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T R E A T I S E

of

Military Discipline

In which is laid down and explained

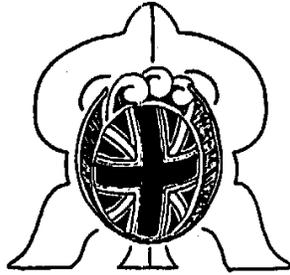
Safety and Health

Throughout Jaegers Battalion of Rogers Rangers

By Nicholas P. Kalenich, R.N., editor Esq.
And Rangers of the Virginia Company

Et nos audientes, non debeant, discite, non
comminabatur.

Nos augendae mereri salutem aliorum,
secundum eos honore. *Theodore C. Sorensen*



North America and its Colonies

A.D. MMXV

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This manual was created as a guide for the Officers, Non-Commissioned Officers and Members of Jaeger's Battalion, Rogers' Rangers. It may not be reproduced without the consent of Jaeger's Battalion, His Majesty's Independent Companies of Rangers, Major Tim J. Todish, Commander or Captain William J Blair, Adjutant.

First Edition
Jaeger's Battalion Safety Manual

April 15, 2015

I am pleased to introduce this Safety Manual for members of Jaeger's Battalion, Rogers' Rangers. Adjutant Bill Blair, along with Nick Kalenich, Ken Gilman, Jim Loba, and Bruce Roberts have put in many hours of hard work preparing this manual for your benefit.

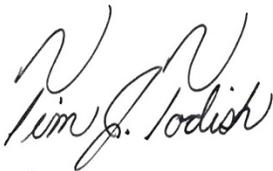
Membership in Jaeger's Battalion is voluntary, and Battalion officers and NCO's have no binding legal authority over the members. However, safety should always be our primary concern, and voluntary compliance with these standards by all members is highly recommended.

In any situation where the health and safety of any Battalion member, other reenactors, or members of the public is at risk, the senior officer, NCO or Ranger present is authorized to take whatever steps are necessary to alleviate that immediate threat. All Rangers are required to comply with this person's direction. (See Battalion Standing Order Number 14 stated here)

Battalion Standing Order Number 14: In questions of safety, any commissioned or noncommissioned officer of the Battalion shall have direct authority over any Battalion member his junior. Obedience to any order involving any matter of safety is to be immediate and complete. Direct line authority in safety matters is also extended to Battalion Staff Officers and NCO's.

In these cases, a safety incident report shall be completed and forwarded to the appropriate company commander, who in turn shall forward a copy to the Battalion Adjutant. If a Battalion member refuses to comply as ordered in a safety situation, he or she is subject to Company or Battalion level investigation and discipline.

By order of,



Tim J. Todish
Major Commanding
Jaeger's Battalion, Rogers' Rangers



Jaegers Battalion of Rogers Rangers

Safety Program

Subject: Safety Program

Purpose: To establish an effective Safety Program for Jaeger's Battalion, Rogers' Rangers.

Policy Statement: A comprehensive Safety Program is hereby established in order to ensure that all activities conducted by all units of Jaeger's Battalion, Rogers' Rangers, are done so with consideration for all aspects of safety for our members, family and the public with whom we come in contact. This Safety Program is intended to be an active – not passive - endeavor and a mandatory requirement of all members to learn, practice, enforce and contribute to its improvement. If Local, County, or State Laws are more restrictive, they take precedent over the Safety Manual.

Introduction: Our hobby of learning and depicting living history has enjoyed a long track record for many years of safe and rewarding experiences. This is attributed to several positive factors including internal education, training and emphasis on safety practices that make our unit—and others in our hobby free of injury or incidents. Our collective endeavor is to continue to learn history, gain an understanding of its meaning and impact on our civilization and culture and then share and interpret that knowledge with others. We recognize that some of our Ranger activities expose us to certain hazards that can potentially cause injury to persons or damage to property which is why we will continue to emphasize safety for our members and for those with whom we come in contact during various events. Most of the hazards that we encounter are very normal and common as we conduct our activities and some hazards are particular to Ranger or Living History activities. We also recognize that among members of our companies we have enormous resources of talent, skills, knowledge and experience to draw upon to make this safety program effective. This Safety Program actively seeks to tap into and utilize that valuable knowledge base to identify risk and mitigate or manage hazards. The goals of this Safety Program are:

- Provide organizational leadership and guidance for an improved safety environment within the entire Jaegers Battalion including all associated companies.
- Help avoid or minimize personal injury and property damage in order that Ranger activities are safe and enjoyable for all.
- Learn and teach safety knowledge and practices within Jaegers Battalion of Rogers' Rangers.
- Establish a climate of Safety Awareness for all members of Jaegers Battalion.
- Create roles and responsibilities for all members of Jaegers Battalion to participate in and contribute to the Safety Program.
- Identify risk and hazards and to establish practices and procedures to minimize, manage or mitigate those risks.

Safety Guidance: Specific guidance for safety practices have been organized within this policy by category of activity as presented below in appendices A through E. The information presented is comprehensive and is expected to be adhered to by all members of the Battalion. Much of the guidance is very specific and some is general in nature. Members are expected to use sound judgment in applying the information provided. As this Safety Program is considered a living document, these appendices are subject to periodic review and update. Such review shall be conducted not less than annually in conjunction with a general membership meeting or as directed by the Battalion Commander. Results of any changes, edits or updates shall be disseminated to each individual company by the Battalion Adjutant. Each Company Commander shall further disseminate the revised Safety Program to all members of their respective units. The manner for passing this updated information to all unit members shall be decided by each Company Commander however the goal is to review and emphasize the Safety Program with all unit members before they participate in any field event each year. The following appendices are included in this Safety Program. Additional appendices may be added as directed by the Battalion Commander.

Appendix A - Camping: Includes activities such as setting up and taking down camp, building and tending fires, cutting firewood, managing visitors.

Appendix B - Health & First Aid: Includes personal hygiene, hydration, injury treatment & medications.

Appendix C - Skills Demonstrations: Includes military drill & tactical maneuver under arms, firing of firelocks (blanks & live fire), bow & arrow, tomahawk & knives, casting bullets and use of watercraft.

Appendix D - Travel: Includes preparation for travel, route selection, road conditions, driver rest, vehicle condition, and conduct of convoy.

Appendix E - Cooking & Messing: Includes safe & healthy aspects of food preparation, food selection, food storage & sanitation.

Appendix F – Annual Review: Includes all areas and web-sites for current updates and information.

Roles & Responsibilities: An essential element of this Safety Program is that all members of Jaegers Battalion, Rogers’ Rangers have an active role and responsibility to be exercised. This is not just a policy to be read then forgotten but it is intended to be an active program with participation and contribution by all members. Each member has a continuing responsibility to *actively assess risk* and aggressively work to eliminate or mitigate those safety risks. As Rogers’ Rangers is an organization based on an actual military unit, each member has a “rank” given for his role within the organization. While there is no actual command authority in a legal sense among our members, we are a voluntary membership organization and we use the military organizational structure to assign responsibilities, disseminate information, report conditions and manage unit activities. Our actual responsibility for safety in a practical sense is to each other and to the organization and to our hobby as a whole. Responsibilities are listed below for each unit member by position.

- **Company Commanders –**
 - Exercise overall enforcement of the safety program policies.
 - Ensure that all members are aware of the safety policies and guide lines.

- Review and assess effectiveness of the battalion safety program and direct changes or improvements as needed.
 - Assign a Safety Program Coordinator for the company.
 - Assign a Safety Officer / Coordinator for each event
- **Safety Officer / Program Coordinator** –
 - Provide direct support and advice to the Company Commander to manage an effective Safety Program.
 - Periodically review the Safety Program and make recommendation for updates and improvements.
 - Organize safety related training for members of the company.
 - Obtain and maintain applicable safety regulations and instructional information for each venue / location where the unit participates. Provide this information to the Company Commander in advance of the scheduled events. (A primary reference is the National Park Service (NPS) Historic Weapons Guidelines dated 2006 or latest edition.)
- **Company Surgeon** –
 - Provide and maintain a professional quality First Aid Kit for use of the company when at organized activities.
 - Provide First Aid support and advice to Rangers when at organized activities
 - Serve as knowledgeable resource for the unit regarding all aspects of health and medical information.
- **Company Officers, Sergeants and Corporals** –
 - Assure that all members are aware of the Safety Program and their individual responsibility to comply with and enforce safety policy and guidelines.
 - Conduct safety checks of members and their equipment at appropriate opportunities. These safety checks may be formal or informal as the situation calls for. Categories for safety checks include those identified above: 1) Camping; 2) Health & First Aid; 3) Skills Demonstrations; 4) Travel; 5) Cooking & Messing
- **Privates and Indians** –
 - Be familiar with and comply with the company Safety Program.
 - Assist company officers and Noncommissioned officers with identifying safety hazards.
 - Learn and practice safe techniques and methods as part of all activities

Commanders Guidance: A foundational premise of this Safety Program is that safety is always the single most important goal during any activity functions associated with Jaegers Battalion. No matter what the task or activity being conducted, all members of Jaegers Battalion and its Independent Companies shall regard safety as the first and highest priority as an outcome of that activity.

Practical examples of this premise are:

(a) When driving to or returning from an event it is more important to arrive safely than to arrive at a scheduled time.

(b) When conducting a skills demonstration it is more important to do it without injury than to complete the demo or to achieve a particular outcome.

In order to embed this “safety first” premise as a prominent awareness for all unit members in all that we do, officers and NCOs are encouraged to make reference to safety each time that they address the organization or any fractional element of the organization. This rule should be exercised during meetings or any gathering where instruction or information is being presented. Officers and NCOs are encouraged to be creative and make all safety statements relevant to the activity at hand.

(c) Incident Reporting: The format shown below shall be used to record and report safety incidents. The purpose of recording and reporting incidents is to:

(1) Assure that affected individuals are properly taken care of including any follow-up care or treatment;

(2) Learn, review and share lessons related to the incidents to help prevent further such occurrences;

(3) Capture a record of the facts while information is fresh;

(4) Reference for any potential litigation.

Safety Incident Reporting Policy: Generally speaking, a “Safety Incident” is any event that results in actual, perceived or near harm or a “close call / near miss” to an individual. An “individual” in this context is anyone – including a member of the general public when that individual was harmed by any activity conducted by a member of Jaegers Battalion.

Why Report an Incident? The information reported from incidents is valuable in preventing the reoccurrence of similar incidents. Reporting incidents promptly is also critical so we can respond to incidents in an appropriate manner, and it helps us properly manage any potential claims.

How Do I Report an Incident? Reporting requirements are based on the severity of the incident. If you are uncertain whether to make a report, ask the Unit Safety Coordinator or the Company Commander for guidance. General guidance is to go ahead and write the report and submit it to the Safety Coordinator or to the Company Commander. They are in turn to forward a copy to the Battalion Adjutant, who shall be the official repository of all reports submitted Battalion-wide. **Do not discuss the incident with anyone without permission from the Commander or as the law requires.**

First Aid: An injury or illness treated by a re-enactor rendered first aid but does not include treatment that has to be done by a medical professional such as a Nurse, EMT and/or Doctor.

Near Miss: An unplanned event that DID NOT result in injury, illness or damage by definition, but had the potential to cause serious injury or illness.

Vehicle Accident: An unintentional damaging event involving one or more vehicles that cause damage to the vehicle, damage to property, or physical harm.

Report Writing Tips: All officers and NCO’s should carry blank incident report forms with them. It is

imperative incident reports are completed as thoroughly as possible and in a timely manner. This will help bring clarity to the situation and avoid unnecessary calls or emails for additional information. Photographs of the site, facilities, vehicles, or equipment can add value to the report. An incident report often contains very personal information. It is essential that these reports remain in the custody of the unit chain of command and they shall not be shared or discussed outside of the Jaegers Battalion without express consent of the Battalion Commander or Adjutant(in his absence). Remember to include only pertinent facts about the incident. **Do not assign blame or include personal opinions or recommendations.** When in doubt about writing an Incident Report, fill a report out.

Jaegers Battalion - Safety Incident Report (please print)

Location of Incident:

Date & Time of Incident:

Primary activity being conducted:

Was anyone Injured? Yes / No | Type of Injury:

Person(s) Injured:

Treatment / Assistance Given (continue on back if necessary):

Narrative Description of Incident:

Witnesses to the incident:

Was this activity addressed in the Battalion Safety Program? Yes / No If "Yes" - What Section?

Lesson(s) Learned:

Report Submitted by:

Report Date:

Company Safety Coordinator: (signature)

Company Commander: (signature)

Report sent to Battalion Staff? Yes / No

Date Sent:

Follow-up action taken or expected:

The buddy system

The buddy system is a way of reducing injuries, loss of life, and summoning aid in a quick and timely manner. The buddy system is used to prevent and reduce most of what is discussed in this manual.

The buddy system is a safe and effective way to protect yourself and your fellow Rangers. This is a simple system in which you are with one or more Rangers in any activity that you do or are assigned. The nature of re-enacting, we camp, hike, trek, and do tactical. These activities do pose risks that could have a potential for injury or death. Doing these activities with a fellow Ranger ensures that if an emergency should arise, there will be someone there to aid you or go for help. If you can't find a buddy, tell someone in your camp where you're going and about when you should return. This doesn't mean everyone is checking up on you, it's just in case that after a certain amount of time, we know something might be wrong. The buddy system should be encouraged. Time has proven that this is a successful safety method.

In tactical situations we use the fire team or buddy system for mutual protection. Each member of the team covers his/her partner while loading, firing, maneuvering and security. It works well on the battle field and it works well in all other normal activities within our units.

Appendix A - Camping Rogers Rangers Safety Program

The following safety guidance is provided for Jaegers Battalion, Rogers' Rangers for governing camping activities. This appendix includes activities such as setting up camp, building and tending fires, cutting firewood, managing visitors. Caution and judgment shall be exercised by the officers and noncommissioned officers when making specific decisions regarding camping related activities. These guidelines are presented in a list format as reminders to be applied as conditions dictate for the specific camp site and event.

- The unit commander or senior officer present shall assign an officer or noncommissioned officer to select the camp site and camp layout.
- The Officer or NCO will be responsible for conducting a site reconnaissance of the intended camp site in advance of arrival of the main body of the organization when possible.
- Camp site selection should be based upon several factors with safety as the foremost factor influencing each decision. Various factors include: a) distance from vehicle traffic; b) safe entry and egress; c) clear ground with drainage; d) tripping hazards, etc.
- Layout of the camp site should take into consideration relevant environmental factors such as potential wind and rain. Tripping hazards within the camp should be eliminated or protected with particular care given to access and egress routes. This is particularly important when considering access to the general public or other persons who may be visiting the Ranger camp.
- Camp fire location: Site location of the company camp fire (cooking fire) shall be approved by the officer or NCO who conducts the initial camp site location. Camp fires are to be confined to a properly dug fire pit or free standing brazier(s) or similar fire containment as appropriate for conditions and/or event site. Location of these fires shall carefully take in to consideration all relevant risk and safety factors. See Camp Fire Safety section below.
- Fire extinguishing agents: Prior to building any fire at the camp site, there shall be ample fire extinguishing agents secured and ready at hand. Our camp fires are all made with fuel made up of wood or charcoal. This type of fire is designated as a Class A fire (common combustibles) and is the only fuel authorized for our camp fire. No fire accelerants or other fuels should be used for camp or cooking fires. This specifically excludes use of petroleum or any combustible gas as fuel for the camp fire. The most effective fire extinguishing agent for a Class A fire is water. A designated fire water bucket shall be filled and kept ready for use in dousing the camp fire. The volume of fire extinguishing water shall be determined by the number and size of fires burning. In addition to the fire fighting water, the camp site should also have available a fire extinguisher that is rated for Class A fires. A type ABC fire extinguisher should also be available. Some foods are cooked in oil and some foods are fatty. Water will not work on this type of fire.

