



**B A L T I C
G U A R D S**

LATVIA

AUG 13th – 17th, 2018

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Facts about Baltic Guard

- From 2012.
- On rotation basis, cadets from 3 Baltic states.
- (2012 Latvia, 2013 Lithuania, 2014 Estonia, 2015 Latvia, 2016 Lithuania, 2017 Estonia);
- 2018 – 6 countries.
- 2019 – Lithuania (or Poland).



Camp personnel

Camp leader

ADMIN leader

VOB leader

RLS leader

**Real life medicine 24/7
from Mālpils municipality**

**Casevac
(service)**

4 Supply specialists

Unit commander

**Team leaders
10 from Latvia +INT 10**

**cadets
13**

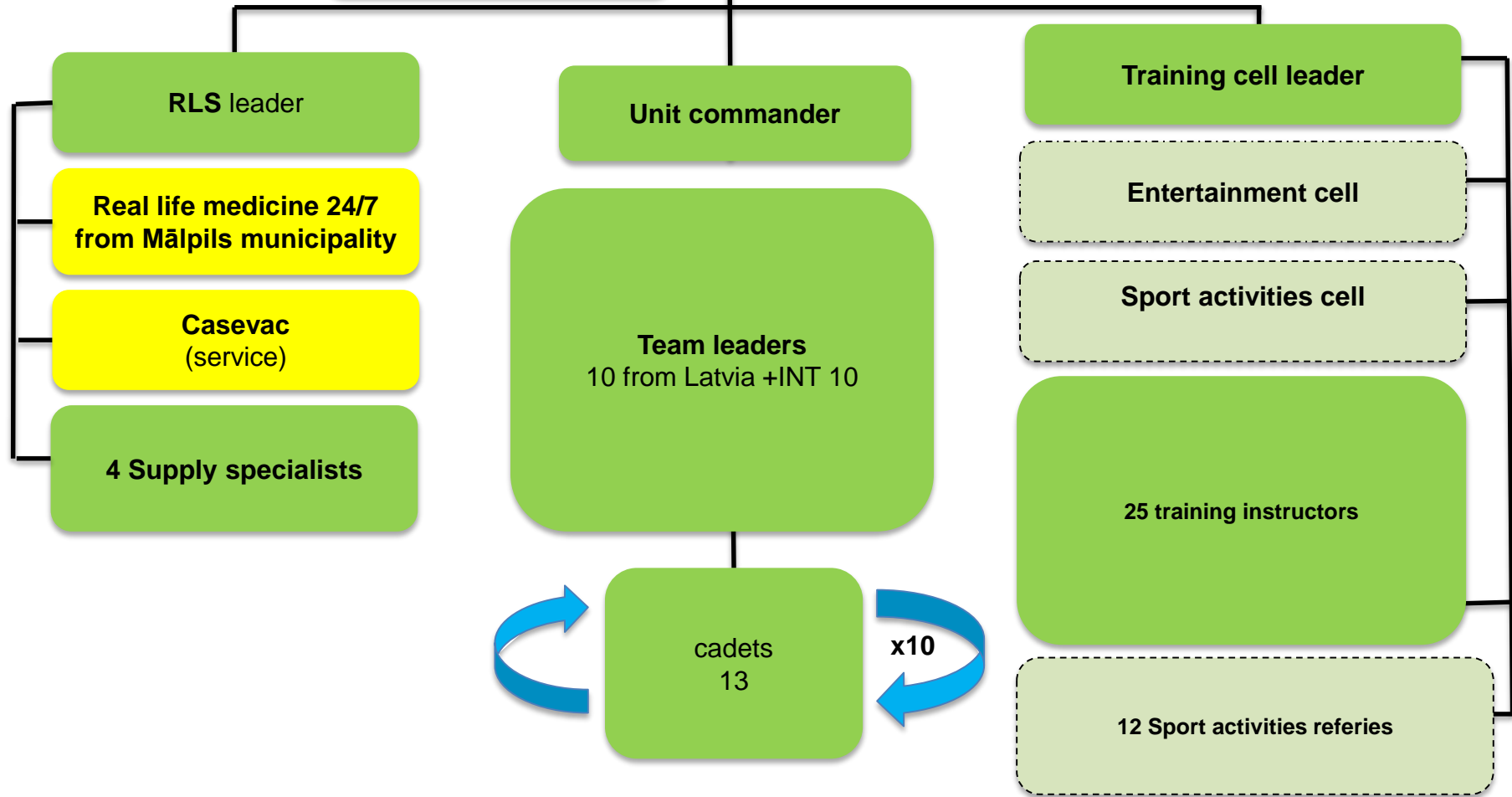
Training cell leader

Entertainment cell

Sport activities cell

25 training instructors

12 Sport activities referies



Baltic Guards 2018

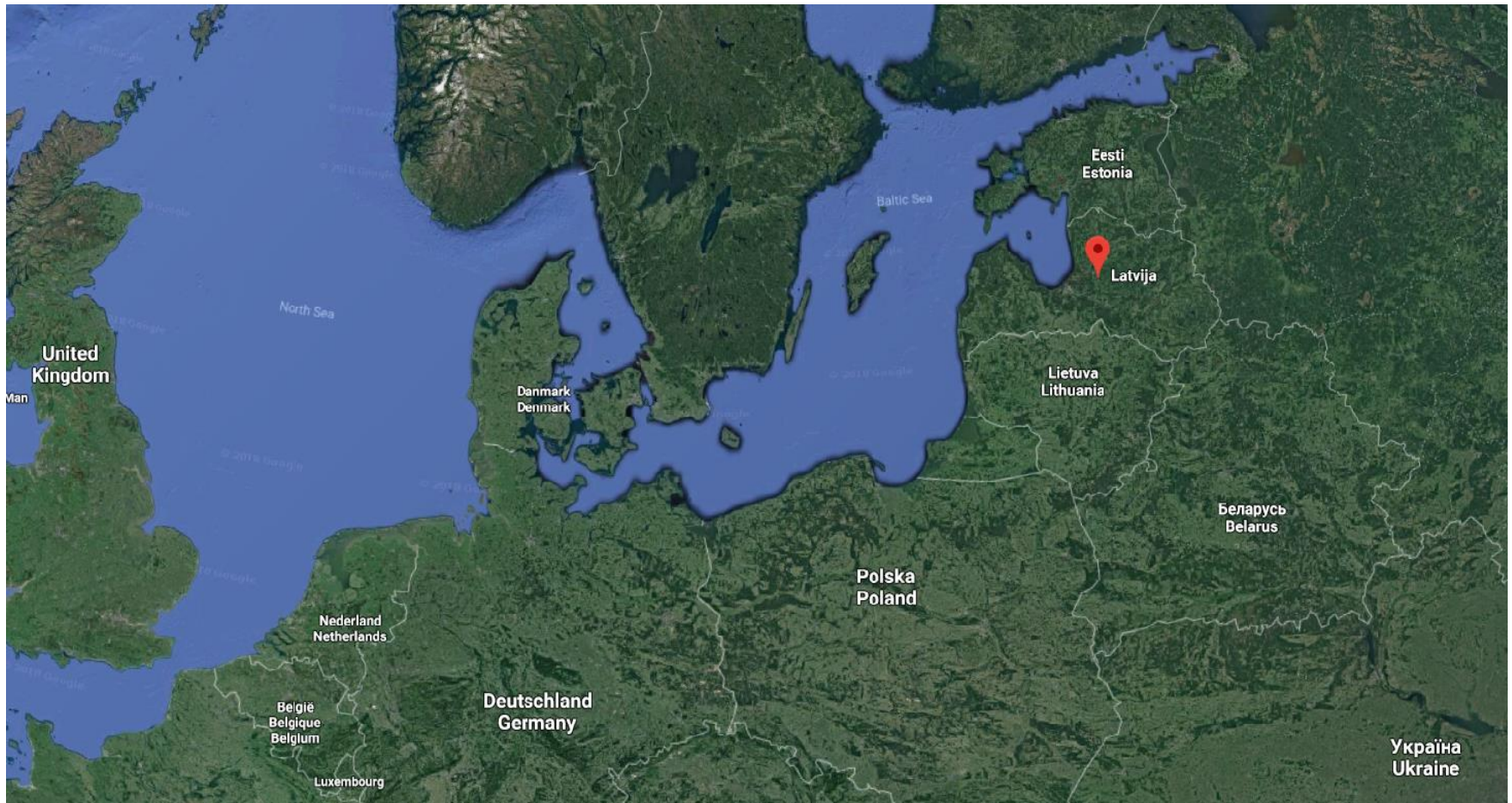
Cadets - 130:

