delayed onset disorder. This generally can be recognized by persistent re-experiencing of the traumatic event, avoiding association with any stimulus that is a reminder of the trauma, symptoms of exaggerated alertness or caution and possibly inappropriate, or even violent, reactions to threatening situations.

➤ Stress Management

The variety of actions used to prepare for, prevent and deal with the possible reactions to stress.

2.9.2 FACTS ABOUT STRESS

Keep in mind that:

- ➡ Stress is inherent to survival.
- ➡ Stress is necessary for human development and growth.
- ➡ Stress is initially positive, but too much is unhealthy.
- ➡ Stress can be addictive in certain individuals and infective within a group.



⇒ Stress is manageable.

⇒ Too much stress can wear out an individual mentally, emotionally and physically.

2.9.3 THE EMOTIONAL CYCLE OF DEPLOYMENT

Be aware that stress is normal and the emotions that bring on stress tend to follow a cycle related to the stages of deployment and time. A typical emotional cycle on deployment might be:

DEPLOYMENT STAGE	EMOTIONAL STAGE	TIMEFRAME
Pre-deployment	Anticipation of Loss	1–6 weeks before departure
	Detachment and Withdrawal	1–2 weeks before departure
During Deployment	Emotional upheaval	First 6 weeks
	Recovery/stabilization	Variable duration
	Anticipating homecoming	Last 6 weeks
Post-deployment	Renegotiating relationships	6–12 weeks
	Getting it all together again	6 weeks to 6 months

2.9.4 STRESS REACTIONS AND EFFECTS

Being familiar with the signs of stress will assist in preventing or minimizing undesirable effects and will facilitate subsequent treatment (if necessary) and recovery.

☞ Physical Stress Reactions

Physical stress reactions may include:

- ⇒ Trembling or tics.
- ⇒ Increased heart rate and blood pressure.
- ⇒ Cold sweats.
- ⇒ Head or stomach aches.
- ⇒ Hyperventilating or difficulty with breathing.
- ⇒ Tightness of neck and back.
- ⇒ Urinary frequency and diarrhoea.
- ⇒ Muscular contractions.

⇒ Nausea or vomiting.

➔ Emotional and Psychological Signs and Effects

Emotional and psychological signs and effects of stress may include:

⇒ Anxiety and hyperactivity.

⇒ Feeling abandoned.

⇒ Depression.

⇒ Feeling overwhelmed.

⇒ Cynicism or pessimism.

⇒ Guilt.

⇒ Angry outbursts and senseless arguments.

➔ Effects of Stress on Behaviour

Typical effects of stress on behaviour are:

⇒ Procrastination.

⇒ Inability to complete projects.

⇒ Sleep disturbances.

⇒ Appetite changes.

⇒ Increased smoking or drinking.

⇒ Accident proneness.

⇒ Dangerous driving or careless weapon handling.

⇒ Decreased involvement with others.

⇒ A tendency to show extreme emotions.

➔ Effects of Stress on Mental Functioning

Typical effects of stress on mental functioning are:

⇒ Memory loss.

⇒ Decision-making difficulties.

⇒ The confusing of important and trivial issues.

⇒ Difficulty concentrating.



⇒ Loss of attention span.

➤ Effects of Stress on Lifestyle

Typical effects of stress on lifestyle are:

⇒ Abuse of alcohol and other mind altering substances.

⇒ Smoking increase.

⇒ Diet change.

⇒ Decreased interest in physical fitness.

⇒ Poor time management and no time for relaxation.

⇒ Perfectionism.

⇒ Worry.

⇒ Fussiness.

2.9.5 GENERAL STRATEGIES FOR DEALING WITH STRESS

Individual Techniques for Reducing Stress

- ⇒ Breathing, muscle relaxation and meditation skills.
- ⇒ Exercise.
- ⇒ Self-talk techniques (self-motivation).
- ⇒ Positive imaging techniques.
- ⇒ Drawing upon spiritual, moral or ethical resources.
- ⇒ Distancing and reassessment.
- ⇒ Constructive ventilation of emotions.

Group Techniques for Reducing Stress

- ⇒ Peer-sharing, support and feedback.
- ⇒ Building social networks and unit cohesion.
- ⇒ Encouragement and use of humour.
- ⇒ Anger control and negotiation skills (role-playing scenarios).
- ⇒ Meaningful physical activities and recreation.

2.9.6 BASIC STRESS

➤ How to Manage Basic Stress

Most stress can be managed. Determination and self-discipline

are keys to finding the source(s) of stress and coping with it before it escalates to an uncontrollable level. As a rule, stress management plans will include learning to do some old tasks differently. Initially, the effects of stress can likely be alleviated by simple, common sense measures. Develop a management and control strategy to help avoid potential distressors. The following guidelines have been found to be effective in stress management strategy development:

- ⇒ Identify the sources of stress.
- ⇒ Know your personal limitations.
- ⇒ Manage time well.
- ⇒ Be assertive, but not aggressive.
- ⇒ Accept creative challenges.
- ⇒ Get enough sleep.
- ⇒ Rest or conserve strength.
- ⇒ Eat regularly.
- ⇒ Control intake of alcohol and tobacco.
- ⇒ Make time for relaxation and physical exercise.
- ⇒ Develop satisfying friendships and relationships.
- ⇒ Have a positive attitude.
- ⇒ Develop and maintain a sense of humour.

2.9.7 CRITICAL INCIDENT STRESS

The possibility that you will encounter one or more traumatic situations in a conflict zone is high. Critical incident stress may be the result of witnessing an event that is outside the range of normal experience, that is sudden and unexpected and involves the perception of a threat to life. One's sense of control is disrupted. Strong physical and emotional reactions occur which could interfere with one's ability to function during or after the event. The trauma is exacerbated because very often the you are unable to assist or change the plight of helpless victims. You may become completely overwhelmed after undergoing a critical, traumatic incident. Although the range of emotional reactions to trauma is limited, such reactions will vary from one individual to another. The time it takes for these reactions to appear and their severity depends on the person's character and vulnerability at the time. The reaction(s) may appear immediately or after a few hours or days, as in the case of acute stress disorder. Or, the reaction(s) may appear after a few months or years, as in the case of PTSD which will be discussed later.



➤ Symptoms During or Following a Critical Incident

One may experience the following symptoms during or following a critical incident:

- ⇒ Physical, emotional and cognitive deterioration.
- ⇒ Preoccupation with the event.
- ⇒ Startled reaction.
- ⇒ Fluctuation of mood.
- ⇒ Feeling of isolation.
- ⇒ Sleep disturbances.

➤ Delayed Response Characteristics Following a Critical Incident

Delayed response characteristics following a critical incident may include:

- ⇒ Intrusive images or flashbacks.
- ⇒ Disturbance by smells or odours.
- ⇒ Fear of repetition.
- ⇒ Restlessness, sweating at night and nightmares.
- ⇒ Increased use of alcohol or drugs.
- ⇒ Severe physical, emotional and cognitive symptoms.

2.9.8 HOW TO MANAGE CRITICAL INCIDENT STRESS

The first step in dealing with a reaction to a traumatic situation is to identify the cause of the stress and give “first aid” in the form of active listening and showing care and sympathy. One must be calm and patient. To prevent complications, professional help should be sought as soon as possible. You can reduce the impact of the critical incident on yourself and others by:

- ⇒ Recognizing the signs of critical incident stress.
- ⇒ Maintaining a positive attitude.
- ⇒ Trying to control your breathing.
- ⇒ Focussing on the immediate task.
- ⇒ Staying in contact with others.
- ⇒ Eating, drinking and resting.
- ⇒ Taking breaks and rotating tasks.

→ Being aware and assuring others that in most cases stress reactions can be countered.

↻ Follow-up to the Critical Incident

Soon after the event, talk about it and your own reactions and feelings—what you saw, heard, smelled, sensed, thought and felt.

Practise the stress management techniques you have been taught.

Ensure that you and others participate in a critical incident stress debriefing program, conducted by trained and qualified facilitators.

↻ Critical Incident Stress Management (CISM)

CISM is a process designed to mitigate or reduce the effects of a critical incident, typically starting with a well-managed debriefing. It aids in the recovery of normal people from an abnormal incident by helping to normalize the symptoms. A CISM program is conducted by trained facilitators and professionals who educate individuals and groups on what to expect on the way to recovery. It is not a therapy session nor is it an operational debriefing; instead, it allows individuals and groups to *vent* their strong emotions. Typically there will be several trained and experienced CISM facilitators in units and headquarters. Defusing, which entails a group of those involved, directly after the event may be done by a trained peer. This allows personnel to vent and to learn about stress reaction and the support available.

2.9.9 CUMULATIVE STRESS

Cumulative stress is the result of strain that occurs too often, lasts too long and is too severe. In these circumstances, distress leads to exhaustion and other manifestations so that a person is unable to cope with the amount of stress being experienced. If cumulative stress is not cared for, it may lead to *burnout* or *flame-out*, which may precede other very serious stress disorders.

↻ Burnout

Ongoing stress may result in burnout or professional and personal exhaustion. A person suffering from burnout will exhibit changed attitudes concerning work, colleagues and victims of an incident. For example, a person suffering from burnout will either avoid work or, more often, will become totally immersed in it, excluding all other aspects of life. Usually there are signs of depression, loss of self-confidence and/or self-esteem, diffused sadness, guilt and grief.



➔ Flame-out

The so-called “flame-out” phenomenon may result from the rapid onset of burnout, particularly if periodic rest, proper food and exercise are overlooked or ignored. Usually this reaction to stress can be treated at once by instructing the person experiencing flame-out to leave the scene temporarily to regain control/composure. Some symptoms of flame-out are:

- ⇒ Intense fatigue, often associated with exhausting hyperactivity.
- ⇒ Feelings of sadness, discouragement, depression, guilt, remorse or hopelessness.
- ⇒ Failure to admit to a state of psychological exhaustion and denial of any loss of efficiency.
- ⇒ Inability to objectively and accurately assess personal and professional performance.
- ⇒ Physical signs of exhaustion may also be experienced (i.e. fatigue, headache, back pain and stomach ulcers).

➔ How to Manage Cumulative Stress

Since cumulative stress develops over time, at some point it may be difficult to recognize the signs of stress which may become such a part of everyday life that they seem a natural state. The temptation may be to deny that anything is wrong. Thus, it is important to listen when others begin to say “take some time off,” “lighten up,” “don’t work so hard,” etc. Long periods of stress will ultimately affect every part of a person’s life, including health. Whereas basic stress can often be alleviated by active or restful measures, cumulative stress becomes a “habit” which must be broken by making a conscious effort to change the manner in which one reacts to stress and/or its source. This may necessitate changing one’s lifestyle, attitude(s), philosophy and expectations. For example:

- ⇒ Take personal responsibility for stress. Only you can accurately identify the areas of stress in your life and do what is necessary to change it or your reaction to it.
- ⇒ Accept what cannot be changed—not every stressful situation can be changed.
- ⇒ Understand the limits of high expectations and objectives (particularly as a soldier).

- ⇒ Avoid overwork—learn to delegate tasks and to leave some things undone until later.
- ⇒ Be realistic about goals—one can only accomplish so much within a limited time-frame.
- ⇒ Take care of yourself so you can effectively take care of others.
- ⇒ Exercise self-discipline in out-of-control situations.

2.9.10 POST-TRAUMATIC STRESS DISORDER (PTSD)

If serious symptoms or reactions to stress persist for more than one month, they may lead to a more serious condition known as Post-Traumatic Stress Disorder (PTSD). A person experiencing PTSD should seek professional help from a specialist in psychotherapy. An individual with PTSD may, after a period of well-being, experience a delayed onset disorder which generally can be recognized by several criteria:

- ⇒ Persistent re-experiencing of the traumatic event.
- ⇒ Avoiding association with any stimulus that is a reminder of the trauma.
- ⇒ Symptoms of exaggerated alertness or caution and possibly inappropriate, or even violent, reactions to threatening situations.

⇒ How to Prevent PTSD

The following points are important and must be remembered:

- ⇒ It is normal to suffer symptoms of extreme stress in the aftermath of a traumatic incident.
- ⇒ Do not be critical of yourself or think that you are weak.
- ⇒ Do not imagine others will think badly or less of you.
- ⇒ Do not suffer in silence; verbalizing emotions helps one to work through the experience and will help prevent more serious effects in the future.
- ⇒ Ask for help, for yourself or for someone you know.
- ⇒ Talk about the experience immediately with someone trustworthy.
- ⇒ Be willing to listen to others who are in distress.
- ⇒ Rest.
- ⇒ Take time to recover.



- ⇒ Accept a protective environment supplied by those who care.

➔ PTSD Treatment

PTSD occurs in a small minority of people who are exposed to traumatic events that continue to interfere with their working, social and family life long after the traumatic event has ceased. PTSD is a recognized health disorder with specific medical criteria.

It is treatable.

Professional help must be sought and follow-up must be conducted.

2.9.11 POST-MISSION STRESS MANAGEMENT

Although not everyone will experience post-deployment stress. You should be aware that it is possible, what the signs of such stress are and how to cope with it when it occurs. Typical reactions described here may be similar to those encountered during the mission or may be different and entirely unexpected.

➔ Common Symptoms of Post-Mission Stress

The common symptoms of post-mission stress are:

- ⇒ Sleep disturbances.
- ⇒ Restlessness.
- ⇒ Anxiety.
- ⇒ Re-experiencing events.
- ⇒ Feelings of emptiness.
- ⇒ Irritability.
- ⇒ Emotional emptiness.
- ⇒ Self-reproach and/or feelings of guilt.
- ⇒ Aggressiveness and/or hatred.
- ⇒ Problems concentrating.
- ⇒ Physical complaints.

2.9.12 RECOVERY AND STABILIZATION

Understand that post-mission and post-traumatic reactions are normal.

Be patient. It takes time to adjust both physically and mentally.

Communicate your experiences. Talk about your experience but keep in mind that others may not share the same interest in your mission experience or lose interest sooner than expected.

Make time for recovery. Following stressful experiences it is natural to require more rest and sleep than usual. This is important for proper recovery and may be more difficult because you have been away from family and loved ones who will also need time and attention now that you are finally home. Recognize that you may need more time alone than usual to process your experiences and impressions as well as for the adaptation to daily life at home.

Seek help if necessary. Although it is natural to experience post-traumatic stress, you should know when it is necessary to seek help in the recovery process. If the above reactions last longer than thirty days or become more intense, it may be advisable to seek assistance from a trained professional.

2.9.13 POST-PSO DEFLATION AND RE-INTEGRATION

PSO members returning from a mission where they were exposed to traumatic and/or critical incidents must be handled with care. Initially they may not show the signs of stress and may want to return to demanding jobs immediately. This should be discouraged to allow them enough time to wind down and re-integrate into their families, society and the peacetime military bureaucracy. Carefully managed post-PSO deflation and re-integration must be provided to those who have experienced trauma.

2.9.14 COMMAND RESPONSIBILITIES

Stress management is a command responsibility that begins with units and headquarters in Canada, is carried forward to the PSO theatre and continues after redeployment. This responsibility extends to both individuals and groups. Leaders and commanders at all levels must ensure that their subordinates who have been selected for PSO are fully prepared and adequately cared for.

➤ Leaders' Responsibilities

Leaders are responsible for the care and welfare of subordinates. This includes:

- ⇒ Acting as a role model to prevent stress reaction.
- ⇒ Placing the welfare of PSO subordinates before their own.
- ⇒ Training subordinates to achieve competence and confidence in their war-fighting and PSO capabilities.



- ⇒ Conducting purposeful operational training in theatre.
- ⇒ Ensuring that subordinates are mentally and physically fit to withstand the shocks of traumatic situations.
- ⇒ Initiating and supporting stress management programs.
- ⇒ Providing information to reduce stress.
- ⇒ Disseminating mail, news and accurate operational information to subordinates.
- ⇒ Providing for their subordinate's welfare, including support to, and contact with, families.
- ⇒ Maintaining personal contact with subordinates to detect signs of stress.
- ⇒ Creating a spirit to win under stress.
- ⇒ Maintaining contact with those who have become casualties and with their friends and families.



3.1—NEGOTIATION AND MEDIATION

Aim

The aim of this section is to describe negotiation and mediation principles and procedures for use in a PSO environment.

Scope

This section covers both the basic level of negotiation that might be used by NCMs and junior officers, and the more advanced level, including mediation, for company commanders, commanding officers and military observers.

3.1.1 DEFINITIONS

➤ Negotiation

Two or more parties conferring with the goal of resolving differences between them. The ultimate aim of negotiation is to reach an agreement satisfactory to all parties.

➤ Negotiator

A negotiator within a military context or operation, is an individual or team that uses the concept of interest-based negotiation to obtain what they desire or are entitled to, while still being decent, forthright and honest. It enables them to be fair while protecting against those who would take advantage of their fairness. The skilled negotiator uses effective back-and-forth communication designed to reach an agreement when both sides have some interests that are shared and others that are opposed.

➤ Interest-Based Negotiation

A means to decide issues based on their merits (interests) rather than through a haggling process focused on what each side says it will and will not do (positions). It suggests you look for mutual gains whenever possible and, where your interests conflict, you insist that the result be based on some fair standards independent of the will of either side. Interest-Based Negotiation is hard on the merits, soft on the people, and employs no tricks and no posturing.

➤ Mediation

A structured process where an impartial third party assists others in a dispute to negotiate a mutually acceptable agreement.

➤ Mediator

The person who acts as the medium for bringing about a result

or for conveying an offer.

➤ Position

A solution introduced by a party, which benefits them but does not take the other party's interests, values and needs into consideration.

➤ Interest

Various concerns, goals, hopes and fears that a party holds related to a negotiation issue.

➤ Common Ground

Interests, values, beliefs, etc. which are identified as shared areas of agreement.

3.1.2 CONTRIBUTION TO PEACE SUPPORT

Negotiation and mediation are diplomatic activities. In general, they are the concern of governments and experienced diplomats because they require a political rather than a military approach. However, in PSO at the point of confrontation, situations will arise where the diplomacy of negotiation, mediation, conciliation and arbitration will be required at the lower levels of operations. The diplomat must then be the front line soldier, whatever the rank, operating as follows:

➤ At the lower level the nature of the intervention is unrehearsed and spontaneous, dealing with the situation as it occurs. The success of this diplomacy will depend on your personality, powers of reasoning and friendly persuasion, common sense, tact and experience. This is an unaccustomed role for soldiers, but once the belligerent's confidence is gained you will normally be accepted as a go-between offering "good-offices" to effect a solution.

➤ Where soldiers are required to undertake one of these diplomatic roles they move from the accustomed role of peacekeeping to peacemaking. This requires a change of character and approach. If moderate success is to be achieved, you must set aside for a moment your natural, somewhat narrow, focus on purely operational matters. Besides having infinite patience and resourcefulness it will be necessary to become part psychologist and part logistician. At the same time you will have to be a realist, objective and scrupulously fair, honest and sincere since insincerity will gain nothing.

➤ You must remember that people in the area of operations are fighting for what they believe to be their rights, whether they be personal, ethnic, community or national. You should not attempt to strike bargains, but rather help the disputants arrive at their own solutions. Initially, it is likely that the disputants will not be willing to meet together and the negotiator/mediator will have to be the go-between in the hope that eventually joint meetings will



be possible.

3.1.3 MEDIATION AND NEGOTIATION TECHNIQUES

The technique applied in mediation is essentially similar to negotiation techniques. Negotiation requires careful consideration of security measures as well as a pre-agreed agenda for the meeting. Even though the procedures described below mention only negotiation, they may be applied equally to mediation.

3.1.4 NEGOTIATION IN PEACE SUPPORT OPERATIONS

Negotiation is a fundamental PSO activity. It occurs at all stages including inception, conduct, termination and post-termination follow-up. It is through negotiation that opposing forces maintain a dialogue and work together towards peace. Often this is a slow, tedious process with many setbacks.

3.1.5 APPROACHING NEGOTIATIONS IN A POSITIONAL WAY

Many of us approach negotiations in a positional way: we think about the outcome we want and enter negotiations with the intention of convincing the other party to accept it. Meanwhile, the other party probably has their own desired outcomes and enters negotiations with the same intention. We set terms and conditions, we make demands, and when those demands conflict tension builds. Depending on our style we may give up and walk away, push harder, strike a compromise, give in or try to manipulate the other party into accepting an outcome that favours our position. Figure 3.1.1 depicts how one might effectively move from positions to interests.

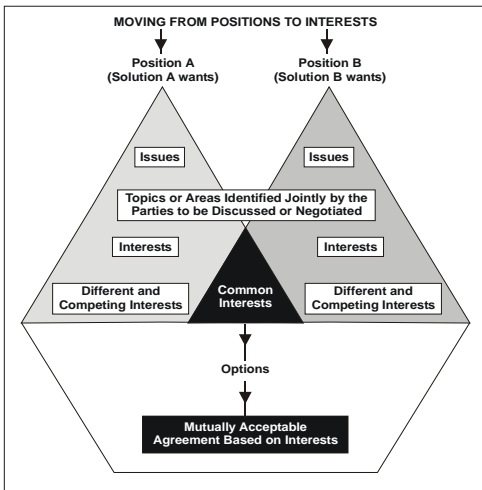


Figure 3.1.1: Moving from Positions to Interests

➤ Interest-Based Negotiation

In Interest-Based Negotiation we should remember that the positions we take are an expression of our underlying interests. Interests are composed of our fears, hopes, concerns and goals. They are often intangible. Interests can be described by identifying the qualities we are looking for in an outcome. What we are really trying to achieve or avoid is symbolized but also masked by the positions we take.

➤ Positional to Interest-Based Negotiation

Many negotiating books advise negotiators to start with positions, then move to the underlying interests. However, a skilled negotiator attempts to move directly from issue identification to exploration of interests, bypassing and de-emphasizing position-taking altogether. The reasons for this move include the likelihood that position-taking sets the negotiation in a competitive direction thus creating an adversarial atmosphere, and opening positions tend to be extreme and unrealistic, not really indicating what the negotiator really hopes to achieve. That being said, it may be impossible during certain PSO to move on to interests without first exploring positions.

➤ Achieving Success

Interest-based negotiating is based on the idea that interests are a truer measure of the negotiators' goals and finding mutually satisfying outcomes and maintaining positive relationships is desirable. By focussing on interests the negotiators are getting at the real motivations more quickly.

Tips on how to Shift from Your Position to Your Interests:

- ➡ Invite inquiry and speak directly about your interests and the qualities you seek in an outcome before proposing specific solutions.
- ➡ Be specific about your interests to help the opposing side understand what motivates you.
- ➡ Present ideas and suggestions rather than absolutes or demands.
- ➡ Stay open to a range of alternatives to meet your interests.

Tips on What to do When the Other Party takes a Position:

- ➡ When they say "no" ask for their reasoning.
- ➡ Ask what their concerns, goals, hopes or fears are with regard to the issues.



- ➡ Ask what qualities they seek in an outcome.
- ➡ Summarize and focus on their interests.
- ➡ Help them understand why their position does not meet your interests.
- ➡ Integrate your interests and theirs when you speak.
- ➡ Treat the position as one possible option.

3.1.6 PHASES OF NEGOTIATION AND MEDIATION

Peace support negotiations are carefully co-ordinated activities that are generally conducted in three phases:

- ➡ Phase 1—preparation for negotiation/mediation.
- ➡ Phase 2—conduct of the negotiation/mediation.
- ➡ Phase 3—follow-up of the negotiation/mediation.

3.1.7 PHASE 1—PREPARATION FOR NEGOTIATION/MEDIATION

There are three key stages in preparing for negotiation or mediation:

- ➡ Prior to deployment.
- ➡ Upon arrival in-theatre.
- ➡ Prior to actual negotiation/mediation.

☞ Prior to Deployment

Do some research prior to deployment.

Learn the history of both the region and the parties involved in the conflict (both recent and ancient). We may think in terms of decades but most people in the world think in terms of centuries.

Learn and understand key phrases in the local language that will aid with the negotiation.

Know and understand ethnic and cultural differences between the two belligerents. Beyond just avoiding offensive behaviour, appreciate how emotional they are, how sensitive, what their style of communication is (soft spoken or loud), etc.

☞ On Arrival In-theatre

Know the history of the conflict that brought you to the area, including both the recent conflict and older conflicts with the

same adversaries.

Understand the personalities you are dealing with. Pay attention to their nuances. Each belligerent you will deal with is different. Do not lump them all into a category simply because of their ethnicity.

Know and understand the abilities and limitations of your own organization and your allies in-theatre.

➡ Immediately Prior to Negotiation

Get acquainted with the problem at hand. Why is it important to either side? What is the history of this problem?

If possible, establish who should/will attend a negotiation or mediation. Do the representatives for each party have the authority to speak for their side? If you know a certain representative is “difficult” to deal with consider asking for someone else to represent that party.

Ensure you understand the limits of your own authority when negotiating. If in doubt, confirm with your superiors what you may or may not offer during negotiations.

If you get into trouble during the negotiation ensure you have some escape routes (verbal and physical) planned for yourself. Know some catch phrases prior to arriving at a negotiation that will allow you to leave quickly.

Clearly identify the areas of difference between the parties and be prepared to downscale those differences and emphasize what they have in common. In other words, always look for opportunities to reinforce consensus.

If you are going to use translators (which is more common than not) ensure they are well briefed as to what you are attempting to accomplish and exactly what their role will be.

If possible, ensure you have adequate security to guarantee your safety as well as the safety of the belligerent parties if that has been promised.

Finally, it is important that you maintain a high level of personal dress and deportment as well as a positive and professional attitude prior to and during the negotiation. These attributes will mark you as a professional to the belligerent parties and will go a long way towards establishing your credibility.

➡ Final Tactical Preparation

Ask yourself the following questions prior to a negotiation or mediation:



- ⇒ What do I hope to achieve with this negotiation?
- ⇒ What do the belligerents want from this negotiation?
- ⇒ What common ground do we share?
- ⇒ What is the minimum result I have to achieve?

Most of these questions can be answered by determining what the interests are for each of the parties. Those interests can be determined somewhat through a simple interest analysis.

☞ Interest Analysis

A vitally important part of the final tactical preparation stage is to identify the potential interests of those with whom you will be negotiating. You may accomplish this task by running through the headings included in a simple acronym—CHEAP BFVs, which stands for Concerns, Hopes, Expectations, Attitudes, Priorities, Beliefs, Fears and Values.

From this analysis you should be able to determine what you want, what the belligerents want and where you might have common interests.

3.1.8 PHASE 2—CONDUCT OF NEGOTIATION/MEDIATION

Negotiator's Tips

The following tips are presented for consideration and application when negotiating:

- ⇒ Pay military and social compliments to all military and civilian representatives involved in the negotiations. Take the time to welcome and bid farewell to all of the key players.
- ⇒ Encourage an air of cordiality, dignity and respect in the proceedings.
- ⇒ Define the common ground to reinforce the success that has been achieved. If friction occurs do not attempt to fill gaps in conversation. It may be more productive to allow long pauses to occur. This psychological tool is employed to encourage the parties to take the initiative in speaking and thereby revive dialogue.
- ⇒ Remain calm if one of the parties decides to criticize the mission, you as an individual or a third party. Never lose control of your emotions, as this will be interpreted as a sign of weakness and inhibit your ability to continue effectively as a negotiator.

- ➡ Be tactful and avoid any inference that might be interpreted as criticism.
- ➡ Do not be arrogant or patronizing; this may justifiably backfire.
- ➡ Be fair in your approach to all parties; avoid circumstances that may lead to a “loss of face.”
- ➡ Use correct terminology that will be understood by all.
- ➡ Mission policy must be understood and practised to ensure that a consistent, predictable and reliable reputation is established and maintained. This will often require careful research and attention to detail.
- ➡ If it is required to convey complaints ensure that the particulars are clear, complete and in writing.
- ➡ Make no promises or admissions unless you are authorized to do so.
- ➡ Do not reveal anything about one party that could be exploited by the other party. Maintain scrupulous impartiality in all speech and actions.
- ➡ If you make a statement that you will do something, do it; if you cannot, explain why to the parties.

3.1.9 THE USE OF INTERPRETERS

The role of an interpreter is to translate accurately and dispassionately the exact meaning and nuance of words and phrases during a discussion between two parties who do not speak a common language. The interpreter is a vital link that enables ideas and proposals to be expressed fully, clearly and impartially.

➡ Provision of Interpreters

If an interpreter is not available from within trusted Canadian staff, an interpreter will be provided from mission resources, generally hired under contract from the local population. It may be necessary to book the services of an interpreter in advance and to arrange for the pickup of the individual in time to provide the services required.

➡ Qualities of a Competent Interpreter

It is important to brief an unknown or unproven interpreter prior to employment and emphasize the following points to guide them. They must:



- ⇒ Be dispassionate and impartial throughout the discussion.
- ⇒ Be accurate in the translation of all conversation.
- ⇒ Be timely in delivering the translation, including requesting that discussion be slowed if they are having difficulty keeping pace with the translation.
- ⇒ Be careful not to add any additional explanation that was not expressed in the original conversation.
- ⇒ Not actively participate in the discussion.
- ⇒ Not discuss any of the activity with anyone not authorized to receive the information.

☛ Maintain Eye Contact With the Speaker

During a translated negotiation it is essential you maintain eye contact with the person with whom you are speaking, not the interpreter, in order to identify “non-verbal communication” that indicates whether the objectives of the discussion are being achieved and whether opportunities for new initiatives are being offered.

3.1.10 CONDUCT OF NEGOTIATIONS

The PSTC Negotiator’s Checklist is at 3.1.13.

The Opening Talks

- ⇒ Take your time and be patient. Do not try to rush the proceedings.
- ⇒ Remember the customary salutations and exchanges of courtesies in accordance with local customs.
- ⇒ Introduce yourself and your team and wear name tags.
- ⇒ Some introductory small talk may help to set everyone at ease and establish an air of cordiality. It also offers an opportunity to assess the mood.
- ⇒ Outline the plan for the meeting.
- ⇒ Offer or take refreshments.

The Main Talks

- ⇒ Follow the agenda.
- ⇒ Listen to one party; do not interrupt; be patient.
- ⇒ Listen to the other party.
- ⇒ Obtain agreement on facts or record differences.

- ➡ Decide whether specialists are needed to provide expert advice (for example, on weapons, mines, economics, culture).
- ➡ If incorrect information is given state the facts (supported by evidence) but do not argue.
- ➡ State your understanding of the cases presented by each party.
- ➡ State the mission point of view based only on facts.
- ➡ Reach an agreement (subject to confirmation); or
 - ⇒ Agree on facts.
 - ⇒ Agree on next step.
 - ⇒ Agree on parallel undertakings.
 - ⇒ Indicate intent to escalate.
- ➡ If there are differences in points of view note them. Declare that you will revisit the issue after an investigation of the key problems. Carry out your investigation and negotiation in a similar manner with the other party.
- ➡ Always be restrained if one of the parties expresses a negative view about the mission or the other party's morals, politics or methods.
- ➡ Make careful reminders about agreements, actual arrangements and past practices.
- ➡ Try to make everybody accept the mission's mandate and the solution it promotes.

Ending the Meeting

- ➡ Summarize the meeting by repeating what has been agreed upon. If possible confirm it in writing.
- ➡ Co-ordinate a time and place for a subsequent meeting.
- ➡ Encourage a final exchange of pleasantries and polite phrases.
- ➡ Attempt to set the stage so that everyone departs at the same time and no one is seen to be remaining behind to obtain an advantage.

3.1.11 PHASE 3—FOLLOW-UP OF NEGOTIATION/MEDIATION



➤ Post-meeting Analysis

At lower levels follow-up will consist of little more than a back-briefing to the next superior officer. For military observers or company commanders on up it may be useful to gather the entire team to conduct an After Action Review (AAR) of the meeting. This discussion should cover the following:

- ⇒ Review the arrangements that were in place to organize and conduct the meeting.
- ⇒ Review the discussion and interaction that took place to identify issues that need follow-up action and compare impressions regarding attitudes and opportunities.
- ⇒ Determine what went well.
- ⇒ Determine what did not go well and, in particular, the administrative or procedural issues that require improvement.
- ⇒ Confirm what action will be taken next time to improve the negotiation procedure.

➤ Record of Discussion Report

Based on the negotiation and the above AAR, a Record of Discussion Report should be prepared.

➤ Content of the Report

The format and contents of this report are usually defined in SOPs. Below are listed some of the details that might be included in a Record of Discussion Report:

- ⇒ Time, date and place of the meeting.
- ⇒ Names and appointments of the participants.
- ⇒ Agenda.
- ⇒ Key points raised in discussion and the outcomes that resulted (decisions, follow-up action, recommendations, arrangements or undecided issues).
- ⇒ Particulars of any follow-on meeting.
- ⇒ Any other relevant points.

➤ Distribution of the Report

Distribution of the report should be carefully controlled. SOPs normally define the distribution requirements. It may be the convention to issue copies of the report to the belligerents. If this is the case, it will be necessary to ensure that the report is translated and reviewed by the appropriate authorities before it is released.

➤ Verbal Back-briefing

The senior negotiator will usually deliver a verbal back-briefing as soon as possible to the appropriate authorities in the chain of command. This will provide the opportunity to exchange ideas on the approach to be taken as a result of the meeting.

➤ Personality Sheets

If the mission maintains personality sheets or files, a review should be conducted of the applicable sheets in order to determine whether amendments are required.

➤ Media Release

In some circumstances it may be agreed by all parties to allow the media to photograph the meeting and to report the result. In these circumstances a media release may be authorized. This should be co-ordinated with mission staff and the belligerents (if appropriate) prior to release.

➤ Follow-up Action

If any follow-up action was proposed or agreed upon in the meeting it must be taken without delay and completed as promised. Appropriate responses to the parties requiring responses should be presented in accordance with the plan that was agreed upon. If circumstances preclude the action being taken this too should be reported to the parties affected by the activity. This also applies to actions promised by the belligerents. If they should fail to provide the responses that are required, appropriate action should be taken to hold them accountable for their inaction.



3.1.12 PHASES OF NEGOTIATION

PREPARATION PHASE		
Strategic (Prior to deployment)	Operational (In-theatre)	Tactical (Prior to actual negotiation)
Know the history of parties	Know and understand key personalities	Learn particulars of the actual problem
Know the history of the conflict	Know and understand abilities and limitations of own organization	Establish who should attend the negotiation
Learn key phrases in the local language		Understand limits to your authority
Know and understand ethnic/cultural differences		Prepare verbal/physical escape routes
		Identify areas of difference between the parties
		Identify interests (yours and theirs)
		Prepare best alternative to a negotiated agreement (BATNA)
		Brief your translators on their role
		Arrange for adequate security
		Maintain high level of personal dress and deportment

EXECUTION PHASE

Serial	Action
1.	Conduct preliminaries
2.	Introduce all attending
3.	Introduce agenda
4.	Allow all parties to make opening statements
5.	Focus on interests rather than positions
6.	Bring talks back to agenda if side-tracked
7.	Correct false information immediately
8..	Summarize your understanding of the cases/points presented
9.	Adjourn if necessary
10.	Introduce creative solutions
11.	Reach agreement, agree on facts, agree on next step(s)
12.	Close meeting by restating the agreement(s)

FOLLOW-UP

Serial	Action
1.	Report and record agreements and plans
2.	Implement all agreements immediately
3.	Verify compliance with agreements
4.	Prepare further negotiation as applicable

Best Alternative to a Negotiated Agreement (BATNA)

Once you have identified what the belligerents' potential interests are you must prepare a BATNA—a fall back position for yourself and all other parties (should negotiation fail).



Negotiation Guide

NEGOTIATION/MEDIATION GUIDE

Skills of an effective negotiator or mediator:

1. Be an effective listener
2. Be able to separate personalities from problems
3. Avoid ultimatums and strong positions
4. Use creativity and imagination
5. Be fully prepared
6. Make trade-offs rather than concessions
7. Be able to concentrate on the “big picture”
8. Be committed to an outcome that is mutually acceptable to both parties
9. Be able to move discussions from positions to interests
10. Be a good communicator

Mediation Guide

The PSO mediation process is (in fact) facilitated negotiation utilizing interest-based techniques that incorporates and builds on a seven-stage model to achieve principled alternative dispute resolution.

➤ Setting the Table

The Mediator explains the process, his role, conducts introductions, confirms authority of all participants and establishes ground rules for conduct.

➤ Storytelling

This is an opportunity for the disputants to present their perspectives on the conflict and express their emotions in a controlled way. It allows the Mediator to identify obstacles to a settlement early and allows each disputant to get an appreciation of the other side’s perspective.

➤ Determining Interests

At this point the Mediator will ask the participants “open-ended” questions to attempt to determine the interests of the disputants. This allows for summarization and clarification of misunderstandings or misinformation.

➔ Setting Out the Issues

The Mediator will develop a list of issues that helps the disputants to focus on specific items that must be resolved in relation to their interests. It is best to set the issues out in a question format; How can we ...?; What is preventing ...?; What will allow ...?

➔ Brain Storming Options

The disputants, with the Mediator acting as a facilitator, will attempt to generate potential solutions that meet their interests. Encourage disputants to suspend criticism and to separate commitment to options from generation of options.

➔ Select an Option

After the list of options is generated the Mediator will help the disputants to consider which if any, options are realistic and durable. Focus should be on the underlying interests and use of objective criteria.

➔ Closure

The disputants should reduce their agreement to writing, or may need to plan future meetings or dispute resolution processes. Regardless of what is agreed the Mediator should ensure closure is on a positive note.

NOTE

Mediation does not usually involve a linear transition. The mediation process may flip from step to step based on the situation and will develop its own flow. Flexibility is the key.



3.1.13 NEGOTIATION CHECKLIST

AIM	
To prevent escalation of conflict or change to the status quo.	
FACTORS (adversaries, disputes, peacekeepers)	
Belligerents (Enemies)	Size Rank levels involved Presence of commanders Weapons Immediate past actions Language skills available
Deductions	It is a dispute I can deal with? Do I need a translator or interpreter? Should I take troops with me? With whom should I meet?
Nature of the Dispute (The Real Enemy)	Substantive or perceptive issues Long-standing or recent In the dispute with opposing forces or the PSO Force Recent historical background
Deductions	When should I meet? What approach should I adopt?
Ground	Distance between opposing forces Cover available for own troops Status of area involved
Deductions	Where and when should we meet? What is the risk of incomplete knowledge of disposition
Time and Space	Time to travel to place of incident? Time since incident? Time/distance to translators?
Deductions	Where should we meet?
Own Troops (Peacekeepers)	Legitimacy and acceptance Relationship with each side Location Strength Experience
Deductions	Who is best placed to provide information? Who has local knowledge? Whose good relations/offices can I use?
Who can deal with the situation?	Military observer? Section NCM? Platoon officer? Company commander ? Mission appointed mediator?

FACTORS (cont'd) (adversaries, disputes, peacekeepers)

Where can the mediators deal with it?	Interpreter? Video/photographer? Armed troops?
How should the mediators approach the situation?	Conciliate? Negotiate? Mediate? Arbitrate?
What is the fallback position?	Withdraw unilaterally? Offer withdrawal for concession? Escalate? Link issues? Separate issues?
Plan	Who should deal with the situation? Where should they deal with it? What do they need to deal with it? How should the situation be approached? If the initial approach fails, what is the fallback position?

3.1.14 MEDIATION CHECKLIST

In mediation, only the participants in the actual mediation can decide the outcome. The role of the mediator is to facilitate the process to bring about a decision. Any decision, to be effective, must have substance and be agreed upon by both parties.

PREPARATION

Meet the parties separately to record their points of view and objectives in the mediation.

Select a neutral meeting place.

Set the conditions for the meeting (armed or unarmed, numbers, interpreters, agenda, communications, press, seating, who speaks first, separate rooms).

Prepare as many solutions as possible that may be suggested during the mediation session.



CONDUCT

Start with the agreed agenda.

Review the results of the last meeting and status of implementation (if any).

Maintain genuine neutrality, objectivity and respect to both sides.

Try to encourage a productive give-and-take attitude ("one for you and one for the other party").

Never cheat, but play cards close to chest.

If there is no agreement attempt to establish a time and place to meet again.

FOLLOW-UP

Make sure all agree to main conclusions.

Brief your superior.

Prepare a written report.

Ensure agreements are implemented.

Protest if agreements are not implemented.

Revise personality sheets.

Report any unusual or controversial behaviour.

3.2—MEDIA AWARENESS

The aim of this section (an excerpt from the Army Lessons Learned Centre *Dispatches* Vol 4 No 3) is to review media awareness and public information policy, procedures and processes as they pertain to the CF.

3.2.1 SCOPE

This section is organised with the following headings:

- ➡ Glossary of Public Affairs Terminology.
- ➡ Working with the Media.
- ➡ Predicting Media Behaviour.
- ➡ The Media Interview.
- ➡ Crisis Communications.
- ➡ Media Awareness Operational Guidelines.

3.2.2 GLOSSARY OF PUBLIC AFFAIRS TERMINOLOGY

➤ Official Statements

This is information that can be identified as coming from an official spokesperson such as the Commander or the Public Affairs Officer (PAO).

➤ On the Record

These are remarks that may be quoted directly or indirectly and attributed to a specific individual such as a soldier describing his or her job. CF spokespersons' remarks are always on the record!

➤ Off the Record

Such remarks or information are to be held in strict confidence and not used in any form. A journalist is not prevented from getting the same information from another source and using it. Off the record remarks will **not** to be given by CF spokespersons.

➤ Not for Attribution

Information that may be used by a journalist without mentioning a specific source (i.e. "a military spokesperson said that..."). All interviews granted by CF spokespersons will be on the record and for attribution.

➤ Indirect Quotes

Indirect quotes are paraphrases, expressing a statement in other words. They will capture the meaning of what was said, but do not necessarily reflect word for word what was said.

➤ Freelance Correspondents

Freelance correspondents are media representatives who sell private services as a writer, photographer, etc. without a long-term commitment or contract to one agency. The CF deals with freelance correspondents only when they are contracted by a recognized media agency. The correspondent must be able to prove a contractual relationship exists, usually a *letter of assignment* signed by an official authority of the media agency.

➤ Media or News Media

The term encompasses print, radio, television, news wire services, networks and publishing organizations, including the Internet.



➤ Media Representative

This is a journalist, photographer, etc. who is employed full or part-time by a *bona fide* media organization and has credentials provided by that organization.

➤ Media Escort

An experienced and qualified officer (or NCM) assigned to accompany and support a correspondent or small groups of correspondents in an area of operations.

➤ Media Accreditation

An *accredited journalist* or *accredited correspondent* is someone authorized to cover events within a country. This is the formal recognition by national authorities of the registration of a media representative to operate in that country. The process involves the issuing of an identity card. Media can be accredited as *war correspondents* or accredited correspondents. The war correspondent or Embedded Journalist however, is specifically trained and educated to work within a tactical situation and as a member of a unit while covering its activities. The Embedded Journalist is afforded Geneva Convention protection and is provided an ID card that is recognised as a Geneva card. Embedded Journalists are also given clothing and equipment that permit them to work with the military in a way that does not compromise the tactical situation and allows them to survive and work in a field environment.

➤ News

News is whatever the journalist says is news. It is any subject of potential interest to the journalist.

➤ Media Pools

In certain high profile operations it may be difficult or impossible to safely accommodate the large number of media seeking first hand information. To permit at least some of the media access to the front line, media pools may be established. These pools are composed of a limited number of media representatives who collect and share their information with other news services. Pool membership is determined by the journalists involved and facilitated by the military.

➤ Scrum

Scrums are high-pressure interviews conducted by journalists

competing to have their questions heard and answered. They are known as scrums because of the interview's similarity to the rough circular nature of the fight for the ball in rugby.

☞ Ambush

An “ambush” is a particular form of scrum in which journalists wait (sometimes out of sight) for a particular person to arrive. In this case, the media may try to surprise the person who is difficult to contact, reluctant to be interviewed or abnormally reticent. They are hoping to provoke an ill-considered response. Obviously the more sensational the issue the harder they will try to get the interview.

3.2.3 WORKING WITH THE MEDIA

The Requirement to Provide Information

The central theme of CF communications and public affairs policy is to provide maximum disclosure with minimum delay, subject to the principles of security of Canada and her allies, the provisions of Canadian privacy legislation, and the proprietorship of the information. This policy ensures that the CF:

- ☞ Provides information to the public about policies, programs and services that is accurate, objective, timely, relevant and understandable.
- ☞ Takes into account the concerns and views of the public in establishing priorities, developing policies and implementing programs.
- ☞ Remains visible, accessible and answerable to the public it serves.

The Public's Right to Know

The overarching principle is that the public has a right to know and the military has a duty to inform. However, the right to information is not absolute; public entitlement to classified information is not a right. All CF members must be aware of the regulations in place with respect to the release of information.

Guiding Principles

- ☞ Implementation of a successful PAff program is a command responsibility at all levels.
- ☞ The public has a right of access to all unclassified information concerning CF objectives and activities. Security should never be used as a reason to hide unclassified but embarrassing



information.

- ➔ A successful PAff program must be based on truth, consistency, objectivity, openness and credibility.
- ➔ PAff requires good communications.
- ➔ Good conduct and efficient performance of their duties by all ranks is the single most important factor in creating good will between the military and the public.

3.2.4 PREDICTING MEDIA BEHAVIOUR

Media behaviour is difficult to predict, except in a crisis or emergency. In these circumstances the media will be interested in obtaining clear and direct answers to the generic questions listed below. This list is not complete but it defines the types of news information that will be sought by many journalists, possibly at the same time.

- ➔ What happened and why?
- ➔ How many casualties are there, what is the extent of injuries suffered and how were they caused?
- ➔ What are the names of those who were killed or injured or witnessed the events?
- ➔ What was the value of any equipment stolen or destroyed, and what were the circumstances surrounding the loss?
- ➔ What were the details concerning relief efforts, including number of people and type of equipment involved?
- ➔ What is going to be done to deal with the situation?

3.2.5 THE MEDIA INTERVIEW

The public gets the bulk of their information through the media. Therefore, it is in your best interest to speak openly with the media whenever possible. Media interviews are always on the record with the spokesperson providing name, rank, and position/title. When background information is requested only those materials already cleared for release by the chain of command can be provided. If you have any doubt in this area consult your chain of command.

🔄 Interview Preparation

The key to a successful interview is preparation; even a little preparation is better than none. Determine the following:

- ⇒ What is the subject of the interview? Are you the right person to talk on the subject? If so, you must ensure that you know the material. If not, direct the journalist to the right person and complete the introductions.

- ⇒ Is your information current and correct? Do not guess or make up a response and do not repeat rumours.
- ⇒ Is the subject a proper activity to discuss? Some subjects, such as a graphic description of casualties, are inappropriate.
- ⇒ Is the discussion in compliance with policy and SOPs?
- ⇒ Who will be the interviewer?
- ⇒ Will there be other participants? If so, will they be interviewed at the same time or separately? It is important to know if other people will be contacted for information on this same subject.
- ⇒ When will the interview take place? This determines your preparation time. If you do not have enough time to prepare ask to be interviewed at a later date.
- ⇒ Where will the interview take place? Journalists prefer to interview soldiers in their working environment (i.e. beside a LAV or truck).
- ⇒ How much time will the interview take? You control the interview therefore you should advise the journalist how much time you have available before you begin and stick to it.
- ⇒ When will the interview be broadcast (or printed)? The journalist may not know this.
- ⇒ Ask for a few moments to gather your thoughts.
- ⇒ Develop your key messages in advance of the interview. These should be brief statements that make the point in an assertive manner. Write them out on index cards and read them frequently during the early preparation phase.

⇒ The Interview

Look at the journalist when answering questions. Do not stare at the camera or the microphone—and remember:

- ⇒ Always remain calm. If you cannot answer a question, explain why. It is acceptable to state that you do not know the answer.
- ⇒ Do not stomp away from a journalist if the interview does not go well; this is unprofessional and presents a negative image. Regain control by bringing the conversation back to what you want to talk about. Use bridging techniques to



get back to your message(s), for example, “That is an interesting point you raise. However, I think the main issue is...”

- ⇒ Do not speculate or offer personal opinions on government policy or military operations.
- ⇒ Speak openly with the media but do not discuss classified information, policy, rules of engagement, the appropriateness of orders or anything that is under investigation.
- ⇒ Be honest. Do not lie to journalists. If you always tell the truth you will never have trouble remembering what you said. If you do not know the answer or you cannot respond for whatever reason (i.e. classified information) tell the journalist why; do not be evasive.
- ⇒ Do not comment on hypothetical (“what if...”) questions.
- ⇒ Be ethical. Do not try to be clever with journalists by withholding information because the right question was not asked.
- ⇒ Be polite. If you are busy and unable to respond to a journalist then say so and, if possible, direct him/her to the PAO or your superior.
- ⇒ Do not comment on the orders of your superiors. Your mission is to carry out these orders, not to comment on them. It would be more appropriate for the journalist to ask such questions of the superior who issued the orders.
- ⇒ Any comments you make to a journalist are on the record. If you do not want a statement reported in the media then don't say it. Assume journalists are always listening and their equipment is always recording. **This rule applies in messes and social settings.**
- ⇒ If you make a mistake and issue incorrect, classified or inappropriate information say so and ask the journalist not to use it. Let your superior and the PAO know as soon as possible.
- ⇒ You have no authority to touch or seize any media equipment for whatever reason. If a journalist records sensitive information you should request his/her co-operation and

- ask for the material to be turned over to your chain of command. Filming casualties will always pose significant problems and your best approach is to prevent journalists access to the site. Should such filming occur notify your superiors immediately. Remember, you have no legal authority to seize equipment.
- ⇒ Before answering a question make sure you understand what is being asked. If you do not understand the question ask for clarification.
 - ⇒ Do not attempt to answer multiple questions. If a two or three part question is posed answer the first part and then ask the journalist to repeat the question.
 - ⇒ Keep your answers short. In any event only a few seconds will be used so avoid lengthy explanations. It is acceptable to repeat yourself since this will reinforce your message(s).
 - ⇒ Avoid military jargon that the public will not comprehend.
 - ⇒ Repeat the question when giving your answer. This makes it difficult for your answers to be taken out of context. Avoid answers like “No comment” “Yes” or “No.”
 - ⇒ You have no authority to censor information so do not ask to see an article before it is published.
 - ⇒ Most journalists are not familiar with military operations. Do not assume they will readily understand your explanations. Ensure you use language they will understand.
 - ⇒ Do not boycott the media because of an unfavourable report.
 - ⇒ Every media visit is an opportunity to tell Canadians (and the world) what you are doing.
 - ⇒ Do not comment on the local population or belligerents since this may compromise your mission.
 - ⇒ Do not comment on rumours.
 - ⇒ Contact your unit PAO if you need further advice or assistance.
 - ⇒ Remember, journalists do not have the final say in how their story will be printed or broadcast. They have some influence but their piece will go through a series of edits before it is



finalized.

3.2.6 CRISIS COMMUNICATIONS

During times of crises it is best to follow an established procedure. The following steps should be included:

- ➔ **Get the facts.** Determine the situation and assess the PAff implications. Establish what information is approved for release. Media knowledge of any classified activity associated with an operation does not imply that the information is unclassified or authorized for release.
- ➔ **Check and follow SOPs.** They will help you avoid mistakes and omissions and ensure your response to any given situation is consistent with lessons learned and mission policy.
- ➔ Maintain regular communications with PAff and command staff. You must know what is going on!
- ➔ Get relevant, accurate information to the public as soon as practicable. Bad news is best relayed sooner rather than later. Once clearance has been received to make public statements you should do so quickly and thoroughly.
- ➔ **Be accessible.** The media will be interested in your reactions and comments, particularly when there is little else to report.
- ➔ **Be thorough.** Strive to pass the same information to all media agencies covering your activities. Maintain a log of media contacts.
- ➔ **Be considerate.** Do not violate privacy regulations, especially with regards to casualty information.
- ➔ **Be honest.**

3.2.7 MEDIA AWARENESS OPERATIONAL GUIDELINES

The following media awareness guidelines should be noted and briefed to media.

- ➔ Media representatives inside controlled areas shall be escorted. Areas that are not freely accessible to the public include, for example, military airfields, observation posts (OPs), base camps,

command posts and other areas designated by the local commander.

- ⇒ Reporters are not to record or transmit tactical or operational information that may compromise the mission or personnel safety.
- ⇒ Military personnel are not to make “off the record” statements in briefings or discussions with media members. Reporters are asked to avoid pressuring personnel to make such comments.
- ⇒ Reporters in press pools are not to stray from escorts.
- ⇒ Reporters must adhere to unit standards of noise and light discipline.
- ⇒ Reporters are not to photograph recognizable dead Canadians, allied soldiers, charts, maps, supply depots or electronic warfare assets.
- ⇒ Commanders may deny reporters’ requests to accompany military personnel on a mission if the commander assesses that participation will jeopardize mission success.
- ⇒ Conflicts between unit commanders and reporters on interpretation of ground rules will be referred to the chain of command for resolution.
- ⇒ Reporters are to be reminded that their personal security is a primary concern of military commanders.
- ⇒ All mission areas will have guidelines and SOPs that specify media policy. Read and follow them.



4.1—UN COMMUNICATIONS

4.1.1 SIGNAL SECURITY

The nature of a PSO means that signal security is not a matter of high priority. Normally, the need for signal security is only between Force HQ and UN/National HQ for reports including political judgements and assessments. However, it should be noted that there are no restrictions against using signal security systems in the Force and in contingents. It is important that operational procedures are such that no belligerent can exploit information they may gather by monitoring Force radio nets.

4.1.2 ASSEMBLING COMMUNICATIONS EQUIPMENT

Preparing the Radio Set for Operation:

- ➡ Make sure that there is a power source of sufficient output and ensure correct connection to the radio set.
- ➡ Check the antenna and all cable assemblies, ensuring tight and correct connection to the set.
- ➡ Connect the audio accessories and check proper operation of function switches.

4.1.3 TRANSMITTING—GENERAL INSTRUCTIONS

- ➡ Decide what you are going to say, ensuring that it will be clear and brief.
- ➡ Speak in English unless the mission directs otherwise.
- ➡ Make sure no one else is speaking on the net when you start.
- ➡ Remember to divide your message into sensible phrases with appropriate pauses and maintain a natural rhythm to your speech.
- ➡ Avoid excessive calling and unofficial transmissions.
- ➡ Use standard pronunciation. Emphasize vowels sufficiently. Avoid extreme pitch, speak in a moderately strong voice and do not shout.
- ➡ Keep a distance of about 5 cm between the microphone and your lips. Shield your microphone from background noises.

4.1.4 PHONETIC ALPHABET

The following International Phonetic Alphabet shall be used:

PHONETIC ALPHABET

A	ALFA	N	NOVEMBER
B	BRAVO	O	OSCAR
C	CHARLIE	P	PAPA
D	DELTA	Q	QUEBEC
E	ECHO	R	ROMEO
F	FOXTROT	S	SIERRA
G	GOLF	T	TANGO
H	HOTEL	U	UNIFORM
I	INDIA	V	VICTOR
J	JULIET	W	WHISKEY
K	KILO	X	XRAY
L	LIMA	Y	YANKEE
M	MIKE	Z	ZULU

PHONETIC NUMBERS

		Examples
Ø	ZERO	
1	WUN	12 TWELVE
2	TOO	44 FO-WER FO-WER
3	THU-REE	90 NINER ZERO
4	FO-WER	136 WUN THU-REE SIX
5	FI-YIV	500 FI-YIV HUNDRED
6	SIX	7000 SEVEN THOUSAND
7	SEVEN	1478 WUN FO-WER SEVEN ATE
8	ATE	19A WUN NINER ALFA
9	NINER	



4.1.5 RADIO VOICE PROCEDURE WORDS (PROWORDS)

Proword	Meaning
ACKNOWLEDGED	Confirm that you have received my message and will comply. (answer: WILCO or ACKNOWLEDGED.)
AFFIRMATIVE	Yes/correct
NEGATIVE	No/Incorrect
ALL AFTER...	Everything that was transmitted after... (Keyword)
ALL BEFORE...	Everything that was transmitted before... (Keyword)
CORRECT (THAT IS CORRECT)	What you have transmitted is correct; you are correct
CORRECTION	An error has been made in this transmission. It will continue with the last word (group) correctly transmitted. An error has been made in this transmission. The correct version is... That which follows is a corrected version in answer to your request for verification.
WRONG	Your last transmission was incorrect. The correct version is...
DISREGARD THIS TRANSMISSION-OUT	This transmission is an error. Disregard it. (This proword shall not be used to cancel any messages that has already been completely transmitted and for which a receipt or acknowledgement has been received.)
DO NOT ANSWER	Stations called are not to answer this call, acknowledge this message or otherwise transmit in connection with this transmission.
SILENCE-SILENCE-SILENCE-	Cease all transmission on this net Immediate Emergency Radio Silence. (Will be maintained until lifted.)
SILENCE LIFTED	Silence is lifted. The net is free for traffic.

Proword	Meaning
END OF MESSAGE-OVER (OUT)	This concludes the message just transmitted (and the message instructions pertaining to a formal message).
END OF TEXT	The textual part of a formal message ends. Stand by for the message instructions immediately following.
FETCH...	I wish to speak on the radio to that person (appointed title).
...SPEAKING	Requested person is now using the radio by himself.
FIGURES	Numerals or numbers will follow. (This proword is not used with call signs, time definition, grid references, bearings, distances, etc. especially in fixed-form reports.)
FROM	The originator of this formal message is indicated by the address designation immediately following.
TO	The addressees whose designations will immediately follow are to take action on this formal message.
THIS IS	This transmission is from the station whose designation immediately follows.
MESSAGE	I have an informal message for you.
MESSAGE FOLLOWS	A formal message, which requires recording is about to follow.
OVER	This is the end of this part of my transmission. A response is expected. Go ahead and transmit.
OUT	This is the end of my transmission to you. No answer or acknowledgement is expected.



Proword	Meaning
READ BACK	Repeat the entire following transmission back to me exactly as received.
I READ BACK	The following is my reply to your request to read back.
SAY AGAIN	repeat all (or part indicated) of your last transmission.
I SAY AGAIN	Followed by text repeated.
ALL AFTER, ALL BEFORE, WORDAFTER, WORD BEFORE	Note: these qualifiers are used in conjunction with 'SAY AGAIN', 'I SAY AGAIN', 'VERIFY', 'I VERIFY', etc.
SEND	Go ahead with your transmission.
SEND YOUR MESSAGE	Go ahead, transmit. I am ready to copy.
SPEAK SLOWER	Reduce the speed of your transmission. (Normally used in connection with a request for repetition.)
I SPELL	I shall spell the next word, group or equivalent phonetically. (Not used when transmitting coded groups only.)
RELAY TO...	Transmit the following message to all addressees or to the address designation immediately following.
RELAY THROUGH	Send this message by way of call sign.
THROUGH ME	I am in contact with the station you are calling, I can act as a relay station.
MESSAGE PASSED TO...	Your message has been passed to...
ROGER	I have received your last transmission satisfactorily.

Proword	Meaning
ROGER SO FAR?	Have you received this part of my message satisfactorily?
WILCO	I have received your message, understand it and will comply. (To be used only by the addressee.) ROGER and WILCO are never used together.
UNKNOWN STATION	The identity of the station calling or with whom I am attempting to establish communication is unknown.
VERIFY	Verify entire message (or portion indicated) with the originator and send correct version. To be used only at discretion of or by the addressee to which the questioned message was directed.
I VERIFY	That which follows has been verified at your request and is repeated. To be used only as a reply to VERIFY.
WAIT (WAIT-WAIT)	I must pause for 5 seconds.
WAIT-OUT	I must pause for longer than 5 seconds, I will call you when ready.
WORD AFTER	The word of the message to which I have referred is that which follows.
WORD BEFORE	The word of the message to which I have referred is that which precedes.
WORDS TWICE	Communication is difficult. Transmit each phrase twice. This proword can be used as an order, request or as information.



4.1.6 REPORT OF RECEPTION

The following phrases are for use when initiating and answering queries concerning signal strength and readability.

REPORTS OF RECEPTION	
RADIO CHECK	What is my signal strength and readability? How do you read me?
REPORTS OF SIGNAL STRENGTH	
LOUD	Your signal is strong.
GOOD	Your signal is good.
WEAK	I can hear you with difficulty.
VERY WEAK	I can hear you with great difficulty.
NOTHING HEARD	I cannot hear you at all.
REPORTS OF SIGNAL READABILITY	
CLEAR	Excellent quality.
READABLE	Good quality. No difficulties in reading you.
DISTORTED	I have trouble reading you.
WITH INTERFERENCE	I have trouble reading you due to interference.
UNREADABLE	I can hear you transmit but I cannot read you at all.

4.1.7 FORMAL MESSAGES

The majority of voice radio traffic is conducted informally using the accepted rules of voice procedure. However, there are formal messages passed over radio and telephone nets. These messages are transmitted by communications personnel after having been drafted on a special message form designed for this purpose. This form, in addition to the actual message, may contain some of the following components:

FORMAL MESSAGE	
Component	Contents
Precedence	FLASH, IMMEDIATE, PRIORITY, ROUTINE
Security classification	UNCLASSIFIED UN RESTRICTED UN CONFIDENTIAL UN SECRET
Identification	Originator's message number, possibly file and reference numbers.
Date and time group	Day (DD), time (HHMM), time zone (X), month (MMM) and year (YY), e.g. 070835ZMAY05
Other information	Originator, addressee(s), distribution
Message	"Text begins..."
End of Message	Reduce the speed of your transmission. (Normally used in connection with a request for repetition.)
I SPELL	"Message ends..."

4.1.8 THE 12 COMMANDMENTS OF VOICE PROCEDURE

- ❶ **Keep a log.** Prepare your transmission on a log sheet. Be ready for logging in messages received.
- ❷ **Prior** to transmission, listen to the channel for at least 5 seconds and be sure you are **not breaking in**.
- ❸ **Hold the microphone close** to your mouth (approximately 5 cm).
- ❹ **Press the talk-switch and pause** to allow the transmitter to start up.
- ❺ Speak **clear, concise** English/French.



- ⑥ **Do not shout.**
- ⑦ **Speak slowly** to allow the receiving party to record your message.
- ⑧ **Release the talk-switch when not transmitting** in order to give others the chance to break in.
- ⑨ **Split your transmission** into portions or packets (end each packet with “Roger so far...”) to enable the recipient to record your message accurately.
- ⑩ If **no communication** can be established **move** the antenna (vehicle, portable radio) 50 meters and try again.
- ⑪ If necessary, **move the antenna to higher ground.**
- ⑫ **No unnecessary chatter.** Always remember that several parties will be monitoring your conversation.

4.2—UN STAFF DUTIES

Aim

This section is intended to aid staff officers and duty officers in writing and editing UN reports.

4.2.1 ABBREVIATIONS

Unusual abbreviations or acronyms should be spelled out fully the first time they are used in a document and shown in brackets after the full spelling.

Use USA, not US, as the abbreviation for the United States. This is because reports are sometimes telexed in upper case and the pronoun “us” can be confused with the noun “US” in the upper case.

Abbreviations for reports should be in upper case (i.e. NOTICAS, SITREP, SINCREP).

Should you come across any abbreviations that are unknown, check back with the originator and follow the rule mentioned above when you report.

4.2.2 CAPITALIZATION

Capitalization of words must be consistent. Proper names are almost always capitalized, along with titles when they are attached to names (i.e. “President Bush”).

The official titles of organizations are also capitalized (i.e. “the Royal

Cambodian Armed Forces”).

However, a generic description of something is rarely capitalized (i.e. “The presidents of the parties will meet tomorrow.”).

4.2.3 DATES

Dates should follow the format Day, Month, Year thus “22 March 2000”.

To avoid confusion do not use “today” or “yesterday”, use dates instead. All dates should be written in full including the year if there is a possibility that confusion may result without it, “02 November 2002”.

4.2.4 FORMAT

Reports may carry a header and footer with a UN classification.

Maps or diagrams used to illustrate a particular point are to be included in the report, provided technical means for the layout and distribution of the report are available.

When writing reports, take care to leave the correct spaces after punctuation marks. After a full stop (.) or colon (:) leave two spaces. After a comma (,) or semicolon (;) leave one space. This makes the document easier to read.

4.2.5 MEDIA

Media reports should be accredited at the end of the sentence or paragraph with the source in brackets (i.e. AFP or ITN).

When using media reports always indicate the source.

If it is not clear how reliable the media report may be, use phrases such as “UNITA-controlled media sources *claim* that...”

4.2.6 NAMES AND PLACES

Always use the person’s title or Mr. or Ms.

As a general rule the UN refers to “the Government of Canada” (note the capitalization.) This avoids confusion since there can be many governments at various levels in a country. If you are in doubt whether a particular government is recognized by the UN check the list of *Permanent Missions to the United Nations*. Only recognized governments can have representatives or observers at the UN.

If a place or region is not internationally recognized put the name in quotation marks when describing it (i.e “ABKHAZIA” or the



“ABKHAZIAN” defence minister).

All place names should be typed in capital letters: TUZLA or SUKHUMI.

When a geographical expression is part of a name it should be capitalized (i.e. Sector East, Province of Ontario, New York City).

When referring to a place name that is not on the map, indicate its distance and direction from a marked place name.

4.2.7 NUMBERS

The numbers from one to ten are usually spelled out in full; those above ten are usually expressed as figures. But there are exceptions (i.e. “between 7 and 11 soldiers”, “the 4th Brigade” or “07 November”).

Avoid having a number that is expressed as a figure as the first word in a sentence. Thus change “8 soldiers were observed...” to “Our patrol observed 8 soldiers ...” or “Eight soldiers were observed...”

4.2.8 SEQUENCING

If incidents are referred to by date, ensure that they are described in the correct sequence (i.e. “on 21 December, a meeting took place between...on 23 December, three vehicles...”).

4.2.9 SPELLING

Note that the UN uses International English (British spelling) as detailed in the Concise Oxford Dictionary.

4.2.10 STYLE

Refer to the *UN Correspondence Manual* and the *UN Editorial Manual* when in doubt as to matters of style, abbreviations or format. Ensure that correct titles are used for individuals [i.e. Chief Military Observer (CMO) or Chief Administration Officer (CAO)].

4.2.11 BRIEFINGS

Briefings are prepared by the relevant Branch/Section containing information/advice. There are three types of briefs:

➡ Decision Briefs :

Gives an analysis of options and recommendations, intended to seek a decision.

➡ Background Briefs:

A summary of available information to provide the recipient with information on a particular issue.

⇒ Visit Brief

Intended to support a visit/program etc.

Sample Titles of a Briefing Format are:

Introduction

Orientation

Aim

Format of Briefing

Forces Situation

UN Situation

Operational Situation (Post, Current and Planned Operations)

Administration

Comms

Logistics and Supply

Decision (if required)

4.3—SERVICE RIFLE 5.56 mm C7

4.3.1 C7 CHARACTERISTICS

The characteristics of the C7 service rifle are as follows:

⇒ Gas-operated.

⇒ Magazine-fed.

⇒ Air cooled.

⇒ Semi and fully automatic.

⇒ Capable of quick and accurate fire at short range opportunity targets.

⇒ Capable of a high rate of accurate and rapid fire at ranges up to 300 metres.

⇒ A section equipped with the C7 service rifle can concentrate effective fire up to 600 metres.

⇒ Can be fitted with a bayonet for close quarter fighting.

⇒ Magazine holds 30 rounds.

⇒ Weight 3.3 kg unloaded, and 3.8 kg fully loaded.

- ➔ As a result of the weapons fully automatic capability and 30 round magazine, a high standard of fire control is necessary to prevent wasting ammunition.

4.3.2 TECHNICAL DATA

The technical data for the C7 is as follows:

- ➔ Calibre: 5.56 x 45 mm NATO.
- ➔ Weight:
 - ⇒ Unloaded—3.34 kg.
 - ⇒ Loaded—3.89 kg.
- ➔ Length:
 - ⇒ Rifle—1.0 m.
 - ⇒ Barrel—0.53 m.
- ➔ Operation: gas operated, air cooled, magazine fed.
- ➔ Sights:
 - ⇒ Iron sight, small aperture 200 to 300 m, large aperture for close quarter combat and low light at increments of 100 m.
 - ⇒ C79 optical sight.
- ➔ Maximum effective range: 400 m.

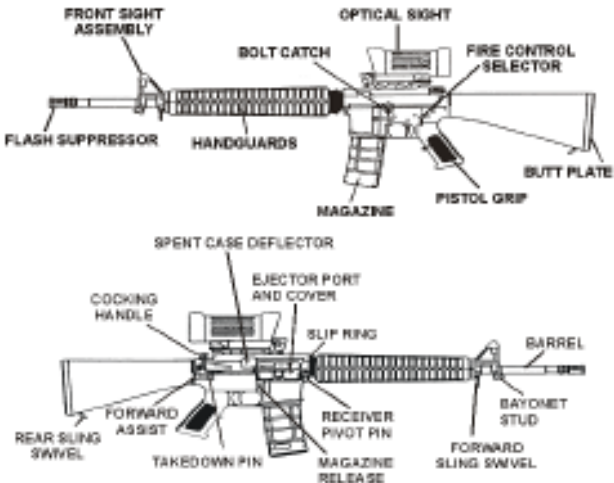


Figure 4.3.1: Service Rifle C7, Left and Right Sides

4.3.3 SAFETY PRECAUTIONS

There are many situations for which you must be able to perform safety precautions and clear the weapon. These include:

- ⇒ Before and after instruction.
- ⇒ Before stripping the weapon.
- ⇒ During issue and return to stores.
- ⇒ Before and after any range practice.
- ⇒ Upon returning to camp if SOP's so dictate.
- ⇒ Whenever the safety status of the weapon is in doubt.

