

ISLAND HOPPER



OBSTACLE 6: ISLAND HOPPER

TASK: Negotiate the Island Hopper.

CONDITION: Given numerous vertical log stumps in a random position and current environmental conditions.

STANDARD: Soldiers jump from one log to another until the obstacle is negotiated.

SAFETY NOTE: OIC/RSO conducts inspection and provides orientation to obstacle. Wood surface should be free of sharp edges and should not be slippery (it maybe necessary to rough up tops of logs/stumps to ensure traction). A maximum of two soldiers may negotiate this obstacle.

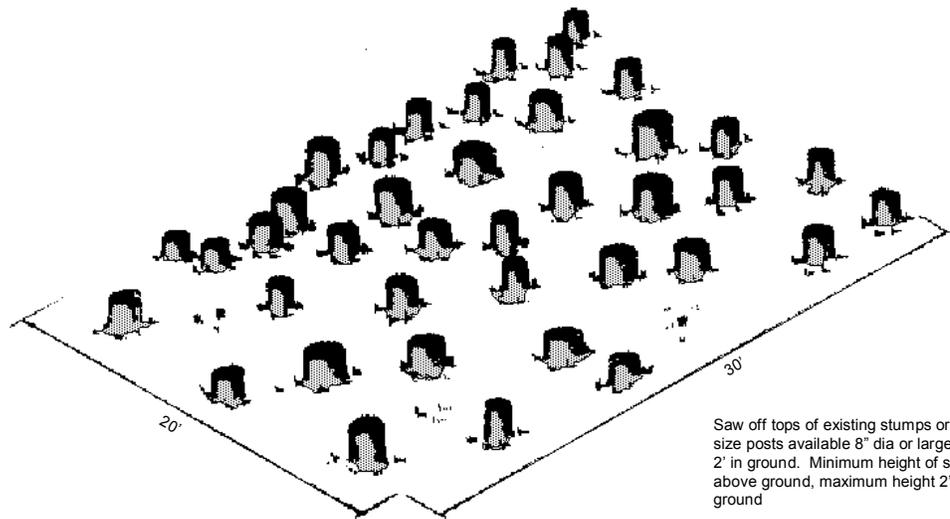
“Island Hoppers”

Reference: FM 21-20, Physical Fitness Training, Chapter 8

Purpose of obstacle is to give soldiers confidence in physical abilities.

Execution of obstacle: Soldiers jump from one log to another until obstacle is negotiated from near to far side.

Safety: Instructor conducts inspection and provides orientation to obstacle. Wood surface should be free of sharp edges and should not be slippery (it may be necessary to rough up tops of logs/stumps to ensure traction or use 1-inch nails driven into the tops).



Saw off tops of existing stumps or use any size posts available 8" dia or larger. Place 2" in ground. Minimum height of stump 6" above ground, maximum height 2'6" above ground

THE TOUGH NUT



OBSTACLE 7: The Tough Nut

TASK: Soldiers step over each X in the lane.

CONDITION: Given logs in an “X” shape and current environmental conditions.

STANDARD: Soldiers will move from one end of the obstacle to the other by stepping through each X. They will also keep their hands above their head to ensure they don't use them while negotiating this obstacle.

SAFETY NOTE: OIC/RSO conducts inspection and provides orientation to obstacle. Ensure obstacle does not have sharp edges or splinters. A maximum of two soldiers may negotiate this obstacle.

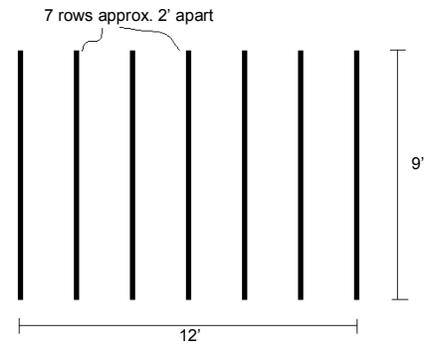
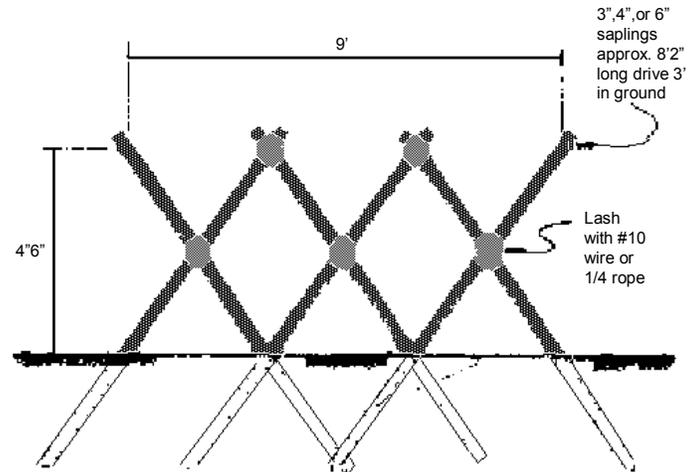
“The Tough Nut”

Reference: FM 21-20, Physical Fitness Training, Chapter 8

Purpose of obstacle is to give soldiers confidence in physical abilities.

Execution of obstacle: Soldiers step over each “X” in each lane.

Safety: Instructor conducts inspection and provides orientation to obstacle. Ensure obstacle does not have sharp edges or splinters.



Note: The height of each "X" should not exceed 30 inches.

