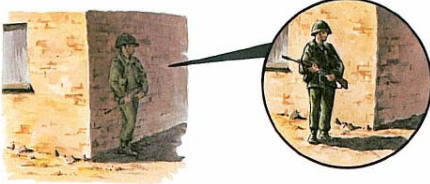


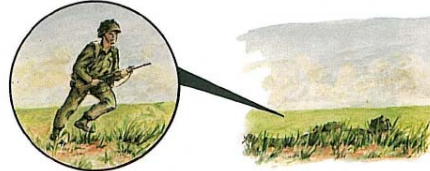
PERSONAL CAMOUFLAGE AND CONCEALMENT

WHY THINGS ARE SEEN...

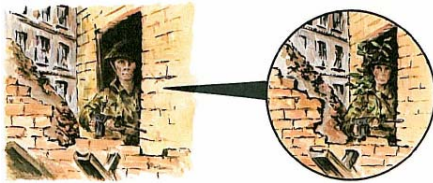
Shadow... keep in the shadow of a bigger object



Silhouette... Don't stand against a skyline



Surface... Don't look different from your surroundings



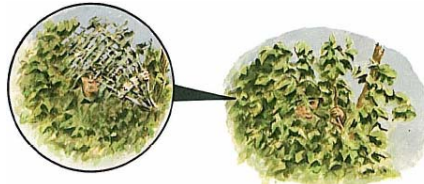
Shape... Disguise your shape (especially your Equipment).



Spacing... Keep spread out - but not too regularly



Movement... Move carefully



AVOID...

Leaning out of windows



Isolated cover



Skylines



CAMOUFLAGING YOURSELF.....



Too much

Just right

Too Little

Moving With and Without a Weapon (Day Movements)

The Walk

Hold the rifle in the alert position so that it can be used instantly. The whole attitude must be alert, with the head up in order to observe.

To be really quiet on hard ground, put the edge of the sole of the boot down first. To help the balance, keep the knees slightly bent.



Monkey Run

It is simply crawling on hands and knees.

It is useful behind cover about 600 mm (2 feet) high.

It is possible to go quite fast but only at the risk of noise.

To be quiet, always choose a place where there are no twigs to crack. Put the hands on the ground and then the knees exactly where the hands have been.

Keep the backside and head down, but observe.

With a rifle, hold it at the point of balance with one hand and see that no dirt gets into the muzzle.



Leopard Crawl

It is crawling on elbows and the inside of the knees.

It is useful behind very low cover.

Propel yourself along by alternative elbows and knees, and roll the body a little as you bend each knee; or let one leg trail behind, and use only one knee.

Keep the heels, head, body and elbows down, but observe.

With a rifle, hold it with the right hand on the pistol grip and the left hand on the hand guard.



The Role

It is often the quickest way of getting away from a spot, such as a crest line, when seen by the enemy.

Roll with the arms and the rifle, close in to the side.

Elementary Obstacle Crossing

Crossing Wire.

Crawl under it if possible.

It may be possible for someone to lie on the wire and flatten it down a bit, and for the others to climb over his body.

To cut wire, get someone to hold it on both sides of the cutter, to prevent it flying apart, making a noise and possibly hitting the face.

Crossing Gates and Wooden Fences.

The best way is to crawl under them; the next best thing is to vault over them.

Crossing Walls.

Help one another up and roll across the top, keeping flat. Be careful of weapons; do not drop them over the wall.

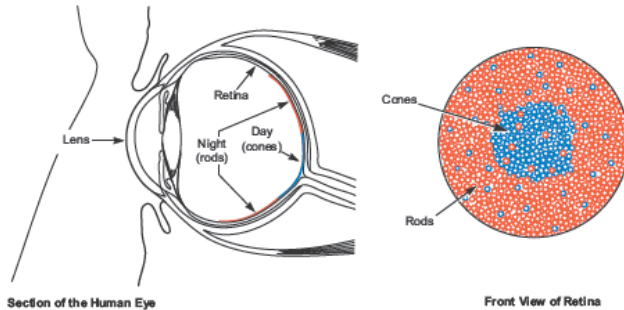
Crossing Ditches, Streams, Hedges and Gaps.

