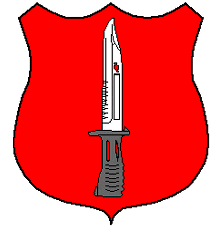




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Reference: 060 / 09 / 02

See Distribution

11 Jun 2009

EXERCISE FROSTED BLADE WARNING ORDER: INFANTRY NORDIC SKIING 2009

References:

- A. 2008DIN07-110 - Army Nordic Ski Training Management Policy 2008/09 dated Jul 08.
 - B. AWSA Nordic Ski Competition Rules 2009 (01 Nov 08 Edition).
 - C. Ex SPARTAN HIKE (UK Units) EX SH 09 DIN 06 - <http://www.spartanhike.co.uk/>.
 - D. Ex PIPEDOWN - <http://www.army.mod.uk/1div/pipedown/index.htm>
 - E. **2007DIN01-105 - A Combined Services Sport Board Instruction (likely to be replaced later this year).**
 - F. **2008DIN10-037 - to be replaced in Jul 09. Copy to follow via ASCB source.**
 - G. LANDSO 4402 (Second Edition) - Control and Management of CILOR.
 - H. **2007DIN10-028 - - to be replaced in Jul 09. Copy to follow via ASCB source.**
 - I. LANDSO 3206 - Welfare Funds (BF(G) version available).
 - J. LANDSO 4407 Short-Term Loans of Clothing, General Stores and other Equipments from Land Command Pools (dated Jul 07).
- (Amdts @ 15 Jun 09 shown above in red).**

GENERAL

1. **Outline.** Exercise FROSTED BLADE (NORDIC) is the collective name for the 2009 Infantry Nordic Ski Training Camp and Infantry Nordic Ski Championships, which will be held at Les Saisies, (near Albertville) France. The intent is to reinvigorate Infantry Nordic Skiing after a recent lull in participation due to, primarily, enduring operational commitments. The Exercise will take place over the period 30 Nov – 18 Dec 09, including the race phase. If this pilot scheme is successful, then it is hoped to lengthen the duration of the Exercise period in subsequent years to, for example, a 5-week on snow-training camp.
2. **Participation.** The exercise will be run under the sponsorship of HQ Infantry. It is open to all Regular and TA Infantry battalions and Infantry Training Centres (ITCs). Individual Infantry soldiers and officers may enter from units that cannot form a team. Other Arms (OA) teams are welcome to attend the races, provided there is sufficient room. OA teams may also join the training phase by invitation only, depending on take up of team vacancies by the Infantry. Notably, the RAF Regiment and the Royal Marines have expressed an interest in participation.
3. **Scope.** This Wng O provides initial planning advice and administrative arrangements for the exercise. Confirmatory instructions will be issued later when full participation is known, which will also include technical advice so that all battalions have a useful reference document for further planning. Instructions for units wishing to take part in the UK and German based units Nordic Skiing Championships, in order to qualify for the Inter Service and Army Championships, Ex RUCKSACK 2010, are at References B and C.

AIM

4. **Aim.** The aim of Exercise FROSTED BLADE is to:
 - a. Introduce young Infantry soldiers to the challenge of Nordic Skiing/Biathlon.
 - b. Improve the standard of Infantry Intermediate and Advanced Nordic skiers in all techniques.
 - c. Assess the technical Nordic skiing skills and appropriate physical fitness levels of participating individuals and battalion teams over varying distances and terrain using the medium of the Infantry Nordic Ski Championships.
 - d. Prepare teams for the Divisional and Army Championships.
 - e. Develop the sport of Nordic Skiing, including Biathlon.
5. **Standards.** It is intended to rectify a weakness from past years, by concentrating more rigorously, from the outset, on individuals by organising the training along ability/experience groupings – novice skiers being grouped together initially and allocating instructors accordingly, rather than necessarily in team groupings. This exercise provides the ideal environment and conditions to enhance *esprit de corps* across the Infantry.