Confidence Course Safety Check List

	GO	NO-GO
A. Landing Pit:		
Clean of Rocks	_____	_____
Clean of Debris	_____	_____
Fall Protection Material	=====	=====
Bolts:		
Tight	_____	_____
Protruding	_____	_____
Double-Nut	_____	_____
Stress Cracks	_____	_____
B. Wooden Structures:		
Splinters	_____	_____
Sharp Edges	_____	_____
Loose Boards	_____	_____
Rotten or Decayed	_____	_____
Split Boards	_____	_____
Loose Nails	_____	_____
Properly Anchored	_____	_____
Non-Slip Paint	_____	_____
C. Cables:		
Sharp Wires	_____	_____
Sharp Edges	_____	_____
Tight	_____	_____
D. Metal Components:		
Properly Anchored	_____	_____
Paint	_____	_____
(Bubbling indicates corrosion)		
Stress Cracks	_____	_____
Broken Welds	_____	_____
Rough Welds	_____	_____
Welding Required	_____	_____

E. Ropes:

Fraying	_____	_____
Worn	_____	_____
Securely Fastened	_____	_____
Ends Taped/Tied	_____	_____

****REMARKS****

All NO-GO entries will be addressed in the remarks section

OIC/RSO INFORMATION

NAME _____ RANK _____

UNIT _____ DATE _____

SIGNATURE _____

Standard Operating Procedures Confidence Course

1. PURPOSE. To outline the duties and responsibilities of the using unit and provide instructions for the safe use of the training site
2. REFERENCES.
 - a. AR 385-10, 29 Feb 00, Army Safety Program
 - b. AR 385-40, 1 Nov 94, Accident Reporting and Records
 - c. TRADOC 350-6, 3 July 2001
 - d. FG REG 210-21, 30 July 2001
 - e. FM 21-20, 30 Sep 92, Physical Fitness Training
 - f. FM 385-1-1, Sep 96, US Army Corps of Engineers Safety and Health Requirements Manual.
3. GENERAL
 - a. This SOP establishes standards for the safe operations in and around the Confidence Course. Safety is of paramount importance and will be stressed throughout the negotiation of the course.
 - b. All training on the Confidence Course will be conducted under the supervision of the Officer-in-Charge (OIC) in the grade of E7 or above. The OIC is overall in charge of the entire training area.
 - c. The Confidence Course is physically demanding training, requiring soldiers be both physically and mentally fit to successfully complete this course. An assessment of the soldier's upper body and abdominal strength will be conducted prior to arriving on site. Soldiers are encouraged but not required to negotiate each obstacle.
 - d. The Confidence Course has higher and more difficult obstacles than the conditioning obstacle course. This course is designed to give the soldier confidence in their physical abilities, cultivate a spirit of daring, and enhance their

understanding of teamwork. Unlike the conditioning obstacle course, the confidence course is not run against time.

e. The Confidence Course is designed to handle 4 platoons at a time. The course is made up of 24 obstacles numbered and marked as follows: Red Group obstacles numbered 1-6. White Group obstacles numbered 7-12. Blue Group obstacles numbered 13-18. Black Group obstacles numbered 19-24.

4. APPLICABILITY.

The provisions of this Standard Operating Procedures (SOP) are applicable to any person, military or civilian that utilizes this training site in any capacity. This SOP will be maintained by the Range Safety Officer (RSO) at all times while the unit is located at the training site.

5. RESPONSIBILITIES.

a. DPTM/Range Control has overall responsibility for command and control of the Confidence courses. Range Control is responsible for the scheduling and maintenance of the course. If any obstacle is found deficient it will be placed off limits until cleared by Range Control and Post Safety.

b. Unit commanders are responsible for the scheduling, (through RFMSS) at least 30 days prior to training. The unit will provide qualified Cadre; medical support with vehicle and communications with Range control at all times while on site.

c. In case of an emergency the unit will contact Range Control either by FM radio (provided by Range Control), SINGARS radio on frequency 42000 or by landline at 791-5008 or 791-5005. Weekends or after duty hours report all INCIDENTS to the Military Police at 791-4380. All injuries will be reported on DA form 285 and a copy given to Range Control within 3 days of the incident or accident.

6. SAFETY:

a. The OIC and RSO will inspect all obstacles IAW the safety checklist (Encl #1) prior to conducting training. All safety hazards identified during this inspection will be corrected prior to their use. If the unit can't correct the discrepancy, that obstacle will be placed off limits and Range Control notified. A copy of this inspection checklist will remain on site.

b. Training will not be conducted during inclement weather, i.e. rain, lightning or when snow/ice is present on the course.

Upon the OIC inspection, a determination will be made to place off limits any obstacle(s) he/she deems unsafe caused by precipitation.

c. Should an unsafe act be observed by anyone on an obstacle, training on that apparatus will immediately cease, the deficiency corrected and personnel being trained will be given another safety briefing prior to continuing training.

d. The Confidence Course will only be used 30 minutes after sunrise. All training will cease 30 minute prior to sun set.

e. Soldiers must do stretching and warm up exercises prior to negotiating the course.

f. Soldiers will not be made to do upper body exercises before or while negotiating the course.

g. The following obstacles require (1) additional safety in the rank of NCO or above on the ground dedicated to the supervision that obstacle.