- Potable water: Each camp site shall have an available source of potable water. Included in the scope of responsibility for the officer or NCO who determines the camp site is identification of a safe source of potable water. In the event there is no acceptable or accessible source of potable water then arrangements will be made to bring water to the camp. Only clean sanitized containers that are specifically identified for transport of potable water shall be used for cooking and drinking.
- First aid kit: A company First Aid Kit shall be maintained and shall be brought to each event. The First Aid Kit shall be provisioned with sufficient modern medical aid
- Lanterns and flashlights: Lighting at night is important for safety of movement and to help guide unit members to the camp. Since we are depicting an 18th century frontier unit, our lighting is generally limited to candle lanterns and sometimes a fire light. These light sources offer minimal illumination which is adequate for most purposes. In addition to the lanterns, all unit members are encouraged to keep at hand a modern flash light or battery powered lantern that can be used in the event of an emergency or when it may be helpful to guide movement about the camp.
- Trash and cleanliness: A trash container shall be kept available at the camp site in order to keep the camp free of trash or litter. All members have a continuous responsibility to police the area to keep it neat as would be expected of a military organization.
- Camp guard: The senior member present shall assign a camp guard to remain at the camp site during any hours when visitors are expected. The camp guard shall remain in uniform / period clothing and be alert and vigilant for anyone approaching the camp. The duties of the camp guard include safety observer / enforcer to assure that no safety violations occur and camp security. This applies equally to acts of unit members and to any visitors.
- Orientation to the camp: Once the camp is established, the senior member or a designated member shall make a specific effort to orient all members to the camp with an emphasis on safety. This includes recommended routes of access and egress, location of First Aid kit, source of potable water, source of fire extinguishing water, location of fire extinguisher, nearest medical aid.
- Managing visitors: Many of our camp activities include presenting or interpreting information to the visiting public or to other organizations. Our camp is itself a “display” for visitors to enjoy and learn from. As our visitors may range in age from very young to elderly and most are not familiar with the 18th century military accoutrements, it is imperative that all visitors be attended to and guided through their visit. All members of the unit shall remain alert for visitors approaching the camp to assure that they use the intended access routes and that they do not encounter any hazards such as tripping over tent ropes or getting too near a fire pit.
- **Camp Fire Safety:** FIRE THREAT, PREVENTION, EXTINGUISHERS and FIRE RESPONSE.

Threat:

The threat of fire is always present in any colonial camp. In fact we intentionally bring various fire sources with us to the camp and we start fires for several uses. These fires are for cooking, washing, lanterns, warmth and smoking to name some common fires. It is control of the fires that is required for safety. In addition to controlling the fires, we need to control the ignition sources and fuel. Rangers must always be aware of where the

potential fuel sources are and their proximity to any kind of ignition source. Fuel includes anything that can burn such as tents, straw, grass areas, charcoal, clothing, wood and black powder.

The addition of straw for tent bedding creates a special hazard in itself because it can catch fire easily and burn very rapidly. Straw being hollow creates more of a hazard and burns much hotter than hay due to its hollow structure which allows for more air within the burning material and a much hotter and faster burning fire. One should consider the combustible properties of straw and hay when introducing it into the camp site.

- **Prevention:** Fire prevention is our goal and success depends upon every Ranger being aware of the fire risk within the camp or at the skill activity site. Each unit and the camp as a whole should have a fire plan. The “Fire Plan” should be included in a safety briefing by a Ranger leader (Officer or NCO) on the first day that the camp is established. Rangers and leaders within each camp should keep in mind that fire can move from one area to another or one tent to another in a matter of seconds. This point should be emphasized during the safety briefing.

- **Fire Starting Tools Storage:**
 - Store matches in an air tight, water proof container.
 - Store fire starting materials in a separate air tight, water proof container.
 - Store flint and steel materials in a container with a lid.
 - Store charcoal in its original container or one specifically made to hold charcoal.
 - Store charcoal lighter fluid in its original container.
 - Store all above items out of direct sunlight and away from an open flame source.

- **Tent Fire Safety:** NO OPEN FLAME IN A TENT! Candles must be in a glass enclosed container. Candle lanterns used inside of a tent must not be made of wood. Use a flashlight when possible.

- **Fire Pit:**
 - Chose an area a safe distance from tents and flies.
 - Dig a fire pit at least four (4) to six (6) inches deep. Save the removed sod/dirt.
 - Some sites do not allow digging of a pit. They normally use metal plate on the ground to build fire upon. (Check site requirements).
 - Place a fire break around the fire pit.
 - Keep the firewood a safe distance from the active fire pit. This distance shall be determined by physical and environmental conditions on site. A “safe distance” is generally a few feet to several feet.
 - The fire should be no higher than the knees.
 - An active fire REQUIRES a person to stay with it at all times. No fire guard – no fire!
 - If no fire guard – fire MUST be cold out.

- **Ammunition Storage:**
 - Store black powder/rounds in a spark proof metal container.
 - Store away from flame/heat source.
 - Store out of the sunlight.
 - DO NOT store black powder in an unapproved container

- **Breaking Camp:**
 - Stop fueling the fire pit at least one (1) hour before breaking camp.
 - Sprinkle water on the fire/coals. Mixing with the fire shovel.
 - Fire should be cold to the touch with the BACK of the hand. If warm – more water!

- **Fire Extinguishers:** The size and type of fire extinguisher needed may be determined by measuring the overall surface area of the tent canvas. For each 144 square feet of surface area the extinguisher should have a 2-A rating and 4 BC. However, if your tent is bigger, say 288 square feet then, you should go for at least a 4-A, 10BC extinguisher. However, this is only for the surface area of the canvas. It does not take into account the furnishing, (fire loading) which will be different for each tent. One should procure multiple fire extinguishers in order to have the advantage of convenience and redundancy. The price of fire extinguishers is very cheap compared to the injury and damage that fire in camp can inflict.
 - ABC type extinguishers tend to be more effective than single letter rated extinguishers because they can be used to combat the three common classes of fire. A- Ordinary combustibles, B- flammable liquids, (good for cooking areas), and C- electrical, (good for your car or generator). A 2-A rating is for about 144 square feet, a 4 B rating is good for about 4 square feet of deep 1" burning flammable liquids, and, C has no number rating.
 - Most Rangers have not received formal hands-on training in the proper use of fire extinguishers or firefighting techniques. Some instruction by a qualified (trained and certified) firefighter should be presented to the members of the company during a safety briefing when the camp is established. This instruction is not expected to “qualify” unit members in firefighting however; it will give them some knowledge and improve competence in use of fire extinguishing.
 - There are many different types of fire extinguishers available. For a typical Ranger camp, a 10 pound (amount of agent chemical), fire extinguisher is a good choice. Two or more of these extinguishers should be in each camp. When purchasing a fire extinguisher read the label and rating and purchase one with the larger rating if possible. Price should not be the primary consideration. Remember the cost to replace everything that you own would be a lot more than a good fire extinguisher.

- An extinguisher is of no use if you can't find it instantly in an emergency. Keep all extinguishers available in a common area at all times. All rangers in the camp must have easy access to the extinguisher. To look more period correct, some organizations cover their extinguishers with a canvas bag marker with the universal symbol shown here:



Logo may be hand painted or an adhesive version is available from settlers i.e.:
Smoke and Fire.

To use a fire extinguisher, **PASS!** **P**ull pin, **A**im extinguisher, **S**queeze handle, **S**weep extinguisher!

- **Fire Response / Firefighting:** The senior Ranger on site in the camp when fire is discovered should take immediate control of the fire response effort. They should quickly assess the situation and sound the alarm. The most effective “alarm” is generally shouting “**Fire, Fire, Fire - - Fire in the camp**”. Shout this as loud as possible - - it should be heard by everyone within the camp and in all nearby camps.
 - Assign a specific person to call the fire department and don't assume that someone else has already done this. Just go ahead and do it.
 - Concurrent with shouting the alarm for fire is the urgent need to account for the location of everyone in the camp. This is done by very quickly looking into every tent or anywhere that a person may be. Be sure to check all other tents not involved in fire. The burning process produces poison gases and smoke. Some persons may be sleeping or children may hide in tents and be overcome by the gases and smoke. Some Rangers may be sleeping very soundly so check surrounding tents and do a head count to include everyone in your unit. Look into any burning tents first in case a rescue is needed. If – for example – a person falls asleep smoking or with a candle or lantern burning that starts a larger fire then we want to get that person out of the tent as fast and possible.
 - Speed in the rescue will minimize injury. This may require some bravery on the part of the rescuer who must consider risk of personal injury with probably of effective rescue or assistance to a victim. Each Ranger involved in such an incident must assess for himself what can be done to assist others and to fight the fire. After all persons are accounted for and evacuated from tents, buildings or shelters, then actually fighting the fire becomes the priority.
- The senior Ranger on site who is in command of the camp should keep **safety of all persons** as the top priority. If the entire camp becomes lost to the fire but all persons are

safe then we will just have to get some new stuff to replace it. Heroic or risky firefighting efforts are not required or recommended. In fact, it is the policy of Jaegers Battalion, Rogers' Rangers to avoid unnecessary risk of injury just to put out a fire. Sound judgment of each Ranger on scene will be needed to determine how much firefighting effort is reasonable under any particular circumstances. It is perfectly acceptable to just get all people to a safe area and wait for professional firefighters to arrive and take over containment and extinguishment of the fire. Professional firefighters know how to approach all types of fire and how to control and extinguish it.

- When professional firefighters arrive on the scene, the senior Ranger in charge of the camp should meet them and clearly give them essential information such as:
 - Any persons who are not accounted for and where they may be.
 - Information and location about all flammable and combustible materials that may be in the camp such as fuel for lamps or black powder.
 - Have all persons grouped together and well away from the fire and away from the route of the firefighting and emergency vehicles.

- **Camp Tool Safety:** The objective of this section is to remind rangers about the safe use of Knives, Axe's and Saws. These are essential tools for use while in camp; however, they can be somewhat dangerous if used incorrectly.

- **Use, Sharpening and Maintenance:**
 - Cut Away From You: Knives are among the safest of tools if used properly and respected. The first rule of knife safety is always to cut away from your body or from another person. There is always the possibility of an accident or the blade sticking or slipping.
 - Knife accidents also happen when the object being cut is not firmly secured. Always cut on a firm surface. Do not hold an object so another person can cut it unless you are both facing away from the potential arc of the blade or blade tip.
 - Remember that knives are typically made for cutting. They are not hammers. If used as a hammer, the force of the blow can cause your hand to slip up and along the blade. Or you can miss the object you're aiming at and strike your fingers or wrist on the object. Chopping or hammering with a knife can also cause pieces of the object to fly in all directions, maybe even into your eye or the eye of a companion.
 - Knives are not screwdrivers or pry bars. A blade that is stressed by twisting can slip or snap, possibly injuring the user. Use the right tool for the job.

- **Sharper is Safer:** Sharp blades are actually safe blades. It takes less energy to make a cut with a sharp blade. And a sharp blade is less likely to stick. When a blade sticks, the natural instinct is to apply more force or pressure. That's when slips occur and the user gets cut. The other danger of using a dull blade is that the force of the cut can chip or bend the blade if it hits a hard object

- **More Safety Tips:** When opening a knife, keep your fingers away from the arc of the blade. Don't carry unsheathed straight knives or folding knives in the open position in your pocket.

A fall could cause a nasty puncture wound or sever an artery. And don't climb or run with any knife in the open position. If you fall, the knife will follow you, ready to stick into a vital body part when you land.

- **Keep It Oiled, Store Dry:** Knife blades and handles are made from a variety of materials. Some of them resist rust. Some don't, especially if the knife gets rained on. Even "stainless" steels can be harmed by water and some chemicals. Salt water is especially corrosive. If your knife gets a lot of use, light oil applied to the folding mechanism will keep it operating smoothly. Take a good look at it every few months and clean any dirt out of the handle or on the blades. A toothpick works well and won't damage the metal. Then re-apply a light coat of oil to keep water off the metal.
- **Sharpening Tips:** If there's a sharpening secret, it's this. Do it more often. Certain alloy combinations and forging processes will create a steel that holds a sharper blade edge for a longer time. We take off thin, uniform layers of steel at a sharp angle to recreate that sharp edge. The recommended sharpening angle is 20 degrees. When sharpening a blade, always push the blade away from you. And if you take five strokes off one side of the blade, you will need to take five strokes at equal pressure at the same angle on the opposite side. Keep your knife clean and sharp. Use it safely and responsibly. It will be a valuable, even life-saving tool for many years.
- **Types of Axes:** The axe is an essential tool for all camps where open fires are used. Like any tool, the axe should only be used for its correct purpose, the safety guidelines being followed; it should be properly cared for and should always be treated with respect. There are mainly two types of Axes used in camp, these are the Hand Axe and a Felling Axe. Each of these has a specific use and should only be used as such.
- **Which Axe:** Each axe or saw is designed to do a different job and should only be used for their intended purpose. It should never be used to do the job more suited to another type of axe, saw, and knife, and mallet, hammer and so on.
 - **Hand Axe.**
For use with one hand, it is used to cut and trim small firewood, thin branches and twigs and should not be used on live wood. Any wood larger than three inches in diameter (about the size of your wrist) should be cut using a bow saw.
 - **Felling Axe.**
This is for use with both hands, is larger than the hand-axe and is used for felling upright, dead trees and splitting wood. It is important that the correct size and weight of axe is chosen. It is difficult (and dangerous) to try and control one of an inappropriate size. No one should attempt to use a -felling axe until they are competent with a hand axe.
- **Care of the Axe:**
 - Mask or sheath the axe when not in use, using a correctly fitting mask and not by sticking it in the ground. An axe may be masked temporarily in the chopping block but make sure that the blade follows the grain of the wood, is secure in the wood, and that the haft is not overhanging the block and can trip anyone.

- In camp, keep all axes dry. Never leave them out overnight. Fit the mask or sheath and keep them out of the way in a store tent (but not just inside where someone might kneel or step on them going into the tent!).
 - Keep the axe head greased to prevent it rusting and oil a wooden handle regularly with linseed oil.
 - Replace a damaged haft with a new one, never attempt to repair it.
 - To prevent the axe being snared in clothing you should not wear scarves, ties, lanyards or any loose clothing.
 - Wear strong leather boots or shoes.
 - Clear the ground nearby and make sure there are no overhanging branches, ropes, people or other obstructions within three axe lengths of you (that is one outstretched arm and the length of three axes). Never ask anyone to hold the wood you are cutting.
 - Inspect the axe before use. Never use it if the head and haft do not line up straight, if the haft is split, chipped or otherwise damaged or broken, or if the head is loose.
 - Never use a blunt axe - it can slip or bounce off of wood yet can still penetrate flesh.
 - Always use a chopping block below the wood to be chopped and don't let the axe go into the ground.
 - Chop directly over the chopping block. The part to be cut should be resting on the block.
 - Always stop when feeling tired. If you carry on, you are more likely to miss and cause a serious injury.
 - Mask the axe when not in use.
 - Carry the axe cradled upside down in your hand with your arm by your side. Make sure the axe bit is facing forward with your fingers out of the way so that if you fall the axe would go into the ground.
 - Pass the axe to someone else by standing side by side, facing the same direction. Pass the head first.
 - Always use an axe within the marked out chopping area. Don't take it along to the source of wood. A bow saw would be more effective here.
 - Enforce the chopping area as a 'no go' area for anyone not properly trained or clothed.
 - Chop enough wood to keep the fire wood pile stocked but do not over stock the pile.
- **How to use an Axe:**
 - Crouch (or kneel on one knee) behind the chopping block.
 - Hold the wood to be chopped with one hand.
 - With the other hand grip the hand-axe on the lower part of the haft, on the 'grip'. Hold the axe firmly but not rigidly. Note: only hold the hand-axe with one hand.
 - Chop the wood by keeping the axe and the lower part of the arm straight and bending your arm at the elbow rather than the wrist or shoulder. Chop at 45 degree angles to the length of the wood making alternate left and right cuts to create a small 'V'. The 'V' will get wider as you cut through the wood, creating the chippings, until it is cut in half. Do not try to cut at right angles to the length of the wood; this will make the axe bounce.
 - Always watch the point at which you are aiming. Indeed, when practicing, it is a good idea to put a chalk mark on the log and try to hit that. Clear chippings away regularly and use them for kindling (that is, small pieces of wood suitable for starting a fire).