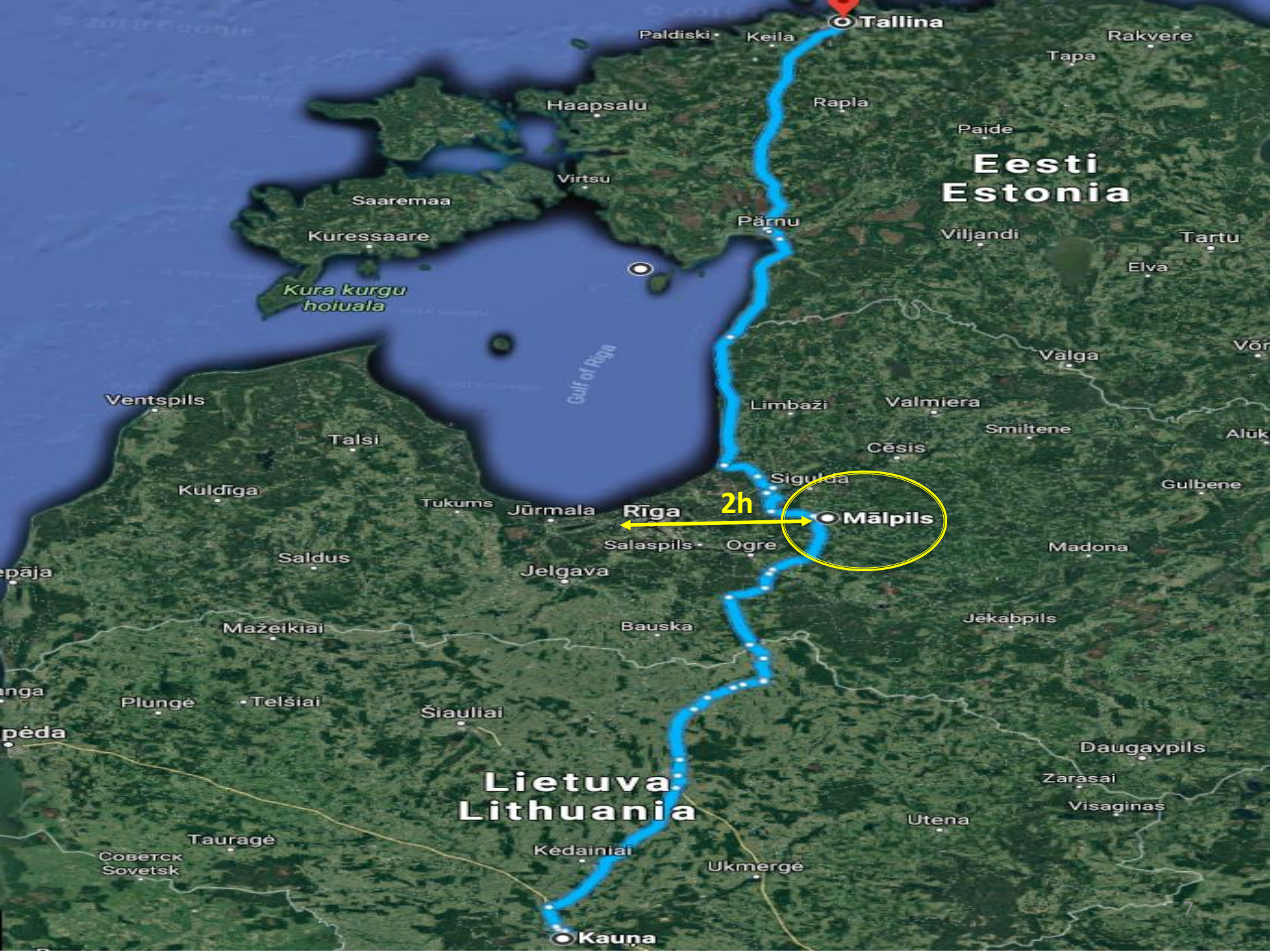
- Latvia – 20;
- Lithuania – 20;
- Estonia – 20;
- Poland – 20;
- Ukraine – 20;
- UK – 30.

Age: 14 – 19 years old.