1. The Tough One obstacle #23
2. Confidence Climb obstacle #22
3. Skyscraper/Slide for Life obstacle #20

<p>Safety Note: These obstacles require the safety(s) be secured to the obstacle utilizing the eyebolt anchor points with the harness issued by Range Control.</p>

7. Officer in Charge (OIC), E-7 or above will:

a. Ensure a safety briefing and orientation has been conducted for all soldiers prior to their negotiation of the course.

b. Ensure all obstacles have been inspected and annotated on the safety checklist (Encl #1) for structural integrity prior to their use. The OIC will make the determination if an obstacle will not be negotiated.

c. Establish communications with Range Control and request permission to open and close the range. Primary is FM radio provided by Range Control. Secondary is the landline located on site. Keys for the telephone will be issued at Range control.

d. Sign for the keys to the gate and two conexes from Range Control. The conex contains the foam safety mats. These safety mats **MUST** be utilized on the Slide for Life/Sky Scraper, The Tough One and Confidence Climb obstacles. The OIC will ensure these mats are cleaned and placed back neatly into the conex upon completion of training.

e. **Ensure qualified Combat Lifesaver medical personnel are on site with the proper equipment on site prior to commencing operations. As a minimum the Combat Lifesaver will have a backboard, C-spine collar, and aid bag.**

f. Ensure the range is properly policed, raked and inspected prior to calling Range Control for clearance to close the course.

g. Ensure compliance with the Confidence Course SOP by all soldiers utilizing the course.

8. Range Safety Officer (RSO) E-6 or above will:

a. The RSO will ensure safeties are briefed, familiar with the course layout, this SOP, reference publications, and safety requirements. See enclosures for the safe negotiation of each obstacle.

b. The RSO must explain and have demonstrated each obstacle before allowing soldiers to negotiate them. Safe negotiation of the course will be stressed throughout the course, not speed. No horseplay or negotiating an obstacle in any manner other than the proper way demonstrated will be allowed at any time.

c. Responsible for the overall safe operations of the course.

d. Conduct a safety briefing for all soldiers, prior to negotiating the course.

e. Ensure all jewelry, watches, wallets and pen/pencils have been removed prior to negotiating the course. Soldiers will remove or turn their belt to the rear so it won't hinder the soldier on some of the obstacles.

9. UNIT RESPONSIBILITY:

a. The unit will have a signed Risk Management Worksheet maintained on site while the Confidence Course is in use. See Encl #2 for an example of a Risk Management Worksheet. This Risk Management Worksheet is not all-inclusive. The OIC/RSO must

update the Risk Management Worksheet based on the soldiers in their unit.

b. The unit will request permission to open the training site prior to negotiating the course. Primary communications will be Range Control via telephone located on site. Range Control phone numbers are 791-5005/5008. Secondary communication will be FM radio (issued by Range Control). Communications with Range Control must be maintained at all times. If communications are lost for any reason, all training will cease until communications have been restored with Range Control. Additional radio checks with Range Control will be made once before 1200 hours and once after 1200 hours. On Weekends these checks are made through the Military Police Desk at 791-4380.

c. The Unit must provide a military vehicle on site solely dedicated and capable of transporting a littered casualty to the emergency room. As a minimum the medic will have a backboard, C-spine collar, and a complete aid bag on site. The medic on site must be school trained and qualified. A Combat Lifesaver (CLS) does not meet this requirement.

d. Should an accident occur causing the need for medical attention, training on that obstacle will cease until the situation has been completely remedied. If the accident requires the medical personnel and vehicle to leave the training area, all training will cease. The unit will not be allowed to continue until the vehicle and medic are present back on site.

e. Ensure individuals do not try any heroics or attempt to negotiate the obstacles too fast.

f. Privately owned vehicles (POV) are permitted only in designated parking area.

g. When closing the training area, any discrepancy, safety hazards, or recommendations will be annotated using the unit's inspection checklist. This checklist will then be given to the Range Control cadre clearing your unit.

Enclosures:

1. Obstacle Safety Checklist
2. Risk Management Worksheet

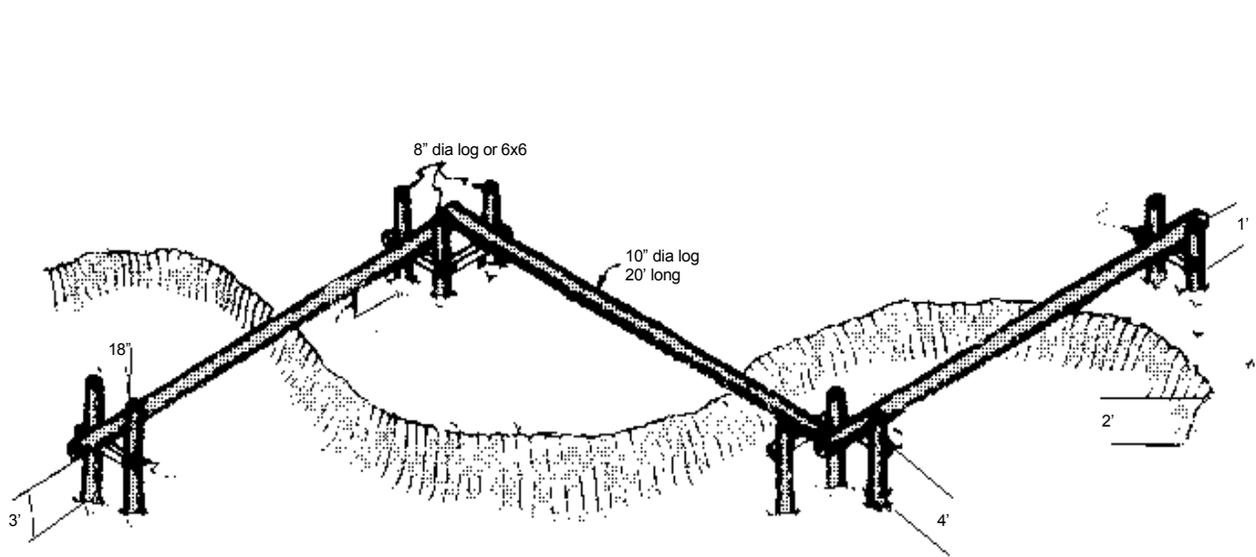
“Balancing Logs”