- **Sharpening an axe:** Sharpen the axe with a round carborundum stone. Hold the stone so that your fingers don't protrude onto the blade. If you put the stone flat on a table or other flat surface, then lift it with your fingers and use the face which was on the table for sharpening, your fingers should always be clear of the blade! Move the stone round in small circles on each side of the axe face. For extensive sharpening, lay the axe, bit upwards, against a grindstone and rotate the grindstone slowly towards the bit. It should become good practice to sharpen the axe after use and before storing.
- **The Bow Saw:** Not strictly an axe of course, but often used in conjunction with axes for preparing firewood. You may come across a variation of the bow saw, for example, the bush or 'sandvic' saw. Bow saws are used for wood too large for using a hand-axe and are often safer and easier than the felling axe for cutting small timber. They should be greased to prevent them from rusting and, as blades are relatively cheap, it is advisable to replace the blades rather than attempting to sharpen them!
- **Using a bow saw:**
 - Make sure that the wood is held firmly - if you must use your hand for this; keep it well away from the blade.
 - Start slowly, pulling the blade backward towards you until the blade is well into the wood. Then push and pull in a steady rhythm using the whole length of the blade.
 - Always mask the saw after use - either use a plastic 'clip-on' mask or tie a length of sacking around the blade.

Animal and Insect Hazards in Camp

Animals in General: All animals, whether or not on a leash, should be avoided or approached with caution. This would include animals that you are familiar with or knowing the owner.

Pets, if at all possible, should be left at home unless they are a service animal. All pets that are brought into the camp must be on a lead and kept away from any canvas structure. This is to avoid an accident. Certain sites or encampments have a “no pet” policy and this must be observed.

Common Diseases that are transmitted to Humans:

Hantavirus:

Hantavirus is a deadly virus that was first recognized as a unique health hazard in 1993. There are four different strains of Hantavirus, and cases have been reported in 30 different states. The virus is most active when the temperature is between 45 and 72 degrees.

Hantavirus is spread through the urine and feces of infected rodents. It is an airborne virus. A person is infected by breathing in particles released into the air when infected rodents, their nests, or their droppings are disturbed. This can happen when a person is handling rodents, disturbing rodent nests or burrows, cleaning buildings where rodents have made a home, or working outdoors. The virus will die quickly when exposed to sunlight.

Symptoms of Hantavirus include fever, chills, muscle aches, nausea, vomiting, diarrhea, abdominal pain, and a dry, nonproductive cough. If you suspect that someone has been infected, consult a physician immediately.

Rabies Prevention:

Rabies has become increasingly prevalent in the United States in recent years, with more than 7,000 animals, most of which are wild, found to have the disease each year, according to statistics released by the Centers for Disease Control and Prevention (CDC). This viral infection is often found in bats, foxes, raccoons, and skunks. Rabies can be transmitted by warm-blooded animals, including domestic dogs and cats.

Although rabies in humans is rare in the United States, the CDC reports that more than 22,000 people in this country require vaccination each year after being exposed to rabid or potentially rabid animals. States with the highest number of reported cases include New York, New Jersey, Connecticut, New Mexico, Texas, Massachusetts, Pennsylvania, North Carolina, New Hampshire, Maryland, and parts of northern California.

Unit Commanders can help prevent possible exposure to rabies by reminding everyone to steer clear of wild animals and domestic animals that they don't know. If someone is scratched or bitten by a potentially rabid animal, the injured person should:

1. Wash the wound thoroughly with soap and water.
2. Call a doctor or a hospital emergency room.
3. Get a description of the animal.
4. Notify the local animal control office, police department, or board of health.

Lyme Disease:

Ticks can be a problem in wooded areas and campsites, and they can be carriers of Lyme disease. The disease is transmitted when a blood-sucking tick attaches itself to and feeds on its victim. Ticks frequently imbed themselves in hair or around the belt line or ankles; they are visible, crablike insects.

A red ring like rash might appear around the bite. A victim might feel lethargic and have flulike symptoms, fever, a sore throat, and muscle aches. Anyone experiencing these symptoms in the days and weeks following a trek adventure, especially activities in areas where ticks are known to carry Lyme disease, should be checked by a physician.

West Nile Virus:

West Nile Virus (WNV) develops in humans from infected mosquito bites. Birds act as an intermediate host, forming a reservoir of infection. Migrating birds introduce the WNV into local ecosystems, where it may then continue to reside in wintering species of mosquitoes in some areas of the country, or be reintroduced to new hatches of mosquitoes in the spring.

For every five humans infected with the virus, one has a mild, febrile illness lasting 3 to 6 days, while approximately one in 150 infected persons develops meningitis or encephalitis. The incubation period ranges from 2 to 14 days. Mild illness may include lethargy, eye pain, nausea, cramping and a rash. Severe muscle weakness is also frequently a symptom.

The basis of preventing WNV in anyone is a two-pronged program directed at mosquito reduction and personal protection. By far the most important aspect is personal protection. The Department of Defense system of personal protection consists of treating clothing with 0.5 percent permethrin and treating exposed body surface areas with DEET. Properly used, this combination can reduce the incidence of mosquito bites by virtually 100 percent.

While there are additional diseases that humans can contract, the above mentioned four (4) are the most common. All encountered animals should be dealt with cautiously. If the animal encountered is too risky, immediately contact the event co-coordinator or the appropriate Law Enforcement Agency.

Do not handle wildlife yourself!

Trek Safely:

A trek is to walk a long distance, usually over land such as hills, mountains, or forests for enjoyment or to hone one's personal or team skills.

Out of the seven points of Trek Safely, the two most important points are the first and last points, Qualified Supervision and Discipline (respectively). These two points are crucial and all other points rely on them.

1. Qualified Supervision

- All treks should be supervised by a conscientious adult who accepts responsibility for the safety and well-being of everyone in the group. It is highly recommended that someone in the group is currently trained in first aid. It is recommended that this person(s) have the American Red Cross Wilderness First Aid or When Help is Delayed course. A higher level of certification such as first responder, emergency medical technician (EMT), licensed practical nurse (LPN), registered nurse (RN), nurse practitioner (NP), physician assistant (PA), or licensed health care practitioner is also acceptable.

2. Keep Fit

- Participants should have a Personal Health and Medical Record, for any trek. Incidents are frequently related to unknown physical conditions or are the unexpected result of known physical problems. The leader of the trek should make sure each participant has a medical checkup and adjust the trek and activities conditions to reduce potential risks associated with individual health and medical conditions. Good safety requires an understanding of the risk of each individual. It is recommended a regular physical regimen be started before the trek. People should start slowly, gradually increasing the duration and intensity of exercise.

3. Plan Ahead

- The trek should match the skill levels and fitness of the unit members. Permits and/or written permission should be obtained to use public or private land. It is essential for both safety and consideration of other visitors to the area.

4. Gear Up

- The trek leader ensures that the group has the appropriate equipment and clothing for the trek. Every trek member should have a first-aid kit as well as the means to carry and treat water. The leader should remind everyone to bring and take prescribed medications.

5. Communicate clearly and completely

- All participants should know what to expect and what is expected of them. Trek members should communicate with each other to avoid unpleasant surprises. Itinerary details should

be shared with family and a designated contact person. If the itinerary changes, the trek leader should communicate the changes with the family member or the contact person who then shares it with the rest of the trek members contacts. The group should also provide the land owner with a detailed itinerary. One of the trek members should bring a means of electronic communication, like a cell phone, in case of emergency.

6. Monitor Conditions

- Trek members are responsible for making good decisions and monitoring conditions on the trek. They should continually assess conditions, including weather, terrain, group morale, food and water supplies and group physical conditions. If adverse conditions develop, the group should stop and turn back.

7. Discipline

- Everyone should know, understand and follow the rules and procedures for safe trekking. Trek Safely! The reason for rules and procedures should be understood and shared to encourage compliance.

Appendix B – Health & First Aid Rogers Rangers Safety Program

The following safety guidelines are provided for Jaegers Battalion, Rogers' Rangers for governing Health and First Aid activities. This appendix includes personal hygiene, hydration, heat and cold injury, wound and physical injury treatment & medications. Experience and judgment shall be exercised by the officers and noncommissioned officers when making specific decisions regarding health & first aid related activities. These guidelines are presented in a check list format for ease of reference. Recommendations, information and policy should be applied as conditions dictate for the specific health and first aid situation.

- **First Aid requirements:**

One (1) or more member(s) of the unit should have the following:

- a. CPR training with AED from a recognized agency
- b. First Aid training from a recognized agency. This should be: Responding to Emergencies, When Help is Delayed, or Wilderness First Aid.
- c. All members should maintain a small First Aid kit.
- d. The Unit will maintain a Unit First Aid kit.
- e. All members are encouraged to have knowledge of the following:
 - Assisting in CPR
 - Maintaining an Airway
 - Treat for Anaphylactic Shock
 - Treat for Choking
 - Control Bleeding
 - Care for Ingested Poison
 - Care for Cuts and Scrapes
 - Control Nosebleed
 - Treat for Shock
 - Treat all types of Burns
 - Treat for Hypothermia and Frost Bite
 - Treat for Heat Exhaustion, Heat Stroke, and Sunburn
 - Treat for Dehydration
 - Treat for Fractures and Splinting
 - Treat for Neck and Back Injuries
 - Treat for Sprains, Strains, Muscle Cramps, and Bruises
 - Treat for Abdominal Cramping
 - Treat for Insect bite and Stings
 - Treat for Snakebites

- Treat for Splinters, Nail, and Fishhook
- Treat for blisters, thermal and friction
- Treat for Animal and Human Bite
- Moving a Sick or Injured Person

While formal training is recommended, having the above knowledge could save a life

- **Contents for an Individual First Aid Kit:**

- Adhesive bandages – six (6)
- Sterile gauze, 3 X 3 inch – two (2)
- Adhesive tape – one (1) 2 inch small roll
- Moleskin, 3 X 6 inch – one (1)
- Soap (one small bar) or alcohol based hand sanitizing gel (one travel size bottle)
- Triple antibiotic ointment – one (1) small tube
- Scissors – one (1) pair
- Non latex disposable gloves – two (2) pair
- CPR breathing barrier – one (1)
- Tweezers – one (1)
- Small pad and pencil
- Elastic Bandage(Ace) 3” – one (1)
- Alcohol Pads six (6)

- **Recommended Contents for Unit First Aid Kit:**

- Roller bandage/Kling, 3 inch roll –two (2)
- Roller bandage/Kling, 2 inch roll – two (2)
- Adhesive tape, 2 inch roll – two (2)
- Alcohol pads – twelve (12)
- Betadine pads – twelve (12)
- Assorted adhesive bandages – one (1) box (to include knuckle and fingertip)
- Elastic bandage (ace), 3 inch, 4 inch and, 6 inch wide – two (2) of each
- Sterile gauze pads, 4 X 4 inch – twelve (12)
- Moleskin, 3 X 6 inch – four (4)
- Gel pads for blister and burns – two (2) packets
- Triple antibiotic ointment – one (1) tube
- Soap (one small bar) or alcohol based hand sanitizing gel (one travel size bottle)
- Scissors – one (1) pair
- Tweezers – one (1)
- Safety pins – twelve (12)
- Non latex disposable gloves – Six (6) pairs
- Protective goggles/safety glasses – one (1) pair
- CPR breathing barrier – one (1)
- Instant cold compress – two (2)

- Reflective (space) blanket – one (1)
 - Small pad and pencil
 - Calamine lotion
 - Insect repellent
- **Annual Medical Physical:** Ranger activities and re-enactments can be very physically demanding, and therefore stressful beyond normal life activities. Re-enactors should get an annual physical done by your doctor. Let your doctor know what type of physical activity you plan to engage in as a Ranger re-enactor so he/she can advise regarding precautions appropriate for you to take. Your annual physical and consultation with your doctor is the best way to discover and know how to manage any underlying medical conditions. Medications and general physical conditioning are key factors to consider in order to avoid having a bad occurrence during a Ranger event. **Getting an annual physical is highly recommended!**

Pre-existing physical conditions that are known to each individual Ranger should be seriously considered when planning to attend a Ranger event. These conditions should be discussed with your doctor to determine what level of effort or exertion is safe. In some cases, prudent judgment may prohibit attending a Ranger event or re-enactment due to the location of the event, response time of emergency services, and distance to the hospital.

It is recommended that each Ranger inform the unit leaders, Company Surgeon and Safety Coordinator of any health concerns or limitations before the event or activity. This will allow the leadership to plan and limit physical demands that could be harmful to the Ranger.

- **Food:** If a participant has a problem with the diet described for the event, please contact the Captain of your Company and/or the coordinator of the event to discuss your options.
- **Medications:** Each participant who has a condition requiring medication should bring an appropriate supply for the duration of the event. Consider bringing duplicate or even triplicate supplies of vital medications. People with allergies that have resulted in severe reactions or anaphylaxis must bring with them an EpiPen that has not expired.
- **Immunizations:** Each participant should have received a tetanus immunization within the last 10 years. Recognition will be given to the rights of those Re-enactors who do not have immunizations because of philosophical, political, or religious beliefs.

- **Recommendations Regarding Chronic Illnesses:** Re-enactors who have had any of the following conditions should undergo a thorough evaluation by a physician before considering participation any re-enactment event: Cardiac or Cardiovascular Disease, including;
 - Angina (chest pain caused by blocked blood vessels or coming from the heart)
 - Myocardial infarction (heart attack)
 - Heart surgery or heart catheterization, including angioplasty (balloon dilation) or stents to treat blocked blood vessels
 - Stroke or transient ischemic attacks (TIAs)
 - Claudication (leg pain with exercise, caused by hardening of the arteries)
 - Family history of heart disease or a family member who died unexpectedly before age 50
 - Diabetes
 - Smoking
 - Excessive weight

Participants who have a congenital heart disease or an acquired heart disease such as rheumatic fever, Kawasaki's disease, or mitral valve prolapse should undergo thorough evaluation by a physician before considering participating in a re-enactment. The physical exertion at any event may precipitate either a heart attack or stroke in susceptible persons. Participants with a history of any of the first seven conditions listed above should have a physician supervised stress test. More extensive testing (e.g., nuclear stress test) is recommended for participants who have (coronary heart disease. Even if the stress test results are normal, the results of testing done at lower elevations, without backpacks, do not guarantee safety. If the test results are abnormal, the individual is advised not to participate.