Map Orientation

Latvia-Mālpils





Eesti
Estonia

Lietuva
Lithuania

Tallina

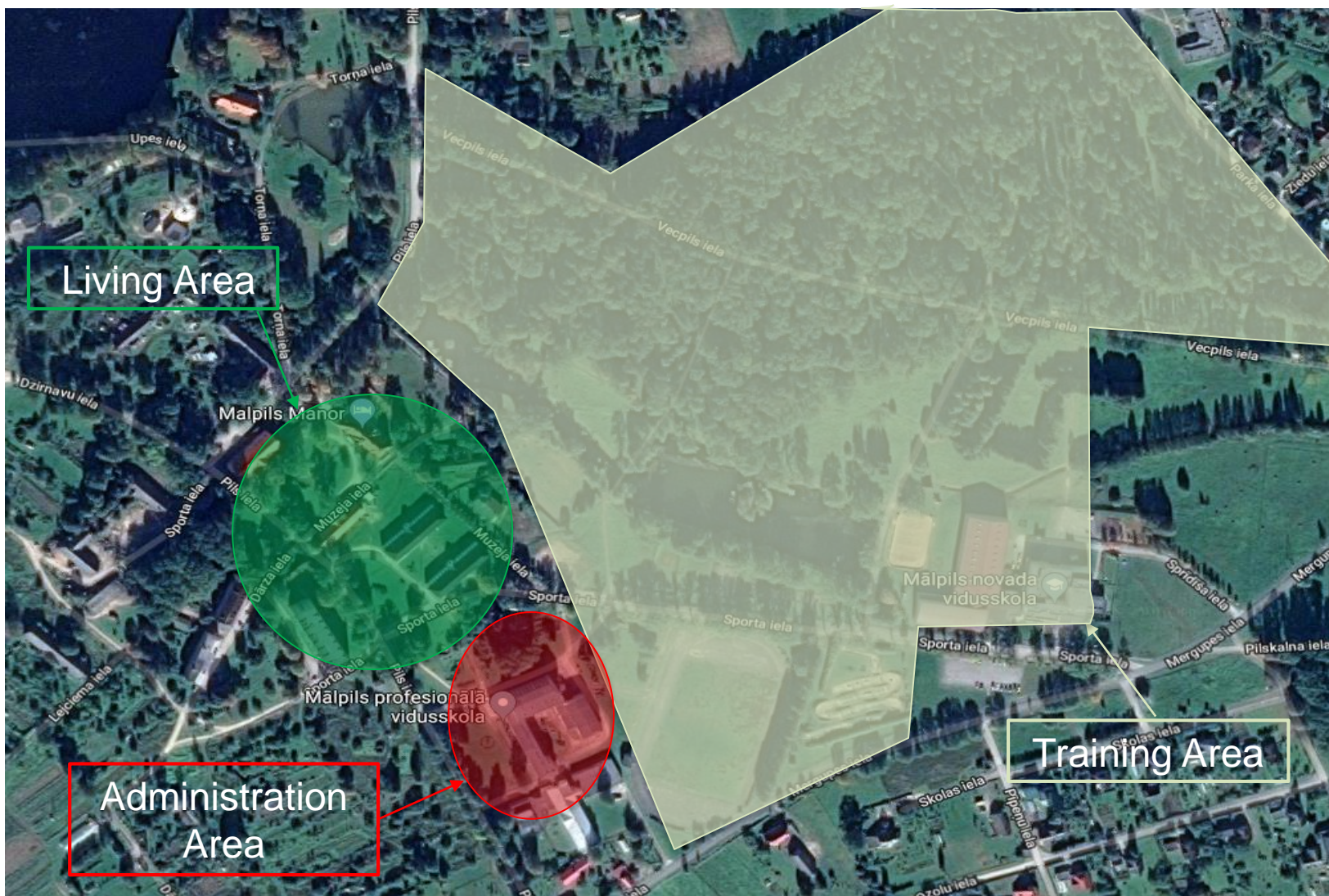
Rīga

Mālpils

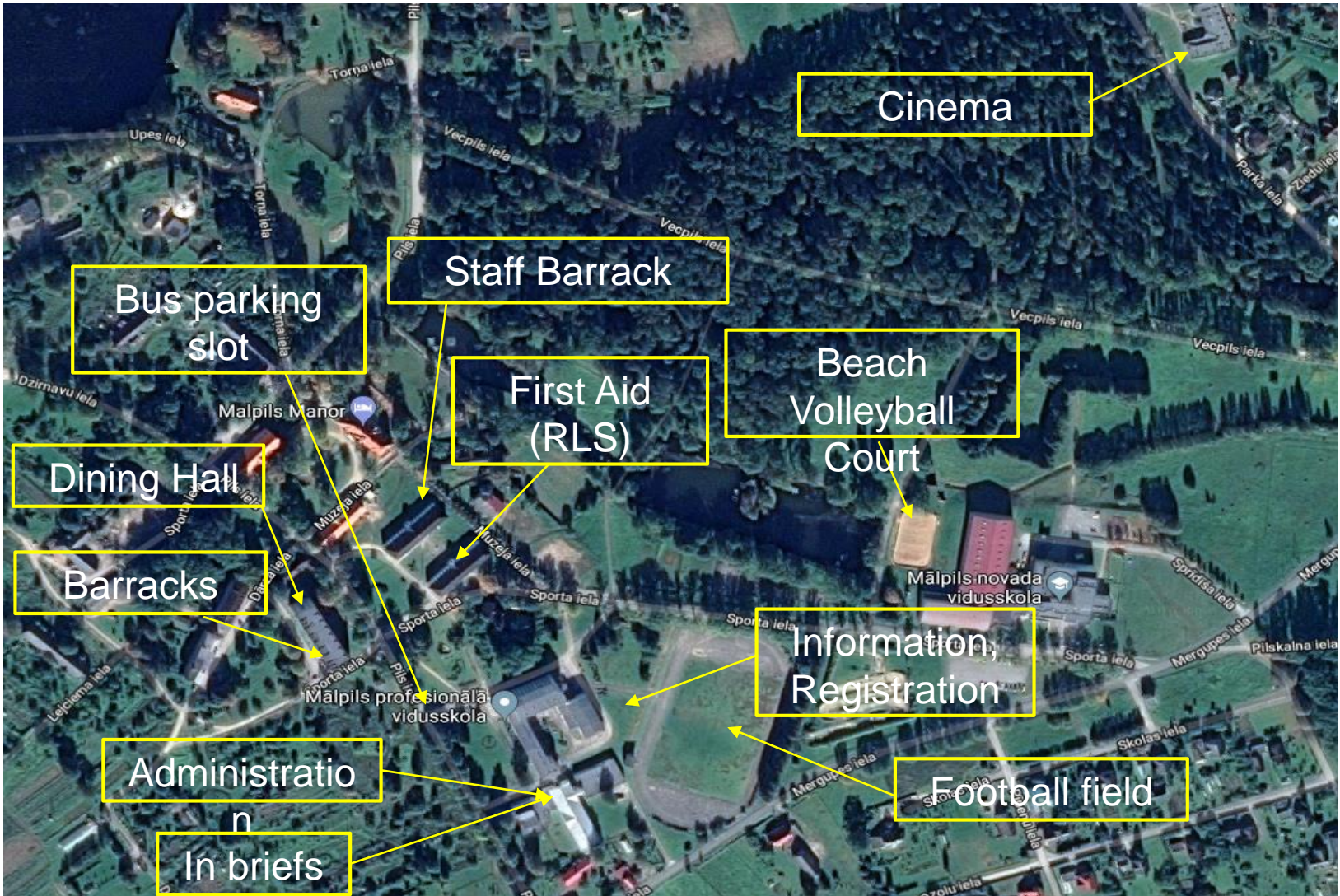
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Kauna