To clear the weapon you will:

- ⇒ Adopt the standing load position.
- ⇒ Remove the magazine.
- ⇒ Cock the weapon and engage the bolt catch.
- ⇒ Return the cocking handle to the forward locked position.
- ⇒ Tilt the weapon to the left and verify that there are no rounds in the chamber.
- ⇒ Pull the cocking handle to the rear and allow the action to go forward under control.
- ⇒ **Ensuring the weapon is aimed in a safe direction**, fire the action and close the ejection port cover and pick up any rounds that may have ejected.

Other safety practices include:

- ⇒ Safe handling with **no** magazine fitted:
 - ⇒ When handing a rifle to another soldier or accepting one yourself, **point the muzzle in a safe direction**, pull the cocking handle to the rear and hold it there.
 - ⇒ Inspect to ensure the chamber is clear.
 - ⇒ Allow the action to go forward under control.
 - ⇒ Aim the weapon in a safe direction and fire.
 - ⇒ Close the ejection port cover.
- ⇒ **Never point the rifle at anyone in jest.**



- ➡ Never fire the rifle with blank ammunition at personnel within 20 m.

4.3.4 C7 FIELD STRIPPING

There are two types of stripping: field and detailed. Field stripping is the method of disassembling the rifle for cleaning and maintenance in the field. Field stripping is carried out as follows:

- ➡ Complete safety precautions but do not operate the trigger.
- ➡ Set selector lever to safe, "S".
- ➡ Pivot the upper receiver group down by withdrawing the takedown pin.
- ➡ Pull the cocking handle partially to the rear and pull the bolt carrier group out of the upper receiver.
- ➡ Push the cocking handle fully forward.
- ➡ Remove the retaining pin from the bolt carrier and slide out the firing pin.
- ➡ Rotate the cam pin one quarter turn and remove it from the bolt carrier.
- ➡ Pull the bolt out of the bolt carrier.
- ➡ Strip the magazine.

4.3.5 C7 DETAILED STRIPPING AND ASSEMBLY

Detailed stripping is conducted for comprehensive cleaning. In preparation, field strip the rifle. Detailed stripping is then carried out as follows:

- ➡ Push the extractor retaining pin out from the bolt.
- ➡ Do not separate the extractor retaining spring from the bolt.
- ➡ Remove the hand-guards by pulling the hand-guard slip-ring toward the upper receiver.
- ➡ Push the pivot pin in on the left side of the rifle, pull it out to its full extent from the right side of the rifle, then separate the upper receiver from the lower receiver.
- ➡ Remove the cocking handle;
- ➡ Remove the buffer and return spring.
- ➡ Separate the buffer and return spring.

4.3.6 C7 ASSEMBLY

In each case the weapon is assembled in the reverse order.

NOTE

When placing the bolt into the bolt carrier, ensure that the cam pin hole with the two indentations is at the bottom. Ensure that the bolt is fully forward in the bolt carrier prior to placing it into the upper receiver. Ensure that the selector lever is at “S”. If the selector lever is at “AUTO”, the automatic sear will interfere with the bolt carrier when the upper receiver is closed down upon the lower receiver.

4.3.7 C7 FUNCTION TEST

To ensure that your rifle is correctly assembled and operates as required, you must perform a function test as follows:

- ➡ Cock the rifle;
- ➡ With the selector lever at “S” and **ensuring the weapon is aimed in a safe direction**, attempt to fire the rifle (it should not fire).
- ➡ Set the selector lever to “R”.
- ➡ **Ensuring the weapon is aimed in a safe direction**, squeeze the trigger and fire the action.
- ➡ While holding the trigger back, cock the action and release the trigger (the hammer should be felt and heard to fall from the disconnecter then to be caught immediately by the trigger sear).
- ➡ **Ensuring the weapon is aimed in a safe direction**, squeeze the trigger (the action should fire).
- ➡ Set the selector lever to “AUTO”, cock the rifle (the hammer should be held by the automatic sear).
- ➡ **Ensuring the weapon is aimed in a safe direction**, squeeze the trigger and fire the action.
- ➡ While holding the trigger to the rear, cock the action (as the bolt carrier moves fully forward, the hammer should fall to strike the firing pin).
- ➡ Release the trigger.
- ➡ Set the selector lever to “R”.
- ➡ Close the ejection port cover.

4.3.8 CARE AND CLEANING OF THE C7



The C7 is maintained through proper cleaning and inspection. When properly maintained it will operate with few stoppages. Daily cleaning is important preventative maintenance that ensures the rifle remains serviceable. Cleaning the rifle is conducted as follows:

- ⇒ Clean the chamber.
- ⇒ Clean the flash suppressor.
- ⇒ Clean the exterior and pull-through the interior of the barrel.
- ⇒ Clean the bolt and carrier.
- ⇒ Clean the ejector.
- ⇒ Lubricate the bolt and carrier.
- ⇒ Clean and lightly lubricate the exterior of the upper receiver.
- ⇒ Clean the exterior of the gas tube that protrudes into the receiver.
- ⇒ Clean and lubricate the inner surfaces to the upper receiver.
- ⇒ Depress the front sight detent and apply two or three drops of Cleaning Lubricant Preservative (CLP).
- ⇒ Clean the interior and exterior of the lower receiver.
- ⇒ Clean the drain hole and the butt.
- ⇒ Clean the inside of the buffer tube.
- ⇒ Lubricate the buffer, spring and interior of the buffer tube.
- ⇒ Apply CLP generously to the trigger group, take down pin and pivot pin.
- ⇒ Clean the external surfaces of the butt and hand-guards, but do not oil.
- ⇒ Clean the magazines.

NOTE

Never use abraasive material or wire brushes on the aluminium surfaces. This will remove the metal's protective coating.

4.3.9 USE IN ADVERSE CONDITIONS

Special cleaning measures are necessary in adverse conditions to ensure the weapon remains clean and serviceable. These special considerations are as follows:

- ➡ In hot, dusty and sandy environments the rifle must be kept dry. In warm climates, moisture, humidity and salt from your own perspiration will quickly generate rust. If rust appears, remove it by rubbing with CLP. Always take care to wipe away any CLP that was used to remove the rust from the weapon.
- ➡ In extremely cold climates, if the tactical situation permits, unload and cock the rifle two or three times every 30 minutes to prevent the working parts from freezing together. When bringing the rifle into shelters, it must be stripped and wiped dry several times as it reaches room temperature. A light coat of CLP will provide lubrication down to -37° C.
- ➡ To prevent rusting under tropical or high humidity conditions, inspect and clean the rifle more frequently. Inspect the hidden surfaces of the bolt and cam assembly, upper receiver, chamber, locking lugs, lower receiver and buffer tubes for rust. Pay special attention to spring loaded detents and plungers. Always remove hand prints from the weapon with a rag to prevent rust. Keep ammunition dry.

4.3.10 CARE OF OPTICAL SIGHT

The C79 Optical Sight has been adopted as the standard sight for the C7, C8 and C9 weapons systems. The carrying handle has been removed from the C7/C8 to accommodate the sight. The optical sight is located on the upper receiver. It is adjustable for ranges from 200 to 800 m in 100 m increments. To adjust the sight for elevation, turn the range elevation dial until the range required is opposite the white line on the side of the sight. For quick alignment purposes, the sight is fitted with a notch and post device molded to the top of the rubber housing. It will provide you with a rough sighting onto a specific target for situations where multiple, closely spaced targets exist. To ensure that you are shooting at your target of choice, you should roughly sight your rifle using the alignment sight and then take correct and customary aim with the optical sight.

4.3.11 IMMEDIATE ACTIONS AND STOPPAGES OF THE C7

If the rifle fails to fire or stops firing the immediate action is to cant the rifle to the left and look into the ejection port at the position of the bolt.

If the bolt is to the rear:

- ➡ Change magazines.
- ➡ Operate the bolt catch and push the forward assist.
- ➡ Re-aim and continue firing.



If the bolt is fully forward:

- ⇒ Physically check the magazine to ensure it is fully seated and locked in place.
- ⇒ Cock the rifle and watch for the ejection of a round or empty casing.
- ⇒ If a round or casing is ejected, push the forward assist.
- ⇒ Re-aim and continue firing.
- ⇒ If no empty casing or round is ejected attempt to continue firing, if the rifle fails to fire, further action must be taken.

If the bolt is partially forward:

- ⇒ Cock the rifle and push in the bolt catch.
- ⇒ Examine the chamber and body of the weapon.
- ⇒ If a live round or empty casing is in the body or chamber, remove the magazine.
- ⇒ Clear the obstruction.
- ⇒ Replace the magazine.
- ⇒ Operate the bolt catch and push the forward assist.
- ⇒ Re-aim and continue firing.

4.3.12 C7 FURTHER ACTIONS

If an obstruction in the chamber cannot be removed during the initial remedial action or if the stoppage re-occurs, the following actions will be taken:

- ⇒ Unload the rifle, remove the take down pin and remove the bolt carrier and bolt.
- ⇒ Examine the extractor.
- ⇒ Test the ejector.
- ⇒ Test the firing pin protrusion.
- ⇒ Report faults to a weapons technician.

If the chamber does not appear to be obstructed and there are no broken parts, examine the chamber for a separated casing and report faults to a weapons technician.

4.4—NAVIGATION

4.4.1 ELEVATION AND RELIEF

Elevation is height expressed in feet or meters above or below mean sea level. Relief is the variation in the height and shape of the earth's surface. On a map, elevation and relief are defined through contour lines. Contour lines are imaginary lines on the ground connecting points of equal elevation. The contour interval, the vertical distance between contours, is stated in map marginal information. The greater percentage of maps used by the Army today have a contour interval of 10 meters, (always indicated on the map), however, there are some that have contour intervals of 25 feet. Normally every fifth contour line is numbered and printed more heavily than the others. This line is known as the index contour. Following are some characteristics of contours:

- ➡ Contours are smooth curves which are continuous and close onto themselves.
- ➡ When crossing a valley or stream, contours form a series of U's or V's having their bases pointing to higher ground or upstream.
- ➡ When crossing ridges, contour lines form a series of U's or V's with their bases pointing away from high ground.
- ➡ Contours close together indicate a steep slope; contours far apart indicate a gentle slope.
- ➡ The last contour line which forms a closed shape indicates a hill top.
- ➡ If moving parallel to a contour line the going is relatively level.
- ➡ If moving across contour lines, it means going up or down slopes.

4.4.2 TERRAIN FEATURES

All ground forms may be classified into five primary terrain features: hill top, ridge, valley, saddle and depression. Contour lines are used to indicate these ground forms on a map allowing you to draw a mental picture of the terrain features or to create a three-dimensional tracing.

4.4.3 ORIENTING A MAP

Orienting your map is the process of aligning the picture of the ground that it represents (the map) to the actual lay-of-the-land. The most common way of doing this, if you know your exact position on the ground and map, is to align the north edge of the map with the known direction of north, then verify that all prominent features on the ground coincide with their representative symbol on the map. This verification should be a process of elimination, starting with the most prominent



objects (churches, bridges, bends in rivers, etc.) and ending with pinpoint objects (corners of woods, crossings in trails, specific corner of a building, a small spur or re-entrant, etc.)

4.4.4 GRID REFERENCES

Grid References (GR) indicate a specific area on a map. For example, we know that a grid square is always 1,000 m by 1,000 m and has a four figure GR. A six figure GR, in turn, is possible once the grid square is divided into 100 squares, formed by drawing 10 imaginary and equally spaced lines vertically and horizontally within the grid square. The resulting smaller squares then represent an area of 100 m by 100 m. The division can be a mental calculation but to be as accurate as possible the use of a roamer is recommended. When pinpointing a specific 100 m square within a grid square go from west to east along the bottom of the square, then south to north to obtain the eight figure GR. The catch phrase to remember is "IN THE HOUSE, THEN UP THE STAIRS."

4.4.5 MAGNETIC DECLINATION

In order to reach the desired destination when you are marching with a compass there are several preliminary functions that you must carry out to properly set your compass. They must be done as precisely and conscientiously as possible to ensure that your compass is in fact leading you in the desired direction rather than getting you lost. This is especially true if you are to do a night compass march.

Because the compass only reacts to magnetic north, you must be able to convert a bearing taken from a map and apply the difference to your compass to have it point you in exactly the same direction as the bearing on the map. To do this correctly, you must understand the different functions of the three North symbols found in the marginal information of all maps.

True North (TN) is the one that indicates the North Pole. TN is used to navigate by the stars.

Grid North (GN), the **map north**, is a theoretical point at the top of the world where all the grid lines converge. The grid lines in question, being part of the Mercator Grid System, are those lines that are running up and down your map, and are known as "EASTINGS." GN is used when determining the bearing of a specific direction from a map.

Magnetic North (MN), the **compass north**, is a physical location to which all compass needles of the world point. It is generally accepted to be in the area of the Arctic Islands in northern Canada. It is the point of convergence of the earth's electro-magnetic field, which is moving continuously. This is why you must calculate the magnetic declination from one year to the next.

4.4.6 MAGNETIC ANGLE

The difference between the GN and the MN is known as the Grid Magnetic Angle (GMA). To determine the current GMA for your map follow these steps:

- ➡ Locate the three North symbols on the margin of your map.
- ➡ Determine what the annual change is then calculate the accumulated change.

Before you can do that, you must first understand how the numerical values related to the GMA and the annual change are expressed. There are three types of values:

- ➡ **Degrees.** Expressed in a number and a small zero (1°). There are 360 degrees in the compass circle of 6400 mils;
- ➡ **Minutes.** Each degree is broken down into 60 minutes. Minutes are expressed as a number and an apostrophe ($5'$); and
- ➡ **Seconds.** Each minute is again divided into 60 seconds. Seconds are expressed as a number and two apostrophes ($16''$).

The level of accuracy required when working with Silva Compasses generally precludes our calculating the second's value. We simply round the seconds off to the nearest minute.

Because the annual change is expressed in minutes and percentages of minutes on the maps used by the CF, a further small mathematical equation has to be followed. For our example we'll say the annual change is $10.2'$. That indicates 10 and two-tenths minutes. We know that each minute has 60 seconds and can therefore calculate that each tenth is actually 6 seconds. Therefore, two-tenths of a minute would have a value of 12 seconds. This is expressed as $10'12''$.

We can now calculate the accumulated change. Our example indicates that the annual change is $10.2'$ and that it is increasing. We must now establish what the approximate mean declination is and the year in which it was last issued. This information is found on the map directly below the three North symbols. For our example the declination will be $10^{\circ}12''$ as of 2001.

To calculate the GMA for the year 2006, you count the number of years from 2001 to 2006. This means that you'll have to calculate five years of annual change of 10.2 minutes as follows:



$$10.2' \times 5 = 51'$$

That means the total annual change equals 51'.

We have determined that the approximate mean declination is $10^{\circ}32'$, that it has changed by 51' since 2001, and it is increasing. From this we can establish the actual GMA.

$$\begin{array}{r}
 10^{\circ}32' \\
 + 51' \\
 \hline
 10^{\circ} 93' = 10^{\circ} + 93' \text{ (93' divided by 60')} = 1^{\circ} 33' + 10^{\circ} = 11^{\circ} 33'
 \end{array}$$

When the GMA is increasing, meaning that the angle between GN and MN has been getting larger since 2001, we have to add the accumulated annual change to it. Our calculation then will be as follows:

Because each degree is made up of 60 minutes, we will round the $11^{\circ} 33'$ off to 12° , because 33' is just greater than half a minute.

If on other maps the GMA is decreasing, meaning that the angle between GN and MN was getting smaller each year, then our calculation would be done by subtracting the accumulated annual change from the approximate mean declination rather than adding it.

To set the declination on your compass you must first refer to your map to determine whether the declination is in an easterly or westerly direction. This is established by checking the position of the MN in relation to the TN. If the MN symbol is situated to the left of the TN symbol, the declination is in a westerly direction; conversely, if the MN symbol is to the right of the TN symbol, the declination is going in an easterly direction. Once this is established, take the screwdriver attached to the compass lanyard and insert it in the declination mechanism screw. To adjust the declination, turn the screwdriver clockwise for a westerly declination and counterclockwise for an easterly declination. You will note that the innermost scale of the compass dial is marked in degrees in both directions. It is numbered every 20 and marked every 2 degrees. Turn the screw until the correct declination has been set.

4.4.7 OBSERVING WITH A COMPASS

The following steps are taken to obtain a bearing or direction to an object that is visible:

- ⇒ Open the compass cover wide and hold it level and waist high in front of you.
- ⇒ Pivot yourself and your compass around until the sighting line points straight to the object on which you are taking the bearing.
- ⇒ Turn the dial until the orienting arrow and the magnetic needle are lined up with the red end of the needle lying between the two orienting points.

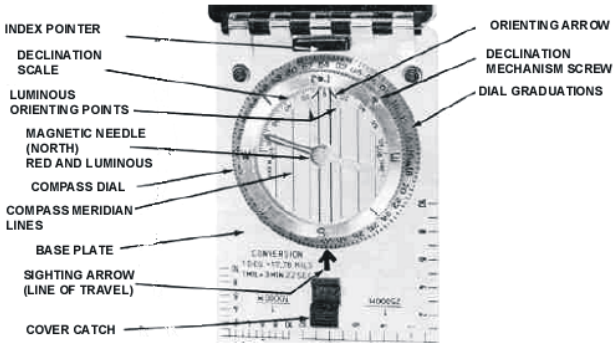


Figure 4.4.1: Silva Compass

The bearing to your object is the mil number indicated directly below the index pointer. For greater accuracy, bearings can be determined by using the sighting mirror as follows:

- ⇒ Hold the compass at eye level and adjust the cover so the top of the dial is seen in the mirror. Face toward your object and, using the sight, align on the desired point.
- ⇒ Look in the mirror and adjust the position of the compass so the sighting line intersects the luminous points.
- ⇒ While sighting on your objective across the sight and continuing to ensure that the sighting line intersects the luminous points, turn the dial so the orienting arrow is lined up with the needle, its red end between the orienting points.

4.4.8 ORIENTING A MAP BY COMPASS

The compass “meridian” lines are used for orienting a map with a compass. Ensure that the magnetic declination has been applied, then place the compass on the map so that the meridian lines are parallel to the “Eastings” and the sighting arrow is pointing towards the



top of the map. Rotate the map with the compass on it until the compass needle is oriented North between the two luminous points on the orienting arrow. The map is now set with the grid lines pointing to Grid North.

4.4.9 PLOTTING BEARINGS

To take a grid bearing from a map the compass can be used as a protractor, ignoring the compass needle. To read a bearing from one grid reference to another, place the compass with a long side on the line between the two references and with the sighting arrow in the direction of travel. Next, holding the compass in position on the map, turn the dial so that the meridian lines are parallel to the “Eastings” ensuring that the North on your dial is towards the top of your map. The bearing may now be read from the graduated dial at the index pointer.

Upon completion of these steps your compass has coincidentally been set to the bearing for your objective. By rotating the whole compass until you line up the rear end of the magnetic needle between the orienting points on the orienting arrow, your compass will be pointing in the direction of your objective. Holding the compass at waist height straight in front of you, march in the direction of the line of travel. As long as the compass needle and the orienting arrow are kept in coincidence, the sighting or line-of-travel arrow will remain on the bearing. For night marches, the luminous bar on the magnetic needle and the two orienting points on the orienting arrow will assist in maintaining this coincidence. The line of travel is indicated by the luminous sighting arrow, index point and sight.

4.4.10 DO'S AND DON'TS

Following are a few do's and don'ts of navigating with a map and compass:

➔ Do:

- ⇒ Approach navigation with confidence.
- ⇒ An in-depth map study and, if possible, a physical reconnaissance.
- ⇒ Make a route card for all map and compass marches.
- ⇒ Once correctly set, always trust your compass.
- ⇒ Back-track to a prominent known spot as soon as you think you are lost—don't wait until you truly are lost.
- ⇒ Your own calculation of declinations before using any compass.

- ⇒ Use a back-up pacer and map reader, especially for night operations.
- ⇒ Navigate around major obstacles using three 90° legs or bearings.

☞ If you can avoid it, **don't**:

- ⇒ Dismiss out of hand the advice or doubts of others.
- ⇒ Trust that roads, wood lines, orchards or the outer edge of towns or suburbs will be accurately reflected on you map.
- ⇒ Go around major successive obstacles on the same side—alternate, first left then right.
- ⇒ Sight your compass on near or intermediate objects during compass marches; use the objects farthest away at all times.
- ⇒ Accept inexact pacing—the average person takes 120 paces to cover 100 meters when going cross-country on open ground (the normal rate of advance is 2.4 km per hour during the day and 1.6 km per hour at night, depending on terrain).

4.4.11 SHADOW TIP METHOD TO FIND DIRECTION

This method requires only 10 to 15 minutes in sunlight and is much more accurate than any watch method. Any error will not exceed 15 degrees. Mark the tip of the shadow cast from a 3-foot stick. Mark the tip of the shadow again after approximately 10 minutes. A straight line drawn through the two marks indicates the east-west line, from which any desired direction of travel may be obtained. To do this, draw a north-south line at right angles to the east-west line. If you are ever uncertain which is east and which is west, observe this simple rule: the sun rises in the east and sets in the west. The shadow tip moves in the opposite direction. Therefore, the first shadow tip mark is always your west mark and the second mark is always your east mark anywhere on earth.

4.5—ARMoured FIGHTING VEHICLE RECOGNITION

Acquiring the ability to be able to recognize armoured fighting vehicles (AFVs) can be complicated. There have been thousands of different vehicles produced over the years, with as many modifications, making identification extremely difficult. However, as an observer it is not important to know the precise name of the vehicle but rather to know how to recognize its role. If you



can recognize the role of a vehicle you will be able to report the most important information about it.

4.5.1 AFV PRIMARY ROLES

There are five primary roles for armoured vehicles:

- ➔ Main battle tanks.
- ➔ Self-propelled artillery.
- ➔ Armoured personnel carriers/armoured infantry fighting vehicles (troop carriers).
- ➔ Reconnaissance vehicles.
- ➔ Combat support vehicles.

Usually, vehicles in each category share a number of obvious characteristics. Identifying these characteristics generally results in identifying an AFV's role.

4.5.2 AFV COMPONENTS - HATS

There are four major components of an AFV that you must examine to find the characteristics that help determine the role. The simple acronym **HATS** will help you to remember them:

- ➔ **Hull:** lower part of vehicle, which contains the engine and supports the suspension.
- ➔ **Armament:** the vehicle's weapons.
- ➔ **Turret:** this is the rotating structure atop the hull, which usually contains the main armament.
- ➔ **Suspension:** this is what the vehicle uses to move. An AFV can be wheeled or tracked. On a tracked vehicle the track rolls on "road wheels" and the wheel with pointed teeth is the "drive sprocket," which is connected to the engine and rotates the tracks.

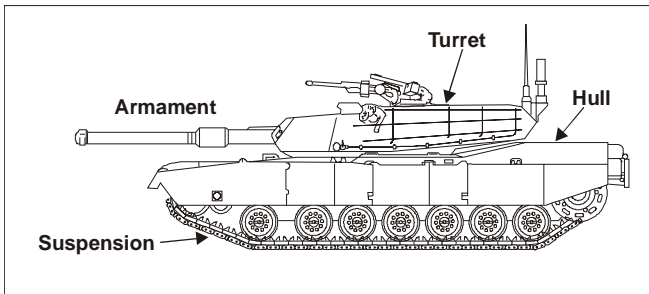


Figure 4.5.1: AFV Components

4.5.3 HULL DESIGN

There are two types of hull design for vehicles:

- ⇒ Sponson, which offers more space.
- ⇒ Box.

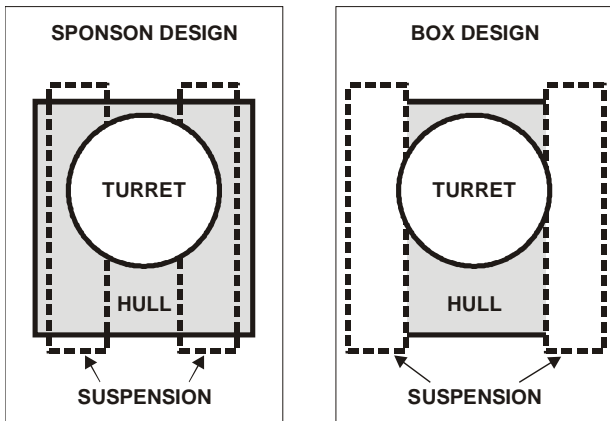


Figure 4.5.2: Hull Designs

4.5.4 MAIN BATTLE TANKS

Main battle tanks fire directly at targets. They require heavy armour for protection from other weapons. Armour is heavy. That is why all tanks are tracked, thereby achieving lower ground pressure. Main battle tanks have the following characteristics:

- ⇒ All have tracked suspensions;

- ➡ The engine is usually located at the rear of the hull (look for the drive sprocket).
- ➡ All have a large main armament, usually over 100 mm calibre.
- ➡ All have turrets, usually centrally located on the hull.
- ➡ All have sloped, angled or rounded armour on the front of the hull and turret.
- ➡ All have low hulls and turrets in order to have a small silhouette.

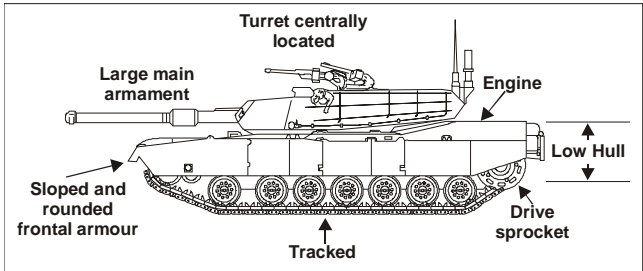


Figure 4.5.3: Tank Components

4.5.5 ARTILLERY

Unlike main battle tanks, artillery usually fires at targets indirectly. Therefore, they are further behind the front line and do not need much armour protection. For movement, artillery can be either self-propelled or towed. Towed artillery are not by definition AFVs but have been included here to ease recognition and reporting.

4.5.6 SELF-PROPELLED ARTILLERY

Self-propelled artillery look like tanks but have the following characteristics:

- ➡ A large, box-like turret.
- ➡ The turret is usually located towards the rear of the hull.
- ➡ There is usually a muzzle brake on the barrel.
- ➡ The armament is usually large calibre (between 122 mm and 155 mm).
- ➡ Almost all self-propelled artillery are on a tracked suspension.

- ⇒ Often they have a Dead Track suspension, with “slack tracks” that hang loose along the top of the road wheels.
- ⇒ There is a travel lock for the main armament barrel at the front of the hull.
- ⇒ The engine is located in the front of the hull.
- ⇒ The hull is usually a sponson type.
- ⇒ The recoil system is exposed.

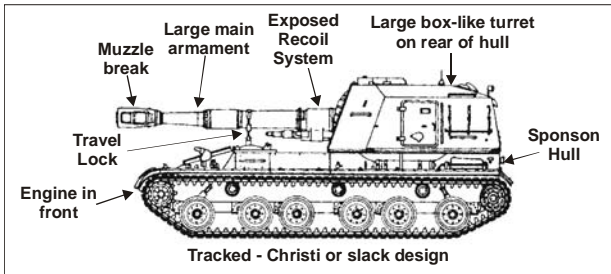


Figure 4.5.4: Self-propelled Artillery Components

4.5.7 TOWED ARTILLERY

Towed artillery is simply a large gun placed on a carriage and towed behind a truck or “tractor.” The carriage will have a number of wheels and trails (or legs) to stabilize the carriage.

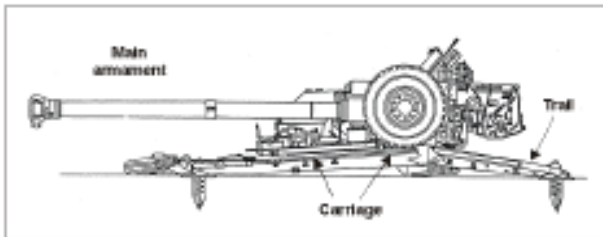


Figure 4.5.5: Towed Artillery Components

4.5.8 MULTIPLE ROCKET LAUNCHER ARTILLERY

Another type of artillery are multiple launch rocket systems (MLR). The large number of tubes is the easiest way to identify this type of artillery piece. It is usually placed upon a truck chassis but there are versions mounted on AFVs.



Figure 4.5.6: MLR System

4.5.9 ARMoured PERSONNEL CARRIERS AND INFANTRY FIGHTING VEHICLES

Armoured personnel carriers (APCs) and infantry fighting vehicles (IFVs) are lightly armoured vehicles that are used to transport troops; an IFV may also fight. They have the following characteristics:

- ⇒ A large sponson type hull.
- ⇒ Exit door is located at the rear.
- ⇒ The engine is typically in the front of the hull.
- ⇒ May be tracked or wheeled.
- ⇒ APCs may have a turret, while all IFVs have turrets.
- ⇒ APCs may be armed, while IFVs will always be armed.
- ⇒ IFVs will have a main armament of 20 mm calibre or higher.
- ⇒ Both may have firing or observation ports along the side of the hull.
- ⇒ Generally they have a high hull that is large enough to carry troops, although some former Warsaw Pact versions have rather low hulls to reduce silhouette.

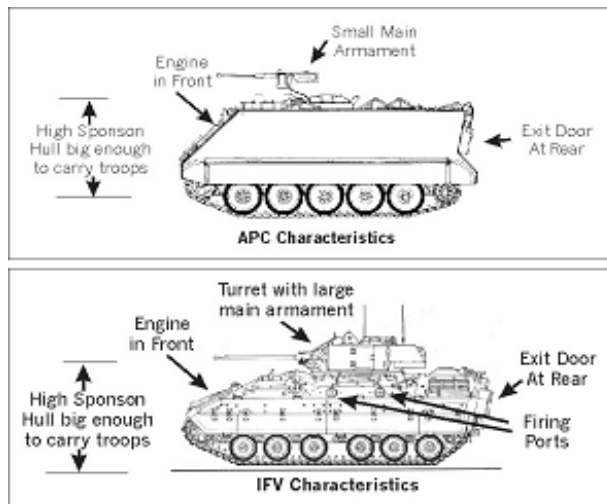


Figure 4.5.7: APC and IFV Components

4.5.10 RECONNAISSANCE VEHICLES

Reconnaissance vehicles are difficult to identify. This is because they often look very similar to IFVs and sometimes share the same chassis. They will often have the following characteristics:

- ⇒ Some are small in size (i.e. the size of a car), though many are larger.
- ⇒ Most lack room to carry additional troops.
- ⇒ Most are lightly armed; however, some may have a large main armament.
- ⇒ Most have a wheeled suspension as this is quieter than tracks.
- ⇒ Most are lightly armoured.
- ⇒ Similar to APC/IFV in appearance.

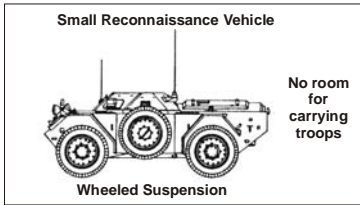
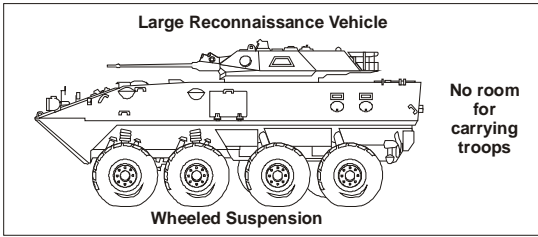


Figure 4.5.8: Examples of Reconnaissance Vehicles

4.5.11 ANTI-AIRCRAFT VEHICLES

Anti-Aircraft vehicles may have the following characteristics:

- ➔ Multiple small calibre guns (under 57mm) or missiles (these may be in square launch tubes).
- ➔ Either tracked or wheeled suspension.
- ➔ Radar dish and/or antennae.



Figure 4.5.9: Examples of Air Defence Systems

4.5.12 COMBAT SUPPORT VEHICLES

These include vehicles such as bridge layers, mine clearers, recovery vehicles and engineering vehicles that support combat formations. They can be identified by the various specialist kit on the vehicles that help accomplish their task such as:

- ⇒ A bridge on top of a vehicle hull is a bridge layer.
- ⇒ Cranes, dozer blades or scooping devices indicate recovery and engineer vehicles.
- ⇒ Large rollers, ploughs and flails are found on mine clearing vehicles.



Figure 4.5.10: A Recovery Vehicle

4.5.13 AIRCRAFT RECOGNITION

The recognition of aircraft can be challenging. European, American and Asian countries have built their own types of aircraft. It is more important to know the functional role of an aircraft than its name. There are six main aircraft types:

- ⇒ Fighters.
- ⇒ Bombers.
- ⇒ Transports.
- ⇒ Airborne warning / electronic warfare aircraft.
- ⇒ Transport helicopters.
- ⇒ Attack helicopters.

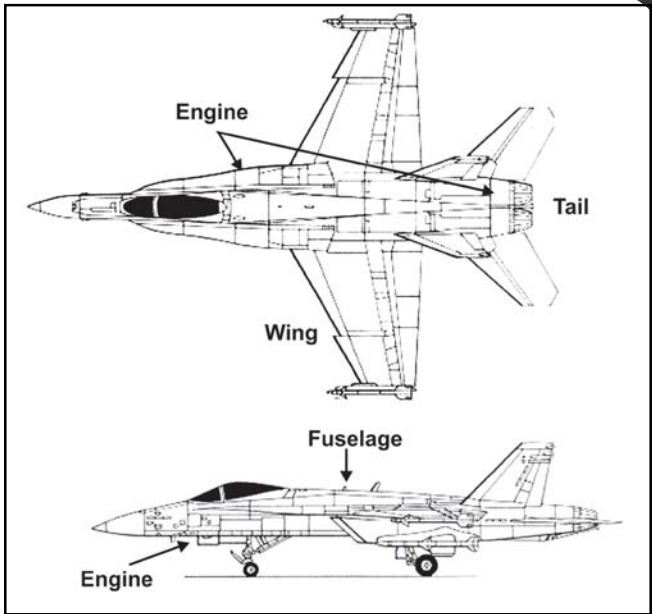


Figure 4.5.11: Aircraft Components

4.5.14 AIRCRAFT CHARACTERISTICS

Most aircraft share similar characteristics. Identifying these common elements will help to identify the role of the aircraft. There are four major components on every aircraft that are analysed to determine its role. To facilitate aircraft identification, use the acronym **WEFT**:

- ➔ **Wing:** this is the lifting surface of the aircraft.
- ➔ **Engine:** this is the propulsion system of the aircraft.
- ➔ **Fuselage:** this is the central body of the aircraft, designed to accommodate the crew, passengers and cargo. It is the structural body to which the wings, tail assembly, landing gear and engine are attached.
- ➔ **Tail:** this area consists of the fixed vertical stabilizer, rudder, tail plane, elevators and control devices.

4.5.15 FIGHTER AIRCRAFT

Fighter aircraft can be used as interceptor, reconnaissance or ground

attack aircraft. Interceptors control airspace and deny enemy aircraft access to the airspace. Reconnaissance aircraft locate targets visually or by using photographic or electronic sensors. Ground attack aircraft conduct attacks against ground targets, including interdiction and close air support missions. Fighter aircraft have the following characteristics:

- ➔ Almost all have weapons mounted under or on top of the wings.
- ➔ The engine(s) intakes are situated on the side or under the fuselage of the aircraft.
- ➔ Most fighters are smaller than other types of aircraft.
- ➔ They can have one or two tails.
- ➔ The horizontal stabilizer/elevators are situated on the fuselage.
- ➔ Maximum crew is normally two.

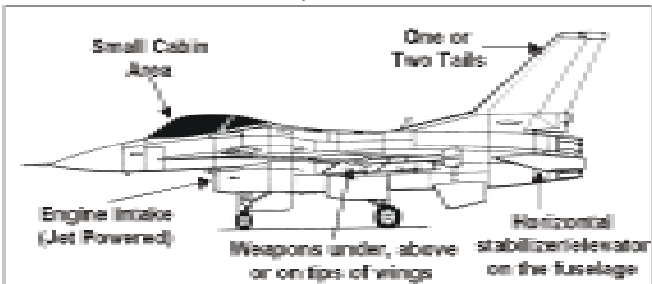


Figure 4.5.12: Fighter Aircraft Components

4.5.16 BOMBER AIRCRAFT

Bombers are designed to attack ground targets from high or low altitude. They can deliver nuclear and conventional munitions. Compared to fighters, bombers are usually bigger and slower. Bombers have the following characteristics:

- ➔ They all have weapons mounted under the wings or in a bomb bay.
- ➔ All modern bomber aircraft have jet engines and are often multi-engined.
- ➔ Most strategic bombers have longer wings than other types of aircraft.
- ➔ All have long tails.
- ➔ The cabin area is larger on this type of aircraft.



→ The fuselage is longer and thinner than on other types of aircraft.

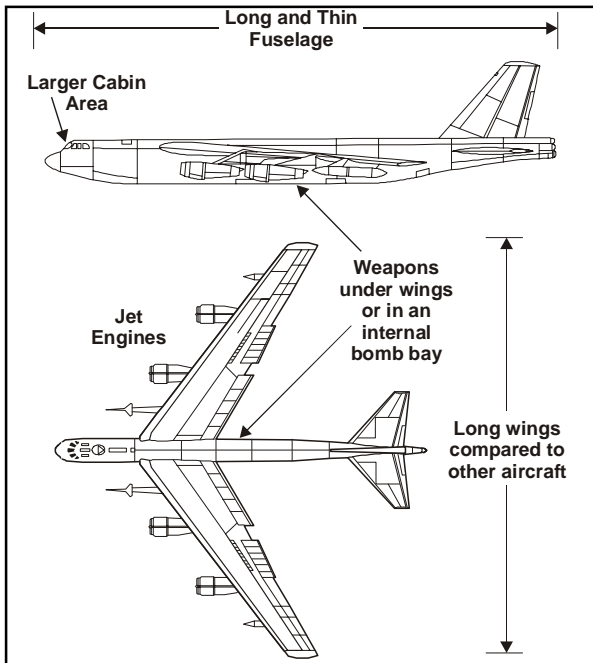


Figure 4.5.13: Bomber Aircraft

4.5.17 TRANSPORT AIRCRAFT

Transport aircraft are employed to transport material, vehicles or personal. Compared to other type aircraft, transports can usually operate from makeshift airfields. Transport aircraft have the following characteristics:

- High mounted wings.
- Engines are situated on or under the wings.
- Either jet or turbo-prop engines, normally multi-engined.
- Wide fuselage.
- Rear cargo ramp to facilitate loading and unloading of material or personal.
- Large, high tail section.

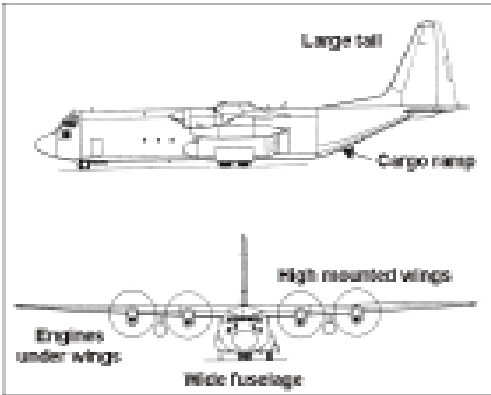


Figure 4.5.14: Transport Aircraft

4.5.18 AWACS AIRCRAFT

Airborne warning and control system (AWACS) aircraft are employed to conduct deep electronic surveillance and airborne warning and control operations. AWACS aircraft have the following characteristics:

- ➔ A rotating dish or a dorsal pod situated on the top of the fuselage.
- ➔ Usually based on civilian pattern airframes.

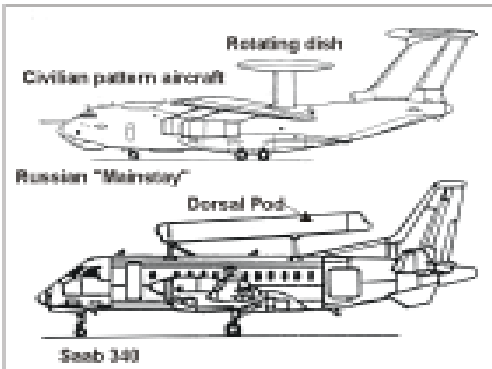


Figure 4.5.15: Example of AWACS Aircraft

4.5.19 ELECTRONIC WARFARE AIRCRAFT

Electronic warfare aircraft often resemble attack aircraft. Their mission

is to jam enemy communications and air defence radars. Electronic warfare aircraft usually have an electronics pod and sensors on the tail or under the wings.

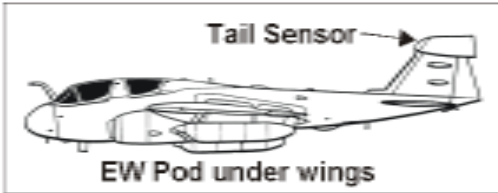


Figure 4.5.16: Electronic Warfare Aircraft

4.5.20 TRANSPORT HELICOPTERS

Transport helicopters move equipment and troops and have the following characteristics:

- ➔ They may be unarmed or have only machine guns.
- ➔ Usually they have a wide fuselage to accommodate troops or equipment.
- ➔ Some have two rotors.
- ➔ They are equipped with a rear ramp or a side door.
- ➔ The pilot and co-pilot sit side-by-side.

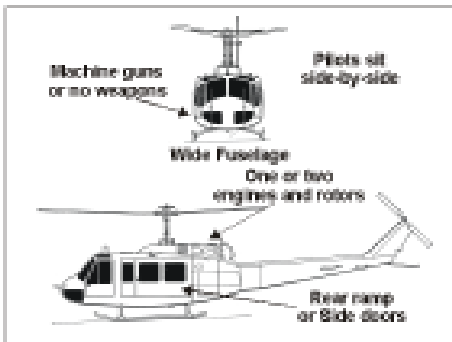


Figure 4.5.17: Transport Helicopter

4.5.21 ATTACK HELICOPTERS

Attack helicopters are employed to conduct patrol, escort, counter-attack and deep raid operations. Attack helicopters have the following characteristics:

- ➔ Long, thin fuselage.
- ➔ Weapons pods mounted on the sides of the fuselage or on winglets.
- ➔ Cannons or machine guns mounted on the nose (chin) of the helicopter, often in a turret.
- ➔ The gunner and the pilot are normally seated in tandem.



Figure 4.5.18: Attack Helicopter

4.6—EVERYDAY DRIVING

4.6.1 VEHICLE RISK, SAFETY AND RESPONSIBILITIES

Most casualties in PSO operations are caused by traffic accidents or driving under off-road conditions. Traffic patterns, roads and terrain are often very different from the conditions most Canadians are familiar with. This calls for extra caution. It is vital that regular inspections and maintenance be carried out because recovery or assistance may be difficult to obtain. It is also essential to understand how to operate a standard four-wheel drive vehicle and be aware of the specific techniques and skills required for the mission area, including troubleshooting techniques, winching operations, expedient recovery techniques and protection against mines.

4.6.2 DRIVER RESPONSIBILITIES

SOPs and regulations provide drivers with direction regarding their responsibilities for:

- ➔ Protecting personnel attached to the Force and Force property.
- ➔ Ensuring the safe and efficient operation of the Force's vehicle fleet, to enable the mission to fulfil its task with the utmost effectiveness and traffic accidents/casualties to a minimum.



- ➔ Maintaining good public relations and a proper Force presence in the mission area.

4.6.3 AUTHORIZATION TO TRAVEL IN AND USE FORCE VEHICLES

Personnel authorized to travel in or use Force vehicles are:

- ➔ Mission members.
- ➔ Non mission members travelling in connection with official mission business.
- ➔ Official guests of the UN, Canada or the mission.
- ➔ Other categories of personnel may not travel in Force vehicles without the prior approval of the contingent commander or senior Force staff.

4.6.4 DRIVER'S PERMIT

Just as one requires 404's to drive a CF vehicle, one requires a Force licence to drive a Force owned vehicle. This permit is often obtained on the basis of an international and national driver's permit, after having passed a Force driver's test.

4.6.5 DRIVER'S RESPONSIBILITY

Besides driving the vehicle in a safe manner, the driver is also responsible for:

- ➔ Operator maintenance prior to, during, and on completion of, the task (first, halt and last parades).
- ➔ Ensuring vehicle documentation is complete and the trip is authorized.
- ➔ Ensuring the vehicle load and equipment is complete and secure.
- ➔ Reporting any defects or damage to the transport office.
- ➔ Arranging for any vehicle servicing or repairs.
- ➔ Executing the task.

4.6.6 VEHICLE DOCUMENTS

The following documents, where applicable, shall be available when driving a Force vehicle:

- ➔ Force driver's license.
- ➔ Force identification card.
- ➔ Vehicle registration card.

- ⇒ Vehicle maintenance card.
- ⇒ Traffic accident report forms.
- ⇒ Daily Trip Tickets.
- ⇒ Fuel coupons.

4.6.7 DAILY TRIP TICKETS

Daily Trip Tickets are used for every trip in order to:

- ⇒ Call attention to defects, necessary repairs and maintenance.
- ⇒ Ensure the vehicle is inspected and checked daily.
- ⇒ Control the consumption of fuel and oil.
- ⇒ Control the movements of each vehicle.

4.6.8 DRIVER'S RESPONSIBILITIES IN FILLING OUT DAILY TRIP TICKETS

It is the responsibility of every driver to fill out the Daily Trip Ticket:

- ⇒ To record the distance travelled as soon as each trip is completed.
- ⇒ To indicate whether the trip was on duty or for personal administration (i.e. an authorized recreation run).
- ⇒ To record fuel and oil added.
- ⇒ To tick the appropriate box for operator's maintenance checks as they are carried out.

4.6.9 ACCIDENT PROCEDURE

Follow the mission SOP for accident reporting procedures. Such procedures normally include the following actions:

- ⇒ Stop immediately and give first aid to any injured parties.
- ⇒ Arrange traffic control if required.
- ⇒ Notify the local police and Mission authorities immediately.
- ⇒ Identify yourself and do not sign any written reports or statements until Mission assistance arrives.
- ⇒ Do not admit responsibility or blame.
- ⇒ Secure the vehicle.
- ⇒ Do not move involved vehicles until appropriate investigators arrive.



- ➔ Complete the vehicle accident report from the vehicle documentation kit (report all damage, even the smallest amount, to the transportation officer or duty officer).
- ➔ Record information on all witnesses and the particulars of the other driver(s) involved in the accident.
- ➔ Photograph and/or make a sketch of the accident scene.

4.6.10 CROSS-COUNTRY DRIVING TECHNIQUE

When a vehicle is used off-road/cross-country it is most important that regular inspections and maintenance are conducted. Wear and tear is much greater than on normal roads and special attention must be paid to ensure that the vehicle is operating correctly. The following notes are intended to give guidance on some of the more important aspects of driving technique:

- ➔ Adopt a relaxed, upright sitting posture with a firm grip on the steering wheel. Contact between the left foot and the adjacent body side panel will improve body positioning and control.
- ➔ It is generally desirable to use four-wheel drive. When the low range of gears is selected four-wheel drive is engaged either manually or automatically (depends on the type of vehicle).
- ➔ Where the terrain is soft (i.e. marshy ground or sand) reduced tire pressure will increase the contact area of the tires with the ground. This helps improve traction and reduces the sinking tendency. Tire pressure should only be reduced in accordance with the vehicle operating manual and must be brought back to the standard pressure afterwards.
- ➔ Where conditions are uncertain do not drive blindly forward. Use a guide or get out of the vehicle to confirm the shape of the ground surface, location of obstacles and a suitable path. This will reduce the chances of damage and “bogging down.”
- ➔ Before entering a difficult area select a gear and remain in it while the obstacle is crossed. For most purposes, second or third gear in low range is the best option.
- ➔ Make minimum use of the clutch and brake pedals. Braking on slopes can induce sliding and loss of control. For descending steep slopes first gear in low range should be selected, thus allowing the engine to retard forward movement without using the brakes.
- ➔ Exercise care in applying the accelerator pedal as sudden power surges may induce wheel spin.

- ➡ The momentum of a fast-moving vehicle will overcome drag and reduce the traction needed from the wheels. When it is clear that no obstacle is in the way to cause damage, a fast approach to steep slopes, soft sand, waterlogged sections, etc. is often effective.
- ➡ Bearing in mind the action of the differential, select a path that provides similar conditions for wheels on the same axle. This principle should be applied both to avoid dissimilar ground surfaces under opposite wheels and also to assess the correct angle of approach to an obstacle so as to avoid wheels being lifted off the ground.
- ➡ Be aware of the need to maintain ground clearance under the chassis and a clear approach and departure angle. Avoid deep wheel ruts, sudden changes in slope, obstacles, etc. that may cause the chassis to “hang-up.”
- ➡ When fording, if the water is deep, slacken off the fan belt beforehand and avoid over-speeding the vehicle to prevent saturation of the electrical system. Put the transmission in a low gear. Maintain sufficient throttle to avoid stalling if the exhaust pipe is under water.
- ➡ After being in water make sure that brakes are dried out immediately so that they are fully effective when needed again. This can be accomplished by driving a short distance at low speed with the brakes applied.
- ➡ Should it be found that the vehicle is immobile due to loss of wheel grip accelerating will not help much, as it only spins the wheels and may in fact dig the vehicle in deeper. Dismount and make a plan to extract the vehicle. Where the vehicle is fitted with a winch, recovery will be relatively straightforward.

4.6.11 BOGGED-DOWN DRILL

A problem all drivers will have to face at one time or another is how to extricate their vehicle when it is stuck in mud, sand or snow. If a maintenance recovery (wrecker) truck is in the area the wrecker crew will solve the problem. You may also be assisted by another vehicle. However, most frequently you will have to manage by yourself with the means you have at hand. The aim of this section is to offer hints to solve your self-recovery problem.

➡ Preliminary Action

At the first indication that your vehicle is becoming stuck, the following measures should be taken:

- ⇒ Disengage the clutch.



- ⇒ Lower tire pressure to the absolute minimum (10 psi) if necessary for emergency driving over a short distance.
- ⇒ Try to drive on.
- ⇒ If the use of lower tire pressure alone is not enough to free the vehicle, the procedures below should be followed:
- ⇒ Clear away any debris. Shovel a clear path ahead of the wheels.
- ⇒ Attempt to remove any obstacle (i.e. rocks, packed snow, parts of trees) that may be piled in front of the wheels, bumper or chassis.
- ⇒ It may be necessary to remove part or all of the payload to equalize the front and rear axle loads to improve traction on all four wheels. On the other hand, a vehicle gains better traction with a heavy load than with a light one. If your vehicle has to be pulled out with a recovery vehicle, unload only as much as necessary.

➤ Rocking

Self-recovery can often be achieved by “rocking” the vehicle, alternately moving it backwards and forwards. The main point is to co-ordinate the use of the clutch pedal and accelerator with the vehicle’s rocking motion. When the vehicle is stuck in soft soil or snow and is unable to roll back when the clutch is disengaged, the driver has to do the rocking by alternating between a forward gear and reverse gear. When it is possible to push the vehicle you can often rock it free by reversing until the backward motion ceases and the wheels start spinning, then moving quickly forward in an attempt to use the momentum now reached to get the vehicle over the obstacle (“bouncing” the vehicle by forcing the bumpers up and down may give the additional help needed).

➔ If the above procedure fails, the following procedure may be attempted:

- ⇒ Get the vehicle moving forward.
- ⇒ When forward motion ceases and the wheels start spinning, disengage the clutch to allow the vehicle to roll backwards.
- ⇒ When the backward motion stops, engage the clutch and accelerate.
- ⇒ Proceed with this rocking backwards and forwards until the vehicle is free.

➤ Using a Jack

A jack can be used to obtain traction and flotation directly under the wheels. The jack may also be used to lift a vehicle that is stuck in a hole as follows:

- ⇒ Jack up the wheel.
- ⇒ Fill the gap with any available material (boards, brushes, canvas, wire netting, rope ladders) to prevent the wheel from falling back again.
- ⇒ Remove the jack and attempt to drive out of the problem.

4.6.12 DRIVING THROUGH WATER

⇒ Brakes

Water thrown up under the vehicle is less likely to affect modern disc brakes. Make sure they work by testing them when it is safe to do so. If your brakes are slipping, check your mirrors to make sure there is no hazard, then drive slowly while pressing your left foot on the brake pedal. This will dry your brakes. Make sure your brakes work properly before you resume driving at normal speed.

⇒ Engines and Water

Some types of diesel engines will tolerate a certain amount of water, but many modern fuel systems are electronically controlled and are therefore vulnerable to water saturation. All gasoline engines can be seriously affected by even small amounts of water being splashed on to electrical components such as engine fuel injection systems, coil, distributor, etc.

⇒ Driving on Wet Roads

Wet roads reduce tire grip. You will need more braking distance.

After a spell of dry weather, rain on the road can make the surface even more slippery due to dirt and rubber build-up. Take extra care, especially when cornering.

Give yourself plenty of time and room for slowing down and stopping. Keep your distance.

Your allowance for braking distance on a wet road should be at least double that for a dry road.

Be prepared for different road surfaces that might affect your tire grip.

Remember, the less tread on your tires the greater the braking distance.

⇒ Water Spray



Water spray can impair visibility or affect electronic control units, thus stopping the engine. Water spray can also be caused when you are passing or being passed by heavy vehicles. Sometimes even wipers working at full speed cannot keep the windshield clear. This results in the driver being temporarily blinded to conditions ahead. In these conditions, exercise common sense. Be aware of the potential risk in heavy rain or water spray conditions and slow down to a safe speed.

➤ Hydroplaning

Hydroplaning is a serious hazard. It can occur when you are driving at speed in wet weather. Water build-up between the tire and the road surface causes your tires to “float,” losing full contact with the road and therefore reducing traction. If you have to stop suddenly, control can be lost.

When you brake in hydroplaning conditions your vehicle slides forward on a thin film of water, resulting in loss of control. A clear indication that this is happening is if the steering suddenly feels very light.

If you experience hydroplaning, slow down by easing up on the accelerator and **never** brake or try to change direction.

Avoid high speeds in wet conditions and steer clear of stretches of pooled water on the road. Even at lower speeds, if the front and rear on one side of the vehicle hit a patch of deeper water the vehicle may swerve due to uneven tire traction.

➤ Forging Shallow Streams

Forging should be attempted only after careful reconnaissance. The following points should be observed when fording a shallow stream:

- ⇒ Check the bottom of the stream to determine how firm a support you can expect. Make sure that the water depth will not exceed your vehicle’s fording limit.
- ⇒ As a rule, nothing is gained by attempting to use momentum in crossing streams because the force of the water may stall the vehicle or the water may drown the engine. Streams should be crossed slowly in a low gear.
- ⇒ If there is any danger that water will surge into the fan and be splashed around by it, the fan should be disconnected for the crossing.
- ⇒ After crossing a stream, brakes should be applied intermittently to make sure they are dry and reliable.

- ⇒ If a stream is wide, disconnect the exhaust manifold.
- ⇒ At the first opportunity after fording a shallow stream, wheels, crankcase, universal joint, differential, transmission and sub-transmission should be checked for lubrication and evidence of water or rust.

➤ Deep Water

If the water seems too deep for your vehicle, turn back and find a more suitable crossing site. It might take a little longer but it is safer than becoming stranded or swept away in deep water.

➤ Crossing Flooded Areas

When you have to pass through a flood take your time. Stop and assess how deep the water is; do not just drive into it.

Sometimes roads likely to flood have depth gauges. Check the depth on these and keep checking as you drive through.

Drive in first gear as slowly as possible but keep the engine speed high and steady by riding the clutch. Low engine speeds may result in a stalled engine.

Driving too fast may create a wave that floods the engine and drowns it.

4.6.13 SKID TECHNIQUES

Braking distances increase in wet conditions. If normal braking distance is 15 meters, it could be 30 meters or more when it is wet. Beware of changing road surfaces that can reduce the grip of your tires and make stopping more difficult. Any driver who has experienced a skid will remember having changed either the speed or direction of the vehicle immediately prior to the skid developing. Skids are usually caused by accelerating, braking or changing direction. This means that on slippery roads, less power in braking and steering should be applied to retain tire grip on the road.

➤ Control of Momentum Forces

The forces described above act on a vehicle when the driver operates the controls, but they should never be permitted to become so powerful as to overcome the grip of the tires on the road. The following are the principal causes of skidding, either alone or in combination with one (or more) of the others:

- ⇒ Excessive speed for prevailing conditions.



- ⇒ Coarse steering in relation to speed.
- ⇒ Harsh acceleration.
- ⇒ Excessive or sudden braking.

☛ Types of Skids

There are three types of skids, each requiring different control methods. It is essential that each type of skid be recognized in the early stages of development so that corrective measures may be taken. If a skid is allowed to develop fully, a driver will rarely find enough space to correct it. Concentration and good observation are essential if skids are to be avoided. Quick reactions are necessary when a skid occurs.

Under Steering—Front-wheel Skid

Front-wheel skids can occur with front-, rear- or four-wheel drive vehicles but are most common with front-wheel drive vehicles.

Under steering usually occurs on a corner or bend when the front tires lose their grip and the vehicle travels through a wider course than that intended by the driver. The first indication of under steering is through the steering wheel, which will feel lighter due to tire grip being lost.

The natural reaction is to apply more steering, but should the front wheels suddenly grip again the front of the vehicle will swerve and could transfer the skid to the rear wheels.

☛ Driver Action

The following action should be taken to regain control of the vehicle:

- ⇒ Depress the clutch to remove the driving force to the wheels.
- ⇒ Release the accelerator or brake pedal.
- ⇒ Straighten the front wheels momentarily. Once tire grip is regained, steer gently in the required direction.
- ⇒ Match the engine speed to the road speed, and gradually re-engage the clutch. The importance of de-clutching must be stressed. Simply releasing the accelerator would create engine braking on the driving wheels and increase the skid.

Over Steering—Rear-wheel Skid

Rear-wheel skids can occur with front-, rear- or four-wheel drive

vehicles but are most common with rear-wheel drive vehicles. Over steering can be induced on a corner or bend, or along a straight road with adverse camber. If the rear wheels lose their grip on the road surface the rear of the vehicle may slide to the left or right.

➤ Driver Action

The following action is necessary to regain control of the vehicle:

- ⇒ Depress the clutch to remove the driving force to the wheels.
- ⇒ Release the accelerator or brake pedal.
- ⇒ Turn the steering wheel in the same direction that the rear of the vehicle is sliding, until the vehicle comes back into line.
- ⇒ Match the engine speed to the road speed and gradually re-engage the clutch.
- ⇒ It is important to remember that as control is regained the front wheels must be brought back into line. Otherwise a second skid could be induced in the opposite direction.

Four-wheel Skid

Four-wheel skids occur when all the road wheels lose their grip on the road surface. This is usually associated with excessive or sudden braking and the effect on the vehicle may be a combination of the effects encountered in a rear- or front-wheel skid. On slippery surfaces the driver may experience a sensation of an increase in speed.

➤ Driver Action

The action taken will normally be dictated by traffic conditions but there is a need for a quick reduction of speed.

- ⇒ On dry roads, speed reduction is achieved by maintaining even pressure on the brake pedal.
- ⇒ On wet roads directional control is more important. In all cases on wet or slippery roads the cause of the skid is best eliminated by relaxing the pressure on the brake pedal, thus allowing the wheels to rotate again to regain control.
- ⇒ A four-wheel skid may be a progression from a front- or rear-wheel skid that has not been corrected.

4.6.14 AVOIDING SKIDS



There is no better protection against skids than driving in a way that will avoid them. Drivers cause skids; skids do not just happen. Note the following advice:

- ➡ On very slippery surfaces your stopping distance can be as much as ten times longer than on a dry road. Reduce speed and plan ahead.
- ➡ Look out for signs of a slippery road.
- ➡ Any wet road, even in summer, is likely to be slippery. Be wary of rain, ice packed snow and frost in shady places, wet mud, loose surfaces and wet leaves.
- ➡ If you suspect the road is slippery, keep your speed down.
- ➡ Your brakes will not get you out of trouble when your tire grip is poor. Brakes are far more likely to get you into trouble. Use engine braking. Shift to a lower gear in good time but be very careful with the accelerator and clutch, particularly in very slippery conditions. They can cause skids too.
- ➡ Keep your vehicle in good condition. Brakes that snatch or pull unevenly are dangerous on slippery roads. An accelerator pedal linkage that is jerky can cause wheel spin.

4.6.15 BRAKING TECHNIQUES

☞ Brake Maintenance

The brakes are the most important safety devices on a vehicle. They require routine checks and maintenance to work properly. Usually this maintenance is performed by vehicle technicians during routine inspections. However, there are occasions when the driver must take the initiative to maintain the braking systems. Most often this occurs in wet weather. The first action is to reduce driving speed; the second is to check the stopping power of the brakes periodically and, if necessary, dry the brakes by driving slowly for a short distance with a foot on the brake pedal.

☞ Emergency Braking

On a slippery surface the vehicle can be stopped in a shorter distance by resorting to “cadence braking.” Cadence braking consists of a succession of rhythmic pumps on the brake pedal. The brakes of any vehicle are at their most effective when they are at the point of locking up. The harder the brakes are pumped the better the effect. Therefore, no finesse is required in this operation. It is necessary for the driver to pump the brakes with deliberation rather than speed. The driver should also pause

momentarily at the full extent of the brake pedal and not “bounce” the foot on and off the pedal. Resorting to cadence braking in an emergency will achieve a better all round braking effect and allow the directional control of the vehicle to be retained. It is important to depress the clutch pedal in order to cancel the driving force to the wheels. If your vehicle is fitted with an Anti-lock Braking System (ABS), this system does the cadence braking for you and so there is no need for the driver to pump the brake pedal.

4.6.16 WINTER DRIVING

Introduction

Winter driving skills are the most difficult to learn due to the wide range of potential hazards and snow conditions. This is even more of a problem in mission areas where winter driving conditions exist, as there is usually no effective snow removal program to clear the roads and many local drivers do not have cars equipped for winter driving conditions.

Driving Tips

Rain, ice and snow impose the most difficult driving conditions on all drivers. Some hints to make driving safer:

- ⇒ Your vehicle needs to be properly prepared. Perform these checks before you even start the vehicle:
- ⇒ All lights must be clean and working.
- ⇒ Windshield washers and wipers must work effectively and the windshield washer fluid reservoir should be full. Some anti-freeze agent should be added to the water.
- ⇒ Anti-freeze must be in the radiator.
- ⇒ Windows must be clean inside and out and free from ice, snow and condensation.
- ⇒ Mirrors must be completely clean.
- ⇒ Tires must be inflated to the right pressure, with plenty of tread.
- ⇒ The battery must be fully charged and topped up.
- ⇒ Diesel engine vehicles must be filled with winter grade fuel.
- ⇒ Check the weather forecast before you go and be prepared for the forecasted conditions.

☞ On the Road



Speed is a crucial factor in difficult weather conditions and should always be lower than when the weather is good. Always keep a safe distance behind other vehicles and keep a keen watch on other cars, motorcyclists and cyclists in case they run into sudden difficulties. A good driver always bears in mind the characteristics of different weather conditions.

☞ Ice

One of the most potentially dangerous conditions that drivers face are icy roads. To remain in control it is essential to do everything more carefully than normal. Slow down as soon as you are aware of ice and steer gently, avoiding harsh turns. Drive slowly on ice in the highest gear possible for that speed. If you have to brake, use short, even applications, not heavy sustained pressure on the brake pedal.

☞ Rain

Rain makes roads perilous at any time of year but in winter it usually means much worse visibility, particularly when there is heavy spray from other vehicles. Therefore, switch on low-beam headlights to see and be seen. Slow down and watch for large pools of water in heavy storms. Hitting these at speed can cause even the most experienced drivers to lose control. At night, rain worsens the glare from headlights so it is vital to keep the speed down in such conditions. When street lighting is good, use low beam headlights to reduce the glare all round but use high beam headlights if you need them to see the road (dimming them as necessary to avoid blinding oncoming traffic). Stopping distances are much greater on wet roads so allow plenty of room between yourself and the vehicle in front.

☞ Snow

One of the main problems driving in falling snow is poor visibility. Therefore, when driving in falling snow, switch on your lights. The other major problem is lack of adhesion to the road surface. This can even happen on roads treated with salt or sand until sufficient snow has melted. Thus, drive slowly on snow in the highest gear possible for that speed and, as with ice, manoeuvre gently and avoid harsh braking. Passing other vehicles requires much more care than usual. If you pass sanding or salting trucks, or snowploughs, the road ahead will probably be untreated and still treacherous. Children might be playing in towns and villages so watch out for them. Getting caught in severe snow conditions can be both uncomfortable and dangerous. If you must travel, take hot drinks, food, warm clothing or blankets and a shovel if severe weather conditions are forecast. Wearing a fluorescent band will make you more visible if you have to get out of your

vehicle.

☞ Fog

In winter, bad visibility frequently goes hand in hand with icy roads when freezing fog occurs. In these conditions speed should be absolutely minimal. Low beam headlights should be turned on as soon as you run into fog. If fitted, turn rear fog lamps on if the visibility is less than 100 meters.

☞ Hail

Hail usually occurs unexpectedly and can be almost blinding for drivers. It does not usually last long so slow down to a safe speed, turn low beam headlights on and, if you can safely do so, pull off the road until the storm blows over. For some time after a hailstorm the road will be slushy, continue to drive slowly and gently.

☞ Winter Sun

Winter sun dazzle is an underestimated hazard. The winter sun is lower in the sky so reduce speed and use your sun visor and sunglasses to lessen the dazzle effect.

4.6.17 VEHICLE MAINTENANCE IN WINTER CONDITIONS

In addition to normal vehicle servicing and maintenance requirements, there are a number of techniques appropriate to operating in extreme winter conditions. They are as follows:

- ☞ Fit windshields for armoured vehicle crews when moving in hatches open conditions.
- ☞ Remove vehicle batteries to a warm location when vehicles are parked in very low temperatures.
- ☞ Check battery electrolyte levels during last parade maintenance. After topping up batteries, ensure engine is run for approximately 5 minutes to allow water to mix with the electrolyte to prevent water freezing.
- ☞ Check coolant and oil levels at first, halt and last parade maintenance. Also check for external leaks of coolant and oil.
- ☞ Replenish coolant, oils and fuel together with correct amounts of authorized additives immediately after running, including anti-freeze for windshield washers.
- ☞ Ensure coolant mixture is correct for the ambient temperature.
- ☞ Check brake fluid levels at first, halt and last parade maintenance.



- ➡ Drain braking system air tanks daily if fitted.
- ➡ Check tire pressures at first parade and condition of tires—especially when studded—at first, halt and last parade maintenance.
- ➡ Check security of tire chains (if fitted) at first, halt and last parade maintenance.
- ➡ Park vehicle correctly with engine facing downwind (to minimize wind chill) and position radiator blinds and windshield covers if fitted. If necessary, place timbers or brushwood under wheels to prevent tires freezing to the ground.
- ➡ Insulate exposed fuel lines.
- ➡ Keep snow and ice out of fuel when refilling.
- ➡ Do not perform unauthorized modifications to your vehicle.
- ➡ Do not have headlights, radios or heater turned on when starting.
- ➡ On tracked vehicles, do not over-tighten tracks, especially when they are warm.
- ➡ Do not add coolant, oils or fuel without the correct amounts of authorized additives.
- ➡ Do not force stiff linkages. Metal and other materials become brittle with cold.
- ➡ To avoid cracking, do not subject glass and optics to sudden heat.

4.6.18 WINTER SURVIVAL FOR DRIVERS

The following tips may save your life in winter driving conditions:

- ➡ Carry a survival pack and adequate cold climate clothing.
- ➡ Wear gloves when handling external vehicle components and equipment.
- ➡ When route planning, allow adequate time for your journey.
- ➡ Continuously check that the route ahead is clear.
- ➡ Wear lip balm.
- ➡ Wear sun goggles in conditions of extreme brightness.
- ➡ Check in/out of vehicle checkpoints along the route.
- ➡ Provide adequate ventilation in the vehicle cab.
- ➡ Do not sleep in the cab with the engine running.
- ➡ Do not leave your vehicle without adequate personal clothing.