- **Hypertension (High Blood Pressure):** The combination of physical, mental, and emotional stress, increased exertion and/or heat, and altitude appears to cause a significant increase in blood pressure in some individuals. Occasionally, hypertension reaches such a level that it is no longer safe to engage in strenuous activity. Hypertension can increase the risk of having a stroke, heart attack, or angina. Participants should have a blood pressure less than 140/90. Persons with significant hypertension (greater than 140/90) should be treated and controlled before attending any re-enactment, and should continue on medications while participating. The goal of treatment should be to lower the blood pressure to normal levels. Participants already on antihypertensive therapy with normal blood pressure should continue on medications. Individuals taking diuretics to treat hypertension are at increased risk for dehydration related to strenuous physical activity and should be careful to maintain good hydration during the re-enactment.
- **Insulin-Dependent Diabetes Mellitus:** Exercise and the type of food eaten affect insulin requirements. Any individual with insulin-dependent diabetes mellitus should be able to monitor personal blood glucose and to know how to adjust insulin doses based on these factors. The person with diabetes also should know how to give a self-injection. Both the person with

diabetes and one other person in the group should be able to recognize indications of excessively high blood sugar (hyperglycemia or diabetic ketoacidosis) and excessively low blood sugar (hypoglycemia). The person with diabetes and one other individual should know the appropriate initial responses for these conditions. An insulin-dependent person who has been newly diagnosed (within the last six months) or who has undergone a change in delivery system (e.g., insulin pump) in the last six months is advised not to participate. A person with diabetes who has had frequent hospitalizations for diabetic ketoacidosis or who has had frequent problems with hypoglycemia should not participate until better control of the diabetes has been achieved.

- **Allergy or Anaphylaxis:** Persons who have had an anaphylactic reaction from any cause must contact the Captain of their Company or event coordinator before arrival. If you are allowed to participate, you will be required to have appropriate treatment with you. You and at least one other member of your company must know how to give the treatment. If you do not bring appropriate treatment with you, you will be required to buy it before you will be allowed to participate.
- **Recent Musculoskeletal Injuries and Orthopedic Surgery:** Rangers who participant in strenuous events can put a great deal of strain on feet, ankles, and knees due to negotiating steep, rocky trails with a backpack; paddling and portaging heavy gear over irregular terrain; or climbing into and out of a boat. Therefore, individuals with significant musculoskeletal problems (including back problems) or orthopedic surgery/injuries within the last 6 months are advised to obtain a letter of clearance from their orthopedic surgeon or treating physician to be sure they are not at risk of further injury. A person with a cast on any extremity may participate with limitations but must advise the Company Surgeon, Safety Coordinator and Company Commander of the limitations.
- **Ingrown toenails:** A common problem and should be treated 30 days prior to a re-enactment.
- **Psychological and Emotional Difficulties:** A psychological disorder does not necessarily exclude an individual from a re-enactment. Re-enactors should be aware that no re-enactment event is designed to assist participants in overcoming psychological or emotional problems. Experience demonstrates that these problems frequently become magnified, not lessened, when a participant is subjected to the physical and mental challenges of a remote re-enactment setting. Any condition should be well-controlled without the services of a mental health practitioner.
- **Medication:** Under no circumstance should medication be stopped immediately prior to re-enactment, and medication should be continued as prescribed by their doctor. Participants requiring medication must bring an appropriate supply for the duration of the re-enactment.

- **Seizures (Epilepsy):** A seizure disorder or epilepsy does not exclude an individual from participating at a re-enactment. However, the seizure disorder should be well controlled by medications. A minimum one year seizure-free period is considered to be adequate control. Exceptions to this guideline may be considered on an individual basis, and will be based on the specific type of seizure and the likely risks to the individual and to other members of the company.

- **Asthma:** Asthma should be well-controlled before participating at any re-enactment. Well-controlled asthma means:
 - The use of a rescue inhaler (e.g., albuterol) less than once daily.
 - No need for nighttime treatment with a rescue inhaler (e.g., albuterol).
 - Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair. You must meet these guidelines in order to participate.

- **You may not be allowed to participate** and must advise either the Company Surgeon, Safety Coordinator or Company Commander of the limitations prior to the event if:
 - You have exercise asthma not controlled by medications; or
 - You have been hospitalized or have gone to the emergency room to treat asthma in the past six months; or
 - You have needed treatment with intravenous, intramuscular, or oral steroids (prednisone) in the past six months.
 - You must bring an ample supply of your medications and a spare rescue inhaler that are not expired. At least one other member of your company should know how to recognize signs of worsening asthma or an asthma attack, and should know how to use the rescue inhaler.
 - Any person who has needed treatment for asthma in the past three years **must** carry a rescue inhaler on the re-enactment. If you do not bring a rescue inhaler, you must buy one before you will be allowed to participate.

- **Environmental Injuries:** Cold and heat injuries deserve a special section for two reasons. First, they're 100% preventable! Second, most insurance companies do not cover these types of injuries. So it becomes important for every Ranger to know and recognize cold and heat injuries.
 - **Hypothermia Signs and Symptoms**
 During good weather conditions, you tend to ignore the weather. If it's sunny, you'll probably feel warm and neglect to carry proper clothing necessary in the event of inclement weather. You may even lack food and rudimentary shelter and equipment necessary for survival in an emergency.

If the weather changes suddenly, or you or a member of your party is injured, you may find yourself unprepared to face adverse conditions.

- Hypothermia symptoms usually begin slowly. As you develop hypothermia, your ability to think and move often becomes clouded. In fact, you may even be unaware that you need help. As your thought process is impaired, you fail to realize that you are becoming colder.
- Once you get cold, it can be very difficult to get warm again.
- Someone with hypothermia symptoms is likely to have frostbite as well in cold weather.
- One of the key hypothermia symptoms is a core body temperature below 95° F (normal body temperature is 98.6° F).
- Usually, everyone thinks about hypothermia occurring in extremely cold temperatures, but that doesn't have to be the case. It can happen anytime that you are exposed to cool, damp conditions.
- Older people are more susceptible to hypothermia.
- Two things to remember about hypothermia are that...
 1. You don't need to be experiencing sub-zero temperatures to encounter hypothermia and ...
 2. Your judgment will be impaired making you much more likely to experience an accident.
- If you or someone in your group becomes hypothermic, take immediate action before it becomes a severe emergency!

- **Hypothermia symptoms include:**

- Uncontrollable shivering (although, at extremely low body temperatures, shivering may stop)
- Weakness and loss of coordination
- Confusion
- Pale and cold skin
- Drowsiness – especially in more severe stages
- Slowed breathing or heart rate

If not treated promptly, lethargy, shock, coma, and cardiac arrest can occur

- **Hypothermia signs that can be observed by others:**

- Slowing of pace, drowsiness, fatigue
- Stumbling
- Thickness of Speech
- Amnesia
- Irrationality, poor judgment
- Hallucinations
- Loss of perceptual contact with environment
- Blueness of skin
- Dilation of pupils
- Decreased heart and respiration

- Stupor
- Death

- **Victims need IMMEDIATE help if the following symptoms are present:** If you observe ANY of these hypothermia symptoms or signs in yourself or anyone in your party, seek immediate help:
 - Poor articulation of words
 - Disorientation
 - Decrease in shivering followed by rigidity of muscles
 - Cyanosis (Blueness of Skin)
 - Slowness of pulse, irregular or weak pulse

- **Hypothermia Prevention:**
 - **Avoid Exposure**
 - **STAY DRY.** Wet clothes lose about ninety percent of their insulating value. Wool loses less. So do some of the new synthetics. Cotton and wet down are virtually worthless. Check the insulating values of the materials you choose to wear.
 - **STAY OUT OF THE WIND.** A breeze carries heat away from bare skin much faster than still air. Wind drives cold air under and through clothing. Wind cools wet clothes even faster by evaporating moisture from their surface.
 - **WIND MULTIPLIES THE PROBLEMS OF STAYING DRY.** If you have been in water and you are wearing a T-shirt that is wet, take it off. You will stay warmer. Direct sunlight on the skin also helps the warming process.
 - **UNDERESTIMATING THE EFFECTS OF THE COLD.** Most hypothermia cases develop in air temperatures between 30 and 50 degrees. Most outdoor enthusiast simply does not believe such temperatures can be dangerous. They underestimate, often with fatal results, the danger of being wet at such temperatures.
 - Fifty degree water is unbearably cold. The cold that kills is cold water running down your neck and legs, and cold water removing body heat from the surface of your clothes.

- **Hypothermia in Water:** Loss of body heat to the water is a major cause of deaths in boating accidents. Often the cause of death is listed as drowning; but, often the primary cause is hypothermia. Alcohol also lowers the body temperature around two to three degrees by dilating the blood vessels. Do not drink alcohol around cold water.

The following chart shows the effects of hypothermia in water:

Exhaustion	Water Temperature	Survival Time
Under 15 min	32.5 degrees	Under 15 to 45 min
15 to 30 min	32.5 to 40	30 to 90 min
30 to 60 min	40 to 50	1 to 3 hrs
1 to 2 hrs	50 to 60	1 to 6 hrs
2 to 7 hrs	60 to 70	2 to 40 hrs
3 to 12 hrs	70 to 80	3 hrs. to indefinite

- **Terminate Exposure:** If you can't stay dry and warm under existing weather conditions using the clothes you have with you do whatever is necessary to be less exposed. Find some sort of emergency shelter from the elements and make a fire.
- **Never Ignore Shivering:** Persistent or violent shivering is a clear warning that you are on the verge of hypothermia. Get back to camp.
- **Beware of Exhaustion:** Allow for the fact that exposure greatly reduces your normal endurance. You may think you are doing fine when the fact that you are exercising is the only thing that is preventing you from going into hypothermia.
 - If exhaustion forces you to stop, however briefly:
 - Your rate of body heat production instantly drops by fifty percent or more.
 - Violent, incapacitating shivering may begin immediately.
 - You may slip into hypothermia in a matter of minutes.
- **Appoint another Ranger Observer:** Make the best protected and experienced member of your party responsible for calling a halt before the least protected member becomes exhausted or goes into violent shivering. Don't make the mistake of appointing the most macho member the leader. Make sure your ranger observer has the common sense to look out for the welfare of all of your re-enactors.
- **Detect Hypothermia:** If your group is exposed to WIND, COLD, OR WET, start thinking about possible hypothermia, even if it's a comparatively warm day. Remember that most hypothermia cases develop in air temperatures between 30 and 50 degrees. I've mentioned these signs before, but they can't be emphasized enough. Watch yourself and others for these hypothermia symptoms:
 - Uncontrollable fits of shivering.
 - Vague, slow, slurred speech.
 - Memory lapses or incoherence.
 - Immobile, fumbling hands.

- Frequent stumbling.
- Drowsiness (to sleep is to die.)
- Apparent exhaustion. Inability to get up after a rest.

The most important thing to remember about cold weather camping is to KEEP DRY. Moisture will reduce the insulating properties of almost everything. To keep yourself warm, remember the word COLD.

C. Keep yourself and your clothes **Clean**. Clean clothes have a greater insulating value

O. Avoid **Overheating**. Try to avoid perspiring.

L. Wear clothes loose and in **Layers**. Layers trap pockets of air adding insulating value.

D. Keep **Dry**. Wet clothes lose up to ninety per cent of their insulating value. If your clothes become wet, change clothes or dry them immediately!

- **Hypothermia Tests:**

Heel to toe walk --- Have the patient walk heel to toe for about 10 feet. If they stumble or reach out to prevent falling, they have hypothermia. This is very similar to the DWI/DUI test.

Thumb to little finger (pinky) --- Have the patient touch their thumb to their little finger (pinky). If they are hypothermic, they will not be able to perform this simple test.

- **Frostbite:** Frostbite occurs when areas of the body are exposed to extremely cold temperatures resulting in the skin and/or underlying tissues literally freezing. As a result of exposure to extreme cold the body withdraws the blood from its extremities in an attempt to keep its core body temperature at about 98.6°F (36.9°C) thus there is reduced heat to the tissue and skin at the area. Once this happens there is ice crystallization within the body tissue that has been exposed. This may cause damage to the blood vessels themselves and may cause blood clots and lack of oxygen to the area. Careful handling of the area is needed to help prevent permanent tissue damage.

Symptoms:

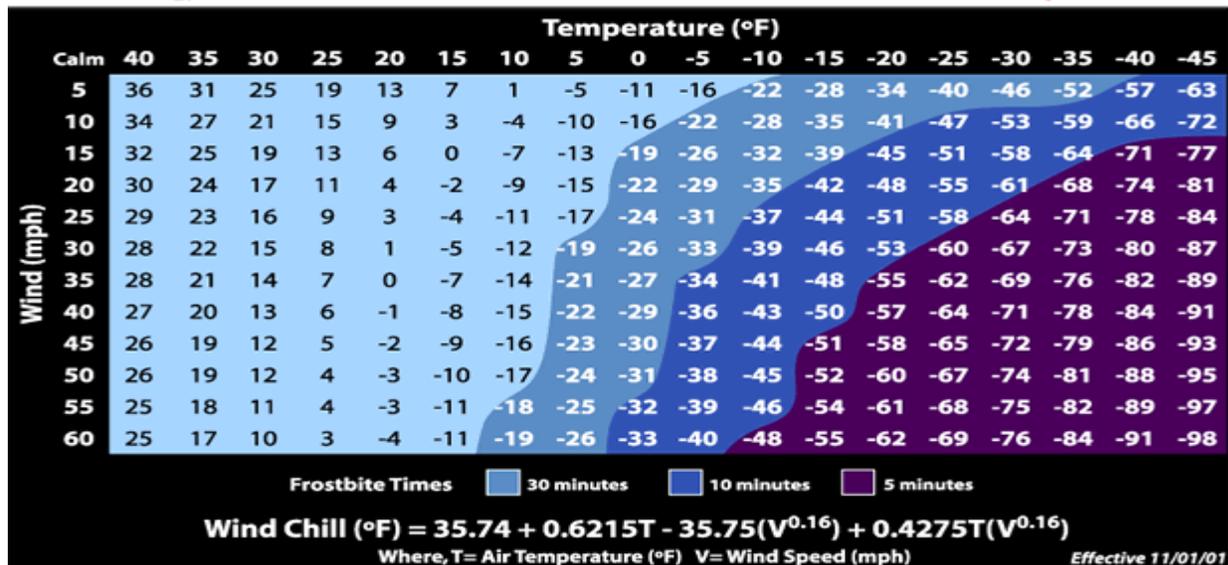
- May progress from pain or a burning sensation to numbness and eventually complete loss of feeling.
- The area may appear pale, red, blue/grey or black. Some blisters maybe present and they could be clear or blood filled, possibly purple looking.
- Depending on the extent of the frostbite the surface may have some resistance or be very hard, cold to touch and appear "waxy" (like a candle).
- The body parts more likely affected are the areas with less blood flow or parts that are exposed to the elements like fingers, hands, toes, feet, nose, ears and face.
- A person with frostbite may also be suffering lowered body temperature (hypothermia) so check for this and treat before attending to the injured area. Saving their life is the priority over saving a toe or foot.