ORGANISATION AND RESPONSIBILITIES

6. **Individual Training.** Training for ski racing is classified as Individual Training. FROSTED BLADE (NORDIC) is a Collective Training event and serves as the collective co-ordinating mechanism for the Infantry Nordic Ski Training Camp and Championships. Appropriate use of training funds can therefore be used, for example, to help offset the cost of transportation, or bidding to respective brigade headquarters for the supply of vehicles.
7. **Exercise Director.** The Exercise Director remains to be confirmed, but will be likely be the OIC Exercise. OIC Exercise will be responsible initially for co-ordinating the Training phases, whereas, Team Captains will be responsible for the day to day running of their teams, including discipline, under the direction of OIC Exercise.
8. **Phases.** The exercise will be run in 3 Phases. All participating Infantry teams are asked to locate themselves at Les Saisies for the duration of the exercise. This helps with team cohesiveness and makes administration much easier.
 - a. **Pre-Preparation.** Preparation and deployment to France, under unit arrangements.
 - b. **Phase 1 - Initial Training: 30 Nov – 13 Dec 09.** Initial training under collective arrangements in two ability groups, Novices in teams and Intermediate/Experienced. Both ability groups train together for part of every day. This develops better team ethos/spirit early and better skiers can bring novices along with the instructors.
 - c. **Phase 2 - Race Week (Infantry Championships): 14-18 Dec 09.** Under central arrangements.
 - d. **Phase 3 - Dispersal.** Dispersal back to UK, Germany or elsewhere, under unit arrangements.

PARTICIPATION

9. **Provisional Team Registration.** Those units wishing to participate, including Other Arm (OA) teams, should complete Annex A to this letter by **07 Sep 09** and send it to the Chairman Infantry Nordic Skiing (Lt Col W J Laurence BLO DCC France) – contact details below. An Initial Team Registration proforma is at Annex B, which should be completed by **05 Oct 07**, and sent to Chairman Infantry Nordic Skiing.

10. **Instructors.** The Training phase will be run for Infantry teams and invited OA teams at Les Saisies, employing known and credible Infantry and OA Nordic Instructors. ***However, without the availability of such personnel being released or to volunteer to support this exercise, then it will simply fail at the first hurdle.*** Therefore, names of potential instructors should be sent to Chairman Infantry Nordic ASAP. Hence, a priority is to build the team, including support staff.

11. **The Infantry Championships.** The Infantry Championships, Phase 2, colloquially termed 'Race Week', acts as the final assessment phase, for units to subsequently select their best Nordic skiers for respective Divisional Championships. Races are open to all Infantry teams and all other OA units training independently in the area. OA personnel on the posted strength of an Infantry unit may also participate either in Infantry teams or as individuals. OA units or individuals may participate in the Race Week without having attended the training camp.

TRAINING CAMP & RACE WEEK

12. **Outline.** The training phases will be centrally co-ordinated:

13. **Programme.** Units should plan to arrive Les Saisies 28-29 Nov 09. The inaugural Team Captains' meeting will take place at 1700 hrs Sun 29 Nov 09, with training commencing early am Mon 30 Nov 09.

14. **Lectures.** During the course of the Training Camp there will be central lectures on biathlon, waxing and the Patrol Race (including a Patrol Race demonstration), mountain safety, avalanche rescue, survival, clothing and equipment.

15. **Entry Fees.** Entry fees are to be paid in advance by cheque (made payable to 'Infantry Nordic Skiing') *and are non-refundable*. Such fees are required to offset administrative costs (e.g., biathlon range usage), including trophies for prize giving. Entry fees are as follows:

- a. £200 per Team (cheaper than previous years!).
- b. £50 per individual.

Cheques should be sent to: The Treasurer, Infantry Sport, HQ Infantry, LWC, Warminster, BA12 0DJ.

16. **Race Week.** The Race Week will be held in the Les Saisies Nordic Park area, which has access to more than 140km of tracks. The confirmed race programme will be published at Les Saisies by 29 Nov 09, but plan to participate in the following events:

- 4 x 5km XC Skate Relay
- 7.5km Biathlon Sprint
- 10km XC Classic

There will be an informal prize-giving function on Thu 17 Dec 09. Dispersal will be permitted NB 180800Dec09.

PREPARATION FOR NORDIC SKIING

17. **Roller Skis.** The best method of preparation for Nordic skiing is for battalions to purchase roller skis, which can be used for training on tarmac during the summer months. It is recommended that battalions intending to participate for several seasons invest in four to six pairs of roller skis.