Reference: FM 21-20, Physical fitness Training, Chapter 8

Purpose of obstacle is to give soldiers confidence in physical abilities.

Execution of obstacle: Soldiers walk or run along logs while maintaining their balance.

Safety: Instructor conducts inspection and provides orientation to obstacle. Wood surface must be free of nails and splinters. Tops of supports should not have any sharp edges. Ground should be covered with sand, sawdust or shredded rubber. Nearby vertical surfaces, if any, should be padded.



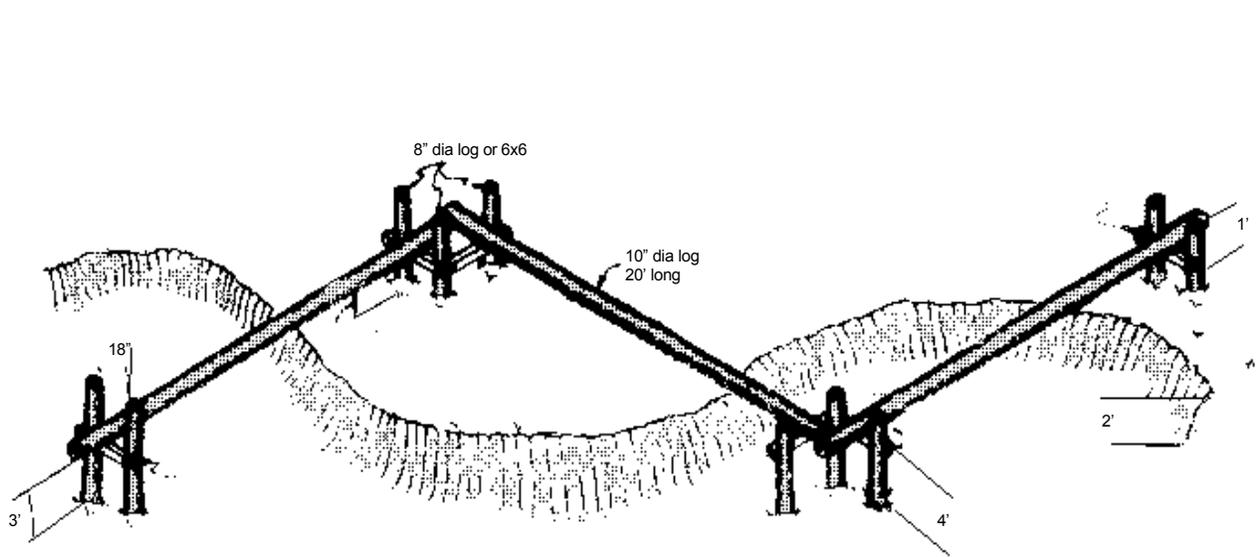
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Execution of obstacle: Soldiers walk or run along logs while maintaining their balance.

Safety: Instructor conducts inspection and provides orientation to obstacle. Wood surface must be free of nails and splinters. Tops of supports should not have any sharp edges. Ground should be covered with sand, sawdust or shredded rubber. Nearby vertical surfaces, if any, should be padded.



BALANCING LOG



OBSTACLE 5: BALANCING LOGS

TASK: Negotiate the Balancing Logs.

CONDITION: Given three horizontal logs that move.

STANDARD: Negotiate the Balancing Log obstacle by moving across the logs as quickly as possible while maintaining balance.

INSTRUCTOR NOTE: OIC/RSO conducts inspection and provides orientation to obstacle. Wood surface must be free of nails and splinters. Tops of supports should not have any sharp edges. Two soldiers may negotiate the obstacle at one time so long as the soldiers are never on the same log.

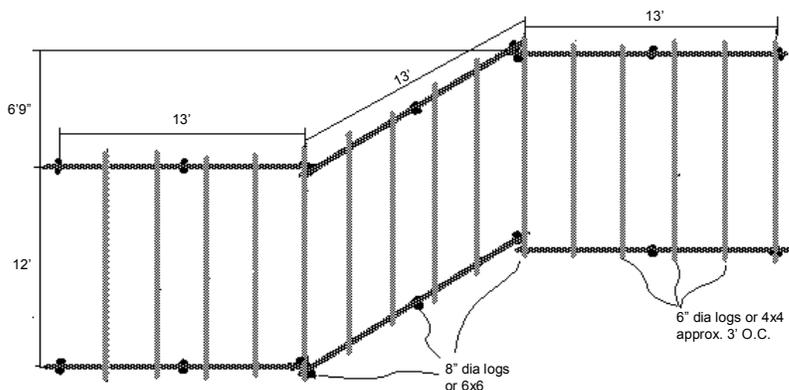
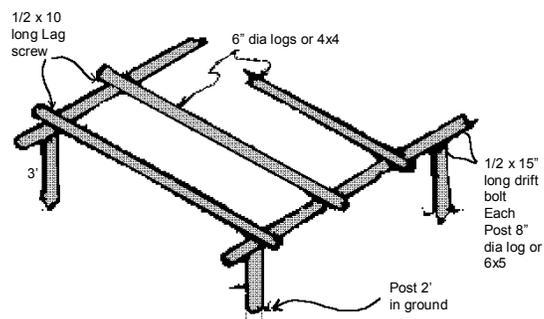
“Hip-Hip”

Reference: FM 21-20, Physical Fitness Training, Chapter 8

Purpose of obstacle is to give soldiers confidence in physical abilities.