Area Map of Mālpils



Area Map of Mālpils



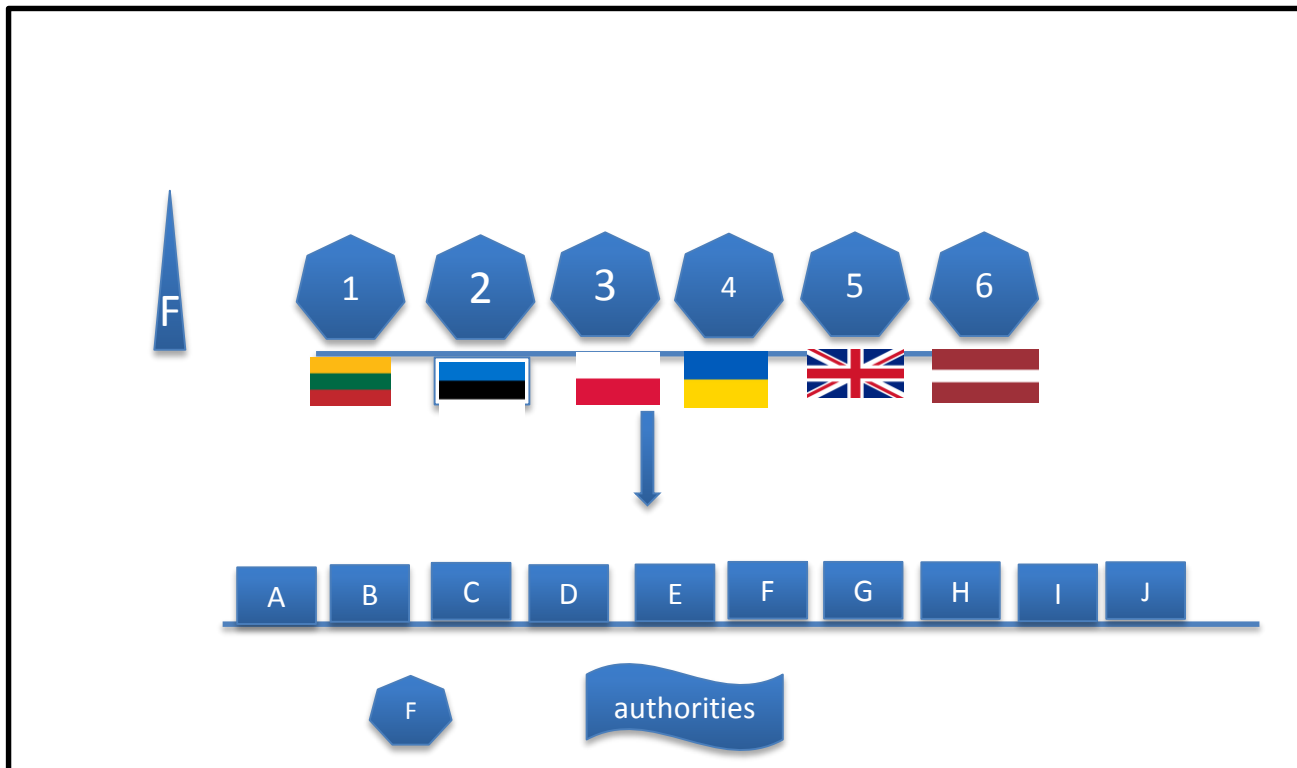
Camp program

Date	Activity
12.08.	Arrival of UK team
13.08.	Arrival, lunch, setting up, opening ceremony, team building, safety instructions, manufacturing of team flag, «ice breaker» games
14.08.	Knowledge building, skills acquirement adapted from military realm (individual level); Countries presentations
15.08.	Competition based on obtained knowledge and skills (from day 14.08) VIP day Movie «Nameja gredzens»
16.08.	Sport games / excursions Party
17.08.	Closing ceremony. Departure
18.08	Departure of UK team

13.08.2018.