4.6.19 DRIVING SKILLS AND TECHNIQUES IN WINTER

Driving in winter conditions requires skills and techniques that are not normally required when driving in temperate climates. The most important differences are summarized below:

- ➡ Separate wipers from the windshield when parking for any period of time.
- ➡ Pull your choke lever out, raise radiator blind and cover all glass areas before parking overnight.
- ➡ Select level ground for parking.
- ➡ When securing the vehicle in place, leave the hand brake off to prevent brake shoes freezing to the drums and chock the wheels or select an appropriate gear.
- ➡ In extreme cold, start engines periodically and run up to working temperature.
- ➡ On tracked vehicles, remove ice from around tracks before moving off.
- ➡ Allow diesel engines to idle for up to 15 minutes before moving off. If fitted with a turbocharger operate in accordance with user handbook instructions. Allow gas engines to idle up to 1 minute.
- ➡ Warm up hydraulic fluid by engaging hydraulic components for approximately 10 minutes prior to operation.
- ➡ Drive away from overnight parking slowly for the first 100 metres in first gear. This is necessary because your tires will have developed a frozen flat portion overnight that will not disperse until the tire is warm. It also allows moving parts, bearings and lubricants to warm up.
- ➡ If at all possible, use a four-wheel drive vehicle in adverse road conditions.
- ➡ Avoid sudden or harsh braking, accelerating or steering movement on slippery surfaces.
- ➡ Be aware of the increase in stopping distances on slippery surfaces.
- ➡ Engage the correct gear before ascents or descents and maintain momentum.
- ➡ Remember, some road surfaces are higher than the shoulders.
- ➡ If visibility becomes zero, stop and wait for better conditions.
- ➡ Practice fitting and removing tire chains/spiked track pads prior



to the onset of winter conditions.

- ➔ Fit tire chains/spiked track pads or remove track pads if conditions require.
- ➔ Do not drive up to shoulder marker sticks as these do not necessarily mark the edge of the road and you may go over the shoulder or strike a mine.
- ➔ Do not drive on soft snow at the edge of roads.
- ➔ Do not drive down gradients in too high a gear.

4.6.20 DESERT DRIVING

General Requirements

The majority of desert driving will be done on poor roads or cross-country.

☞ Sand Storms

Sand storms very often occur suddenly. If there are animals such as goats or camels in the area, some warning signs may be observed in advance. Animals start fleeing in a direction away from the sandstorm. In light sandstorms, driving may be continued provided the same rules are observed as mentioned under winter fog conditions. If the flying sand is dense, the engine of the vehicle should be stopped to avoid sand in the filters and an engine break down. Take the necessary precautions to warn other travellers of the stationary vehicle.

☞ Sand Dunes

Sand dunes across the road/tracks can be dealt with by speeding up the vehicle to a speed high enough to cross the dune (but not much more). Maintain a straight course while passing through the loose sand, keeping the front wheels pointed straight ahead. Do not attempt to turn. Keep a constant speed until you are on a firm surface again. When sand dunes from drifting sand on roadways are hit at high speed with a vehicle, the effect is the same as with snow-drifts: steering control may be temporarily lost.

☞ Stuck in the Sand

When stuck in the sand you should try to reverse out in the same tracks you entered. If you are so firmly stuck that further assistance is required you should:

- ⇒ Lift the vehicle using the jack close to the stuck wheel. The jack should be placed on a piece of wood big enough to create a firm base for the jack.
- ⇒ Shovel the loose sand away from under the wheel.

- ⇒ Place sandbags (filled one third with sand) under the wheel to create a firm track and reverse slowly.

4.6.21 VEHICLE MAINTENANCE

Maintenance and Vehicle Parades

First parades and operator maintenance must be carried out every day and prior to a new trip if the driver cannot confirm if checks were already done that day. The following items should be checked during every first and halt parade:

☛ Engine Compartment

- ⇒ Engine oil.
- ⇒ Coolant.
- ⇒ Battery.
- ⇒ Windshield washer fluid.
- ⇒ Belt tightness.
- ⇒ Leaks and loose connections.

☛ Vehicle Exterior

- ⇒ Tires, including air pressure.
- ⇒ Tools, equipment and spare tire.
- ⇒ Fuel tank and jerry can.
- ⇒ First aid kit.

☛ Driver's Compartment

- ⇒ Working lights, including brake lights and turn signal / hazard indicators.
- ⇒ Working windshield wipers and washer.
- ⇒ Horn.
- ⇒ Seat position adjustment and seat belts.
- ⇒ Mirrors adjustment.
- ⇒ Confirm there is a Daily Trip Ticket and other documentation.

☛ Immediately After Starting Vehicle

- ⇒ Monitor oil and water pressure observe gauges.
- ⇒ Monitor charging of battery observe gauge.



- ⇒ Monitor function of other gauges.
- ⇒ Test brakes and clutch.
- ⇒ Check vehicle mounted communications equipment (including a radio check).

➔ Maintenance Trouble Shooting

Good maintenance and careful driving will generally help to prevent faults. However from time to time it may be necessary to deal with a broken down vehicle. Fault-finding is a logical process to find and, if possible, repair a fault. Consider each component or group of components separately, examining the cause and effect in a logical sequence. This does not require an extensive prior knowledge of vehicle mechanics. First, identify the main group in which the fault is occurring (engine, transmission, steering, brake system, etc.), then trace the fault to a group of components (i.e. with an engine fault you may pinpoint it to the electrical, fuel or cooling system). Finally, determine whether you can fix the fault or whether you need to request recovery.

4.6.22 TROUBLESHOOTING CHECKLIST

AREA	PROBLEM	FAULT CHECK
ENGINE	Does not start	Engine friction belts, battery, ignition system or compression
	Trouble running/lack of power	Ignition system, fuel system, blocked exhaust, valve system
	Overheating	Driving conditions, cooling system/fluid leves, ignition system, blocked radiator
	Noises, knocks or rattles	Ignition, valves or low oil levels

AREA	PROBLEM	FAULT CHECK
TRANSMISSION	Excessive fuel consumption	Driving conditions, fuel system, transmission oil level low, cooling system, rings, cylinder wear
	Diluted or dirty oil	Driving conditions, rings or cylinder wear, cooling system
	Slipping	Clutch
	Does not work/move	Differential, axle shafts, clutch, gearbox
	Noise, vibration	Gearbox, clutch, differential
BRAKES	Ineffective	Brake fluid, adjustment, lining
	Shudder	Adjustment, wheel bearing, lining
	Sticking	Adjustment, lining, master cylinder
	Pulling to one side	Adjustment, lining, tire pressure
	Overheating	Adjustment, wheel Cylinders, debris around the axle
	Squealing	Lining, brake drum, low on fluid
STEERING	Excessive slackness	Adjustment, fluid level, wear
	Wobble	Tire pressure, adjustments, wheel bearing, wheel alignment, wheel balance, shock absorber
	Heavy	Tire pressure, adjustments, wheel alignment, lubrication
SUSPENSION	Too flexible, squeaking, vehicle leans on one side or the other	Springs, shock absorber
LIGHTS	Poor of flickering	Circuit, connections, battery
	Will not turn on	Fuses, bulbs, circuit, connections



AREA	PROBLEM	FAULT CHECK
STARTER MOTOR	Will not operate	Battery, circuit, pinion, connections
	Lacks power	Battery, circuit, communitater
GENERATOR	Does not charge	Fan belt, circuit, connection, regulator, communicator

4.6.23 THE IMPORTANCE OF TIRE MAINTENANCE

Your tires are your only contact with the road. The area of control is as small as the sole of a large shoe for each tire. Tires will not grip properly and safely unless they are in good condition. Make sure you check wear and tear and replace them when necessary. Tires can easily become damaged.

➤ How to Reduce Wear and Tear on Tires

Check tire pressure regularly.

Avoid driving over potholes and broken road surfaces. If you cannot avoid them, slow down.

Do not drive over curbs or scrape the wheels along them when manoeuvring as this will damage the wall of the tire and could cause a blowout later. Hitting the curb can also affect front wheel alignment. If there are any signs of uneven wear have the steering checked.

Think and plan ahead. Avoid high speeds, fast cornering and heavy braking, all of which increase tire wear.

➤ Tire Pressure

Points to consider with tire pressure are:

- ⇒ You cannot estimate tire pressure simply by looking at your tires (except when one is flat!).
- ⇒ Check your tires at least once a week. Do not forget the spare.
- ⇒ Use a reliable gauge and follow the manufacturer's guide for the correct tire pressure.
- ⇒ Check your tires and adjust the pressure when they are cold.

- ⇒ Remember to refit the valve caps.
- ⇒ The vehicle handbook will also tell you if you need a different pressure for different conditions. Generally, the pressure should be higher for a heavily loaded vehicle or for driving at high speed for a long distance.

➤ Burst Tires

The main problem with a blown or burst tire is that the vehicle may swerve and lose control. This is made worse if you brake heavily, so avoid heavy braking and use as little braking as possible. When a blown tire occurs:

- ⇒ Grip the steering wheel firmly to check the swerving but be aware of over correcting.
- ⇒ Let your vehicle slow down and stop at a safe place.

➤ Tire Condition

Check the physical condition of your tires regularly. Some of the points to consider are:

- ⇒ Do not let grease or oil cover your tires.
- ⇒ Remove foreign objects (stones, etc.) caught in the treads. These can work their way in and cause serious damage.
- ⇒ Check that the inner and outer tire sidewalls are free from cuts and bulges.
- ⇒ Check to ensure that all tires have a good tread depth (at least 1 mm).

➤ Replace Worn Tires

When worn tires are replaced, check wheel alignment, wheel balance, suspension and braking systems. If there is a fault, repair it as soon as you can; otherwise tire wear will be excessive or uneven and steering will be difficult.



4.6.24 INTERNATIONAL ROAD SIGNS

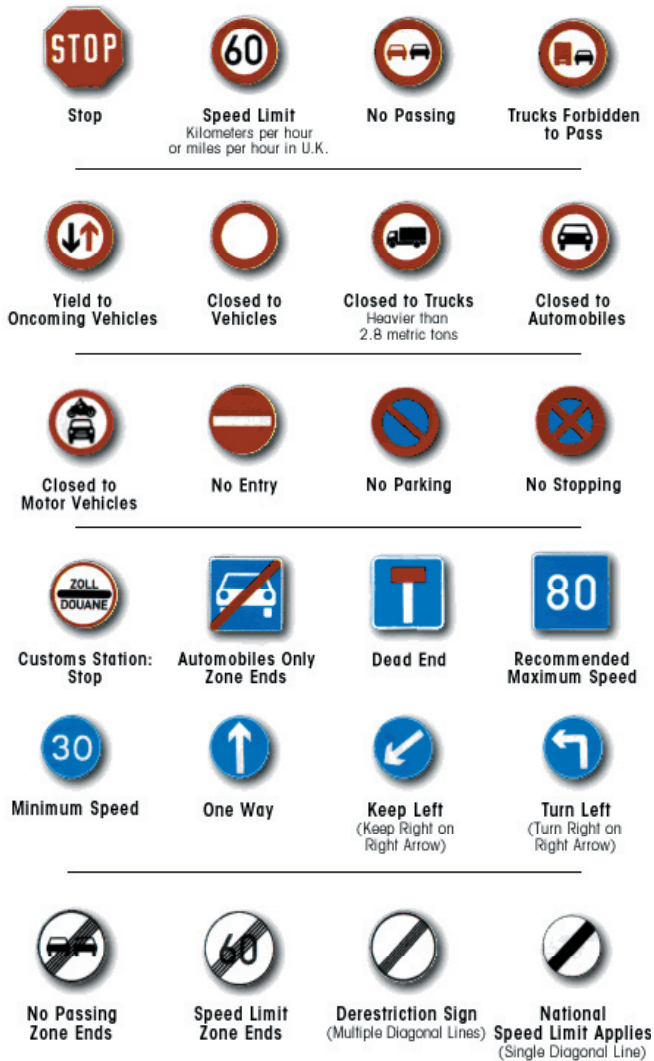


Figure 4.6.1: International Road Signs



Danger



Yield



Curve



S-Curve



Uneven Road



Crossroads or Junction
Yield to Traffic from the Right



Two-Way Traffic



Railroad Crossing with Barriers



Steep Upgrade



Steep Downgrade



Hazardous Crosswinds



Right of Way on Priority Road



Bicycles Only



Cyclists and Pedestrians Only



Expressway Begins



Expressway Ends



Alternate Route for Express Traffic



300 Meters to Exit
Number of Bars Decreases with Distance; Each Bar Represents 100 Meters



Access to Expressway



International Route

Figure 4.6.2: International Road Signs 2



Priority Road
You Have the
Right of Way



Priority Road Ends
Yield to Traffic
from Right



Ring Road



**Passenger Drop-Off
or Pick-Up Only**
During Times Shown



Truck Route
(Or Other Vehicle
Type Depicted)



**Approaching
Road Construction
and Lane Crossover**



**Approaching
Town of Wilster**
Implies Reduced
Speed Zone



**Leaving
Town of Wilster**
Implies End of
Reduced Speed Zone

Figure 4.6.3: International Road Signs 3

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5.1—MILITARY OBSERVER DUTIES

Officers selected as military observers (MilObs) ultimately function as extensions of the Chief Military Observer (CMO) and the Force Commander. They are a highly visible representation of both the mission and their nations and must therefore be carefully selected. MilObs should be experienced, mature, fit and decisive officers, capable of independent professional thought with an emphasis on the ability to assess situations.

5.1.1 MULTINATIONAL ENVIRONMENT

As a MilOb you will always work in a multinational environment and rarely with other officers from your own nation. Multinational environments also mean multicultural environments requiring that Mil Obs practise tolerance. As well, the Canadian military standard cannot be applied, as officer corps around the world vary in terms of professionalism, experience and training. Expect to be tasked in a command position and anticipate the need to be flexible and creative in how you lead your multinational team. Find and use individual strengths to build a strong team. Many of the MilObs from other nations will be working in English as a second language, presenting challenges in the execution of many tasks.

5.1.2 RANGE OF MILITARY OBSERVER'S DUTIES

In accordance with the requirements set out in the mission mandate, the following is a list of possible duties you will rotate through:

- ⇒ Observation and reporting.
- ⇒ Patrolling and escorting.
- ⇒ Liaison.
- ⇒ Verification and inspections.
- ⇒ Investigations.
- ⇒ Electoral monitoring.
- ⇒ DDR (disarmament, demobilization and reintegration of ex-combatants).
- ⇒ Establishment of observation posts and/or operations centres.
- ⇒ Leadership roles (i.e. team or site leader).
- ⇒ Staff positions (i.e. operations officer, training officer, sector HQ duties).

5.1.3 CHARACTERISTICS AND CHALLENGES

MilObs are unarmed and work in small numbers, often in close contact with the belligerents in areas where there may be severe post-crisis residue. Accommodations can range from the primitive to the crude. The mission can be in its infancy, making protection, freedom of movement and execution of tasks an extreme challenge. The mission can also be well established with all the amenities but little operational activity. Boredom and complacency can quickly become your greatest threats. These circumstances present many challenges that require the following strong personal and professional qualities:

- ⇒ Impartial: maintain impartiality and the awareness of the power of the *perception* of impartiality.
- ⇒ Professionalism and expanding professionalism: negotiation skills, intuition, *non-linear thinking*.
- ⇒ Diplomacy: effectiveness in a multicultural environment, patience with UN bureaucracy, relationships with senior HQs.
- ⇒ Disposition: recognize the power of “people skills” and a positive attitude.
- ⇒ Flexibility: be flexible and reasonable, not stubborn and stupid.
- ⇒ Initiative: use it and recognize other nations may not because of military or civilian culturally imposed limitations.
- ⇒ Honesty: in dealing with associates and belligerents, resist opportunities for illegal activities.
- ⇒ Sense of humour: don’t take yourself or the progress (or lack of) in the mission too seriously. Laughter relieves tension.
- ⇒ Patience: in completion of tasks and seeing progress.
- ⇒ Courage: needed when faced with high stress situations.
- ⇒ Appearance: practice self-care and remember it contributes to credibility.
- ⇒ Fitness: strength and a healthy mental and physiological state.

5.2—OBSERVE AND REPORT INFORMATION

5.2.1 MILITARY OBSERVER’S ROLE

The main role of a MilOb is to observe and report. MilObs are a vital information collection and liaison resource for the CMO. As such, the observer is the “eyes and ears” of the CMO and the Force Commander.



Observation is a skill. Observing objectively is a challenge. Routines and seeing the familiar can make us virtually blind to the obvious. Observing the *absence* of activity or sound can be significant. Effective observation is a result of attention to detail, situational awareness where the usual is well known and the ability to make reasoned conclusions. Once you have good situational awareness trust your instincts when they lead you to believe something is wrong, different or missing. Many an experienced observer recognizes how a being a MilOb parallels being a “street cop,” where he knows the pulse, smell and personalities of his neighbourhood.

5.2.2 NOTE TAKING

You will take notes constantly. These notes should be considered “crown” property and potential evidence. Notes must contain enough detail to refresh your mind during the subsequent writing of more formal reports. The MilOb notebook parallels the MP notebook for good reason. The numbered pages make their use as evidence more credible. Carry a notebook with you at all times. Your notes may contain sensitive information; control and secure them appropriately. While there is no policy on how long to retain your notes, the potential seriousness of events and activities you have reported on are a guide.

5.2.3 FOUR RULES OF INFORMATION

Observation results in the collection of information and is a constant process. The four rules of information are:

- ➔ Information must be **timely**.
- ➔ Information must be **accurate**.
- ➔ Information must be **relevant**.
- ➔ Protection and consideration of the **source**.

☉ Timely

Information must benefit and support higher echelons of decision making in the chain of command, including the mission/UN HQ. In order to be useful, the information must be passed to the correct agency with a sense of urgency and in a timely manner. Even the most significant information arriving too late in the decision cycle could be useless.

☉ Accurate

Information must be factual and substantiated. Suppositions must be clearly stated as such. Conclusions must come from an analysis of facts; guesswork is dangerous.

☉ Relevant

Information must provide details relative to a particular situation or issue or answer specific requirements stated in a formal request. In this respect, MilObs must have a complete understanding of the mandate, the political situation, and the intent of the CMO. As a MilOb, you may not always see the initial relevance of information until it is collated at a higher level or laterally.

☞ Source

Always consider why the information is being brought to your attention in the first place. What is the motivation of the source providing the information? What constitutes a reliable source?

The source of the information must be protected against compromise or retaliation to ensure its longevity. The source will exist long after you rotate through the mission. Reprisals against the source or the source's family are a threat. Word will spread quickly if there is even the perception of compromising information sources and the sources will therefore "dry up."

5.2.4 THREE STEPS IN INFORMATION COLLECTION

The three steps in information collection are:

- ☞ Step 1—collection of information by the observer (protect your source).
- ☞ Step 2—analysis of information.
- ☞ Step 3—reporting the information.

5.2.5 STEP 1—COLLECTION OF INFORMATION BY THE OBSERVER

Information collection is a constant process. It occurs through observation while stationary and on patrol. Formal and informal liaison with civilian locals, local bureaucrats and other military personnel all produce information. Information collection may be deliberate or non-deliberate. Be aware that the more information is handled, the more it risks being compromised. Patrol information is collected, collated and passed upwards. Sector information from multiple patrols and OPs is further consolidated, etc. The collection and passage of information through multinational handlers can contribute to the loss or changing of the information. Take your time; check, re-check and confirm.

☞ Deliberate Collection



Deliberate collection occurs in response to a specific request, often on a specified subject. A plan is formulated to execute the collection mission and gather the required information.

➤ Non-deliberate Collection

Non-deliberate information collection occurs through discovery in an incidental manner (i.e. the discovery during a patrol of inappropriate activity by an opposing faction). Non-deliberate information may initially seem to have no relevance but must be noted and collected.

➤ Sources of Information

Observation and collection of information are constant processes. Sources include:

- ⇒ Aggressive patrolling (vehicle, foot, aerial and marine).
- ⇒ Routine liaison operations and visits.
- ⇒ Vigilant observation posts (OPs).
- ⇒ Social activities.
- ⇒ Observing the habits of the local population, both civilian and bureaucratic (police, politicians, etc).
- ⇒ Knowledge of activities in the area of operations (what is routine activity, who is a known entity, etc.).

5.2.6 STEP 2—ANALYSIS OF INFORMATION

Analysis and collation of information obtained is a deliberate process that aims “to fit the pieces of the puzzle together.” Remember, any analysis is a subjective process based not only on the information source but also your situational awareness, professional experience, inherent or cultural bias, etc. Always maintain clear, accurate and easily retrievable notes and records for future reference. MilObs must cultivate the ability to assess the facts and the implications of what has been observed intelligently. Consider the information source. Consider the possibility you are being “steered” or deflected by the information. In the analysis of information a suspicious mind is a good thing.

Some tips to accomplishing analysis are:

- ➡ Collect information from multiple sources for comparison purposes, thus confirming suspect information and the reliability of information in general. Multiple sources improve the accuracy and reliability of the information.
- ➡ Analysis of “deliberate” information is done to achieve the aim of a specific collection task (“find out if...”) assigned by the mission HQ.
- ➡ Analysis of “non-deliberate” information is done to determine “what have we got.”

Categorize the information:

- ➡ Factual or circumstantial.
- ➡ Contributes to the collection task or supplemental?
- ➡ Significant or background low-level information?
- ➡ How reliable is the source?

Consider the environment and circumstances under which the information was collected. Consider circumstantial or third party information, particularly if it is validated/confirmed by more reliable sources, and use it to validate other information.

5.2.7 STEP 3—REPORTING INFORMATION

The main considerations in choosing reporting methods are time sensitivity, the amount of detail needed and security of the information (or the source).

↻ Verbal Reports

These are usually sent by radio in the form of a SITREP or other proforma. It is important to recognize that the opposing parties will monitor voice radios and will hear the information if sent by non-secure voice radio. Your message must not result in one side gaining an advantage or being compromised. A good rule of thumb is that any verbal reporting you do will be of information you are willing to hand to one or all of the belligerents.

↻ Non-Verbal Reports

These include FAX/email and written reports. This is the preferred method of reporting because it provides a hard copy of your observations and conclusions. The limitation with of method is the time required to prepare and transmit the data to those who need to see it in the chain of command.



5.3—INFORMATION REPORTING

5.3.1 IDENTIFICATION OF AN INCIDENT

The observer in the field will be the first to identify an incident that requires a report. Often time may be at a premium and actions must be taken quickly. In this situation it is critical to have set procedures to collect, collate and transmit the essential details that must be received at the operations centre. It is important that the duty officer in the operations centre recognizes these situations when they occur and supports the observer in the field with proactive support, not undue criticism. Typically, the essential elements of information in most reports includes the following five details:

- ➔ Time of the activity.
- ➔ Location the activity is occurring.
- ➔ Description of what is happening or observed.
- ➔ Description of the action being taken by the observer.
- ➔ Whether assistance is required.

5.3.2 TEAM REPORTING

A team will normally aim to submit one report. Team members will have differing interpretations of what was observed and may have observed different things. The team needs to compare and consolidate the information. Co-operatively observed information is discussed with all present in the team, then a report is drafted, transmitted to the next higher HQ and logged by the operations centre duty officer. In the rare instance that the observers cannot agree on the information or the report to be submitted, each of the versions may be sent to reflect the different points of view and reporting detail. The report will contain a consolidated assessment—conclusion—by the senior MilOb (Team Leader). This conclusion will be what is reviewed first at the next level in the chain of command.

5.3.3 TRANSMISSION MEANS

In certain cases, such as vital or confidential information, a written report (usually submitted personally) will follow referring to the logging time and number of the initial radio message.

5.3.4 FACTS VERSUS ASSUMPTIONS

Report authors must not prepare reports that include assumptions without first defining the assumptions and the suppositions that flow from them.

5.3.5 CORROBORATION BY OTHER OBSERVATION MEANS

Whenever it is possible to do so, observations that have been reported should be verified by neighbouring OPs/ team sites / positions. This will help the operations staff to make decisions or take actions with a clearer appreciation of the factors. The importance of knowing what other observers can see is vital in order to draw their attention to activities that may require their validation or corroboration. This corroboration may be difficult depending on the national players. Be persistent.

5.3.6 REPORTING SYSTEM

The decisions taken by mission HQ or UN HQ are driven by reports received from the field. Hence, observers must appreciate the importance of their reports and the fundamental role that their reporting will play in the greater scheme of policy and decision-making. The basic procedures of reporting involve the following details:

- ⇒ The observer sees or hears an activity.
- ⇒ The observer evaluates the situation with the team.
- ⇒ The team drafts a report that contains the facts.
- ⇒ The team agrees on the content of the report or exceptions are also submitted.
- ⇒ The operations centre duty officer receives the report and logs the information.
- ⇒ The operations staff takes subsequent actions to deal with the report and to maintain the flow of information until the activity is resolved.
- ⇒ The operations section collates an overall report of the situation.
- ⇒ This collated information is transmitted to the next higher HQ (for example sector, force or mission HQ) and to neighbouring UN organizations.
- ⇒ Higher-level evaluations and summaries are developed, which may influence strategic negotiations and mission reports to higher HQ.
- ⇒ Information that may directly affect a UN mission and its mandate may be brought to the attention of the UN Secretary General and Security Council for consideration and action.

5.3.7 IMPORTANCE OF DETAILED REPORTS

The importance of solid reporting by all agencies in a mission area is underscored when it is understood that the details from each entity often help to paint a larger picture for the Force Commander or his senior commanders.



It is essential for observers to remember that they initiate the flow of information and action. The initial report on any incident or observation—no matter how minor it seems—must be drafted and transmitted professionally with as much detail as possible. The observer must not try to filter information or attempt to judge its relevance to a higher HQ.

5.4 —OBSERVATION POSTS (OPs)

5.4.1 Definition of an OP

An OP is the basic working platform for MiLObs. An OP may not necessarily be a fabricated tower; anywhere that allows maximum range for observation may become an OP. OPs are established to cover an area of separation, buffer zone or demarcation line. In mission areas where the observers have to cover a large geographic area, OPs are named OP team-sites or patrol operation bases and are the control centres from which observers conduct observation and patrolling to cover their area of responsibility (AOR).

5.4.2 TYPES OF OPERATIONS

Common to all forms of PSOs, observation is a primary responsibility of the observer and a basic requirement for maintaining peace. Without good observation the operation can fail. Some examples of operations where observation and observers are most needed are:

- ➡ Where the opposing forces of each side face each other along international borders, armistice or cease-fire lines (i.e. Eritia/Ethiopia 2000).
- ➡ Where the opposing forces/communities are scattered in communal groups or enclaves throughout the area of operations (i.e. Bosnia 1992-1995).
- ➡ Where the monitoring of and/or investigation into the movement of troops and/or weapons (real or suspected) is requested by one or more sides in a dispute (i.e. Lebanon 1958, Central America 1990-91).
- ➡ Where distances are such that normal information gathering is difficult and reliance has to be placed on long- and short-range patrolling (i.e. Congo 1999).

5.4.3 SITING OPs

To achieve the necessary observation coverage in any operational area, careful map and ground reconnaissance is essential to ensure optimum coverage with the minimum expenditure of resources. A good PSO OP will probably not be at the safest of sites. To observe

as much as possible, you must assume some risk. Remember, if you inherit what you consider a tactically useless site you have the right to move it or your observation activities. The siting of PSO OPs requires careful consideration of the following factors:

- ➡ OPs should be sited to maximize visibility throughout the assigned arc of observation.
- ➡ The ground should offer good conditions for radio transmission and reception.
- ➡ The location should be in an accepted “neutral” area where the observers are clearly recognized as such by the belligerents’ ground and air forces.
- ➡ Be aware of the location being chosen on your behalf (i.e. for the convenience of another organization). It may not be suitable from an operational standpoint.
- ➡ Consider if the location inadvertently provides a shield or camouflage for a belligerent.

5.4.4 OBSERVER’S FUNCTIONS

The main functions of the observer are to monitor everything that happens within the assigned arc of observation and to provide timely and accurate reports on any situation, incident or suspicious occurrence that develops. These reports must be factual and impartial since they will constitute the cornerstone of successful peacekeeping. Inaccurate, careless or biased reporting can adversely affect the operational situation and, in the process, damage the image and credibility of the peacekeeping presence. See MilOb Duties, Section 5.1.

5.4.5 OBSERVATION TASKS

Observation tasks commonly relate to:

- ➡ Military incidents within the operational area (movement, incursions, construction, firing violations, etc.).
- ➡ Infringements of international agreements or conventions.
- ➡ Observance of armistice/ceasefire lines.
- ➡ Observance of local agreements and understandings approved by the belligerents.

5.4.6 OBSERVING AND REPORTING INFORMATION

Observations must be accurately passed to the next higher headquarters without delay and be accompanied by as much pertinent data as possible (i.e. maps, field sketches, diagrams, photographs where and when possible/permitted) and references to specific agreements/



instructions. See Observe and Report Information, Section 5.2.

5.4.7 OP OPERATIONS

OPs should:

- ➔ Be manned on a 24-hour basis (if night vision devices are available) preferably with a minimum of two observers at each post.
- ➔ Have good communication links with their superior headquarters as well as laterally with other OPs.
- ➔ Be sited, wherever possible, with an overlapping arc of observation with neighbouring OPs to permit verification and corroboration of each others' reports.
- ➔ Be clearly marked with very large signs for easy identification and protection from mistaken attack—every post should also fly a UN/Force flag that is clearly lit at night.
- ➔ Have safe bunkers with alternate communications, medical supplies, emergency rations, water, accommodation stores, etc(during the Yom Kippur War in October 1973, many UNTSO observers on the Golan Heights spent up to 16 days in their bunkers without relief or re-supply and those on the Suez Canal took refuge in their bunkers while the initial battles were fought around and over their heads).
- ➔ Be surrounded, where necessary, by a perimeter fence for security, the siting of which should allow for a small but adequate post compound for the parking of vehicles and equipment such as generators.

5.4.8 OP STORES AND EQUIPMENT

The inventory of stores and equipment normally required for an OP is defined in SOPs. OPs now contain more expensive equipment: laser safe binoculars, radio equipment, computers, etc. Prepare to secure such items appropriately. As team leader you will sign for equipment over which you do not have daily control but for which the UN administrators will hold you accountable. Do a thorough inventory. The UN may not provide you with laser safe binoculars; they are a must.

5.4.9 DOCUMENTS AND FORMS

Non-computer based documents and forms, with instructions regarding their completion, should be available in sufficient quantities at each OP.

5.4.10 LIVING CONDITIONS

Observers must be prepared to exist under difficult conditions at the start of any observation operation. It is probable that they will have only a vehicle, tent and some rations to set up their OPs. Operating conditions are likely to be demanding, with a resultant detrimental effect on efficiency until static OPs are established. Once a permanent OP is established living and operating conditions will improve, thereby contributing to the efficiency of the operation. Expect to be living 24/7 for periods of time at the OP.

5.4.11 SPECIAL SITUATIONS

In operations covering immense areas of terrain (such as the Congo and the Western Sahara) the more traditional methods for observing and reporting are not practicable. In these circumstances observation tasks are likely to be confined to centres of population and of communication, and are mainly conducted for localized impact. The passage of information to higher and lateral headquarters requires the installation of an HF or UHF area communications system that is outside the network of civilian telecommunication capabilities.

5.4.12 CHECKPOINTS

➔ Description

A checkpoint is a self-contained position deployed on a road or track to observe and control movement into and out of a buffer zone or demilitarized zone (DMZ). Permanent checkpoints are established on the main access routes and cannot be moved or closed without the authority of the Force Commander. Temporary checkpoints may be set up on minor routes, usually on the authority of a sector (battalion) commander, although authority may be reserved to the Force Commander. Checkpoints should be well marked with signage, flags, etc.

➔ Tasks

The typical tasks for a checkpoint are:

- ⇒ Control movement and entrance to a DMZ, particularly during a crisis.
- ⇒ Confirm identity of personnel.
- ⇒ Prevent the smuggling of arms, drugs and contraband.
- ⇒ Control refugees.
- ⇒ Act as an OP.



5.4.13 PREPARATION FOR OP DUTY

A tour of duty at an OP can vary from 7 to 30 days. The number of observers at an OP can also vary from 2 to 12. The OP may be geographically close to sustainment facilities or isolated. Obviously, these factors affect the preparations to be undertaken by observers prior to commencing their tour of duty.

☞ Clothing

Even when working in a tropical climate there may be the need for warmer clothing, especially if the weather can change rapidly from one extreme to the other. A sleeping bag is a vital item, especially under conditions where observers are forced to operate in wet and uncomfortable shelters. *The rule of thumb is to be prepared for a longer stay and worse weather conditions than anticipated.*

☞ Food

Mil Obs usually have to buy their own food and prepare their own meals. Some points to consider:

- ⇒ In a two-man OP, the normal routine is that observers prepare meals for each other every second day.
- ⇒ In OPs with more observers, the routine for meals can vary. It is important to note that different nations have unique food preferences and habits that must be accommodated within the team.
- ⇒ In some cases observers have to bring all food, beverages and snacks required for the entire OP tour of duty; in other cases it may be possible to receive periodic re-supply.
- ⇒ Locally obtained food may contain harmful bacteria. See Preventive Medicine, Section 2.8, for food preparation tips.
- ⇒ For emergency situations, when observers are forced to stay inside their compound, emergency rations and water are stockpiled at the OP.

5.4.14 BRIEFING BEFORE LEAVING FOR OP DUTY

In most missions the departure procedure requires observers to report first to the senior HQ to obtain a briefing on the situation in the area of operation. This briefing is given by a senior operations officer and may include the following:

- ⇒ Deployment of troops and observers in the AOR.

- ⇒ Incidents over the last 24 hours, several days, or week(s).
- ⇒ Restricted areas.
- ⇒ Changes in SOPs, routine orders or safety regulations.
- ⇒ Update brief by the Military Information Officer (MIO).

5.4.15 VISITS BY HQ STAFF

Headquarters' staff regularly visit OPs. Before departing the HQ for an OP, staff should contact the supply officer and mailroom to determine if there are any supplies or mail to be delivered to the OP. The most common way to visit an OP is by road, though in some missions visits can be carried out by air. The HQ will track the movement of all vehicles that are driving in the AOR. Most missions have developed a vehicle reporting system. This is established by having reporting points in easily recognizable places; mission personnel report by radio when passing these points. This maintains an overview of everyone's location in the area and provides the basis for an emergency response if required.

5.4.16 DRESS ON DUTY IN OPs

Observers on duty in an OP normally wear combat clothing with identifying accoutrements (beret and brassard). The required identification cards are carried at all times.

5.4.17 CARRIAGE OF PERSONAL WEAPONS AND AMMUNITION

UN MilObs are not armed. To maintain neutrality, they must carefully observe the prohibition against carrying weapons or ammunition of any kind.

5.4.18 CONDUCT OF OP DUTY HAND-OVER

SOPs will define the procedure to follow when taking over an OP. The following is an example of a two-man OP hand-over.

- ⇒ Move to a viewpoint for Operational Briefing

Both the outgoing and incoming team will go to the OP platform. The outgoing team will deliver an operational brief that may include:

- ⇒ Ground orientation.
- ⇒ Cardinal points.
- ⇒ Significant natural and manmade features.
- ⇒ Built-up areas.



- ⇒ Adjacent OPs and mission positions.
- ⇒ The DMZ and its borders (described both from the map and related to the ground).
- ⇒ Occupied and unoccupied belligerents' positions.
- ⇒ Belligerents' organization, strength and equipment (particularly weapons).
- ⇒ Additional information.
- ⇒ Summary of incidents during the current tour of duty.
- ⇒ Review of the OP log book.

⇒ Inventory Hand-over

When the incoming observers are satisfied with the situation, the senior observers will hand-over all the inventory of the OP. This hand-over should be carried out carefully because observers may be held responsible if something is missing. A copy of the inventory list, together with a copy of the period operational report, log sheets and other written reports, will be submitted to HQ by the outgoing team.

⇒ Equipment Check

The OP compound is toured and equipment familiarization is completed (starting the generator, radio checks, emergency shelter inspection, fuel check, fire fighting equipment check and water supply system check).

5.4.19 ESTABLISHING OP ROUTINE

The senior MilOb is normally responsible for determining the observers' daily routine and shifts. Normal rotation will be a period of observation duty followed by a period of rest and then a period of duty in the operations centre. SOPs define these work and rest ratios. Sub-routines will be established to rotate responsibilities for daily living between the members of an OP.

On a daily basis it is quite common for one member to take care of observing and the external compound while the other takes care of the living quarters, office and cooking. The aim is to share the workload as a team, executing the operational mission and maintaining administrative activity. It is normal to do some physical training daily to maintain mental and physical health.

Operations Centre—Command Post Duty

Observers may be employed as operations officers or duty officers in

the operations centre. This duty requires them to monitor the radio nets, support the activities of deployed observers and complete operations reports that collate mission activities.

5.4.20 OBSERVING

OP observers must be intimately familiar with their AOR. The different positions and buffer zone boundaries must be well known on the ground and as related to the map. Any movements, improvements or reinforcement of any positions should be observed carefully. SOPs will state the kinds of incidents to be reported. These may be shooting incidents, the movement of armed personnel across borders, aircraft violating the buffer zone, etc. When an incident occurs, the immediate action is typically as follows:

- ⇒ Both observers go to the OP platform.
- ⇒ Other OPs/mission positions are alerted.
- ⇒ The incident is tracked on the ground and plotted on the map.
- ⇒ SOPs are followed and the incident is reported until it has ceased.

5.4.21 REPORTING OF INFORMATION

In all missions there are special forms for each type of report. It is essential to avoid sending reports electronically that if intercepted offer an advantage to, or compromise, one side. In these situations an additional written report is delivered to the HQ. Note the following:

- ⇒ If observers cannot agree on a report, individual reports should be transmitted.
- ⇒ Only the facts are reported and no assumptions of any kind are offered.
- ⇒ Common sense is a key ingredient to successful reporting.

5.4.22 TYPICAL UN REPORTS AND RETURNS (SEE CHECK-LISTS)

While SOPs will define the proforma and types of reports, typically the following reports and returns are filed by observers:

- ⇒ Situation Report (SITREP).
- ⇒ Internal Situation Report (Internal SITREP).
- ⇒ NEW YORK SITREP.
- ⇒ Incident Report (INCREP).
- ⇒ Weekly Information Summary Force HQ.
- ⇒ Weekly Information Summary (INFSUM);.



- ⇒ Monthly Duty Roster.
- ⇒ Location State (LOCSTAT).
- ⇒ Monthly Location and Equipment State (LOCSTAT & EQPT STAT).
- ⇒ Staff Lists.
- ⇒ Shots Report (SHOTREP).
- ⇒ Shots Summary (SHOTSUM).
- ⇒ Air Activity Report.
- ⇒ Sea Activity Report.
- ⇒ Summary of Incidents.
- ⇒ Breaches of Cease-Fire Report.
- ⇒ Number of Persons Killed, Wounded and/or Missing in Action.
- ⇒ Incident of Firing on Mission Troops.
- ⇒ Order of Battle (ORBAT).
- ⇒ Weekly Training Program.
- ⇒ Report on Tour of Duty (Contingent).
- ⇒ Notification of Casualty.

5.4.23 NIGHT ROUTINE

The routine to be followed during the hours of darkness varies between missions. Rarely will any patrol movement be made at night as identification of the patrol as UN/neutral is extremely difficult. In some missions, observers stand down after last light. The radio is monitored to maintain vigilance and readiness. In other missions, observers are issued with night vision devices and radar and surveillance is maintained on a 24 hour basis. Electronic and acoustic devices may cover sensitive areas.

White light or other forms of illumination may be used to confirm sightings and warn intruders. This has a deterrent effect. Care needs to be taken not to direct searchlight beams or to operate other forms of illumination across buffer zone boundaries to illuminate the belligerents' front lines. This may be interpreted as unfriendly or hostile or perceived as activity by another belligerent. Searchlights fitted with dispersion screens may be used to floodlight areas up to 100 metres without risking an infringement of the agreement near the edge of the DMZ.

5.4.24 ACTION ON BEING SHELLED OR SHOT AT

If the OP is shelled or engaged with small arms fire, observers should move to the OP shelter and report the situation. Under no circumstances should observers take avoidable risks. The most important aspect is to avoid being shot and then, if circumstances permit, to observe and report.

5.4.25 PATROLS FROM OP BASES

In accordance with SOPs, patrols may be conducted from OPs along specified routes. Typically an OP patrol will be conducted as follows:

- ➡ Patrols consist of a minimum of two observers who are never from the same country.
- ➡ Patrols are required to be in radio contact with the OP base or unit HQ at all times, usually at 20 or 30 minute intervals.
- ➡ The patrol is conducted in an alert but non-aggressive manner.
- ➡ If patrols are given a friendly wave by sentries of either belligerent, they may return the greeting (the key is impartiality and friendliness, tempered by operational efficiency).
- ➡ Patrol commanders may only carry an unmarked map in order to navigate and record the locations of incidents.

5.4.26 LOG KEEPING

Log sheets are kept in every OP. Master logs are kept at each OP base. These are important documents from which reports are written. All activity, by either belligerent or by friendly forces or CIVPOL, shall be recorded in the OP base log. In particular:

- ➡ Logs may be made available to any mission official.
- ➡ Logs shall be periodically checked by HQ staff.
- ➡ Logs shall record the follow-up action for every recorded incident.
- ➡ Logs are to be used for the initial recording of local agreements which, once recorded, shall be relayed to HQ.



5.4.27 CONCEPTUAL LAYOUT

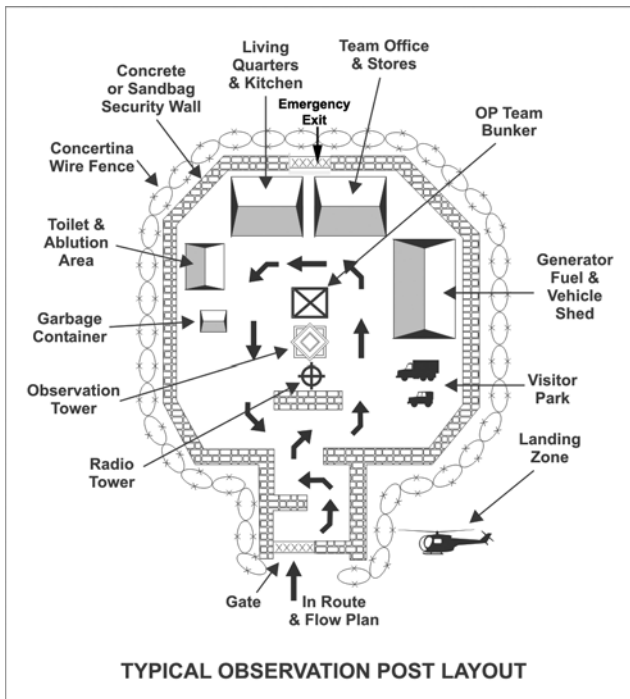


Figure 5.4.1: Typical Layout of an Observation Post

This is a conceptual OP layout. The actual design will vary according to the scope of the mandate, the nature of the observation duties to be performed, and the physical site.

5.5—PATROLLING

5.5.1 PURPOSE OF PATROLLING

The basic purposes of patrolling are:

- ⇒ Information gathering.
- ⇒ Investigation.
- ⇒ Supervision.
- ⇒ Publicizing a presence.

5.5.2 PATROL TASKS

Specific patrol tasks will be described in greater detail in mission SOPs. Typically, these tasks include the following activities:

- ➡ Observe cease-fire lines and monitor cease-fire agreements.
- ➡ Gather or confirm information through local civilian contacts.
- ➡ Observe areas which cannot be observed from OPs.
- ➡ Reassure isolated communities.
- ➡ Inspect existing or abandoned positions.
- ➡ Conduct inspections or verifications.
- ➡ Investigate incidents.
- ➡ Provide a physical link between adjoining but relatively isolated friendly positions.
- ➡ Carry out mobile OPs.
- ➡ Carry out observation from isolated and unoccupied OPs.
- ➡ Demonstrate the Force presence in the area.
- ➡ Exercise Force freedom of movement.

5.5.3 PATROL TYPES

Information is collected through observation at OPs and through patrolling. The patrolling method(s) chosen will depend upon the nature of the terrain, the extent of the operational area and the suitability of the equipment available within the Force. It is probable that vehicle and foot patrols will be the basic means employed in most Force level operations and missions. Aerial patrols depend upon the availability of light aircraft or helicopters and are a means to collect information and demonstrate presence in remote areas.

☞ Vehicle Patrols

Missions depend on vehicle patrols, usually of one to two vehicles containing two to four personnel. An observation mission does not normally have sufficient personnel to mount the larger type of patrols more common to NATO operations where sections or platoons are often employed. Availability of appropriate vehicle types is a limitation to which areas can be patrolled. Routine patrol routes and timings may be established. Patrols may also be conducted at random.



➤ Foot Patrols

Foot patrols remain the conventional basis on which any patrol system will be operated. Although their operational manoeuvrability is restricted, foot patrols have greater access to areas denied to vehicular patrols for reasons of climate or terrain. For this reason, foot patrolling remains a fundamental way to collect information, conduct informal liaison and show the flag. Whereas a vehicle can be plainly marked to indicate its identity, a foot patrol needs a distinguishing symbol visible at an appropriate distance in order to avoid being misidentified and fired upon. One member of the patrol should carry a banner, flag or placard where it is most visible (i.e. a flag attached to a radio antenna). All members of the patrol should also wear a distinctive item of clothing (blue beret or helmet) that is likewise recognizable at an adequate range.

➤ Aerial Patrols

Aerial patrols can be undertaken by helicopter or light aircraft. The hover capability of helicopters makes them particularly appropriate for general observation and on-site reporting of incidents taking place on the ground. All air patrols must be coordinated and carefully planned jointly by the patrol leader/observer and aircraft captain. The latter is in complete command of the aircraft and the flight manoeuvres it performs. The patrol leader must not interfere with or countermand any flying instructions issued or decisions made by the pilot. All flight details should therefore be agreed between them before the patrol begins; adjustments or modifications can be made as a result of joint consultation during the patrol. It is inappropriate and unwise to appoint the pilot of the aircraft to act as aerial or primary observer. The pilot's responsibility is to fly the aircraft. The observer's role should be performed by the co-pilot or a trained ground observer. The pilot can however act as secondary or confirming observer. All aerial patrols should have at least a pilot and an observer.

5.5.4 DAYLIGHT OPERATIONS

In UN operations, patrolling of any kind is likely to be confined to daylight hours in those areas where armed confrontations exist.

5.5.5 NIGHT PATROLS

Night patrolling creates considerable problems regarding identification and security of personnel. After dark, when identification becomes difficult, belligerents' front line troops are more liable to be nervous

and confused and apt to fire without hesitation at anything they see or hear. The danger of mistaken identity is very high and the MilOb can be at risk when patrolling between opposing front line positions at night. Therefore, night patrolling is likely to be restricted and often discouraged. Night patrolling is generally considered unsuitable for UN peacekeeping and is not recommended except where the security of such patrols can be ensured. Even then, precautions must be taken.

➤ Night Patrol Precautions

Precautions to be taken when planning and mounting night patrols must be specific, clearly defined and strictly enforced. Any inattention to detail by the planners and any lack of adherence to procedure on the part of the patrol itself could lead to unnecessary loss of life or injury. Every member of the patrol must comply completely with the instructions given to them. To reduce the chances of mistakes and misunderstandings, the following precautions should be taken:

- ⇒ Night patrol programs should be cleared with the military headquarters of the belligerents before they are conducted.
- ⇒ Advance notice of any patrol activity should be passed to the same headquarters in sufficient time for the latter to notify their own units (down to the lowest level) in the area in which the patrol is to operate. Advance notice should include details of type and size of patrol, its route, the times that it will be out and in, and any distinguishing symbols or identification aids it will be carrying. When communications between the peacekeeping force and the belligerents are unsatisfactory, it is advisable to establish a liaison officer with a radio link at the headquarters concerned. Thus, any interference with the progress of the patrol can be reported at once and action can be taken to have the interference ended.
- ⇒ The patrol commander should maintain continuous radio contact, reporting in at specific times agreed in advance and reporting immediately if anything affects the patrol's progress, timing or route.
- ⇒ Each member of the patrol must wear a distinguishing symbol. The patrol must carry an identification aid of some kind that is visible at a distance in the dark. This could be a lamp, a flashlight shining on a flag or some other distinguishing symbol, or a piece of luminous material attached to a stick. A loud hailer could be carried for voice identification purposes.
- ⇒ Each member of the patrol must be briefed on the exact route,



duration and special procedures for the patrol and should be questioned closely before departure to confirm their understanding.

- ⇒ Each member of the patrol must be instructed as to immediate actions should the patrol be stopped, fired upon or obstructed in any way. Normal procedure would be for the patrol to stay exactly where it is—taking cover if being fired upon and not attempting to withdraw—and identify itself at the first opportunity. Any unrehearsed or involuntary movement away from the scene could provoke firing on the patrol or cause firing to be intensified if the patrol is already under fire. It is not advisable in such circumstances for the patrol to return fire. If there is an attempt to apprehend the patrol and take it prisoner, patrol members should not resist; they should instead comply and thereafter take every step to identify themselves.

5.5.6 FREEDOM OF MOVEMENT

Even if restrictions are placed on the freedom of movement of patrols, no effort must be spared to ensure that they thoroughly execute their prescribed tasks. Where restrictions have quite clearly been imposed to defeat the purpose of the patrol, the restrictions should be immediately reported up the command chain, which must make every possible effort to have the restrictions withdrawn. If a Force is to fulfil its mandate, it must have freedom of movement, including movement—to a reasonable degree—within sensitive military zones. As a neutral party, observers have to be careful never to exceed their patrol responsibilities and violate accepted principles of impartiality. Forces on both sides will be sensitive to any unwarranted interference or inspection of their tactical installations and dispositions.

5.5.7 REPORTING OF PATROL INFORMATION

Patrols are one of the primary sources whereby a Force gathers information. Along with information emanating from OPs, liaison officers attached to the belligerents, and the day-to-day observations of every member of the Force, patrols contribute to the whole fabric of the reporting system on which judgements and decisions are made. But the reporting system will not be effective if the reports themselves are vague, inaccurate, misleading, ambiguous and/or incorrect. The preparation and transmission of reports are as important as the information they contain. It is therefore crucial that the person preparing reports ensures that:

- ⇒ Only accurate and checked statements of fact are included.
- ⇒ Wherever possible, information should be cross-checked and corroborated.

- ⇒ The content is clear and concise, avoiding ambiguity or double meaning (i.e. if reports are hand-written they must be completely legible).
- ⇒ All questions asked of the patrol or the observers are answered in the report or reasons given if answers are not possible.
- ⇒ Evaluations and assessments are drawn from known facts, not from assumptions or uncorroborated information.
- ⇒ Field sketches, marked maps or diagrams are included any time they can add clarity to a report.
- ⇒ The finished report is submitted without delay.

5.5.8 PHASES OF A PATROL

Patrol planning, execution and reporting should follow a set routine. This will ensure that nothing is forgotten and no vital source of information is overlooked. Built into these procedures are the specific mission and tasks of the patrol. There are three phases in a patrol operation:

- ⇒ Phase 1—patrol planning, preparation and briefing.
- ⇒ Phase 2—patrol execution.
- ⇒ Phase 3—patrol debriefing and reporting.

5.5.9 PHASE 1—PATROL PLANNING, PREPARATION AND BRIEFING

➤ Preliminary Research

Points to be considered during the preliminary research stage are:

- ⇒ Study previous patrol reports for information of use to your patrol (terrain conditions, threats, obstacles, problems encountered, etc.).
- ⇒ Confirm local procedures in use by the belligerents and civilian police in the area.
- ⇒ Identify restrictions on patrol movement agreed with the belligerents and identify the locations of checkpoints, boundaries, etc. Mark these locations clearly on patrol maps along with the positions of the respective belligerents' forward defence lines.
- ⇒ Identify permanent or temporary road restrictions in the patrol area.



- ⇒ Identify areas that need special permission to enter or pass through.
- ⇒ Identify areas along the patrol route that will make it difficult to communicate or terrain that could make communication impossible. Confirm the orders on how to pass through those areas and be aware of what action will be taken if communication is not re-established after a certain period of time.
- ⇒ Identify whether there are any other friendly activities or patrols in the area and confirm their tasks.
- ⇒ Locate and identify suitable LZs for medevac.

➔ Patrol Plan Development

The points to be considered during development of the patrol plan are:

- ⇒ Define the mission and objectives of the patrol.
- ⇒ Plan the routes to be followed. Plan escape routes out of the area if temporary roadblocks or restrictions should be encountered.
- ⇒ Plan for safe areas (friendly positions) to be used if the situation dictates.
- ⇒ Plan locales to be visited and the action to be followed at each.
- ⇒ Prepare an approximate time schedule for the patrol. Plan to return by last light. In most cases, patrols are restricted to daylight operations only.
- ⇒ If night operations are required, complete the required co-ordination (see Night Patrols, Section 5.5.5).

➔ Patrol Co-ordination

Notify flanking units, OPs, other patrols and any intermediate control posts through which the patrol will pass on its way out and in. This latter precaution is important if the patrol is crossing ceasefire lines or buffer zones.

Carefully and thoroughly brief each member of the patrol as to group and individual tasks, the information required, the route, and special procedures in use in the patrol area. Remind the patrol of any restrictions or limitations that are currently in force.

Select and carefully check equipment. Check the vehicle and vehicle equipment, including spare fuel, spare tire(s), wheel changing equipment (jack, plate, and brace) and tire pump. Check patrol kit, which may include a flag mounted on the vehicle (illuminated if night operations are contemplated), identifying symbols, flares and smoke grenades, body armour (flak jackets), NBC protective equipment, vehicle and portable radio(s), binoculars, water, emergency rations, first aid kit, recognition booklets, maps and compass, spare clothes and a sleeping bag (for long patrols or in case your patrol is delayed en route).

Brief the operations centre duty officers who will monitor the patrol. Provide the following information:

- ⇒ A map with patrol routes, timings, stopping points, activities at each point and other operational details concerning the patrol.
- ⇒ Locations where radio checks and location reports will be called in to monitor the progress of the patrol.
- ⇒ The number of vehicles (or aircraft) that will be used by the patrol and the composition of each vehicle party.
- ⇒ A list that identifies the name, rank, ID number, blood type, nationality and age of every patrol member.

➔ Patrol Rehearsals

The following points should be considered when conducting patrol rehearsals:

- ⇒ Identify the communications, movement, observation, obstacle crossing and reporting drills to be conducted on the patrol.
- ⇒ Assemble the patrol members and rehearse the drills that will be conducted chronologically during the patrol.
- ⇒ Trouble shoot the patrol using “what-if” scenarios. For example, “If we come under fire when we are in the buffer zone, what action will you take?” “What are the key target areas we will observe from position X?” “What are the key timings for each phase of the patrol and how will we report our movement to conform with these timings?”
- ⇒ Practice emergency procedures for such occurrences as hijacking or medevac.



5.5.10 PHASE 2—PATROL EXECUTION

Comply strictly with the patrol plan. Failing to do so could affect the success and security of the patrol.

➤ Organizing Vehicle Teams

The method of organizing observers in each vehicle may differ depending on the number of observers on the patrol. However, the basic way to organize a two-observer patrol is that one of the observers will be the driver and will also take care of checking the vehicle. The other observer will normally be the vehicle or patrol commander and is responsible for communications and the patrol kit. Both observe during patrolling; if there are more than two persons they all must observe.

➤ Vehicle Security

During the patrol, maintain the following vehicle security arrangements:

- ⇒ Line the floor of the vehicle with armour sheets or sandbags filled with packed damp earth.
- ⇒ Maintain 50-75 meters between vehicles.
- ⇒ Do not deviate from paved roads except where it is known that the dirt road to be used is safe. When using a dirt road, an escort vehicle should be arranged. This vehicle has to be in front of your convoy.
- ⇒ Try to avoid potholes.
- ⇒ Do not leave the vehicle unless required to execute the patrol mission.
- ⇒ Lock all vehicle doors.
- ⇒ You are vulnerable (car windows are only safety glass) should someone want to aggressively enter the vehicle. Leave windows partly open to reduce injury from flying glass in the event of an artillery attack and to allow you to hear your surroundings.
- ⇒ Should the vehicle be equipped with a sound system it is to be used judiciously. Listening to loud music will guarantee you will not hear in-coming trouble. However, if you are travelling with your interpreter or can understand the local language, local news broadcasts are a useful (albeit biased) information source.

➞ Personal Security

The actions listed below should be followed:

- ⇒ Wear body armour and a helmet when ordered or when circumstances dictate.
- ⇒ Ensure your person and vehicle are highly visible as belonging to the mission. Wear your headress and prominently display the flag.
- ⇒ Do not take valuables on the patrol.
- ⇒ Ensure all team members are aware of the emergency action drills *prior* to starting patrol.
- ⇒ If you have an emergency, immediately contact the operations centre duty officer using the agreed emergency code words (PAN, PAN, PAN or MAYDAY, MAYDAY, MAYDAY).

➞ Drive Defensively

When driving on a patrol in a foreign country be aware that you are a foreigner and therefore should drive defensively. Be polite, smile and wave. When driving through villages or urban areas, watch for children and livestock on the road. If you are on a routine patrol you may have a chance to stop in one of the villages. Park the vehicle, secure it by locking all doors, remove the flag and remove or fold in the antennas. Report that you are stationary, bring your portable radio and walk around the village. Try to talk to the local inhabitants. This is suggested not just to be polite; the local people might give you some information on the area and, at the least, your personal knowledge of the area will improve. If invited to someone's home be polite and accept the invitation. Be aware of local customs or habits. During conversation be impartial and do not express any personal opinions.

➞ Do Not Carry Unauthorized Passengers

During the patrol you may be stopped by local inhabitants or armed personnel asking for a lift. Be aware that SOPs dictate what people you are allowed to transport in a your vehicle. As an unarmed observer the basic rule is that you are only allowed to transport other unarmed Force personnel. However, authorized people such as unarmed/armed liaison officers and interpreters may be allowed as passengers in some cases.

➞ Military Convoys

If you end up behind a military vehicle or convoy, keep a safe



distance. Do not attempt to overtake moving military vehicles or convoys unless you are advised to. When a military vehicle approaches you from the opposite direction or tries to overtake you, slow down and give it plenty of room. Military vehicles will seldom give up the paved part of the road.

➔ Checkpoints

When approaching a control or checkpoint wait for the guard to wave you through. If you do not see a guard proceed very slowly, looking for the guard at all times. When challenged, halt and identify your patrol. Report at once by radio to headquarters any attempt to obstruct the patrol's progress and await instructions.

➔ Record Observations

Maintain a written record of all observations the patrol makes, noting times. Do not rely on memory alone. Draw sketches where these are helpful. *Do not mark the locations of the belligerents on your map.* See Observing and Reporting Information (Section 5.4.6). Record the following:

- ⇒ Changes in the dispositions of belligerent forces of either side, particularly if positions have been advanced or newly dug or where airstrips have been constructed or extended.
- ⇒ Civilian activity, including changes in the civilian lifestyle (an indicator of the level of tension) and other useful information.
- ⇒ The condition of roads/tracks.
- ⇒ The nature of the terrain.
- ⇒ The presence of obstacles of any kind, including minefields.

➔ Maintain Radio Contact

Maintain continuous radio contact with the patrol base and, where appropriate, higher and flanking headquarters; keep them informed of the patrol's progress. Have a contingency plan to time reporting intervals or use other stations for relay when in dead ground.

➔ Security of Information and Equipment

Maintain the security of all maps, documents and equipment. Be discreet in marking maps. Do not surrender these to anyone unless instructed to do so by a higher headquarters authority.

➔ Unscheduled Incidents

Refrain from diverging from the original patrol plan in order to

investigate unscheduled incidents or situations without first obtaining approval from headquarters. This can interfere with the patrol's ability to complete its planned task. It is often better that any new development discovered during the course of one patrol be investigated by a patrol mounted specifically for that purpose.

5.5.11 PHASE 3—PATROL DEBRIEFING AND REPORTING

Upon returning to the base, the patrol will immediately complete patrol debriefing and reporting.

➔ Patrol Debriefing

SOPs will define the format for patrol debriefing and will likely include the following points:

- ⇒ Conduct a collective debriefing immediately on completion of the patrol. There should be no delay to allow for meals, rest, sleep or other personnel administration.
- ⇒ Prepare a detailed written report with sketches, photographs and/or diagrams as necessary.
- ⇒ Inspect the vehicles and equipment used on patrol, and report any damage and/or deficiencies.
- ⇒ Report any patrol member requiring medical attention.
- ⇒ Review the individual performance of team members to correct weaknesses and acknowledge exemplary performance.

➔ Patrol Reporting

Mission SOPs will define the format for a patrol report.

5.6—LIAISON

5.6.1 DEFINITION

Liaison is defined as “communication or co-operation between military units.” For MilObs, this definition is expanded to include communication and co-operation with the local population, belligerents, NGOs, local government officials, police, etc.

5.6.2 THE AIM OF LIAISON

The aim of liaison is to establish communications, build productive relationships and create mutual understanding. Successful liaison will result in dispute resolution at lower levels, increased credibility of the MilObs, greater access to important persons and information, and greater understanding of the situation and the key players in the mission area.

5.6.3 LIAISON TASKS



Whenever MilObs are tasked as liaison teams, their main tasks will be to:

- ⇒ Establish and maintain contact with:
 - ⇒ Local authorities (village leaders, tribe heads, etc.).
 - ⇒ Military elements at different levels.
 - ⇒ Police, gendarmerie and local militia(s).
 - ⇒ Civilian organizations in the area.
 - ⇒ NGOs and other UN/Force agencies.
 - ⇒ Individuals of different religions, population groups, etc.
- ⇒ Ensure that a high level of co-operation is maintained between all elements of the mission and the population throughout the AOR.
- ⇒ Ensure that all the liaison assistance requests from both military units and civilian population are met promptly.
- ⇒ Co-ordinate activities and co-operate with observer teams as required.
- ⇒ Co-ordinate activities and co-operate with Force units (commanding officers, liaison teams/officers, operations section(s), etc.), especially where language may be a barrier between different national elements within a Force.
- ⇒ Ensure that volatile situations are defused as soon as possible without endangering Force personnel.
- ⇒ Propose and arrange liaison meetings.
- ⇒ Keep all concerned Force elements continuously informed about conditions and changing situations within and beyond the AOR.
- ⇒ Keep updated records on all activities, meetings, contacts (including personnel files), etc., ensuring that team members are always up to date on the situation when starting their tour of duty.
- ⇒ Ensure at all times that reports, minutes of meetings, etc., are complete and correct, stating clearly the differences between the facts and your assumptions and assessments concerning liaison activities.
- ⇒ Ensure that all required reports are handed in according to the tasks and timings, together with all additional material your team deems necessary to help understand incidents and/or situations.
- ⇒ be aware of the additional challenge of conducting liaison through an interpreter.

5.6.4 CROSS BOUNDARY LIAISON—FRIENDLY FORCES

Most units involved in conducting operations will normally be allocated an AOR. As such, there will be a need for considerable cross boundary liaison with neighbouring units. This liaison will aim to:

- ➡ Maintain transparency of intentions and conduct.
- ➡ Ensure patrols and other operations do not conflict.
- ➡ Encourage cross boundary support and medical assistance, particularly where a remote site in one area is adjacent to a friendly location across the unit boundary; in such cases medevac will often be more effective via the bordering unit.
- ➡ Assist commonality of force posture and military activity; a military force has to have the ability to be effective and consistent in all AORs.
- ➡ Ensure that cross boundary operations, such as escorts or convoys, can be conducted effectively.

5.6.5 LIAISON ACROSS THE CHAIN OF COMMAND

The multinational and multilingual nature of a Force will often give chain of command liaison a greater significance. This is particularly so if a military contingent is not familiar with generic operating procedures used by the lead military force such as NATO. Chain of command liaison will also assist with two well-known liaison challenges: planning and simply relaying future intentions.

5.6.6 LIAISON WITH CIVIL AUTHORITIES AND INTERNATIONAL ORGANIZATIONS

Where appropriate, liaise with municipal civil authorities such as the local administration, police, coastguard, air traffic controllers, fire services and hospitals. Liaise also with international organizations such as the UN High Commission for Refugees (UNHCR), International Committee of the Red Cross (ICRC), the World Health Organization (WHO), UN Civilian Police (UN CIVPOL), etc., who will help with shared initiatives and increase overall security knowledge.

5.6.7 LIAISON WITH BELLIGERENT FORCES

- ↻ Operations within an Established Framework

All levels of command within the Force should normally attempt liaison with belligerent forces. Depending on the military structure there may well be involvement by formation and unit level liaison officers (LOs), LOs, and UN MilObs. All will attempt to meet and



provide liaison with key civil, military and police commanders. A liaison plan has to be adopted to co-ordinate responsibilities between different LOs and to ensure the timely and accurate passage of information up and down the chain of command. In particular, responsibilities for liaison with specific belligerent commands / levels of command have to be established. For example, a unit LO may liaise with belligerent brigades, a brigade LO may liaise with belligerent divisions, and a divisional LO may liaise with belligerent corps HQs. Foot patrols, if deployed, can be used for liaison with the civilian population and any local belligerents.

➤ Operations where No Established Framework Exists

Where such a framework is not established there is potential for different LOs to have meetings with the same belligerent commander several times in a short space of time. In this case for example, a divisional LO wanting to verify information at a lower level and in person should get the unit LO (or whoever normally deals at that level) to arrange the meeting, accompany the divisional LO, and provide introductions to the belligerent commander, thus retaining continuity. Probable liaison tasks with belligerents include:

⇒ Negotiations

The need to negotiate will depend on the mandate, the force structure, and its level of dependency on host nation support or belligerent force goodwill.

⇒ Cease-fire Violations

The basing of LOs at belligerent force HQ will assist in the resolution of any cease-fire violations. Not only will this allow a rapid assessment of which party is the aggressor but this will also assist the military commander in preventing an escalation of the violation or reprisals. Co-ordinated and timely negotiations can be conducted concurrently with opposing belligerent military commanders to bring about a return to stability or a cease-fire.

⇒ Protests/Briefs

The requirement for briefings to host nations/belligerents concerning future operations, and the requirement to protest breaches of any cease-fire or peace agreement, will depend entirely on the nature of the mandate.

5.6.8 METHODS OF CONDUCTING LIAISON

Liaison is conducted in two ways:

➤ Formal Liaison

Formal liaison is conducted through visits and meetings arranged in advance and organized for the specific purpose intended.

➤ Informal Liaison

Informal liaison occurs through visits, social or casual contact. Informal liaison must be conducted deliberately even when it is spontaneous.

5.6.9 MILITARY OBSERVER LIAISON TEAMS

➤ Deployment

UN MilObs are generally deployed across the whole mission AOR. The mission AOR is usually divided into sectors with MilOb Teams assigned to specific sectors. Periodically, teams from different sectors may operate in each others' areas in order to learn the areas and standard tasks of neighbouring teams enabling them to provide assistance on short notice.

➤ Team Selection

The teams and their members are usually appointed and co-ordinated by the sector HQ or the observer mission HQ. Personality, experience in the field, knowledge of language(s), etc. are taken into consideration when selecting officers for liaison purposes. And since liaison is not an activity unto itself but always co-ordinated, the flexibility of the individual is paramount.

➤ Liaison at Different Levels

Liaison at the highest level (Force Commander) seldom involves MilObs. However, in a large force:

⇒ The freedom of action for unit or sub-unit commanders to liaise varies from force to force according to the Force's mandate, the political situation, and the security threat. This freedom of action can change rapidly.

⇒ In many forces, liaison at lower levels is encouraged. The aim is to settle disputes and solve problems at the lowest level possible in order to prevent minor violations, disagreements and even misunderstandings from escalating. However, if problems cannot be solved at the lowest levels the involvement of commanders up the chain of command, or the use of "outside" observer teams, is requested.

⇒ The link to belligerent command posts is most important.



This is accomplished through regular meetings and communication “hot-lines.”

5.6.10 REPORTING OF INFORMATION

All liaison and contact must be reported to ensure that higher HQ remains informed.

5.7—VERIFICATION AND INSPECTIONS

5.7.1 DEFINITION OF VERIFICATION

Verification is “the process of establishing the truth or validity of something.”

5.7.2 AIM OF VERIFICATION

The aim of verification is to support the success of a mandate or agreement through an inspection and/or assessment to establish compliance or non-compliance with that agreement.

5.7.3 AUTHORITY TO CONDUCT VERIFICATIONS

The authority to conduct verifications will be defined in the mission mandate. Executing verification tasks will depend on an agreement between the belligerent forces and the PSO mission.

5.7.4 SCHEDULING THE CONDUCT OF VERIFICATIONS

Verifications may be conducted on a regular or irregular basis in accordance with an agreement. They may be followed by an investigation, again in accordance with an agreement, depending on the results of the verification. The force may have an SOP to govern the conduct of verification tasks.