- **First Aid for Frostbite:**

- It is strongly recommended that with any case of frostbite, mild to severe, that it be seen by medical help as soon as possible because treatment is best done by a medical professional to decrease the risk of further damage and increase the survival of the affected part.
- Get out of the cold to a warm place where refreezing can be avoided as well as any further heat loss.
- If there is any possibility of refreezing do not thaw the affected area. Refreezing often causes more serious and/or permanent damage. It is best to delay warming the area and get to a permanent shelter or the like.
- If possible replace wet clothing with dry clothing to reduce further heat loss.
- If possible place a dressing or clean cotton material in between any toes or fingers with frostbite to prevent friction rub.
- Remove anything that may be constrictive now or when swelling occurs (ex: rings).
- Have the frostbitten area re-warmed with moist heat (as mentioned already any treatment is best done under medical guidance) but if this is not possible submerge the injury in water that is warm to touch and definitely not hot, between 100° F to 105° F. Avoid warmer temperatures because the injured part will have limited, nil or defective feeling and cannot judge the temperature accurately therefore increasing the risk of thermal burns to the person already injured. Use a non affected hand or a thermometer to help prevent this.
- This process could be done for 20-45 minutes until thawing is achieved. Thawing is complete when the furthest part of the affected area has good color and appears flushed.
- This process is usually painful, especially the last 10 or so minutes. If possible give pain relief. Anti-clotting type pain relievers are ideal such as Aspirin, Ibuprofen or similar. So if these are not contradictory to the person's health (re: they have been advised by the doctor to not take them previously) or if they are not currently bleeding you may find these helpful for pain relief.
- A warm drink can be given but with no alcohol or caffeine present.
- Rest the injured areas if at all possible and elevate above the heart to help reduce swelling.
- It is important to leave blisters intact as broken blisters have an increased risk of infection. Medical care may remove blood from blood filled blisters but this will be under sterile conditions so don't get anxious if this is suggested once in medical care.
- If the person has not had a tetanus booster within the last 5-10 years then seek medical advice about having one.
- Avoid a slow thaw either out in the open or travelling to medical help. The quick thaw method is more beneficial to the final results.
- It is best not to use nicotine, marijuana or alcohol and this goes for other drugs that reduce blood flow as reduction of blood flow also reduces vital oxygen and nutrients to the injury site. Blood flow is already challenged so don't make it worse.
- Another reason to avoid alcohol and also sedatives is they may increase heat loss and impair shivering.



NWS Windchill Chart



- **Heat Exhaustion Signs and Symptoms:** When temperatures rise, so does the risk of Heatstroke and Heat Exhaustion. Being outdoors in hot humid weather can quickly lead to dehydration.

Early signs:

- Excessive sweating
- Fatigue
- Thirst
- Muscle cramps
- Headache

Later more serious signs may occur:

- Lightheadedness
- Weakness
- Nausea and Vomiting
- Cool, moist skin
- Dark urine

- **Heat Stroke Signs and Symptoms:** Heat stroke can be fatal and requires immediate medical attention.

- Severe headache
- Rapid shallow breathing
- Weak rapid pulse
- Erratic behavior
- Extreme confusion
- Dry, red and hot skin
- Seizures
- Unresponsiveness/Unconsciousness

- **Common causes of heat stroke are:**
 - Prolonged exposure to heat and sun
 - Dehydration
 - Prolonged or excessive exercising
 - Excessive clothing
- **First Aid Treatment for Heatstroke and Heat Exhaustion** are much the same and is as follows:
 - If a person has a temperature of 40°C (104°F) or displays any of the symptoms of heat stroke seek medical help immediately
 - Remove the person from the heat
 - Remove clothing and have the person lie down
 - Elevate the feet slightly about 30 cm (12 inches)
 - Place a cold compress on the head, neck, groin and under the armpits
 - Use fans to cool down the body
 - If the person is awake you can place them in a cool (not cold) bath or if outside spray gently with a garden hose
 - If the person is awake give them sips of a salt beverage. Gatorade, or similar (cut 50/50 with water), or a teaspoon of salt in a 4 cups (1 quart) of water, drink half a cup every 15 minutes. Cool water is also acceptable
 - If muscle cramping is a problem massage the cramp gently until the muscle relaxes. Muscle cramps are extremely painful so be guided by the person as to how hard or gentle to be.
 - Watch for signs of shock (bluish lips and fingernails, loss of alertness) call your local emergency services immediately
 - DO NOT underestimate the seriousness of heat exhaustion and heat stroke especially in children.
 - DO NOT give a child or person aspirin or pain killers. These will not help.
 - DO NOT give salt tablets.
 - DO NOT give any liquids that contain alcohol or caffeine. These are diuretics and will hinder the body's ability to re-hydrate.
 - DO NOT use alcohol rubs on the body.
 - DO NOT give an affected person any liquids (including salt drinks) if vomiting or losing consciousness.
- **Sunburn:** Once you are sunburned, the damage is done, so try to ease the discomfort;
 - Cool it down by taking a bath or shower, if this can be tolerated, keep the water tepid, so room temperature, especially for children as they may become easily chilled. You could also place a wet, cool cloth on the burn area for about 15 minutes. Do this several times a day.
 - Apply moisture - some options are moisturizing cream, over the counter hydro-cortisone cream (follow direction closely) or apply aloe vera either the plant form or gel. Aloe contains active compounds that help reduce pain and inflammation. Over the next few days the skin may peel. This is the body's way of removing the dead skin so keep using moisturizing cream to help relieve the itchiness.
 - Leave any blisters intact - Tempting as it is for some to "pop" blisters it is best to leave them intact. This helps speed healing and avoid infection as burst blisters can be prone to infection.

You can cover blisters to protect them if needed and definitely do not wear clothing that will cause friction as this can "pop" the blisters which can, and probably will, cause more pain with rubbing on tender skin and as mentioned before can lead to introducing infection.

- Give pain relief if needed. Aspirin is not recommended for children.
- At this point the person may be uncomfortable so do not make it worse by applying butter or petroleum jelly as these can prevent healing and increase or lock in the heat under the skin therefore causing more burn damage
- **Seek medical attention if:**
 - It covers a large portion of the body or is severe in nature.
 - There is high fever, chills, rash, nausea, severe pain occurs.
 - Feeling faint or dizzy, rapid pulse or quick breathing, Pale clammy or cool skin, (shock).
 - Extreme thirst, little or no urine output or sunken eyes (severe dehydration).
 - Or other symptoms that are not normal.
 - The healing process doesn't make progress within a few days.
- **Severe Weather:** Re-enactments are usually an outdoor event. But being outdoors has its problems too. The weather! Events are weather dependant and the weather can, and will, change suddenly. So be ready for any change! At any moment!
- **Heat wave safety tips:**
 - Slow down. Strenuous activities should be reduced, eliminated or rescheduled to the coolest time of the day. Individuals at risk should stay in the coolest available place, not necessarily indoors.
 - Dress for summer. Lightweight light-colored clothing reflects heat and sunlight, and helps your body maintain a normal temperature.
 - Put less fuel on your inner fires. Foods (like proteins) that increase metabolic heat production also increase water loss.
 - Drink plenty of water and other non-alcoholic fluids. Your body needs water to keep cool. Drink plenty of fluids even if you don't feel thirsty. Persons who (1) have epilepsy or heart, kidney or liver disease, (2) are on fluid restrictive diets or (3) have a problem with fluid retention should consult a physician before increasing their consumption of fluids.
 - Do not drink alcoholic beverages. Instead, drink cool beverages such as water frequently throughout the day.
 - Do not take salt tablets unless directed to do so by a physician.
 - Spend more time in air-conditioned places. Air conditioning in homes and other buildings markedly reduces danger from the heat. If you cannot afford an air conditioner, spending some time each day (during hot weather) in an air-conditioned environment affords some protection.
 - Don't get too much sun. Sunburn makes the job of heat dissipation that much more difficult.

NOAA's National Weather Service

Heat Index

Temperature (°F)

Relative Humidity (%)	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

- Caution
 Extreme Caution
 Danger
 Extreme Danger

DEHYDRATION:

Dehydration can occur when the body loses too much fluid, salt, and minerals. A certain amount of body fluids lost through normal body processes. A normal daily intake of food and liquids replaces these losses. When individuals are engaged in any strenuous activities, an excessive amount of fluid and salt is lost through sweat. This excessive loss creates an imbalance of fluids, and dehydration occurs when fluid and salt are not replaced. The danger of dehydration is as prevalent in cold regions as it is in hot regions. In hot weather the individual is aware of his body losing fluids and salt. He can see, taste, and feel the sweat as it runs down his face, gets into his eyes, and on his lips and tongue, and drips from his body. In cold weather, however, it is extremely difficult to realize that this condition exists. In cold climates, sweat evaporates so rapidly or is absorbed so thoroughly by layers of heavy clothing that it is rarely visible on the skin. Dehydration will weaken or incapacitate a victim for a few hours, or sometimes, several days.

Symptoms of dehydration include but are not limited to:

- Headache or nausea
- Decreased blood pressure
- Dizziness, lightheadedness, or fainting
- Loss of appetite and dry mouth
- Flushed face with sunken eyes
- Lack of sweating

- Sleepiness or tiredness
- Few or no tears when crying
- Extreme thirst
- Little or no urination (any urine that is produced will be dark yellow or amber)
- Shriveled and dry skin that lacks elasticity

Treatment:

- Avoid soda, tea or caffeine drinks - these tend to increase urination and slow down there hydration process in the body
- Drink a re-hydrating liquid such as a sports drink
- If no dehydration liquid is available use 1/2 teaspoon baking soda, 3 tablespoons of regular sugar to 1 liter (1 Quart) of drinking water - This beverage can be taken in small, frequent sips
- Use room temperature re hydration fluids - it is better to have frequent small amounts of fluid rather than trying to force large amounts of fluid at one time. Drinking too much fluid at once can increase nausea and bring on vomiting
- If you can't keep any liquids down, try sucking on ice cubes
- Administer fluids until urine is clear instead of yellow.
- **Floods: During the Storm:** If you suspect that a flood or flash flood is about to happen, act immediately to climb to higher ground, as you may have only seconds to escape. Follow any evacuation orders issued by local officials as quickly as possible, and pay close attention to all weather alerts and advisories.

If no evacuation has been advised:

- Get updates from The Weather Channel, The Weather Channel mobile web and mobile apps, NOAA portable radio, or event officials
- Make sure a battery powered radio and spare batteries are nearby.

If an evacuation has been advised:

- Put out fires.
- Pack only your necessary items, an extra blanket, water, and trail food.
- Leave all else behind.
- Tune your car radio to a news station for updates on evacuation routes.

- **Immediately Before a Flood:**

- Bring in any outdoor items that might cause damage or be lost if flooded.
- Do not walk into floodwaters to retrieve items.
- If you are not at camp, go to high ground and wait.
- All valuables and I.D. in a waterproof container (zip lock bag) and move to high ground.

- **During a Flood**

- Do not attempt to walk or drive through floodwaters. Instead, go directly to higher ground.
- Keep everyone away from floodwaters, creek beds, bodies of water, storm drains and sewers.

- If you are in a car, never try to take a shortcut through flooded areas. If your car stalls, immediately abandon it and climb to higher ground if conditions permit.
- **Thunderstorms, Lightning & Hail: During the Storm:**
 - **Outdoor Safety:** When thunderstorms are likely, postpone all outdoor activity and avoid going outdoors if at all possible. If you are caught outdoors in a thunderstorm, follow these tips to stay safe until the storm passes:
 - If you are in an open area, find a low place such as a ravine or valley. Be alert for flash floods. If you are in a forested area, find shelter in a low area under a thick growth of small trees, if possible.
 - If you are on open water, get to land immediately and seek shelter.
 - If you are in a car, keep the windows closed.
 - If you are outdoors and feel your hair stand on end (an indication that lightning is about to strike), do not lie flat on the ground, as your fully extended body will provide a larger surface to conduct electricity. Instead, squat low to the ground and place your hands over your ears and your head between your knees. The goal is to make you the smallest target possible and minimize contact with the ground.
 - Stay away from anything made of metal.
 - Stay away from natural lightning rods, such as a tall tree in an open field, and avoid hilltops, the beach or boats on open water.
 - **Hail:** In addition to heavy rains and the threat of lightning, hail can pose a big danger during a thunderstorm. Hail can be as small as the size of a pea, or as large as a softball. Because it falls from the sky, it can reach extremely high speeds as it barrels toward earth and damage anything in its path; cars and windows. If you see or hear hail hitting the ground during a thunderstorm, take it as an unmistakable sign that you need to remain inside if you're already indoors, or find shelter quickly if you're outdoors. The larger the thunderstorm develops, the greater the chance for hail to be produced. So stay alert if you notice especially large thunderstorm clouds developing in your area.
- **Wildfire:**
 - **During the Fire:**
 - Place any combustible or flammable Away from everyone.
 - If you have time to wet your tents and flies, do so.
 - Gather your stored fire tools, including shovels, axes, extinguishers and buckets.
 - If you are advised to evacuate, do so immediately:
 - Wear protective clothing, such as sturdy shoes, cotton or wool clothing, long pants, a long-sleeve shirt, gloves and a handkerchief to protect your face.
 - Choose an evacuation route away from any fire hazards. Watch for changes in the speed and direction of fire and smoke.
 - **If you see a fire:**
 - You cannot out run a fire. If you find yourself near a wildfire, crouch in a pond or river.
 - Cover your head and upper body with wet clothing. If water is not nearby, look for shelter in a cleared area or among a bed of rocks.

- Lie flat and cover your body with wet clothing or soil, and breathe the air closest to the ground through a wet cloth to avoid scorching lungs or inhaling smoke.
- **Tornadoes:**
 - **During the Storm:**
 - Make sure you have a portable radio, preferably a NOAA Weather Radio, for weather alerts and updates.
 - Seek shelter in the lowest level of camp or the event area.
 - Cover your head and eyes with a blanket or jacket to protect against flying debris and broken glass.
 - Stay low until you're certain the storm has passed, as multiple tornadoes can emerge from the same storm.
 - Do not leave camp to attempt to "escape" a tornado.
 - Try to get inside a building as quickly as possible and find a small, protected space away from windows.
 - If you cannot find a place to go inside, crouch for protection next to a strong structure or lie flat in a ditch or other low-lying area. Cover your head and neck with your arms or a jacket, if you have one.
 - **If you're in a Car:**
 - If you can safely drive away from the tornado, do so.
 - If there is a sturdy structure available, go inside.
 - If no building is available, it might be better to pull over, stop the car (but leave it running so the air bags work), and crouch down below the windows. The airbags and frame of the car will offer some amount of protection, but certainly not absolute safety.
 - A long-standing safety rule has been to get out of the car and into a ditch. If you do that, you should get far enough away from the car that it doesn't tumble onto you. Being below the prevailing ground level may shield you from some of the tornado wind and flying debris, but there is still danger from those.
 - Do **NOT** get out of a vehicle and climb up under the embankment of a bridge or overpass. This often increases your risk.
 - If no shelter is immediately available, find the lowest-lying area near you and lie down in it, covering your head with your hands.
- **Winter Storms:**
 - **During the Storm:** When a winter storm or extreme cold threatens, you should avoid going outdoors unless absolutely necessary. In the event that you must, however, always dress warmly and return indoor as soon as possible.
 - Wear multiple layers of clothing to stay warm, as well as a hat, scarf, mittens, a water-resistant jacket and boots.
 - Make sure you stay as dry as possible, as water against the skin from wet clothing can chill the body quickly.
 - If you need to de-ice or refuel your car, or use a snow blower, avoid getting gasoline or alcohol on your skin. These will cause your body to lose heat outdoors more

quickly. Don't ignore shivering. If you shiver persistently while you're outdoors, it's a sign that you need to return inside.