Time	Activity
0830	UK team breakfast
until 13.00	Arrival; checking in
13:00 – 14:00	Inbrief
14:00 – 15:30	Lunch
15:30 – 16:15	Opening ceremony
16:15 – 16:40	Teams building, safety instructions
16:40 – 18:00	Creating teams` flags. Teams`s flags presentations
18:00 – 19:00	Familiarization with camp area
19:00 – 20:00	Dinner
20:00 – 22.30	Ice breaker games
22:30 – 23:00	Line-up
23:00 – 06:30	Sleeping time

Opening ceremony and team building.



Teams

Teams	Latvia	Lithuania	Estonia	Poland	UK	Ukraine	Total	Team leaders 1LV+1 guest
A	2	2	2	2	3	2	13	
B	2	2	2	2	3	2	13	
C	2	2	2	2	3	2	13	
D	2	2	2	2	3	2	13	
E	2	2	2	2	3	2	13	
F	2	2	2	2	3	2	13	
G	2	2	2	2	3	2	13	
H	2	2	2	2	3	2	13	
I	2	2	2	2	3	2	13	
J	2	2	2	2	3	2	13	
	20	20	20	20	30	20	130	20

«Ice breaker» games 1/2

	Stations/Teams	1	2	3	4	5	6	7	8	9	10
1	Latvija - puzzle	A	J	I	H	G	F	E	D	C	B
2	Latvijas daba	B	A	J	I	H	G	F	E	D	C
3	Piemineklis Lāčplēsim	C	B	A	J	I	H	G	F	E	D
4	Spēka dzira	D	C	B	A	J	I	H	G	F	E
5	Saules tīkls	E	D	C	B	A	J	I	H	G	F
6	Dzintara mešana	F	E	D	C	B	A	J	I	H	G
7	Latvju zīmes	G	F	E	D	C	B	A	J	I	H
8	Cerību zobens	H	G	F	E	D	C	B	A	J	I
9	Cīņa	I	H	G	F	E	D	C	B	A	J
10	Tūdaliņ Tāgadiņ	J	I	H	G	F	E	D	C	B	A

14.08.2018.

Time	Activity
06:30 – 07:00	Waking up, morning shower
07:00 – 08:00	Breakfast
08:00 – 08:15	Morning Line-up
08:15 – 12:30	Individual skills acquirement, knowledge building
12:30 – 13:30	Lunch
13:30 – 17:30	Individual skills acquirement, knowledge building
17:30 – 18:30	Lunch
18:30 – 20.30	Individual skills acquirement, knowledge building
20:30 – 21:00	Preparations for evening activities
21:00 – 22:30	Country presentations, camp fire, films
22:30 – 23:00	Evening line-up
23:00 – 6:30	Sleeping time

Individual skills acquirement, knowledge building 1/3

Number of team	0700-0800	0800-0815	0830-1030	1030-1230	1230-1330	1330-1530	1530-1730	1730-1830	1830-2030
1	Breakfast	Morning Line - up	Navigation	Fieldcraft and expedition training	Lunch	Climbing	Weapons and shooting	Dinner	First aid
2			Navigation	Fieldcraft and expedition training		Climbing	Weapons and shooting		First aid
3			Navigation	Fieldcraft and expedition training		Climbing	Weapons and shooting		First aid
4			Navigation	Fieldcraft and expedition training		Climbing	Weapons and shooting		First aid
5			Navigation	Fieldcraft and expedition training		Climbing	Weapons and shooting		First aid
6			Navigation	Fieldcraft and expedition training		Climbing	Weapons and shooting		First aid
7			Navigation	Fieldcraft and expedition training		Climbing	Weapons and shooting		First aid
8			Navigation	Fieldcraft and expedition training		Climbing	Weapons and shooting		First aid
9			Navigation	Fieldcraft and expedition training		Climbing	Weapons and shooting		First aid
10			Navigation	Fieldcraft and expedition training		Climbing	Weapons and shooting		First aid

Skills and Knowledge	
Navigation	Navigation
Fieldcraft and expedition training	Fieldcraft and expedition training
Climbing	Climbing
Weapons and shooting	Weapons and shooting
First aid	First aid

Individual skills acquirement, knowledge building 2/3

	Exercise	Description
1	Map reading, Orienteering	learning map reading and land navigation.
2	Fieldcraft and expedition training	Skill training to operate stealthily and the methods used to do so, which can differ during day or night and due to weather or terrain.
3	Climbing	How to overcome obstacles in the area, how to apply ropes and other safety measures and aqipment.
4	Weapons, Shooting	Weapon history, differet types of weapons, air rifle shooting, Battle Target Shooting.
5	First aid	Learning about assistance given to any person suffering a sudden illness or injury, with care provided to preserve life, prevent the condition from worsening, or to promote recovery.