5.7.5 PHASES OF A VERIFICATION/INSPECTION

There are three phases of a verification/inspection:

- ➡ Phase 1—planning, preparation and briefing.
- ➡ Phase 2—execution.
- ➡ Phase 3—debriefing and reporting.
- ↻ Phase 1—Planning, Preparation and Briefing

Attend the operations brief. It will cover all information required (i.e. routes, special procedures and current restrictions or limitations in your verification area). As part of the preparations:

- ⇒ Clarify the aim and objectives of the verification.

- ⇒ Plan the route and localities to be visited, and determine any special radio procedures to be established.
- ⇒ Determine whether an LO will be required.
- ⇒ Check your vehicle and kit requirements, procedures, restrictions, etc.
- ⇒ Select and check the verification kit that normally includes portable radio, laser-safe binoculars, detailed maps with all known positions, compass, etc.
- ⇒ Ensure you have your ID card.
- ⇒ Mount the Force flag on the vehicle.

➔ Phase 2—Execution

Points to keep in mind are:

- ⇒ Always enter positions through the main entrance. Count armaments according to the agreement. The figures should be agreed upon by all observers and the LO immediately after leaving the position.
- ⇒ Be sure you cover the entire area.
- ⇒ Maintain continuous radio contact with your HQ and report as directed.
- ⇒ Log/note all figures in your file and ensure all members sign the file before dropping the LO off.
- ⇒ Request from the operations centre the time they logged your reports on restrictions and special incidents for ease of future reference (“log-in time”).
- ⇒ Never show maps, figures or results to non-mission personnel.
- ⇒ Report facts only, no speculations or guesswork.
- ⇒ Be suspicious, cautious yet polite. Never expose yourself to unnecessary danger during the investigation. Be strictly impartial and do not yield to pressures from any party.
- ⇒ In addition to your task, observe road conditions, terrain and the presence of obstacles of any kind, especially minefields.

➔ Phase 3—Debriefing and Reporting

Complete a debriefing and patrol report immediately on your return from the verification mission. Report any new positions, restrictions, etc. and include them in a written report (time,



location, description, etc).

5.8—OPERATIONS CENTER

5.8.1 DEFINITION

An operations centre is a command, control and communications facility that is designed to ensure the co-ordinated and timely processing and relaying of information, and the issuance of orders and instructions in accordance with the commander's intentions.

5.8.2 FUNCTIONS

The purpose of an operations centre is to co-ordinate the following functions in its assigned AOR:

- ⇒ Command and control its organization's operations.
- ⇒ Maintain situational awareness.
- ⇒ Provide reports and returns to senior headquarters.
- ⇒ Ensure efficient communications.
- ⇒ Act as the point of contact for emergency operations.
- ⇒ Support liaison activities.

5.8.3 SITING

The operations centre should be sited to achieve the following:

- ⇒ Good communications.
- ⇒ Adequate security and protection.
- ⇒ Accessibility.
- ⇒ Proximity to shelter and utilities.
- ⇒ Efficient working conditions (quality of life).

5.8.4 OPERATIONS CENTRE LAYOUT

Typically an operations centre will comprise the following functional areas (see diagram at the end of this section):

- ⇒ Operations room.
- ⇒ Communications room.
- ⇒ Plans room.
- ⇒ Briefing area.
- ⇒ Chief Operations Officer office.
- ⇒ Waiting area.

- ⇒ Entry security point.

5.8.5 RESOURCES REQUIRED

The following resources are required:

- ⇒ Accommodation.
- ⇒ Communications equipment.
- ⇒ Utilities and logistics support.
- ⇒ Office equipment.
- ⇒ References, SOPs and checklists.
- ⇒ Display boards for diagrams and maps.
- ⇒ Maps.

5.8.6 COMMUNICATIONS EQUIPMENT

Communications equipment includes the following:

- ⇒ Telephones.
- ⇒ Cell phones.
- ⇒ Satellite phone.
- ⇒ Radio base stations.
- ⇒ FAX.
- ⇒ Networked computers.

5.8.7 UTILITIES AND LOGISTICS SUPPORT

To support the operations centre, utilities and logistics facilities are required. To ease administration, every effort should be made to obtain the following from local sources:

- ⇒ Electrical power.
- ⇒ Water.
- ⇒ Fresh rations and a kitchen facility.
- ⇒ Waste disposal.

Even if local sources exist for power, water and rations, the operations centre must have emergency backups (generator, bottled water, and hard rations) in the event of disruptions.

5.8.8 REFERENCES

The following Force references are required:

- ⇒ Orders and instructions.



- ⇒ Contingency plans (evacuation, rotation, deployment).
- ⇒ SOPs.
- ⇒ Information documents on the AOR.
- ⇒ Log sheets and other proforma.
- ⇒ Medavac and vehicle casualty recovery plans.

5.8.9 OPERATIONAL CONTROL INFORMATION

The operations centre maintains the following information:

- ⇒ Schedules for daily routine, briefings and conferences (i.e. the operations cycle).
- ⇒ Organization charts.
- ⇒ Location boards.
- ⇒ Radio net diagrams.
- ⇒ Call sign lists and address groups.
- ⇒ Passwords, codewords and nickname lists.
- ⇒ Signals dispatch schedule.
- ⇒ OP duty list.
- ⇒ Patrol plan.
- ⇒ Diagram of the operations centre compound and all subordinate OPs.
- ⇒ List of alarm signals.
- ⇒ Reports and returns and their submission schedule.
- ⇒ Equipment states.
- ⇒ Personnel information, including local contact info, NOK contact info, personnel availability and leave plans, etc.

5.8.10 MAPS AND PHOTOGRAPHS

The following maps and photographs must be maintained:

- ⇒ Master operations map.
- ⇒ Briefing map.
- ⇒ Planning maps and overlays, as follows:
 - ⇒ Belligerent forces deployments, checkpoints and roadblocks.
 - ⇒ Ethnic distribution.

- ⇒ Mines and UXO.
- ⇒ Route conditions.
- ⇒ Patrol, verification and liaison routes.
- ⇒ Restricted areas.

5.8.11 CONCEPTUAL OPS CENTRE

NOTE

This is a conceptual layout of a typical operations centre. The actual design will vary in accordance with the scope of the mandate and the nature of the duties to be performed.

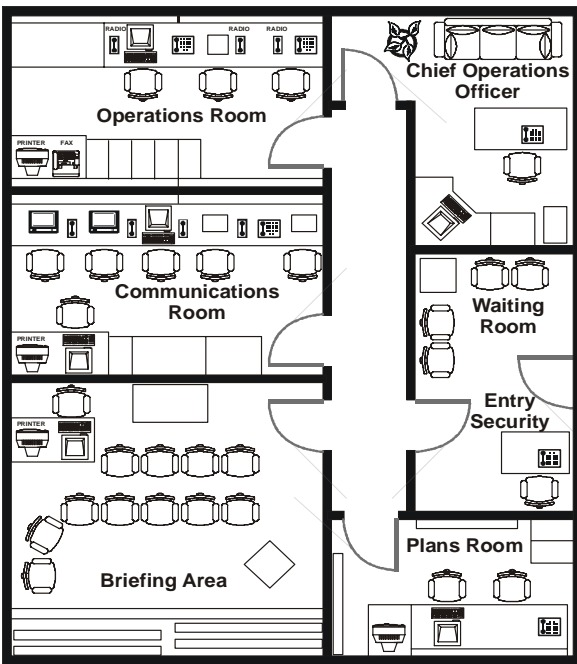


Figure 5.8.1: Conceptual Layout of an Operations Centre



5.9—DISARMAMENT, DEMOBOLIZATION AND REINTEGRATION (DDR)

5.9.1 OVERVIEW

The goal of the DDR process is to reduce the amount of weapons in the AOR and facilitate the return of former combatants to civilian life.

5.9.2 WHAT IS DDR

- ⇒ Disarmament – Collection and disposal of small arms and light weapons, and development of responsible arms management programs. Demining is an important part of disarmament.
- ⇒ Demobilization – Process by which the combatants (regular and irregular forces) either downsize or completely disband.
- ⇒ Reintegration – Process whereby ex-combatants, families and other displaced persons assimilate into socio-economic life.

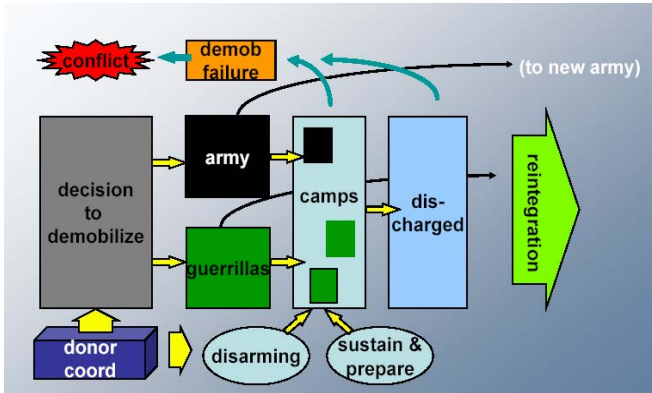


Figure 5.9.1: DDR Process

5.9.3 CRITICAL ISSUES-DISARMAMENT

- ⇒ Specific provisions in the peace agreement, particularly in relation to weapons destruction
- ⇒ Provision of adequate resources, both human and financial

- ⇒ Interim storage facilities and procedures.
- ⇒ Incentives for compliance/penalties for non-compliance.
- ⇒ National enforcement mechanism and long-term weapons management plan.
- ⇒ Prohibit illicit arms trafficking and weapon availability.

5.9.4 CRITICAL ISSUES-DEMOBILIZATION

- ⇒ Proper selection of assembly areas.
- ⇒ Encamp regular and/or irregular forces.
- ⇒ Select and develop targeting mechanisms.
- ⇒ Procedure for non-assembled combatants.
- ⇒ Timetable must be part of the accord agreement.
- ⇒ Delays should be expected, timetable needs to be flexible.

5.9.5 CRITICAL ISSUES-REINTEGRATION

- ⇒ Security for all parties is paramount.
- ⇒ Reconciliation and Human rights must be balanced.
- ⇒ Police, judiciary and penal systems must be established.
- ⇒ Positive social and economic changes throughout the country.
- ⇒ Political competition, based on ballots rather than bullets, serves as an antidote to internal political violence.

5.9.6 DDR SUMMARY

- ⇒ DDR is a vital part of the peace building process.
- ⇒ Provides a bridge from fighting to sustainable peace



- ⇒ Requires a comprehensive, integrated and coordinated approach.

5.10—INVESTIGATIONS

5.10.1 GENERAL

Over and above mandated verifications, MilObs may be required to be the initial investigating authority for an incident. Observer teams may discover an incident or be the nearest responding authority and thus be required to conduct the initial investigation and/or secure the scene for hand-over to another agency.

5.10.2 TYPES OF INVESTIGATIONS

The types of incidents the MilObs could be called upon to investigate are:

- ⇒ Firing violation.
- ⇒ Construction upgrading.
- ⇒ Entries into the DMZ.
- ⇒ Hostage-taking, hijacking, abductions or missing persons.
- ⇒ Assaults or murders.
- ⇒ Human rights violations.

5.10.3 AUTHORITY TO CONDUCT INVESTIGATIONS

MilObs will not normally be the lead agency in an investigation. Observers will turn a scene or investigation over to CIVPOL and/or host nation police. Authority to conduct complete investigations will be stipulated in the Force agreement and mandate. Observers will often conduct initial investigations at the direction of the CMO to determine what has happened and who will take subsequent control.

5.10.4 PREPARATIONS FOR INVESTIGATIONS

In preparation for an investigation, the MilOb will:

- ⇒ Clarify the aim of the investigation/nature of complaint.
- ⇒ Conduct a map reconnaissance.
- ⇒ Assemble the required kit.
- ⇒ Collect and review pertinent historical information.

- ⇒ Identify and (if required) contact other parties affected by the investigation in the area.
- ⇒ Verify current restrictions in the area.
- ⇒ Notify HQ of their destination/intentions.
- ⇒ Brief the investigation team.

5.10.5 INVESTIGATIVE PROCEDURE

The investigation procedure will include:

- ⇒ Maintaining radio contact and reporting movement progress.
- ⇒ Recording all activity and details such as:
 - ⇒ Weather conditions.
 - ⇒ Point of entry.
 - ⇒ What evidence was found.
 - ⇒ Where the evidence was found.
 - ⇒ What was done with the evidence (i.e. was it moved, altered, disturbed, etc.).
 - ⇒ What was photographed.
- ⇒ On arrival, isolating and protecting the scene:
 - ⇒ Assess the security of the scene (mines/UXO).
 - ⇒ Determine need for tactical security (are you safe?).
 - ⇒ Protect scene from onlookers.
- ⇒ Designate responsibilities for undertaking:
 - ⇒ Primary investigation.
 - ⇒ Scene security.
 - ⇒ Evidence/exhibit recording.
 - ⇒ Witness identification/interviewing.
- ⇒ Then attempt to determine what happened:
 - ⇒ Extent of the scene.



- ⇒ Set up barricade tape.
 - ⇒ Create a safe corridor.
 - ⇒ Methodically examine the scene and document what is seen with notes and photographs (for the overall scene and important details, take three photographs: overview, mid-range and close up).
 - ⇒ Remember you are telling a story; provide a context for the information.
- ⇒ Draw conclusions:
- ⇒ Balance and consider all the evidence.
 - ⇒ Indicate if your conclusions are “best guesses”.

Remember:

- ⇒ Reports must be:
- ⇒ Complete.
 - ⇒ Accurate.
 - ⇒ Legible.
 - ⇒ Precise.
 - ⇒ Timely.
- ⇒ Assumptions must be clearly indicated as such.

5.10.6 THREE FORMS OF EVIDENCE

- ☉ Verbal evidence is:
 - ⇒ Unreliable and subjective.
 - ⇒ Requires corroboration.
- ☉ Material evidence, which cannot stand alone and requires forensic assistance, includes:
 - ⇒ Footprints.
 - ⇒ Tire marks.
 - ⇒ Broken objects.
 - ⇒ Trace elements.
 - ⇒ Forensic items (i.e. blood or DNA samples and weapon or ammunition fragments).

- Circumstantial evidence, which may corroborate other evidence.

5.10.7 EVIDENCE HANDLING

There are a number of important considerations in evidence handling:

- Record the location of recovered evidence in a sketch to define the location where the evidence was found and the time and date of finding. Photograph evidence if possible.
- Do not disturb evidence. If it is absolutely necessary to recover it, use gloves, secure it in a bag (not plastic), and tag it clearly (description, location, date/time, who found/bagged it).
- Minimize the number of persons handling evidence.
- Maintain a record that defines the continuity of evidence, that is, who had possession of a particular item (what, where, when).
- Use a scale of reference, such as a ruler or recognizable object, for sizes and distances when photographing evidence.

5.10.8 WITNESSES

When dealing with witnesses you should:

- Confirm their identities (through papers such as passports or ID cards or personal or third-party confirmation).
- Ascertain and record where they can be found or reached.
- Separate witnesses to be interviewed.
- Be aware that a witness can become a suspect.
- Choose a suitable interview site.
- Remain impartial but consider a witness's motivation to talk.

If an interpreter is used exercise caution. Establish interpreter ground rules and, if possible, select an interpreter able to maintain impartiality.

Points to consider when assessing collected information and evidence:

- Compare notes (yours and those of other interviewers).
- Assess credibility of witnesses (if necessary factor in interpreter bias).
- Identify any corroborating information.
- Identify any contradictory information.
- Exercise caution in drawing conclusions.



5.11—CRATER ANALYSIS

5.11.1 VALUE OF ANALYSIS

By analysing shell craters it is possible to:

- ➔ Verify previously identified or suspected firing positions that have been established by other means.
- ➔ Confirm the presence of belligerent artillery and obtain an approximate direction to it.
- ➔ Detect the presence of new types of weapons, calibres or ammunition manufacturing methods.

5.11.2 EQUIPMENT REQUIRED

Three elements (direction, dimension and curvature) must be measured for crater analysis. The equipment you need to conduct the analysis are:

- ➔ Compass, stakes (metal if on hard surfaces) and wire/string to determine the direction from the crater to the weapon that fired the projectile.
- ➔ A curvature template (Figure 5.11.1) to measure the curvature of the fragment to determine the calibre of the shell. The template can be constructed of heavy cardboard, acetate, wood or other appropriate material.
- ➔ A still or video camera to record images of the site and crater.

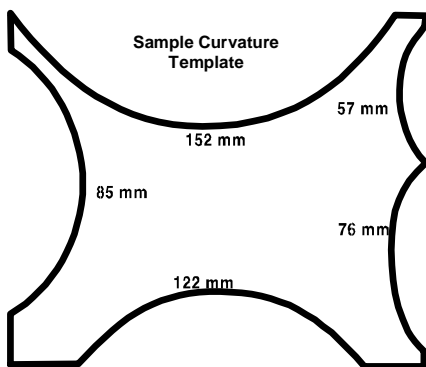


Figure 5.11.1: Sample Curvature Template

5.11.3 INSPECTION OF SHELLED AREAS

Shelled areas must be inspected as soon as possible. Craters that are exposed to elements or are tampered with, deteriorate rapidly, thereby losing their value as a source of information.

Safety Point. Be aware of the area in which the shell impacted and possible reasons for targeting the area. Is the area safe? Are you being lured into the site?

5.11.4. SURVEY OF CRATER LOCATION

The site must be located accurately enough for plotting on charts, maps or aerial photographs. GPS will provide the highest level of accuracy although hasty survey techniques, resection or map spotting will suffice. Direction can be determined by the use of a compass.

5.11.5. DETERMINATION OF PATTERN

Pattern. A clear pattern produced on the ground by the detonating shell indicates the direction from which the shell was fired.

Factors Affecting Pattern. Because of terrain irregularities and soil conditions, ideal shell crater patterns are the exception, not the rule. Side spray marks are a principal part of the pattern caused by fragmentation. There is much less effect from nose spray. Base spray is negligible from gun and howitzer projectiles but is appreciable from mortars. The width, angle and density of the side spray pattern vary with the projectile, the angle of impact, the type of fuze, terminal velocity of the projectile and soil composition. In determining direction, the following are considered:

- ➡ The effect of stones, vegetation, stumps and roots on the path of the projectile.
- ➡ Variations in density and type of soil.
- ➡ The slope of the terrain at the point of impact.

Marks on Vegetation and Other Objects. The direction from which a round was fired is often indicated by the marks made as it passes through trees, snow, fences and walls. The possible deflection of the shell upon impact with these objects must be considered. Evidence of such deflection must not be overlooked. Pause for a moment and conduct a visual reconnaissance of the site.



Drift and Wind Effects. Drift and lateral wind effects do not materially change the direction of the axis of the shell during flight.

Ricochet Furrows. Often when an artillery round with a delay fuze is fired at low angle, it bounces or ricochets from the surface of the earth. In doing so, it creates a groove called a ricochet furrow, which is an extension of the plane of fire. Care must be taken to determine that the shell was not deflected before or while making the furrow.

5.11.6 CRATER ANALYSIS

The steps to be taken are:

- ➔ Conduct a visual reconnaissance of the site. Record details and make sketches/take photos as you go.
- ➔ Locate a suitable crater. The crater should be clearly defined on the ground and reasonably fresh. From any group, only the most clearly formed and defined craters are used.
- ➔ Determine the grid co-ordinates of the crater. Since the crater is the beginning point for plotting the direction to the belligerent weapon, the grid co-ordinates of the crater should be determined using an eight-figure grid reference or as precisely as the situation will allow.
- ➔ The direction of the firing weapon must be determined by one of the methods described in the following paragraphs.
- ➔ Shell fragments and fuzes must be collected for use in identifying the type, calibre and country that manufactured the weapon and/or projectile. This is done only after all else is complete so that the recovery process does not disturb the crater.

5.11.6(1) LOW-ANGLE FUZE QUICK CRATERS (ARTILLERY)

The detonation of a projectile causes an inner crater. The burst and momentum of the shell carry the effect forward and to the sides, forming an **arrow** which points to the rear (toward the weapon from which the round was fired). The fuze continues along the line of flight, creating a fuze furrow. There are two methods of obtaining the direction to a hostile weapon from this type of crater; the **Fuze Furrow** and the **Side Spray**. The best results are obtained by determining a mean, or average, of several directions obtained by using both methods.

1. **Fuze Furrow and Centre of Crater Method.** (Figure 5.11.2)

- ➔ Place a stake in the centre of the crater.

- ➔ Place a second stake in the fuze furrow at the point where the fuze was blown forward to the front of the crater.
- ➔ Set-up direction measuring instrument (i.e. compass) inline with the stakes and away from fragments.
- ➔ Orient the instrument and measure the direction to the delivery weapon.

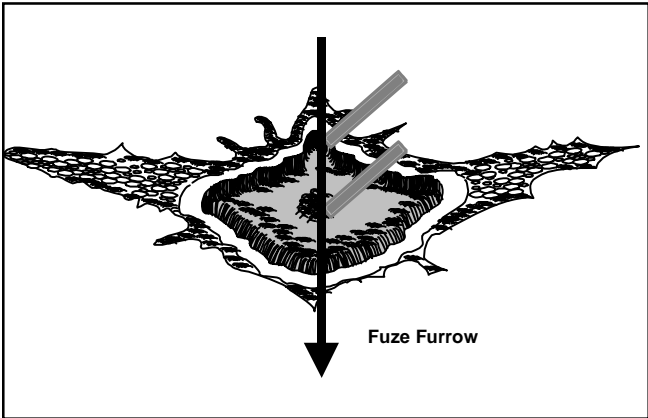


Figure 5.11.2: Fuze Furrow Method

2. Side Spray Method. (Figure 5.11.3)

- ➔ Place a stake in the centre of the crater.
- ➔ Place two stakes, one at the end of each line of side spray, equidistant from the center stake.
- ➔ Hold a length of communications wire (or other suitable material) to each side spray stake and strike an arc forward of the fuze furrow.
- ➔ Place a stake where these arcs intersect.
- ➔ Set-up a direction measuring instrument in line with the center stake and the stake at the intersection of the arcs.
- ➔ Orient the instrument and measure the direction to the firing weapon.

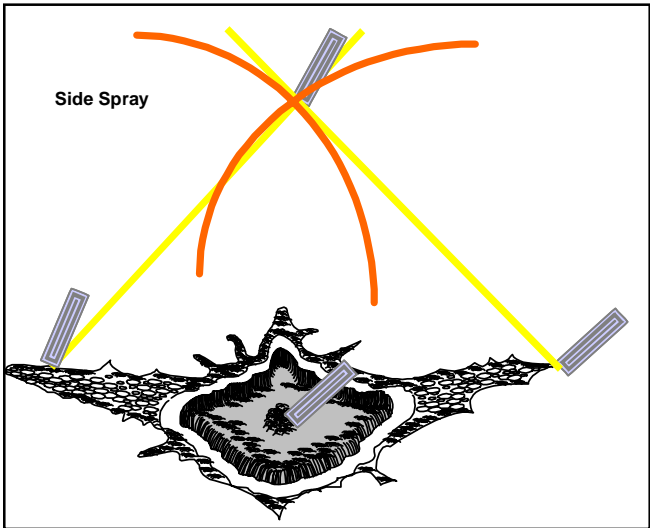


Figure 5.11.3: Side Spray Method

5.11.6(2) LOW-ANGLE FUZE DELAY CRATERS (ARTILLERY)

There are two types of fuze delay craters: *ricochet* and *mine action*.

Ricochet (Figure 5.11.4)

The projectile enters the ground following its trajectory and continues in a straight line for a few feet, causing a ricochet furrow. The projectile normally deflects upward and, at the same time, it changes direction usually to the right as the result of the spin (or rotation) of the projectile. The effect of the airburst can be noted on the ground. Directions obtained from ricochet craters are considered to be the most reliable. The steps to determine direction from a ricochet crater are:

- ➡ Identify the furrow.
- ➡ Place stakes at each end of a usable straight section of the furrow.
- ➡ Set-up a direction measuring instrument in line with the stakes and away from the fragments.
- ➡ Orient the instrument and measure the direction to the weapons.

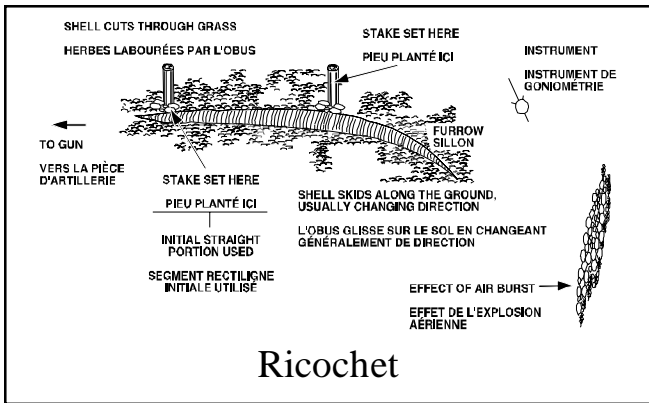


Figure 5.11.4: Ricochet Method

Mine Action. This occurs when a shell bursts beneath the ground. Occasionally, such a burst will leave a furrow that can be analysed in the same manner as the ricochet furrow. A mine action crater, that does not have a furrow cannot be used to determine the direction to the weapon.

5.11.6(3) HIGH-ANGLE SHELL CRATERS (MORTARS)

In a typical mortar crater, the turf at the forward edge (the direction away from the hostile mortar) is undercut. The rear edge of the crater is shorn of vegetation and grooved by splinters. When fresh, the crater is covered by loose earth which must be carefully removed to disclose the firm, burnt inner crater. The ground surrounding the crater is streaked by splinter grooves that radiate from the point of detonation. The ends of the splinter grooves on the rearward side are on a roughly straight line. This line is perpendicular to the line of flight if the crater is on level ground or on a slope with contours perpendicular to the plane of fire. A fuze tunnel is caused by the fuze burying itself at the bottom of the inner crater in front of the point of detonation. The three methods used to determine the direction to the weapon are:

1. **Main Axis Method.** (Figure 5.11.5)

- ➡ Lay a stake along the main axis of the crater, dividing the crater into symmetrical halves. The stake points in the direction of the mortar.
- ➡ Set-up a direction measuring instrument in line with the stake and away from the fragments.
- ➡ Orient the instrument and measure the direction to the weapon.

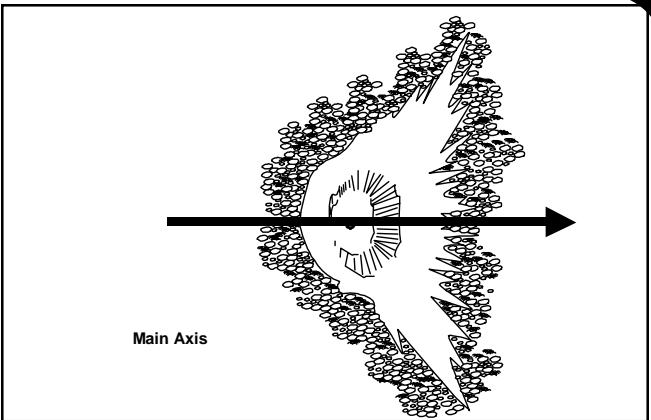


Figure 5.11.5: Main Axis Method

2. ***Splinter Groove Method.*** (Figure 5.11.6)

- ➔ Lay a stake along the ends of the splinter grooves that extend from the crater.
- ➔ Lay a second stake perpendicular to the first stake through the axis of the fuze tunnel
- ➔ Set-up a direction-measuring instrument in line with the second stake and away from fragments.
- ➔ Orient the instrument and measure the direction to the weapon.

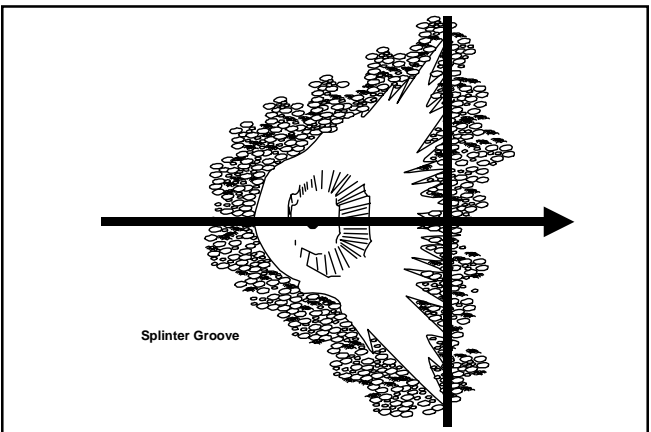


Figure 5.11.6: Splinter Groove Method

3. Fuze Tunnel Method. (Figure 5.11.7)

- ➔ Place a stake in the -fuze tunnel.
- ➔ Set-up a direction measuring instrument in line with the stake and away from fragments.
- ➔ Orient the instrument and measure the direction to the weapon.

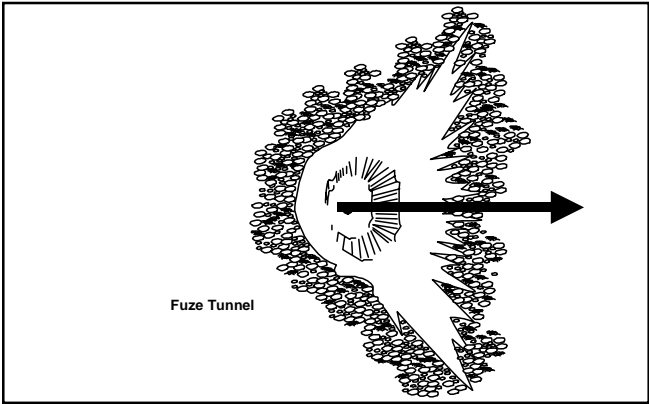


Figure 5.11.7: Fuze Tunnel Method

NOTE

If the angle of fall is too great (approaching a 90-degree angle), the fuze tunnel method cannot be used.

LEGEND: LOG SHEETS

MOB	- mobile
E10	- destination E10
v/	- proceeding via
V	- vicinity
↓	- stationary
↓ ₍₁₂₀₀₎	- closing down until 1200 LT
↘ ₍₁₂₀₀₎	- entering dead space until 1200 LT
—	- patrolling
=	
R/C (HT)	- radio check / handy talky
↓ _{(CH)L/N}	- leaving net
E/N	- entering net

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ORIENTATION

Located in Southern Asia, north and west of Pakistan and east of Iran. Bordered by China, common border of (76 km), Iran (936 km), Pakistan (2,430 km), Tajikistan(1,206 km), Turkmenistan (744 km) and Uzbekistan (137 km). Afghanistan is approximately the size of Manitoba—647,500 sq km.

TERRAIN

➤ Physiographic Regions

Mostly rugged mountains; plains in north and southwest.

➤ Elevation

⇒ Lowest point: Amu Darya 258 m.

⇒ Highest point: Nowshak 7,485 m.

ENVIRONMENT

➤ Current Issues

⇒ limited natural fresh water resources.

⇒ inadequate supplies of potable water, thus degradation and overgrazing.

⇒ deforestation (much of remaining forests are being cut down for fuel and building materials).

⇒ desertification.

⇒ air and water pollution.

➤ Vegetation

⇒ 12% arable land.

⇒ 0% permanent crops.

⇒ 46% permanent pastures.

⇒ 3% forests and woodland.

⇒ 39% other.

⇒ Irrigated land: 30,000 sq km.

CLIMATE

- ⇒ arid to semi-arid.
- ⇒ cold winters and hot summers.

☛ Average Daily Temperature

- ⇒ January: -2.8°C/27°F.
- ⇒ July: 24.4°C/76°F.
- ⇒ Annual rainfall: 330.2 mm/13 inches.

☛ Natural Hazards

- ⇒ damaging earthquakes occur in Hindu Kush mountains.
- ⇒ flooding.

MAN MADE FEATURES

☛ Highways

- ⇒ 2,793 km paved road.
- ⇒ 18,207 km unpaved road (1998 est.).
- ⇒ Total: 21,000 km.

☛ Airports

- ⇒ 46 airports (2001).

☛ Railways

- ⇒ Total: 24.6 km.
- ⇒ broad gauge: 9.6km 1.524-m gauge from Gushgy(Turkmenistan) to Towraghondi; 15 km 1.524-m gauge from Termiz (Uzbekistan) to Kheyraabad transshipment point on south bank of Amu Darya (2001).

☛ Power Sources

- ⇒ fossil fuels: 36%.
- ⇒ hydro: 64%.
- ⇒ nuclear: 0%.
- ⇒ other: 0% (2000).



➤ Ports and Harbours

- ⇒ Kheyraabad.
- ⇒ Shir Khan.

➤ Industries

- ⇒ small-scale production of textiles.
- ⇒ soap.
- ⇒ furniture.
- ⇒ shoes.
- ⇒ fertilizer.
- ⇒ cement.
- ⇒ handwoven carpets.
- ⇒ natural gas.
- ⇒ coal.
- ⇒ copper.

➤ Capital: Kabul

DEMOGRAPHY

➤ Population: 29,928, (July 2005 est.)

➤ Largest Cities

- ⇒ Kabul: 2,142,300 pop.
- ⇒ Qandahar: 339,200 pop.
- ⇒ Mazer-e-Sharif: 239,800 pop.

➤ Population Growth: 3.43%

➤ Nationality: Afghan(s)

➤ Ethnic Groups

- ⇒ 44% Pashtun.
- ⇒ 25% Tajik.
- ⇒ 10% Hazara.

- ⇒ 13% minor ethnic groups (Aimaks, Turkme, Baloch and others).
- ⇒ 8% Uzbek.

☛ Language

- ⇒ 35% Pashtu.
- ⇒ 50% Afghan Persian (Dari).
- ⇒ 11% Turkic languages (primarily Uzbek and Turkmen).
- ⇒ 4% minor languages (primarily Balochi and Pashai).
- ⇒ much bilingualism.

☛ Religion

- ⇒ 84% Sunni Muslim.
- ⇒ 15% Shi'a Muslim.
- ⇒ 1% other.

COMMUNICATIONS

- ⇒ 100,000 television receivers / 10 stations.
- ⇒ 167,000 radios—7 AM (6 are inactive; the active station is in Kabul), 1 FM, shortwave 1. Broadcast in Pashtu, Afghan Persian (Dari), Urdu and English (1999 figures).
- ⇒ 33,100 telephones (2002).

NOTE

Very limited telephone and telegraph domestic service: In 1997, telecommunications links were established between Mazar-e Sharif, Herat, Qandahar, Jalalabad and Kabul through satellite and microwave systems.

- ⇒ mobile cellular—15,000 (2002).
- ⇒ International: satellite earth stations—1 Intelsat (Indian Ocean) linked only to Iran and 1 Intersputnik (Atlantic Ocean region); commercial satellite telephone centre in Ghazni.
- ⇒ 1 Internet service / Internet code .af.



CURRENCY

- ⇒ Afghani—AFA.
- ⇒ Exchange rate—50 afghanis per US dollar—4,700(January 2004).

ECONOMY

➤ GDP—Composition by Sector

- ⇒ agriculture: 60%.
- ⇒ industry: 20%.
- ⇒ services: 20% (1990 est.).

➤ Agriculture Products

- ⇒ wheat.
- ⇒ fruits.
- ⇒ nuts.
- ⇒ wool.
- ⇒ mutton.
- ⇒ sheepskin.
- ⇒ lambskin.

➤ Main Exports

- ⇒ opium.
- ⇒ fruits and nuts.
- ⇒ hand-woven carpets.
- ⇒ wool.
- ⇒ cotton.
- ⇒ hides and pelts.
- ⇒ precious and semi-precious gems.

HOLIDAYS

- ⇒ 21 March Now Ruz (first day of spring).

- ⇒ 28 April Loss of the Muslim Nation.
- ⇒ 1 May International Labour Day.
- ⇒ 4 May Remembrance day for Martyrs and Disabled.
- ⇒ 19 August Independence Day (Jeshen).
- ⇒ 30 August Pashtoonistan Day.

NOTE

March 2002—The Afghan government has recently re-instated the Afghan Solar calendar

☛ Public holidays for 2003 (dates can change from year to year)

- ⇒ 5 March Islamic New Year.
- ⇒ 14 March Ashoora (Shi'a minority only).
- ⇒ 14 May Prophet's Birthday.
- ⇒ 27 October Start of Ramadan (not a holiday).
- ⇒ 26 November Eid Al Fitr (end of Ramadan).
- ⇒ 11 February Arafat Day.
- ⇒ 12 February Eid Al Adha.

☛ Weekend: Friday

☛ Time Zone: GMT+4:30. There is no summer time clock change.

AFGHANISTAN HISTORY IN BRIEF

Name: NATO/ISAF (International Security Assistance Force)

AUTHORITY AND MANDATE

The International Security Assistance Force (ISAF) mission remains firmly anchored in the United Nations (UN) Security Council resolutions and the Bonn Agreement that set the course for Afghanistan, and the mandate for the NATO force will remain the same. NATO's increased involvement demonstrates its continuing long-term commitment to stability and security in Afghanistan through assistance to the Afghanistan Transitional Authority (ATA). This support, consisting of strategic command, control, and coordination of ISAF, will provide continuity in the operation.



ISAF Background

The ISAF was authorized by the UN Security Council Resolution (UNSCR) 1386 on December 20, 2001, with a mandate to assist the ATA. The United Kingdom was the first country to serve as lead nation, from December 2001 to June 2002. UNSCR 1413 extended the ISAF mission and authorization to 20 December 2002. At present, Germany and the Netherlands are sharing the lead under the original UN mandate (UNSCR 1386), which was extended on November 27, 2002 by UNSCR 1444 to run until December 20, 2003. NATO took the lead on August 11, 2003.

CANADA'S ROLE

The objective of Operation ATHENA, Canada's contribution to the ISAF, is to take part in the UN-authorized mission in Kabul, Afghanistan, for a period of 12 months starting in August 2003. The ISAF is not a UN operation. On August 11, 2003, it became a mission of the North Atlantic Treaty Organization (NATO).

Task Force Kabul is the formation that comprises all Canadian Forces(CF) units and formations committed to Op ATHENA. This includes those CF members that are stationed at Camp Mirage as part of the Theatre Support Element.

The Canadian contingent in ISAF comprises a Surveillance Group(armour reconnaissance squadron, an infantry reconnaissance platoon), engineer squadron(-), National Command Element(NCE), National Support Element(NSE) CF airlift elements(TSE), and elements of the multinational brigade headquarters(KMNB HQ) and ISAF headquarters in Kabul. Currently this mission involves approximately 5,000 troops from 29 nations, of which 900 are Canadians.

In February 2003, the international community asked Canada to help maintain peace and security in Afghanistan by contributing troops to the UN-mandated mission in Kabul. Canada agreed to participate in ISAF. The mission is ongoing.

➤ Tasks

- ⇒ Ensure freedom of movement in Kabul and the region surrounding the city.
- ⇒ Force protection.
- ⇒ Provide advice to the ATA on security structures and issues.
- ⇒ Assist in the operation of Kabul International Airport.

- ⇒ Assist in the reconstruction of Afghan national armed forces.

➤ Mission

The mission of ISAF is to help maintain security in Kabul and the surrounding areas so that the ATA and UN agencies can function. It also includes liaison with political, social and religious leaders to ensure that ISAF operations appropriately respect religious, ethnic and cultural sensitivities in Afghanistan.

The Canadian government's overarching goal in contributing to ISAF is to prevent Afghanistan from relapsing into a failed state that provides a safe haven for terrorists and terrorist organizations. Canada remains committed to the campaign against terrorism and, with our allies, will make a major contribution to the stabilization and reconstruction of Afghanistan. Canada aims to help Afghanistan become the following:

- ⇒ a stable nation that is no longer a haven for terrorism;
- ⇒ a country that meets the needs of its people; and
- ⇒ a fully integrated part of the international community.

Afghanistan's full and sustained recovery is key to eliminating the threat of terrorism and achieving greater international security and stability. The reconstruction and rehabilitation of Afghanistan will require a considerable and sustained commitment over the long term, and Canada is doing its part with its allies.

Every effort is being made in the planning and execution of this mission to ensure that our people will be able to do what we ask of them safely and effectively in this high-risk environment. The government is using the skills and competencies that Canadians are known for to assist in the stabilization and reconstruction of Afghanistan.

AFGHANISTAN'S HISTORY

➤ **Medieval Period (7th–18th Centuries)**—Under the Hephthalites and Sasanians, many of the Afghan principdoms were influenced by Hinduism.

➤ **The First Muslim Dynasty**

AD 642—Islamic armies defeated the Sasanians at Nahavand(near modern Hamadan, Iran) and moved on to the Afghan area, but they were unable to hold the territory.

AD 820—They established virtual independence from the



Abbasid caliphate.

867–869—The Tahirids were succeeded in 867–869 by a native dynasty from Seistan, the Saffarids.

872–999—Bukhara, Samarkand, and Balkh enjoyed a golden age under Samanid rule.

The Ghaznavids. 10th century—a former Turkish slave named Alptegin seized Ghazna (Ghazni). He was succeeded by another former slave, Subüktigin, who extended the conquests to Kabul and the Indus. His son was the great Mahmud of Ghazna, who came to the throne in 998.

The Ghurids. 1150—Mahmud’s descendants continued to rule over a gradually diminishing empire.

The Khwarezm-Shahs. Shortly after Muhammad of Ghur’s death, the Ghurid Empire fell apart, and Afghanistan was occupied by Sultan ‘Ala’ ad-Din Muhammad, the Khwarezm-Shah.

The Mongol Invasion. 1219—Genghis Khan invaded the eastern part of ‘Ala’ ad-Din’s empire. Soon after ‘Ala’ ad-Din’s death, his energetic son Jalal ad-Din Mingburnu rallied the Afghan highlanders at Parwan (modern Jabal os Saraj), near Kabul, and inflicted a crushing defeat on the Mongols under Kutikonian.

➔ Later Medieval Dynasties

1227—After his death, Genghis Khan’s vast empire fell to pieces.

1404–1507—Timur’s successors, the Timurids, were great patrons of learning and the arts who enriched their capital city of Herat with fine buildings. Under their rule, Afghanistan enjoyed peace and prosperity.

1504—Babur, a descendant of Genghis Khan and Timur, had made Kabul the capital of an independent principality.

During the next 200 years, Afghanistan was parceled between the Mughals of India and the Safavids of Persia—the former holding Kabul north to the southern foothills of the Hindu Kush and the latter Herat and Farah. Qandahar was for many years in dispute.

LAST AFGHAN EMPIRE

➤ **The Hotakis.** Mirwais Khan governed Qandahar until his death in 1715.

➤ **Nader Shah.**

1732—Nader Qoli Beg took Herat after a desperate siege.

1736—He was elected shah of Persia, with the name Nader Shah.

1747—He was assassinated at Khabushan.

➤ **The Durrani Dynasty.** The commander of the Shah's 4,000-man Afghan bodyguard was Ahmad Khan Abdali, who returned to Qandahar, where he was elected king (shah) by a tribal council. He adopted the title Durr-i Durran ("Pearl of Pearls"). The Durrani was the second greatest Muslim empire in the second half of the 18th century, surpassed in size only by the Ottoman Empire.

➤ **Zaman Shah (1793–1800).** 1793—After the death of Timur, his fifth son, Zaman, seized the throne with the help of Sardar Payenda Khan, a chief of the Barakzay.

➤ **Shah Mahmud (1800–03; 1809–18).** Shah Mahmud left affairs of state to Fath Khan. Some of the chiefs who had grievances against the King or his ministers joined forces and invited Zaman's brother Shah Shoja' to Kabul. The intrigue was successful. Shah Shoja' occupied the capital, and Mahmud sued for peace.

➤ **Shah Shoja' (1803–09; 1839–42).**

1803—The new king, Shah Shoja', ascended the throne. The chiefs had become powerful and unruly, and the outlying provinces were asserting their independence.

Napoleon, then at the zenith of his power in Europe, proposed to Alexander I of Russia a combined invasion of India.

1809—A treaty of friendship was concluded, the shah promising to oppose the passage of foreign troops through his dominions.

1815—Shah Shoja''s troops were routed, and he withdrew from Afghanistan and found asylum with the British at Ludhiana.

➤ **Barakzay Dynasty.** The Barakzay brothers seized control of Afghanistan and in 1826 divided the region between them. Nader Khan, on his assassination in 1933, was succeeded by his son



Zahir Shah, who reigned until July 17, 1973, when he was deposed and a republic was proclaimed.

- **Dost Mohammad Khan.** Ruler of Afghanistan (1826–63) and founder of the Barakzay dynasty, Dost Mohammad Khan (b.1793, Afghanistan—d. June 9, 1863, Herat) maintained Afghan independence during a time when the nation was a focus of political struggles between Great Britain and Russia.
- **Shir'Ali Khan.** Emir of Afghanistan from 1863 to 1879, Shir' AliKhan (b. 1825, Kabul?, Afg.—d. Feb. 21, 1879, Mazar-e-Sharif) tried with only limited success to maintain his nation's equilibrium in the great power struggles between Russia in the north and British India in the south. The third son of Dost Mohannad Khan, Shir 'Ali succeeded to the throne upon his father's death.
- **Habibollah Khan.** Ruler of Afghanistan from 1901 to 1919. Maintaining satisfactory relations with British India, Habibollah Khan (b. 1872, Tashkent, Russian Turkistan [now in Uzbekistan]—d. Feb. 20, 1919, Kalagosh, Afg.) introduced needed reforms in Afghanistan and steered his country on a moderate political course.
- **Amanollah Khan.** Ruler of Afghanistan (1919–29), Amanollah Khan (b. June 1, 1892, Paghman, Afghanistan—d. April 25, 1960, Zürich, Switzerland) led his country to full independence from British influence.

August 1919—A peace treaty recognizing the independence of Afghanistan was signed at Rawalpindi (now in Pakistan).
- **Zahir Shah, Mohammad.** King of Afghanistan from 1933 to 1973, Zahir Shah (b. Oct. 15, 1914, Kabul, Afghanistan) provided an era of stable government to his country.

Recent History

Afghanistan's recent history is characterized by war and civil unrest. The Soviet Union invaded in 1979 but was forced to withdraw 10years later by anti-Communist mujahidin forces supplied and trained by the US, Saudi Arabia, Pakistan and others. Fighting subsequently continued among the various mujahidin factions, giving rise to a state of warlordism that eventually spawned the Taliban. Backed by foreign sponsors, the Taliban developed as a political force and eventually seized power. The Taliban were able to capture most of the country, aside from Northern Alliance strongholds primarily in the northeast, until US and allied military action in support of the opposition following the 11

September 2001 terrorist attacks forced the group's downfall. In late 2001, major leaders from the Afghan opposition groups and diaspora met in Bonn, Germany and agreed on a plan for the formulation of a new government structure that resulted in the inauguration of Hamid Karzai as Chairman of the Afghan Interim Authority (AIA) on 22 December 2001. The AIA held a nationwide Loya Jirga (Grand Assembly) in June 2002, and Karzai was elected president by secret ballot of the Transitional Islamic State of Afghanistan (TISA). The Transitional Authority has an 18-month mandate to hold a nationwide Loya Jirga to adopt a constitution and a 24-month mandate to hold nationwide elections. In December 2002, the TISA marked the one-year anniversary of the fall of the Taliban. In addition to occasionally violent political jockeying and ongoing military action to root out remaining terrorists and Taliban elements, the country suffers from extreme poverty, a crumbling infrastructure and widespread land mines.

CULTURAL INFORMATION

Introduction

Afghanistan has a rich cultural heritage covering more than 5,000 years. Because of almost complete isolation from the outside world, however, little in art, literature or architecture was produced between the 16th and early 20th centuries. Because most Afghans live in rural areas, their mode of living can be described as that of a peasant tribal society. Kinship is the basis of social life and determines the patriarchal character of the community. Religion plays a very important role.

Music and Dance

Music is represented chiefly by traditional folk songs, ballads and dances. Among the stringed instruments, the six-stringed *rohab* is thought to be the ancestor to the Western violin and cello. Other instruments include the *santur* (a kind of zither), a hand-pumped harmonium, the *chang* (a plucked mouth harp) and a variety of drums beaten with the palm and fingers. The *attan* dance derived from Pashtun areas is the national dance. It is performed in a large circle with the dancers clapping their hands and quickening the movements of their feet to the beat of the music. On vacation holidays or weekends, Afghans often gather to play music and sing at a picnic on a river bank or in a woodland. The Taliban government forbade singing, clapping, playing musical instruments and recorded music and all forms of dance. Many of these activities continued illicitly during Taliban rule, and once the regime fell in late 2001, many Afghans publicly rejoiced by singing and dancing. In music and dance, a revival of traditional folksinging has gone hand in hand with the imitation of modern Western and Indian music. Afghan music is different from Western music in many ways, particularly in its scales, note intervals,



pitch and rhythm, but it is closer to Western than to Asian music. Afghans celebrate their religious or national feast days, and particularly weddings, by public dancing. The performance of the *attan* dance in the open air has long been a feature of Afghan life. It is the national dance of the Pashtuns and now of the nation.

Family

Extremely close bonds exist within the family, which consists of the members of several generations. The family is headed by the oldest man, or patriarch, whose word is law for the whole family. Family honour, pride and respect toward other members are highly prized qualities. Among both villagers and nomads, the family lives together and forms a self-sufficient group. In the villages each family generally occupies either one mud-brick house or a walled compound containing mud-brick or stonewalled houses. The same pattern prevails the nomads, except that tents replace the houses.

Clothes

Baggy cotton trousers are a standard part of the Afghan villager's dress. The men wear long cotton shirts, which hang over their trousers, and wide sashes around their waists. They also wear a skullcap, and over that, a turban, which they take off when working in the fields. The women wear a long, loose skirt or a high-bodice dress with a swirling skirt over their trousers; they drape a wide shawl around their heads. Many women wear jewellery, which is collected as a form of family wealth. When women leave their houses, they usually wear a *burka* or *shadier*, a long tent-like veil that covers them from head to foot.

Cuisine

The diet of most Afghan villagers consists mainly of unleavened flat bread called *nan*, soups, a kind of yogurt called *mast*, vegetables, fruit and occasionally rice and meat. Tea is the favourite drink.

Sports

A favourite sport in northern Afghanistan is a game called *buzkashi*, in which teams of horsemen compete to deposit the carcass of a large headless calf in a goal circle. Afghans also play polo and *ghosai*, a team sport similar to wrestling.

Social Problems

A variety of social ills such as poverty, inter-ethnic strife, inequality of women and widespread thievery, kidnapping, and banditry are common in Afghanistan. Blood feuds handed down through generations are legendary, and revenge is regarded as a necessary redress of wrongs.

Arts

Afghan cultural life is characterized by traditional arts and pastimes. Gold and silver jewellery, marvellous decorative embroidery, and various leather goods are still made in homes. By far the greatest artforms known widely from Afghanistan are the Persian-style woven carpets.

Distinctive carpets are made by Turkmen and some Uzbeks. Characteristically, these have parallel rows of geometric figures on a dark red ground, although many other patterns also exist. The Baluchi, well-known producers of prayer rugs, also make carpets mainly of wool, using a blend of dark colours. Camel hair and cotton are also used in some of these carpets. A variety of beautiful embroideries are also made for bridal trousseaus (the cloth in which the bride wraps her clothes and other personal possessions) and for sale.

Villages

In the smaller villages, there are no schools, stores, or any representative of the government. Each village has three sources of authority within it: the *malik* (village headman), the *mirab* (master of the water distribution) and the *mullah* (teacher of Islamic laws). Commonly a *khan* (large landowner) will control the whole village by assuming the role of both *malik* and *mirab*.



BOSNIA AND HERZEGOVINA

ORIENTATION

Bosnia-Herzegovina is a newly independent state of the former Federal Republic of Yugoslavia situated in the southeastern part of Europe, otherwise known as the Balkans. Bosnia-Herzegovina is bordered by Croatia to the north and west, Serbia to the east, and Montenegro to the southeast.

Bosnia-Herzegovina covers an area of 51,129 sq km, which is slightly smaller than the province of Nova Scotia.

TERRAIN

☛ Physiographic Regions

Bosnia-Herzegovina is divided into three distinct regions. They are:

- ⇒ The Slovenian Hills and Plain.
- ⇒ The Eastern Dinaric Mountains.
- ⇒ The Western Dinaric Mountains.

☛ Drainage

Bosnia-Herzegovina has two main surface drainage systems:

- ⇒ The Sava River system in the north is accountable for approximately 70% of the total surface drainage.
- ⇒ 30% of surface drainage drains into the Adriatic Sea. The main river that constitutes the Adriatic Basin is the Neretva River.

☛ Vegetation

Bosnia-Herzegovina lies within the Central European Forest Region. Forests cover less than half the land area throughout the region and consist mainly of a deciduous-coniferous mix.

The deciduous trees are mostly oak, birch and beech.

The coniferous trees found at higher elevations are silver fir and spruce.

Scrubs and brush grow on the western side of the country.

☞ Surface Materials

Soil materials vary between the three physiographic regions:

- ⇒ In the Slovenian Hills and Plain, the soils, which have developed under cold humid climatic conditions, tend to be infertile. They are found in the eastern area of the region.
- ⇒ The mountainous areas lack extensive fertile soils. Steep slopes have hindered the development of deep, mature soils. Also, deforestation over the years has resulted in heavy soil erosion.
- ⇒ Soils are therefore made up of shallow layers of humus and partially weathered rock surfaces.
- ⇒ Numerous fertile basins exist within the mountains. These basins are extremely important to the farming industry.

CLIMATE

The average monthly temperature ranges from a low of 0°C in January, 20°C in July and up to 30°C in the summer.

Areas of high elevation have short, cool summers and long, severe winters.

Mild, rainy winters along the coast.

☞ Winds

Predominantly north and northwesterly in the winter.

South and southeasterly during the summer.

☞ Precipitation

Average annual precipitation is 128 cm.

MAN-MADE FEATURES

☞ Roads

⇒ Bosnia has a sparse and irregular road network:

- ⇒ There is only one major road running southeast to northwest. It links Serbia to Croatia going roughly through the centre of Bosnia.
- ⇒ There are four major north-south routes. Approximately 50 km apart, they stretch from the northern Croatia to the Adriatic.



- ➔ Total roads: 21,846 km
 - ⇒ Paved: 14,020 km.
 - ⇒ Unpaved: 7,826 km.
- ➔ Roads are mainly asphalt with many bridges.
- ➔ City streets are cobblestones with gravel or dirt in remote areas.
- ➔ Airports
 - ➔ Bosnia has 22 prominent airfields. Although some sustained damage during the war, most are operational today:
 - ⇒ 9 with paved runways.
 - ⇒ 19 with unpaved runways.
 - ⇒ 4 heliports.
 - ➔ The 4 major airfields are in:
 - ⇒ Sarajevo.
 - ⇒ Banja Luka.
 - ⇒ Tuzla.
 - ⇒ Mostar.
- ➔ Railways
 - ⇒ There are only two major rail lines, both of which have standard gauge (1,435 m spacing) rails:
 - ⇒ 1,021 km (795 km electrified, operating as diesel or steam until grids are repaired).
- ➔ Waterways and Rivers

The only navigable river inland waterway with ports is the Sava River, which flows along the northern border of Bosnia-Herzegovina. Bosnia also does not have any major ports within its borders.
- ➔ Ports and Harbours
 - ⇒ Bosanski Gradiska.
 - ⇒ Bosanski Brod.

⇒ Bosanski Samac.

⇒ Brcko.

⇒ Orasje.

⇒ Industries: steel, coal, iron ore, lead, zinc, manganese, bauxite, vehicle assembly, textiles, tobacco products, wooden furniture, tank and aircraft assembly, domestic appliances, oil refining.

⇒ Urban Centres

⇒ Sarajevo had a pre-war population estimated at 449,000. The war has killed about a quarter of the population there.

⇒ Mostar.

⇒ Tuzla.

⇒ Banja Luka.

⇒ Bihac .

⇒ Other cities of some importance include: Prejador, Doboje, Bosanski Petrovac, Bosanko, Zenica Kladanj, Donj Vakuf, Livno, Gorazde, and Jablanica.

⇒ Rural Population

People living in rural areas are concentrated in villages of less than 500 people, dispersed in river valleys in the Dinaric Mountains, as well as through the Slovenian hills and plain.

⇒ Capital: Sarajevo, Population 520,000

DEMOGRAPHY

⇒ Population: 3,922,205

⇒ Population Growth: 1.38% (2001)

⇒ Nationality: Bosnian(s), Herzegovinian(s)

⇒ Ethnic groups

⇒ Serb 31%.

⇒ Bosnian 44%.

⇒ Croat 17%.

⇒ Yugoslav 5.5%.



⇒ Other 2.5%.

➤ Languages

⇒ Croatian.

⇒ Serbian.

⇒ Bosnian.

➤ Religion

⇒ Muslim 40%.

⇒ Orthodox 31%.

⇒ Roman Catholic 15%.

⇒ Protestant 4%.

⇒ Other 10%.

COMMUNICATIONS

➤ Television Broadcast Stations: 33 (plus 277 repeaters)

➤ Radio: 940,000 users

➤ Newspapers:

➤ Telephone: 303,000 users

➤ International: No satellite earth stations

➤ Cellular: 9,000 users

➤ Internet: three Internet service providers; Internet country code is: .ba; 3,500 users

CURRENCY

⇒ Currency code: Bosnia convertible mark (BAM)

⇒ CAD/unit: 0.802864

⇒ 100.00 CAD = 125 BAM.

ECONOMY

➤ GDP Composition by Sector

⇒ Agriculture 19%.

⇒ Industry 23%.

⇒ Services 58%.

☞ Agriculture products

⇒ Wheat.

⇒ Corn.

⇒ Fruits.

⇒ Vegetables.

⇒ Livestock.

☞ Main Exports: N/A

HOLIDAYS

⇒ National Holiday—25 November.

⇒ Christmas and Easter—Same as Canada for Catholic.

⇒ The Orthodox—Christmas is 7 January, Easter is celebrated on different days.

⇒ Muslim—Celebrate Ramadan Bajram (Eid-al-Fitr), last three days.

⇒ Eid-al-Adha—comes two months and ten days after Ramadan.

HISTORY

500–600 AD—The Slavic peoples begin to settle the Balkan region between the Eastern and Western Roman Empires. Late 6th century and beginning of 7th century, arrival of Croats and Serbs into these lands.

1389—The Serb Empire loses to the Turks in the Battle of Kosovo Polje outside Pristina, which lays the groundwork for the eventual rule of the Ottoman Empire over the region.

1463—Occupation by Ottoman Turks.

1878—Austria-Hungary takes over Bosnian lands under Turkish rules.

1914—The alliance of Europe (as well as ethnic frictions among the people of the region) helps to ignite World War I through the assassination of Archduke Franz Ferdinand by a Serbian nationalist in Sarajevo. Serbia becomes one of the main



battlegrounds of World War I.

- 1918—The Kingdom of the Serbs, Croats, and Slovenes is proclaimed and then recognized by the Paris Peace Conference in May 1919. Prince Regent Aleksandar Karadordevic of Serbia becomes King, assuming dictatorial powers from 1929 through 1931. He changes the name of the country to the Kingdom of Yugoslavia, meaning the land of the South Slavs.
- 1941—Nazi Germany overruns Yugoslavia. The country is partitioned among Germany and other Axis countries—Italy, Hungary, and Bulgaria—which all ruled zones of occupation or annexed territories. In addition, a fascist puppet, the Independent State of Croatia, is created of Croatia, Bosnia and Herzegovina and ruled by the Ustase. A bitter civil war is fought among the Axis occupying forces, the Ustase, Bosniac supporters of the Axis, Josip Broz Tito's communist partisans, and the Serbian monarchist Cetniks of Colonel Mihajlovic.
- 1945—The communists emerge from the war as the sole rulers of Yugoslavia, with Tito as head of the provisional government. The Socialist Federal Republic of Yugoslavia is established, and Tito sets about creating a country where nationalism is eliminated in favour of socialist unity among the Yugoslav peoples. The regime creates six federal republics, loosely based on geography and historical precedent: Serbia (including two autonomous provinces, Vojvodina and Kosovo), Croatia, Slovenia, Bosnia and Herzegovina, Montenegro, and Macedonia. These are administrative divisions that do not reflect the boundaries of Yugoslavia's diverse ethnic groups.
- 1980—Tito's death. It becomes increasingly difficult to keep the country united. Resentment of centralized federal control feeds growing nationalism and demands for greater autonomy. By the late 1980s, deteriorating economic conditions and demands for political reform increases tensions among ethnic groups. People call for independence among the republics.
- 1991—Slovenia declares its independence. This action proves successful because Slovene authorities are well prepared to defend their country and have no significant ethnic minorities to complicate the situation. The Yugoslav Peoples' Army (JNA), after losing a series of sharp skirmishes, elects not to become heavily involved in a conflict with Slovenia, and a withdrawal of forces is negotiated. Slovenia does not become involved in any subsequent conflicts. Croatia also declares independence but is not as well prepared militarily and has a significant ethnic Serb population within its borders. A

protracted conflict results, during which Croatian Serbs seize control of about 30 percent of Croatia's territory and proclaim the Republic of Serb Krajina. The establishment of four UN Protected Areas—Sectors North, South, East and West—and deployment of the UN Protection Force (UNPROFOR I) in March 1992, subsequently the United Nations Confidence Restoration Operation in Croatia (UNCRO), help stabilize the situation but leave the conflict unresolved. Macedonia, formally recognized as “the Former Yugoslav Republic of Macedonia,” secedes from the Socialist Federal Republic of Yugoslavia on 17 September 1991.

1992—Bosnia and Herzegovina vote to secede from the Socialist Federal Republic of Yugoslavia in April in a referendum boycotted by the Bosnian Serbs. Comprising approximately 33 percent of the pre-conflict population of Bosnia, the Serbs proclaim their own “Republika Srpska” (Serb Republic of Bosnia and Herzegovina), enlisting the vast majority of the ex-JNA in Bosnia into the Bosnian Serb Army and seizing control of more than 70 percent of the land. Bosnian Croats, comprising 17 percent of the population, subsequently organize themselves as the Croat Community of Herceg-Bosna and contest control of territory among the Serbs and Bosnian Muslims. UNPROFOR II is established within Bosnia to guarantee the delivery of relief supplies, among other humanitarian and peacekeeping duties.

1995—In Federation of Bosnia and Herzegovina, Bosnia and Herzegovina became administratively divided between Muslims and Croats covering 51% of the territory and Republika Srpska covering 49% of the territory. Initialing of the Dayton Accords occurs. The Bosnian Federation (the Bosnian Government and Bosnian Croat alliance) comes to control slightly more than half the territory of Bosnia, with the Bosnian Serbs holding the balance. IFOR (Implementation Force) begins mandate.

1997—IFOR re-rolled as SFOR (Stabilization Force).

MISSION HISTORY

Background

In November and December 1996, a two-year consolidation plan was established in Paris and elaborated in London under the auspices of the Peace Implementation Conference. On the basis of this plan and the Alliance's own study of security options, NATO foreign and defence ministers concluded that a reduced military presence was needed to provide the stability necessary for consolidating the peace. They agreed that NATO should organise a Stabilisation Force (SFOR), which was subsequently activated on 20 December 1996, the date the



IFOR mandate expired.

The role of SFOR (Operation JOINT GUARD/Operation JOINT FORGE) is to stabilize the peace. The difference between the tasks of IFOR and SFOR is reflected in their names.

A smaller, NATO-led SFOR, whose mission is to deter renewed hostilities, has succeeded IFOR. SFOR remains in place at a level of approximately 21,000 troops.

NAME: SFOR

Role and Mandate

On 12 December 1996, SFOR was authorized to implement the military aspects of the Peace Agreement as the legal successor to IFOR. Like IFOR, SFOR operates under Chapter VII of the UN Charter (Peace Enforcement). SFOR has the same robust rules of engagement for the use of force, should it be necessary to accomplish its mission and to protect itself.

The primary mission of SFOR is to contribute to the safe and secure environment necessary for the consolidation of peace. Its specific tasks are:

- ⇒ To deter or prevent a resumption of hostilities or new threats to peace.
- ⇒ To promote a climate in which the peace process can continue to move forward.
- ⇒ To provide selective support to civilian organisations within its capabilities.

Initially, SFOR's size was around 32,000 troops in Bosnia and Herzegovina—approximately half that of IFOR. Building on the general compliance with the terms of the Dayton Agreement, the smaller-sized SFOR was able to concentrate on the implementation of all the provisions of the Peace Agreement:

- ⇒ Stabilization of the current secure environment in which local and national authorities and other international organizations can work.
- ⇒ Providing support to other agencies (on a selective and targeted basis, in view of the reduced size of the forces available).

Duration—12 December 1996 to 2 December 2004.

NAME: EUFOR

Role and Mandate

At the Istanbul Summit on 28 June 2004, NATO agreed to conclude the Alliance's successful SFOR operation in Bosnia and Herzegovina and welcomed the readiness of the EU to deploy a new and distinct UN-mandated Chapter VII mission in the country, based on the Berlin Plus arrangements agreed between the two organizations. Following UNSCR 1551 (2004) on 9 July 2004 which welcomed NATO's decision to conclude SFOR as well as the EU's intention to launch a follow-on mission in BiH, including a military component, starting in December 2004, the EU Council decided that the EU shall conduct a military operation in BiH named "ALTHEA". The operation will provide deterrence and continue compliance of the General Framework Agreement for Peace (GFAP) in BiH and contribute to a safe and secure environment in BiH, in line with its mandate to achieve core tasks of the High Representative (HR's) Mission Implementation Plan (MIP) and the Stabilisation and Association Process (SAP). This operation shall be part of the overall ESDP mission in BiH.

Duration—2 December 2004 to present.

CULTURAL NOTES

➤ Social

Bosnians, Croatians, and Serbians speak loudly, often raising their voices and using gestures. They often touch one another and clap one another on the shoulder or back. To a foreigner, such conversations may seem quarrelsome. They insult one another easily but quickly forgive such insults. They love playing chess, cards and dominoes. Children are raised strictly. Spanking is not considered abusive but respect building.

➤ Mannerism

People usually shake hands during greeting and introduction. Close friends and relatives kiss each other very often. The Orthodox kiss three times, while Catholics kiss twice and Muslims kiss once, sometimes twice. The younger person greets first and shows deference and respect to elders. Bosnians are a proud and civilized people with strong emotions. They get very angry easily but their anger disappears quickly. Ordinary people like to ridicule each other and to tell jokes that they heard from others. In local jokes, Bosnians are portrayed as comical and entertaining. They themselves laugh readily at their own follies and weaknesses. They are very inquisitive. They talk openly about their private topics, which include soccer, politics, love and gossip. They are usually 10–15 minutes late—don't be offended if they do not make their appointment on time. In general, people take things slowly. On the other hand, they won't throw you out of the office just because they have another appointment. It is impolite to yawn or burp in public. Smoking is allowed in public and in the workplace. Many people are heavy smokers. In Herzegovina, some people make cigarettes from tobacco leaves that they grow. North Americans smile politely even if they are declining you a service or turning down a request. This mannerism is often incomprehensible to the people of Bosnia and Herzegovina, who expect a positive answer after a smile.

➤ Food

The cuisine of Bosnia and Herzegovina is influenced by central European, Middle Eastern and other Balkan cuisine. The most popular dishes are:

- ⇒ **Cevapcici** (kebabs) and **pljeskavica** (burgers)—these dishes are based on mixtures of ground beef or lamb, grilled along with onions and served on a fresh somun (a type of pita bread).



- ⇒ **Burek**—homemade phyllo pastry filled with ground meat and onion. Sometimes potatoes are added.
- ⇒ **Pita**—homemade phyllo pastry filled with cottage or feta cheese, potato and onions, spinach or pumpkin.
- ⇒ **Dolmas**—different types of vegetable containers stuffed with a mixture of ground meat, onions and rice.
- ⇒ **Bosanski lonac**—Bosnian hotpot stew is a mixture of meat and fresh vegetables slow-roasted for several hours in a distinctively necked, vase-like ceramic pot.
- ⇒ **Teletina ispod saca**— veal with potatoes; roasted under an iron pan that is usually used for baking bread.
- ⇒ **Janjetina na raznju**—lamb from a spit.
- ⇒ **Baklava**—phyllo pastry with groundnuts in heavy sugar syrup.
- ⇒ **Torta**—Austrian- or French-style layered cakes with rich cream.
- ⇒ Turkish coffee—**kahva(B)**, **kava(C)**, **kafa(S)** – is much more than a hot beverage. It is a Bosnian “art form” enjoyed by all three ethnic groups and consists of socializing with others, smoking, slowly drinking coffee and enjoying long chats.

Breakfast is often light and is usually accompanied by black Turkish coffee.

Lunch is the main meal and is eaten between 2:00 and 4:00 p.m.

Dinner is usually light, consisting of cold cuts, eggs, bread and cheese.

☞ Eating Custom

People eat with fork in their left hand and a knife in their right hand. After the meal, the fork and the knife are laid on the plate one beside the other to indicate that the diner has finished with that meal. Hands are kept above the table. Before the meal starts, it is customary to say **Bujrum** (Bosnian), **Prijatno** (Serbian) or **Dobar tek!** (Croatian), all of which mean “Enjoy!” or “Bon appetite!” Conversation at the table is often lively.