- Avoid over-exerting yourself while shoveling snow or performing any other hard work or heavy lifting. Extreme cold puts extra strain on your heart and cardiovascular system, so heed your doctor's advice if you have experienced any signs of heart disease or high blood pressure in the past. If you don't have to do outdoor chores in the cold, wait until the storm passes and the outside temperature warms up.
- Avoid ice wherever possible. It's extremely easy to fall on ice-covered pavement, sidewalks, stairs and curbs, and many winter weather injuries occur every year on icy surfaces like these. Use rock salt or other de-icing chemicals to keep your porch, driveway and sidewalk as free of ice as possible, or spread sand to reduce the risk of slipping.
- **Travel Safety Tips:** If at all possible, avoid driving during a winter weather event, as even small amounts of snow and ice can make traveling on roads extremely dangerous. If you must drive, keep the following tips in mind:
 - Stay on main roads and highways, and stick to the flattest roads you can. Avoid hills and roads with sloping surfaces wherever possible.
 - Drive only during daylight hours, and avoid driving alone if you can.
 - Bring blankets with you to keep warm in case you become stranded. Also bring bottled water or warm beverages, to avoid becoming dehydrated.
 - Let family members know where you're going and when you're expected to return. Call if you're going to be delayed for any reason.
 - If a snowstorm or blizzard forces you to stop, pull off the highway and turn on your hazard lights. If you have a distress flag or sticker, hang it from your radio antenna or apply it to your window. Remain in your car, where rescuers are most likely to find you.
 - If you're stranded for an extended period of time, run your engine for about 10 minutes every hour to stay warm. Open a window slightly for ventilation while the car is running, to prevent any carbon monoxide buildup. Remove any snow that builds up on your car's exhaust pipe.
 - If you have to spend the night in your car, turn on the interior overhead light so rescuers or work crews can see you.
- **Use of Alcohol:** Special mention must be made in regard to alcohol consumption. As members of Jaeger's Battalion, we are guest at all events and also represent the Park, Historical Site, or Event in which we participate. Some Sites make exception and allow alcohol consumption when the public is gone. Alcohol consumption is meant to be during a quiet social time at the end of the day. Excessive alcohol consumption can lead to injuries and be exacerbated by environmental conditions. Rangers should have a clear head and be able to respond in the event of any emergency. With all this being said, please consume alcohol responsibly and in moderation.

Medical Information

GENERAL INFORMATION

Jaeger's Battalion of Roger's Rangers

Company: _____

Rank: _____

Name _____ Date of birth _____ Age _____ Male Female

Address _____ City _____ State _____

Zip _____ Phone No. _____

Religious preference _____

In case of emergency, notify:

Name _____ Relationship _____

Address _____

Home phone _____ Business phone _____ Cell phone _____

Alternate contact _____ Alternate's phone _____

HEALTH HISTORY

Are you now, or have you ever been treated for any of the following:

Yes	No	Condition	Explain
		Asthma Last attack: _____	
		Diabetes Last HbA1c: _____	
		Hypertension (high blood pressure)	
		Heart disease (e.g., CHF, CAD, MI)	
		Stroke/TIA	
		Lung/respiratory disease	
		Ear/sinus problems	
		Muscular/skeletal condition	
		Menstrual problems (women only)	
		Psychiatric/psychological and emotional difficulties	
		Behavioral disorders (e.g., ADD, ADHD, Asperger syndrome, autism)	
		Bleeding disorders	
		Fainting spells	
		Thyroid disease	
		Kidney disease	
		Sickle cell disease	
		Seizures Last seizure: _____	
		Sleep disorders (e.g., sleep apnea)	Use CPAP: Yes <input type="checkbox"/> No <input type="checkbox"/>
		Abdominal/digestive problems	
		Surgery	
		Serious injury	
		Other	

Allergies or Reaction to:

Medication _____

Food, Plants, or Insect Bites _____

Immunizations:

The following are recommended by the CDC. **Tetanus immunization is recommended and must have been received within the last 10 years.** If had disease, put "D" and the year. If immunized, check the box and the year received.

Yes	No	Date
<input type="checkbox"/>	<input type="checkbox"/>	Tetanus _____
<input type="checkbox"/>	<input type="checkbox"/>	Pertussis _____
<input type="checkbox"/>	<input type="checkbox"/>	Diphtheria _____
<input type="checkbox"/>	<input type="checkbox"/>	Measles _____
<input type="checkbox"/>	<input type="checkbox"/>	Mumps _____
<input type="checkbox"/>	<input type="checkbox"/>	Rubella _____
<input type="checkbox"/>	<input type="checkbox"/>	Polio _____
<input type="checkbox"/>	<input type="checkbox"/>	Chicken pox _____
<input type="checkbox"/>	<input type="checkbox"/>	Hepatitis A _____
<input type="checkbox"/>	<input type="checkbox"/>	Hepatitis B _____
<input type="checkbox"/>	<input type="checkbox"/>	Influenza _____
<input type="checkbox"/>	<input type="checkbox"/>	Other (i.e., HIB) _____

Exemption to immunizations claimed (form required).

MEDICATIONS

List all medications currently used. (If additional space is needed, please photocopy this part of the health form.) Inhalers and EpiPen information must be included, even if they are for occasional or emergency use only.

Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____	Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____	Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____
Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____	Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____	Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____

Be sure to bring medications in sufficient quantities and the original containers. Make sure that the medications have NOT expired, including inhalers and EpiPens. You SHOULD NOT STOP taking any maintenance medication.

Emergency contact No.:

Allergies:

DOB:

Full name:

Jaeger's Battalion of Roger's Rangers

Company: _____

Rank: _____

Consents

INFORMED CONSENT AND HOLD HARMLESS/RELEASE AGREEMENT

I understand that participation in Re-enactment activities involves a certain degree of risk and can be physically, mentally, and emotionally demanding. I also understand that participation in these activities is entirely voluntary and requires participants to abide by applicable rules and standards of conduct of the Jaeger's Battalion of Roger's Rangers.

In case of an emergency involving me, I understand that every effort will be made to contact the individual listed as the emergency contact person. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for me or my child. Medical providers are authorized to disclose protected health information to the adult in charge, camp medical staff, camp management, and/or any physician or health care provider involved in providing medical care to the participant. Protected Health Information/Confidential Health Information (PHI/CHI) under the Standards for Privacy of Individually Identifiable Health Information, 45 C.F.R. §§160.103, 164.501, etc. seq., as amended from time to time, includes examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up and communication with the participant and/or determination of the participant's ability to continue in the program activities.

I have carefully considered the risk involved and give consent for myself to participate in these activities. I approve the sharing of the information on this form with professionals who need to know of medical situations that might require special consideration for the safe conducting of Re-enactment activities.

I release the Jaeger's Battalion of Roger's Rangers all Companies, all the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all claims or liability arising out of this participation.

Without any restrictions.

With special considerations or restrictions (list) _____

TALENT RELEASE AGREEMENT

I hereby assign and grant to Jaeger's Battalion of Roger's Rangers and all Companies the right and permission to use and publish the photographs/ film/videotapes/electronic representations and/or sound recordings made of, and I hereby release the Jaeger's Battalion of Roger's Rangers, all Companies, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all liability from such use and publication.

I hereby authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/ film/videotapes/electronic representations and/or sound recordings without limitation at the discretion of the Jaeger's Battalion of Rogers Rangers and all Companies, and I specifically waive any right to any compensation I may have for any of the foregoing.

Yes No

ADULTS AUTHORIZED TO TAKE YOUTH TO AND FROM EVENTS:

You must designate at least one adult. Please include a telephone number.

1. Name _____ Telephone _____

2. Name _____ Telephone _____

3. Name _____ Telephone _____

Adults NOT authorized to take youth to and from events:

1. Name _____

2. Name _____

3. Name _____

I understand that, if any information I/we have provided is found to be inaccurate, it may limit and/or eliminate the opportunity for participation in any event or activity.

Participant's name _____

Participant's signature _____ Date _____

Parent/guardian's signature _____ Date _____
(if participant is under the age of 18)

Second parent/guardian signature _____ Date _____
(if required, for example, CA)

Full name: _____ **DOB:** _____

Appendix C – Skills Demonstrations

Rogers Rangers Safety Program

The following safety guidelines are provided for Jaegers Battalion, Rogers' Rangers for governing Skills Demonstrations activities. This appendix includes activities such as military drill & tactical maneuver under arms, firing of firelocks (blanks & live fire), bow & arrow, tomahawk & knives, casting bullets and use of watercraft. Experience and judgment shall be exercised by the officers and noncommissioned officers when making specific decisions regarding Skills Demonstration related activities.

Safety Guidance for Black Powder Firearms & Edged Weapons

GENERAL: These guidelines apply to the use of Black Powder firearms for historical demonstration purposes by Jaegers Battalion (BN) Member Units. "Member Units" mean an organization that is recognized by the BN and is officially enrolled as such, or any unit that is a guest of the BN.

"Demonstration" means the handling, loading and firing of a black powder weapon, for the purpose of public education, under the direction of a Safety Officer.

- Every Member Unit is required to have a Safety Officer. The Safety Officer must be an individual who is thoroughly knowledgeable of the Safety Standard and Guide to Black Powder. This individual is directly responsible for the weapons and/or Artillery Piece and how they are used by the members of their own Unit. This individual is answerable to the BN for any compromise or violation of these Guidelines. If the Safety Officer is not present the Unit Commander will designate an individual to ensure that safety procedures are followed. Only two types of weapons may be fired by Member Units: muzzle loading black powder flintlocks, and full-scale muzzle loading cannons.
- Shoulder arms and pistols may be demonstrated only where permitted.
- Edged weapons, swords, knives, tomahawks, etc. must always be considered dangerous.
- Except for use as a camp tool or for command and control on demonstration field, they should never be unsheathed.
- **Types of weapon demonstrations:** Individual Demonstrations and Tactical Demonstrations.
 - Individual Demonstrations are demonstrations during which a single weapon is loaded and fired by a member or, in the case of a cannon, a crew of members. An individual who operates a muzzle loaded black powder weapon in an Individual Demonstration must be trained and the weapon inspected prior to use by a Safety Officer.
 - Tactical Demonstrations are those where two or more weapons are loaded and fired under simulated battle conditions. This includes but is not limited to, reenactments in which opposing forces face each other. A Unit participation in a Tactical Demonstration (including reenactments) must have present, during the demonstration, at least one member designated to ensure that safety procedures are followed.
- **Individual Demonstration:**
 - The only weapons authorized for Individual Demonstrations are muzzle loaded black powder shoulder arms. These include flintlock muskets, rifles, musketoons, carbines and canoe guns. Pistols may be demonstrated only by Mounted Troops.

- A minimum of two members must be present for an Individual Demonstration. One to operate the weapon and another to provide crowd control and watch for safety. Either member may address the public. Each must be at least 16 years old.
 - All Individual demonstrations must have prior approval of a Safety Officer to conduct the demonstration.
 - The Individual Demonstration should be held in an area as detailed in the appended diagram for Individual Demonstration Range
 - The weapon being demonstrated is subject to inspection by a Safety Officer using the appended checklist.
 - Blank charges are not to exceed the maximum load designated in the appended Table of Maximum Loads for the particular weapon used.
 - Muskets are to be loaded from pre-wrapped paper cartridges prepared according to correct period procedures. Aluminum foil, coin wrappers and metal staples, etc, are not to be used.
 - Wadding is permitted for Demonstrations but NOT in Tactical Demonstrations.
 - The demonstrator must carry cartridges in an authentic leather belly box or leather and wood block cartridge box, worn well around on the right hip. The demonstrator must take care that the flap is kept down except when the cartridge is being withdrawn. Extreme care must be taken when carrying a belly box.
 - Rifles may be loaded with powder from horns; however, the powder of the main charge must first be poured into a powder measure conforming to the Table of Maximum Loads, then poured into the muzzle. The main charge must never be poured directly from the horn into the barrel. Rifleman must carry loose powder in a well maintained horn that is kept sealed with a plug.
 - When loading and firing, the demonstrator will follow the correct manual for the type of weapon being fired. Rifleman who do not have a prescribed manual will follow safe procedures.
 - It is the responsibility of the non-shooting demonstrator to see that the shooter observes correct loading and firing procedures.
 - Tomahawk and knife throwing demonstrations are permitted under supervision of a Safety Officer. The appended Artillery Demonstration Range will be the safety standard. At NO time will any member of the public be allowed to fire a weapon and at no time will a demonstrator carry live ammunition.
- **Artillery Demonstration:** Cannons can be dangerous to load and fire due to their power and size. Cannons may be demonstrated by members only under the direct supervision of a Safety Officer. The Safety Officer and the Gun Commander should not be the same person.
 - Cannons are crew served weapons. Ideally a cannon crew will have six (6) or more members, but no field gun will be operated with fewer than four (4) Boat rail guns may be operated (1 or 2) depending on its size.

- The members of the crew are:
- **The Gun Commander** - This man has overall command of the gun and crew. He is responsible for giving commands and assuring that crew members execute their duties correctly and safely. He does not normally take part in any of the loading or firing activities. If he does serve the gun, he will only serve as Gunner #1.
- **Gunner #1** - (Firer) This job is to maintain the linstock and to touch off the charge when ordered by the Gun Commander.
- **Gunner #2** - (Vent Tender) This man stops (tends) the vent to be sure NO air escapes during worming, sponging and loading. He picks open the charge with a priming wire and priming the piece. This man must have a leather thumbstall to protect his thumb from the heat of the gun while tending the vent. This position is critical to safe operation of the piece, and should always be manned by an experienced Artillerist.
- **Gunner #3** - (Ram & Sponge) This man sponges the piece and rams home the cartridge. He must always be sure the sponge is in good condition and that there is water for the artillery bucket. This man is required to wear heavy duty welder's gloves for protection while performing his duties. It is the most dangerous position on the crew and, must exercise extreme caution at all times. Like #2, this position should always be served by an experienced crew member.
- **Gunner #4** - (worm & Loader) This man's job is to extract the spent cartridge casing (search the piece), and to place the new round in the muzzle for #3 to ram (charge the piece).
- **Gunner #5** - (Powder Handler) This man's job is to remove the powder box to a secure position before the piece is fired, and to bring each round forward to #4 for loading. He is also responsible for manning the tiller for aiming the gun, and guarding the powder box at all times.
- **Gunner #6** - (Powder Handler) This man is charged with the security on the powder box at all times
- Any additional gunners perform duties as assigned (pulling the gun, relieving casualties during tactical demonstrations, etc.)
- In case of a four man crew, Gunner #4 will double as #5. Gunner #4 should never carry extra rounds in the pass-box, as he will be close to the piece when it fires. For guns without a removable ammunition box (gallopers), the crew must always be certain that the side lockers are closed and latched.

NOTE: the members of the various positions are arbitrary, and serve-only to list the necessary crew-members for any gun.

- Cannons used in firing demonstrations must be full-scale reproductions and must conform to the specifications in the Cannon Inspection Checklist. Original cannons may be used provided they too, conform to the same checklist.
- All drill performed by the Artillery crew is subject to the approval of a Safety Officer using the Artillery Checklist.
- Demonstrations will be held in an area that conforms to the appended Range Diagram for cannon firing.
- **ALL FIRING SHALL BE WITH A LINSTOCK AND SLOW MATCH.** Quills are preferred, black powder priming acceptable. Port-fires will not be used.

- **Tactical Demonstrations:** Tactical Demonstrations are inherently more dangerous than Individual Demonstrations for several reasons;
 - The number of demonstrators involved and reduced ability of Ranger leaders to control their actions. Unit safety personnel will be use to insure safety and control.
 - The close proximity of demonstrators to each other which requires great care to avoid contact injuries.
 - In the case of reenactments with opposing forces, the fact that weapons are being discharged in the direction of the opposing forces. Weapons will not be pointed directly at opposing forces. Weapons must be elevated at least 20 degrees when firing over the heads of other reenactors and spectators.