15.08.2018.

Time	Activity
06:30 – 06:45	Waking up, morning shower
06:45 – 07:45	Breakfast
07:45 – 08:00	Morning Line- up
08:00 – 13:00	Competition
13:00 – 14:00	Lunch
14:00 – 19:00	Competition
19:00 – 20:00	Dinner
20:30 – 22:30	Movie «Nameja gredzens»
22:30 – 23:00	Evening line-up
23:00 – 7:00	Sleeping time

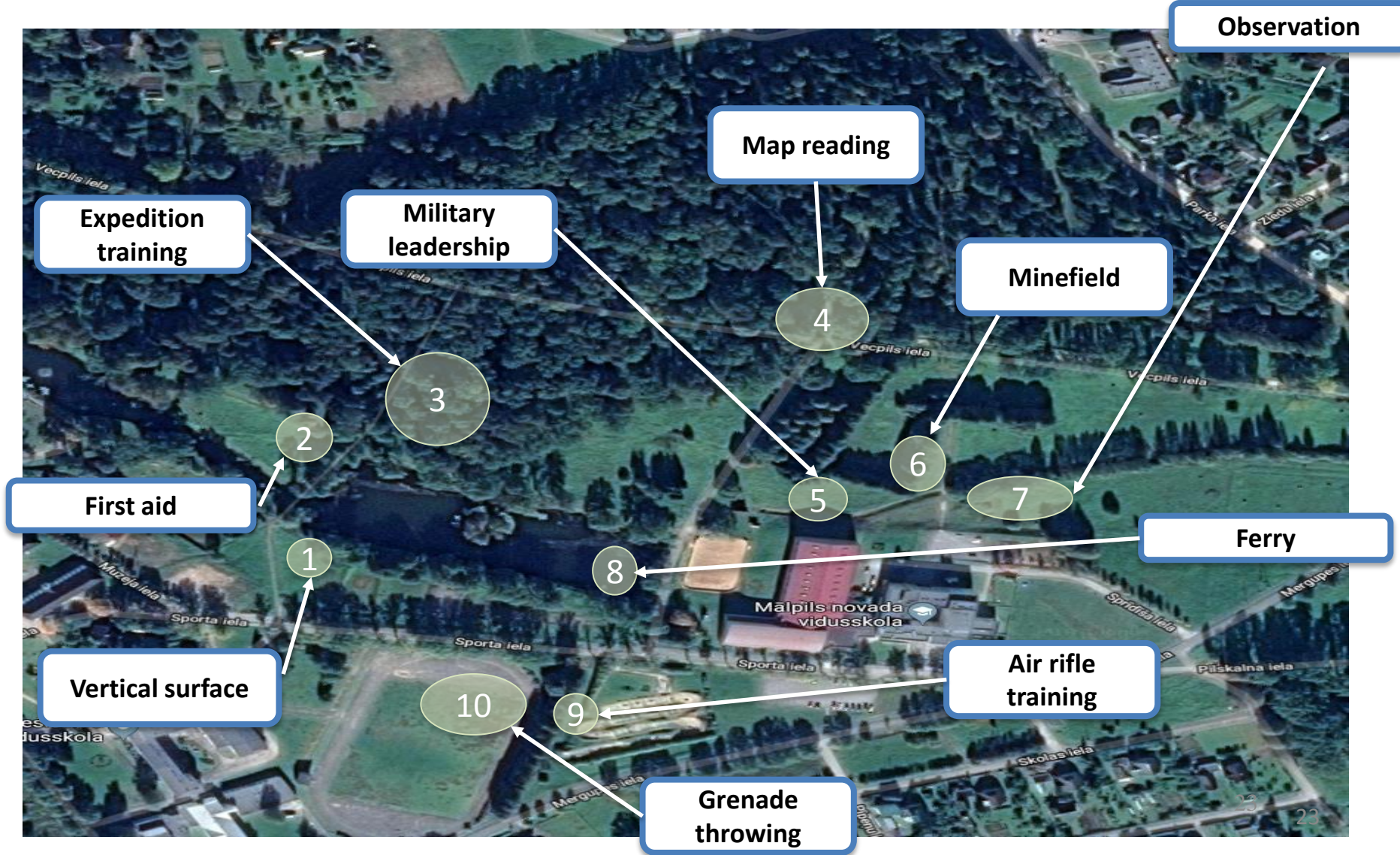
Competition 1/3

Kontrollpunkts	0800-0900	0900-1000	1000-1100	1100-1200	1200-1300	1300-1400	1400-1500	1500-1600	1600-1700	1700-1800	1800-1900	1900-2000	NCO's
1.Vertical surface	A	J	I	H	G	Lunch	<i>F</i>	<i>E</i>	<i>D</i>	<i>C</i>	<i>B</i>	Dinner	3
2.First aid	B	A	J	I	H		<i>G</i>	<i>F</i>	<i>E</i>	<i>D</i>	<i>C</i>		4
3. Expedition training	C	B	A	J	I		<i>H</i>	<i>G</i>	<i>F</i>	<i>E</i>	<i>D</i>		2
4. Map reading	D	C	B	A	J		<i>I</i>	<i>H</i>	<i>G</i>	<i>F</i>	<i>E</i>		4
5.Military leadership	E	D	C	B	A		<i>J</i>	<i>I</i>	<i>H</i>	<i>G</i>	<i>F</i>		1
6. Minefield	F	E	D	C	B		<i>A</i>	<i>J</i>	<i>I</i>	<i>H</i>	<i>G</i>		1
7. Observation	G	F	E	D	C		<i>B</i>	<i>A</i>	<i>J</i>	<i>I</i>	<i>H</i>		2
8. Ferry	H	G	F	E	D		<i>C</i>	<i>B</i>	<i>A</i>	<i>J</i>	<i>I</i>		3
9.Air riffle trainig	I	H	G	F	E		<i>D</i>	<i>C</i>	<i>B</i>	<i>A</i>	<i>J</i>		2
10.Grenade throwing	J	I	H	G	F		<i>E</i>	<i>D</i>	<i>C</i>	<i>B</i>	<i>A</i>		2

Competition 2/3

	Exercise	Description		Exercise	Description
1	<i>Vertical surface</i>	Team members climb up the vertical barrier and climb back down.	6	<i>Rope ferry</i>	The team, using the previous knowledge, must cross the rope ferry across the ditch.
2	<i>Granade</i>	Throw 4 training granades, each in one target.	7	<i>Tent, camouflage</i>	The team must build 1 individual accommodation and one two-person accommodation team members must be masked using "kommo" cream