All three ethnic groups consume alcoholic beverages equally. The most popular aperitifs are **schlivovitza** (plum brandy) and



loza (grape brandy or grappa), both called **rakija**, although wine and beer are also consumed.

Homemade food is preferred over restaurant or fast food. Food is carefully prepared, and eating is a social event. In urban areas, family lunches are very popular on Sunday afternoon.

➔ Restaurants

In restaurants, meals are served and paid for at the table. Tips are customary but they are given to the waiter with the bill instead of being left on the table. It is not customary for each person to pay only his/her bill. Before and during any official meeting, you may be offered Turkish coffee, a shot of brandy or a soft drink or juice. Acceptance is up to you. People picking their teeth at the table after a meal is considered appropriate if done the right way: the toothpick is held in the right hand, while the left hand is cupped over the mouth (as if playing a silent mouth organ).

➔ Fashion

Personal appearance is considered important. Natural fabrics are preferred over synthetics. There is considerable difference in urban and rural clothing. In villages, one can often see men and women wearing their national dress. Some religious (usually older) Muslim women cover their hair with scarves, as do Christian women in rural areas. **Dimije** (dimeeye) are baggy trousers worn as folk costumes by women from all three ethnic groups. Usually seen in the cities only on older women, they are still very common in rural areas. The **purdah/chador**, or “tent,” that covers the woman from head to toe in orthodox Muslim countries is rarely seen in Bosnia.

➔ Warning

The local driving habits in Bosnia are not what we're used to. Drivers do not respect the speed limits and pass on either the left or right side regardless of oncoming traffic. This results in numerous incidents ranging from fender benders to fatal accidents. There are also a multitude of road hazards, such as horse-drawn carts, large fallen rocks, garbage and drunk drivers. Respect the SFOR speed limits. They are there for your safety.

➔ Home

Bosnians, Croatians, and Serbians are very hospitable to strangers in their homes. The host will always offer something to drink or eat (Turkish coffee, plum brandy or juice). They may

simply serve what they have. “My door is always open for guests” is a very popular saying. It is impolite to refuse refreshments. If you must refuse, you should say **Ne hvala** or **Hvala, ne mogu** (No, thank you) at least four times before it means “no.” The people are very sociable. They entertain and visit their friends and relatives often. Visits are sometimes made without prior arrangements. Guests usually bring a small gift to their hosts (flowers, wine, chocolate, pre-packed coffee, bottled juice, fruits, etc.) It is not uncommon to find three generations living together.

➤ Military Service

Military service in Bosnia and Herzegovina is compulsory for all male citizens (age 18 to 28) who are physically able.

➤ Sports

The most popular sport is soccer, which is called **fudbal** or “football.” Other popular sports include basketball, handball and skiing.



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THE DEMOCRATIC REPUBLIC OF THE CONGO (FORMERLY ZAIRE)

ORIENTATION

The Democratic Republic of the Congo (DRC) is the third largest country in Africa, covering a total area of 2,344,885 sq km. It is roughly twice the size of Ontario. The country is bordered by Uganda, Rwanda, Burundi and Tanzania in the east; Angola and Zambia in the south; Congo and the South Atlantic Ocean (37 km of shoreline) in the west; and Sudan and the Central African Republic in the north.

TERRAIN

➤ Physiographic Regions

- ⇒ Vast central basin is a low-lying plateau.
- ⇒ Mountains in the east.
- ⇒ Lowest point: Atlantic Ocean 0 m.
- ⇒ Highest point: Pic Marguerite on Mont Ngaliema (Mount Stanley) 5,110 m.

➤ Drainage

Most of the DRC is drained by the Congo River. The Congo River and its tributaries provide the DRC with Africa's most extensive network of navigable waterways as well as vast hydroelectric potential. The Congo River's depth can fluctuate by up to 7 m.

➤ Vegetation

- ⇒ Arable 3%.
- ⇒ Permanent pastures 7%.
- ⇒ Forest and woodland 77%.
- ⇒ Permanent crops 0%.
- ⇒ Other 13%.

➤ Surface Materials

- ⇒ Large areas along the Congo River are fertile and well suited for crops.
- ⇒ Fertile volcanic soil is located in the eastern portion of the country.

- ⇒ There are also strips of alluvial soils along the Kasai, Lualaba, and other Congo tributaries as well as in the eastern highlands.

CLIMATE

☛ Precipitation

- ⇒ Annual rainfall is highest in the heart of the Congo River Basin and in the eastern highlands west of Bukavu.
- ⇒ Being on either side of the equator, DRC has two wet and two dry seasons. Yearly rainfall averages approximately 1,000 to 2,200 mm.
- ⇒ In the third of the country that lies north of the equator, the dry season runs from November to March, which corresponds to the rainy season in the southern two thirds of the country.

☛ Wind

Winds with speeds greater than 16 knots are uncommon and are associated with local storms.

☛ Temperature

- ⇒ Tropical; hot and humid in equatorial river basin.
- ⇒ Cooler and drier in southern.
- ⇒ Highlands, cooler and wetter in eastern highlands.
- ⇒ North of equator: wet season April to October; dry season November to March.
- ⇒ South of equator: wet season November to March; dry season April to October.

MAN-MADE FEATURES

☛ Road

In the early 1990s, the entire road network was in a state of disrepair. A journey of 150 km could take 24 hours. Roads have traditionally played a secondary role in the transportation network, behind railroads and waterways.

Of the 146,500 km of roads, 2,800 km are paved and 4,600 km are gravel.

NOTE

In the rainy season, many routes become nearly impassable.



➤ Airports

In addition to Ndjili airport in Kinshasa there are international airports at Lubumbashi and Kisangani.

There are 22 airports with hard surface runways in the country; information is available for 53 airfields in the DRC.

➤ Railroads

Total: 5,138 km.

International connections exist with Angola's Benguela Railway at Dilolo (not operating since the early 1990s), with Zambian connections at Lubumbashi and with Tanzania's rail lines via a ferry across Lake Tanganyika.

➤ Ferries and River Fords

Ferries and river fords are major factors in traffic flow. Most ferries are cable operated, in poor condition and of low capacity. Some major crossings such as Kinshasa, Kinsangani and Ilebo are equipped with larger, more modern ferries. In some locations, river fords serve as bypasses for low-capacity bridges. These fords are only passable in the dry season.

➤ Ports

There is 13,500 km of inland waterways, which are navigable to river steamers, although services are unreliable due to fuel shortages. The principal ports are:

- ⇒ Matadi is the principal port in the DRC and is one of the largest harbours in Central Africa.
- ⇒ Boma is considered the country's only other major port, second to Matadi.

➤ Industry

- ⇒ Mining (diamonds, copper, zinc).
- ⇒ Mineral processing.
- ⇒ Consumer products (including textiles, footwear, cigarettes, processed foods and beverages).
- ⇒ Cement.

➤ Urban Centres

⇒ Kinshasa.

⇒ Lubumbashi.

⇒ Mbuji-Mayi.

⇒ Kisangani.

➔ **Population Centre—Rural**

⇒ Concentrated in the eastern highlands and along rivers.

⇒ Most of these are subsistence farmers.

⇒ Houses range in construction from grass and reeds to cement bricks or tiles with tin roofing.

➔ **Capital: Kinshasa**

DEMOGRAPHY

➔ **Population: 53,624,718.**

➔ **Population growth: 3.1%, which is among the highest in Africa.**

➔ **Nationality: Congolese (singular and plural).**

➔ **Ethnic groups**

⇒ Almost 100% of the population is African.

⇒ 80% are Bantu Origin.

⇒ The next largest groups are: Kongo (Bakongo), Mongo, Luba and Mangbetu-Azande.

➔ **Languages**

⇒ French (Official language).

⇒ Lingala.

⇒ Swahili.

⇒ Tshiluba.

⇒ Kikongo.

⇒ The majority of the populations speaks Bantu languages, including Kingwana.

➔ **Religions**

⇒ Christianity is the principal religion in the DRC.



- ⇒ Roman Catholic 50%.
- ⇒ Protestant 20%.
- ⇒ Kimbanguists 10%.
- ⇒ Muslim 10 %.
- ⇒ The remaining 10 % are comprised of syncretic sects and people who still follow traditional religious beliefs.

COMMUNICATIONS

- ⇒ The DRC is heavily dependent on air and cell phones services for internal communications. Kinshasa has the best telecommunications service.
- ⇒ Television: there are approximately 6.478 million television receivers with 20 broadcast stations.
- ⇒ Radio: there are approximately 18.03 million radios with 3 AM, 12 FM and 1 short-wave radio station.
- ⇒ Newspapers: 9 newspapers; the Elima and the Salongo are among them.
- ⇒ Telephone: area code is 243.
- ⇒ Satellite Network: the area has a domestic telephone satellite system with 14 earth stations and one international satellite earth station (INTELSAT Atlantic Ocean).
- ⇒ Internet: two Internet service providers; Internet country code is: .cd; 1,500 Internet users.

CURRENCY

- ⇒ Currency: CFA FRANC BEAC.
- ⇒ ISO Code: XAF.
- ⇒ CAD/unit: 0.002213.
- ⇒ 100.00 CAD = 451.88 CFA Francs.

ECONOMY

- ⇒ GDP Composition by Sector
 - ⇒ Agriculture 58%.
 - ⇒ Industry 17%.

⇒ Services 25%.

➤ **Agriculture Products**

⇒ Coffee.

⇒ Sugar.

⇒ Palm oil.

⇒ Rubber.

⇒ Tea.

⇒ Quinine.

⇒ Cassava (tapioca).

⇒ Bananas.

⇒ Root crops.

⇒ Corn.

⇒ Fruits.

⇒ Wood products.

➤ **Main Exports**

⇒ Diamonds.

⇒ Copper.

⇒ Coffee.

⇒ Cobalt.

⇒ Crude oil.

HOLIDAYS

⇒ 1 January—New Year's Day.

⇒ 4 January—Day of the Martyrs for Independence.

⇒ 1 May—Labour Day.

⇒ 20 May—MPR Day.

⇒ 24 June—Zaire Day (may change for another name).

⇒ 30 June—Independence Day.



- ➔ 1 Aug—Parent's Day.
- ➔ 14 October—President's Birthday.
- ➔ 17 November—Anniversary of the New Regime.
- ➔ 25 December—Christmas Day.

CONGO's HISTORY IN BRIEF

1482—Congo was discovered by Portuguese navigator Diego Cao and later explored by English journalist Henry Morton Stanley.

1480-90s—Portugal establishes diplomatic relations with the Kongo kingdom, and kingdom representatives visit the Vatican. The kingdom adopts Roman Catholicism.

1500 – 1800s—Portuguese and other European traders buy black African slaves from regional leaders.

Late 1870s—British explorer Henry Stanley establishes outposts for King Leopold II of Belgium.

1885—The Congo Free State is formed as King Leopold II's personal colonial property.

1908—International criticism of the harsh treatment of the area's indigenous people under Leopold's rule prompts the Belgian government to assume control of the Congo Free State. The colony is renamed the Belgian Congo.

1920-40s—The colony's natural resources bring in wealth for Belgium until the Great Depression; during WW II, they provide raw materials for the Allies.

June 30, 1960—Responding to an independence drive sweeping Africa, Belgium gives up the colony, which renames itself, Congo.

July-September, 1960—Lacking clear leadership, the young nation tries a power-sharing arrangement between Joseph Kasavubu as president and Patrice Lumumba as prime minister. But Kasavubu dismisses Lumumba, whose supporters set up a rival government. Lumumba is assassinated the next year.

1960-64—UN troops work to restore order at the government's invitation.

1964—Moise Tshombe becomes prime minister of the reunited country.

1965—National elections are held. Tshombe's coalition wins but falls apart. The army seizes power, and Gen Joseph Mobutu becomes president.

Early 1970s—Mobutu, pushing African names to reflect African pride, renames the country Zaire and himself Mobutu Sese Seko.

1970s—Two external attempts by rebels to unseat Mobutu are driven back.

1970s-80s—Living standards for many Zairians drop. Political pressure builds under an autocratic government.

Early 1990s—Mobutu is forced to share power and allow other political parties.

September 1991—As details of a reform package were delayed, soldiers began looting Kinshasa to protest their unpaid wages. Two thousand French and Belgian troops, some of whom were flown in on U.S. Air Force planes, arrived to evacuate the 20,000 endangered foreign nationals in Kinshasa.

1996—By that time, tensions from the neighboring Rwanda war had spilled over to Zaire. Rwandan Hutu militia forces (Interahamwe), who had fled Rwanda following the ascension of a Tutsi-led government, had been using Hutu refugees camps in eastern Zaire as a basis for incursion against Rwanda. These Hutu militia forces soon allied with the Zairian armed forces (FAZ) to launch a campaign against Congolese ethnic Tutsis in eastern Zaire. In turn, these Tutsis formed a militia to defend themselves against attacks.

Early 1997—Troops of rebel leader Laurent Kabila seize much of the country while Mobutu seeks medical treatment abroad. Mobutu returns but is forced to concede defeat and flee abroad.

May 1997—Kabila names himself president and renames the country the Democratic Republic of Congo.

September 1997—Mobutu, widely assumed to have bilked his country of untold wealth, dies in exile in Morocco.

MISSION HISTORY

➡ Background

Since 1994 the DRC has been rent by ethnic strife and civil war, touched off by a massive inflow of refugees from the fighting in Rwanda and Burundi. The government of former president Mobutu Sese Seko was toppled by a rebellion led by Laurent Kabila in May 1997. Kabila's regime was subsequently challenged by a Rwanda- and Uganda-backed rebellion in August 1998. Troops from Zimbabwe, Angola, Namibia, Chad, and Sudan intervened to support the Kinshasa regime. A cease-fire was signed on 10 July 1999, but sporadic fighting continued. Kabila was assassinated

in January 2001, and his son Joseph Kabila was named head of state. The new president quickly began overtures to end the war.

Name: MONUC

➔ MONUC

The DRC and five regional states signed the Lusaka Ceasefire Agreement in July 1999. To maintain liaison with the parties and carry out other tasks, the Security Council set up the United Nations Observer Mission in the Democratic Republic of the Congo (MONUC) on 30 November 1999 incorporating UN personnel authorized in earlier resolutions. On 24 February 2000, the Council expanded the mission's mandate and size.

➔ Mandate

MONUC, in cooperation with the Joint Military Commission (JMC), has the following mandate:

- ⇒ To monitor the implementation of the Ceasefire Agreement and investigate violations of the ceasefire. To establish and maintain continuous liaison with the headquarters of all the parties' military forces. To develop, within 45 days of adoption of resolution 1291, an action plan for the overall implementation of the Ceasefire Agreement by all concerned with particular emphasis on the following key objectives: the collection and verification of military information on the parties' forces, the maintenance of the cessation of hostilities and the disengagement and redeployment of the parties' forces, the comprehensive disarmament, demobilization, resettlement and reintegration of all members of all armed groups, and the orderly withdrawal of all foreign forces. To work with the parties to obtain the release of all prisoners of war, military captives and remains in cooperation with international humanitarian agencies. To supervise and verify the disengagement and redeployment of the parties' forces. Within its capabilities and areas of deployment, to monitor compliance with the provision of the Ceasefire Agreement on the supply of ammunition, weaponry and other war-related materiel to the field, including to all armed groups. To facilitate humanitarian assistance and human rights monitoring, with particular attention to vulnerable groups including women, children and demobilized child soldiers, as MONUC deems within its capabilities and under acceptable security conditions, in close cooperation with other United Nations agencies, related organizations and non-governmental organizations. To cooperate closely with the Facilitator of the National Dialogue, provide support and technical assistance to him,

and coordinate the activities of other United Nations agencies to this effect. To deploy mine action experts to assess the scope of the mine and unexploded ordnance problems, coordinate the initiation of the mine action activities, develop a mine action plan, and carry out emergency mine action activities as required in support of its mandate.

- ⇒ The Security Council also decided that MONUC may take the necessary action, in the areas of deployment of its infantry battalions and as it deems it within its capabilities, to protect United Nations and co-located JMC personnel, facilities, installations and equipment, ensure the security and freedom of movement of its personnel, and protect civilians under imminent threat of physical violence.

⇒ Location

Democratic Republic of the Congo and the sub-region.

⇒ Headquarters

Kinshasa, Democratic Republic of the Congo
Liaison offices in Addis Ababa (Ethiopia), Bujumbura (Burundi), Harare (Zimbabwe), Kampala (Uganda), Kigali (Rwanda), Lusaka (Zambia), Windhoek (Namibia).

⇒ Duration

30 November 1999 to present .

⇒ Current Authorization

Present to 12 May 2005 (UNSCR 1565 1 October 2004)

⇒ Current Strength (01 October 2004)

5900 total personnel, including military observers, troops, international and 170 local civilian personnel.

⇒ Contributors of Military Personnel

Algeria, Bangladesh, Belgium, Benin, Bolivia, Burkina Faso, Cameroon, Canada, China, Czech Republic, Denmark, Egypt, France, Ghana, India, Indonesia, Ireland, Italy, Jordan, Kenya, Malawi, Malaysia, Morocco, Mozambique, Nepal, Niger, Nigeria, Pakistan, Paraguay, Peru, Poland, Romania, Russian Federation, Senegal, South Africa, Sweden, Switzerland, Tunisia, Ukraine, United Kingdom, Uruguay and Zambia.



CULTURAL NOTES

➤ Music, Dance and Theatre

Music is the top of the entire Central and West African “pop” charts. The Latin influence is obvious; you may at first think you’re listening to rumba music. Several famous singers have died from AIDS. Two important Congolese contributions to music and dance are *Congo jazz* and *soukous*, a type of guitar-based dance music. Both of these musical forms developed in Kinshasa and are known throughout Africa and in other parts of the world. Famous Congolese musicians and vocalists include Franco and his band O.K. Jazz, Tabu Ley, Pépé Kallé, Papa Wemba, and M’Pongo Love. Traditional instruments include the *likembe* (a hand-held board with mounted metal strips that are plucked with the thumbs) and drums of various types. The Mbuti pygmies of the Ituri rain forest in the northeast are famous for their distinctive polyphonic singing style, in which multiple voices pursue independent melodies. Dance ranges from a wide variety of traditional forms to colourful, coordinated mass dances, often held as part of political rallies. In urban areas, dance clubs playing popular music are a vibrant part of the social scene.

➤ Art

A wide range of traditional arts and crafts enriches Congolese culture. They include metalworking, basketry, painting, jewelry making, and wood carving, particularly mask making. Groups such as the Kuba and Luba peoples carve masks with distinctive traditional styles that are occasionally used in traditional rituals. Throughout the country, well established, informal artistic gatherings are common, and numerous street artists and artisans display and sell their works.

➤ Greetings in Lingala

- ⇒ Good morning/Good evening—m-Boh-tay.
- ⇒ How are you?—san-goh-Boh-nee?
- ⇒ I’m fine—Nah-zah-lee/Mah-lah-mou.
- ⇒ Thank you—May-lay-zee.
- ⇒ Goodbye—Can-day/Mah-lah-mou.

➤ Greetings in Swahili

- ⇒ Good morning/Good evening—jham-boh.
- ⇒ How are you?—hah-Bar-ee.

- ⇒ I'm fine thanks—m-zou-ree.
- ⇒ Thank you—ah-shan-tay.
- ⇒ Goodbye—kwah-her-ee.

⇒ Greetings in Nandé

- ⇒ Good morning—wah-vous-kee-ray.
- ⇒ Good evening—wah-see-bee-ray.
- ⇒ How are you?—mhat-say-wha-hay.
- ⇒ Thank you—Wha-mou/Wha-nee-ah.
- ⇒ Goodbye—mou-see-ahlay-ykam-boh.

⇒ Food

The national dish is *Moambé*, a spicy sauce with peanuts, palm oil and meat (typically chicken) and rice. *Saka Saka* is a stew of crushed manioc leaves sort of like spinach. Other dishes include *soso* (chicken stew), *ngombe* (beef), which is generally only eaten in the higher regions of the country that are free of the tsetse fly, freshwater fish such as grilled *capitaine* perch and *maboké*, a local fish. Some exotic dishes available include *porc-pic* (porcupine), *phacochère* (wart hog), *gazelle* (antelope) and *singe* (monkey). Most of these dishes are served with *loso*, which is Zairian rice, or *fufu* or *kwanga*, which is dough-like glob of mashed manioc or yams. The Congolese diet also consists of sweet potatoes, bananas, plantains, and fruits. Protein deficiency is a serious problem.

⇒ Restaurants

There are a number of good restaurants in Kinshasa and Lubumbashi, but prices are high. Hotels and restaurants that cater to tourists serve international and national dishes but are generally expensive. The capital Kinshasa offers French, Belgian and local cuisine, but again restaurants are expensive and cater essentially to business people. Small restaurants and snack bars offer Chinese, Tunisian and Greek food. Tipping: 10 per cent service charge is added to hotel and restaurant bills. Extra tipping is unnecessary.

⇒ Nightlife

Kinshasa is the best place for nightlife, especially in the sprawling township of the *Cité*, where most of the population live. In spite of recent political turmoil, the local music scene is thriving.



➤ Shopping

Local craftware includes bracelets, ebony carvings and paintings. The large towns all have markets and shopping centres, selling everything from fresh ginger to baskets and African carvings. Shopping hours: Mon-Sat 08:00 to 18:00.

➤ Do's and Don'ts

Taking photos of government buildings, airports, bridges, ports (anything of military importance) and personnel is forbidden. You need a permit. Even then, local authorities are likely to be sensitive. Avoid any official areas.

➤ Dangers and Annoyances

Groups with knives and guns have attacked travelers in broad daylight. So even walking around Kinshasa during the daytime poses serious risks. Avoid carrying jewelry and purses.

➤ Diseases

A vaccination for yellow fever is required. Malaria is also particularly bad and the chloroquine-resistant variety is now found all over the country. The DRC is one of the two or three African countries worst hit by AIDS.

Also, avoid injections in the hospitals because of poor sanitation. In Kinshasa, the clinics are generally better than the hospitals.

➤ Women

Women are not equal to men. They are definitely treated as second class citizens.

➤ Sports

Most popular sport is soccer.

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ORIENTATION

Haiti is bounded on the north by the Atlantic Ocean, on the east by the Dominican Republic, on the south by the Caribbean Sea, and on the west by the Windward Passage, a channel that separates the country from Cuba. Its area is 27,750 sq km (10,714 sq mi).

TERRAIN

➤ Physiographic

Haiti consists of two peninsulas, which are separated by the Gonâve Gulf. Much of Haiti's land is mountainous. In all, five mountain ranges cross the country. The Chaîne du Haut Piton, which runs along the northern peninsula, reaches a height of 1,183 m (3,881 ft). The Massif de la Selle, which begins just southeast of Port-au-Prince, reaches a height of 2,680 m (8,793 ft) at Pic la Selle, the highest point in Haiti. The Massif de la Hotte reaches a height of 2,347 m (7,700 ft) at the extreme western end of the southern peninsula. The other chains, which include the Massif des Montagnes Noires and Chaîne des Cahos, and the solitary peak of Montagne Terrible, range between 1,128 and 1,580 m (3,701 and 5,184 ft) high.

➤ Elevation extremes

⇒ lowest point: Caribbean Sea 0 m

⇒ highest point: Chaîne de la Selle 2,680 m

➤ Environment-Current issues

extensive deforestation (much of the remaining forested land is being cleared for agriculture and used as fuel); soil erosion; inadequate supplies of potable water.

➤ Environment-International agreements

party to: Biodiversity, Climate Change, Desertification, Law of the Sea, Marine Dumping, Marine Life Conservation, Ozone Layer Protection signed, but not ratified: Hazardous Wastes, Nuclear Test Ban.

☛ Vegetation

- ⇒ arable land: 20.32%
- ⇒ permanent crops: 12.7%
- ⇒ other: 66.98% (1998 est.)

☛ Animals and Plants

Clearing forests for farms and wood for charcoal has stripped Haiti of most of its valuable native trees. Only some pine forests at high elevations and mangroves in inaccessible swamps remain. Semi desert scrub covers the ground in drier zones. Environmental deterioration has had a severe impact on Haiti's plants, animals, soil, and water resources. Tropical reefs surrounding the country are threatened by the large quantities of silt washed down from the eroding mountainsides. Coffee and cacao trees spread across the mountains in scattered clumps, while sugarcane, sisal, cotton, and rice cover most of the good farmland. Most of Haiti's native animals were hunted to extinction long ago. Caiman and flamingo are the most common wildlife seen today. Haiti's large population and the degree of deforestation already present seem to preclude the reestablishment of wildlife, although the climate would be hospitable to any tropical plants or animals.

CLIMATE

Haiti has a tropical climate. The distribution of mountains and lowlands affects temperature and rainfall, causing significant climate variations from place to place. Rainfall varies from a high of 3,600 mm (144 in) on the western tip of the southern peninsula to 600 mm (24 in) on the southwest coast of the northern peninsula. Most of the rain in the southwest falls in early and late summer. Port-au-Prince, located at sea level, has a yearly average temperature of 27°C (80°F). In Kenscoff, located just south of Port-au-Prince at an elevation of 1,430 m (4,700 ft), temperatures average 16°C (60°F). The mountains surrounding the cul-de-sac trap air in the valley, making the air hot, dry, and stagnant. Haiti is vulnerable to hurricanes and occasionally hit by destructive storms.

MAN MADE FEATURES

☛ Roads:

- ⇒ paved: 1,011 km

- ⇒ unpaved: 3,149 km (1999 est.)
- ⇒ total: 4,160 km
- Airports:
 - ⇒ 12 (2002)
- Railways
 - ⇒ narrow gauge: 40 km 0.760-m gauge; single-track
 - ⇒ total: 40 km
 - ⇒ note: privately owned industrial line; closed in early 1990s (2001 est.)
- Ports:
 - ⇒ Cap-Haitien
 - ⇒ Gonaives
 - ⇒ Jacmel
 - ⇒ Jeremie
 - ⇒ Les Cayes
 - ⇒ Miragoane
 - ⇒ Port-au-Prince
 - ⇒ Port-de-Paix
 - ⇒ Saint-Marc
- Industries
 - ⇒ sugar refining
 - ⇒ flour milling
 - ⇒ Textiles
 - ⇒ Cement
 - ⇒ light assembly industries based on imported parts
- Capital: Port-au-Prince



DEMOGRAPHY

➤ Country Name

- ⇒ conventional long form: Republic of Haiti
- ⇒ conventional short form: Haiti
- ⇒ local short form: Haiti
- ⇒ local long form: Republique d'Haiti

➤ Population: 7,527,817

note: estimates for this country explicitly take into account the effects of excess mortality due to AIDS; this can result in lower life expectancy, higher infant mortality and death rates, lower population and growth rates, and changes in the distribution of population by age and sex than would otherwise be expected (July 2003 est.)

➤ Population growth: 1.67% (2003 est.)

➤ Nationality: noun: noun: Haitian(s)

adjective: Haitian

➤ Ethnic Groups:

- ⇒ black 95%
- ⇒ mulatto and white 5%

➤ Language

- ⇒ French (official)
- ⇒ Creole (official)

➤ Religion

- ⇒ Roman Catholic 80%
- ⇒ Protestant 16% (Baptist 10%, Pentecostal 4%, Adventist 1%, other 1%)
- ⇒ none 1%
- ⇒ other 3% (1982)
- ⇒ roughly half of the population also practices Voodoo

CURRENCY

☛ Gourde (HTG)

⇒ Exchange rate – \$Canadian 0.0324696 in June 2005

ECONOMY

☛ GDP – Composition by sector

⇒ agriculture: 30%

⇒ industry: 20%

⇒ services: 50% (2001 est.)

☛ Agriculture products:

⇒ coffee

⇒ mangoes

⇒ sugarcane

⇒ rice

⇒ corn

⇒ sorghum; wood

☛ Main exports

⇒ manufactures

⇒ coffee

⇒ oils

⇒ cocoa

☛ Forestry and Fishing

Only 3.2 percent of Haiti is forested, and forest products are of little value to the economy. Some pine logs are harvested from mountaintops, and mahogany, oak, cedar, and mangrove supply a small amount of forest products. A lack of modern equipment hinders the fishing industry.



➤ Mining

Mining has never been an important industry because the deposits that exist are not commercially viable.

➤ Time Zone: GMT-5. There is no summer time clock change
does not follow Daylight – Saving Time

HOLIDAYS

Carnival 24 Feb

Good Friday 9 Apr

Easter 11 Apr

Ascension 20 May

Corpus Christi 10 Jun

Fixed Public Holidays

1 January Independence Day (1804) (Celebrated their 200 years in 2004)

2 January Ancestry Day

7 April Death of Toussaint Louverture*

14 April Americas Day

18 May Flag Day and University Day

22 May Sovereignty and Thanksgiving Day*

15 August Assumption of the Blessed Virgin Mary

8 October Death of Henri Christophe

17 October Death of Jean-Jacques Dessalines

24 October United Nations Day*

1 November All Saints

2 November All Souls

18 November Vertières Day or Armed Forces Day

5 December Discovery of Haiti

25 December Christmas Day

Carnival lasts a week but only the one day is an official holiday. Many businesses may be closed Monday through Wednesday.

Other Feasts

Voodoo festivals are widely celebrated in Haiti but are not public holidays.

The following Christian festivals are widely celebrated but are not public holidays:-

6 January Epiphany

25 March Annunciation

27 June Our Lady Perpetual Saviour

1 July The Precious Blood

30 November St Andrew

6 December Immaculate Conception

Weekend

Sunday

HAITI'S BACKGROUND

The native Arawak Amerindians - who inhabited the island of Hispaniola when it was discovered by Columbus in 1492 - were virtually annihilated by Spanish settlers within 25 years. In the early 17th century, the French established a presence on Hispaniola, and in 1697, Spain ceded to the French the western third of the island - Haiti. The French colony, based on forestry and sugar-related industries, became one of the wealthiest in the Caribbean, but only

through the heavy importation of African slaves and considerable environmental degradation. In the late 18th century, Haiti's nearly half million slaves revolted under Toussaint L'OUVERTURE and after a prolonged struggle, became the first black republic to declare its independence in 1804. Haiti has been plagued by political violence for most of its history since then, and it is now one of the poorest countries in the Western Hemisphere. Over three decades of dictatorship followed by military rule ended in 1990 when Jean-Bertrand ARISTIDE was elected president. Most of his term was usurped by a military takeover, but he was able to return to office in 1994 and oversee the installation of a close associate to the presidency in 1996. ARISTIDE won a second term as president in 2000, and took office early in 2001. However, a political crisis stemming from fraudulent legislative elections in 2000 has not yet been resolved.

HAITI'S HISTORY IN BRIEF

The Arawak, the original inhabitants of the island Haiti shares with the Dominican Republic, called the island *Ayti*, meaning "land of mountains." When Christopher Columbus arrived in 1492, he named the island La Isla Española (Spanish for "The Spanish Island") in honor of his Spanish sponsors.

The name later evolved into the modern name Hispaniola.

By 1697, when Spain formally ceded the western one-third of Hispaniola—the portion that later became Haiti—to France, the French had established a flourishing slave-plantation system throughout the colony.

The population at that time totaled more than 450,000 slaves, more than 25,000 free mulattoes, and about 30,000 French planters.

The French Revolution, which began in 1789, inspired the Haitian Slave Revolt of 1791.

By 1794 forces under Toussaint Louverture had freed the colony's slave population and rid it of its French and British presence.

By 1801 Toussaint Louverture ruled the entire colony. Although Toussaint Louverture was captured by French forces in 1802 and died a prisoner in France, the rebellion he had fostered did not end.

In 1804 Dessalines declared Haiti to be the world's first black republic.

In 1806 Dessalines was assassinated, and for some years thereafter Christophe held the northern part of Haiti.

In the southern part of the island, Pétion established a republic in 1807.

Boyer, the successor to Pétion, began to consolidate his power throughout the island. He succeeded in unifying Hispaniola under his rule in 1822. In 1844 the eastern two-thirds of the island declared its independence as the Republic of Santo Domingo, now the Dominican Republic..

The subsequent history of Haiti was characterized by a series of bitter struggles for political ascendancy between the blacks and the mulattoes.

In 1849 a black man, Faustin Élie Soulouque, proclaimed himself emperor as Faustin I, and for ten years he ruled in a despotic manner. In early 1859, the mulatto Nicholas Fabre Geffrard restored republican government; he remained in office until 1867.

In 1915, during World War I, the United States invaded Haiti.

Although some Haitians resisted the U.S. occupation, it was generally peaceful.

The U.S. military occupation of Haiti ended on August 15, 1934.

However, the U.S. reforms did not last, and Haiti fell prey to dictators and disorganization.

In the 1930s Haiti suffered through the worldwide depression.

In 1939 President Stenio J. Vincent, first elected in 1930, took steps to remain in office beyond the expiration of his second term and to augment his semi dictatorial powers.

The Haitian legislature then elected Élie Lescot, a former minister to the United States, as president.

Following the Japanese attack on Pearl Harbor in December 1941, President Lescot, with unanimous approval of the legislature, joined



the Allied forces in World War II by declaring war on Japan, Germany, and Italy. Early in 1942 Haiti permitted U.S. antisubmarine aircraft to make use of the Port-au-Prince landing field.

Haiti signed the charter of the United Nations on June 26, 1945, becoming one of the original members. Growing political disturbances in Haiti led, in early 1946, to the military overthrow of Lescot, who fled to Miami, Florida. In August Dumarsais Estimé was elected president.

Haiti signed the Inter-American Treaty of Reciprocal Assistance (also known as the Rio Treaty) in 1947 and the charter of the Organization of American States (OAS) in 1948.

During 1949 Haitian revolutionaries, with encouragement from the Dominican government, precipitated a domestic crisis and provoked Estimé to declare a state of siege.

In May 1950 the Haitian president was forced to resign, and a military junta ruled the country until elections were held in October. Paul E. Magloire, a soldier and member of the junta, won the presidency by a large majority.

In 1956, however, controversy developed over the extent of Magloire's term of office, and in December of that year he relinquished all power.

François Duvalier (known as Papa Doc), who had been a member of the Estimé government, was elected president.

Fear of political rivals led Duvalier to declare several of them outlaws. At his bidding, the legislature imposed a state of siege, and later authorized him to rule by decree. In this period Duvalier organized the Tontons Macoutes, an armed force under his personal control, to intimidate his opposition. He dissolved the bicameral legislature in 1961 to form a new unicameral legislature. All the candidates elected for the new body were Duvalier followers, and the legislature granted him extensive economic powers. The United States suspended aid to Haiti in 1961 to demonstrate disapproval of Duvalier's policies, and many Haitians fled the country to escape his reign.

In April 1963 a military plot against Duvalier was uncovered and crushed.

In 1964 the government passed a new constitution, which authorized a life term as president for Duvalier and a new red-and-black flag (to symbolize the link between Haiti and Africa). Rebel groups within the country remained active, despite the oppressive tyranny of Duvalier and the Tontons Macoutes.

By 1967 the president had executed some 2,000 political enemies and driven others into exile.

In 1971 the legislature amended the constitution to permit Duvalier to name his son, Jean Claude Duvalier, as his successor. The 19-year-old Duvalier became president after the death of his father in 1971. In the early and mid-1970s Jean Claude Duvalier consolidated his power. Many Haitians left the country during the late 1970s and early 1980s because of political oppression and deepening poverty. This exodus drew international attention to the Duvalier regime. As a result of rising opposition, Duvalier fled Haiti in early 1986; a junta succeeded him.

Aristide was inaugurated in February 1991. He was ousted by a military coup the following September and went into exile in the United States. Despite international pressure, negotiations for Aristide's return to office moved slowly.

In 1993 the Haitian military and Aristide agreed on a plan for his reinstatement as head of a democratic government. However, the military government, led by Lieutenant General Raoul Cédras, refused to step down.

In 1994 the UN imposed broader sanctions, including a ban on international air travel, against Haiti's military rulers. The new sanctions, aimed at forcing them to step down and allow Aristide to return to power, permitted only food and medicine to be shipped into Haiti.

Of the thousands of Haitians who attempted to flee to the United States, more than half were sent back to Haiti by the U.S. Coast Guard.

On September 16, 1994, the United States dispatched a delegation that included former president Jimmy Carter to Haiti for talks with the military regime. Facing the threat of a U.S. military invasion, the Cédras regime agreed to turn over power to President Aristide.



On September 19, a force of 20,000 U.S. troops arrived in Haiti to oversee the transition from dictatorship to democracy. The troops helped ensure a secure environment throughout the country by seizing weapons and arresting former members of the police paramilitary. In October General Cédras left the country for exile.

The UN lifted its embargo in late September, and President Aristide returned to Haiti on October 15, 1994.

Much of Haiti's infrastructure—including port facilities, bridges, and roadways—had deteriorated. Millions of dollars in international aid was earmarked for the improvement and stabilization of Haiti, including the disbanding of the nation's police and military and the recruiting, training, and deployment of new members.

In early 1995 U.S. forces left Haiti, and a UN peacekeeping contingent took over.

Haiti staged general elections in June

International election observers and news outlets reported that the elections were peaceful, but also marked by chaos and confusion. There were widespread violations of election procedures, including unopened ballots, poor ballot distribution, and lack of information for voters.

In October 1995 Prime Minister Michel resigned after clashes with Aristide and other government officials over Michel's support for economic reforms backed by the United States.

In December 1995 Aristide's close friend and handpicked successor Rene Preval was elected president of Haiti in a landslide victory. Preval had been Aristide's prime minister at the time of the 1991 coup.

After a wave of violence and political assassinations, president-elect Preval asked the UN to keep between 1,000 and 1,500 UN troops in Haiti for an additional six months. The 5,800-member UN force had been scheduled to leave at the end of February. Preval was inaugurated as president of Haiti in February.

In 1996 Preval selected Rosny Smarth, an agricultural economist and member of the ruling Lavalas Platform, as the new prime minister.

After several months of strikes and protests against the measures, Smarth announced his resignation as prime minister in 1997.

In March 1999 Preval appointed a new government by decree, with former education minister Jacques-Edouard Alexis as prime minister.

In the parliamentary and presidential elections of 2000, the Lavalas Platform won a majority of seats in both legislative houses and Aristide was reelected.

At the beginning of the 21st century, Haiti faced a number of serious problems. Years of political discord had left Haiti with an aging infrastructure, an extremely weak economy, and overwhelming social problems. In addition, President Aristide lacked a political consensus to address Haiti's critical needs.

CULTURAL NOTES

Haiti is the poorest country in the Western Hemisphere, and for most Haitians, daily life is a struggle for survival. An estimated 65 percent of the population lives in poverty; in rural areas that number is about 80 percent. These people, many of whom farm small plots of poor mountain land, are often malnourished. Infant mortality is 76 per 1,000 births, life expectancy at birth is only 52 years, and the incidence of diseases ranging from intestinal parasites to acquired immunodeficiency syndrome (AIDS) is extremely high. Only about 46 percent of the population has access to safe drinking water, and only 28 percent has access to sanitary sewer systems. A limited elite of about 10 percent, mostly professionals, enjoys a sophisticated, affluent lifestyle. This elite class has traditionally resisted all attempts to restructure the Haitian social system. Haitian culture fuses African, French, and West Indian elements. Formerly a social divider, the Creole language is now being used in attempts to define a national culture. The language is used in literature, drama, music, dance, and some governmental functions. Haitian works of art are enjoying increasing worldwide recognition.

🔄 Library

The country has several outstanding libraries. The collection of the Brothers of Saint Louis de Gonzague (1912), the National Archives (1860), and the Bibliothèque Nationale (1940), all located in Port-au-Prince, contain rare works that date from the colonial period. Also devoted to Haitian history is the National Museum (1983), located in Port-au-Prince.

➤ Arts

Haitian Arts, especially painting and sculpture, is among the most prized in the World. Haitian artists from many generations have earned international notoriety and fame. Numerous pieces of Haitian Art now belong to museums permanent collections and are cherished and sought by private collectors. Among those collectors, we will note film director Jonathan Demme (*Silence of the Lambs*) and actors Wesley Snipes and Denzel Washington.

➤ Vodou

Vodou, long misunderstood, is a richly textured religion smuggled from Africa and hidden among the Catholic rituals of European missionaries. Vodou is commonly spelled *voodoo*, a spelling that, according to many scholars today, carries derogatory and inaccurate associations. Vodou combines elements of Roman Catholicism and tribal religions of western Africa, particularly Benin. Vodou cults worship a high god, Bon Dieu; ancestors or, more generally, the dead; twins; and spirits called *loa*. The loa, which may vary from cult to cult, are African tribal gods that are usually identified with Roman Catholic saints. The snake god, for example, is identified with St. Patrick. Other elements of Roman Catholicism in Vodou include the use of candles, bells, crosses, and prayers and the practices of baptism and making the sign of the cross. Among the African elements are dancing, drumming, and the worship of ancestors and twins.

The rituals of Vodou are often led by a priest, called a *houngan*, or a priestess, called a *mambo*. During the ritual the worshipers invoke the loa by drumming, dancing, singing, and feasting, and the loa take possession of the dancers. Each dancer then behaves in a manner characteristic of the possessing spirit and while in an ecstatic trance performs cures and gives advice.

➤ Tips

A 10% tip is normal in restaurants, and a small tip for bar staff is expected. Porters at the hotel and airport also expect tips. If you park your car in an urban area, you may be asked if you want someone to watch it. Pick one person, ask his or her name to avoid argument later on, and pay 5 gourdes when you return. Bartering is a way of life in Haiti, so don't be put off by the first priced offered even if it's wildly high. Some artisans have fixed prices, but a little negotiation can take place.

☛ Money

You will need Gourdes almost immediately upon arrival, and there are no bank exchange desks at the Port-au-Prince airport. Porters and taxi drivers at the airport should accept US dollars, but exchange some money as soon as possible. There are plenty of banks in Port-au-Prince, and a thriving black market allows you to change money in the street (at only slightly worse rates). Hotels exchange money at terrible rates. Both Visa and MasterCard are accepted at most car rental places, as well as at nicer restaurants and hotels.

☛ Activities

Most of Haiti's good **beaches** are north of Port-au-Prince and northwest of Cap-Haïtien. If you'd rather stay underwater, be sure to check out the **diving**. The beaches are surrounded by coral reefs that took their toll on ships lost by the Dutch, French and Spanish during the 17th and 18th centuries. At Amani, near St Marc, divers descend the famous Zombie Hole, a 200m-deep hole that is home to what is believed to be the world's largest sea sponge, the Elephant's Ear. Near the coast of La Gonâve is a spectacular wall covered with black coral. **Hiking** is also popular, particularly in Macaya and La Visite national parks. Cloud forests, alpine meadows, waterfalls and complex limestone cave systems all await exploration. There are also a few places that offer **horseback riding**, but ask to inspect the horses before making a commitment. Wherever brushy undercover or remnant forests survive, **bird watching** is likely to be rewarding. Flamingos, herons, ibises and many species of duck make their homes on the water, while more flamboyant Hispaniolan parakeets, golden swallows and Antillean siskins are common wherever there are pine trees. Several species of hummingbirds make their homes there as well; bring binoculars.

☛ Sports

The most popular team sport is soccer. It is the national sport of Haiti. It draws huge crowds to matches in Sylvio Cator Stadium in Port-au-Prince. In addition, there are national volleyball and karate teams. Cockfighting is also popular among those who like to gamble. Soccer is popular with both sexes in Haiti. There are national men's and women's soccer teams. In the Haitian streets you can watch an entertaining version of miniature football. It is played with two teams of five and a goal two feet high. There are a number of popular children's games that are played in Haiti such as *lago* (a form of tag), *marelle* (a form of hopscotch) and *osselets* (a game 2-4 children can play that uses goats' bones as a type of dice).

☞ Music and dance

The national dance is the *méringue* (a cousin of the Dominican version), though you can also see people doing the *juba* or the *crabiennne*. Haitian music has been influenced by Cuban styles and American jazz. One of the most popular imports is the *compas*, though *zouk*, reggae and *soca* have significant followings. Haitians express their love of music and dance in *bamboches*. *Bamboches* are social gatherings where the dancing is *pou' plaisi'* (for pleasure). Haitians also combine work with pleasure through the *combite*. This is a communal working party held when a family or a neighbourhood has a big work project. The participants work and afterwards drink *clairin* (a type of alcohol) to the beat of drums. A dance often follows the *combite* and may run late into the night.

☞ Family

Until the early part of this century, rural Haitians lived in extended families. The family was known as *lakou*, a word that referred not only to family members, but also to the cluster of houses in which they lived. Members of the *lakou* worked together and supported each other. Today, most Haitian families consist of parents and children only. A Haitian farmer still relies on the immediate family for support, but the shared labour and social security of the extended family or *lakou* has lessened. In rural areas, men are responsible for heavy farming work and women are responsible for performing household tasks and gathering fruits and vegetables to sell at local markets. Haitian women take part in the labour force much more than women in countries nearby.

☞ Food and Drink

The main elements of the Haitian diet are corn, cassava, millet, rice and fruit. Tropical fruits such as pineapples, mangoes, oranges and grapefruit are plentiful. Haitian cooking, whether French or Creole, ranks with the best in the Caribbean. The Haitians are best known for their Creole dishes, which mix French, African and traditional Haitian elements. A popular Haitian dish is called *grillot*. This is made of fried marinated pork, served with a very spicy sauce called *sauce ti malice*. *Sauce ti malice* is made from lemons, sour oranges, hot peppers, salt and spices. Another popular Haitian dish is called *lambi*. *Lambi* is conch meat served grilled or boiled. A typical Haitian drink served during the holidays is called *crémasse*. It is made of condensed milk, coconut milk and white rum. The liqueurs of Haiti are also well known, and include *crème de cacao à la vanille*, *crème de moka* and *cordial Jérémién*.

As a result of the swine fever epidemic in the late 1970s, all the pigs on the island had to be slaughtered. Chicken replaced pork as the most widely consumed meat in Haiti. Haitian rum is a product of the sugar industry. It has been called “the balm of the masses” and is considered to be of very high quality.

➡ Driving

Driving in Haiti is an adventure on a good day: The roads are notoriously potholed, many private cars are in disrepair (read: don't count on brake lights or turn signals) and winding mountain roads are alive with speeding Bluebird school buses on a mission. If you are willing to rise to the challenge (and drive on the right side of the road), however, you can rent a car for around US\$60, plus insurance, from several agencies at the Port-au-Prince airport. There are other car rental places in large towns throughout Haiti.

➡ Taxi

Port-au-Prince has a brilliant system of collective taxis called *publiques*, which charge 10 gourdes a trip. They could be almost any vehicle, but all have a red ribbon hanging from the front mirror. A sharp *psst!* usually stops them, and the driver decides if he or she wants to take you. Don't expect the most direct route to your destination, as others in the car need to be catered to as well.

➡ Language

English

How are you doing?

Good morning

How is your family?

Would you like a cup of coffee?

See you tomorrow, God willing

What's up?

Goodbye

Creole

Ki jan ou yé?

Bon jou

Ki jan fanmi ou yé?

Eské ou vlé Kafé?

A Démin si dié vlé

Sak pasé?

Moinalé



ORIENTATION

Middle East, bordering the Mediterranean Sea, between Egypt and Lebanon. Comparable in size to Prince Edward Island.

TERRAIN

➤ Physiographic Regions

- ⇒ Negev desert in the south.
- ⇒ Low coastal plain.
- ⇒ Central mountains.
- ⇒ Jordan Rift Valley.

➤ Drainage

- ⇒ Fresh water resources are limited.
- ⇒ Lakes cover 2% of Israel.

➤ Vegetation

- ⇒ Arable land 17%.
- ⇒ Permanent crops 4%.
- ⇒ Permanent pastures 7%.
- ⇒ Forests and woodland 6%.
- ⇒ Other 66%.

CLIMATE

- ➡ Winter (November to February) brings rainy days but temperature rarely falls below 4°C, even at night.
- ➡ Summer (March through October), rain is rare and days are warm and sunny.
- ➡ July and August are the hottest months.
- ➡ Temperate; hot and dry in southern and eastern desert areas.

➤ Precipitation

70% of the precipitation occurs between November and February.



⇒ Urban population: 91% (1990-1999).

☞ Capital

Israel considers Jerusalem as its Capital. Officially recognized by Honduras and Salvador only. All other countries represented in Israel have their embassy in Tel Aviv.

DEMOGRAPHY

☞ Population: 6,199,008.

☞ Population Growth: 1.29%

☞ Nationality: Israeli(s)

☞ Ethnic Groups

⇒ Jewish 80% (Europe/America-born 32.1% (mostly Sunni), Israel-born 20.8%, Africa-born 14.6%, Asia-born 12.6%).

⇒ Non-Jewish 20% (mostly Arabs).

☞ Language

⇒ Hebrew (official).

⇒ Arabic used officially by Arab minority.

⇒ English, most commonly used foreign language.

☞ Religion

⇒ Jewish 80%.

⇒ Muslims 14.6% (mostly Sunni).

⇒ Christians 2%.

⇒ Others 3.2%.

COMMUNICATIONS

⇒ Television: 1.7 million; 24 stations.

⇒ Radio: 23 AM; 15 FM; and two short-wave stations.

⇒ Newspaper: 34 daily newspapers.

⇒ Telephone: 2.8 million.

⇒ International: three submarine cables; Satellite earth station: two Atlantic Ocean/one Indian Ocean.



HOLIDAYS

- ➔ Independence Day—14 May but the Jewish calendar is lunar and the holiday may occur in April or May.
- ➔ Jerusalem Day—three nights of festivities in May.
- ➔ Israel Festival—three weeks in May and June.

ISRAEL'S HISTORY

The creation of the state of Israel in 1948 was preceded by more than 50 years of effort by Zionist leaders to establish a sovereign nation as a homeland for Jews. The desire of Jews to return to what they consider their rightful homeland was first expressed during the Babylonian exile and became a universal Jewish theme after the destruction of Jerusalem by the Romans in 70 A.D. and the dispersal that followed.

It was not until the founding of the Zionist movement by Theofore Herzl at the end of the 19th Century that practical steps were taken toward securing international sanction of large-scale Jewish settlement in Palestine—then a part of the Ottoman Empire.

1917—The Balfour declaration asserted the British Government's support for the creation of a Jewish homeland in Palestine.

1920—Jewish immigration grew slowly.

1930—Immigration grew substantially due to political turmoil in Europe and Nazi persecution, until restrictions were imposed by the United Kingdom in 1930.

1947—International support for establishing a Jewish state led to the adoption in November of the UN partition plan, which called for dividing the Mandate of Palestine into a Jewish and an Arab state and for establishing Jerusalem separately as an international city under UN administration.

1948—The state of Israel was proclaimed on May 14. The following day, armies from neighboring Arab nations entered the former Mandate of Palestine to engage Israeli military forces.

1949—Under UN auspices, four armistice agreements were negotiated and signed at Rhodes, Greece, between Israel and its neighbors Egypt, Jordan, Lebanon and Syria. The 1948-49 war of independence resulted in a 50% increase in Israeli territory, including western Jerusalem. On 11 May, the state of Israel was admitted to the UN as its 59th member.



- Kuwait in January, Iraq launched a series of missile attacks against Israel.
- 1993—On September 13, Israel and the PLO signed a Declaration of Principles (DOP) on the South Lawn of the White House.
- 1994—On May 4, Israel and the PLO subsequently signed the Gaza-Jericho Agreement and the Agreement on Preparatory Transfer of Powers and Responsibilities on August 29.
- 1995—Prime Minister Rabin and PLO Chairman Arafat signed the historic Israeli-Palestinian Interim Agreement on the West Bank and the Gaza Strip on September 28 in Washington. The same year, on November 4, Prime Minister Rabin was assassinated.
- 1998— After a 9 days session at the Wye River Conference Center in Maryland, agreement was reached on October 23. The Wye agreement is based on the principle of reciprocity and meets the essential requirements of both the parties, including unprecedented security measures on the part of the Palestinians and the further redeployment of Israeli troops in the West Bank. The agreement also permits the launching of the permanent status negotiations as the May 4, 1999 expiration of the period of the Interim Agreement neared.
- 2000—25 July, a peace summit at Camp David in the United States ends without agreement after two weeks of intensive negotiations. The negotiators were unable to come up with a formula to reconcile their competing claims to Jerusalem. Palestinians and Israeli accused each other of intransigence but promised to continue working towards a permanent peace agreement.
- 2000—28 September, Ariel Sharon, the leader of the right-wing Israeli opposition, visits the Temple Mount, known to the Muslims as Haram al-Sharif (Noble Sanctuary). Against a background of the failure of the peace process, the visit sparks off a spiral of violence that leaves more than 300 dead by the middle of December.
- 2002—US President Bush laid out a “road map” for resolving the Israeli-Palestinian conflict, which envisions a two-state solution. However, progress toward a permanent status agreement has been undermined by Palestine-Israeli violence ongoing since September 2000.
- 2003—31 July, the first 140 km stage of the Security Fence, separating the West Bank Palestinian Territories from Israel proper was completed.



Heights and in South Lebanon.

RELATION WITH CANADA

Canada and Israel have had full diplomatic relations for many years, based on common democratic values, with bilateral links enhanced by cultural and scientific exchanges. In the international arena, Canada's support for Israel is expressed through its generally pro-Israel stance in various UN forums.

CULTURAL NOTES

☞ Music and Dance

Music has always played an important part in Jewish ritual, and Israeli musicians have become internationally recognised. The Israel Philharmonic Orchestra is highly regarded, and guest artists and conductors regularly appear with the country's leading symphony orchestras. Israeli conductors and musicians, such as Yitzhak Perlman and Daniel Barenboim, are guest artists on world stages. Classical, klezmer, jazz, blues, and folk concerts are staged nightly throughout Israel. Special events such as the Pablo Casals Cello Competition and the Red Sea Jazz Festival are produced annually.

Dance is also part of Jewish tradition, and rousing dances such as the *hora* are part of every celebration. Israel has a classical ballet company but is best known for its modern and folk dance troupes: Inbal, Batsheeva, and Bat Dor are the most popular.

☞ Social Conversation

- ⇒ Hello, Goodbye = Sha-LOM.
- ⇒ Good night = layl m noo-KHA.
- ⇒ Good morning = BO-ker tov.
- ⇒ Good evening = E-rev tov.
- ⇒ I'll see you later = I heet-ra-OT.
- ⇒ How are you? = ma (sh lo-M KHA to men) (sh lo-MEKH to women).
- ⇒ Yallah—can mean let's go, please hurry or get a move on, for Pete's sake.
- ⇒ nu—means so. It has about 200 meanings.



lamb shish kebabs from Yemen, and sauteed steak smothered in onions from Hungary. New immigrants from Vietnam and Thailand have added to the restaurant scene as well.

The Kashruth (Jewish Dietary Law) forbids eating certain foods such as pork and shellfish, and it also prohibits eating dairy and meat products at the same meal. Muslims are not allowed to eat pork. But in the last few years there has been an increase in restaurants serving nonkosher foods. Restaurants are invariably small and often augment their space with open-air or glass-enclosed sidewalk café.

Israeli may be the only people in the world who start the day with a salad accompanied with pile of chopped green peppers, radishes and grated carrot, topped by a generous helping of yogurt like cheese. In fact, a salad appears at every meal, and in huge quantities. Then there is hummus (chickpea puree), served in vast amount with a big splash of olive oil and a delicious condiment called za'atar (hyssop and sesame). Similar dishes include avocado puree and Salat Khatzilim Falafel, commonly served with salad and pita. Wherever you eat, portions are huge. You will probably never feel hungry in Israel. Israeli cuisine is actually a combination of ethnic dishes from all around the world.

NOTE

Israelis are not big drinkers. Jews are supposed to drink “kosher” wine.

➡ Dress Code

Whatever the event or venue, informal or casual dress is the norm in Israel. However, sloppy, scruffy clothing is not favored, and immodest or provocative dress is definitely considered unacceptable. Israeli restaurants are refreshingly informal. You have to remove your shoes before entering a mosque.

➡ During Sabbath

From sundown Friday until sundown Saturday, it is forbidden for them to:

- ⇒ Answer the phone (a telephone answering machine is also forbidden).
- ⇒ Cook.
- ⇒ Listen to radio.
- ⇒ Watch television.
- ⇒ Clean.



Common sense in attire is key to visiting historic sites and religious institutions.

➔ Sports

Soccer, basketball, swimming, tennis, volleyball, track-and-field, gymnastics, sailing, weightlifting, judo and fencing are among the most popular sports, with horseback riding, snorkeling, deep sea diving, wind surfing, ice skating, rappelling, cycling and hang gliding rapidly gaining enthusiasts.

League soccer, basketball, softball, rugby, cricket and volleyball teams, organized at local, regional and national levels, play a full schedule of games before crowds of loyal fans, with championship events engendering countrywide excitement.

Tennis tournaments and swimming meets also draw many spectators. Mass sporting events are very popular. Thousands of Israelis and visitors from abroad take part annually in the Jerusalem March, the swim across Lake Kinneret (Sea of Galilee) and various marathons.



ORIENTATION

Lebanon is the size of Prince Edwards Island. Bordered by Syria, Israel and Mediterranean Sea.

TERRAIN

➤ Physiographic Regions

- ⇒ Coastal Plain.
- ⇒ Lebanon Mountain Range.
- ⇒ Bekaa Valley.
- ⇒ Anti-Lebanon Range.

➤ Drainage

- ⇒ Two major rivers; 145 km long and navigable.
- ⇒ The Mediterranean coast is polluted.

➤ Vegetation

- ⇒ Arable land 16.62%.
- ⇒ Permanent crops 13.98%.
- ⇒ Meadows and pastures 1%.
- ⇒ Forest and woodland 8%.
- ⇒ Other 60%.

NOTE

The most famous flora in Lebanon is the cedar tree. Lonely groves are all that remain of Lebanon's great cedar forests which, in biblical times, covered much of the country.

➤ Surface Materials

- ⇒ Soil is made of reddish-brown soils.
- ⇒ Richer soil occurs along the coast.
- ⇒ Upper mountains are rocky and barren.



- ⇒ Other 0% (1999).
- Ports and Harbours
 - ⇒ Antilyas.
 - ⇒ Batroun.
 - ⇒ Beirut (principal port).
 - ⇒ Chekka.
 - ⇒ El Mina.
 - ⇒ Ez Zahrani.
 - ⇒ Jbail.
 - ⇒ Jounie.
 - ⇒ Naqoura.
 - ⇒ Sidon.
 - ⇒ Tripoli.
 - ⇒ Tyre .
- Industries
 - ⇒ Banking.
 - ⇒ Food processing.
 - ⇒ Jewels.
 - ⇒ Cement.
 - ⇒ Textiles.
 - ⇒ Mineral and chemical products.
 - ⇒ Wood and furniture products.
 - ⇒ Oil refining.
 - ⇒ Metal fabricating .
- Urban Centre
 - ⇒ Beirut: population 1,171,000. (2003)
 - ⇒ Tripoli: population 500,000.



outsiders are not permitted to attend and the rites remain highly secretive.”

COMMUNICATIONS

- ⇒ Television: 1,180,000 receivers/15 stations (Arabic, French, English).
- ⇒ Radio: 2,850,000 radios, 20 AM and 22 FM stations.
- ⇒ Newspapers: 40 daily newspapers.
- ⇒ Telephone: 700,000.
- ⇒ Mobile cellular: 775,100.
- ⇒ International satellite earth stations: Two Intelsat (one Indian Ocean and one Atlantic Ocean) (erratic operations); coaxial cable to Syria; microwave radio relay to Syria but inoperable beyond Syria to Jordan; three submarine coaxial cables.
- ⇒ Internet: 6,998 Internet service providers; Internet code is: .lb; 400,000 users.

CURRENCY

- ⇒ Lebanese pound: LBP.
- ⇒ Exchange rate: 1.00 CAD = 1,217.13LBP (October 2004).
- ⇒ Lebanese pounds per US dollar: 1,515.25(October 2004).

ECONOMY

⇒ GDP Composition by Sector

- ⇒ Agriculture 12%.
- ⇒ Industry 21%.
- ⇒ Services 61% (2000 est.).

⇒ Agriculture Products:

- ⇒ In the coastal plain: tobacco, oranges, bananas grapes, figs, olives and melons.
- ⇒ In the uplands: sheep, goats and cattle are grazed in the uplands.



safe anchorages on the coastline and the defensive possibilities of the high mountains. This has turned the country's history into a who's who of interlopers, pillagers and big-noters.

The shore of Lebanon attracted settlers from about 10,000 BC onwards and by about 3,000 BC, their villages had evolved into prototype cities. By around 2,500 BC the coast had been colonised by people who later became known as the Phoenicians, one of the Mediterranean's greatest early civilisations. The Phoenicians never unified politically—they dominated as a result of enterprise and intellectual endeavour emanating from a string of independent city states. They ruled the sea with their superior vessels and navigational skills, were exceptional craftspeople, and created the first real alphabet.

In the 9th Century BC, the Assyrians clomped in, breaking the Phoenician's monopoly on Mediterranean trade. They yielded to the Neo-Babylonians, who were in turn overcome by the Persians (whom the Phoenicians regarded as liberators). The Phoenicians finally declined when Alexander the Great swept through the Middle East in the 4th Century BC and Phoenicia was gradually Hellenised. In 64 BC, Pompey the Great conquered Phoenicia and it became part of the Roman province of Syria. Beirut became an important centre under Herod the Great and splendid temples were built at Baalbek.

As the Roman empire crumbled, Christianity gained momentum and Lebanon became part of the eastern Byzantine Empire in the 4th Century AD, with its capital at Constantinople (Modern Istanbul). The imposition of orthodox Christianity didn't sit well, and when the Mohammedans brought the world of Allah from the south, they faced little resistance in Lebanon.

In brief, a part of Syria, Lebanon's ancient cities of Tyre, Tripoli, and Sidon were key centers of the Phoenician Empire. Later, the country was divided among many Christian sects, Druze and Moslems. The Region was strongly dominated by France from the late 18th Century; after WWI, France received Lebanon and Syria as a mandate from the League of Nations.

1926—Lebanon became a republic.

1944—Independence for Lebanon.

Between 1944 and the early 1970s, Lebanon enjoyed a comfortable prosperity based on international banking and trade. This period came to a close as the Palestinians began to use the Lebanese territory to stage attacks on Israel.



NAME—LEBANON UNTSO/UNIFIL (UNITED NATIONS INTERIM FORCE IN LEBANON, NO CANADIANS)

Authority and Mandate

The mission assists in supervising the General Armistice Agreements concluded separately between Israel and Egypt, Lebanon, Jordan and Syria in 1949. There are more than 154 military observers and 90 civilian staff from 23 countries participate in UNTSO. The Mission's headquarters are located in Jerusalem.

UNTSO derives its authority from United Nations Security Council resolutions 50, 54, 73, 101, 114 and 236.

Canada's Role

Currently, 8 Canadian Forces personnel are assigned to UNTSO. Canadian tasks include the monitoring, supervision and observation of cease-fire agreements, and providing observers on the Golan Heights, South Lebanon and the Sinai Peninsula.

CULTURAL INFORMATION

➤ Music and Dance

Lebanon has a lively arts scene, both traditional and contemporary. The national dance, the **dabke**, is an energetic folk dance. Classical belly dancing still plays an important role at weddings, representing the transition from virgin bride to sensual woman, and is also popular in nightclubs.

Traditional Arabic music is created using unharmonised melodies and complex rhythms, often accompanied by sophisticated, many-layered singing. Instruments used include the **oud**, a pear-shaped string instrument; the **tabla**, a clay, or metal and skin percussion instrument; the **nay**, a single reed, open-ended pipe with a lovely mellow tone; and the **qanun**, a flat trapezoid instrument with at least 81 pluckable strings.

➤ Literature and Poetry

Literature and poetry have always had an important place in Lebanese culture. One very popular form of poetry is the **zajal**, in which a group of poets enter into a witty dialogue by improvising verses to songs. The most famous Lebanese literary figure is Khalil Gibran, a 19th Century poet, writer and artist whose work explored Christian mysticism. Contemporary writers include Amin Maalouf, Emily Nasrallah and Hanan Al-Shaykh.



➔ Sports

To many people's surprise, Lebanon is becoming increasingly popular as a winter sports destination. It has a number of ski resorts and the ski season runs from December to May. During May, the weather on the coast is warm enough for swimming and the country is carpeted with flowers. If your luck is running, you can catch the end of the ski season, sunbathe on the beach and get fresh flowers in your room.

➔ Tipping

Tipping is usually expected as a reward for services. Because of the devaluation of the Lebanese currency, salaries and wages are much lower than they used to be, so tips are an essential means of supplementing incomes. Most restaurants and nightspots include a 16% service charge in the bill, but it is customary to leave an extra tip of 5% to 10% of the total. With the exception of a few set prices, everything can be bargained down in Lebanon, from taxi fares to hotel charges.

➔ Warning

The country is notorious for the bad condition of its roads and the hair-raising style of its drivers. Road rules are effectively non-existent, traffic jams are ubiquitous and there are no speed limits. Also, there are many 'pirates taxis' cruising for fares. These are more expensive than service taxis, but look exactly the same, so it's best to ask before you get in. It's not a good idea to go wandering around the Shebaa Farms and Fatima Gates area, as Lebanon is currently trying to wrest control of these areas from Israel.



THE REPUBLIC OF SIERRA LEONE

ORIENTATION

The Republic of Sierra Leone is located in Western Africa, bordering the North Atlantic Ocean, between Guinea and Liberia.

The country is about the size of New Brunswick. The coastline is approximately 315 km long and land mass covers approximately 72,000 sq km.

TERRAIN**➤ Physiographic Regions**

Natural physical features divide the country into four main geographic regions.

The Interior Plateau and Mountainous region is a broad area of plateaus surrounded by mountains and hills with a zone of eroded foothills along the western edge.

To the west of this region lies the large Interior Low Plains region.

The Coastal Swampland region parallels the Atlantic Ocean.

The fourth region is smaller compared to the others, because it only includes the Sierra Leone, or Freetown, Peninsula. This region consists chiefly of a large area of plateaus having elevations around 300 to 600 m. Numerous isolated hills (inselbergs) are also found scattered through out the Plateau.

The mountainous Sierra Leone Peninsula on which Freetown is located is 40 km long and averages about 16 km in width.

➤ Drainage

The most important features are:

- ⇒ The Great Scarcies, Kaba, Rokel, Jong Sewa, the Sewa and the Moa rivers.
- ⇒ The country drains entirely into the Atlantic Ocean through nine roughly parallel river basins that run generally northeast to southwest and some five small basins of river systems confined to the coastal area.
- ⇒ Lake Mape is the largest with an area of approximately 17 km sq.



CLIMATE

Tropical, hot and humid; the mean average temperature is 27°C.

☛ Precipitation (Mostly in May and October)

⇒ Along the coast: 3,800 mm.

⇒ Northern interior: 2,030 mm.

Rainfall on the coast can be as high as 500 cm (197 inches) a year, making Sierra Leone one of the wettest places in coastal West Africa.

☛ Humidity

⇒ 90% for considerable periods of time.

⇒ Dry season from November to April.

☛ Wind

From November to April, Harmattan wind blows from the Sahara.

MAN-MADE FEATURES

☛ Roads

A road network, originally developed as a feeder system to the railway, now is dominated by a series of highways radiating from Freetown to urban inland centres.

Total 11,300 km:

⇒ 904 km paved (link northern and eastern Sierra Leone with the capital).

⇒ 10,396 km unpaved.

☛ Airports

Most of the airfields in Sierra Leone are normally used for local trade, not passenger travel, and are not capable of sustaining heavy lift.

⇒ 11 airports, only one with paved runways (The Lungi International airport is for tourism, import and exporting of goods).

⇒ One heliport.



30%).

- ⇒ Creole 10% (descendants of freed Jamaican slaves who were settled in the Freetown area in the late 18th Century).
- ⇒ Refugees from Liberia's recent civil war.
- ⇒ Small numbers of Europeans, Lebanese, Pakistani, Indians and Chinese.

☞ Language

- ⇒ English (official) spoken by educated Sierra Leoneans.
- ⇒ Mende (principal vernacular in the south).
- ⇒ Temne (principal vernacular in the north).
- ⇒ Krio (english-based Creole).

☞ Religion

- ⇒ Muslim 60%.
- ⇒ Indigenous beliefs 30%.
- ⇒ Christian 10%.

COMMUNICATIONS

- ⇒ Television: two broadcast stations (news every evening at 8 PM).
- ⇒ Radio: one AM, nine FM, and one short-wave station (can be heard throughout much of the country).
- ⇒ Very few newspapers, which are subject to censorship. The most respected paper for news about current events is *For Di People*.
- ⇒ Telecommunication: 24,000 telephones, main line in use, area code is 232. Marginal telephone and telegraph service.
- ⇒ Mobile cellular: 67,000(2002).
- ⇒ Satellite: one INTELSAT (Atlantic Ocean).
- ⇒ Internet: one Internet service provider; Internet country code is: .sl; 8,000 users.