18. **Rifles.** UK rifle hire is available from Budleigh Farm Shooting Club (BFSC)¹ or from the Germany pool if based in BF(G). It is advised that bids for rifle hire are made at the earliest opportunity and that the necessary insurance is purchased in order to cover damages, losses and spares.

19. **Ski Equipment.** It is strongly recommended that units take full advantage of the Nuffield Trust Grants scheme and that they are applied for at the earliest opportunity. RMA Sports² is also a useful point of contact for the purchase of ski equipment and clothing.

20. **Stamina Building.** For those battalions without roller skis, soldiers selected to participate should be involved in a sensible cross training regime designed to build stamina and endurance, which should include x-country running, circuit training, swimming and cycling. Potential skiers should be well co-ordinated.

POLICY, FINANCIAL MATTERS & ADMINISTRATION

21. **General.** The Army policy concerning skiing as a training activity is laid down in Reference E. The preparations for all disciplines of WSA, including Inter Service, Army, Division, Corps, unit training camps and all race meetings, are classified as **SPORT**, not Adventurous Training (AT). Team Captains should read this carefully to ensure that they claim for all the relevant allowances. Units are responsible for submitting their own **Political Clearance** as indicated in Reference E, **and must be a minimum of 6 weeks before units enter France.**

22. **The Army Sports Lottery.** The Army Sports Lottery can also be approached for assistance – see Reference H. **All** team members must be participants in the lottery if bids are to be successful. Team Captains are to indicate on Annex A to this letter whether they require an Instructor and if they have submitted or intend to submit a bid for Lottery funding. A Unit's Lottery Grant should be used for payment of ski Instruction.

23. **Equipment Grants.** Divisional and Army Central Fund Welfare Grants, Sports Equipment Grants and Special Grants are available, see Reference I, for the purchase of ski equipment as laid down in AGAI Vol 3 Chapter 82. Further information on equipment purchase will be included in the Exercise Instruction.

24. **Cash in Lieu of Rations (CILOR).** CILOR is admissible under Paragraph 7 of Reference G.

25. **Weapons.** Exercise organisers and Team Captains are to ensure that procedures for weapon security, in compliance with current regulations and security advice, are included in exercise administrative instructions. Exercise organisers are to account for and secure weapons in accordance with JSP 440 – Issue 3, LANDSO 2007 and local G2 Sy advice for the WSA area(s) and in-transit countries.

¹ Arthur Harvey, BFSC Tel: 01647-440835 / Email: judith@budleighfarm.co.uk

² Bob Anderson, RMA Sports Tel: 01249-652101 / Email: rma@biathlonsport.com

ACCOMMODATION

26. Details, including costs, to follow on completion of the Les Saisies recce, but all teams should plan to be occupying self-catering accommodation. Meals may be available on request (e.g. B&B option).

TRANSPORT

27. **General.** More transport details can be found at Reference E but the use of the Representational Sport Travel Vote 1E1 1403 is not admissible. There continues to be occasional irresponsible disregard, by some, of these instructions in the past, resulting in several unnecessary accidents. Driving in mountainous areas in France in winter is a hazardous activity, even with properly equipped vehicles and experienced drivers. **Bn 2IC are asked to ensure that the transport guidance immediately below is adhered to strictly.**

28. **Vehicle Preparation.** Vehicles are to be prepared for extreme winter conditions, which includes winter snow tyres. In addition, chains must be taken. Civilianised military vehicles are acceptable. PRI minibuses, if used, must be properly equipped, prepared and tested. Hiring of civilian minibuses is a good system to use. Documentation must include vehicle recovery instructions. AGAI Vol 1, Chapter 11, Para 11.032 and UKSC(G) SO's give details. Details on how to purchase a vehicle from a Nuffield Trust Grant are published in AGAI Vol 3 Ch 82.

29. **Fuel.** Shell Agency cards may be obtained for use in UK and in Europe in accordance with Material Regulations Volume V, Pamphlet 1, Section IV, Paragraph 427.