Execution of obstacle: Soldiers step over each bar: they either alternate legs or use the same leg each time while making an effort not to use their hands. (Shorter soldiers may be required to use hands).

Safety: Instructor conducts inspection and provides orientation to obstacle. Wood surface must be free of nails and splinters. Soldiers must be spaced so as to prevent kicking each other.



Note: Height of the top of the horizontal logs should not exceed 40 inches.

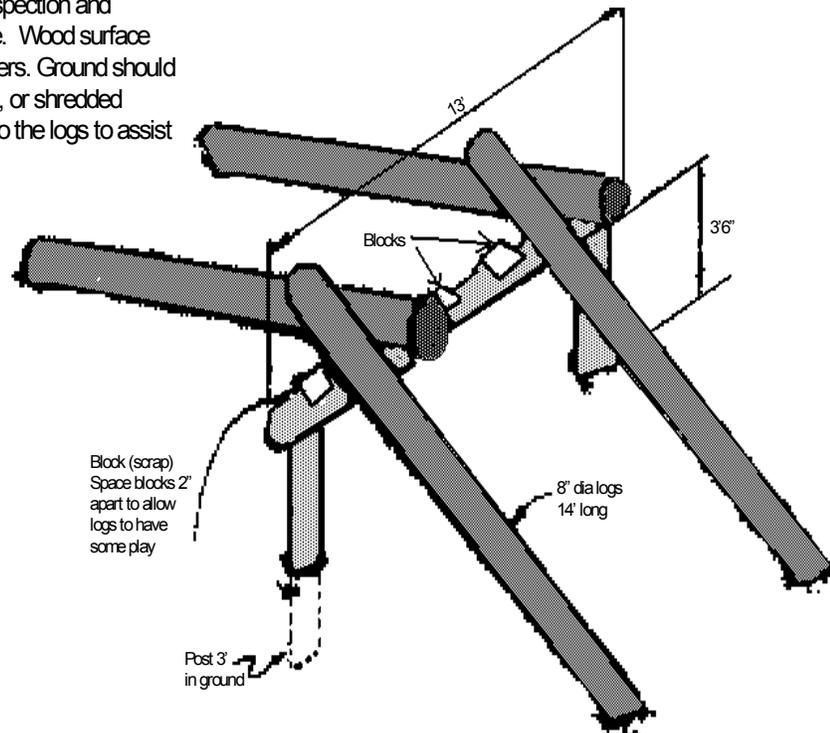
“Easy Balancer”

Reference: FM21-20, Physical Fitness Training, Chapter 8

Purpose of obstacle is to give soldiers confidence in physical abilities.

Execution of obstacle: Soldiers walk up one inclined log and down the one on the other side to the ground. (No Running).

Safety: Instructor conducts inspection and provides orientation to obstacle. Wood surface must be free of nails and splinters. Ground should be covered with sand, sawdust, or shredded rubber. Notches can be cut into the logs to assist with traction.



Note: Need spotters at the horizontal log.

INCLINING WALL



OBSTACLE 19: Inclining Wall

TASK: Negotiate the Vertical Wall.

CONDITION: Given wooden vertical wall and current environmental conditions.

STANDARD: Soldiers approach the underside of wall, jump up and grasp the top, and pull themselves over. They slide or jump down the incline to the ground.

Safety Note: OIC/RSO conducts inspection and provides orientation to obstacle. Ground under near side of obstacle must be covered with sawdust, sand, shredded tire, or similar material to lessen impact of fall. Wood surface must be free of nails and splinters. Spotters should be used on near side of obstacle.

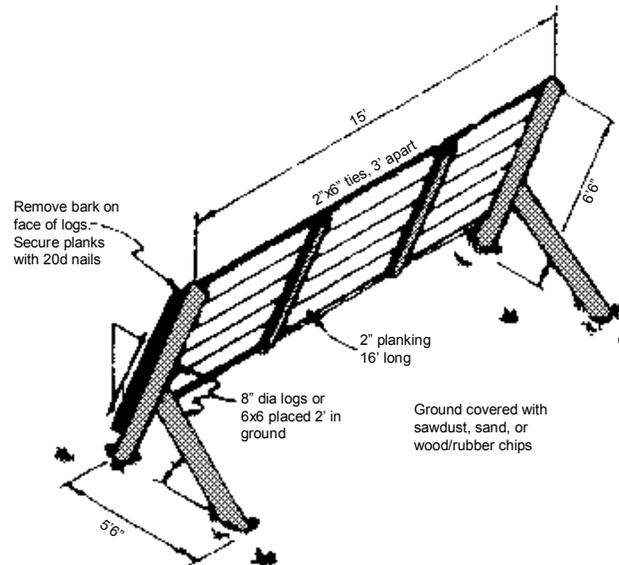
“Inclining Wall”

Reference: FM 21-20, Physical Fitness Training, Chapter 8

Purpose of obstacle is to give soldiers confidence in physical abilities.