- ➡ Islamic holidays include End of Ramadan (date varies, in February); Feast of the Sacrifice (date varies, in April); and Birth of the Prophet (date varies in July).
- ➡ In major towns, the last Saturday of every month is cleaning day; there's a virtual curfew until 10 AM while everyone cleans their yard or section road, and fines of up to US \$125 are levied on those found out on the roads during this time.

DISEASE

- ➡ Diseases include yellow fever, malaria, cholera and rabies.
- ➡ The standard of hygiene is lower than North American and all water should be regarded as being potentially contaminated.

SIERRA LEONE'S HISTORY IN BRIEF

The region now called Sierra Leone was on the southern edge of the great Empire of Mali, which flourished between the 13th and 15th centuries. Early inhabitants included the Temne, the Sherbro and the Limba, who were organized into independent chiefdoms. Mandingo (also called Malinké) traders had also entered the region early on and integrated with indigenous peoples.

Early Sierra Leone history is very unclear. What is known is that most of the groups that make up Sierra Leone today arrived in the country in the 1400s.

1462—Contact with the West began with the arrival of Portuguese navigators who called the area Serra Lyoa (Lion Mountain), later modified to Sierra Leone.

Around 120 years later, Sir Francis Drake stopped here during his voyage around the world.

The British did not control the area until the 18th century, when they began to dominate the slave trade along the West African coast.

By the 17th century, British traders became increasingly prominent in Sierra Leone.

1787s—A group of philanthropists—inspired by John Wesley's religious revival to improve the conditions of the poor—purchased 52 sq km of land near Bunce Island in present-day Sierra Leone from a local chief for the purpose of founding a 'Province of Freedom' in Africa for the ex-slaves. This became Freetown. That same year, the first group of about 400 men



sports complex has facilities for football, swimming, diving, basketball, gymnastics and athletics. Domestic league football matches can be seen here. Facilities are not all in operation.

➤ Food

Rice

Plasas (chopped potato leaves and pounded or ground cassava leaves cooked with palm oil and fish or beef) is the most common sauce.

Other typical dishes are okra sauce, palm-oil stew, and groundnut jollof rice.

Street food favourites include roasted groundnuts, roasted corn, beef sticks, steamed yams, fried plantains, fried dough balls and fried yams with fish sauce.

Benchi (black bench peas with palm oil and fish) are often served with bread for breakfast.

NOTE

Restaurants in the capital serve English, French, Armenian and Lebanese food. African food is served in hotels; local dishes include excellent fish, lobster and prawns, exotic fruit and vegetables.

➤ Drinks

Star, the local beer, is reasonable. Poyo (Palm wine) is light and fruity, but getting used to the smell and the wild life floating in your cups takes a while. The spicy ginger beer sold on the street is a non-alcoholic alternative, but you can easily get sick from it as the water is rarely safe to drink. Sierra Leoneans use a lot of palm oil for all kind of drinks.

➤ Danger and Annoyances

Although violent robbery is unlikely during the day, watch out for pick-pockets and bag-snatchers. At night, avoid the port area. The beaches are generally safe during the day. Because many Sierra Leoneans do not speak English, it can be difficult for a foreigner to communicate his or her identity. Travelers may also encounter difficulties at the numerous roadblocks and checkpoints in and outside Freetown. Visitors should avoid political rallies and street demonstrations, maintain security awareness at all times, and comply with Freetown's strictly-enforced curfew regulations.



ORIENTATION

The Sinai is a triangular-shaped peninsula in northeastern Egypt that connects the continents of Africa and Asia.

The Sinai is located at the south eastern corner of the Mediterranean. It is bordered by the Negev Desert in Israel, the Gaza Strip on the Mediterranean coast of Israel, the Gulf of Aqaba, the Red Sea, the Gulf of Suez, and the Mediterranean Sea.

Being approximately 61,000 sq km, the Sinai is slightly smaller than the province of New Brunswick.

TERRAIN

➤ Physiographic Regions

- ⇒ Coastal dunes.
- ⇒ Barren plains.
- ⇒ Mountains.

Most of the northern portion of the Sinai Peninsula is occupied by level, sandy desert.

The Coastal Dunes located in northern Sinai, along the coast of the Mediterranean Sea, is a strip of loose sand dunes that extend inland for approximately 16-32 km. The coast is almost entirely comprised of an uninterrupted sandy beach with the occasional lakes and swamps.

➤ Drainage

There are no permanent watercourses in the Sinai Peninsula.

Lake Bardawil, a salt water lake located in the northern Sinai was created by the Mediterranean Sea.

The Suez Canal is the western border of the Sinai region.

The Wadi, is a dry river bed that fills during a rain fall, and dries quickly.

➤ Vegetation

Vegetation and animal life are very sparse in the desert region because of the intense heat and lack of water sources, although

crops such as barley, fruits and olive products are cultivated with the aid of heavy irrigation, predominantly in the north.

Egypt is the world's largest producer of dates, and dates have become the major crop for the inhabitants of the Sinai in the northern coastal dunes area.

Egyptian farmers are required by law to produce some food crops to support the rapidly growing population. As well inhabitants are involved in the production of textiles and hand made products.

Desertification of agricultural land and salinization of soil are growing problems.

Species of wildlife include camels, small numbers of gazelles, jackals and mountain goats and a variety of rodents, birds and lizards.

Crops and orchards do exist but are heavily irrigated and are mostly in the North.

☞ Surface materials

- ⇒ Limestone and gravel.
- ⇒ The mountains are predominantly granite.
- ⇒ The shore of the Gulf of Aqaba in the Sinai consists of an almost continuous sandy, gravel beach, generally fringed with coral backed by a sandy plain.

CLIMATE

☞ Precipitation

Total 137 mm. The northern Mediterranean coast receives rainfall in winter from occasional depressions which drift in from over the sea. This coastal area is in fact the most humid area of the Sinai. Elsewhere desert conditions prevail. Annual precipitation levels decrease rapidly to the south, and in many desert locations the whole year's precipitation may occur in one heavy shower. In some inland districts it is common to go two or even three years with no rain at all.

☞ Temperature

- ⇒ January, maximum 19°C/minimum 11°C.
- ⇒ July, maximum 31°C /minimum 23°C.



☛ Humidity

Highest near dawn. The Sinai is generally hot and dry, with a hot season from May to September and a cool season from November to March. The prevailing north winds modify extreme temperatures during both seasons.

MAN MADE FEATURES

☛ Roads: 5,758 km of Paved Roads

☛ Airports: Six Major Airports

☛ Railways

- ⇒ One rail line in the Sinai, it extends into the Sinai from the Gaza Strip to the town of Al 'Arish on the north east coast.
- ⇒ A second line of importance extends along the western side of the Suez Canal from Port Said to Suez.
- ⇒ Both lines are normal (Standard) gauge tracks.

☛ Ports: Two Sea Ports

☛ Urban Centres

- ⇒ The largest town is El 'Arish with 130,000.
- ⇒ El Tor on the Gulf of Suez.
- ⇒ Sharm El-Sheikh at the southern tip of the peninsula on the Red Sea.

☛ Major sites in Sinai

- ⇒ Dahab.
- ⇒ Taba.
- ⇒ Pharaoh's Island.
- ⇒ Colored Canyon.
- ⇒ Serabit.
- ⇒ St-Catherine Monastery.
- ⇒ Feiran Oasis.
- ⇒ Blue Desert.

- ⇒ No'ama Bay.
- ⇒ Sharm El-Sheikh.
- ⇒ Ras Mohammed.

⇒ Capital: Cairo

DEMOGRAPHY

⇒ Population

The Sinai contains a population of 300,000 of whom approximately 30,000 are Bedouin, with most inhabitants sparsely distributed along the coast. Population is mostly in small villages along the coast.

⇒ Nationality

Eastern Hamitic stock (Egyptians, Bedouins and Berbers) 99%, Greek, Nubian, Armenian and other European (primary Italian and French) 1%

⇒ Ethnic Groups: Arab People

⇒ Language

- ⇒ Arab is the official language.
- ⇒ English.

⇒ Religion

Religion is mainly Muslim with a large Christian minority.

CURRENCY

⇒ Country: Egypt

⇒ Currency: Egyptian Pound

- ⇒ ISO Code: EGP.
- ⇒ EGP = 0.1988 CAD/unit (October 2004).
- ⇒ Economy: 1.00 CAD = 5.030 EGP.

⇒ Power Supply: 220 Volts AC

⇒ Time Zone: GMT + 2 hours

⇒ The UN camp is located at El Gorah, a smaller camp is located



HOLIDAYS

The Islamic (or Hejira) calendar is a full 11 days shorter than the Gregorian (Western) calendar, so public holidays and festivals fall 11 days earlier each year. **Ras as-Sana** is the celebration of the new Islamic year and **Mouli an-Nabi** celebrates the Prophet Mohammed's birthday around May. These celebrations include parades in the city streets with lights, feasts, drummers and special sweets. **Ramadan** is celebrated during the ninth month of the Islamic calendar. It was during this month that the Quran was revealed to Mohammed, and out of deference the faithful take neither food nor water until after sunset each day. At the end of Ramadan (**Eid al-Fitr**) the fasting breaks with much celebration and gaiety.

Eid al-Adha is the time of the pilgrimage to Mecca, and each Muslim is expected to make the pilgrimage (haj) at least once in a lifetime. Streets are decorated with coloured lights and children play in their best clothes. The ritual of Mahmal is performed in each village as passing pilgrims are given carpets and shrouds to take on their journey.

SINAI'S HISTORY IN BRIEF

There are moments in Sinai when one feels as if the history of all the world can be read in its stones. Indeed, the land here is a monument to the antiquity of life on Earth, from the fossilized reef animals of Ras Mohammed to the mines of El Maghara, whose copper fueled the Bronze Age. In many places visitors from thousand of years ago literally recorded their passage in stone, as at the Rock of Inscriptions near Dahab. And at Serabit El-Khadem, near ancient mining sites, archaeologists have discovered carvings that record the very earliest emergence of our alphabet.

All three of the West's great religious traditions—Judaism, Christianity, and Islam—know Sinai as a holy land, a vast expanse traversed time and again by prophets, saints, pilgrims, and warriors. Sinai is most familiar to many as the "great and terrible wilderness" through which the Israelites wandered for forty years. However, it was also the path by which Amr swept down into Egypt in 640 AD, bringing Islam in his wake. Even after the Muslim conquest, the monks of St. Catherine Monastery (founded in 547 AD) continued to greet pilgrims to the site of the Burning Bush.

Many of the most memorable conquerors have passed through Sinai

as well. Alexander the Great crossed at the head of a great army, as did Ramses II, Napoleon Bonaparte, and Salah El-Din (in the opposite direction). The Arab-Israeli conflicts of this century raged across the Sinai as well, their passage still evident in the ghostly wreckage that marks certain parts of the Suez coast.

In recent years, and for the first time, the history of Sinai seems to be emerging as a story about the land itself—its artifacts, its people, and its extraordinary natural beauty—rather than the story of those who passed through that land. Today, it is the Sinai's brilliant coral reefs, its striking mountains and deserts, and its enormous cultural heritage that hold the future once again, though in a very different way, the history of Sinai seems to be written in the land itself.

1160—Salah El-Din built the fortress of Qalat El-Guindi to protect Egypt from invaders.

1660—The Ottomans crossed the peninsula to include Egypt in their vast empire.

The modern-day Sinai international border was originally laid down by the British prior to WWI, to prevent the Axis forces from using the Suez Canal.

After the formation of Israel in 1948, a series of Arab Israeli wars broke out in and around the peninsula. During its battle for Independence in '48 Israel made a first attempt at gaining the Sinai Peninsula, but failed.

1956—Another attempt was made with the participation of the U.K. and France, but Egypt (with the help of the UN) miraculously held on.

1967—Egyptian President Gamal Abdel Nasser closed off the Straits of Tiran, blocking Israeli access to the Red Sea. The Israelis retaliated and succeeded in occupying the entire peninsula, which remained under their possession until the Egyptian Armed forces crossed the canal and the notorious Barleef Line, regaining control of Sinai, in the highly celebrated October victory of 1973.

1978—Sadat signed a Peace Treaty with Began at Camp David, in Washington DC. According to the treaty, Israel was to withdraw from Sinai, and a UN MFO (Multinational Force & Observers) group was formed to ensure that Egypt and Israel comply with the agreement.

UN MULTINATIONAL FORCE OBSERVERS

The MFOs are located in two main camps in the Sinai Peninsula.



The North Camp, which is located approximately 20 km south of the Mediterranean Sea at El Gora, is the site of the Force Commander's HQ and provides facilities for the operational and logistical operational needs of the forces.

A smaller South Camp near Sharm El-Sheikh on the southern tip of the Sinai Peninsula overlooks the Red Sea. From these main camps the MFOs man a series of approximately 30 remote operational sites running the length of the peninsula.

SINAI AND THE BIBLE

So begins one of the Bible's most memorable sagas, the 40 year wanderings of Moses and the Israelites through the vast and barren prison of Sinai. No story has done more to put Sinai on the map than Exodus, and for many, a visit to the land where manna fell from heaven and Moses received the Ten Commandments is nothing short of a pilgrimage.

Most of the places mentioned in Exodus are unknown. Where the Israelites crossed the Red Sea, where they first set foot in Sinai, and even the location of biblical Mt. Sinai itself is the subject of relentless argument among scholars, historians, and theologians. Exodus may have put Sinai on the map, but putting Exodus back into a geographical context is an unfinished labor that often involves sifting through desert sands and Old Testament manuscripts for minute clues.

There are three main theories as to the route the Israelites used when they crossed into Sinai. The first has Moses and his tribes moving out of Egypt past modern-day Suez, then crossing into Sinai near Ain Musa. The second places the crossing further south, near a place called Ain Sukna. The third and most popular theory focuses on the north and the Nile Delta region. This region is far richer in pastures, water, and manna-producing tamarisk trees, and it also would have been the safest; the southern routes would have taken the Israelites dangerously close to Pharaoh's turquoise and copper mines, which were heavily garrisoned.

How ever the Israelites entered Sinai, the mystery of where they roamed once they got there is even greater. Central to the story of the wanderings is the location of Mt. Sinai, the sacred height where God gave Moses the Ten Commandments. The variety of mountain theories is practically endless. One theory even says the Mt. Sinai is really a low mount in southern Israel, another that it's a highland in Saudi Arabia. Within the Sinai Peninsula itself, there are so many possibilities that a rigorous study could only narrow the search to 20 peaks. Wherever the "real Mt. Sinai" is, it is indisputable that Southern Sinai's Gebel Musa ("Mountain of Moses") carries enormous spiritual and historical significance for Christians, Jews, and Muslims. In the 4th Century AD, Coptic Christians

came to the mountain and founded a small church at the spot where it was believed God spoke to Moses in the form of the burning bush. Later on, the site evolved into St. Catherine's Monastery, revered by many as one of the most sacred places on Earth.

It may take years before any solid, physical traces of Exodus can be found. Moses and the Israelites were wanderers here, not builders of cities. But if they were in Sinai for four decades then they undoubtedly saw quite a bit of it. They passed through the wadis and drank from the desert wells. The ancient trails they must have walked are the same ones denizens of the Sinai have been walking for eons. The physical evidence may be long gone, but the landscape and the story are eternal and inseparable.

CULTURAL NOTES

BEDOUIN—Culture in Transition

Bedu, the Arabic word from which the name Bedouin is derived, is a simple, straightforward tag. It means “inhabitant of the desert”, and refers generally to the desert-dwelling nomads of Arabia, the Negev, and the Sinai. For most people, however, the word “Bedouin” conjures up a much richer and more evocative image of lyrical, shifting sands, flowing robes, and the long, loping strides of camels.

For several centuries, such images were not far from the truth. In the vast, arid expanses of the Sinai, as in the Negev and the deserts of Arabia, many tribes of Bedouin journeyed by camel from oasis to oasis, following a traditional way of life and maintaining a pastoral culture of exceptional grace, honor, and beauty.

Most of the Bedouin tribes of the Sinai are descended from peoples who migrated from the Arabian peninsula between the 14th and 18th Centuries, making the Bedouin themselves relatively recent arrivals in this ancient land. Today, many of the Bedouin of the Sinai have traded their traditional existence for the pursuits and the conventions of the modern world, as startling changes over the last two decades have irrevocably altered the nature of life for the Bedouin and for the land they inhabit. Nonetheless, Bedouin culture still survives in the Sinai, where there is a growing appreciation of its value and its fragility.

➞ The Bedouin

Few places in the desert are capable of supporting the life of even a small community for an extended period of time, and so the Bedouin of the Sinai, like those of Arabia and the Negev, would stay on the move. With herds of sheep and goats as well as camels, the Sinai Bedouin migrated from one meagrely fertile



area to another, each offered sustenance and shelter for time, while the others were naturally replenished.

In such an unforgiving environment, any violation of territorial rights was viewed with severe disfavor. It is a hallmark of Bedouin culture that such trespasses were neither easily forgiven nor quickly forgotten. At the same time, a shared respect for the dangers and hardships of the desert imbued Bedouin culture with a profound and justly celebrated sense of hospitality. In the vast silence and brooding solitude of the Sinai, simply encountering another person was, and in some regions still is a rather unusual and noteworthy event. A new face was cause for great interest, for happy generosity and careful etiquette, and for common civility, all values celebrated in Bedouin poetry, sayings, and songs.

➤ Family

Most of the families consist of one woman, five kids, 20 sheep, 20 goats, five chickens and two camels. Every so often, the husband “visits”. I use the word visit since Bedouin men are allowed to have up to four wives and not show favoritism to any one wife. Divorces are allowed but only the wife has the right to divorce her husband and not the other way around.

➤ Bedouin Children

The harshness and beauty of the Sinai Desert can both be summarized through the appearance and compassion of the Bedouin children. The intensity of their stares and adult mannerisms symbolize the “loss of childhood” or harshness that the desert presents to its residents and travelers. However, these children are very family oriented and are always excited by the visit of a weary traveler.

➤ Clothing

The Bedouin of the Sinai share with other Egyptians the **jalabiyya**, a long, robe that is a standard form of clothing both in the teeming metropolis of Cairo and in the solitary plains of the Sinai.

The most easily recognized aspect of a Bedouin’s attire is his headgear, which consists of the **kufiyya** cloth and **’agal** rope that constitute proper attire for a Bedouin man. The headrope in particular carries great significance, for it is indicative of the wearer’s ability to uphold the obligations and responsibilities of manhood. Bedouin women, too, signal their status with their headgear while all women are required to keep their hair covered, married women in particular wrap about their forehead a black

cloth known as '**asaba**.

Bedouin mark their graves with exceptional simplicity, placing one ordinary stone at the head of the grave and one at its foot. Moreover, it is traditional to leave the clothes of the deceased atop the grave, to be adopted by whatever needy travellers may pass by.

➤ The Home

A Bedouin tent is customarily divided into two sections by a woven curtain known as a **ma'nad**. One section, reserved for the men and for the reception of most guests, is called the **mag'ad**, or sitting place. The other, in which the women cook and receive female guests, is called the **maharama**, or place of the women.

➤ Hospitality

Having been welcomed into a Bedouin tent, guests are honored, respected, and nourished, frequently with copious amounts of fresh, cardamom-spiced coffee.

➤ Music and Dance

Visitors are also cause for some festivity, including music, poetry, and on special occasions even dance. The traditional instruments of Bedouin musicians are the **shabbaba**, a length of metal pipe fashioned into a sort of flute, the **rababa**, a versatile, one-string violin, and of course the voice. The primary singers among the Bedouin are the women, who sit in rows facing each other to engage in a sort of sung dialogue, composed of verses and exchanges that commemorate and comment upon special events and occasions.

➤ Activities and Sports

The tourism is nothing new to the area. In the last few decades, however, the shape of tourism has considerably changed as millions have come for the spectacular dive sites that dot the region. Around the diving culture, a whole new industry has flourished to meet the growing demands of tourists, divers and non-divers alike.

Now, when you visit the Sinai you have a choice from a variety of activities. In addition to watersports like swimming, diving, snorkeling, windsurfing, sailing, water-skiing, paddleboating, jetskiing, and fishing, numerous on-land activities have become available. You can arrange to take a safari around the marvelous geographical and ecological features of the region. Birders will



be particularly pleased by the variety and uniqueness of the endemic species. As well, many of the local hotels and sports centers host games and sports, such as aerobics, bowling, tennis, golf, and bicycling. And finally, a not-to-be-missed opportunity in the Sinai are the tours on horseback and camelback.

➤ Health Tips

Always remember to bring plenty of sun screen and protective clothing. The sun is intense in Sinai. Although temperatures can reach 38°C during the day, at night the desert turns cool, even freezing, so some warm clothing is also necessary. Finally, carrying bottled water is indispensable. Tap water outside the Sharm El-Sheikh area is largely undrinkable, and the arid, hot environment can dehydrate you very quickly.

➤ Places to Stay

If you don't want to stay in a tent with the Bedouin, you can always choose an hotel. Although most of the peninsula's accommodations remain clustered in the Sharm area, there has been considerable growth all along the Aqaba coast in the past decade. For the traveler in search of luxurious surrounding, four- and five-star hotels and resorts abound, and they do possess all the amenities: elegant rooms, fashionable boutiques, full-service tours, outstanding gourmet restaurants, and a full array of resort activities.

➤ Warning

Avoid walking on the coral, and wear shoes whenever you enter the water to protect your feet. Also beware of stinging fish like the Stonefish and Scorpionfish (both stony in appearance and occasionally hard to distinguish from underwater rocks), not to mention the sometimes lethal dorsal fin of the zebra-striped Lionfish. Larger predators, such as sharks and barracudas, will generally leave you alone if you leave them alone. On sighting one, use caution and move slowly toward the coral or boat.

➤ National Parks

The South Sinai is one of the most spectacularly beautiful landscapes on the planet, some of which has in recent years been set aside as national parkland. The most famous of these park (and in fact Egypt's first national park) is found at the far southern tip of the Sinai, where the desert peninsula of Ras Mohammed edges out into the Red Sea, its craggy plateau disintegrating into broad sand beaches or dropping off into

brilliantly rich coral reefs.

BEFORE YOU GO

➔ Head Covering

An absolute must! Due to the strength of the sun, it is necessary to protect your head, face and neck at all times. Bedouin style head-dresses are very effective. You will have the opportunity to buy one in the first couple of days.

➔ Clothes

“Long, loose and cotton” is the basic rule as you need protection against the sun and because we travel with Bedouins. Leggings, lycra shorts and vest tops are not appropriate at any time except on the beach. Swimming costumes may be worn at the beach. During winter the days are generally warm but the nights can be very cold especially around St. Catherine's and high mountains area.

➔ Camel Trekking

Long trousers are a must for men and women.

NOTE

Don't forget to bring plastic bags to protect your camera and other valuables.



ORIENTATION

Located in Northern Africa, bordering Central African Republic with a frontier of 1,165 km, Chad 1,360 km, Democratic Republic of the Congo 628 km, Egypt 1,273 km, Eritrea 605 km, Ethiopia 1,606 km, Kenya 232 km, Libya 383 km, Uganda 435 km. Twice the size of the Province of Ontario.

TERRAIN

➤ Physiographic

- ⇒ generally flat
- ⇒ featureless plain
- ⇒ mountains in far south, northeast and west
- ⇒ desert dominates the north.

➤ Elevation extremes

- ⇒ lowest point: Red Sea 0 m
- ⇒ highest point: Kinyeti 3,187 m

➤ Environment-Current issues

- ⇒ inadequate supplies of potable water
- ⇒ wildlife populations threatened by excessive hunting
- ⇒ soil erosion
- ⇒ desertification
- ⇒ periodic drought

➤ Environment-International agreements

Party to: Biodiversity, Climate Change, Desertification, Endangered Species, Law of the Sea, Nuclear Test Ban, Ozone Layer Protection

These agreements have been signed, but not ratified.

☞ Vegetation

- ⇒ arable land: 7.03%
- ⇒ permanent crops: 0.08%
- ⇒ other: 92.89% (1998 est.)
- ⇒ Irrigated land : 19,500 sq km (1998 est.)

☞ Animals and Plants

Vegetation is sparse in the desert zones of Sudan. Various species of acacia occur in the regions contiguous to the Nile Valley. Large forested areas are found in central Sudan, especially in the river valleys. Among the most common trees are the hashab, talh, heglig, and several species of acacia, notably sunt, laot, and kittr. Trees such as ebony, silag, and baobab are common in the Blue Nile Valley. Ebony, mahogany, and other varieties of timber trees are found in the White Nile Basin. Other species of indigenous vegetation include cotton, papyrus, castor-oil plants, and rubber plants.

Animal life is abundant in the plains and equatorial regions of Sudan. Elephants are numerous in the southern forests, and crocodiles and hippopotamuses abound in the rivers. Other large animals include giraffes, leopards and lions. Monkeys, various species of tropical birds, and poisonous reptiles are also found. Insects such as mosquitoes, seroot flies, and tsetse flies infest the equatorial belt.

CLIMATE

Sudan has a tropical climate. Seasonal variations are most sharply defined in the desert zones, where winter temperatures as low as 4°C (40°F) are common, particularly after sunset. Summer temperatures often exceed 40°C (110°F) in the desert zones, and rainfall is negligible. Dust storms, called *haboobs*, frequently occur. High temperatures also prevail to the south throughout the central plains region, but the humidity is generally low. In the vicinity of Khartoum the average annual temperature is about 27°C (about 80°F); and annual rainfall, most of which occurs between mid-June and September, is about 250



mm (about 10 in). Equatorial climatic conditions prevail in southern Sudan. In this region the average annual temperature is about 29°C (about 85°F), annual rainfall is more than 1,000 mm (40 in), and the humidity is excessive.

MAN MADE FEATURES

➤ Roads:

- ⇒ paved: 4,320 km
- ⇒ unpaved: 7,580 km (1999 est.)
- ⇒ total: 11,900 km

➤ Airports:

- ⇒ 63 (2002)

➤ Railways

- ⇒ narrow gauge: 4,578 km 1.067-m gauge; 1,400 km 0.600-m gauge plantation line (2002)
- ⇒ total: 5,978 km

➤ Ports:

- ⇒ Juba
- ⇒ Khartoum
- ⇒ Kusti
- ⇒ Malakal
- ⇒ Nimule
- ⇒ Port Sudan
- ⇒ Sawakin

➤ Industries

- ⇒ Oil
- ⇒ Cotton ginning
- ⇒ Textiles
- ⇒ Cement

- ⇒ Edible oils
- ⇒ Sugar
- ⇒ Soap distilling
- ⇒ Shoes
- ⇒ Petroleum refining
- ⇒ Pharmaceuticals
- ⇒ Armaments
- ⇒ Automobile/light truck assembly

⇒ Capital: Khartoum

DEMOGRAPHY

⇒ Population: 38,114,160 (July 2003 est.)

⇒ Nationality: noun: Sudanese (singular and plural)
adjective: Sudanese

⇒ Ethnic Groups:

- ⇒ black 52%
- ⇒ Arab 39%
- ⇒ Beja 6%
- ⇒ foreigners 2%
- ⇒ other 1%

⇒ Language

- ⇒ Arab is the official language
- ⇒ Nubian
- ⇒ Ta Bedawie
- ⇒ Diverse dialects of Nilotic
- ⇒ Nilo-Hamitic
- ⇒ Sudanic languages
- ⇒ English



⇒ *note:* program of “Arabization” in process

☛ Religion

⇒ Sunni Muslim 70% (in north)

⇒ Indigenous beliefs 25%

⇒ Christian 5% (mostly in south and Khartoum)

CURRENCY

☛ Sudanese dinar (SDD)

⇒ SDD = 0.005195 CAD/unit (March 2004).

Note: The official unit of currency is the *dinar*. In 1992 the dinar replaced the *Sudanese pound*, with an official exchange rate of 1 dinar to 10 pounds. The pound, however, remains a legal tender (259 pounds equal U.S.\$1; 2001 average). Sudan has prohibited the establishment of foreign banks since 1985. The application of Islamic law to banking practices in 1991 put an end to the charging of interest in official transactions.

ECONOMY

☛ GDP – Composition by sector

⇒ agriculture: 43%

⇒ industry: 17%

⇒ services: 40% (1999 est.)

☛ Agriculture products:

⇒ cotton

⇒ groundnuts (peanuts)

⇒ sorghum

⇒ millet

⇒ wheat

⇒ gum Arabic

⇒ sugarcane

⇒ cassava (tapioca)

- ⇒ mangos
- ⇒ papaya
- ⇒ bananas
- ⇒ sweet potatoes
- ⇒ sesame
- ⇒ sheep
- ⇒ livestock

➤ **Main exports**

- ⇒ oil and petroleum products
- ⇒ cotton
- ⇒ livestock
- ⇒ groundnuts
- ⇒ gum Arabic
- ⇒ sugar

➤ **Forestry and Fishing**

The major forest product of Sudan is gum arabic, which is an ingredient in candy, perfumes, processed food and pharmaceuticals. It is also used in printing. In the early 1990s about 40,000 metric tons of gum arabic were produced annually, about four-fifths of the world's supply. Other forestry products include beeswax, tannin, senna, and timber, especially mahogany. The production of timber in 2001 was 19 million cubic meters (673 million cubic feet); nearly all of the forest harvest is used for fuel. Fishing is carried on along the rivers and on the coast; the catch in 1999 amounted to 50,500 metric tons.

➤ **Mining**

Small amounts of chromium, manganese, and mica are produced. Other exploited minerals include gold, magnesite, and salt.

➤ **Time Zone: GMT + 3 hours**

does not follow Daylight – Saving Time



HOLIDAYS

The important Sudanese holidays are religious. Muslims follow a lunar calendar.

Perhaps the most important Islamic holiday is after the month of Ramadan. For the entire month, faithful Muslims fast from dawn to sunset in order to strengthen themselves spiritually. No food or water is allowed until sundown when the fast is broken with the family meal called *fa-tur*.

At the end of the month of Ramadan is a feast holiday, *Eid-al-Fitr*. Another religious holiday marks the annual *Hajj*, or pilgrimage, to Mecca in the middle of the twelfth month of the Muslim calendar.

Every Friday for Muslims, and Sunday for Christians, is considered a day of worship and shops and offices are closed. Christmas Day is celebrated on December 25.

The non-religious, public holidays include January 1, Sudan's Independence Day, when there are military parades. Unity Day on March 27, commemorates the signing of the Addis Ababa Agreement in 1972.

SUDAN'S BACKGROUND

Military regimes favouring Islamic-oriented governments have dominated national politics since independence from the UK in 1956. Sudan has been embroiled in a civil war for all but 10 years of this period (1972-82). The wars are rooted in northern economic, political, and social domination of non-Muslim, non-Arab southern Sudanese. Since 1983, the war and war- and famine-related effects have led to more than 2 million deaths and over 4 million people displaced. The ruling regime is a mixture of military elite and an Islamist party that came to power in a 1989 coup. Some northern opposition parties have made common cause with the southern rebels and entered the war as a part of an anti-government alliance. Peace talks gained momentum in 2002-03 with the signing of several accords, including a cease-fire agreement.

SUDAN'S HISTORY IN BRIEF

Before 19th Century - The history of Nilotic, or southern, Sudan is obscure. Egyptian penetration of Nubia began during the period of the Old Kingdom (about **2575-2134 BC**).

By 1550 BC, when the 18th Dynasty was founded, Nubia had been reduced to the status of an Egyptian province.

Dissension among the leading Funj tribes vastly weakened the kingdom during the final years of the 18th century.

In 1820 it was invaded by an Egyptian army. The ensuing war ended in 1822 with a complete victory for Egypt (at that time a province of the Ottoman Empire).

Turkish-Egyptian rule, which was marked by southward expansion of the province, endured for 60 years. Internal unrest, resulting from the slave trade and general administrative incompetence, mounted steadily during this period.

Between 1877 and 1880, when British general and administrator Charles George Gordon served as governor of Egyptian Sudan, efforts were made to suppress the slave trade and other abuses.

The anarchic state of affairs that developed after Gordon's resignation culminated in 1882 in a revolution led by Muhammad Ahmad.

The rebels won successive victories, including the annihilation of an Egyptian army in November 1883 and the capture of Khartoum in January 1885. With the latter victory, in which Gordon was killed, the Mahdists won complete control over the province.

On January 19, 1899, the British and Egyptian governments concluded the agreement that provided for joint sovereignty in Sudan.

The Egyptian government concluded a treaty with Britain in 1936 that confirmed, among other things, the convention of 1899.

In 1946 the two nations began negotiations to revise the treaty of 1936. The negotiations between the two countries ended in deadlock.

In December 1950 the legislative assembly, dominated by groups favoring Sudanese independence, adopted a resolution asking Egypt and the United Kingdom to grant full self-government to Sudan in 1951.



The legislature denounced the joint sovereignty agreement and the 1936 treaty in October 1951, and it proclaimed Faruk I king of Egypt and Sudan.

Anglo-Egyptian negotiations on the status of Sudan were resumed following the forced abdication of King Faruk in July 1952.

On February 12, 1953, the two governments signed an agreement providing self-determination for Sudan within a three-year transitional period.

In compliance with the provisions of the agreement, the first Sudanese parliamentary elections were held late in 1953.

The pro-Egyptian National Unionist Party won a decisive victory. The first all-Sudanese government assumed office on January 9, 1954.

The Sudanization program, which was completed in August 1955, accentuated the geographic and social differences between northern and southern Sudan.

The United Kingdom and Egypt agreed to withdraw their troops by November 12, 1955. On December 19, the Sudanese parliament, bypassing the projected plebiscite, declared Sudan an independent state.

The Republic of Sudan was formally established on January 1, 1956. Egypt and the United Kingdom immediately recognized the new nation.

Sudan became a member of the Arab League on January 19 and of the United Nations on November 12.

The first general parliamentary elections after Sudan attained independence were held on February 27, 1958.

In 1969 a group of radical army officers, led by Colonel (later Field Marshal) Gaafar Muhammad al-Nimeiry, seized power and set up a government under a revolutionary council. During this period Nimeiry, who became the first elected president of Sudan in 1972, consolidated his power. Relations with the United States, disrupted by the murder of two American diplomats by Arab terrorists in Khartoum in 1973, were also repaired.

President Nimeiry won reelection to a third term in April 1983.

In September he issued a blanket pardon for some 13,000 prisoners and announced a revision of the penal code to accord with Islamic law (Sharia).

After a year of military rule, Sadiq al-Mahdi, the great grandson of Muhammad Ahmad, was elected prime minister in the first free election in 18 years.

In June 1989 a military coup headed by Brigadier Omar Hassan al-Bashir toppled the Mahdi government. A state of emergency was imposed, and Sudan was ruled through a 15-member Revolutionary Command Council for National Salvation.

Conditions deteriorated in the early 1990s, as the Bashir regime suppressed political opposition and stepped up the war against non-Muslim rebels in the south.

In January 1994 about 100,000 refugees fled to Uganda when Sudanese troops led an offensive against the SPLA.

In September the negotiations of peace agreement resulted in the creation of the Supreme Council for Peace, an 89-member body with 38 representatives from the rebel-dominated south.

In March 1995 former United States president Jimmy Carter moderated a two-month cease-fire in an effort to allow relief workers to treat cases of river blindness and guinea worm disease in the south. The SPLA resumed its attack in July.

In March 1996 Bashir and his supporters swept presidential and legislative elections.

In mid-1998 peace talks, the SPLA and the government tentatively agreed to accept an internationally supervised vote on self-determination in the south. However, no date was set for the vote, and the talks failed to produce a cease-fire.

Bashir was reelected with 86.5 percent of the vote and his party, the National Congress Party, won 355 of the 360 seats in the National Assembly.

NAME – United Nations Mission in the Sudan (UNMIS)



AUTHORITY AND MANDATE: Having determined that the situation in Sudan continued to constitute a threat to international peace and security, the Security Council, by its [resolution 1590](#) of 24 March 2005, decided to establish the United Nations Mission in the Sudan (UNMIS)

CANADA'S ROLE: There are CF personnel serving at mission headquarters in Khartoum and UN Military Observers, who monitor activities to verify compliance with UN Security Council Resolution 1590. This CF deployment is known as ***Operation SAFARI***.

MISSION: Ensure compliance with UN Security Council Resolution 1590.

CULTURAL NOTES

The northern two-thirds of Sudan is an area of Islamic culture. European culture and religion have influenced the southern peoples, but traditional customs remain strong.

☞ Library/Museum

The library of the University of Khartoum is noted for its African and Sudanese collection. Other libraries in Sudan include the Flinders Petrie Library, named after British Egyptologist Sir Flinders Petrie, the Geological Research Authority Library, and the Sudan Medical Research Laboratories Library, all of which are in Khartoum. A major collection of historical documents is housed in the National Records Office, in Khartoum.

The Sudan National Museum, in Khartoum, has collections of ancient artifacts. The Khalifa's House, in Omdurman, contains a collection of relics of the Mahdists. Also of interest are the Sudan Natural History Museum and the Ethnographical Museum, both in Khartoum.

☞ Coffee

No other country prepares coffee as the Sudanese do, and if this country acquired culinary fame, it is for its Jebena Sudanese. The Sudanese fry their coffee beans in a special pot over charcoal and then grind it with cloves and certain spices. They steep it in hot water and serve it lovingly in tiny

coffee cups after straining it through a special fresh grass sieve.

☞ Food

In Sudan, if you are an important guest, a sheep will be slaughtered in your honour. Many dishes will then be prepared, each more delicious than the last. Favourite meats are lamb and chicken. Rice is the staple starch. Breads are the Arabian Khubz, but the Sudanese also make Kisra, an omelette-like pancake which is part of the Sudanese dinner. Vegetables, fresh and cooked, are of infinite variety. The okra, which incidentally came to the United States from Africa, is an important ingredient in a Bamia- Bamia, an okra lamb stew. You must try Maschi, a triple tomato dish stuffed with beef, as it is such fun to make. As in most Arabic countries, fruits are peeled and cut in small slices for dessert, but the Sudanese also love sweets and every housewife knows how to make Creme Caramela. You will like their unusual teas which can be made quite simply. But if you prefer to serve coffee, make it a demitasse.

☞ Fish

The most popular fish seems to be Nile perch, which is available in the towns of Khartoum and Omdurman. It is fried in batter and served with red peppers. The concern and respect shown to one's guest throughout Africa, and from which we can learn much, is no greater anywhere than in the Sudan. As a guest enters a Sudanese home, he is immediately offered Abre or Tabrihana, a refreshing nonalcoholic fruit drink only slightly sweetened so as not to dull the appetite. This is a symbolic gesture welcoming him after his "long journey."

☞ Customs

Dinner is served on a low table and guests are made comfortable on pillows decorated with ostrich feathers. The table is bare. The Arabic custom of pouring water over the hands of the guests from the Ebrig, a handsome shiny copper ewer (pitcher), and catching the water into an equally handsome copper basin is an important ritual in the Sudan. Each guest is offered a towel with which to wipe his hands. Large cloths to cover the knees are given to each guest in place of napkins. Upon the signal of the host,



up the mixtures. Four dishes are individually served—the soup, the salad, the Shata (red-hot spice) and the dessert. When the entree is served, small plates or bowls are also brought in from which the host or hostess dishes out portions of salad and gives each guest a spoon with which to eat the salad. Again hands are washed and everyone looks forward to dessert. Sweets like Creme Caramela are usually served and are preferred to fruits. No beverage is served with dinner but one may ask for water. After dinner everyone relaxes and enjoys the famous Guhwah, coffee served from the Jebena, the stunning little coffee pot from which it is poured into tiny cups. If tea is preferred, the succulent spiced teas with cloves or cinnamon are served. Finally an incense burner filled with sandalwood is placed in the center of the room, a touch leaving the guests with a feeling of delightful relaxation.

➤ Shopping

Weaponry, such as daggers and swords in leather sheaths, can be unearthed in the markets of Sudanese towns. Some local men still wear these as part of everyday attire, but this is becoming an increasingly rare sight. As an exotic souvenir, however, these weapons are an interesting purchase. Ebony carvings are for sale in the souqs at Omdurman and Khartoum, as well as gold jewellery. In the western region, in and around the town of Mellit, shoppers can find attractive carpets and some beautiful pottery. Those interested in world wildlife and ecology will do best to avoid such purchases as ivory goods, stuffed crocodiles and purses made from crocodile skin. Animals are being massacred in large numbers to provide these goods, and they are — unfortunately — on sale throughout the Sudan and in other parts of Africa. Basic foodstuffs are available for purchase in most towns, and local markets are quite well-stocked with fruit, vegetables, peanuts and spices.

➤ Shopping hours

Sat-Thurs 0800-1330 and 1730-2000

➤ Alcoholic drinks

Are officially banned under strict Islamic law, but 'bootleg' liquor can certainly be found.

➤ Entertainment

Cultural events in the Sudan are few and far between. At the end of Ramadan, however, during the Eid Al-Fitr, it is possible to find Sudanese bands performing in the larger towns. As Sudanese music is an interesting blend of Arabian and African, listening can be a pleasant experience.

➤ Water

Water is rarely safe to drink straight from the tap, even in the larger cities. Boiling all water or the use of water purification tablets or boiled water is strongly recommended.

➤ Animals/Insects

Snakes and scorpions can present their own problems! Visitors should keep a watchful eye.

➤ Curfew

A curfew operated in most large cities and towns from midnight until 4am.

➤ Hospitality

Despite a recent history of famine and starvation which is now only a memory for large parts of the population, Sudanese people are incredibly hospitable, and will willingly share what little food they have with visitors and travelers.

➤ Nightlife

The best entertainment is found in Khartoum and Omdurman, with the national theatre, music hall, cinemas, open-air and hotel entertainment.

➤ Special Events

Events celebrated in Sudan are always Muslim feasts and holy days. The following is a selection of special events celebrated annually in Sudan:

Feb *Eid al-Adha* (Feast of the Sacrifice). **Oct-Nov** *Ramadan*. **Nov** *Eid al-Fitr* (End of Ramadan).



➤ Social Conventions

In the north, Arab culture predominates, while the people in the more fertile south belong to many diverse tribes, each with their own lifestyle and beliefs. Because Sudan is largely Muslim, women should not wear revealing clothing. At official and social functions as well as in some restaurants, formal clothes are expected.

➤ Photography

There are many restrictions on photography: a photography permit can be obtained from the tourist office in Khartoum.

➤ Tipping

Not customary

ORIENTATION

Syria is approximately twice as large as New-Brunswick (185,180 sq km). Located in the Middle East, bordered by Iraq, Israel, Jordan, Lebanon and Turkey.

TERRAIN

➤ Physiographic Regions

- ⇒ Primarily semiarid and desert plateau.
- ⇒ Narrow coastal plain.
- ⇒ Mountains in the west.

➤ Drainage

- ⇒ Lakes.
- ⇒ Main rivers.
- ⇒ Oasis.
- ⇒ Underground Spring.

➤ Vegetation

- ⇒ Steppe/grassland 45%.
- ⇒ Cultivable 32%.
- ⇒ Desert 20%.
- ⇒ Forest 3%.

➤ Surface Materials

- ⇒ Soils are deficient in phosphorus and organic matter.
- ⇒ Most common soil is clays and loams.
- ⇒ Alluvial (containing metal) soils occur in the Euphrates Valleys.

CLIMATE

➤ Precipitation (mostly from December to February)

- ⇒ Coastal region 510 mm to 1020 mm.

⇒ Desert region 25 mm to 125 mm.

☛ Wind

⇒ Southeast in the summer and northwest in the winter seasons.

☛ Temperature

⇒ Hot, dry, sunny summers (June to August).

⇒ Mild and rainy winter (December to February) along coast.

⇒ Cold weather with snow or sleet periodically hitting Damascus.

MAN MADE FEATURES

☛ Roads

Total 43,381 km

⇒ Paved 10,021 km (including 877 km of expressways).

⇒ Unpaved 33,360 km.

☛ Airports

⇒ 26 with paved runways.

⇒ 67 with unpaved runways.

⇒ 7 heliports.

☛ Railways

⇒ Total 2,711 km: rail link between Syria and Iraq.

☛ Power sources

⇒ Hydroelectricity and fossils fuels.

☛ Ports and Harbours

⇒ Baniyas, Jablah, Latakia, Tartus.

☛ Industries

⇒ Petroleum.

⇒ Textiles.

⇒ Food processing.

- ⇒ Beverages.
- ⇒ Tobacco.
- ⇒ Phosphate rock mining.
- ☛ Urban Centres
 - ⇒ Halap (Aleppo).
 - ⇒ Hims/Homs.
 - ⇒ Al Iadhiyah.
 - ⇒ Hamah.
- ☛ Rural Population: 47% of total population concentrated in northeastern region
- ☛ Urban Population: 52%
- ☛ Capital: Damascus, 6 million inhabitants

DEMOGRAPHY

- ☛ Population: 18,016,874 Total Population (estimated 2004)
- ☛ Population Growth: 2.4% (one of the highest in the world)
- ☛ Nationality: Syrian
- ☛ Ethnic Groups
 - ⇒ Arab 90.3%.
 - ⇒ Other 9.7%.
- ☛ Language
 - ⇒ Arabic (Official Language).
 - ⇒ Kurdish.
 - ⇒ Armenian.
 - ⇒ Aramaic.
 - ⇒ Circassian.
 - ⇒ French.
 - ⇒ English.

☞ Religion

- ⇒ Sunni Muslim 74%.
- ⇒ Alawite, Druze and other Muslim sects 16%.
- ⇒ Christian (various sects) 10%.
- ⇒ Jewish (tiny communities in Damascus, Al Qamishli and Aleppo).

COMMUNICATIONS

- ⇒ Television: 44 TV stations; 1.05 million TV sets.
- ⇒ Radio: 14 AM and two FM stations.
- ⇒ Newspapers: five national newspapers.
- ⇒ Telecommunication: 2,099,300 telephones. Area code is 963.
- ⇒ Cellular: 400,000.
- ⇒ Satellite: two satellites ARABSAT A2 and A3.
- ⇒ Internet Service: one Internet provider; country code is: .sy; 220,000 users.
- ⇒ Police number: 112.
- ⇒ Ambulance: 110.
- ⇒ Fire department: 113.
- ⇒ Traffic police: 115.

CURRENCY

- ⇒ 1 Syrian pound (SYP) = 100 Piastres.
- ⇒ Exchange rate: 0.0243 CAD/unit (October 2004).

ECONOMY

☞ GDP Composition by Sector

- ⇒ Agriculture 28.5%.
- ⇒ Industry 29.4%.

- ⇒ Services 42.1%.
- ☉ Major Occupation: Agriculture
 - ⇒ Agriculture products: wheat, barley, cotton, lentils, chickpeas, olives, sugar beets, beef, mutton, eggs, poultry, milk.
- ☉ Main Exports
 - ⇒ Petroleum 65%.
 - ⇒ Textiles 10%.
 - ⇒ Manufactured goods 10%.
 - ⇒ Fruits and vegetables 7%.
 - ⇒ Raw cotton 5%.
 - ⇒ Live sheep 2%.
 - ⇒ Phosphates 1% .

HOLIDAYS

- ⇒ 1 January—New year's day.
- ⇒ 7 January—Orthodox Christmas.
- ⇒ 8 March—Commemoration of the Revolution.
- ⇒ 17 April—Independence Day (1946).
- ⇒ Easter—different dates each year.
- ⇒ 1 May— May Day.
- ⇒ 6 May—Martyr's Day (Celebrates all political martyrs who died in Syria).

Islamic Holidays

- ⇒ Eid al-Adha—Last three days.
- ⇒ Ras as-Sana—New year's day.
- ⇒ Moulid an-Nabi—Birthday of the Prophet Mohammed (one of the major holidays).

- ⇒ Ramadan.
- ⇒ Eid al-Fitr—A three day feast.
- ⇒ Bosra Festival—Held every odd-numbered year in September (festival of music and theatre).

SYRIA'S HISTORY IN BRIEF

Syria's history dates back to the ancient empires of the Hittites, Assyrians, and Persians. A number of conquerors controlled the region, including Babylonians, Egyptians, Phoenicians, Greeks, the Seleucid Empire and Rome. Islam came to the region early on and for a period of 90 years (661-751), Damascus was the center of Islamic rule. The Turks arrived in the late 11th Century and were in turn threatened by the Crusaders.

12th Century—Saladin succeeded in defeating both Turks and Crusaders.

1260—The Mamluk Empire followed Saladin and Syria was twice attacked by the Mongols during the Mamluk era.

16th Century—Ottomans defeated the Mamluks and kept control until the early 20th Century.

1923—The League of Nations placed Syria and Lebanon under the control of France.

1941—As a reaction to the French in Syria professing loyalty to the Vichy government, Britain together with Free French forces invaded Syria, creating a Syrian republic the same year.

1944—Complete independence was declared.

1958—Syria entered an agreement with Egypt to form the United Arab Republic. In 1962 however it dissolved.

1963—8 March, the Baath Arab Socialist Party came to power in a coup known in Syria as the March Revolution.

1967—5 June, Israel started its war against the Arabs, first by invading the Egyptian Sinai Peninsula and the West Bank of Jordan and then on June 10, the Syrian Golan Heights, known as the "Six-Day War".

1970—November 16, Hafez al-Assad, then the defence minister led the Correction Movement that brought Syria stability and security after years of political disturbance. Assad was

elected president in 1971 by an overwhelming majority.

1973—6 October, Syria and Egypt launched a surprise attack against the Israeli forces in the occupied Sinai and Golan Heights beginning the “Yom Kippur War”.

1974—The Syrians began a war of attrition against the Israeli forces in the Golan.

1982—The Muslim Brotherhood rebelled in Hama. Thousands are thought to have been killed in the government crackdown.

2000—10 June, President Assad died of a heart attack. His son, Bashar al-Assad was elected President 10 July. Since the death of Hafez al- Assad, Syria has undergone a degree of relaxation which has seen dozens of political prisoners released.

MISSION HISTORY

Following the break-up of the Ottoman Empire during WWI, Syria was administered by the French until independence in 1946. In the 1967 Arab-Israeli War, Syria lost the Golan Heights to Israel. Since 1976, Syrian troops have been stationed in Lebanon, ostensibly in a peacekeeping capacity. In recent years, Syria and Israel have held occasional peace talks over the return of the Golan Heights.

NAME—SYRIA UNTSO/UNDOF

UNTSO

Set up in 1948, the United Nations Truce Supervision Organization (UNTSO) was the first peacekeeping operation established by the United Nations. UNTSO military observers remain in the Middle East to monitor cease-fires, supervise armistice agreements, prevent isolated incidents from escalating and assist other UN peacekeeping operations in the regions.

UNTSO Mandate

Established in June 1948, to assist the United Nations Mediator and the Truce Commission in supervising the observance of the truce in Palestine.

Since then, UNTSO has performed various tasks entrusted to it by the Security Council, including the supervision of the General Armistice Agreements of 1949 and the observation of the cease-fire in the Suez Canal area and the Golan Heights following the Arab-Israeli war of June 1967.

At present, UNTSO assists and cooperates with the UN Disengagement Observer Force (UNDOF) on the Golan Heights in the Israel-Syria sector, and the UN Interim Force in Lebanon (UNIFIL) in the Israel-Lebanon sector. UNTSO is also present in the Egypt-Israel sector in the Sinai. UNTSO maintains offices in Beirut and Damascus.

- Headquarters: Government House Jerusalem
- Duration: June 1948 to Present
- Strength (31 September 2004)
- ⇒ 154 military observers, supported by 90 international civilian personnel and 120 local civilian staff.
- Contributors of Military Personnel

Argentina, Australia, Austria, Belgium, Canada, Chile, China, Denmark, Estonia, Finland, France, Ireland, Italy, Nepal, Netherlands, New Zealand, Norway, Russian Federation, Slovak Republic, Slovenia, Sweden, Switzerland and United States.

UNDOF

UNDOF was established in 1974 following the agreed disengagement of the Israeli and Syrian forces on the Golan Heights. UNDOF continues to supervise the implementation of the agreement and to maintain the cease-fire.

UNDOF Mandate

UNDOF was established by Security Council resolution **350 (1974)** of 31 May 1974 to maintain the cease-fire between Israel and Syria, to supervise the disengagement of Israeli and Syrian forces, and to supervise the areas of separation and limitation, as provided in the Agreement on Disengagement. The mandate of UNDOF has since been renewed every six months. The current mandate is renewed every six months. In recommending the extension of the mandate, the Secretary-General **observed**, as on previous occasions, that, despite the present quiet in the Israeli-Syrian sector, the situation in the Middle East continued to be potentially dangerous until a comprehensive settlement covering all aspects of the Middle East problem was reached. In the prevailing circumstances, he considered the continued presence of UNDOF in the area to be essential.

- Location: Syrian Golan Heights
- Headquarters: Camp Faouar
- Duration: May 1974 to Present

➤ Strength (31 March 2005)

⇒ 1,030 troops, assisted by some 80 military observers of UNTSO's Observer Group Golan; supported by 36 international civilian personnel and 108 local civilian staff.

➤ Contributors of Military Personnel

⇒ Austria, Canada, Japan, Nepal, Poland and Slovak Republic.

➤ Fatalities (Total 40)

⇒ 38 military personnel, 1 international civilian staff, 1 local staff.

CULTURAL NOTES

➤ Music

Much of Arabic Music is accompanied by singing. Apart from the human voice, the most important instruments are the various lutes, both long and short-necked, such as the **oud**, the bowed lute or fiddle called the **rabad**, the oboe-style flute known as the **mijwiz** or **shawn** and the single-headed drum called the **tabla**. Various tambourines such as **daff** (also called the **rigg** or **bandir**) are popular.

➤ Greeting

One of the most common greetings in Arabic is **ahlan wa sahlan**.

➤ Hospitality

The Arab traditions of hospitality are not simply an expression of individual kindness but are based in the harsh realities of life in the desert and have been virtually codified in social behaviour.

In every daily exchange, people invite each other to drink or eat. It is part of the often-complex exchange of social niceties. **Taffadal** is the generic word for asking someone to come in (to the house for instance), to invite someone to drink or eat. The right way to decline an invitation will be with your right hand over your hearth. You may have to do this several times. This is part of the ritual. Adding something noncommittal like "Perhaps another time" **in sha'allah** (if God wills it) is a perfectly suitable, ambiguous and most importantly, inoffensive way to turn down unwanted offers.

➤ In the Home

Many families remain traditional in terms of divisions within the house. Various parts are reserved for men and other for women. It is customary to take off your shoes, simply for reasons of cleanliness. Meals are generally eaten on the floor, everyone gathered around several trays of food shared by all.

You are a guest, so you will be served.

The foreign women will more often than not be treated as an honorary male—not always for honourable reasons.

☞ Do's and don't

- ⇒ Do ask before taking close photographs of people.
- ⇒ Don't worry if you don't speak the language, a smile and gesture will be understood and appreciated.
- ⇒ Do have respect for local etiquette.
- ⇒ Don't wear revealing clothing.
- ⇒ Don't display affection in public.
- ⇒ Do be patient, friendly and sensitive.

☞ Prayers

The prayers are done five times a day, wherever you are. Mosques are the home of prayers.

☞ Islamic customs

In everyday life, Muslims are prohibited from drinking alcohol and eating pork (as the animal is considered unclean), and must refrain from fraud, usury, slander and gambling.

☞ Photos

It is forbidden to photograph bridges, train stations, anything military, airports and any other public work. It is not uncommon for someone to yell at you when you're trying to take photos of things like a crowded bus, a dilapidated building or a donkey cart full of garbage. It can be tricky taking photos of people, so it's always better to ask first. Children will almost always say yes but their parents or other adults might say no. Some Muslims believe that taking photos of children casts an "evil eye" upon them. Similar attitudes apply to taking picture of women.

☞ Toilets

Toilets are generally the hole-in-the-floor variety and are in fact, far more hygienic than sit-on toilets, as only your covered feet come into contact with anything. Carry your own toilet paper or tissues, or adopt the local habit of using left hand and water.

☞ Women

For many Syrians, both men and women, the role of a woman is specifically defined. She is mother and matron of the household. The man is the provider. However, there are thousands of professional women in Syria. Among the working classes, where adherence may be for women to concentrate on home and family, the economic reality means that millions of women are forced to work (but are generally still responsible for all domestic chores).

☞ Tips for Women

- ⇒ Wear a wedding band; Syrians have more respect for a married woman.
- ⇒ If you are travelling with a man; it is better to say that you are married rather than “just friends”.
- ⇒ Avoid direct eye contact with a local men.
- ⇒ Try not to respond to an obnoxious comment from a man, act as if you didn't hear it.
- ⇒ On public transport, sit beside a woman, if possible.
- ⇒ Be extra conservative in what you wear.
- ⇒ Be very careful about behaving in a flirtatious or suggestive manner; it could create unimaginable problems.
- ⇒ If you need help, ask a woman first.
- ⇒ You may find handy to learn the Arabic for “don't touch me” (***aa tilsmani***).

NOTE

Homosexuality is prohibited in Syria and conviction can result in imprisonment.

☞ Dangers and Annoyances

Syria is an extremely safe country. You can walk around at anytime of the day or night without any problems. Most Syrians

are very friendly and hospitable. The courtesies that are all hallmarks of Syrian remain unaltered. The general absence of theft has got to be one of the most refreshing things about Syria.

☞ Activities

The heat and predominantly desert landscape greatly limit the types of activities available in Syria.

☞ Bathhouse

Syria is a great place to try one.

☞ Food

Syrian cuisine is in fact, very similar to Lebanese. Meals in Syria consist of great numbers of plates of varied mezze or starters. (Pieces of bread and dips). During meals it is quite usual to linger over the mezze, chatting and drinking **araq** (alcoholic drink) for a couple of hours or more. It is the cue to order coffee and **naryilehs** (water pipes). There are no vegetarian restaurants in Syria. Mezze can run to 20 or 30 dishes, meaning that you shouldn't be restricted to just endless evenings of humous, felafel and baba ghanoug.

⇒ Specialities.

- ⇒ Batorsh.
- ⇒ Cherry kebab.
- ⇒ Makhlouba.
- ⇒ Vegetable stews.

⇒ Dessert.

- ⇒ Baklava.
- ⇒ Isfinjiyya.
- ⇒ Kunafeh.
- ⇒ Mushabbak.
- ⇒ Zalabiyya.

⇒ Drinks.

- ⇒ Tea (**shai**).
- ⇒ Coffee (**quahwa**).
- ⇒ Juice.
- ⇒ Soft drinks.
- ⇒ Beer (**bira**).
- ⇒ Liquor (**araq**).
- ⇒ wine (**khamr**).

Syrian friends touch each other constantly. You are allowed no personal space. The Syrian will often veer toward you and may actually brush up against you. No malice or challenge is involved. It is pure force of habit, an apparent desire to be close to people. Also it is not a challenge for one man to stare at another man or woman, even if she's with a man. It is often the intensity and duration of the look that is upsetting. The peculiar thing is, if you stare back, the "offender" won't look away for some time and will usually show no sign of self-consciousness; he or she may actually start a conversation with you.

The Syrians are terribly curious about foreigners and ask a lot of personal questions.

Syrians love to laugh and joke, eat, talk and dance. They love noise, loud music, hand clapping, car horns, loud voices and few of them prefer quiet and peace.

Being on time does not matter, because whatever is going to happen is going to happen anyway!

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HEALTH THREAT ASSESSMENT AFGHANISTAN

Summary

- ➔ Afghanistan is affected by a collapsed medical infrastructure, with the subsequent inability to provide proper health care to its citizens.
- ➔ Afghanistan is totally dependent upon international aid for the delivery of health care. Food shortages, inadequate public health programmes, refugee movements, cold weather and crowds of malnourished people in Afghanistan have increased the likelihood of spreading diseases such as diphtheria, tuberculosis, measles, typhoid, pertussis, cholera and influenza.
- ➔ The main environmental threats are water contaminated with raw sewage and industrial waste, temperature extremes, dust and wind and elevation changes.
- ➔ Infectious concerns include diarrheal diseases and vector-borne diseases. Personal protection measures must be strictly followed.
- ➔ HIV/AIDS prevalence rate is low. Malaria is present in the country below 2000 m elevation.

OVERALL HEALTH THREAT LEVEL: MEDIUM.

The hardship encountered and hazards associated with the mentioned factors are such that serious diseases, injuries or fatalities are probable and the chances of surviving injuries are less than in Canada. Precautionary measures are usually necessary.

INFECTIOUS DISEASES

- ➔ **Food-borne and water-borne diseases are endemic.**
 - ⇒ Hepatitis A and E.
 - ⇒ brucellosis.
 - ⇒ echinococcosis.
 - ⇒ typhoid.
 - ⇒ paratyphoid fever.

⇒ Food-borne and water-borne diseases.

- ⇒ **Malaria.** Endemic throughout Afghanistan at altitudes below 1,500-2,000 m, including Kabul (elevation 1815 m) and Jalalabad. The malaria season is from April to November.
- ⇒ **West Nile fever.** Multiple species of *Culex* mosquito can transmit this infection during April to November in mainly rural areas of Afghanistan.
- ⇒ **Japanese encephalitis.** Historically, this disease has occurred along the eastern borders in sporadic cases.

⇒ Tick-borne.

- ⇒ **Relapsing fever.** This illness occurs in the alpine regions of central Afghanistan in unknown levels. Outbreaks rarely occur, but may be associated with increased vector numbers. The primary vector is *Ornithodoros papillipes*.
- ⇒ **Crimean-Congo hemorrhagic fever.** CCHF is a zoonotic hemorrhagic fever caused by a virus of bunyavirus family, which also includes hantavirus and Sandfly fever. Most primary CCHF infections occur as sporadic cases or cluster of cases year-round and primarily in rural areas. Outbreaks were reported along the Afghan-Pakistan border in 2001 and 2002.
- ⇒ **Siberian (tick) typhus.** This disease is enzootic, based on serological evidence from Bamian Province in central Afghanistan and regional data.

⇒ Sandfly-borne.

- ⇒ **Leishmaniasis.** Leishmaniasis is endemic in Afghanistan and was probably underreported under the Taliban regime. The cutaneous and visceral forms are maintained in a cycle between infected reservoirs and sandflies. When susceptible populations are newly exposed to focal vector and reservoir habitat, attack rates may be significant. The risk is seasonal, between April and October, during the greatest sandfly activity. The infection is linked to poor social conditions, especially lack of hygiene and poor removal of waste material. However, the international population in Kabul is also at risk. The current epidemic in Kabul is not 'new,' but started about 10-15 years ago and due to the political instability and lack of health infrastructure.



⇒ **Sandfly fever.** Although levels are unknown, indigenous adults are often immune due to previous exposure. Attack rates may be higher in naive non-indigenous populations than endemic prevalence rates suggest. The illness is transmitted by the bite of an infective sandfly. *Phlebotomus papatasi*, the primary vector, is most active between dusk and dawn, has very limited flight range, is peridomestic in its breeding habits and readily enters human habitations to feed.

⇒ **Flea, louse and mite-borne.**

- ⇒ **Plague.** Enzootic foci historically have existed in the highlands near the Syrian border along the Tigris-Euphrates River, extended to Kuwait.
- ⇒ **Typhus (louse-borne).** This disease can occur in sporadic cases, country-wide and year-round.
- ⇒ **Typhus (flea-borne).** Murine typhus usually occurs as sporadic cases.
- ⇒ **Scrub typhus (mite-borne).** The risk distribution is variable; foci likely exist countrywide up to 3,200 metres elevation areas of scrub brush and secondary growth vegetation favourable for vector mite populations.

⇒ **Other suspected arbovirus infections.**

- ⇒ **Tick-borne encephalitis.** Although this flavivirus has not been specifically reported in Afghanistan, it is conceivable that the disease might occur there, given the existence in closely neighbouring countries.
- ⇒ **Sindbis fever, Chikungunya, Bhanja, Isskyl-Kul and Syr-Darya virus.** The presence of these illnesses, or evidence of seroconversion, in countries both immediately north and south of Afghanistan implies a presence within Afghanistan, despite the lack of confirmed clinical infection.

⇒ **Respiratory.**

- ⇒ **Tuberculosis.** The nation-wide prevalence of tuberculosis is unknown, but an estimate of 753 cases per 100,000 population was done in 1997, one of the highest rates in the world. This is compared to 5.5 cases per 100,000 population in Canada.

- ⇒ **Meningitis.** This disease occurs year-round and country-wide, including urban areas. Risk may elevate in the cooler months. Neisseria meningitis Group A predominates regionally.

⇒ **Soil-contact and water-contact diseases.**

- ⇒ **Leptospirosis.** Human infection occurs through direct contact of contaminated water or mud with abraded skin or mucous membranes. Occurrence is seasonal and restricted to wetter areas, including irrigated fields.

⇒ **Sexually-transmitted diseases.**

- ⇒ **Chlamydia/Gonorrhea.**
- ⇒ **Hepatitis B.**
- ⇒ **Syphilis.**
- ⇒ **HIV/AIDS.** 15 to 49 years old estimated 0.01 percent in 1999.

⇒ **Other endemic diseases.**

- ⇒ **Q-fever.**
- ⇒ **Anthrax.**
- ⇒ **Rabies.**

ENVIRONMENTAL HAZARDS

⇒ **Altitude Mountain Sickness (AMS).**

- ⇒ **AMS.** Happens at elevations of 1,500 m and up, thin air causes the illness, disrupts sleep, decreases physical and mental work capabilities. Usually not dangerous but may affect performance and mission.
- ⇒ **Symptoms.** Headaches, nausea, general weakness and fatigue. Usually subsides within 24 to 48 hours.

⇒ **Climate.**

- ⇒ **Climate.** Afghanistan has mostly a dry climate marked by seasonal and diurnal temperature extremes. The climate is characterized by large differences between day and night temperatures, and quick seasonal transitions.



Climatic tables

Month	J	F	M	A	M	J	J	A	S	O	N	D
Min. Temp C	-8	-6	1	6	11	13	16	15	11	6	1	-3
Max. Temp C	2	4	12	19	26	31	33	33	29	23	17	8
Humidity %	75	71	60	52	47	38	37	39	38	41	49	65
Days of Rain	2	3	7	6	2	1	0	0	0	1	2	1

⇒ Water Supply.

- ⇒ Water pollution from raw sewage is the most significant environmental contamination problems in Afghanistan.

Although septic tanks and pit latrines are available in some urban areas, discharge of untreated sewage into surface waters and indiscriminate disposal of human waste and refuse contribute to microbial contamination of water. In Kabul, drainage canals carry raw sewage and other refuse to the Kabul River and open spaces in the city. These canals tend to overflow in the streets during spring rains. With a high water table in Kabul, sewage contaminates ground water in most districts through septic tanks and double pit latrines. Open wells, the most common drinking water source, are usually contaminated with sewage. Disposal of all waste is indiscriminate, and water for consumption from wells is frequently contaminated with fertilizers and pesticides, along with sewage. Kabul's Kampani dumpsite is located upstream of the city along a potential flood plain, and close to a well field used to draw drinking water; one likely to expand to meet the city's growing needs.

⇒ Air pollution.

- ⇒ The lack of an extensive industrial infrastructure in Afghanistan results in few air contamination issues. Levels of particulate matter are high because of wind-blown dust and sand, and from vehicle traffic on unpaved roads. Localized air contamination also may occur near specific industrial facilities or urban areas; for example, the burning

the burning of animal manure as fuel is common, producing particulates. However, detailed information on contaminants of concern is unavailable. In general, air contamination presents a low risk to human health in Afghanistan. Short-term exposure to particulate matter above established standards presents a risk of transient acute respiratory symptoms such as coughing, wheezing, and reduced lung function, especially in asthmatic individuals.

⇒ **Soil and industrial contamination.**

- ⇒ In general, soil contamination is localized to specific areas surrounding industrial facilities and waste disposal sites. Even in such areas, significant exposure to contaminants in soil is unlikely in the absence of wind-blown dust, active digging, or migration of contaminants from soil into ground water. Non-operational facilities pose potential hazards because chemicals, organic-matter or their by-products may still be stored on site or may have been spilled or been dumped on the ground. Narcotic processing labs may also provide localized environmental hazards. UNEP investigations in January 2003 of oil refineries and transport terminals, and brick, asphalt and lead battery factories revealed acute environmental and health risks, largely due to poorly maintained, rudimentary technologies and a lack of management skills.

⇒ **Radiological contamination.**

- ⇒ The Bakhor Ghar Suspect Uranium Mine and the Khan Neshkin Suspect Uranium Mine are the only nuclear-associated facilities within Afghanistan. Both are assessed as non-operational for large-scale extraction. Damaged medical facilities and industrial complexes may be other potential sources of radiation.

⇒ **Physical and geological hazards.**

- ⇒ There are no standards in place to monitor and police noise in cities, along roads or in the workplace. Afghanistan has four seismic zones. Kabul is located within a territory that frequently has seismic activity.

⇒ **Traffic safety and road conditions.**

- ⇒ Overall poor roads, a heterogeneous mix of transport vehicles, and the threat of mines, booby traps and



unexploded ordinance make travel in Afghanistan by road a significant hazard.