30. **Ferry Travel.** Details to follow, but a simple Internet search will reveal the necessary information for navigating the channel, if UK-based. UK based units may care to take advantage of the ASCB discounted ferry scheme from Dover to Calais; details from Ch Clk, Aldershot Mil (94222) 3569.

31. **Personal Liability/Accident Insurance.** The payment of compensation to service personnel (including TA) injured when participating in WSA is a complex area. Even whilst on duty, there are occasions when compensation to service personnel and/or a third party is not admissible. Accordingly, it is advised that all service personnel should consider having their own personal accident and personal liability insurance cover. Such insurance is mandatory for all competitors in Army, Corps and Divisional Championship competitions. Medical Insurance, including Helicopter Medical Evacuation (HME) cover, is mandatory for all skiing in France (tbc). **All personnel on Exercise FROSTED BLADE XXIII must be insured against accident, medical costs (including repatriation if necessary), and third party liability.** Additional cover against cancellation (including for Service reasons) and loss or damage of equipment is advisable. Current recommendations are Wilsons Towergate (Richard Dorman, 01162 407775) and Sandhurst Insurance (Nick Shrubshall, 020 8542 4384)..

32. **Finances.** In order to reduce exposure to poor exchange rates and high commission charges, a credit card with cash dispenser facility or Travellers Cheques are advisable.

33. **Miscellaneous.** Past experience indicates that the following should not be overlooked during planning:

a. Passport validity.

b. European Health Insurance Card (EHIC). All teams are to be in possession of an EHIC card for routine medical treatment. For details, see the following website: www.ehic.org.uk

SUMMARY

34. Should you have any queries, do not hesitate to contact any of the following:

Ser	Appointment	Name	Contact Details
1	Chairman Infantry Nordic	Lt Col W J Laurence (Bill) PARA BLO DCC France	W: +33 4 67 50 28 M: +33 6 07 14 99 93 M: +44 7789 554407 Email: wjlaurence@hotmail.com
2	Secretary Infantry Nordic	Capt D J Hendry (Des) PARA MTO 3 PARA	W: 94660 6351 (Civ: 01206-816351) Email: Derek.Hendry442@mod.uk
3	Secretary Infantry Sport	Capt J W Cannan (John) YORKS SO3 Pers Ops HQ Infantry	W: 94381 2262 (Civ: 01985 22 2262) Email: DINF-G1-PERSOPS-SO3@mod.uk

35. The success of this exercise, especially when seen within the context of an attempt to re-launch Infantry Nordic Skiing, relies entirely on suitable support staff being released and volunteering to enable this activity. Thus, the undersigned is looking at a total of 10 support staff, including Instructors. It was worth remembering that, over the years, the Infantry has excelled at Nordic Skiing and, therefore, a realistic aim of an infantry unit becoming Army Champions within 5-years remains a realistic and achievable goal. Finally, I recommend the British Biathlon Union (BBU) website as a source of invaluable Nordic information: www.britishbiathlon.com



W J Laurence PARA

Lt Col
Chairman Infantry Nordic Skiing

Annexes:

- A. Provisional Entry Form.
- B. Provisional Team Registration Proforma.

Distribution:

External:

Action:

All Reg Inf Bns - Bn 2ic
All TA Inf Bns - Trg Maj
HQ SCHINF - COS

Information:

British Embassy Paris - Defence Attaché
HQ LF - SO1 PD

HQ 1 (UK) Armd Div	-	COS
HQ 3 (UK) Div	-	COS
HQ 6 (UK) Div	-	COS
HQ 2 Div	-	COS
HQ 4 Div	-	COS
	-	ADC for GOC
HQ 5 Div	-	COS
Arms & Services Directorates	-	COS / Chairmen of Corps Nordic Skiing
Army Winter Sports Association (AWSA)	-	Secretary
Army Sports Control Board (ASCB)	-	PA to Director
HQ UKSC(G) – BA(G) Sports Board	-	Gen Sec
Chairman Army Nordic	-	COS RSA
RAF Regiment	-	CG
Royal Marines (RM)	-	Inspector of Physical Training Royal Marines

Internal:

Information:

COS HQ Inf	
Treasurer Inf Sport	
Sec Inf Sport	
Secretary Inf Nordic Skiing	- Capt Hendry 3 PARA