Execution of obstacle: Soldiers approach the underside of wall, jump up and grasp the top, and pull themselves over. They slide or jump down the incline to the ground.

Safety: Instructor conducts inspection and provides orientation to obstacle. Ground under near side of obstacle must be covered with sawdust, sand, shredded tire, or similar material to lessen impact of fall. Wood surface must be free of nails and splinters. Spotters should be used on near side of obstacle.



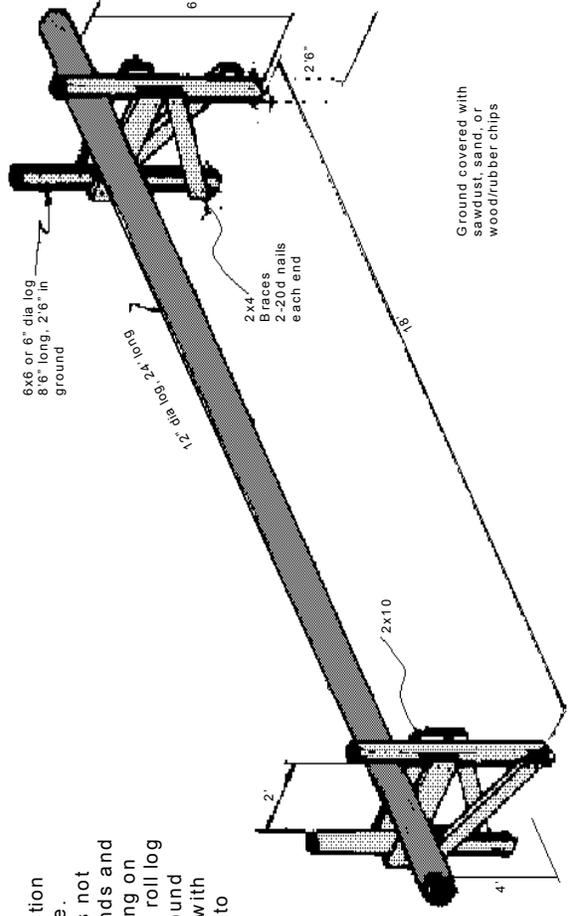
“The Belly Buster”

Reference: FM 21-20, Physical fitness Training, Chapter 8

Purpose of obstacle is to give soldiers confidence in physical abilities.

Execution of obstacle: Soldiers vault, jump or climb over log.

Safety: Instructor conducts inspection and provides orientation to obstacle. Soldiers must be warned that log is not stationary. Soldiers must keep hands and fingers away from parts of log resting on cradle. Soldiers should not rock or roll log while others are negotiating it. Ground under obstacle should be covered with sand, sawdust or shredded rubber to lessen impact in event of fall.



REVERSE CLIMB



OBSTACLE 2: REVERSE CLIMB

TASK: Negotiate the Reverse Climb.

CONDITION: Given the Reverse Climb and current environmental conditions.

STANDARD: Each soldier will climb the lower side of the ladder to the top then pull themselves over the climb down the other side.

Safety Note: OIC /RSO conducts inspection and provide orientation to obstacle. Support braces will be padded. Check the obstacle for splinters and serviceability. A maximum of one soldier may negotiate this obstacle.