3	<i>First aid</i>	Injured stabilization and displacement.	8	<i>Military Leader ('Lace Figure')</i>	Team members are blindfolded and the task to create a geometric figure on the ground from the given string.
4	<i>Shooting</i>	Battle Target Shooting.	9	<i>Orienteering</i>	Each team member must find as many control points as possible.
5	<i>Mine field</i>	Blindfolded team members must overcome the established minefield.	10	<i>Observation</i>	The team should locate all objects in the area when moving.

Competition 3/3



16.08.2018.

Time	Activity
07:00 – 07:45	Waking up, morning shower
07:45 – 08:45	Breakfast
8:45 – 09:00	Morning Line- up
9:00 – 12:30	Sport activities
13:30 – 14:30	Lunch
14:30 – 20:00	Activities in Sigulda
20:00 – 24:00	Party
21:30 – 22:00	Meeting with team leaders
00:00 – 00:30	Evening line-up
00:30 – 8:00	Sleeping time

Sport activities 1/2

Time		9:20 – 9.50	10.00 – 10.30	10.40 – 11.10	11.20 – 11.50	12.00 - 12.30
	Station\teams	1	2	3	4	5
1	Basketball penalty	AB	IJ	GH	EF	CD
2	Beach volleball	CD	AB	IJ	GH	EF
3	Football penalty	EF	CD	AB	IJ	GH
4	Darts	GH	EF	CD	AB	IJ
5	Strength disciplines	IJ	GH	EF	CD	AB

Sport activities 2/2



Activities in Sigulda

Time	Activity	Remarks
14.30 – 15.15	Departure from Mālpils	<p><u>Departure in 4 buses</u></p> <ol style="list-style-type: none"> 1. ABC teams (39cadets) + 6 team leaders 2. DEF teams (39cadets) + 6 team leaders 3. GH teams (26 cadets) + 4 team leaders + 1 staff member 4. IJ teams (26 cadets) + 4 team leadrs + 1 staff member
15.15. – 18.00	Adventure in «Tarzāns»	-
18.00 – 19.20	Shopping Mall «Šokolāde» Souvenirs spot	<p>ABC+GH DEF+IJ 45 min per rotation</p>
19.20 – 20.00	Departure from Sigulda	-

17.08.2018.

Time	Activity
08:00 – 08:45	Waking up, morning shower
08:45 – 09:00	Morning line-up
09:00 – 10:00	Breakfast
09:20 – 10:45	Cleaning up territory of camp
11:00 – 12:00	Closing Ceremony
12:00 – 13:00	Lunch Departure
13:00 -	Activities for UK team

Closing ceremony