- **Safety Measures and Controls:** To assure maximum safety for demonstrators and visitors, the following standards will govern Tactical Demonstrations;
 - Participants in the Tactical Demonstrations shall be limited to members and approved guests of the Jaegers Battalion.
 - Shooters must be at least 16 years old.
 - Each unit shall have at least one member who has been appointed as a Safety Officer.
 - Weapons, ammunition, ammunition containers and weapon drill are subject to inspection by a Safety Officer who has the power to require correction of incidents of non-compliance with these Guidelines.
 - Tactical Demonstrations will be held only under the direct supervision of a Safety officer. The scenario for each demonstration is subject to the Safety Officers prior approval.
 - Tactical Demonstrations will be held in areas of relative open spaces allowing clear fields of vision for participants.
 - Weapons and blank rounds of ammunition used in Tactical Demonstrations shall conform to the specifications laid down in these Guidelines. Powder loads shall not exceed the amounts specified in the appended Table of Maximum Loads.
 - There shall be no simulation of hand-to-hand combat without prior approval of event coordinator and Chief Safety Officer. It must be rehearsed and approved prior to use in demonstration.
 - Opposing forces shall not discharge weapons at each other unless there is an interval of at least 25 yards between them. In all cases, weapons shall be aimed over the heads of all opposing forces.
 - Weapons shall not be fired in the general direction or the public unless there is an interval of at least 100 yards. In all cases, weapons shall be aimed over the heads of all spectators.
 - Ramrods shall not be used and rounds are not to be wadded.
 - Bayonets shall not be fixed, and they shall remain in their scabbards. Hatchets, knives, and tomahawks shall never be unsheathed and the blade edge must always be covered. The exception for this bayonet rule will be by the command of the Field commander only.
 - Artillery crews shall follow the manual for their pieces, observing all safety procedures specified above. Guns will be operated by a minimum of four crew members. Small pieces (3 pounders, and below) shall not be discharged at opposing forces at ranges of less than 50 yards. Larger pieces (6 pounders and above) shall not be discharged at opposing forces of less than 100 yards.

- Mounted participants shall be strictly monitored. The safe handling of horses shall be the responsibility of the owners & riders at all times. Horses shall be tethered in designated areas when not in use. During tactical demonstrations, mounted troops will maintain a ten yard buffer zone between themselves and dismounted troops and men portraying casualties, at all times.
- All Safety Officers have the power to order immediate correction of safety violations.
- The Senior Safety Officer's power shall extend to stopping the demonstration if they feel that is a necessary course of action.
- Under NO circumstances shall a weapon be discharged anywhere other than the Individual Demonstration or the Tactical Demonstration. Weapons shall not be discharged in camp or anywhere off the field of the demonstration without permission from event coordinator and safety officer.
- Demonstrators are not to surrender control of their weapons to members of the public or the public to fire a weapon.
- At NO time during the demonstration will the ramrod be used to clean the barrels. The ramrod will never be removed during Tactical Demonstrations.
- **Handling Black Powder Ammunition:** Members will observe the following rules for the transportation and storage of blank ammunition.
 - Blank ammunition will be prepared off-site before the demonstration is held.
 - Loads shall not exceed the loads specified in the appended Table of Maximum Loads for the particular weapon to be fired. (See page 42)
 - Cartridges will be paper-wrapped, rolled on a former of the proper caliber for the weapon being fired, and secured with glue or string. METAL CLOSURES ARE NOT PERMITTED.
 - Ammunition should be transported in bulk, in secure, non-sparking boxes. Demonstrators must carry rolled cartridges in cartridge boxes that are in good repair, have secure leather flaps, **and are kept clean of loose powder granules.**
 - Member Units are required to store ammunition in a safe fire free area and out of the reach of the public.

*****CARTRIDGES WILL NOT BE GIVEN AWAY TO THE PUBLIC*****

- Ammunition for artillery is to be prepared off-site of the demonstration or in an approved laboratory under a Safety Officer's supervision. Cartridges are to be made of at least 3 thicknesses of heavy gauge aluminum foil made around a former of a width corresponding to the bore of the Gun they are to be used with. Powder charges shall not exceed the specifications in the appended Table of Maximum Loads. (See page 51)

JAEGERS BATTALION MUSKET & RIFLE INSPECTION CHECKLIST

Before the inspection, the weapon is to be confirmed to be unloaded by springing the rammer.

The Stock:

- 🍏 No cracks or splits.
- 🍏 Butt plate, trigger guard, etc., fit tightly with no burrs that would snag clothing or hands.
- 🍏 If pin-fastened barrel, no missing pins, & tight.
- 🍏 If band-fastened barrel, springs work smoothly & not bound by wood.
- 🍏 Two-piece stocks must have sections securely joined.
- 🍏 No splinters or rough edges.

The Lock:

- 🍏 The lock works smoothly.
- 🍏 All hammer positions are firm and solid.
- 🍏 The half-cock (safety) position works properly.
- 🍏 The trigger pull is proper, not a hair trigger nor too heavy.
- 🍏 Rifles with set triggers must be adjusted properly.
- 🍏 Locks must fit properly into the stock and snugly against the barrel.
- 🍏 Insure the leather or lead holds the flint securely in the lock jaws.
- 🍏 The pan is clean and in proper relation to the touch hole of the barrel.
- 🍏 All muskets must have a well fitting and tight metal flashguard.
- 🍏 The frizzen must not be deeply gouged. The frizzen must move properly against the frizzen spring and fits tightly against the pan.
- 🍏 Leather frizzen covers (hammer stalls) are required.

The Barrel:

- 🍏 The flint is not striking the barrel.
- 🍏 The touchhole is clear with no signs of corrosion.
- 🍏 The ramrod is straight and fits properly.
- 🍏 The muzzle is not dented or worn.
- 🍏 Sights on rifles are not loose and are fitted as not to catch on clothing or hands.
- 🍏 Musket bayonet lug is securely welded and the bayonet fits easily and latches with a positive twist lock.

**JAEGERS BATTALION
TABLE OF MAXIMUM LOADS**

<u>Weapon Type</u>	<u>Caliber</u>	<u>Maximum Load</u>
<u>Shoulder arms:</u>		
Brown Bess Musket	.75	100 Grains fffg
Charleville Musket	.69	100 grains fffg
Rifles	varies	80 grains fffg
Pistols	varies	45 grains fffg

Artillery:

Wall Gun small cannon	.25 pounds	180 grains ffg
Grasshopper	3 pounder	8 ozs. fg
Light	6 pounder	12 ozs. fg
Howitzer	5.8 inch	10 ozs. fg
Iron Gun	3 pounder	8 ozs. fg
Iron Gun	4 pounder	10 ozs. fg
Iron Gun	6 pounder	12 ozs. fg

**JAEGERS BATTALION
ARTILLERY DEMONSTRATION CHECKLIST**

Before:

- 🍏 The Gun has been inspected, and bore is Clean of any foreign material.
- 🍏 The carriage is in good condition & all keys secure.
- 🍏 The accessory equipment is in good condition--sponge head in good repair, rammer and sponge head secure on staff, etc.
- 🍏 Sponge head fits bore snugly but not too tight.
- 🍏 Ammunition boxes are clean and free of loose powder.
- 🍏 Necessary equipment on hand to handle a misfire.
- 🍏 The required number of personnel on hand to fire the piece.
- 🍏 The Gun is situated safely in relation to the public.

During:

- 🍏 The crew is following the approved manual with each person where they are supposed to be at any given moment.
- 🍏 The sponge is adequately damp but not soaking wet.
- 🍏 The rammer is wearing gauntlets, but they are not as stiff & heavy as to cause fumbling.
- 🍏 The sponge head does not contact the ground at any time as to prevent grass or sand etc, from sticking to it.
- 🍏 If there is a misfire, it is handled safely and properly.

After:

- 🍎 After firing, the piece is wormed and washed out & dried.
- 🍎 All weapons, explosives, & accessory pieces are accounted for.
- 🍎 The demonstration area is inspected carefully for smoldering residue.
- 🍎 The sponge head is thoroughly rinsed out and dried.
- 🍎 All remaining cartridges are promptly returned to the proper storage areas.
- 🍎 The Gun is secured and equipment stored properly.

JAEGERS BATTALION CANNON INSPECTION CHECKLIST

The Tube:

- 🍎 Tube is clean and free of rust or corrosion
- 🍎 No sign of external damage or strain.
- 🍎 Inside of tube is clean and relatively smooth.
- 🍎 No internal signs of damage (bulges, pits, etc.).
- 🍎 No sign of corrosion damage at breach.
- 🍎 The vent is clear and of the acceptable size.
- 🍎 No signs of cracked or bending around the trunnions.
- 🍎 No signs of weakness at the chaplets on bronze tubes.

The Carriage:

- 🍎 Wheels are tight and free of rot and infestation.
- 🍎 The body of the carriage is free of rot and infestation.
- 🍎 No pieces or parts are missing, cracked, bent, or broken.
- 🍎 Wheels move freely.
- 🍎 None of the iron work is loose.
- 🍎 Tube rotates freely on its trunnions.
- 🍎 Trunnion caps fit snugly and are properly keyed.
- 🍎 Lids of Ammunition boxes and limber chests fit snugly, and are free of loose powder.
- 🍎 Wheel hub does not gouge the end of the axletree.
- 🍎 Linch pin is not digging into the wheel hub.

Equipment:

- 🍎 All necessary equipment is present.
- 🍎 Sponge is in good condition and is fitted to the bore.
- 🍎 Rammer head is secure and free of cracks.
- 🍎 Small items are in good condition (linstock, thumstall, buckets, etc.)
- 🍎 Prongs of the worm are sharp and not bent.

Artillery Considerations:

- Fire extinguishers should be carried on the guns in the side boxes. A job for a young person not old enough to man the gun or any other person is for that person to be assigned as extinguisher person and to carry an extinguisher, in a canvas bag, in the field with the guns. There should be at least one person for each group of guns.

- Artillery may want to consider the addition of a CO2 extinguisher for blowing out the charge if there is a miss or hang fire and the charge must be removed. However, it is necessary to make an adapter so that the fire extinguisher can be used to blow out the charge by applying the pressure through the touch-hole.
 - Additional fire extinguishers should be at hand in the direct location of the powder storage area. All members of the unit should know that location and the location of the extinguishers.
 - No one other than unit members should be allowed in the area/camp when powder is being transferred from storage to guns or if, for some reason, charges must be made in camp, (not recommended). Guards should be placed at these areas when activities are taking place.
 - There should be no smoking at any time in the artillery camp or artillery park. Also no smoking in the field at all or anywhere that powder is present.
 - Don't forget about the natural cover of the ground area. Under dry conditions fire can not only burn on the surface, but under the surface in the underbrush, roots, and dead or rotting matter. Always dig down to check for fire and check the area before leaving camp fires, etc. Fire can burn under the ground and spread to other tents without being seen.
- **Watercraft:** Use of primitive watercraft such as canoes, bateau and similar craft is authentic to the recorded activities and history of Rogers' Rangers. Watercraft are not required for depicting Rogers' Rangers but they are certainly appropriate to portray certain historical events that the Rangers undertook. Not all of the independent companies of Rogers' Rangers within Jaegers Battalion have or use boats but any unit may employ watercraft as part of their skills demonstration and skill development. While use of watercraft is authentic to Ranger activities, so is drowning and hypothermia. Use of watercraft adds a unique dimension to the tactical or maneuver scenario and is enjoyable to experience; however, the use of watercraft also adds an element of risk. Great care must be taken by Ranger leaders to prepare, instruct and equip their Rangers for a waterborne event. This Safety Program is not going to attempt to re-write all safety related rules that apply to watercraft for every jurisdiction however, at a minimum each Ranger and Ranger leader who uses or supervises use of watercraft should comply with the following:
 - Learn, know and comply with all applicable rules, regulations and laws for the jurisdiction in which you operate the watercraft. This includes getting training and a license if required in that jurisdiction.
 - Assign a person in charge of the water event to serve as the Flotilla Commander. This will generally be the ranking NCO or Officer who will be going on the water. If there are to be more than one craft traveling together then a single person is in overall charge of all of the craft. Each boat shall also have its own boat captain who is responsible for the direct supervision of their boat and is also responsible to the Flotilla Commander.
 - Avoid consumption of alcohol prior to or during use of watercraft.
 - Find out what the weather and water conditions are expected to be for the day of the water excursion. Before launching or departing on the water, make a determination regarding soundness of your plan with respect to weather and water conditions. If conditions are not favorable then the Flotilla Commander shall cancel the water event and advise the unit commander.
 - Night time waterborne events are discouraged however, as with many other skills demonstration events, the senior responsible Ranger leader on scene must use discretion and judgment to determine if the planned activity is reasonably safe. Additional safety

- precautions, equipment and training are appropriate for night time operations on the water.
- Publish a “float plan” for any waterborne event that you intend to make. This should be done for any event that is associated with any Rogers’ Rangers event whether it is for training or for demonstration. Elements of a float plan are simple but essential - - they include:
 - Make and submit a written plan - - i.e. “Float Plan”. Provide this to a responsible person who will be on-site or near-by but who is not going on the boat. This person is generally an NCO or Officer who has overall responsibility for unit safety at an event.
 - Name and emergency contact information for next of kin for all persons going on the water.
 - Time of departure
 - Intended route – include waypoints or layovers.
 - Estimated time of return or completion.
 - Person in charge of the watercraft shall make direct contact and report to the unit commander or safety coordinator when the voyage is complete. Report condition of all persons who went afloat and report any unusual or safety issues. Direct contact means via voice face-to-face or via phone or similar means that can obtain acknowledgement of message received.
 - Provide personal floatation devices (PFD) for all persons aboard each watercraft.
 - Consider the physical limitations of the Rangers who are rowing or paddling the boats. Do not over exert to the extent that impairs the crew ability to manage a problem.
 - Plan and be prepared, trained and equipped to conduct self-rescue in the event that the boat is swamped or sunk.
 - Before launching and boarding the craft, provide instruction and a demonstration of proper use of the PFD for everyone.
 - Inspect the watercraft for soundness and water tight integrity. Do not take a leaky or unseaworthy craft on the water.
 - Carefully consider your total weight and load plan - - considering weight of people and equipment. Keep most weight low in the boat for stability. Do not overload the boat.
 - Avoid standing or making any sudden movement of personnel while underway as the shift of weight may cause swamping or capsize.
 - Remember the essential tenant of this Safety Program from the Commanders’ Guidance on page 3 - - - “A foundational premise of this Safety Program is that safety is always the single most important goal during any activity associated with Jaegers Battalion functions for Rogers’ Rangers. No matter what the task or activity being conducted, all members of Rogers Rangers companies shall regard safety as the first and highest priority as an outcome of that activity.”

Appendix D – Travel Rogers’ Rangers, Jaegers Battalion Safety Program

The following safety guidelines are provided for Jaegers Battalion, Rogers’ Rangers for governing Travel activities. This appendix includes activities such as planning and preparation for travel, route selection, road conditions, driver rest, vehicle condition, vehicle convoy. Experience and judgment shall be exercised by the officers and noncommissioned officers when making specific decisions regarding Travel related activities. These guidelines are presented in a check list format to be applied as conditions dictate for the specific Travel situation.

- Each individual member of a company is responsible for planning and conducting safe travel arrangements however, all are highly encouraged to share their planning with other members of the unit. This will often gain access to the best information and help make route decisions based on experience of other members who are familiar with the route and destination.
- Unit members are encouraged to share transportation when ever feasible. This contributes to assistance with route navigation, allows driver relief for long distances and helps keep the driver alert.
- Unit members are encouraged to conduct a vehicle safety inspection prior to each trip to assure that the vehicle is in good condition.
- When planning and conducting travel, be sure to include ample rest stops. Typically you should take a brief rest stop about every 90 minutes or 100 miles depending upon how you feel. Don’t wait until you are drowsy and tired to take a break. Taking a brief rest stop of just 10 minutes to stretch your legs and take your eyes off the road will improve travel safety and make the journey more enjoyable.
- Don’t drink & drive. Alcohol slows the reflexes and reduces alertness.
- Avoid distractions while driving such as texting and use of cell phones. One benefit of having traveling companions is that someone else can drive if you need to make calls.
Recommendations to avoid distracted driving due to use of cell phones / smart phones:
 - When you get behind the wheel put your cellphone/smart phone away, such as in your bag or glove box.
 - Turn the phone to “silent” or “off.”
 - Only check your phone messages during rest stops or food breaks.
 - If you must use the phone, pull the vehicle off the road and to a safe location.
 - Do not call or send messages to others you know are driving. Illegal in most States.
 - The driver is the only person who decides not to do things that can cause distractions!
- When driving someone else’s vehicle such as sharing driving time, take a moment to get familiar with the controls and adjust the seat and mirrors. This is the same think that one would do with a rental car and it will pay off in highway safety.
- Heed speed limits and highway conditions. Manage your speed according to traffic density, posted speed, road condition and weather.
- Remember all that you have learned over the years about safe driving such as: a) use the 3-second rule to manage space between vehicles; b) use turn signals; c) watch traffic several vehicles ahead to anticipate braking or other changing conditions.
- Wear safety belts and require others to do the same. Including all the back seats.

