

# Student Learning Plan

## Unit 4: Wellness, Fitness, and First Aid Cold Weather Injuries [U4C2L8]



### **Why this is important:**

It is common to think that only in areas where snow and frost are present, people are susceptible to cold weather injuries. Prolonged exposure to low temperatures, wind or moisture - whether it is on a ski slope or in a stranded car - can result in cold-related injuries such as frostbite and hypothermia, no matter where you live if you are not prepared. In this learning plan you will learn the first aid treatment for cold weather injuries.



### **What you will learn to do:**

*(Competency)*

Determine first aid treatment for cold weather injuries

*Linked Core Ability*

D. Do your share as a good citizen in your school, community, country, and the world



### **How you will know when you are succeeding:**

You will show that you have learned the target knowledge and skills:

- by creating “How To” Cards for a First Aid Resource File

**Your performance will be successful when:**

- “How To” cards are neat and easy to read
- “How To” cards include short phrases or sentences describing the steps in the procedure
- “How To” cards are complete and accurate
- Frostbite card includes the steps to perform the procedure as described in the student text or other reference material
- Immersion Foot/Trench Foot card includes the steps to perform the procedure as described in the student text or other reference material
- Hypothermia card includes the steps to perform the procedure as described in the student text or other reference material
- Snow Blindness card includes the steps to perform the procedure as described in the student text or other reference material



### **Knowledge and skills you will learn along the way:**

*(Learning Objectives)*

- a. Describe factors to consider in cold weather situations
- b. Explain causes and effects of cold weather injuries
- c. Identify symptoms of cold weather injuries

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- d. Explain how to treat frostbite, immersion foot/trench foot, hypothermia and snow blindness
- e. Define key words: dehydration, frostbite, hypothermia, insulate, precipitation, subcutaneous, superficial



### **Learning Activities:**

*These learning activities are designed to help you learn the target skills and knowledge for this lesson. Your instructor may assign additional or alternative learning activities.*

- \_\_\_\_ 1. CREATE a KWL or Tree Map chart for one of the following topics: Frostbite, Immersion foot/Trench foot, Hypothermia, Snow Blindness. PRESENT your team's chart to the class. [Work in teams of 3-6 cadets] RECORD your list and your responses to reflection questions in your Cadet Notebook.
- \_\_\_\_ 2. [SELF-PACED OPTION] CREATE a KWL chart or Tree Map for each of the following topics: Frostbite, Immersion foot/Trench foot, Hypothermia, Snow Blindness. RECORD your chart and your responses to reflection questions in your Cadet Notebook.
- \_\_\_\_ 3. LISTEN TO and OBSERVE a briefing about cold weather injuries. LEARN MORE OR REVIEW by reading Section 8: Cold Weather Injuries in Chapter 2 of your text. ANSWER the review questions at the end of the section. [Work with a partner] CREATE a Flow Map of the first aid steps to follow for your assigned procedure. [Work in teams of 3-6 cadets] ENTER your answers to the review questions and your Flow Map to your Cadet Notebook.
- \_\_\_\_ 4. [SELF-PACED OPTION] CARRY OUT Learning Activity 3 independently. CREATE a Flow Map of the first aid steps to follow for each procedure. ENTER your answers to the review questions and your Flow Map to your Cadet Notebook.
- \_\_\_\_ 5. CREATE a poster warning about the dangers and prevention of Frostbite, Immersion foot/Trench foot, Hypothermia, Snow Blindness. [Work in teams of 3-6 cadets] SHARE your poster with the rest of the class. RECORD your responses to reflection questions in your Cadet Notebook.
- \_\_\_\_ 6. [SELF-PACED OPTION] CARRY OUT Learning Activity 5 independently. RECORD your responses to reflection questions in your Cadet Notebook.
- \_\_\_\_ 7. CREATE "How To" cards for treating cold weather injuries. [Work with a partner] RECORD your responses to reflection questions in your Cadet Notebook.
- \_\_\_\_ 8. [SELF-PACED OPTION] CARRY OUT Learning Activity 7 independently. RECORD your responses to reflection questions in your Cadet Notebook.



### **Assessment Activities:**

*These assessment activities will enable you to show that you have learned the target skills and knowledge for this lesson. Your instructor may assign additional or alternative assessment activities.*

- \_\_\_\_ 1. COMPLETE the Cold Weather Injuries Assessment Task. SELF-ASSESS your work using the scoring guide. SUBMIT your work to your instructor for feedback and a grade. PLACE your completed "How To" cards in your First Aid Resource File.
- \_\_\_\_ 2. SELF-PACED OPTION: Same as above.