➔ **Physical and geological hazards.**

- ⇒ There are no standards in place to monitor and police noise in cities, along roads or in the workplace. Afghanistan has four seismic zones. Kabul is located within a territory that frequently has seismic activity.

HAZARDOUS ANIMALS AND PLANTS

➔ **Venomous snakes, scorpions and arthropods.**

- ⇒ There are few, if any, recent surveys of venomous snakes in Afghanistan. Assessments are frequently derived from outdated field surveys or inferred from similarity in habitats and the presence of a particular genus of snake in neighbouring countries. There are over 270 varieties of snakes in Afghanistan, with a number of species producing hemotoxic venom or neurotoxic venom. Snakes can be typically found where rodents are plentiful, as this is a diet staple. Scorpions and spiders are also found in country. There are three species of scorpion common in Afghanistan. Spiders include tarantulas and black widow (*latrodectus*) spiders, as well as a rather large and aggressive member of the “sun-spider” (“wind scorpion”) family locally called *Salpuga* or *Falanga*, which can give a painful but venom-less bite.

Common name	Scientific name	Venom	Antivenin available
Siberian pit viper	Agkistrodon halys	Hemotoxic	Yes 2, 3, 4
Asiatic pit viper	A. Intermedius	Hemotoxic	Yes
Saw-scaled viper (3)	Echis spp.	Both hemotoxic	Yes 2, 5, 6, 7
McMahon's viper	Eristocophis macmahoni	Hemotoxic	None at present
Blunt-nosed viper	Macrovipera lebetina	Hemotoxic	Yes
Asiatic/Oxus cobra	Naja oxiana	Neurotoxic	Yes, 7
False-horned viper	Pseudocerastes p.	Neurotoxic	Yes, 2
Indian Spectacled Cobra	Naja Naja Naja	Neurotoxic	Yes 5, 6
Himalayan pit viper	Gloydius himilayanus	Hemotoxic	None
Levantine viper	Vipera levetina	Hemotoxic	Yes 2, 7

- ⇒ Significant envenomation (injecting poison) by any of these snakes is considered a medical emergency requiring antivenin therapy, if available. Afghanistan does not domestically manufacture snake antivenin. Antivenin may be available from regional sources:

1) Saudi Arabia National Antivenin and Vaccine Production Center

Al Haya Medical Company, PO Box 442, Riyadh 11411,
Saudi Arabia Telephone: 00966 1 4655075; Fax 00966 1
4652354

2) Razi Vaccine and Serum Research Institute

PO Box 31975 Karadj, Iran Telephone : 98-21-311-9708;
Fax : 98-261-455-4658 Homepage : www.RVSRI.com;
email : INT@rvsri.com

3) Takeda Chemical Industries

Osaka, Japan Telephone : 81-6-204-6500; Fax : 81-6-
204-2880

**4) The Chemo-Sero Therapeutic Institute
(Kaketsukan)**

1-6-1 Okubo, Kumamoto 8608568 Japan Telephone: 81-
96-345-6500; Fax: 81-96-344-9269

5) Haffkine Biopharmaceutical Company

Acharya Donde Marge, Parel Mumbai 40012, India

Telephone: 91-22-412-9320; Fax: 91-22-416-8578
Homepage: www.vaccinehaffkine.com; email:
webmaster@vaccinehaffkine.com

6) Central Research Institute of Kasuli

Kasuli, 173205 India Telephone: 91-1-782-72114; Fax:
91-1-792-72049 Homepage: www.crikasauli.com;
email: director@crikasauli.com



7) Uzb Bio Pharm

Timiyazeva 37-B Tashkent, 700846 Uzbekistan

Telephone: 37-12-34; Fax: 34-79-81

→ MEDICAL CAPABILITIES

- ⇒ **Summary.** The country's total infrastructure has been severely degraded. Afghanistan's health care sector depends entirely on foreign imports and donations to meet its medical material needs. The infusion of more than US \$2 billion in international assistance, dramatic improvements in agricultural production, and relief from a four-year drought in some areas have contributed to the country's economic improvement over the past two years. Despite the improvement, most medical care is restricted to major urban areas in poorly established private medical facilities, and responsibility for the care of the thousands in camps is from international aid agencies. One reasonably reliable and generally used indicator of the quality of a country's health services system is infant mortality. In Afghanistan, infant mortality per 1,000 births remains one of the highest in the world at 166 (one in six), little improved since 1991. Life expectancy remains one of the lowest, at 42 years. In summary, the quality of medical services can be described as poor.
- ⇒ **Medical Personnel.** Afghanistan has struggled for years to maintain some semblance of medical training, despite resistance to train female workers. Lack of proper facilities, equipment, knowledgeable faculty and funds have created an insurmountable void in qualified medical personnel. On January 18, 2005, Afghanistan deployed a 20-person "medical assessment team" to Indonesia to assist in the tsunami relief effort, showing a great deal of spirit and resilience. However, while Afghan physicians gained extensive experience in combat casualty and trauma care during the years of conflict in their country, their skill sets are outdated and their understanding of basic public health issues are limited. The team's medical personnel will likely gain considerable benefit from other countries.
- ⇒ **Military Medical Capability.** There exists no provision for sustained medical capability for an indigenous military force in Afghanistan.

- ⇒ **Blood Supply.** As testing protocols are either non-existent or not fundamentally adhered to in Afghanistan, blood supplies are not considered safe. Afghanistan does not have sufficient blood-banking capabilities to supply adequate quantities of blood for the country's needs.

⇒ **OVERALL HEALTH THREAT LEVEL: MEDIUM**



OP CROCODILE (Democratic Republic of Congo)

References:

- ➔ DMEDPOL 099 Dated Nov 00.
- ➔ US Defense Intelligence Agency (Armed Forces Medical Intelligence Center).
- ➔ Traveller's Health: How to Stay Healthy Abroad, 3 rd edition.
- ➔ Health Canada 2000, Canadian Recommendation for the Prevention and Treatment of Malaria among International Travellers.

PREVENTIVE MEDICINE

There are many health risks in the Democratic Republic of Congo; food and water-borne diseases are frequent. Health conditions are poor and adequate health facilities are rare. Special precautions must be taken to prevent heat exhaustion, heat stroke, and dehydration.

PHYSICAL AGENTS

Heat Discipline. Drinking sufficiently, work/rest cycling, allowing acclimatisation, will reduce the risk of heat stress. Sun exposure leading to sunburn could also be troublesome and appropriate avoidance measures should be used, e.g. hat, sunscreen.

Living and Sanitary Conditions. Rapid urbanisation is resulting in further deterioration of already poor public sanitation and living conditions, especially in the Brazzaville and Point-Noire areas. Most urban dwellers live in crowded, poorly constructed, single-story houses. Urban dwellings use pit latrines and septic tanks for excreta disposal. However, septic disposal companies dump the untreated sewage into lots on the fringes of cities or into rivers. Refuse disposal is essentially non-existent. An estimated 300 tons of refuse are dumped into vacant lots and the Zaire River every day in Brazzaville. Refuse and excreta are indiscriminately deposited in rural areas.

Pollution. Fecal contamination of water supplies is the most severe pollution problem in the Democratic Republic of Congo.

Water. Water in the Democratic Republic of Congo is obtained from rivers, streams, lakes, and groundwater sources.

Water treatment and distribution systems are poor throughout the Democratic Republic of Congo. Brazzaville, Pointe-Noire, and Ouesso have water filtration and purification plants, but the water is subject to

recontamination in poorly maintained and unreliable distribution systems.

Injury Avoidance. Non operational injuries are usually the most common cause of serious injury or death during operations. Safety is important both on and off duty. If an area is avoided by the local population; it is usually with good reason based on historic insect or virus risk. Excessive alcohol consumption is well recognised as associated with unsafe behaviour and should be discouraged.

Field Hygiene/Sanitation. Standard CF doctrine on these matters, e.g. ablution areas, waste disposal, and personal hygiene, should be emphasised or the health of the troops may suffer.

Swimming and Bathing. Swimming is acceptable in properly chlorinated swimming pools or unpolluted salt-water beaches.

Flora and Fauna. The Democratic Republic of Congo has many venomous snakes and arthropods. Avoidance behaviour, e.g. keeping your hands where you can see them, shaking out clothing before putting them on, is important. Feet shall be covered when outside to protect against geohelminths. Rabies occurs and animal avoidance should be routine. Venomous arthropods and animals bites must be expeditiously assessed medically. Pets should not be kept.

Food and Water. The usual precautions for a deployment to the developing world pertain for this deployment: (including during vacation in theatre).

Food and Water Discipline. “Boil it, cook it, peel it, or forget it”. These must be emphasised since food and water-borne diseases present a substantial risk for both individual ill-health and large-scale loss of manpower. All indigenous water sources should be considered non potable unless approved for consumption by suitable medical authority. Sufficient safe water must be provided, e.g. approved bottled water. Lacking this, at the individual level, boiling or water purification tablets (Puritabs) should be used.

Food discipline, i.e. avoiding street vendors, is essential. CF field rations are considered safe.

INFECTIOUS DISEASE RISK ASSESSMENT

Executive Summary. In descending order, these infectious diseases pose the greatest risk to deployed forces.

➔ **Diarrheal Diseases.** Highly endemic. Caused by several bacteria, protozoal, and viral agents.



➤ **Other Food- or Water-borne Diseases.** Highly endemic:

- ⇒ Viral Hepatitis A and E.
- ⇒ Typhoid/Paratyphoid Fevers.

➤ **Vector-borne Diseases:**

- ⇒ Malaria: Highly endemic. Year-round, countrywide.
- ⇒ Arboviral Diseases: Including Dengue fever.
- ⇒ African Trypanosomiasis.
- ⇒ African Tick Typhus.
- ⇒ Flea-Borne Typhus.

➤ **Person-to-Person/Close Contact Diseases:**

- ⇒ Meningococcal Meningitis: Outbreaks usually occur during the dry season.
- ⇒ Tuberculosis.

Meningococcal Meningitis (Spotted Fever). An acute inflammation of the brain and/or spinal cord that may be caused by viruses, bacteria, protozoa, yeast, or fungi, and is usually introduced into the meninges from areas elsewhere in the body.

Transmission is direct contact, including droplets and discharges from the noses and throats of infected persons. Risk is year-round. The incubation period is 2 to 10 days, though usually 3 to 4 days.

Symptoms include severe headache, vomiting, high fever, confusion, delirium, and coma.

During epidemics, both the incidences of the disease and the carrier rate may be greatly reduced by oral administration of penicillin for several days. Infected individuals should be avoided.

Sexually Transmitted and/or Blood-borne Diseases:

- ➡ Gonorrhoea.
- ➡ Viral Hepatitis B, C, and D.
- ➡ Syphilis.
- ➡ HIV/AIDS: Predominantly heterosexual transmission.

Viral Hepatitis. Inflammation of the liver caused by infectious or toxic agents. Hepatitis is an extremely contagious disease. The local population during childhood generally acquires Hepatitis A; it is transmitted person to person by the fecal-oral route. Hepatitis E is transmitted by contaminated water. The incubation period is 15 to 65 days.

Symptoms include an abrupt fever, loss of appetite, abdominal discomfort, nausea, and jaundice (yellow skin colour).

Other Endemic Diseases:

- ⇒ Shistosomiasis.
- ⇒ Brucellosis.
- ⇒ Q Fever.
- ⇒ Anthrax.
- ⇒ Monkeypox.
- ⇒ Rabies.

Malaria Chemoprophylaxis. Take Mefloquine weekly, beginning one week before entering the Democratic Republic of Congo, each week while there and weekly for four weeks after leaving the Democratic Republic of Congo.

If Mefloquine is contraindicated or not tolerated, then Doxycycline daily, starting one day prior to entering the Democratic Republic of Congo, continuing daily while there and daily for four weeks after leaving. Doxycycline should be taken in the morning with a full glass of liquid, and may be taken with food. As well Doxycycline causes sun sensitivity and sunscreen (Ombrelle Extreme) should be liberally applied. Females on Doxycycline may experience vaginal yeast infections and should be supplied therapy for self-treatment.

All members must be informed that any fever, particularly within the first three months of visiting a malarious area should be medically assessed and the members should have blood smears to rule out malaria. It is important for the member to inform his or her health care provider of recent travel in malarious area.

Although Falciparum malaria remains the most common form of malaria in the Democratic Republic of Congo, there is evidence that Vivax malaria is also found in the Democratic Republic of Congo. The currently prescribed Malaria prophylaxis (Mefloquine or Doxycycline) will prevent primary disease with either Falciparum or Vivax malaria.



However it will not prevent relapsing Vivax malaria which requires Primaquine terminal prophylaxis. Primaquine terminal prophylaxis is contraindicated in persons deficient in glucose 6 Phosphate Dehydrogenase (G6PD) since it may cause oxidant-induced anaemia in persons with G6PD deficiency. Primaquine is to be prescribed only after determination of the individual G6PD status.

Primaquine is to be prescribed daily for 14 days in those who required malaria chemoprophylaxis (Mefloquine or Doxycycline). Primaquine can be taken during or after the last two weeks of malaria chemoprophylaxis. Medication should be stopped and personnel should report to a physician immediately if jaundice or abnormally dark brown urine is noted.

Trypanosomiasis, African (Sleeping Sickness). Is a chronic disease spread by the bite of the tsetse fly. Tsetse flies are commonly associated with riverine woodland and thickets, but also may be present in open grassland and wooden savannas. The incubation period is 3 days to 3 weeks.

Symptoms include irregular fever, infection of lymph nodes, skin eruptions, areas of localised swelling, headaches, tremors, apathy, convulsions, coma, and bloody or wet stools. Insect repellents, screens, netting and protective clothing should be employed to prevent African trypanosomiasis.

Filariasis, Bancroftian. This disease may be debilitating, but not fatal. The root cause is microscopic worm, whose larvae are ingested by mosquitoes. After development in the mosquito they infect any person bitten by the mosquito. The disease affects the lymphatic and blood systems.

Symptoms include chills, fever headache, malaise, and inflammation of the lymph glands throughout the body. Advanced cases may lead to gross swelling of the extremities.

Prevention measures include using insect netting and repellents.

Leishmaniasis. Cutaneous (skin) and visceral (intestinal) leishmaniasis are found the Democratic Republic of Congo. The cutaneous form is carried by sandflies that typically bite at night. The seasonally and endemic status is unclear, its incubation period may be one week to many months.

Symptoms are long lasting ulcers on extremities and in the nose and the mouth. These may cause secondary infections and anaemia.

Protective clothing and insect netting with repellents on the netting should be employed for prevention. Sandflies are so small that netting by itself will not keep them out.

Rickettsias (African Tick Typhus). This infectious disease is caused by minute microorganisms and is transmitted to man by lice, flies, or mites that carry the infection. Distribution is widespread.

Symptoms include chills, headache, rapid fever and malaise.

When in known infected areas, insect repellents, screens, and protective clothing should be used for prevention. The body should be checked every 2 to 4 hours during the day to discover attached insects.

Schistosomiasis. A parasitic disease caused by worm's infestation in the blood of man and mammals. Snails in freshwater sources serve as the intermediate host. The larvae burrow through unprotected skin in less than 30 seconds. The incubation period is 2 to 6 weeks.

Symptoms include a small, inflamed, and congested spot on the skin, fever, and intense itching resulting from the presence of welts or hives.

Preventive measures include avoidance of small bodies of water, especially if snails are present. Swimming or bathing in lakes, rivers, or streams in the Democratic Republic of Congo is not recommended.

Arboviral Fever. Arboviral fever spread by invertebrate organisms may pose a significant risk to deployed personnel. In addition to Dengue fever, which is specifically addressed below, other arboviral fevers documented in the region include: West Nile fever and chikungunya fever, which are transmitted by mosquitoes; and Crimean-Congo Hemorrhagic fever, which is transmitted by infective ticks or infected animals. The incubation period is 3 to 12 days.

Dengue Fever. Dengue fever is an infectious disease, marked by fever and caused by a virus transmitted by mosquitoes that tend to breed in urban areas, especially in manmade containers. The incubation period is 4 to 10 days, with sudden onset.

Symptoms include chills, headache, and pain around eyes when moving eyeballs, extreme pain and aching of lower extremities and joints during the first hours of onset, high fever, and possibly a pale pink rash. Symptoms occur in two phases: the first phase is a fever lasting 48 to 96 hours that breaks with profuse sweating; the patient then develops a rash over the extremities, that spreads to all parts of the body except the face. Palms and soles of the feet turn red and swell.

Sexually Transmitted Disease. Sexual contact with the indigenous population presents a substantial and real risk of acquiring an STD, including Syphilis, Hepatitis B and Human Immunodeficiency Virus (HIV). The only absolutely safe sex is abstinence.



HAZARDOUS ANIMALS PRESENT IN THE DEMOCRATIC REPUBLIC OF CONGO

☛ Snakes:

- ⇒ *Atractaspis* spp. (mole vipers)
- ⇒ *Dispholidus typus*. (African tree snake)
- ⇒ *Thelotornis kirtlandii*. (African tree snake)
- ⇒ *Boulengerina annulata*. (African water cobra)
- ⇒ *Boulengerina christyi*. (African water cobra)
- ⇒ *Dendroaspis jamesoni*. (mamba)
- ⇒ *Elapsoidea* spp. (garter snake)
- ⇒ *Naja melanoleuca*. (forest cobra)
- ⇒ *Naja nigricollis*. (spitting cobra)
- ⇒ *Paranaja multifasciata*. (black desert cobra)
- ⇒ *Pseudohaje goldii*. (python)
- ⇒ *Atheris squamiger*. (leaf viper)
- ⇒ *Bitis arietans*. (Africa puff-adder)
- ⇒ *Bitis gabonica*. (gaboon viper)
- ⇒ *Bitis nasicornis*. (rhino viper)
- ⇒ *Causus resinus*. (viper)
- ⇒ *Causus rhombeatus*. (night adder)

HEALTH RISK PLANTS IN THE DEMOCRATIC REPUBLIC OF CONGO

☛ Dermatitis risks includes:

- ⇒ *Abrus precatorius*. (rosary pea)
- ⇒ *Ammannia* spp. (redstem)
- ⇒ *Calotropis* spp. (crown flower)
- ⇒ *Chlorophora* spp. (palm)
- ⇒ *Croton* spp. (weedy plant)

- ⇒ *Datura* spp. (thorne apple)
- ⇒ *Euphobia* spp.
- ⇒ *Gnidia* spp. (*Lasiosiphon* spp.)
- ⇒ *Jatropha* spp.
- ⇒ *Mucuna* spp.
- ⇒ *Rauwolfia* spp.
- ⇒ *Spirostachys* spp.
- ⇒ *Sterculia* spp.
- ⇒ *Urera* spp.

⇒ **Systemic poisoning risk include:**

- ⇒ *Abrus precatorius*.
- ⇒ *Adenia* spp.
- ⇒ *Brugmansia* spp.
- ⇒ *Calotropis* spp.
- ⇒ *Citrullus colocynthis*.
- ⇒ *Crotalaria* spp.
- ⇒ *Croton*.
- ⇒ *Datura* spp.
- ⇒ *Erythrophleum* spp.
- ⇒ *Euphorbia* spp.
- ⇒ *Gnidia* spp. (*Lasiosiphon* spp)
- ⇒ *Heliotropium* spp.
- ⇒ *Hoslundia opposita*.
- ⇒ *Jatropha* spp.
- ⇒ *Kigelia* spp.
- ⇒ *Momordica* spp.
- ⇒ *Phytolacca* spp.



- ⇒ Rauwolfia spp.
- ⇒ Spirotashys spp.

Other invertebrates include:

- ⇒ Chilopoda-Subclass (centipedes).
- ⇒ Chiracanthium spp. (sac spiders).
- ⇒ Latrodectus mactans (black widow spiders).

INSECT DISCIPLINE: ARTHROPODS OF MEDICAL IMPORTANCE

Insect discipline. There are a plethora of insect-borne disease threats, e.g. Malaria, African Tick Typhus, Tick-Borne Relapsing Fever etc. For many of these diseases there is no vaccine, thus barrier protection must be optimized. Personnel deploying on Op SCULPTURE must use 0.5% Permethrin insect repellent clothing treatment, NSN 6840-01-278-1336. The spray should be applied prior to deployment (treat military kit and civilian clothing). Insect repellent 31% DETT Polymer lotion/cream NSN 6840-01-284-3982 should also be used. Mosquito netting must be used for this deployment.

➔ **Insect repellent**

- ⇒ Use on all exposed skin: face, ears, neck, arms, and hands.
- ⇒ Use where clothing fits tightly, such as: upper back, buttocks, and knees. Apply to all openings of the uniform (collar, cuffs, shirtfront, waistband, and boot tops).
- ⇒ Reapply a thick coat immediately if you get wet or every two hours if you get sweaty; reapply every four hours if you don't get wet or sweaty.
- ⇒ Read the label for directions and precautions before using.
- ⇒ Wear uniform as your commander directs.
- ⇒ Wear headgear to protect the top of your head.
- ⇒ Wear loose fitting uniform, not tightly tailored, repair tears/holes.

➔ **When the arthropod threat is high:**

- ⇒ Blouse pants in boots and completely lace boots.
- ⇒ Tuck undershirt in at waist.

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- ⇒ Wear sleeves down.
- ⇒ Button blouse/shirt at the neck and wrist.
- ⇒ Do not wear after-shave lotion or cologne in the field; they attract biting or stinging insects.

☞ **Keep uniform clean**

Wash your uniform frequently to remove arthropods and their eggs. If the situation permits, use the quartermaster laundry. Otherwise, use a can, stream, or lake.

☞ **Follow medical advice**

- ⇒ Take malaria pills when directed by your commander.
- ⇒ Use insect powder/cream/shampoo when prescribed by medical personnel.

☞ **Protect yourself at night**

- ⇒ Use your bednet when sleeping. Tuck net under sleeping pad/sleeping bag so there are no openings.
- ⇒ Use an aerosol insect spray inside the bednet after it is tucked (or in your tent if it can be sealed). Spray for only 1 or 2 seconds. Allow at least 10 minutes for aerosol to disperse before occupying the bednet or tent.
- ⇒ Repair holes in your bednet.

PROTECT YOURSELF FROM OTHER MEDICALLY IMPORTANT ANIMALS AND PLANTS

☞ **Spiders:**

- ⇒ Remove spider webs from buildings.
- ⇒ Shake out and inspect clothing, shoes, and bedding before use.
- ⇒ Eliminate collections of papers and unused boxes.
- ⇒ Thoroughly clean beneath and behind furniture.
- ⇒ Check field latrines before use.
- ⇒ Wear gloves when handling paper or cloth that has been stored for long periods.



➤ Scorpions:

- ⇒ Use a long handled tool or stick to turn over debris before removing it.
- ⇒ Remove accumulations of boards, rocks, and other debris.
- ⇒ Wear leather gloves to remove rocks, lumber, and such from ground.
- ⇒ Inspect and shake out clothing and shoes before putting them on.

➤ Snakes:

- ⇒ Avoid swimming in areas where snakes abound.
- ⇒ Keep hands off rock ledges where snakes may be hiding and sunning.
- ⇒ Look over the area before sitting down, especially if in deep grass or among rocks.
- ⇒ Sleep off the ground, if possible.
- ⇒ If military situation permits, avoid walking about an area during the period from twilight to complete daylight, as many snakes are active at this period.
- ⇒ Avoid camping near piles of brush, rocks, or other debris.
- ⇒ Never step over large rocks or logs without first checking to see what is on the other side.
- ⇒ Turn rocks and logs toward you when they have to be removed so you will be shielded should snakes be beneath them.
- ⇒ Handle freshly killed snakes only with a long tool or stick, as snakes can inflict fatal bites by reflex action after death.
- ⇒ If bitten, try to get an accurate description of the snake to assist medical personnel in treating you. Do not panic!

➤ Domestic and wild animals or birds:

- ⇒ Avoid handling or approaching so-called “pets.”
- ⇒ Exclude such animals from your work and living areas, unless cleared by veterinary personnel.

- ⇒ Do not collect or support (feed or shelter) stray, domestic, or domestic-like animals/birds in the unit area, unless cleared by medical personnel.
- ☞ Poisonous plants and toxic fruits:
 - ⇒ Avoid contact with poisonous plants by properly wearing the uniform.
 - ⇒ Avoid areas where poisonous plants grow.
 - ⇒ Do not eat plants or parts of plants that might be unsafe. If you do not know, do not eat it.
 - ⇒ Do not put field or turf grasses or woody twigs or stems in your mouth.

IMMUNISATIONS FOR OP CROCODILE

Up to date for Tetanus and Diphtheria Toxoid, Typhoid and Yellow Fever vaccines.

Immunity to Polio shall be ensured. Proof of a single dose of vaccination, as an adult (recruit school) is sufficient to satisfy criteria.

A second (in lifetime) dose of MMR (Mumps, Measles, Rubella Vaccine) shall be given to ensure immunity to Measles and Rubella if this has not been documented as previously received.

Flu vaccine for the current season.

Up to date for meningococcal vaccine using a five-year booster interval.

Immunity to Hep A shall be ensured with Hep A vaccine. A single dose of Hep A should protect up to one year. The second dose will be administered between 6 to 12 months after the first to ensure long term immunity.

Immunity to Hep B. If this has not been documented as previously received, Hep B series shall be started/continued with as many doses as possible given prior to departure. The series must be completed upon return to Canada. No booster required once series completed.

Pre exposure Rabies vaccination at days 0, 7, and 21 must be completed before departing Canada.

Oral Cholera vaccine (CVD 103-HGR/ Mutacol Berna) must be given.

Tuberculosis (TB) skin testing: provided the last test was non-significant, test pre departure (two step if appropriate) and upon return (wait 12 weeks after return unless there are signs/symptoms suggestive of TB).



References

- ➔ US Defense Intelligence Agency (Armed Forces Medical Intelligence Center)
- ➔ Traveller's Health: How to Stay Healthy Abroad, 3rd edition
- ➔ Health Canada 2000, Canadian Recommendation for the Prevention and Treatment of Malaria among International Travellers

PREVENTIVE MEDICINE

Take the usual precautions for a deployment to a tropical climate.

Physical Agents

Heat Discipline. Drinking sufficiently, work/rest cycling, allowing acclimatisation, will reduce the risk of heat stress. Sun exposure leading to sunburn could also be troublesome and appropriate avoidance measures should be used, e.g. hat, sunscreen.

Food and Water Discipline. The usual precautions for deployment to the developing world pertain for this deployment (including during vacation in theatre).

Water Discipline. All indigenous water sources in Egypt, Lebanon and Syria should be considered non potable unless approved for consumption by a suitable medical authority. Sufficient quantities of water should be consumed to prevent dehydration. Only bottled water should be consumed. Lacking bottled water at the individual level, boiling or water purification tablets (Puritabs) should be used. Ice cubes should be avoided, as they will probably be made with unsafe water.

Food Discipline. Vegetables should be cooked, fruits should be peeled, and fresh vegetables like lettuce must be soaked in a bleach/water solution to reduce health risks. Avoid street vendors. CF rations are considered safe.

FOOD

☛ Eat:

- ⇒ Food that has been freshly cooked.
- ⇒ Fruits or vegetables that are easily peeled or sliced open e.g. bananas, melon.

⇒ Food from sealed packs or cans.

➔ **Don't eat:**

⇒ Salads.

⇒ Food from buffets.

⇒ Food on which flies have settled or may have settled.

⇒ Shellfish, crab.

⇒ Intricate dishes that required much handling during preparation.

⇒ Unwashed or unpeelable fruits or vegetables.

⇒ Ice cream and ice.

⇒ Dairy products.

INJURY AVOIDANCE

Non operational injuries are usually the most common cause of injury or death during UN operations. Safety is important both on and off duty. Excessive alcohol consumption is well recognised as associated with unsafe behaviour and should be discouraged.

SWIMMING/BATHING

Swimming is acceptable in properly chlorinated swimming pools or unpolluted salt-water beaches.

FLORA/FAUNA

The Middle East has many venomous snakes and arthropods. Avoidance behaviour, e.g. keeping your hands where you can see them, shaking out clothing before putting it on, is important. Feet shall be covered when outside to protect against geohelminths.

Rabies is common and animal avoidance should be routine.

Venomous arthropods and animals bites must be expeditiously assessed medically. Pets should not be kept.

DISEASES CONTRACTED FROM CONTAMINATED FOOD OR POOR HYGIENE

These diseases are transmitted by the consumption of food that may be contaminated with urine or feces of an infected person or by the consumption of water that has not been purified. They include



diarrhoeal diseases, both bacterial and viral, hepatitis A and E, typhoid/paratyphoid fever, and cholera.

Diarrhoeal Diseases

These are contracted by the ingestion of contaminated food and water, and the risk is year-round and countrywide. Transmission occurs primarily by ingestion of contaminated food and water. Illness usually lasts 6 hours to 10 days, though longer for protozoal diseases.

Symptoms include diarrhoea, abdominal pain, gas, and fatigue.

Many of these illnesses can be prevented through simple hygiene practices: hands should be washed with soap before meals, water should be boiled and filtered, vegetables soaked and/or peeled, and food covered to avoid insects.

It is important that patients consume water or rehydration solution to avoid dehydration. If no rehydration solution is available, water with a small amount of salt, sugar, and lemon will replace fluids. Those with diarrhoea should follow the BRAT diet:

- ⇒ B: Bananas.
- ⇒ R: Rice.
- ⇒ A: Applesauce.
- ⇒ T: Toast or bread food .

Water-borne diseases present a substantial risk for both individual ill-health and large-scale loss of manpower.

DISEASES CONTRACTED FROM INFECTED PEOPLE

These diseases include meningococcal meningitis, which is transmitted through the air when people cough or sneeze, and hepatitis.

Meningococcal Meningitis (Spotted Fever)

An acute inflammation of the brain and/or spinal cord that may be caused by viruses, bacteria, protozoa, yeast, or fungi, and is usually introduced into the meninges from areas elsewhere in the body.

Transmission is direct contact, including droplets and discharges from the noses and throats of infected persons. Risk is year-round. The incubation period is 2 to 10 days, though usually 3 to 4 days.

Symptoms include severe headache, vomiting, high fever, confusion, delirium, and coma.

During epidemics, both the incidences of the disease and the carrier rate may be greatly reduced by oral administration of penicillin for several days. Infected individuals should be avoided.

Viral Hepatitis

Inflammation of the liver caused by infectious or toxic agents. Hepatitis is an extremely contagious disease. The local population during childhood generally acquires Hepatitis A; it is transmitted person to person by the faecal-oral route. Hepatitis E is transmitted by contaminated water. The incubation period is 15 to 65 days. Symptoms include an abrupt fever, loss of appetite, abdominal discomfort, nausea, and jaundice (yellow skin colour).

SEXUAL TRANSMITTED AND BLOOD-BORNE DISEASES

These diseases include gonorrhoea, syphilis, hepatitis B, C, and D, and HIV (predominantly heterosexual transmission). Gonorrhoea and syphilis are highly endemic and are transmitted by sexual contact.

Blood-borne Viral Hepatitis B, C, and D (15 to 180 days)

These forms are transmitted through exposure to infective body fluids (including blood, serum-derived products, saliva, semen, and vaginal fluids).

There is a vaccine available. Exposure to the bodily fluids of infected individuals should be avoided, as should ear piercing, tattooing, and injections unless the needle is brand-new.

Acquired Immune Deficiency Syndrome (AIDS)

The Human Immunodeficiency Virus (HIV), a precursor to a fully developed case of AIDS, renders the body's immune system, or infection-fighting system, inoperative over a period of years (varies by individual). The virus is contained in body fluids: blood, semen, vaginal fluids, and urine. It is spread by contact and sharing or reusing infected needles, or through transfusion with infected blood.

Symptoms include unexplained weight loss, cough, fever, night sweats, chronic diarrhoea, and swollen glands in the neck, armpits, or groin area lasting 45 months.

Sexual contact with infected individuals or likely carriers (especially prostitutes) should be avoided, as should drugs and shared needles. The use of transfusions as part of medical treatment should be evaluated and care should be taken in administering medical aid to a local person. There is still no known cure for AIDS and there is no vaccine that prevents the disease.



DISEASES FROM INSECTS

Malaria

There is malaria in the areas of operations however malaria prophylaxis is not required on these deployments.

Insect Discipline

There are a number of insect-borne disease threats. For many of these diseases, there is no vaccine, thus barrier protection and insect repellents (31% DEET Polymer Cream repellent) must be used.

NOTE

For immunisation call/visit your base immunisation clinic before deployment.

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References:

- ➡ Medical directives 1/97 Immunisation Policy.
- ➡ Health Canada, Canadian Immunisation Guide, Fifth edition, 1998.
- ➡ Control of communicable diseases in man, 17th edition, 2000.
- ➡ Travellers Health: How to stay healthy abroad, 3rd edition, 1994.
- ➡ Health Canada 2000, Canadian Recommendation for the Prevention and Treatment of Malaria among International Travellers.

PREVENTIVE MEDICINE

There are many health risks in Sierra Leone; food and water-borne diseases are frequent. Health conditions are poor and adequate health facilities are rare. Special precautions must be taken to prevent heat exhaustion, heat stroke, and dehydration.

Physical Agents

Heat Discipline. Drinking sufficiently, work/rest cycling, allowing acclimatisation, will reduce the risk of heat stress. Sun exposure leading to sunburn could also be troublesome and appropriate avoidance measures should be used, e.g. hat, sunscreen.

Living and Sanitary Conditions. Living and sanitary conditions throughout Sierra Leone are poor. Open drainage ditches, cesspits, pit latrines, and indiscriminate defecation is common. In Freetown, the municipal sewage system, generally only available to wealthier inhabitants, discharge minimally treated waste into the sea. Refuse collection, treatment, and disposal is lacking throughout Sierra Leone.

Pollution. Throughout Sierra Leone, faecal contaminated water sources are the most serious pollution problem. Industrial pollution is not a significant problem. Soil erosion and nutrient depletion, the result of inappropriate agricultural techniques, contribute to heavy silting of rivers and streams, and loss of productive agricultural land. Deforestation has resulted in a loss of more than 85 % of Sierra Leone's original forests.

Food and Water. The usual precautions for a deployment to the developing world pertain for this deployment (including during vacation in theatre).

Food and water discipline. “Boil it, cook it, peel it, or forget it”. These must be emphasised since food and water-borne diseases present a substantial risk for both individual health and large-scale loss of manpower. All indigenous water sources should be considered non potable unless approved for consumption by a suitable medical authority. Sufficient safe water must be provided, e.g. approved bottled water. Lacking this, at the individual level, boiling or water purification tablets (Puritabs) should be used. Food discipline, i.e. avoiding street vendors, is essential. CF field rations are considered safe.

Injury Avoidance. Non operational injuries are usually the most common cause of serious injury or death during operations. Safety is important both on and off duty. Excessive alcohol consumption is well recognised as associated with unsafe behaviour and should be discouraged.

Field Hygiene/Sanitation. Standard CF doctrine on these matters, e.g. ablution areas, waste disposal, and personal hygiene, should be emphasised or the health of the troops may suffer.

Swimming and Bathing. Swimming is acceptable in properly chlorinated swimming pools or unpolluted salt-water beaches.

Infectious Disease Risk Assessment

⇒ Short Incubation:

- ⇒ Diarrhoeal Diseases.
- ⇒ Malaria.
- ⇒ Arboviral Fevers.
- ⇒ Typhoid and Paratyphoid Fevers.
- ⇒ Lassa Fever.
- ⇒ Sexually Transmitted Diseases.
- ⇒ Meningococcal Meningitis.
- ⇒ Cholera.
- ⇒ Ebola-Marburg Virus Diseases.

Diarrhoeal Diseases. These are contracted by the ingestion of contaminated food and water, and the risk is year-round and countrywide. Transmission occurs primarily by ingestion of



contaminated food and water. Illness usually last 6 hours to 10 days, though longer for protozoal diseases.

Symptoms include diarrhoea, abdominal pain, gas, and fatigue.

Many of these illnesses can be prevented through simple hygiene practices: hands should be washed with soap before meals, water should be boiled and filtered, vegetables soaked and/or peeled, and food covered to avoid insects.

It is important that patients consume water or rehydration solution to avoid dehydration. If no rehydration is available, water with a small amount of salt, sugar, and lemon will replace fluids. Those with diarrhoea should follow the BRAT diet:

⇒ B: Bananas.

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⇒ A: Applesauce.

⇒ T: Toast or bread.

Meningococcal Meningitis (Spotted Fever). An acute inflammation of the brain and/or spinal cord that may be caused by viruses, bacteria, protozoa, yeast, or fungi, and is usually introduced into the meninges from areas elsewhere in the body.

Transmission is direct contact, including droplets and discharges from the noses and throats of infected persons. Risk is year-round. The incubation period is 2 to 10 days, though usually 3 to 4 days.

Symptoms include severe headache, vomiting, high fever, confusion, delirium, and coma.

During epidemics, both the incidences of the disease and the carrier rate may be greatly reduced by oral administration of penicillin for several days. Infected individuals should be avoided.

Malaria. Is transmitted by the bite of female Anopheles mosquito, which bites from dusk till dawn. If left untreated, it can be fatal. The incubation period is 12 to 14 days.

Symptoms include fever, chills, head and body aches. Periods of fever may come and go. An unexplainable fever, one that is not accompanied by diarrhoea or other symptoms, can be assumed to be malaria.

Malaria Chemoprophylaxis. Take Mefloquine weekly, beginning one week before entering Sierra Leone, each week while there and weekly for four weeks after leaving.

If Mefloquine is contraindicated or not tolerated, then Doxycycline daily, starting one day prior to entering Sierra Leone, continuing daily while there and daily for four weeks after leaving. Doxycycline should be taken in the morning with a full glass of liquid, and may be taken with food. As well, Doxycycline causes sun sensitivity and sunscreen (Ombrelle Extreme) should be liberally applied. Females on Doxycycline may experience vaginal yeast infections and should be supplied therapy for self-treatment.

All members must be informed that any fever, particularly within the first three months of visiting a malarious area, should be medically assessed and the members should have blood smears to rule out malaria. It is important for the member to inform his or her health care provider of recent travel in a malarious area.

Although Falciparum malaria remains the most common form of malaria in Sierra Leone, there is evidence that Vivax malaria is also found in Sierra Leone. The currently prescribed Malaria prophylaxis (Mefloquine or Doxycycline) will prevent primary disease with either Falciparum or Vivax malaria however, it will not prevent relapsing Vivax malaria which requires Primaquine terminal prophylaxis. Primaquine terminal prophylaxis is contraindicated in persons deficient in glucose 6 Phosphate Dehydrogenase (G6PD) since it may cause oxidant-induced anemia in persons with G6PD deficiency. Primaquine is to be prescribed only after determination of the individual G6PD status that is normally done before deployment.

Primaquine is to be prescribed daily for 14 days in those who required malaria chemoprophylaxis (Mefloquine or Doxycycline). Primaquine can be taken during or after the last two weeks of malaria chemoprophylaxis. Medication should be stopped and personnel should report to a physician immediately if jaundice or abnormally dark brown urine is noted.

Lassa Fever. Cases of Lassa Fever have been reported in Sierra Leone. The greatest concentrations of cases were in Kenema in the eastern part of the country where some 25 cases have been reported. Lassa Fever is a serious illness transmitted by virus-infected rodents. The disease can be contracted by inhalation of tiny droplets of virus-laden rodent excreta, by ingestion of contaminated foods or through breaks in the skin.

Person-to-person transmission occurs by direct contact with blood, throat secretion, and urine or by sexual contact. Person-to-person aerosol spread is a very remote possibility.

There is no vaccination or prophylaxis against Lassa Fever. Rodent control measures are the best prevention; inside areas, which are visibly contaminated, i.e. droppings, nests, and dead rodents, should



be thoroughly disinfected with one to nine bleach solution. Rodent contaminated detritus should be placed in a plastic bag and disposed through the usual mechanism. Protective equipment, i.e. rubber gloves should be worn during this procedure, partly to prevent skin contact with disinfectant. Such gloves should be rinsed in disinfectant when finished. Floors should be wet mopped (vice dry swept or vacuumed) with a solution of water, detergent and disinfectant. In addition, respiratory protection in the form of a HEPA disposable mask should be worn while cleaning up rodent detritus.

☛ Long Incubation:

- ⇒ Enterically Transmitted Viral Hepatitis A and E.
- ⇒ Schistosomiasis.
- ⇒ Blood-borne Viral Hepatitis B, C, and D.
- ⇒ Leishmaniasis.
- ⇒ Trypanosomiasis, African.

Viral Hepatitis. Inflammation of the liver caused by infectious or toxic agents. Hepatitis is an extremely contagious disease. The local population during childhood generally acquires Hepatitis A; it is transmitted person to person by the faecal-oral route. Hepatitis E is transmitted by contaminated water. The incubation period is 15 to 65 days.

Symptoms include an abrupt fever, loss of appetite, abdominal discomfort, nausea, and jaundice (yellow skin colour).

Schistosomiasis. A parasitic disease caused by a worm's infestation in the blood of man and mammals. Snails in freshwater sources serve as the intermediate host. The larvae burrow through unprotected skin in less than 30 seconds. The incubation period is 2 to 6 weeks.

Symptoms include a small, inflamed, and congested spot on the skin, fever, and intense itching resulting from the presence of welts or hives.

Preventive measures include avoidance of small bodies of water, especially if snails are present. Swimming or bathing in lakes, rivers, or streams in Sierra Leone is not recommended.

Leishmaniasis. Cutaneous (skin) and visceral (intestinal) leishmaniasis are found in Sierra Leone. The cutaneous form is carried by sandflies that typically bite at night. The seasonality and endemic status is unclear; its incubation period may be one week to many months.

Symptoms are long lasting ulcers on extremities and in the nose and the mouth. These may cause secondary infections and anemia.

Protective clothing and insect netting with repellents on the netting should be employed for prevention. Sandflies are so small that netting by itself will not keep them out.

Trypanosomiasis, African (Sleeping Sickness). Is a chronic disease spread by the bite of the tsetse fly. Tsetse flies are commonly associated with riverine woodland and thickets, but also may be present in open grassland and wooded savannas. The incubation period is 3 days to 3 weeks.

Symptoms include irregular fever, infection of lymph nodes, skin eruptions, areas of localised swelling, headaches, tremors, apathy, convulsions, coma, and bloody or wet stools. Insect repellents, screens, netting and protective clothing should be employed to prevent African trypanosomiasis.

Filariasis, Bancroftian. This disease may be debilitating, but not fatal. The root cause is a microscopic worm, whose larvae are ingested by mosquitoes. After development in the mosquito they infect any person bitten by the mosquito. The disease affects the lymphatic and blood systems.

Symptoms include chills, fever headache, malaise, and inflammation of the lymph glands throughout the body. Advanced cases may lead to gross swelling of the extremities.

Prevention measures include using insect netting and repellents.

Rickettsias (African Tick Typhus). This infectious disease is caused by minute micro-organisms and is transmitted to man by lice, flies, or mites that carry the infection. Distribution is widespread.

Symptoms include chills, headache, rapid fever and malaise.

When in known infected areas, insect repellents, screens, and protective clothing should be used for prevention. The body should be checked every 2 to 4 hours during the day to discover attached insects.

Arboviral Fever. Arboviral fever spread by invertebrate organisms may pose a significant risk to deployed personnel. In addition to Dengue fever, which is specifically addressed below, other arboviral fevers documented in the region include: West Nile fever and chikungunya fever, which are transmitted by mosquitoes; and Crimean-Congo hemorrhagic fever, which is transmitted by infective ticks or infected animals. The incubation period is 3 to 12 days.

Dengue Fever. Dengue fever is an infectious disease, marked by fever and caused by a virus transmitted by mosquitoes that tend to breed in urban areas, especially in manmade containers. The incubation period is 4 to 10 days, with sudden onset.



Symptoms include chills, headache, and pain around eyes when moving eyeballs, extreme pain and aching of lower extremities and joints during the first hours of onset, high fever, and possibly a pale pink rash. Symptoms occur in two phases: the first phase is a fever lasting 48 to 96 hours that breaks with profuse sweating; the patient then develops a rash over the extremities that spreads to all parts of the body except the face. Palms and soles of the feet turn red and swell.

➤ Other Diseases of Potential Military Significance:

- ⇒ Zoonotic Diseases.
- ⇒ Vector-borne Diseases.
- ⇒ Sexually Transmitted and Blood-borne Diseases.
- ⇒ Other Infectious Diseases.

Sexually Transmitted Disease. Sexual contact with the indigenous population presents a substantial and real risk of acquiring an STD, including Syphilis, Hepatitis B and Human Immunodeficiency Virus (HIV). The only absolutely safe sex is abstinence.

INSECT DISCIPLINE: ARTHROPODS OF MEDICAL IMPORTANCE

Insect Discipline. There are a plethora of insect-borne disease threats, e.g. Malaria, African Tick Typhus, Tick-borne Relapsing Fever etc. For many of these diseases there is no vaccine, thus barrier protection must be optimised. Personnel deploying on OPSCULPTURE must use 1/2 % Permethrin insect repellent clothing treatment, NSN 6840-01-278-1336. The spray should be applied prior to deployment (treat military kit and civilian clothing). Insect repellent 31% DETT Polymer lotion/cream NSN 6840-01-284-3982 should be used. Mosquito netting must be used for this deployment.

➤ Insect Repellent

- ⇒ Use on all exposed skin: face, ears, neck, arms, and hands.
- ⇒ Use where clothing fits tightly, such as: upper back, buttocks, and knees. Apply to all openings of the uniform (collar, cuffs, shirtfront, waistband, and boot tops).
- ⇒ Reapply a thick coat immediately if you get wet or every two hours if you get sweaty; reapply every four hours if you don't get wet or sweaty.
- ⇒ Read the label for directions and precautions before using.
- ⇒ Wear uniform as your commander directs.

- ⇒ Wear headgear to protect the top of your head.
- ⇒ Wear a loose fitting uniform, not tightly tailored, repair tears/holes.

☞ When the Arthropod Threat is High

- ⇒ Blouse pants in boots and completely lace boots.
- ⇒ Tuck undershirt in at waist.
- ⇒ Wear sleeves down.
- ⇒ Button blouse/shirt at the neck and wrist.
- ⇒ Do not wear after-shave lotion or cologne in the field; they attract biting or stinging insects.

☞ Keep Uniform Clean

Wash your uniform frequently to remove arthropods and their eggs. If the situation permits, use the quartermaster laundry. Otherwise, use a can, stream, or lake.

☞ Follow Medical Advice

- ⇒ Take malaria pills when directed by your commander.
- ⇒ Use insect powder/cream/shampoo when prescribed by medical personnel.

☞ Protect Yourself at Night

- ⇒ Use your bednet when sleeping. Tuck net under sleeping pad/sleeping bag so there are no openings.
- ⇒ Use an aerosol insect spray inside the bednet after it is tucked (or in your tent if it can be sealed). Spray for only 1 or 2 seconds. Allow at least 10 minutes for aerosol to disperse before occupying the bednet or tent.
- ⇒ Repair holes in your bednet.

PROTECT YOURSELF FROM OTHER MEDICALLY IMPORTANT ANIMALS AND PLANTS

☞ **Spiders:**

- ⇒ Remove spider webs from buildings.
- ⇒ Shake out and inspect clothing, shoes, and bedding before use.



- ⇒ Eliminate collections of papers and unused boxes.
- ⇒ Thoroughly clean beneath and behind furniture.
- ⇒ Check field latrines before use.
- ⇒ Wear gloves when handling paper or cloth that has been stored for long periods.

☛ **Scorpions:**

- ⇒ Use a long handled tool or stick to turn over debris before removing it.
- ⇒ Remove accumulations of boards, rocks, and other debris.
- ⇒ Wear leather gloves to remove rocks, lumber, and such from ground.
- ⇒ Inspect and shake out clothing and shoes before putting them on.

☛ **Snakes:**

- ⇒ Avoid swimming in areas where snakes abound.
- ⇒ Keep hands off rock ledges where snakes may be hiding and sunning.
- ⇒ Look over the area before sitting down, especially if in deep grass or among rocks.
- ⇒ Sleep off the ground, if possible.
- ⇒ If military situation permits, avoid walking about an area during the period from twilight to complete daylight, as many snakes are active at this period.
- ⇒ Avoid camping near piles of brush, rocks, or other debris.
- ⇒ Never step over large rocks or logs without first checking to see what is on the other side.
- ⇒ Turn rocks and logs toward you when they have to be removed so you will be shielded should snakes be beneath them.
- ⇒ Handle freshly killed snakes only with a long tool or stick, as snakes can inflict fatal bites by reflex action after death.
- ⇒ If bitten, try to get an accurate description of the snake to assist medical personnel in treating you. Do not panic!

☞ **Domestic and wild animals or birds:**

- ⇒ Avoid handling or approaching so-called “pets.”
- ⇒ Exclude such animals from your work and living areas, unless cleared by veterinary personnel.
- ⇒ Do not collect or support (feed or shelter) stray, domestic, or domestic-like animals/birds in the unit area, unless cleared by medical personnel.

☞ **Poisonous plants and toxic fruits:**

- ⇒ Avoid contact with poisonous plants by properly wearing the uniform.
- ⇒ Avoid areas where poisonous plants grow.
- ⇒ Do not eat plants or parts of plants that might be unsafe. If you do not know, do not eat it.
- ⇒ Do not put field or turf grasses, woody twigs or stems in your mouth.

IMMUNISATIONS FOR OP SCULPTURE ARE AS FOLLOWS

Up to date for Tetanus and Diphtheria Toxoid, Typhoid and Yellow Fever vaccines.

Immunity to Polio shall be ensured. Proof of a single dose of vaccination, as an adult (recruit school) is sufficient to satisfy criteria.

A second (in lifetime) dose of MMR (Mumps, Measles, Rubella Vaccine) shall be given to ensure immunity to Measles and Rubella if this has not been documented as previously received.

Flu vaccine for the current season.

Up to date for meningococcal vaccine using a five-year booster interval.

Immunity to Hep A shall be ensured with Hep A vaccine. A single dose of Hep A should protect up to one year. The second dose will be administered between 6 to 12 months after the first to ensure long term immunity.

Immunity to Hep B. If this has not been documented as previously received, the Hep B series shall be started/continued with as many doses as possible given prior to departure. The series must be completed upon return to Canada. No booster required once series completed.



Pre exposure Rabies vaccination at days 0, 7, and 21 must be completed before departing Canada.

Oral Cholera vaccine (CVD 103-HGR/ Mutacol Berna) must be given.

Tuberculosis (TB) skin testing: Provided the last test was non-significant, test pre departure (two step if appropriate) and upon return (wait 12 weeks after return unless there are signs/symptoms suggestive of TB).

NOTE

Immunisation may vary over time. Before deployment call/visit your base immunisation clinic.

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PREVENTIVE MEDICINE

Situated in northeastern Africa, Sudan is the largest country of the African continent. Sudan has been plagued by political instability and internal conflicts that have deteriorated the governmental ability to provide basic health care to its citizens.

The main environmental threats are water contaminated with raw sewage and industrial waste, temperature extremes, wind and dust.

Infectious concerns include diarrhoeal diseases and vector-borne diseases. Personal protection measures must be strictly followed.

HIV/AIDS prevalence rate cannot be determined but likely remains low compared to most other sub-Saharan African countries. However, increasing transportation between Uganda and Sudan and higher HIV rates (3 percent) among patients with other sexually transmitted infections indicate the potential for the future spread of HIV. Malaria is found throughout the country.

INFECTIOUS DISEASES

Note: Humanitarian crisis. The movement of Sudanese Internally Displaced Persons (IDP) throughout the Darfur region will likely follow the acute phase of a typical humanitarian crisis, with the lack of basic shelter and food. Diseases, not normally identified as having military medical importance, will nonetheless have humanitarian importance (measles, cholera, respiratory infections and polio). Non-governmental relief agencies will be key in controlling the situation.

Food-borne and water-borne diseases. Sanitation is extremely poor throughout the country, including major urban areas. Local food and water sources are heavily contaminated with pathogenic able to produce disease in people, bacteria, parasites, and viruses. Hepatitis A, typhoid fever **Typhoid/paratyphoid fever, brucellosis and Hepatitis E** are endemic (disease which occur continuously within an area or population). In general bacterial agents such as **Enterotoxigenic E. coli, campylobacter, shigella, and salmonella** are the most common bacterial causes of diarrhea wherever sanitary conditions are significantly below Western standards.

Vector-borne diseases (disease spread by insects or animals.)

⇒ Mosquito borne:

- ⇒ **Malaria.** This endemic (a disease which continuously occurs within a population) disease is found throughout the country at altitudes below 1,500-2,000 m. In 2000 it was estimated that the country experiences 8 million cases and about 35,000 deaths per year. Recent news reports indicated that there were at least 4,000 deaths per month related to malaria (Jun 03). The transmission period in central and southern areas occurs year-round, with an elevated risk during and just after the rainy season (usually June through August in central Sudan and April through October in southern Sudan). In the northern desert areas, transmission primarily occurs during periods of rain. Along the Nile River in the northern state of Ash Shamaliyah, risk is elevated when the river recedes and small pools are formed (usually November through April). The most dangerous type of malaria is falciparum, which occurs in 90% of all reported cases in the country.
- ⇒ **Dengue fever.** Dengue fever is an acute viral illness of varying severity. It is caused by one of the four strains, or serotypes of dengue flaviviruses. The severe form of the virus, dengue hemorrhagic fever can be fatal. The diseases transmitted by *Aedes* mosquitos and it is distributed country-wide.
- ⇒ **West Nile fever.** This viral illness likely occurs at unknown levels.
- ⇒ **Yellow fever.** The disease is caused by the yellow fever virus, which belongs to the *flavivirus* group. Southern Sudan lies within the geographical endemic area for yellow fever (disease which occur continuously within an area or population)r. The last reported outbreak was in May 03 with 44 persons infected with the disease and another 22 died.

⇒ Tick-borne:

- ⇒ **Crimean-Congo hemorrhagic fever.** This viral disease of both animals and humans is transmitted through the bite of at least 29 species of ticks and through exposure



to infected animals, their carcasses or to the blood and bodily fluids of infected persons. This disease is endemic and the last reported outbreak was in May 2002.

⇒ **Sand fly-borne:**

- ⇒ **Leishmaniasis.** This disease is caused by the protozoan *Leishmania* spp. And is transmitted by sand flies, which preferentially feed on dogs. The transmission is possible year round and countrywide. An outbreak began in December 2003 in the south. The spread of the disease has been exacerbated (made worse) by the civil war, chronic food shortages, and mass population movement.
- ⇒ **Sand fly fever.** This illness likely occurs at unknown levels in relation to vector numbers.

⇒ **Flea, louse and mite-borne:**

- ⇒ **Relapsing fever.** This is an acute bacterial infection that can be transmitted to humans by ticks or lice, characterized by high fever, headache, chills, severe joint pains and prostration, often complicated by jaundice and bleeding. Last recorded outbreak was in the summer 2000.

⇒ **Tsetse fly-borne:**

- ⇒ **African Sleeping Sickness - Trypanosomiasis.** The Gambian form of this illness occurs in southern Sudan, primarily in the Western and Equatoria Provinces. Rhodesian sleeping sickness may occur in areas adjacent to Ethiopia and in areas adjacent to Uganda. Increased risk occurs during the dry season. The last recorded epidemic (occurring in numbers greater than what is considered normal for that area) was in 1999.

Respiratory and person to person diseases.

- ⇒ **Tuberculosis.** The estimated incidence of tuberculosis is high in Sudan: 86 per 100,000 population for new smear positive cases of tuberculosis (2001).
- ⇒ **Meningitis.** Sudan is a country known to be included in the “meningitis belt” of Africa. Meningitis is endemic in the country.

- ⇒ **Ebola Hemorrhagic Virus (EHF).** As of 10 Jun 2004, the health authorities of Yambio County, near the border of the republic Democratic of Congo, reported a total of 30 cases, including 7 deaths, from EHF. More than 157 contacts are being kept under surveillance. Ebola virus is spread from person to person through direct contact with body fluids (e.g., blood, semen, vaginal fluid, organs) of an infected person. The risk to international forces and non-governmental workers not directly in contact with EHF cases remains *negligible*.

Soil and water-contact diseases.

- ⇒ **Leptospirosis.** Outbreaks of leptospirosis are usually caused by exposure to water contaminated with the urine of infected animals.
- ⇒ **Schistosomiasis.** The prevalence rate is high in areas of irrigated agricultural scheme. The exact magnitude of problem in the different states, have not been studied properly. Schistosomiasis mansoni is more prevalent in Northern and Eastern States, but Schistosomiasis Haematobium is more prevalent in Khartoum, White Nile, Western and Southern States.

Soil and water-contact diseases.

- ⇒ **Sexually-Transmitted diseases** include **Chlamydia/ Gonorrhoea, Hepatitis B** and **Syphilis**. **HIV/AIDS** is increasing as a major development problem in Sudan. More than 3,800 cases of AIDS were reported to the Ministry of Health since the first case described in Sudan in 1986 up to June 2001.
- ⇒ **Other Endemic Diseases (diseases which occur continuously within an area or population)** include naturally occurring diseases such **anthrax** (occupational exposure to infected sheep most common) and **rabies**. In 1976 and 1979, cases of **Ebola virus** were identified in southern parts of Sudan.

ENVIRONMENTAL HAZARDS

Topography. Sudan, with a total land area of about 2,376,000 sq km (approximately the combined surface area of Quebec and Ontario) can be divided into three geographic regions: (1) Most of Sudan consists of an extensive flat plain between the Blue and White Nile Rivers. The Sudd, 80,450 sq km (31,425 sq mi) of equatorial rain



forests and permanent swamp, covers the southern area of the plain. To the west of the Sudd is the Qoz, a land of sand dunes that, in the rainy season, has more reliable sources of water than does the north. (2) The sparsely populated Nubian and Libyan Deserts cover the northern one-fourth of Sudan and are separated by the Nile Valley. (3) Covering the rest of Sudan are four mountain zones (the Red Sea Hills adjacent to the Red Sea in the northeast, the Jabal Marrah to the west, the Nuba Mountains in the center, and the Immatong and Dongotona ranges to the south), with elevations generally between 1,000 – 3,000 meters above sea.

Climate. Generally high temperatures and regional precipitation differences characterize Sudan's tropical climate. While seasonal flooding occurs along the Nile River, water shortages are almost continuous in the Nubian and Libyan Desert regions. Droughts, common throughout most of Sudan, are especially severe in the north. In the central and southern areas, "haboobs" or dust storms occur primarily from May through September. Northern Sudan's mean daily maximum temperature is 43°C in June and July (the warmest months), and daytime high temperatures occasionally exceed 52°C. The mean daily minimum temperature during January, the coolest month, is 10°C, occasionally dropping to 3°C. Humidity is low in the north, except along the Red Sea coast. In central Sudan, the mean daily temperature is 32°C during summer (March through November), and 23°C during winter (December through February). Throughout the year southern Sudan experiences a mean daily temperature of 29°C with a constant 65 percent humidity.

Water supply. A 2000 survey in Sudan showed that 44.48% of population has access to drinking water supply of unknown quality, mostly due to the lack of monitoring and surveillance program in addition to the absence of laboratories in the states. Sampling and analysis is carried out for new sources of water only. When there are health problems, sanitary interceptions and remedial measures are taken. There is no information network and no field-testing kits. The water supply is not considered safe until proven otherwise.

Air and soil pollution. There are reports from Sudan that progressive industrial activity has resulted in increased environmental pollution and attendant health problem. Report indicates that there are problems of soil erosion, desertification or animal habitats and natural dust storms.

Radiological contamination. There are no nuclear reactors in the country, and no known nuclear weapons programs. There are

no records of radiological contamination. There could be sources used in the medical and industrial fields.

HAZARDOUS ANIMALS AND PLANTS

Venomous snakes, scorpions, spiders and sea life.

Common name	Scientific name	Venom	Antivenin available
Common Puff Adder	Bitis Arietans	Homologus	SAIMR
Gaboon Adder	Bitis Gabonica	Homologus	SAIMR
Common night Adder	Causus Rhombeatus		
	Dendroaspis jamesoni Dendroaspis polvepis	Homologus	SAIMR
Common African tree	Dispholidus Typus	Boomslang	SAIMR
	Bitis Nasicomis		NONE FOUND
West Afr. Carpet Viper	Echis ocellatus	Echis Antivenin	SAIMR
North-east Afr. Carpet Viper	Echis pyramidum	AntiRept Pasteur	Aventis Pasteur
Egyptian Cobra	Naja haje	AntiRept Pasteur	Aventis Pasteur
Black Cobra	Naja melanoleuca	Polyvalent	SAIMR
Black neck spitting cobra	Naja nigrocollis	AntiRept Pasteur	Aventis Pasteur
Red spitting cobra	Naja pallida	Naja mossambica pallida, Snake Venom	ACCURATE CHEMICAL

Antivenin manufacturers.

SAIMR, Modderfontein Road 1, 2131 Sandringham, South Africa,
Tel : +27-11-531-8600, Fax : +27-11-531-8616

Aventis Pasteur, Avenue Pont Pasteur 2, Cedex 07, 69367 Lyon,
France, Tel: +33-0437284199, Fax: +33-0437284458

ACCURATE CHEMICAL & SCIENTIFIC CORPORATION, 300
SHAMES DRIVE, WESTBURY, NY 11590, Tel : 516-333-2221, Toll
Free : 1-800-645-6264

POCKET CARDS

HANDOVER BRIEFING

FSOPs will dictate specific items and/or sequence. Following is an example of a two person Observation Post handover.

- ⇒ Ground orientation.
- ⇒ Significant features.
- ⇒ Towns, building collections.
- ⇒ Adjacent OPs or msn positions.
- ⇒ DMZ and borders (relate map to ground).
- ⇒ Occupied and unoccupied belligerent positions.
- ⇒ Usual activity.
- ⇒ Unusual, temporary or missing activity.
- ⇒ Main travel routes / frequency of use.
- ⇒ Unusual behaviour/location/movement of locals.
- ⇒ New/temporary structures.
- ⇒ Activity/incident summary.
- ⇒ Review Log Book.

TYPICAL BRIEFING FORMAT

- 1. Mission:** *(Task/Purpose)*
- 2. Organization:** *(Deployment in the area, under operational command of ... /reporting ... /informing ...)*
- 3. Map/Ground Orientation:** *(Own location, direction of North, geography/topography, other UN-locations, the parties' locations, other cardinal points) Brief left to right or top to bottom.*
- 4. Current Operational Situation:** *(Historical background, general observations about the present situation, special problems in the area, last incidents/events, planned activity)*
- 5. Communications:** *(Radio/landline/satellite comms/etc.)*
- 6. Logistics and Supply:** *(Current situation, constraints, impact on operations, re-supply schedule, etc.)*
- 7. Key Activities:** *(Operational procedures, special regulations)*
- 8. Summary:** *(Short personal summary, before: "Sir, this concludes...")*

RULES OF THE CODE OF CONDUCT

RULE 1—ENGAGE ONLY OPPOSING FORCES AND MILITARY OBJECTIVES.

RULE 2—IN ACCOMPLISHING YOUR MISSION, USE ONLY THE NECESSARY FORCE THAT CAUSES THE LEAST AMOUNT OF COLLATERAL CIVILIAN DAMAGE.

RULE 3—DO NOT ALTER YOUR WEAPONS OR AMMUNITION TO INCREASE SUFFERING OR USE UNAUTHORIZED WEAPONS OR AMMUNITION.

RULE 4—TREAT ALL CIVILIANS HUMANELY AND RESPECT CIVILIAN PROPERTY.

RULE 5—DO NOT ATTACK THOSE WHO SURRENDER. DISARM AND DETAIN THEM.

RULE 6—TREAT ALL DETAINED PERSONS HUMANELY IN ACCORDANCE WITH THE STANDARDS SET BY THE THIRD GENEVA CONVENTION. ANY FORM OF ABUSE, INCLUDING TORTURE, IS PROHIBITED.

RULE 7—COLLECT ALL THE WOUNDED AND SICK AND PROVIDE THEM WITH THE TREATMENT REQUIRED BY THEIR CONDITION, WHETHER FRIEND OR FOE.

RULE 8—LOOTING IS PROHIBITED.

RULE 9—RESPECT ALL CULTURAL OBJECTS (MUSEUMS, MONUMENTS, ETC.) AND PLACES OF WORSHIP.

RULE 10—RESPECT ALL PERSONS AND OBJECTS BEARING THE RED CROSS / RED CRESCENT AND OTHER RECOGNIZED SYMBOLS OF HUMANITARIAN AGENCIES.

RULE 11—REPORT AND TAKE APPROPRIATE STEPS TO STOP BREACHES OF THE LAW OF ARMED CONFLICT AND THESE RULES. DISOBEDIENCE OF THE LAW OF ARMED CONFLICT IS A CRIME.

See Part 1, 1.1.3 for amplification of these rules.

Use of CCAC during Operations Other Than War (OOTW):

- ➔ **P**inciples of leadership always apply.

Senior in rank takes command.

- ➔ **R**esist exploitation by all means available.

Avoid use of force or physical resistance. Avoid exploitation by resisting interrogation and protecting vital information. Avoid signing statements or documents.

Refuse special favours.

- ➔ **I**nformation to be given.

⇒ REQUIRED TO GIVE: Name, rank, SN, DOB.

⇒ MAY GIVE: Blood group, religion.

⇒ Authorized to fill a Geneva "Capture Card".

- ➔ **D**ignity and self-respect must be maintained.

Strive to maintain self-worth dignity and respect. Communicate. Make contact as soon as possible with other Canadians.

- ➔ **E**scape.

In all circumstances escape may be considered. However, also consider retaliation against remaining persons, the implications of re-capture, the unpredictability of hostage takers' behaviour, and the uncertainty of your status (you may be told you are a detainee and be unaware of hostage demands).

MINE ENCOUNTER PROCEDURE IMMEDIATE ACTION DRILL

1. STOP

- Stop all movement
- Stop all personnel
- Warn others nearby
- Shout "Mines-don't move"

S	Stop
A	Assess
N	Note
D	Drawback
I	Inform

2. ASSESS

- Is help available?
- Are there casualties?
- Are you under direct fire?
- Is your vehicle on fire?
- Can you move from your present location?

3. NOTE

- Note the Size, Shape, Colour and Material.
- Note any mine indicators.
- Note any prominent landmarks.
- Note your exact location using GPS or map.
- Note any other factors such as defensive positions, weather and time of day

4. DRAWBACK

- If help is available remain still and await rescue
- If no help is available, extract using the "Look, Feel, Prod" technique (LFP)

ACTION IN VEHICLE

- Do not jump out of the vehicle
- Exit from the rear of the vehicle after clearing an area on the ground to step into using LFP. Then extract using the "Action on Foot" method

ACTION IN VEHICLE

- Use LFP technique to move from standing to prone position
- Then extract using LFP the the closest safe area

CASUALTY EXTRACTION

- Reassure the casualty
- Use LFP to clear up to and around the casualty
- Administer First Aid
- Extract or treat casualty until help arrives

5. INFORM

- Report the situation by radio
- Request assistance (engineer and medical support)

CHEMICAL AGENT CHARACTERISTICS

CHEMICAL AGENT CHARACTERISTICS		
CHEMICAL	SYMPTOMS	TREATMENT
NERVE GAS	Breathing difficulties, tightness in chest, nausea, excessive sweating, vomiting, cramps, headache, coma, convulsions, drooling.	Administer atropine.
BLISTER AGENTS (mustard and arsenic gases)	Eyes inflamed, burning, blisters and tissue destruction.	Apply protective ointment to exposed areas.
CHOKING AGENT	Difficulty in breathing, tightness of the chest.	Loosen clothing, avoid unnecessary exertion, keep warm.
BLOOD AGENTS (cyanide, arsine gases)	Breathing difficulties, tightness of the chest.	Administer Amyl Nitrate and artificial respiration.
TEAR AGENTS	Eyes water, intense eye pain, irritation of the upper respiratory tract.	Air the skin, and flush irritated surfaces with water.
VOMITING AGENTS (DM, DA, DC)	Sneezing, nausea, salivation, vomiting.	Vigorous activity helps reduce nausea and its duration.
INCAPACITATING AGENTS	Abnormal behavior, muscle weakness, central nervous systems disorders.	Supportive first aid and physical restraints in some situations.