These are likely to be covered by fire; cross them as fast as possible.

Make sure you get into a fire position and observe when you have crossed an obstacle.

Introduction to Night Work

Night Vision



The eye has two sets of light sensitive cells which are used for seeing; one set by **day (cones)** which are in the centre of the eye, and the other set by **night (rods)** which are placed around the day cells.

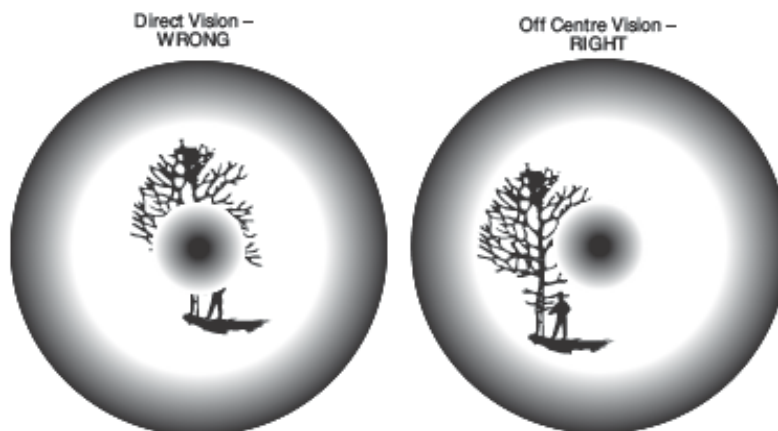
Adaptation

The change-over from seeing with day cells in strong light to seeing with the night cells in darkness is known as night adaptation. It is a slow process for the night cells take about **30 minutes** to become completely efficient.

Once adaptation has taken place, it is not possible to stare at an object without vision becoming blurred for longer than **4- 10 seconds**.

Off-Centre Vision

The day cells are in the centre of the eye. At night when looking at an object very little will be seen because these cells cannot work in poor light. The night cells must be used to see at night. They are around the day cells so this means looking at an angle (**6-10 degrees**) away from the object. This is called off-centre vision.



Scanning



When observing at night it is possible to scan the ground using the method used in daylight. In order to study an object or piece of ground in greater detail, it is better to scan using a “**figure of eight**” technique, which makes full use of off-centre Vision.

Things to note;

- » All objects are seen by silhouette, so the observer must be close to the ground to obtain a sky line.
- » No detail or colour can be seen.
- » Judging distance is impossible.

Protection

Any bright lights will spoil night adaptation. A match flame or a muzzle flash will spoil it for several seconds. An illuminating flare will ruin night vision. **It must become an instinctive reaction to cover one eye when faced with any light at night.** This will preserve part of the night vision.

Staring

If any single point of light or a prominent object is stared at for too long, **it will seem to move.** This is the reason why a sentry imagines that he is being stalked at night and sometimes fires without apparent reason. This can be prevented by “placing” the object against something else, such as **a finger at arm’s length.**

ELEMENTARY NIGHT MOVEMENT



The Ghost Walk

Lift your legs high to avoid long grass, and sweep them outwards. Feel gently with your toes for a safe place to put the feet. Make sure one foot is safe before moving the other. Keep the knees a bit bent. Carry the weapon in the alert position in open country. In close country carry it in the front slung carriage position using the sling, leaving the hands free to feel for obstacles in front above waist height.

The Cat Walk

Crawl on hands and knees; search the ground ahead for twigs with the right hand. The weapon is supported by the sling and held in the right hand.



The Kitten Crawl

Often the only way to get accurate information is to get close to the enemy, which means keeping low and quiet. The leopard crawl is too noisy, but the kitten crawl is very quiet, though it is slow and tiring and needs a lot of practice. Lie on the stomach, search the ground ahead for twigs with the right hand, lift the body on forearms and toes, press it forward, and lower it on to the ground; the weapon is supported by the sling and held in the right hand.