OBSTACLE 20: Skyscraper

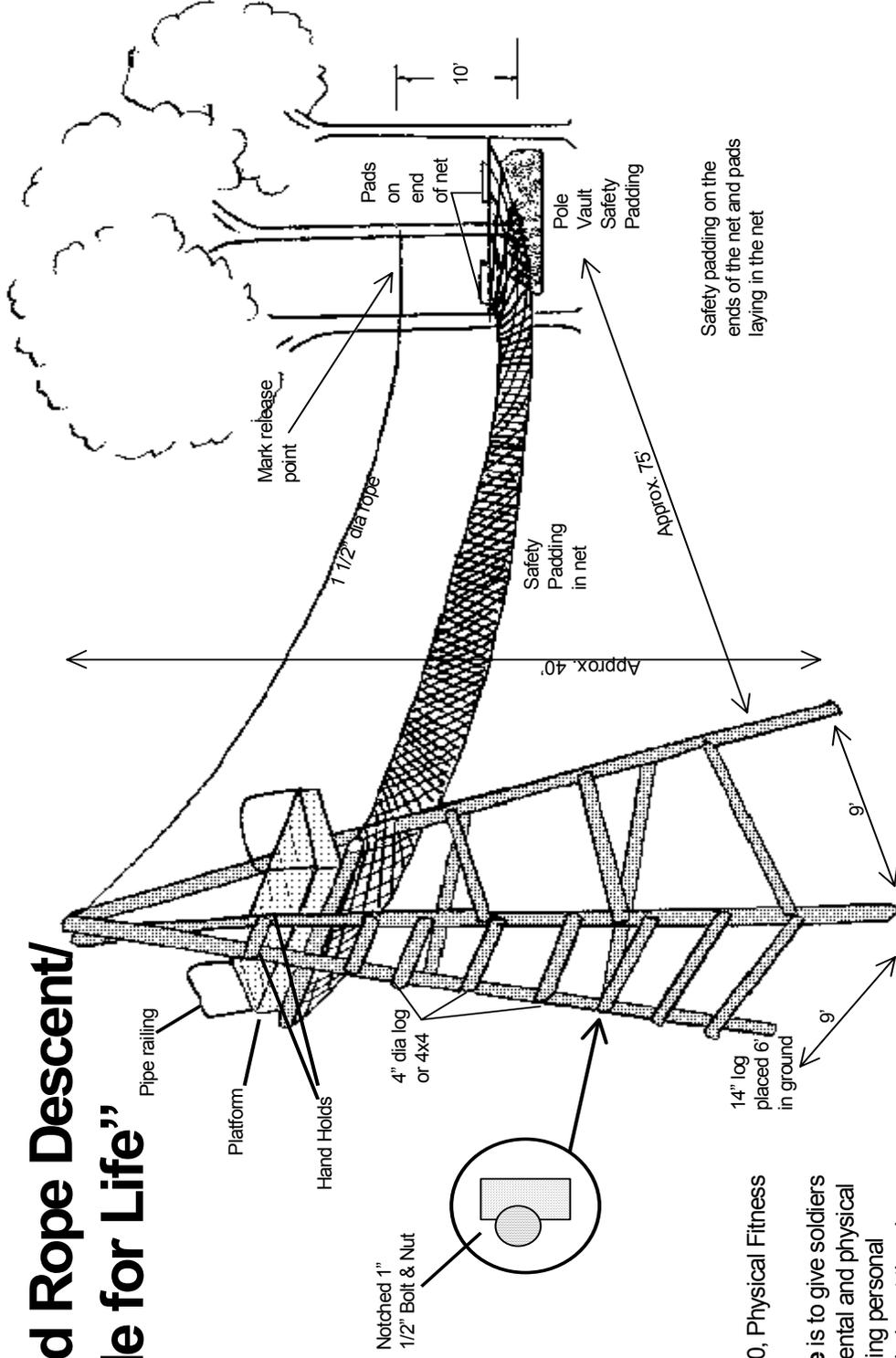
TASK: Negotiate the skyscraper

CONDITION: Given a wooden vertical tower with horizontal platform and current environmental conditions.

STANDARD: This is a group event consisting of four individuals. Each individual will negotiate the upper horizontal platforms by assisting one another up to the fourth platform. Once the group reaches the fourth platform, they will need to decline on the opposite side assisting one another to the bottom of the obstacle.

SAFETY NOTE: OIC/RSO conducts inspection and provides orientation to obstacle. Soldier must ensure that they have a sure grip when assisting the other soldier. No more than four soldiers at anytime will be on a platform. The obstacle is dangerous when platform becomes wet/slippery and should not be used. Gloves should be worn on this obstacle.

“Inverted Rope Descent/ The Slide for Life”



Reference: FM 21-20, Physical Fitness Training, Chapter 8

Purpose of obstacle is to give soldiers confidence in their mental and physical abilities while cultivating personal courage. This obstacle is not timed.

Execution of obstacle: Soldier climbs tower, mounts center of platform (instructor available to assist), grasps rope firmly and swings legs upward. Soldier holds rope with legs to distribute weight between legs and arms. Braking the slide with feet and legs, soldier proceeds down the rope. Soldiers must be warned that they could get rope burns on their hands if improperly executed. This obstacle can be dangerous when the rope is slippery. Soldiers leave the rope at a clearly marked point of release. Only one soldier at a time is allowed on the rope.

This obstacle requires two instructors -- one on the platform and the other on the ground.

Safety: Instructors conduct inspection and provide orientation and demonstration on apparatus. At a minimum, all ropes, nets and wood surfaces are inspected prior to use for rips, tears or worn / unsecured surfaces. Spacing between the rungs on the log ladder should not exceed 36". Rope will be 1.5 inch diameter with no knots in the vicinity of the mounting point. A safety net is attached so that a soldier falling from any portion of the rope will land in the net before striking any part of the tower. Padding placed in the net will reduce likelihood of hands / fingers being twisted in the net. Safety padding sufficient to break a fall should be employed at the drop off point. Instructor is positioned on the tower platform to assist soldiers mounting the rope; instructor is to be secured to tower to prevent instructor from being pulled off by soldier negotiating apparatus. Padding is employed at the bottom end of the net (nearest release point) to prevent soldier from injury on tightened portion of net. This obstacle is dangerous when rope becomes wet/slippery and should not be used. Gloves should not be worn on this apparatus.

CONFIDENCE CLIMB



OBSTACLE 22: CONFIDENCE CLIMB

TASK: Each individual will correctly negotiate the Confidence Climb.

CONDITION: Given numerous horizontal bars in a ladder configuration and current environmental conditions.

STANDARD: Soldiers mount the obstacle on the lowest beam and begin climbing up to the next higher beam until reaching the next beam.. They must climb over the top beam before beginning to descend down to the other side. Using the side support poles is authorized while negotiating this obstacle. Soldiers must maintain three points of contact on the obstacle at all times.

SAFETY NOTE: OIC/RSO conducts inspection and provides orientation and demonstration on apparatus. At a minimum, all surfaces and cables are inspected prior to use for breaks, splinters, tears or worn/ unsecured surfaces. Safety pads are required on both sides of the obstacle. Safety is positioned on the obstacle to assist the individuals to the other side of the obstacle. Obstacle should not be used if wet. SAFETIES WILL USE HARNESS W/STRETCH-STOP ROPE HOOKED INTO ONE OF THE ANCHOR POINTS PRE-POSITIONED ON THE OBSTACLE.