- Check weather forecast on your route ahead. This is particularly important when traveling long distances and in changing altitudes where the weather may be quite different than where you start. Be prepared to adjust your ETA if foul weather is encountered such as fog or rain. Remember the commander's guidance that safe arrival is more important than arrival schedule.
- Driving long distances can be stressful. Enjoy the trip - remember that getting there is half the fun. A positive attitude while driving reduces stress which improves safety.
- Avoid "drowsy driving". Drowsy is defined as "ready to fall asleep; inducing sleep." By the very definition, when you are drowsy you are going to fall asleep! Drivers are generally poor judges of their own level of fatigue and unable to predict when they are in danger of falling asleep at the wheel.
- **Danger Signals:**
 - Your eyes are burning, feel strained, or are involuntarily going out of focus and closing.
 - Your head nods or you can't stop yawning.
 - You have wandering thoughts and daydreams.
 - You're driving erratically or at abnormal speeds, drifting, tailgating, or missing traffic signs.
 - You catch yourself about to nod off.
 - You don't remember the last several miles driven.
 - You cross over the rumble strips on the side of the pavement.
 - You have micro-sleeps, which are very brief sleep episodes.
- These are serious danger signs, and anyone displaying them should not be driving!
 - When planning a trip each person should "plan" for sleep. This is especially important for the return trip home.
 - Start out well rested. Before a trip, the more sleep the better!
 - Start your trip earlier in the day instead of later. Long-distance driving requires mental and physical alertness.
 - The body craves sleep after dark, so try to do most of the driving during daylight hours.
 - Share the driving. Before leaving designate licensed relief drivers.
 - Engage in light conversation with a front seat passenger.
 - Keep the temperatures cool and adjust the car temperature so that it's not too comfortable.
 - Stay involved with the driving
 - Take frequent breaks. Stop and get out of the car at least once every two hours.
 - Avoid sedating medications such as cold tablets, antihistamines and/or antidepressants.
 - Consume caffeinated drinks such as coffee, tea, soft drinks, and energy drinks. However, caffeinated drinks take up to 30 minutes to take effect and have limited effects on people who consume these drinks on a regular basis (such as every day).
- **Automobile Liability Insurance:**
All vehicles used by Ranger should be covered by a liability insurance policy. The amount of this coverage should meet or exceed the insurance requirements of the state in which the vehicle is licensed.
- **Property Insurance:**
The Jaegers Battalion, Rogers Rangers does not provide insurance coverage for property. This means there is no coverage for the trailers and equipment or contents in the trailer.

Appendix E – Cooking and Messing Rogers’ Rangers, Jaegers Battalion Safety Program

The following safety guidelines are provided for Jaegers Battalion, Rogers’ Rangers for governing Cooking and Messing activities. This appendix includes activities such as food preparation, food selection, food storage & sanitation. Experience and judgment shall be exercised by the officers and noncommissioned officers when making specific decisions regarding Cooking and Messing related activities. These guidelines are presented in a check list format to be applied as conditions dictate for the specific Cooking and Messing situation.

- **Camp Sanitation and Food Storage:**

- **The Prewash**

Before washing utensils and equipment, clean wash basins prior to use. Pre-scrape equipment and utensils, and if necessary, presoak them to remove food particles and cooked on food. The pre-flush water temperature should not exceed 80° F.

- **The First “Sink”**

Equipment and utensils are to be thoroughly washed in the first compartment with a detergent solution that is kept clean and a temperature that is kept between 110° to 140° F. This should be done with a stiff brush used only for this purpose.

- **The Second “Sink”**

Equipment and utensils will be rinsed free of detergent and abrasives with clean, hot (120° F to 140° F) water in a second compartment. This water should be kept clean and changed often as necessary.

- **The Third “Sink”**

Sanitize the food-contact surfaces of all equipment and utensils in the third compartment according to one of the methods outlined below:

- *Standard method:* The standard method requires immersion for at least 30 seconds in clean, hot water of at least 170° F. Add water as necessary to maintain the 170° F. This sink does the actual disinfecting.
- *Emergency method:* In an emergency, when hot water is not available, chemical sanitizers may be used to sanitize equipment. The following procedures are for the use of chemicals and should only be used in emergencies: Immerse the item for at least one minute in a clean solution containing at least 50 parts per million (ppm) of available chlorine (1 tablespoon of household chlorine bleach for every 4 gallons of water used), at a temperature of at least 75° F but no more than 110° F.

Fly Control: Good sanitation practices are the key to a fly free camp. Garbage attracts pests and provides a breeding ground. Even if flies hatch elsewhere accessible waste will invite them to your

camp. Do not serve food to flies. All entrances to the food must be protected from flying insects. The following are means of protection:

- *Containers that is tight-fitting or self-closing.
- *Storage coolers or food boxes which close tightly.
- *Waste disposal away from eating area.
- *Hauling away trash daily to centralized area.

Waste Disposal: The Camp has three types of waste. They are liquid, organic solid (edible), and inorganic solid (inedible). Waste is disposed of both inside and outside of the Camp as discussed below. First follow the plan outlined by the site you are utilizing.

Inside; A Camp disposes of liquid waste through a ground “hole” or designated spot. Make sure everyone knows where this area is. When dumping waste liquid, make sure that there are no food particles in the water. This attracts flies and disease. A hand washing station should also be set up here. No dirty water in camp!

Outside; Keep the area outside of the Camp clean. Take the waste to the facilities centralized area. Where large dumpsters or trash compactors are used, ensure that lids and doors are kept closed. Remove garbage from food preparation areas as soon as possible. Keep garbage containers covered in the food preparation and ware-washing areas when the kitchen is not operating. Keep entire garbage storage area clean.

Camp: Storage areas should be kept clean, orderly, and free of garbage at all times. Garbage should be disposed of in thick milled trash bags that can be tied off. Any food spilled should be cleaned up immediately or diluted with water when spilled on the ground.

Equipment: Small equipment and utensils which are in direct contact with food, such as spoons, spatulas, scoops, and knives, must be cleaned and sanitized after each use. Equipment used for storage should be cleaned and sanitized too.

Safe Minimum Cooking Temperatures: Use this chart and a food thermometer to ensure that meat, poultry, seafood, and other cooked foods reach a safe minimum internal temperature. Remember, you can’t tell whether meat is safely cooked by looking at it. Any cooked, uncured red meats – including pork – can be pink, even when the meat has reached a safe internal temperature. Why the Rest Time is Important. After you remove meat from a grill, oven, or other heat source, allow it to rest for the specified amount of time. During the rest time, its temperature remains constant or continues to rise, which destroys harmful germs.

<u>Food Category</u>	<u>Temperature (°F)</u>	<u>Rest Time</u>
<u>Ground Meat & Meat Mixtures:</u>		
Beef, Pork, Veal, Lamb	160	None
Turkey, Chicken	165	None
Steaks, Roasts, Chops	145	3 minutes
<u>Poultry:</u>		
Chicken & Turkey, whole	165	None
Poultry breasts, roasts	165	None
Poultry thighs, legs, wings	165	None
Duck & Goose	165	None
Stuffing (cooked alone or in bird)	165	None
<u>Pork and Ham:</u>		
Fresh pork	145	3 minutes
Fresh ham (raw)	145	3 minutes
Precooked ham (to reheat)	140	None
<u>Eggs & Egg Dishes:</u>		
Eggs	Cook until yolk and white are firm	None
Egg dishes	160	None
<u>Leftovers & Casseroles:</u>		
Leftovers	165	None
Casseroles	165	None
<u>Seafood:</u>		
Fin Fish	145 or cook until flesh is opaque and separates easily with a fork	
Shrimp, lobster, and crabs	Cook until flesh is pearly and opaque.	
Clams, oysters, and mussels	Cook until shells open during cooking.	
Scallops	Cook until flesh is milky white or opaque and firm.	

All seafood has no set time.

Refrigerated Foods:

- All foods that require refrigeration must be kept on ice!
- Coolers must be clean and sanitized, free of any defects, and in working order.
- Ice **MUST** be monitored and replaced as often as necessary.
- Melted water **MUST** be drained to avoid food contamination.
- Keep cooler out of the sun.
- Cover the cooler with canvas to give extra insulation.
- Wash hands after touching the melted water.

If there is **ANY** question to the edibility of the cold stored food, **THROW IT OUT!** Do not take any chances with food poisoning!

Water Treatment Methods:

Boiling water is the best method for making water safe to drink. Boiling water as recommended will kill bacterial, parasitic, and viral causes of diarrhea. Adding a pinch of salt to each quart will improve the taste.

Directions for Boiling Water

- Boil water vigorously for 1 minute and allow it to cool to room temperature (do not add ice).
- At altitudes greater than 6,562 feet (>2,000 m), boil water for 3 minutes or use chemical disinfection after water has been boiled for 1 minute.

Chemical Disinfection

If boiling water is not possible, chemical disinfection with iodine (e.g., Globaline, Potable-Aqua, or Coghlan's, found in pharmacies and sporting goods stores) is another method for making water safer to drink. Cryptosporidium (a parasite that can cause diarrhea) and other coccidian parasites (e.g., Cyclospora, Toxoplasma) might not be killed by this method. Cloudy water should be strained through a clean cloth into a container to remove any sediment or floating matter, and then the water should be treated with iodine.

Directions for disinfecting water with iodine

Iodine tablets

1. Follow the tablet manufacturers' instructions.
2. If water is cloudy, double the number of tablets.
3. If water is extremely cold, less than 5° C (41° F), an attempt should be made to warm the water, and the recommended contact time (standing time between adding a chemical disinfectant to the water and drinking the water) should be increased to achieve reliable disinfection.

Note: Be sure the tablet size is correct for a liter of water.

Tincture of Iodine - measure out your dose to water.

1. If using tincture of iodine 2% solution, add 5 drops to a Liter or Quart of clear water. If the water is cloudy, add 10 drops per Liter or Quart. (Note: 20 drops=1 ml.)
2. Allow the water to stand for 30 minutes before drinking when the water temperature is at least 25°C (77°F). Increase the standing time for colder water: (e.g., for each 10° less than 25°C (77°F), allow the water to stand for double the time before drinking it.

Crystalline Iodine (found at some chemical companies and sporting goods stores) First, make a saturated solution and then measure your own dose to add to water. The crystalline form stores well indefinitely

and new batches of the saturated solution can be made from a small amount of crystals each time you take a trip.

To prepare a stock of Crystalline Iodine saturated solution:

1. Place 4-8 grams of crystalline iodine into a 1-2 oz container and fill with water. Note: 1oz=6 teaspoons. Warning: crystalline iodine at 4-8 grams is a lethal dose if accidentally swallowed in a single dose. Keep out of the reach of children.

2. Shake the bottle vigorously for 1 minute. Allow several additional minutes for the iodine to maximally dissolve in the available water. Some crystals should always be visible; if they totally dissolve, then more crystals should be added to the container to insure that iodine saturation of the stock solution has been achieved.

3. If the water to be treated is clear, add 13 ml of saturated iodine solution -- liquid above the crystals, not the crystals themselves -- per Liter or Quart. Note: 5 ml= 1 teaspoon. 13 ml = about 2.5 teaspoons

4. In cloudy water, add 26 ml of saturated solution per Liter or Quart.

Note: Allow the solution to stand 20 minutes before drinking the disinfected water when the water temperature is 20-25°C (68-77°F). Increase the standing time with colder water. For each 10° less than 25°C (77°F), allow the water to stand for double the time before drinking.

Portable Water Filters

Certain types of portable water filters can also remove some types of infectious agents from drinking water. However, most of the portable filters on the market do not effectively remove viruses, thus chemical disinfection of water is needed after filtering with such filters to make the water safer for drinking. Some portable water filters designed to remove parasites (Giardia/Cryptosporidium) have an "absolute" pore sizes of 0.1 to 1-micrometer and, therefore, may also remove most diarrhea-causing bacteria. See the Division of Parasitic Diseases' Guide to Water Filters and Bottled Water to learn about different filters and those that filter Cryptosporidium. Viruses are smaller than 0.1 micron and will NOT be removed by filters with a pore size of 0.1 or larger. To kill viruses that may pass through these filters, add iodine (as described above) to the filtered water before you drink it.

Note: Chlorine in various forms has also been used for chemical disinfection. However, it is not as reliable as iodine for killing disease causing organisms in the wide range of water-quality conditions that travelers might encounter.

Warnings:

- Crystalline iodine 4-8 grams used in a stock solution constitutes a human lethal dose if accidentally swallowed in a single dose. Keep out of the reach of children.
- Water that has been disinfected with iodine is **NOT** recommended for pregnant women, people with thyroid problems, those with known hypersensitivity to iodine, or continuous use for more than a few weeks at a time.

Camp Kitchens: Fire pits for cooking shall be placed only in the designated kitchen area. Fires may be built only in these pits. (At some sites, heavily insulated raised platforms may be established rather than pits.) A fire should not be placed closer than 10 feet from any tent (flies excepted). Tents may be set up in the kitchen area for storage of supplies, but should not be used for sleeping quarters. Fire pits shall be filled in and returned at the conclusion of an event. Turf is to be stored face down and kept moist for return to original position. An area five feet around will be clear of combustibles at each fire pit. Depending on weather and dryness, it may be advisable to increase the area to be cleared. Fires should be no larger than is necessary for cooking, though they may be used as gathering and social areas after meal times. Members of the public must be closely monitored and controlled when they are in the camp and kitchen area. They should not be allowed close to a fire pit. If a rope barrier is not provided, it is advisable to create your own between your fire and the public. Use a table, bench, firewood, cooking equipment or anything else at hand to create a physical or at least psychological barrier. No soldier carrying powder will be allowed within the boundaries of the camp kitchen area. Do not allow young children to use knives or sharp instruments in your kitchen or working area.

Kitchen Fire Safety: Every fire must always be attended by an adult. A bucket full of water should be kept in place near the fire pit. The water in the bucket is not to be used for any purpose but extinguishing fire. Children may not start or tend fires (fetching wood is permitted). Persons tending fires should always have another adult present in case of an emergency. Persons working with an open fire should wear tightly woven garments of wool or linen, since these are least likely to flare up or burn vigorously. Children are never to run through or play in any location where fires are present (remember, a major cause of child mortality in the 18th century was death by burns).

Appendix F – Annual Review:

1. All Appendix B information is current. (06/2015)
2. NPS weapons websites are current. (06/2015)

SUMMARY

Safety should be our primary concern at all Battalion events, both public and private. While this manual is meant to be comprehensive guidelines, it can in no way cover every situation that you may encounter. Vigilance and common sense must always prevail. As Major Robert Rogers wrote at the conclusion of his famous Ranging Rules: *Such in general are the rules to be observed in the Ranging service; there are, however, a thousand occurrences and circumstances which may happen, that will make it necessary, in some measure, to depart from them, and to put other arts and stratagems in practice, in which cases every man's reason and judgment must be his guide, according to the particular situation and nature of things....* (“The Annotated and Illustrated Journals of Major Robert Roger,” p. 78)