INDIVIDUAL DECONTAMINATION DRILL

STEP	DRILL	REMARKS
1	Remove the helmet (if worn) and place it in a convenient location	The helmet may be hung on the arm or placed between the knees to avoid further contamination
2	Remove RSDL pouch from carrier and place in waist band	Mask carrier may have been contaminated during the attack, hence removal of RSDL pouch with gloved hands
3	Remove the NBC Gloves and tuck them into the waist band.	In the event that the attack occurs prior to the donning of NBC Gloves, <i>and the exposed skin comes into contact with liquid chemical agent</i> , do not don the gloves, start the Immediate Decontamination Drill immediately
4	Open the RSDL pouch, remove the RSDL sponge and tuck the pouch into the waist band	
5	Decontaminate the hands and exposed portions of the arms	Dip the fingers into the RSDL pouch and use a washing motion to coat both hands
6	Undo the Velcro fasteners on the hood and lower the zipper to the upper chest	
7	Lift the front of the hood and pull straight back	Avoid touching the head with the hood
8	Using the RSDL sponge pad, decontaminate the exposed skin on the back of the neck, ears, the throat area, head harness and outside of the mask	
9	Take a few deep breaths to steady breathing	
10	Hold your breath, loosen the two lower adjustment straps of the mask, unmask (keeping the eyes closed) and hold the mask with the opening down	Do not breathe again unless the mask has been put on and purged. It may help to exhale slowly while the mask is off. Keep the opening of the mask down. Hooking the thumb in the bottom strap may help orient the mask when remasking is necessary.

STEP	DRILL	REMARKS
11	<p>Rapidly, but thoroughly, decontaminate the following, in the order stated:</p> <ul style="list-style-type: none"> a. Face, and b. Hair <p>Then mask, blow out and check for seal.</p>	
12	<p>Repeat Steps 8 to 11 as required.</p>	<p>Decontamination cannot be completed in one breath. Remask whenever more time (ie, air) is required, purging the mask each time. Normally, three to four unmaskings will be sufficient. Pay attention to the areas surrounding the eyes, nostrils and mouth, as well as under the chin, behind the ears and the back of the neck.</p>
13	<p>Replace and secure the hood and helmet.</p>	
14	<p>Replace detector paper on the lower left arm, lower right leg and upper right arm of the coverall.</p>	<p>The sheet on the upper right arm should cover the lower half of the sheet already in place. The sheets should not be removed until the coverall is removed for decontamination. Care should be taken not to get RSDL on the adhesive side of the detector paper.</p>
15	<p>Replace NBC Gloves but decontaminate hands one last time before putting hands in gloves</p>	
16	<p>Decontaminate the gloved hands.</p>	<p>Ensure you decontaminate entire glove surface.</p>
17	<p>Decontaminate personal equipment, as required, using the same RSDL sponge and then replace sponge in packaging</p>	
18	<p>Return RSDL packaging to the mask carrier</p>	

➔ Geography

- ⇒ Weather.
- ⇒ Defiles—natural/crisis-induced.
- ⇒ Distances.

➔ Culture

- ⇒ Know the main ones.
- ⇒ Cultural stress residue.

➔ Economic Development

- ⇒ What?
- ⇒ Where?
- ⇒ Domestic vs imported?
- ⇒ Blackmarket?

➔ Demographics

- ⇒ Distribution/religions.
- ⇒ “Who” are the players?

➔ Infrastructure

- ⇒ Destruction.
- ⇒ Water/roads.
- ⇒ Shelter.

➔ Health Risks

- ⇒ Threat from disease.
- ⇒ Include availability of medical care.

➔ Environmental Danger

- ⇒ Crisis residue.
- ⇒ Contamination.

➔ Opposing Forces

- ⇒ C2, strengths.

⇒ Approachability.

⇒ Weapons.

➤ **Criminal Element**

⇒ Ad hoc?

⇒ Organized crime elements?

⇒ Weapons.

➤ **Destruction**

⇒ From infrastructure to culture.

⇒ Local authority status?

➤ **Mission Impact**

⇒ Welcomed/resented.

⇒ Expectations.

⇒ Force strengths.

➤ **Reprisal Risks**

⇒ Degree of continued hostilities.

⇒ Random.

➤ **Bias**

⇒ Real or perceived.

➤ **Information Collection**

⇒ From translators to cleaners.

⇒ Active/Passive.

➤ **Stress**

⇒ Deployment.

⇒ Crisis.

➤ **Driving**

⇒ From cultural to route condition.

⇒ Environmental risk.

PATROLLING AS A MILITARY OBSERVER

- ➡ Always, always **carry your patrol pack**.
- ➡ Your **patrol pack** should have rations, water, flashlight, GPS, binoculars, extra malaria pills, first aid kit, sun screen, insect repellent, toilet paper, a book, extra batteries, etc. If you are flying or going on a long patrol be prepared to stay over-night, particularly during the rainy season.
- ➡ Ensure that all members of the patrol are aware of the **patrol SOPs**, particularly if there is any threat level. Always talk to your patrol team about what you will do in case of road blocks/check points, hijacking, robbery, etc.
- ➡ **Know your location** at all times. Always have your GPS on.
- ➡ **Do not speed**. Vehicular accidents are the number one killer in any mission.
- ➡ Wave and smile—you represent Peace and Hope.
- ➡ When crossing obstacles that you are unsure of, particularly makeshift bridges, get out and check it first.
- ➡ Ensure that your vehicle has a **tow cable**.
- ➡ **Don't give rides to locals**. You will become a taxi service.
- ➡ Ensure that you know where all the belligerent forces are before you leave.
- ➡ Be careful of what is marked on your map.

PATROL CHECKLIST

BEFORE THE PATROL	
ITEM	ACTION
Research	<ul style="list-style-type: none"> —study previous patrol reports —confirm local procedures —identify restrictions, checkpoints, mined areas —identify special permission areas —consider the terrain's impact on comms —determine if other UN patrols are in area —confirm changes to route conditions
Plan	<ul style="list-style-type: none"> —plan the routes to be followed —plan possible escape routes —note safety points —plan activities at sites to be visited —estimate timings
Coordinate	<ul style="list-style-type: none"> —notify others of intended patrol —brief all members of patrol —select and check all equipment —brief ops staff, provide: <ul style="list-style-type: none"> —map with patrol route and timings —radio procedures, call signs —patrol composition (veh & pers) —list of personnel details
Rehearse	<ul style="list-style-type: none"> —identify drills to be observed —walk-through the sequences of the patrol —discuss "what if?" scenarios and responses —practice emergency procedures
DURING THE PATROL	
Execute	<ul style="list-style-type: none"> —strictly comply with the patrol plan —organize the vehicle teams —provide for vehicle security: <ul style="list-style-type: none"> —extra armour on the floor of vehicles —50 m between vehicles —stay on paved roads —lock doors, partially roll up windows —stay in the vehicles unless otherwise planned —ensure personnel security: <ul style="list-style-type: none"> —wear body armour and helmets —remove valuables —maintain contact with ops —do not carry unauth passengers —avoid unnecessary risks
Report	<ul style="list-style-type: none"> —conduct a collective debrief after the patrol —prepare a detailed written report —inspect vehicles & eqpt for damage —report injuries —review individual performance with team members

PEOPLE

Authority and permission to conduct searches is a must. Record and report items found. When authorized to do so the following procedure is recommended:

- ➔ Searchers work in pairs, with one person doing the physical searching and the other observing both the searcher and the subject. The second person acts as a cover for the first. If you are alone, request assistance.
- ➔ The person to be searched should stand leaning forward against a wall or vehicle with some of his weight borne on his outstretched arms.
- ➔ Place one foot between the subject's feet and the wall. This will enable you to kick the person's feet out from under him if he moves to escape or to attack you.
- ➔ Do not stand directly in front or behind the subject to avoid being kicked, kneed or butted with the head.
- ➔ Do not be distracted or intimidated; avoid eye contact with the subject. The observer should watch for non-verbal communications (i.e. increased nervousness or tension or silent gestures to others).
- ➔ When weapons are being used the searcher should avoid crossing the line of fire of the his teammate.
- ➔ Conduct the search quickly and systematically from head to foot, down one side and up the other, covering all parts of the body, front and back, checking particularly under the arms, the stomach, inside thighs and crotch. Attention should be paid to pockets and waist bands for weapons. Search all external body depressions such as the small of the back, armpits, crotch area and closed hands.
- ➔ Do not pat; but use a stroking squeezing movement to feel for foreign objects through clothing. Clothing should be rolled between the fingers; patting may miss a small flat item like a knife.
- ➔ Any baggage or removed clothing of the subject's must also be searched. Treat such items with respect.

- ⇒ Medical dressings are always suspect and a medical practitioner should be called to examine dressings and plasters if thought necessary.
- ⇒ Pay particular attention to searching long hair.
- ⇒ Wallets and purses should be searched in the presence of a reliable witness.

DOCUMENTS

Document checks may be conducted alone or in conjunction with personal searches. Conduct personal searches before document checks.

A person whose documents are to be checked should be ordered to surrender all official documents (i.e. identity card, passes, licenses, passports, etc.). They should be examined against one another and against their owner.

Compare photographs with the individual. When making such a comparison, try to recreate the photograph condition. Remove a hat or mask the photo with your finger to hide the hair. A check of the age of the photo and subject may help.

Ask direct but not leading questions; questions that cannot be answered with a simple 'YES' or 'NO':

- a. What is your name? NOT – Is your name...?
- b. Where do you live? NOT – Do you live at...?
- c. How old are you? NOT – Are you years old?

VEHICLES

General. Authority to conduct searches is a must.

The Sequence of Checking. In general, vehicles should be systematically searched from front to rear as follows:

- ⇒ Sun visors, glove compartment and cubby holes.
- ⇒ Behind dashboard (wires leading from instruments may conceal a small weapon or document).
- ⇒ Under driver's seat, and between driver and passenger seats.
- ⇒ Back of driver seat (i.e. between back of seat and bottom of back rest).

- ⇒ Door pockets, and underneath movable mats and back seats.
- ⇒ Rear window panel shelf.
- ⇒ Trunk.
- ⇒ Front and rear bumpers.
- ⇒ Under hood, the air cleaner, behind front grill and spare tire compartment.
- ⇒ Spare tire.
- ⇒ All loose baggage and parcels (particular care to be paid to any apparently innocent articles such as umbrellas or newspapers, which may be used for concealment).
- ⇒ Gas tank (small objects retained by wire hook in filler tube).
- ⇒ Under fenders and hubcaps.

MEDIA QUICKLIST

When dealing with a media request for an interview in your official capacity as a CF member, you should ...

➔ Always:

- ⇒ Seek Public Affairs advice and support in preparation.
- ⇒ Advise your chain of command.
- ⇒ Agree to be interviewed only if you want to do it.
- ⇒ Discuss only your own job within your personal areas of experience or expertise.
- ⇒ Respect the principle of operational security, the judicial process, and federal laws and policies governing the disclosure of information.

➔ Never:

- ⇒ Mislead or lie.
- ⇒ Respond to media enquiries that fall outside of your personal experience or expertise, unless otherwise approved.
- ⇒ Undermine the safety of personnel involved in, or the potential success of, a CF operation.
- ⇒ Speculate about events, incidents, issues or future policy decisions.
- ⇒ Offer your personal opinion on Government policy or DND/CF policy.
- ⇒ Discuss actions taken by the Minister, Cabinet or the chain of command.

PHASES OF NEGOTIATION

PREPARATION PHASE		
STRATEGIC (Prior to deployment)	MEANING (In-Theatre)	REMARKS (Prior to actual negotiation)
Know history of parties	Know and understand key personalities	Learn particulars of actual problem
Know the history of the conflict	Know and understand abilities and limitations of own organization	Establish who should attend negotiation
Know and understand ethnic/culture differences		Understand limits to your authority
		Prepare verbal/physical escape routes
		Identify areas of difference between parties
		Identify interests (yours and theirs)
		Prepare BATNA - see section (4)
		Brief your translators as to their role
		Arrange for adequate security
		Maintain high level of personal dress and deportment

EXECUTION PHASE
Conduct preliminaries
Introduce all parties attending
Introduce agenda
Allow all parties to make opening statements
Focus on interests rather than positions
Bring talks back to agenda if side-tracked
Correct false information immediately
Summarize your understanding of the cases/points presented
Adjourn if necessary
Introduce creative solutions
Reach agreement, agree on facts, agree on next step(s)
Close meeting by restating the agreement(s)

FOLLOW-UP

Report and record agreements and plans

Implement all agreements immediately

Verify compliance with agreements

Prepare further negotiation as applicable

BATNA (Best Alternative to a Negotiated Agreement)

Once you have identified what the belligerente potential interests are you must also prepare a BATNA (fall back position should negotiations fail) for youyrself and all the others parties.

NEGOTIATION/MEDIATION GUIDE

Skills of an effective negotiator or mediator:

1. Be an effective listener
2. Be able to separate personalities from problems
3. Avoid ultimatums and strong positions
4. Use creativity and imagination
5. Be fully prepared
6. Make trade-offs rather than concessions
7. Be able to concentrate on the "big picture"
8. Be committed to an outcome that is mutually acceptable to both parties
9. Be able to move discussions from positions to interests
10. Be a good communicator

NEGOTIATION CHECKLIST

AIM	
To prevent escalation of conflict or change to the status quo.	
FACTORS (adversaries, disputes, peacekeepers)	
Belligerents (Enemies)	Size Rank levels involved Presence of commanders Weapons Immediate past actions Language skills available
Deductions	Is it a dispute I can deal with? Do I need a translator or interpreter? Should I take troops with me? With whom should I meet?
Nature of the Dispute (The Real Enemy)	Substantive or perceived issues Long-standing or recent Is the dispute with opposing forces or UN Recent historical background
Deductions	When should I meet? What approach should I adopt?
Ground	Distance between opposing forces Cover available for own troops Status of area involved
Deductions	Where and when should we meet? What is the risk of incomplete knowledge of dispositions?
Time and Space	Time to travel to place of incident? Time since incident? Time/distance to translators?
Deductions	Where should we meet?
Own Troops (Peacekeepers)	Legitimacy and acceptance Relationship with each side Location Strength Experience
Deductions	Who is best placed to provide information? Who has local knowledge? Whose good relations/offices can I use?

NEGOTIATION CHECKLIST






















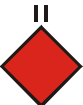










FACTORS (cont'd)

(adversaries, disputes, peacekeepers)








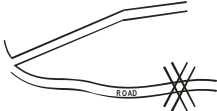
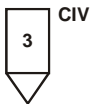


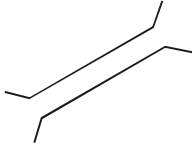


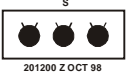
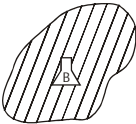

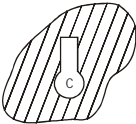


Who can deal with the situation?	<ul style="list-style-type: none"> Military observer? Section NCM? Platoon officer? Company commander? Commanding officer? Mission appointed mediator?
Where can the mediators deal with it?	<ul style="list-style-type: none"> At the place the incident occurred? At a normal meeting place? At a specially arranged meeting place?
What do the mediators need to help them?	<ul style="list-style-type: none"> Nothing? Interpreter? Video/photographer? Armed troops?
How should the mediators approach the situation?	<ul style="list-style-type: none"> Conciliate? Negotiate? Mediate? Arbitrate?
What is the fallback position?	<ul style="list-style-type: none"> Withdraw unilaterally? Offer withdrawal for concessions? Escalate? Link issues? Separate issues?
Plan	<ul style="list-style-type: none"> Who should deal with the situation? Where should they deal with it? What do they need to deal with it? How should the situation be approached? If the initial approach fails, what is the fallback position?

MAP SYMBOLS

Field Artillery			Engineer		
Infantry			Headquarters (Staff indicating location)		
Infantry Motorized			Electronic Warfare		
Infantry Mechanized			Signals		
Armour			NBC		
Armour Track Light			Combat Service Support		
 Rece			Supply		
Armour Track Light			Maintenance		
Anti-armour			Medical		
Mortar			Medical Treatment Facility		
Missile			Transportation		
Air Defence					

Team			Military Police		
Squad			Division		
Section			Corps		
Platoon			Army		
Company			Army Group		
Batallion			Group		
Regiment			Aviation Rotary Wing		
Brigade			Aviation Fixed Wing		

	LIGHT	MEDIUM	HEAVY
Machine Gun			
Mortar			
Grenade Launcher			
Anti-tank Rocket Launcher			
Anti-tank Missile Launcher			
Anti-tank Gun			
Field Artillery Direct Fire Gun			
Field Artillery Howitzer			
Multiple Rocket Launcher			
Surface to Surface Missile Launcher			
Air Defence Gun			
Surface to Air Air Defence Missile Launcher			
Armoured Tank			
Forward Line of Own Troops			

Point of Interest		Armoured Personnel Carrier	
		Ground Vehicle Armoured	
Contact Point		Ground Utility Vehicle	
Checkpoint		Wire Obstacle (Unspecified)	X X X X X X X X X X
Casualty Collection Point (CCP)		Roadblock	
Civilian Collection Point (Civ)		Detainee Holding Area	
Release Point		Bridge or Gap	
Traffic Control Post (TCP)		Contaminated Area (Nuclear)	
Antipersonnel Minefield		Contaminated Area (Biological)	
Booby Trap		Contaminated Area (Chemical)	
Completed Minefield			
Mined Area		Contaminated Area (Chemical)	

Arson/Fire



Bomb/Bombing
(Unknown)



Artillery/
Artillery Fire



Booby Trap



Assassination/Murder/
Execution



Drive-by Shooting



Bomb/Bombing
(Hostile)



Mortar/Mortar Fire



Roadblock
(Completed/in-place)



Rocket/Rocket Fire



Law Enforcement
Unit



Sniping



Civilian Law
Enforcement



Poisoning



Sea Surface Track
Non-military Law
Enforcement Vessel



Recruitment
(Coerced/imposed)



Roadblock
(Under construction)



Demonstration
(Hostile)



Patrolling



Demonstration
(Unknown)



Recruitment (Willing)


























Demonstration
(Friendly)



Hijacking (Vehicle)



Mine Laying		PSYOPS (Written) (Unknown)	
Psychological Operations (PSYOPS)		Written Propoganda (Friendly)	
PSYOPS (TV and Radio Propoganda)		House to House Propoganda (Friendly)	
PSYOPS (Written Propoganda) (Hostile)		Foraging/Searchin	
Food Distribution		Spy	
Medical Treatment Facility		Safe House (Friendly)	
Electronic Warfare Intercept		Graffiti	
Extortion		Vandalism/Rape/Loot/ Ransack/Plunder/Sack	
Arrest		Known Insurgent Vehicle	
Drug Operation		Drug Vehicle	
Refugee (Friendly)		Internal Security Force	
Safe House (Hostile)			

PROWORDS

PROWORD	MEANING	REMARKS
Acknowledge	Confirm that you have received my message and will comply.	See also "Wilco".
Affirmative	Yes, correct.	
All after or All before	In case of a lengthy message this will determine the part to be retransmitted.	See also "Word after" and "Word before".
Closing down—out	I shall now switch off my radio.	Time to return to net according to given time ("Closing down for 20 minutes—out") or net order.
Correct	Repetition of a message or a part of it is equal to what was originally sent.	Or "That is correct".
Correction	A message or a part of it was sent incorrectly and will be rectified now.	See also "Say again" and "I say again".
Disregard	My message or transmission was incorrect or inadequate. Ignore it.	No acknowledgment is expected.
Do not answer	The receiving station(s) is (are) not expected to answer or acknowledge the transmission.	
End of message	This concludes the message just transmitted (and the message instructions pertaining to a formal message).	Usually followed by "Over" or "Out".
End of text	This concludes the formal text part of a message.	The message may continue.
Fetch ...	Get the person mentioned to the radio so I may speak with him/her.	See also "Stand by" and "Speaking".
Figures	Numeral(s) to follow.	
From	Used alternatively for "This is" to identify the transmitting station.	

PROWORD	MEANING	REMARKS
I read back	I shall now repeat the contents of your transmission as you requested.	See also "Read back".
I say again	I shall now repeat a message or part of it.	
I spell	I shall now spell the following word using phonetic alphabet.	If the word is pronounceable, first pronounce it, then spell and pronounce it again
I verify	I verify and repeat your message as you requested.	See also "Verify"
MAYDAY	Indicates an emergency situation with a threat to human life.	Usually repeated three times and followed by a brief description of the situation
Other information	Originator, addressee(s), distribution	
Message	I have a message for you.	
Message follows	A formal message calling for recording is about to follow.	
Negative	No, incorrect.	
Out	This is the end of my transmission to you.	No answer or acknowledgement is expected.
Over	This is the end of my turn transmitting.	A response is expected.
Overheard	I have monitored your transmission to another station and understood the part affecting me.	
PAN	There is a potentially life-threatening situation developing.	Give a brief description.

PROWORD	MEANING	REMARKS
Read back	Repeat the message I have sent to you because I want to ensure you have received it correctly.	See also "I read back".
Relay to ...	Retransmit this message to the addressee(s) given.	
Relay through ...	Retransmit this message to the given addressee(s) using the given station as a relay.	
Roger	I have understood your message (or a part of it).	
Roger so far?	Have you understood my message up to this point?	Proper answer is "Roger - send - over".
Say again	Repeat your transmission or part of it.	See also "All after", "All before", "Word after", "Word before" and "I say again".
Send	Go ahead with your transmission.	
Send your message	Go ahead with your transmission. I am ready to write it down.	
Silence— silence— silence	Stop all traffic in this radio net.	
Silence lifted	The traffic in this radio net may return back to normal.	
Speak slower	Reduce the speed of your transmission.	Not to be answered by "I speak slower ..."
... speaking	The person requested (fetched) is now speaking.	Can also indicate a change in speaker, e.g. from radio operator to duty officer.
This is ...	Used alternatively for "From" to identify the transmitting station.	

PROWORD	MEANING	REMARKS
Through me	I am capable of communicating with the radio station you have problems with. Let me relay.	
To ...	The addressees given are to take action.	Used in formal messages.
Unknown station	I heard you transmitting but I could not get your call sign. Please identify yourself.	
Verify	Verify the entire message or part of it with the originator.	See also "I verify".
Wait	I must break this transmission for a short time. I shall continue after a while.	To be repeated every five seconds.
Wait—out	I must pause for longer than just a few seconds. I shall call again when ready.	
Wilco	I have received and understood your message and shall comply with it.	See also "Roger".
Word after ...	I am referring to the word after the given word.	Commonly used with the proword "Say again".
Word before ...	I am referring to the word before the given word.	Commonly used with the proword "Say again".
Words twice	Communication is difficult. I ask you to transmit each word twice.	The sender may reply by saying "I say again, words twice".
Wrong	Your repetition of my message or part of it was wrong.	Usually followed by "I say again".

INVESTIGATION CHECKLIST

<p>CONFIRM</p> <ul style="list-style-type: none"> • Location • Authority to investigate • Team composition • Equipment • Communications 	
<p>CONSIDER</p> <ul style="list-style-type: none"> • Record keeping • Team security • Elements of allegation to investigate 	
<p>ON SCENE</p> <ul style="list-style-type: none"> • Safety—has threat ceased? • Initial assessment • Cordon off perimeters of scene • Assistance required? • Record 	
<p>WITNESSES</p> <ul style="list-style-type: none"> • Identify • Separate • Motivation? • Native language statement 	
<p>EVIDENCE</p> <ul style="list-style-type: none"> • Verbal • Materiel • Circumstantial • Continuity of evidence maintained • Photograph/Sketch (use scale) • Record 	
<p>REPORT</p> <ul style="list-style-type: none"> • “Prove” elements of allegation • Analysis = conclusion • Prepare to handover 	

VILLAGE PROFILE

Date:

Name of Village:

LOCATION:

Name of Mayor: Location:

Deputy Mayor: Location:

Spokesperson: Location:

Population before conflict:

Population at visit:

Returnees:

Internal Displaced Persons:

Refugees:

Houses before conflict:

Houses at visit:

Medical situation:

a. **Hospital:** Capacity: Location:

b. **Doctors:** Name: Location:

c. **Nurses:** Name: Location:

d. **NGO Visits:** Name: Location:

Activity:

School:

a. **Status:**

b. **Building:**

c. **Furniture:**

d. **Teaching material:**

e. **Director:**

f. **Teachers:**

g. **Students:**

h. **Classes:**

Electric power supply:

Water supply:

Food supply:

Transport:

Warring Factions:

a. **Relationship:**

b. **Patrols/frequency:**

c. **CO:**

Village Defence:

a. **Relationship:**

b. **Patrols/frequency:**

c. **CO:**

CRATER ANALYSIS TIPS

1. Ensure the inspection area is safe.
2. Conduct the inspection as soon as possible.
3. Make sure the inspection area is located and plotted accurately (Eight figure Grid reference).
4. Locate a suitable crater. Pay attention to the pattern of the crater and the factors that will affect it.
5. Conduct the analysis using the method(s) outlined.
6. If possible collect fragments for further analysis.

FUZE FURROW AND CENTRE OF CRATER METHOD

1. Place a stake in the centre of the crater.
2. Place a second stake in the fuze furrow at the point where the fuze was blown away from fragments.
3. Set-up a direction measuring instrument in line with the stakes and away from fragments.
4. Orient the instrument and measure the direction to the firing weapon.

SIDE SPRAY METHOD

1. Place a stake in the centre of the crater.
2. Place two stakes, one at the end of each line of side spray, equidistant from the centre stake.
3. Hold a length of communications wire (or other suitable material) to each side spray stake and strike an arc forward of the fuze furrow.
4. Place a stake where these arcs intersect.
5. Set-up a direction measuring instrument in line with the centre stake and the stake at the intersection of the arcs.
6. Orient the instrument and measure the direction to the firing weapon.

PLINTER GROOVE METHOD

1. Lay a stake along the ends of the splinter grooves that extend from the crater.
2. Lay a second stake perpendicular to the first stake through the axis of the fuze tunnel.
3. Set-up a direction measuring instrument in line with the second stake and away from fragments.
4. Orient the instrument and measure the direction to the firing weapon.

DAILY SITREP

From:

Serial Number:

To:

DTG (ZULU):

1. SITUATION:

a. general situation:

b. remarks:

2. TEAM-ACTIVITIES:

a. patrolling activities:

b. meetings, liaison:

3. SECURITY:

4. PATROL SUMMARY:

5. ACTIVITY FORECAST:

6. PERSONNEL:

- a. team total:

- b. on duty:

- c. leave/CTO:

- d. sick:

- e. visitors:

7. LOGISTICS:

- a. vehicles:
 - maintenance:

 - fuel:

- b. generator(s):
 - maintenance:

 - fuel:

- c. communications and information systems:

- d. other requests:

GENERAL SITREP

1. GENERAL SITUATION : CALM / TENSE

2. BELLIGERENT FORCES:

A.

B.

3. LOCAL POPULATION:

4. UN FORCES:

5. LOGISTICS AND SIGNALS:

6. ADMINISTRATION:

PATROL REPORT

To:

From:

Date:

1. **Routes**
2. **Warring Parties (WPA)**
3. **Meetings**
4. **Logistics**
5. **Communication**
6. **Humanitarian Situation**
7. **Miscellaneous**

Signature of UNMO

OPERATIONAL REPORT

OPERATIONAL REPORT

To:

From:

Date:

Kind of Report

Firing Report

(FIREREP)

Shooting Report

(SHOOTREP)

Air Activity Report

(AIRREP)

Ground Incursion Report

(GRDREP)

Para

A. Date Time Group (DTG)

B. Identification

C. Location (Grid/AMR)

D. Action taken by UN

E. Additional Info

SHOOTREP/FIREREP

To:

From:

Date:

Para

A. Serial Number _____;

B. Date-Time-Group _____;

C. UNMO location _____;

D. Incoming/Outgoing _____;

E. Weapon Type _____;

F. Incoming/Outgoing _____;

G. Origin location (if known)_____;

H. Destination (if known)_____;

I. Casualties _____;

J. UNMO Heard/ Seen/ Told by locals _____.

WARNING REPORT

WARNING REPORT/WARNREP

To:

From:

Date:

A. When (DTG)

B. Where (Location, Grid Reference)

C. Who

D. What

E. What Action taken

F. Additional Information

GENERAL INFORMATION

Date of report:

Serial Number:

Name/Rank/Position:

LOCATION OF REFERENCE POINT

(An easily identifiable point shown on the map to which hazard area can be referenced, not the dangerous area)

Province:

Map name:

District:

Map series:

Subdistrict:

Map edition:

Nearest town/city:

Map sheet:

Municipality:

Map scale:

1 :

Coordinate of reference point:

Approach area from

 N S E W

Coordinates found from:

 GPS Map

DESCRIPTION OF REFERENCE POINT

Description of the Dangerous Area Perimeter Points
(Only if clearly identifiable—DO NOT approach hazard area)

POINT NUMBER	DESCRIPTION	MILITARY GRID REFERENCE SYSTEM (MGRS) COORDINATE
1		
2		
3		
4		
5		

Distance from nearest town/city: _____ km

Distance from nearest town/city:

- North South North-East South-East
 East West North-West South-West
 Unknown

Estimated length of the area: _____ m

Estimated width of the area: _____ m

(only if known—do not attempt to survey the area in any way)

Was there fighting in the area? Yes No

- Dangerous area: Ammunition dump Suspected minefield
 Current ambush area Confrontation area
 UXO

- Source of information: Local civilians Military
 Minefield record NGO
 Deminers

- Type of area: Built up area Open Forest
 Verge Road for vehicles Track

TYPE OF DEVICE (AP, AT, UXO, ETC)	MODEL Only if recognised— do not approach or touch to find out)	QUANTITY (Only if observed or reported)

(Tick all that are applicable)

- Governmental building Footpath Military installation
 Residential building Riverbank Unknown
 Other

Suspected Device in the Dangerous Area:

Unknown

Description of Mine/UXO:

Comment about Mine/UXO Location and Access?

(Description of location/area):

Information From Minefield Record :

(if available)

Copy attached Yes No

(Organization or group responsible, date laid, amount & type of mines)

Explanatory Map and/or Sketch:

(Show on sketch: type and location of mines/UXO only if known)

Sketch



INCIDENT REPORT/INCREP

To: _____ From: _____

Date: _____

A. Incident

Violation of the Cease-fire Agreement

Restriction of Freedom of Movement

Threat to Mission Personnel

Mine incident of Mission Personnel

Discovery and/or Verified Report on New Mines

Detention or Hostage Taking of Mission Personnel

B. Date Time Group (DTG)

C. Location (Grid/AMR)

D. Description of INCIDENT

SITREP/SINREP

To:

From:

Date:

Para

A. Date Time Group (DTG)

B. Identification

C. Location (Grid/AMR)

D. Action taken by UN

E. Additional Information

CASEVAC/MEDEVAC FORM

To:

DTG:

Para

- A. Request for *Ambulance* *Helicopter*
- B. Requesting Unit / Team
- C. Location of Patient(s) (Grid/AMR)
- D. Degree of Urgency:
 Immediate *Delayed* *Not Urgent*
- E. Time of Injury / Accident (DTG)
- F. Number of Persons to be evacuated : _____
- G. Type of Casualty:
 Dead *Injured* *Sick*
- H. Description of Injury:
Patient No.1
- I. CASEVAC Emergency Team:
 Requested *Not Requested*
- J. Landing Zone Grid:
Landing Zone Marking:
- K. Additional Info
 sent with Patient(s) *ASAP via Radio*

ADDITIONAL INFORMATION

PATIENT NO. 1 (Include the following:)	
Rank	ID No:
First Name	DoB
Last Name	Unit/Team
Sex	Blood Group
Nationality	Short Medical History
Any Known Allergies	

Patient was evacuated from the Accident site

DTG:

PATIENT NO. 2 (Include the following:)	
Rank	UN ID No:
First Name	DoB
Last Name	Unit/Team
Sex	Blood Group
Nationality	Short Medical History
Any Known Allergies	

Patient was evacuated from the Accident site

DTG:

AIRREP

From:

Serial Number:

To:

DTG (ZULU):

1. GENERAL OBSERVATIONS:

- a. time aircraft was first observed/last observed
- b. origin of flight, direction flown, specific location of violation (Grid Ref)

2. IDENTIFICATION: (*Note: do not include damage assessment in this report)

- a. number and type of aircraft
- b. markings
- c. weapons used (by general classification e.g. bombs, missiles, rockets, etc.)

3. ACTION TAKEN BY MILITARY OBSERVERS:

- a. Description of action taken by OP/Posn/Patrol, e.g. Investigation, Liaison officer informed, Medical element informed, etc.

4. ADDITIONAL INFORMATION

- a. Number of strikes during the attack. If two aircraft attack the same target at the same time, it is considered to be one strike.
- b. General flight path of the violating aircraft, e.g. "South to North" or "turning North" from your reference point.

Altitude: Low 0-300m

Medium 300-3000m

High higher than 3000m

- c. If AAA-fire is observed, details as in paras 1,2,3 and 5 in a SHOTREP should be sent. If the aircraft has not been identified, State the reason, e.g. altitude, speed, mist, etc.

VILLAGE PROFILE

VILLAGE PROFILE

Date:

Name of Village:

LOCATION:

Name of Mayor:

Location:

Deputy Mayor:

Location:

Spokesperson:

Location:

Population before conflict:

Population at visit:

Returnees:

Internal Displaced Persons:

Refugees:

Houses before conflict:

Houses at visit:

Medical situation:

- | | | |
|----------------|--------------------|-----------|
| a. Hospital: | Capacity: | Location: |
| b. Doctors: | Name: | Location: |
| c. Nurses: | Name: | Location: |
| d. NGO Visits: | Name:
Activity: | Location: |

School:

- a. **Status:**
- b. **Building:**
- c. **Furniture:**
- d. **Teaching material:**
- e. **Director:**
- f. **Teachers:**
- g. **Students:**
- h. **Classes:**

Electric power supply:

Water supply:

Food supply:

Transport:

Warring Factions:

- a. **Relationship:**
- b. **Patrols/frequency:**
- c. **CO:**

Village Defence:

- a. **Relationship:**
- b. **Patrols/frequency:**
- c. **CO:**

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IMPERIAL/METRIC MEASUREMENTS

Equivalents Imperial/Metric	
Length	
1 inch = 2.54 cm	1 mm = 0.039 in.
1 foot = 0.305 m	1 cm = 0.394 in.
1 yard = 0.914 m	1 dm = 3.937 in.
1 mile = 1.609 km	1 m = 3.28 ft.
	1 km = 0.621 mile
Area	
1 sq. in. = 6.452 cm ²	1 cm ² = 0.115 sq. in.
1 sq. ft. = 0.093 m ²	1 m ² = 10.764 sq. ft.
1 sq. yd. = 0.836 m ²	1 m ² = 1.196 sq. yd.
1 sq. mile = 2.590 km ²	1 km ² = 0.386 sq. mile
1 acre = 0.405 ha	1 ha = 2.477 acres
Volume	
1 cu. in. = 16.387 cm ³	1 cm ³ = 0.061 cu. in.
1 cu. ft. = 0.028 m ³	1 m ³ = 35.315 cu. ft.
1 cu. yd. = 0.765 m ³	1 m ³ = 1.308 cu. yd.
Capacity	
1 fl. oz (Imp) = 28.413 ml	1 l = 35.2 fl. oz
1 pint = 0.568 l	1 hl = 21.997 gallons
1 quart = 1.14 l	1 l = 0.2642 US gallon
1 gallon = 4.546 l	
1 US gallon = 3.785 l	
Weight	
1 ounce = 28.349 g	1 g = 0.035 oz.
1 pound = 453.592 g	1 kg = 2.205 lb
1 short ton = 0.907 t	1 t = 1.102 short ton

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CANADIAN DIPLOMATIC
AND CONSULAR MISSIONS ABROAD**Afghanistan**

See Pakistan, Islamabad

AlgeriaCanadian Embassy,
18, rue Mustapha-Khalef,
Ben Aknoun, Alger, Algeria
Postal address: B.P. 48, Alger
Gare, 16000 Alger, Algeria**Tel.:** 213 (2) 91-49-51/60**Fax:** 213 (2) 91-49-73**Angola**Consulate of Canada,
Rua Rei Katyavala 113,
Luanda, Angola**Tel.:** 244 (2) 448-371 or
448-377 or 448-366**Fax:** 244 (2) 449-494**Argentina**Canadian Embassy, 2828
Tagle, C1425EEH Buenos
Aires, Argentina**Postal address:** P.O. Box
1598, C1000WAP Correo
Central,

Buenos Aires, Argentina

Tel.: 54 (11) 4805-3032**Fax:** 54 (11) 4806-1209**Austria**Canadian Embassy,
Laurenzerberg 2, 1010 Vienna,
Austria**Tel.:** 43 (1) 531-38-3000**Fax:** 43 (1) 531-38-3905**Belgium**Canadian Embassy,
2, avenue de Tervuren,

1040 Brussels, Belgium

Tel.: 32 (2) 741-0611**Fax:** 32 (2) 741-0619**Bolivia**Consulate of Canada,
Calle Victor Sanjinez #2678
Edificio Barcelona 2nd Floor
Plaza Espana (Sopocachi), La
Paz, Bolivia**Tel.:** 591 (2) 415021, 414517,
415141**Fax:** 591 (2) 414453**Bosnia-Herzegovina**Canadian Embassy,
Logavina 7, 71000 Sarajevo,
Bosnia-Herzegovina**Tel.:** 387 (33) 447-900**Fax:** 387 (33) 447-901**Brazil****Brasilia**Canadian Embassy,
Setor de Embaixadas Sul,
Avenida das Nações lote 16,
70410-900 Brasilia D.F., Brazil**Postal address:** P.O. Box
00961, 70359-900 Brasilia
D.F., Brazil**Tel.:** 55 (61) 321-2171**Fax:** 55 (61) 321-4529**Bulgaria**Consulate of Canada,
c/o Ernst and Young, 38
Oboriste Street, 1504 Sofia,
Bulgaria**Tel.:** 359 (2) 943-3700**Fax:** 359 (2) 943-3707

Burundi

See Kenya

Cambodia

Canadian/Australian Embassy,
9-11, RV Senei Vinnavaut
Oum, Sangkat Chaktamouk,
Khan Daun Penh, Phnom
Penh 23, Cambodia
Tel.: 855 (23) 213 470;
after hours: 855 (0) 15 915 534
Fax: 855 (23) 426 003

Central African Republic

Consulate of Canada,
Quartier Assana, Bangui,
Central African Republic
Postal address: B.P. 973,
Quartier Assana, Bangui,
Central African Republic
Tel.: 236 61-09-73
Fax: 236 61-40-74

Chile

Santiago

Canadian Embassy,
Nueva Tajamar 481, Torre
Norte, Piso 12, Las Condes,
Santiago, Chile
Postal address: Casilla 139,
Correo 10, Santiago, Chile
Tel.: 56 (2) 362-9660
Fax: 56 (2) 362-9393

Colombia

Bogotá

Canadian Embassy,
Cra. 7, No. 115-33, Bogotá,
Colombia
Postal address: P.O. Box
110067, Bogotá, Colombia
Tel.: 57 (1) 657-9800
Fax: 57 (1) 657-9912

Congo

Gabon

Canadian Embassy, Sci, du
Stade,
Boulevard Pasteur, Libreville,
Gabon
Postal Address: B.P. 4037,
Libreville, Gabon
Tel.: 241 74 34 64/65
Fax: 241 74 34 66

Croatia

Canadian Embassy,
Prilaz Gjуре Dezelica 4,
10000 Zagreb, Croatia
Tel.: 385 (1) 488-1200 or 488-1211
Fax: 385 (1) 488-1230

Cyprus

Consulate of Canada,
1 Lambousa Street,
1095 Nicosia, Cyprus
Postal address: P.O. Box
22115-1517, Nicosia, Cyprus
Tel.: 357 (2) 775-508
Fax: 357 (2) 779-905

Czech Republic

Canadian Embassy,
Mickiewiczova 6, 125 33
Prague 6, Czech Republic
Tel.: 420 (2) 7210-1800
Fax: 420 (2) 7210-1890

Egypt

Cairo

Canadian Embassy,
5 El Saraya El Kobra Square,
Arab African International Bank
Building, Garden City, Cairo,
Egypt
Postal address: P.O. Box
1667, Cairo, Egypt **Tel.:** 20 (2)
794-3110
Fax: 20 (2) 796-3548

El Salvador

Office of the Canadian Embassy,
Centro Financiero Gigante,
Torre A, Lobby 2, Alameda Roosevelt y 63 Ave. Sur,
Colonia Escalón, San Salvador, El Salvador
Tel.: 503 279-4655
Fax: 503 279-0765

Eritrea

Consulate of Canada,
Andenet Street, House #87/89,
Asmara, Eritrea
Postal address: P.O. Box 3962, Asmara, Eritrea
Tel.: 291 (1) 18-24-90 or 18-19-40/41
Fax: 291 (1) 18-24-88 or 18-42-41

Ethiopia

Canadian Embassy,
Old Airport Area, Higher 23, Kebele 12, House Number 122, Addis Ababa, Ethiopia
Postal address: P.O. Box 1130, Addis Ababa, Ethiopia
Tel.: 251 (1) 71 30 22
Fax: 251 (1) 71 30 33

France

Paris
Canadian Embassy,
35, avenue Montaigne, 75008 Paris, France
Tel.: 33 01-44-43-29-00
Fax: 33 01-44-43-29-86

Georgia

See Turkey, Ankara

Germany

When making a long-distance call within Germany, the city code must be preceded by a zero. For example, press 030 for Berlin, followed by the local number.

Berlin

Canadian Embassy,
12th Floor, Friedrichstrasse 95, 10117 Berlin, Germany
Tel.: 49 (30) 20 31 20
Fax: 49 (30) 20 31 25 90

Greece

Athens
Canadian Embassy,
4 Ioannou Gennadiou Street, 115 21 Athens, Greece
Tel.: 30 (1) 727-3400
Fax: 30 (1) 727-3480

Guatemala

Canadian Embassy,
Edyma Plaza Building, 8th Floor,
13 Calle 8-44, Zona 10, Guatemala City, Guatemala
Postal address: P.O. Box 400, Guatemala City, Guatemala
Tel.: 502 333-6104 or 363-4348
Fax: 502 363-4208

Guinea

Canadian Embassy,
Corniche Sud, B.P. 99, Conakry, Guinea
Tel.: 224 46-23-95, 46-44-48, 46-37-32, 46-32-91, 46-32-90; after hours: 224 11-21-73-72 or 11-21-17-55
Fax: 224 46-42-35

Haiti

Canadian Embassy,
Édifice Banque de Nouvelle-
écosse (Bank of Nova Scotia),
Delmas 18, Port-au-Prince,
Haiti

Postal address: C.P. 826,
Port-au-Prince, Haiti

Tel.: 509 298-3050

Fax: 509 298-3001

Honduras

Office of the Canadian
Embassy to Honduras, Centro
Financiero BANEXPO, 3rd
Floor, Boulevard San Juan
Bosco, Colonia Payaquí,
Tegucigalpa, Honduras

Postal address: P.O. Box
3552, Tegucigalpa, Honduras

Tel.: 504 232-4551

Fax: 504 232-8767

Hungary

Canadian Embassy,
Zugligetti út. 51-53, 1121
Budapest, Hungary

Postal address: Budakeszi út.
32, 1121 Budapest, Hungary

Tel.: (361) 392-3360

Fax (Administration): (361)
392-3390

Fax (Trade/Technical Coop.):
(361) 392-3395

Fax (Political): (361) 392-3391

India

New Delhi

Canadian High Commission,
7/8 Shantipath, Chanakyapuri,
New Delhi 110021, India

Postal address: P.O. Box
5207, New Delhi, India

Tel.: 91 (11) 687-6500

Fax: 91 (11) 687-6579

Indonesia

Jakarta

Canadian Embassy, 5th Floor,
Wisma Metropolitan I, Jalan
Jendral Sudirman Kav 29,
Jakarta, Indonesia

Postal address: P.O. Box
8324/JKS.MP, Jakarta 12084,
Indonesia

Tel.: 62 (21) 525-0709

Fax: 62 (21) 571-2251

Iran

Canadian Embassy,
57 Shahid Javad-e-Sarfraz
(Darya-E-Noor), Ostad
Motahari Avenue, Tehran, Iran

Postal address: P.O. Box
11365-4647, Tehran, Iran

Tel.: 98 (21) 873-2623

Fax: 98 (21) 873-3202

Ireland

Canadian Embassy,
65 St. Stephen's Green, Dublin
2, Ireland

Tel.: 353 (1) 478-1988; after
hours: 353 (1) 478-1476

Fax: 353 (1) 478-1285

Israel

Canadian Embassy,
3/5 Nirim Street, Tel Aviv
67060, Israel

Postal address: P.O. Box
6410, Tel Aviv 63405, Israel

Tel.: 972 (3) 636-3300

Fax: 972 (3) 636-3383

Italy

Rome

Canadian Embassy,
Via Zara 30, Rome, Italy 00198

Tel.: 39 (06) 44-59-81

Fax: 39 (06) 445-98912

Jamaica**Kingston**

Canadian High Commission,
3 West Kings House Road,
Kingston 10, Jamaica

Postal address: P.O. Box
1500, Kingston 10, Jamaica

Tel.: 1 (876) 926-1500

Fax: 1 (876) 511-3493

Jordan

Canadian Embassy,
Pearl of Shmeisani Building,
Shmeisani, Amman, Jordan

Postal address: P.O. Box
815403, Amman, Jordan 11180

Tel.: 962 (6) 5666-124

Fax: 962 (6) 5689-227

Kenya

Canadian High Commission,
Comcraft House, Haile
Selassie Avenue, Nairobi,
Kenya

Postal address: P.O. Box
30481, Nairobi, Kenya

Tel.: 254 (2) 21 48 04

Fax: 254 (2) 22 69 87

Korea

See South Korea

Kosovo

Canadian Government Liaison
Office,

Krajishkih Brigada 5,
Dragodan, Pristina, Kosovo

Tel.: 381 38-549545

Kuwait

Canadian Embassy,
24, Al Mutawakel Street, Block
4, Da'aiyah, Kuwait City,
Kuwait

Postal address: P.O. Box
25281, Safat 13113, Kuwait
City, Kuwait

Tel.: 965 256-3025

Fax: 965 256-0173

Laos

Australian Embassy, J. Nehru
Street, Phone Xay District,
Vientiane, Laos

Tel.: 856 (21) 413-600

Fax: 856 (21) 413-601

Lebanon

Canadian Embassy,
434 Jal El Dib Highway (sea
side), 1st Floor, Coolrite
Building, Jal El Dib, Lebanon

Postal address: P.O. Box
60163, Jal El Dib, Lebanon

Tel.: 961 (4) 713-900

Fax: 961 (4) 710-595

**Macedonia, former
Yugoslav Republic of**

Consulate of Canada,
c/o Yucan Trade International,
12TA Udarina brigada 2a,
91000 Skopje, FYR Macedonia

Tel.: 389 (91) 225-630

Fax: 389 (91) 117-550

Mexico

*When calling from within
Mexico the area code for all
Canadian missions is 01; when
calling from outside Mexico the
area code is 52.*

Mexico City

Canadian Embassy, Calle
Schiller No. 529 (Rincón del
Bosque), Colonia Bosque de
Chapultepec, 11580 Mexico,
D.F., Mexico

Postal address: P.O. Box 105-05,
11580 Mexico, D.F., Mexico

Tel.: 52 5724-7900; toll-free
(within Mexico): 01-800-706-29-00

Fax: 52 5724-7943

*If you call the Embassy from
within Mexico City, the telephone
number is 57-24-7900 and the fax
number is 57-24-7943.*

Pakistan

Islamabad

Canadian High Commission
Diplomatic Enclave, Sector G-5,
Islamabad, Pakistan
Postal address: G.P.O. Box
1042,
Islamabad, Pakistan
Tel.: 92(51) 27 91 00
After hours: 92(51) 27 91 13
Fax: 92(51) 27 91 10

Panama

Canadian Embassy,
World Trade Center, Calle 53E,
Marbella, Galería Comercial,
Piso 1, Panama City, Panama
Postal address: Apartado
0832-2446, Estafeta World
Trade Center, Panama City,
Panama
Tel.: 507 264-9731
or 264-7115
Fax: 507 263-8083

Poland

Canadian Embassy,
Reform Plaza,
10th floor al.Jerozolimskie 123
02-017 Warsaw
Tel.: (48-22) 584-3340
Fax: (48-22) 584-3192

Romania

Canadian Embassy,
36 Nicolae Iorga, 71118
Bucharest, Romania
Postal address: Post Office
No. 22, Box 2966, Bucharest,
Romania
Tel.: 40 (1) 222-9845
Fax: 40 (1) 312-9680

Russia

Moscow

Canadian Embassy,
23 Starokonyushenny
Pereulok, Moscow, 121002
Russia
Tel.: 7 (095) 956-6666
Fax: 7 (095) 956-1577

Rwanda

Office of the Canadian
Embassy, 1534 Akagera
Street, Kigali, Rwanda
Postal address: P.O. Box
1177, Kigali, Rwanda
Tel.: 250 73210
Fax: 250 72719

Saudi Arabia

Riyadh

Canadian Embassy,
Diplomatic Quarter, Riyadh,
Saudi Arabia
Postal address: P.O. Box
94321, Riyadh 11693, Saudi
Arabia
Tel.: 966 (1) 488-2288; after
hours: 966 (5) 547-7496
Fax: 966 (1) 488-1997

Slovakia

Office of the Canadian
Embassy,
Misikova 28D, 811 00
Bratislava, Slovakia
Tel.: 421 (7) 352-175/7/8
Fax: 421 (7) 399-995

Slovenia

Consulate of Canada,
c/o Triglav Insurance Company
Ltd., Miklosiceva 19, Ljubljana
1000, Slovenia
Tel.: 386 (61) 130-3570
Fax: 386 (61) 130-3575

South Africa**Cape Town**

Canadian High Commission,
19th Floor, South African
Reserve Bank Building, 60 St.
George's Mall, Cape Town
8001, South Africa

Postal address: P.O. Box 683,
Cape Town 8000, South Africa

Tel.: 27 (21) 423-5240

Fax: 27 (21) 423-4893

South Korea**Seoul**

Canadian Embassy,
10th and 11th Floors, Kolon
Building, 45 Mugyo-Dong,
Chung-Ku, Seoul 100-170,
Korea

Postal address: C.P.O. Box 6299,
Seoul 100-662, Korea

Tel.: 82 (2) 3455-6000

Fax: 82 (2) 755-0686 or 3455-
6123

Spain**Madrid**

Canadian Embassy,
Goya Building, 35 Nuñez de
Balboa, 28001 Madrid, Spain

Postal address: P.O. Box 587,
28080 Madrid, Spain

Tel.: 34 (91) 423-3250

Fax: 34 (91) 423-3251

Switzerland**Bern**

Canadian Embassy,
Kirchenfeldstrasse 88, 3005
Bern, Switzerland

Postal address: P.O. Box
3000 Bern 6, Switzerland

Tel.: 41 (31) 357 3200

Fax: 41 (31) 357 3210

Syria**Damascus**

Canadian Embassy,
Lot 12, Mezzeh Autostrade,
Damascus, Syria

Postal address: P.O. Box
3394, Damascus, Syria

Tel.: 963 (11) 611-6692
or 611-6851

Fax: 963 (11) 611-4000

Turkey**Ankara**

Canadian Embassy,
Nenehatun Caddesi No. 75,
Gaziosmanpasa 06700,
Ankara, Turkey

Tel.: 90 (312) 436-1275

Fax: 90 (312) 446-4437

Uganda

Consulate of Canada,
IPS Building, Parliament Road,
Kampala, Uganda

Postal address: P.O. Box
20115, Kampala, Uganda

Tel.: 256 (41) 258-141
or 235-768

Fax: 256 (41) 234-518

United Kingdom**London**

Canadian High Commission,
Canada House, Consular
Services, Trafalgar Square,
London, SW1Y 5BJ, England,
U.K.

Tel.: 44 (20) 7258-6600

Fax: 44 (20) 7258-6533

United States of America**Washington**

Canadian Embassy,
501 Pennsylvania Avenue,
N.W., Washington, D.C.
20001, U.S.A.

Tel.: 1 (202) 682-1740

Fax: 1 (202) 682-7726

Vietnam

Hanoi

Canadian Embassy,
31 Hung Vuong Street, Hanoi,
Vietnam

Tel.: 84 (4) 823-5500

Fax: 84 (4) 823-5333

Yugoslavia, Federal Republic of (Serbia and Montenegro)

Canadian Embassy,
Kneza Milosa 75, 11000
Belgrade, Yugoslavia

Tel.: 381 (11) 64 46 66;

after hours: 381 (11) 64 45 47

Fax: 381 (11) 64 14 80

Zimbabwe

Canadian High Commission,
45 Baines Avenue, Harare,
Zimbabwe

Postal address: P.O. Box
1430, Harare, Zimbabwe

Tel.: 263 (4) 252-181/2/3/4/5

Fax: 263 (4) 252-186/7

Canada Direct offers easy, convenient long distance calling from abroad

Calling from a Touch-Tone phone:

- Check your Canada direct access number chart for the country you're in. Call Canada from any country listed. Call country-to-country from any of the shaded countries.
- If you're calling from a hotel, follow hotel instructions to get on outside line. (Canada Direct is provided to hotels toll-free but some hotels may apply a surcharge.
- Dial the Canada Direct access number.
- Follow the voice prompts to select your preferred language and payment method. You may use a Calling Card or Call-Me service. You can also place a call using a prepaid card or dial "0" to call collect.
- Should you need help at any time, a bilingual Canadian operator is standing by.
- If you're using a Calling Card, you can place up to 10 calls in a row without hanging up by simply pressing "#" after each call and following the voice prompts.
- Calling from a rotary phone

Follow steps 1 to 3 and an operator will assist you further.

- Using a fax or modem

To send a fax, pick up the headset and follow steps 2 to 5. For modem access, visit us at www.bell.ca/canada_direct . For instructions or download our cardconnect software at www.bell.ca/cardconnect.

- Billing

Your local phone company bills calls to Canada in Canadian dollars. Long distance savings plan discounts apply on Calling Card and Call-Me service calls to Canada. For specific rate information, call

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CANADA DIRECT ACCESS NUMBERS

Antigua 1-800-744-2580	Chile 800-360-280
Argentina 0-800-222-1004	China 108-186
Australia 1-800-551-177 or 1-800-881-150	Christmas Islands 1-800-551- 1777
Austria 0-800-200-217	Columbia 980-9-19-0057
Azores 800-800-122	Corsica Island 0-800-99-0016
Bahamas 1-800-463-0501	Costa Rica 0-800-015-1161
Bahrain 80-01-00	Croatia 0-800-22-0101
Balearic Islands 900-99-0015	Cyprus 080-900-12
Barbados 1-800-744-2580	Czech Republic 00-42-000-151
Belarus—(Mogilev, Gomel) 8-10-800-111 Vitebsk, Grodno, Brest, Minsk 8-800-111	Denmark 80-01-00-11
Belgium 0-800-100-19 or 0-800-700-19	Dominica 1-800-744-2580
Belize—(hotels) 558 (payphones) 816	Dominican Republic 1-800-333- 0111
Bermuda 1-800-744-2580	Ecuador 999-175
Bolivia 0-800-0101	Egypt 02-365-3643
Brazil 000-8014	Elba Island 172-1001
Brunei 800-010	Estonia 800-800-10-11
Bulgaria 00-800-1359	Fiji 004-890-1005
Canada 1-800-555-1111	Finland 0-800-110-011
Canary Islands 900-99-0015	France 0-800-99-00-16 or 0-800-99-02-16
Cayman Islands 1-800-744- 2580	French Guyana 0-800-99-00-16
Chatham Islands 000-919	Gabon 00 012
	Germany 0-800-888-0014
	Ghana 0-19-233
	Greece 00-800-1611

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Grenada 1-800-744-2580	Macao 0-800-100
Guadeloupe 0-800-99-00-16	Macedonia (FYROM) 99-800-4277
Guam 1-888-788-1005	Madeira 800-800-122
Guatemala 9999-198	Malaysia 1-800-800-017
Guyana 0161	Malta 0-800-890-150
Georgetown 161	Martinique 0-800-99-00-16
Haiti 161	Mauritius 73110
Honk Kong 800-96-1100	Mexico 01-800-123-0200 or 9-1-800-01994
Hungary 06-800-01211	Monaco 800-90016
Iceland 800-9010	Montserrat 1-800-744-2580
India 000167	Morocco (ONPT) 00-211-0010
Indonesia 001-801-16 or 008-801-16	Netherlands 0-800-022-9116
Iran	New Zealand 000-919
Ireland 1-800-555001	Nicaragua 168
Israel 1-800-9494-105	Northern Ireland 0-800-89-0016
Italy 172-1001	Norway 800-19-111
Ivory Coast 00-1100	Pakistan 00-800-15-001
Jamaica 1-800-222-0016	Panama 119
Hotels 876	Papua New Guinea 05-07-151-40
Japan 0053-9-161 or 0066-55-161	Paraguay 008-14-800
Kenya 0-800-14	Peru 800-502-90
Not available in Nairobi	Philippines 105-10
Korea (South) 00722-015	Poland 0-800-111-4118
Lebanon 01-423-935	Portugal 800-800-122
Lithuania 8-800-9-1004	Puerto Rico 1-800-496-7123
Luxembourg 0-800-0119	

Qatar 0-800-015-77	Tasmania 1-800-551-177
Reunion Island 0-800-99-0016	Thailand 001-999-15-1000
Romania 01-800-5000	Trinidad and Tobago Hotels 1-800-744-2580 Seaports 22
Russia 8-10-800-110-1012 Moscow only 755-5045 or 747- 1325	Turkey 00-800-16677
San marino 172-1001	Turks & Caicos 01-800-744- 2580
Scotland 0-800-89-0016	Ukraine 8-10-0-17
Senegal 3074	United Arab Emirates 800-141
Singapore 8000-100-100	United Kingdom 0-800-89-0016 or 0-500-89-1016
Slovakia 0-800-000-151	United States 1-800-555-1111
South Africa 0-800-99-0014	
Spain 900-99-0015	
Spanish North Africa 900-99- 0015	
Sri Lanka 01-430077	
Metro Colombo 430077	
St. Barthelemy 0-800-99-00-16	
St. Kitts & Nevis 1-800-744- 2580	
St. Lucia 1-800-744-2580	
St. Martin 0-800-99-00-16	
St. Pierre et Miquelon 0-800- 99-00-16	
St. Vincent 1-800-744-2580	
Sweden 020-799-015	
Switzerland 0-800-558-330	
Syria 0811	
Taiwan 00-801-20012	

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RCI—Radio Canada International

RCI has been broadcasting to Canadians around the world since 1945 via short wave, satellite and now Internet.

All broadcast timings are UTC (co-ordinated universal time) and normally broadcasts will be done on several frequencies simultaneously. All broadcasts begin with a Canadian newscast.

The main geographic frequencies (ENGLISH) are:

- ⇒ Europe – 2100 to 2159 UTC: 5995, 7235, 7425, 9805, 11600, 13650
2200 to 2229 UTC: 6045, 9770, 9805, 11600
- ⇒ Africa / Middle East – 2100 to 2159 UTC: 5995, 7235, 7425, 9805, 11600, 13650
2200 to 2229 UTC: 6045, 9770, 9805, 11600

The main geographic frequencies (FRENCH) are:

- ⇒ Europe / Africa – 2000 to 2059 UTC: 7235, 9770, 11725, 11925, 13650, 15325
- ⇒ Middle East – 1900 to 1959 UTC: 6045, 9700, 9805, 11600

The updated RCI schedule of broadcasts and frequencies and an on-line news service are available through their Web site:

- ⇒ WWW.rcinet.ca

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UN ABBREVIATIONS

The list of abbreviations presented here is intentionally limited to PSO terminology.

List of Abbreviations	
APOD	Airfield Port of Disembarkation
APOE	Airfield Port of Embarkation
CAO	Chief Administrative Officer
CF	Canadian Forces
CIDA	Canadian International Development Agency
CIMIC	Civil-Military Cooperation
CIMOC	Civil-Military Operations Cell
DPKO	Department of Peacekeeping Operations
FC	Force Commander
FOD	Field Operations Division
FSOP	Force Standing Operating Procedures
HOM	Head of Mission
ICRC	Internal Committee for the Red Cross and Red Crescent Movement
IDT	Interdepartmental Task Force
MILOBs	Military Observers
MOU	Memorandum of Understanding
MPIO	Military Public Information Officer
MSC	Military Staff Committee
NGO	Non-Governmental Organizations
NRL	National Rear Link
NSE	National Support Element
OFDA	US Office of Foreign Disaster Assistance
OFOESA	Office of Field Operational and External Support Activities
OOTW	Operations Other Than War
OP	Observation Post
OPI	Office of Public Information
PIO	Press Information Officer
PSO	Peace Support Operation(s)
PSYOPS	Psychological Operations
ROE	Rules of Engagement
SOFA	Status of Forces Agreement
SOMA	Status of Mission Agreement
SPOD	Sea Port of Disembarkation
SPOE	Sea Port of Embarkation
SRB	Swedish Rescue Board
SRSYG	Special Representative of the Secretary-General
UNHCR	United Nations High Commission for Refugees
UN SYG	United Nations Secretary-General

List of Abbreviations

UNCIVPOL	United Nations Civilian Police
UNDP	UN Development Programme
UNGA	United Nations General Assembly
UNICEF	United Nations International Childrens Fund
UNMO	United Nations Military Observer
UNNY	UN New York
UNOM	United Nations Observation Mission
UNSC	United Nations Security Council
USYG DPKO	Under Secretary-General Department of Peacekeeping Operations
WFP	World Food Programme

HUMAN RIGHTS

UNIVERSAL DECLARATION OF HUMAN RIGHTS

Preamble

Whereas recognition of the inherent dignity and of the equal and inalienable rights of all members of the human family is the foundation of freedom, justice and peace in the world,

Whereas disregard and contempt for human rights have resulted in barbarous acts which have outraged the conscience of mankind, and the advent of a world in which human beings shall enjoy freedom of speech and belief and freedom from fear and want has been proclaimed as the highest aspiration of the common people,

Whereas it is essential, if man is not to be compelled to have recourse, as a last resort, to rebellion against tyranny and oppression, that human rights should be protected by the rule of law,

Whereas it is essential to promote the development of friendly relations between nations,

Whereas the peoples of the United Nations have in the Charter reaffirmed their faith in fundamental human rights, in the dignity and worth of the human person and in the equal rights of men and women and have determined to promote social progress and better standards of life in larger freedom,

Whereas Member States have pledged themselves to achieve, in co-operation with the United Nations, the promotion of universal respect for and observance of human rights and fundamental freedoms,

Whereas a common understanding of these rights and freedoms is of the greatest importance for the full realization of this pledge,

Now, Therefore,

The General Assembly

proclaims

This Universal Declaration of Human Rights

as a common standard of achievement for all peoples and all nations, to the end that every individual and every organ of society, keeping this Declaration constantly in mind, shall strive by teaching and education to promote respect for these rights and freedoms and by progressive measures, national and international, to secure their universal and effective recognition and observance, both among the peoples of Member States themselves and among the peoples of territories under their jurisdiction.

Article 1

All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.

Article 2

Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status. Furthermore, no distinction shall be made on the basis of the political, jurisdictional or international status of the country or territory to which a person belongs, whether it be independent, trust, non-self-governing or under any other limitation of sovereignty.

Article 3

Everyone has the right to life, liberty and the security of person.

Article 4

No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms.

Article 5

No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.

Article 6

Everyone has the right to recognition everywhere as a person before the law.

Article 7

All are equal before the law and are entitled without any discrimination to equal protection against any discrimination in violation of this Declaration and against any incitement to such discrimination.

Article 8

Everyone has the right to an effective remedy by the competent national tribunals for acts violating the fundamental rights granted him by the constitution or by law.

Article 9

No one shall be subjected to arbitrary arrest, detention or exile.

Article 10

Everyone is entitled in full equality to a fair, and public hearing by an independent and impartial tribunal, in the determination of his rights and obligations and of any criminal charge against him.

Article 11

1. Everyone charged with a penal offence has the right to be presumed innocent until proven guilty according to law in a public trial at which he has had all the guarantees necessary for his defence.

2. No one shall be held guilty of any penal offence on account of any act or omission which did not constitute a penal offence, under national or international law, at the time when it was committed. Nor shall a heavier penalty be imposed than the one that was applicable at the time the penal offence was committed.

Article 12

No one shall be subjected to arbitrary interference with his privacy, family, home or correspondence, nor to attacks upon his honour and reputation. Everyone has the right to the protection of the law against such interference or attacks.

Article 13

1. Everyone has the right to freedom of movement and residence within the borders of each State.

2. Everyone has the right to leave any country, including his own, and to return to his country.

Article 14

1. Everyone has the right to seek and to enjoy in other countries asylum from persecution.

2. This right may not be invoked in the case of prosecutions genuinely arising from non-political crimes or from acts contrary to the purposes and principles of the United Nations.

Article 15

1. Everyone has the right to a nationality.

2. No one shall be arbitrarily deprived of his nationality nor denied the right to change his nationality.

Article 16

1. Men and women of full age, without any limitation due to race, nationality or religion, have the right to marry and to found a family. They are entitled to equal rights as to marriage, during marriage and at its dissolution.
2. Marriage shall be entered into only with the free and full consent of the intending spouses.
3. The family is the natural and fundamental group unit of society and is entitled to protection by society and the State.

Article 17

1. Everyone has the right to own property alone as well as in association with others.
2. No one shall be arbitrarily deprived of his property.

Article 18

Everyone has the right to freedom of thought, conscience and religion; this right includes freedom to change his religion or belief, and freedom, either alone or in community with others and in public or private, to manifest his religion or belief in teaching, practice, worship and observance.

Article 19

Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers.

Article 20

1. Everyone has the right to freedom of peaceful assembly and association.
2. No one may be compelled to belong to an association.

Article 21

1. Everyone has the right to take part in the government of his country, directly or through freely chosen representatives.
2. Everyone has the right of equal access to public service in his country.
3. The will of the people shall be the basis of the authority of government; this will shall be expressed in periodic and genuine elections which shall be by universal and equal suffrage and shall be held by secret vote or by equivalent free voting procedures.

Article 22

Everyone, as a member of society, has the right to social security and is entitled to realization, through national effort and international co-operation and in accordance with the organization and resources of each State, of the economic, social and cultural rights indispensable for his dignity and the free development of his personality.

Article 23

1. Everyone has the right to work, to free choice of employment, to just and favourable conditions of work and to protection against unemployment.
2. Everyone, without any discrimination, has the right to equal pay for equal work.
3. Everyone who works has the right to just and favourable remuneration ensuring for himself and his family an existence worthy of human dignity, and supplemented, if necessary, by other means of social protection.
4. Everyone has the right to form and to join trade unions for the protection of his interests.

Article 24

Everyone has the right to rest and leisure, including reasonable limitation of working hours and periodic holidays with pay.

Article 25

1. Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.
2. Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same social protection.

Article 26

1. Everyone has the right to education. Education shall be free, at least in the elementary and fundamental stages. Elementary education shall be compulsory. Technical and professional education shall be made generally available and higher education shall be equally accessible to all on the basis of merit.

2. Education shall be directed to the full development of the human personality and to the strengthening of respect for human rights and fundamental freedoms. It shall promote understanding, tolerance and friendship among all nations, racial or religious groups, and shall further the activities of the United Nations for the maintenance of peace.

3. Parents have a prior right to choose the kind of education that shall be given to their children.

Article 27

1. Everyone has the right freely to participate in the cultural life of the community, to enjoy the arts and to share in scientific advancement and its benefits.

2. Everyone has the right to the protection of the moral and material interests resulting from any scientific, literary or artistic production of which he is the author.

Article 28

Everyone is entitled to a social and international order in which the rights and freedoms set forth in this Declaration can be fully realized.

Article 29

1. Everyone has duties to the community in which alone the free and full development of his personality is possible.

2. In the exercise of his rights and freedoms, everyone shall be subject only to such limitations as are determined by law solely for the purpose of securing due recognition and respect for the rights and freedoms of others and of meeting the just requirements of morality, public order and the general welfare in a democratic society.

3. These rights and freedoms may in no case be exercised contrary to the purposes and principles of the United Nations.

Article 30

Nothing in this Declaration may be interpreted as implying for any State, group or person any right to engage in any activity or to perform any act aimed at the destruction of any of the rights and freedoms set forth herein.

FIRST ↓	A	B	C K	D	E
	F	G	H	I	J
	L	M	N	O	P
	Q	R	S	T	U
	V	W	X	Y	Z
	→ SECOND				
Use the letter C in place of K,					

Tap down the A-F-L-Q-V column to the row the desired letter is in.

Tap across the row to the desired letter.

An aid to easily remembering the tap code is to memorize the A-F-L-Q-V column.

When receiving the letter "D" for example, you should hear A with the first set of taps, and hear across the "A" row, A-B-C-D, you have the letter "D".

EXAMPLE

"D" = A pause A-B-C-D

"H" = A-F pause F-G-H

"Q" = A-F-L-Q pause Q

THE TAP CODE CAN BE USED ORALLY, VISUALLY, OR BY TOUCH. SWEEPING WITH A BROOM, CHOPPING WOOD, WHISTLING, PLAYING MUSICAL INSTRUMENTS, ETC.

REMEMBER A-F-L-Q-V

When using the tap code, numbers are sent by a slow tapping until the number desired is reached.

Example 36:



(Longer pause must be used)

Zero is sent as the letter “O”