Action When Caught by Enemy Lights

When a flare is used to light up an area a cadet who is a member of a patrol may be caught in the light. He must take the following action:

- If there is little cover about it is usually best to take cover or lie down the moment you see the light.
- In close country it is best to freeze. If still the background makes it hard to see. If spotted get to cover quickly.

When a trip flare is set off by a member of a patrol the action to be taken by those in its light is to move away as quickly as possible out of the lighted area.



Aids to Keeping Direction

It is often hard to keep direction at night, in fog or in close country. Some of the aids to keeping direction are:

- The compass, map and air photographs.
- A rough sketch copied from a map or air photograph.
- Keeping two prominent objects in view.

IDENTIFYING SOUNDS AT NIGHT

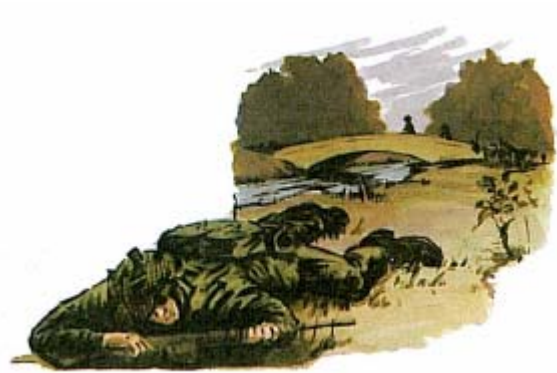


Night Noises

- At night you hear more than you see.
- Stop and listen. Stay close to the ground
- Freeze if you hear a noise.

Listening at Night

- Use your ears. Turn them towards the ground or the suspected direction of the noise.
- Open your Mouth



Duties of a Sentry

Challenge procedure

Challenge by Sentry	Action and/or Reply by Person or Group Challenged
a. "Halt! Who is (or goes) there?"	Halts and gives any reply which indicates the person or group is authorized to pass, e.g., 'Friend' or 'Ally'.
b. "Advance one and be recognized".	Person or group leader advances. No reply.
c. "Halt" (Sentry holds person until recognition is complete.)	Person halts until recognized by the sentry. No reply.

Passwords

The use of the password must be the last means of identification when other methods have failed. The password will always be in two parts each of two letters, for example:

Challenge — Sierra November
Countersign — Oscar Whisky

If the two parts have some connection, as in the example given above, it is easier to remember. Passwords are changed daily at noon.

You need to know...

- What ground to watch.
- What to do if anyone approaches your post.
- The password.
- The direction of the enemy.
- Where their own neighbouring posts are.
- The names of landmarks in front of them.
- About patrols that may come in through or anywhere near their posts.
- The signal to fire if a sentry is manning a LSW laid on a fixed line.



Safety Precautions

Blank ammunition, if mishandled, can be dangerous and, if fired at very close range, can result in serious or even fatal injuries to any individual in the line of fire. The most common avoidable accidents are due to carelessness in handling.

Safety Rules

In addition to the normal rules for the safe handling of weapons the following rules will apply to the use of blank ammunition.

- a. Blank ammunition will **never be fired** at an individual at a range of **less than 50 metres**.
- b. Care must be taken to ensure that the **muzzle of the weapon is free from obstruction**, e.g., earth, as this would considerably **increase the lethal effect**.
- c. Only 5.56 mm blank ammunition is authorized to be fired by the Cadet Forces.
- d. **Great care must be taken at night**. Indiscriminate firing is forbidden and firing will only take place on direct orders and under the personal supervision of an officer, SSI or AI. Aim is never to be taken directly at an individual.
- e. On marches or on journeys in transport rifles will be **UNLOADED**.

Lethality of Blank

On exercises, noise and enemy movements attract attention, particularly at close range. The automatic reaction is to aim and fire into moving undergrowth without determining whether it is a live enemy or considering the range. NO target of any kind, whether it can be clearly seen or not, may be engaged with blank ammunition unless it is 50 metres or more distant.