There will also be an NCO on the ground dedicated to the supervision of this obstacle. One soldier may negotiate this obstacle.

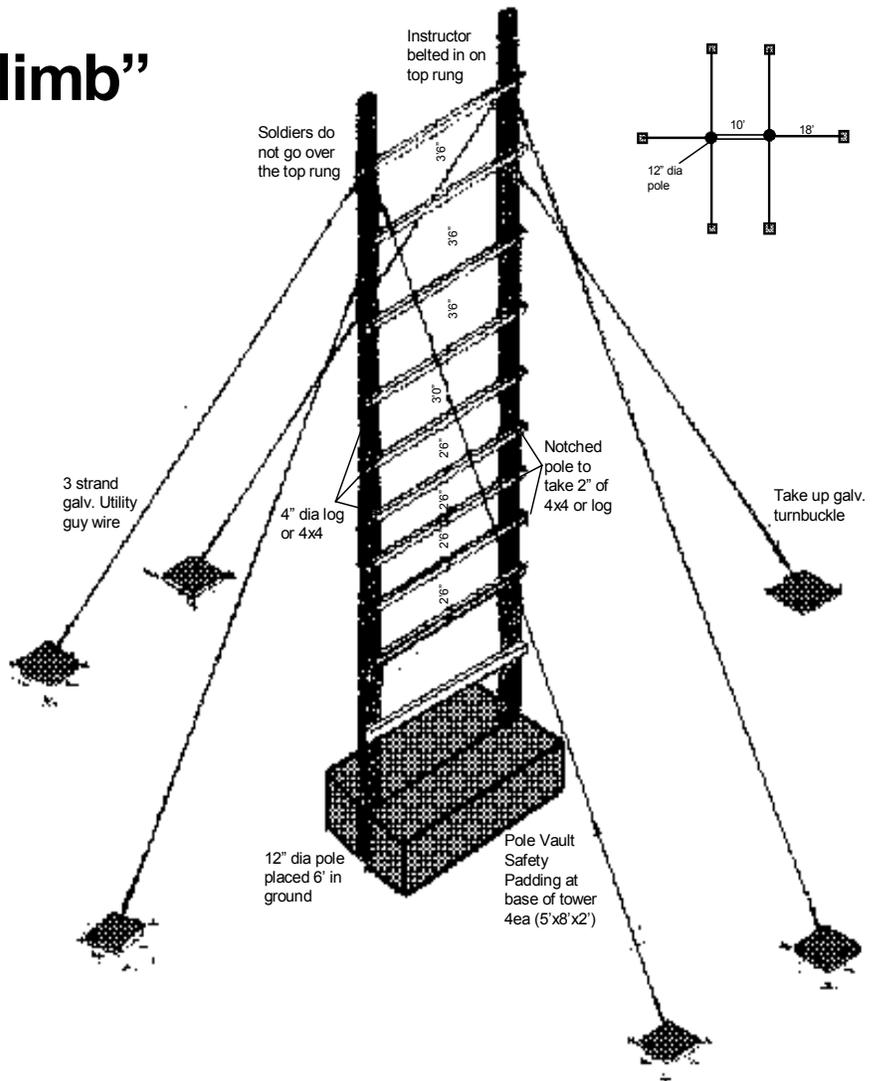
“Confidence Climb”

Reference: FM 21-20, Physical Fitness Training, Chapter 8

Purpose of obstacle is to give soldiers confidence in their mental and physical abilities while cultivating personal courage. This obstacle is not timed.

Execution of obstacle: Soldier climbs vertical ladder. Soldier goes up to second rung from top, climbs over, and climbs down other side of ladder. Soldier does not climb over top rung. Only one soldier at a time is allowed

Safety: Instructors conduct inspection and provide orientation and demonstration on apparatus. At a minimum, all surfaces and cables are inspected prior to use for breaks, splinters, tears or worn / unsecured surfaces. Safety padding sufficient to break a fall is emplaced at each side on bottom of ladder/tower (inclined ladders depicted in FM 21-20 are removed to prevent falling soldier from striking cross members). Instructor is positioned on the tower to assist soldiers climbing to other side; instructor is to be secured to tower to prevent instructor from being pulled off by soldier negotiating apparatus. This obstacle is dangerous when beams become slippery and should not be used. Gloves should not be worn on this apparatus.



THE TOUGH ONE



OBSTACLE 23: TOUGH ONE

TASK: Each individual will correctly negotiate the Tough One.

CONDITION: Given multi-leveled obstacle with a log beam walkway, vertical ladder, suspended ropes, cargo net, and current environmental conditions.

STANDARD: Soldiers climb the rope on the lowest end of the obstacle. They go over or between the logs at the top of the ropes. They move across the log walkway, climb the ladder to the high end, then climb down the cargo net to the ground.

SAFETY NOTE: OIC/RSO conducts inspection and provides orientation to obstacle. At a minimum, all ropes, nets and wood surfaces are inspected prior to use for rips, and tears or worn / unsecure surfaces. A minimum of 3 safeties is required on the obstacle with a maximum of six. SAFETY'S WILL USE HARNESS W/ STRETCH-STOP ROPE HOOKED INTO ONE OF THE ANCHOR POINTS PRE-POSITIONED ON THE OBSTACLE. There will also be an NCO or above, on the ground dedicated to the supervision of this obstacle.

“The Tough One”

Reference: FM 21-20, Physical Fitness Training, Chapter 8

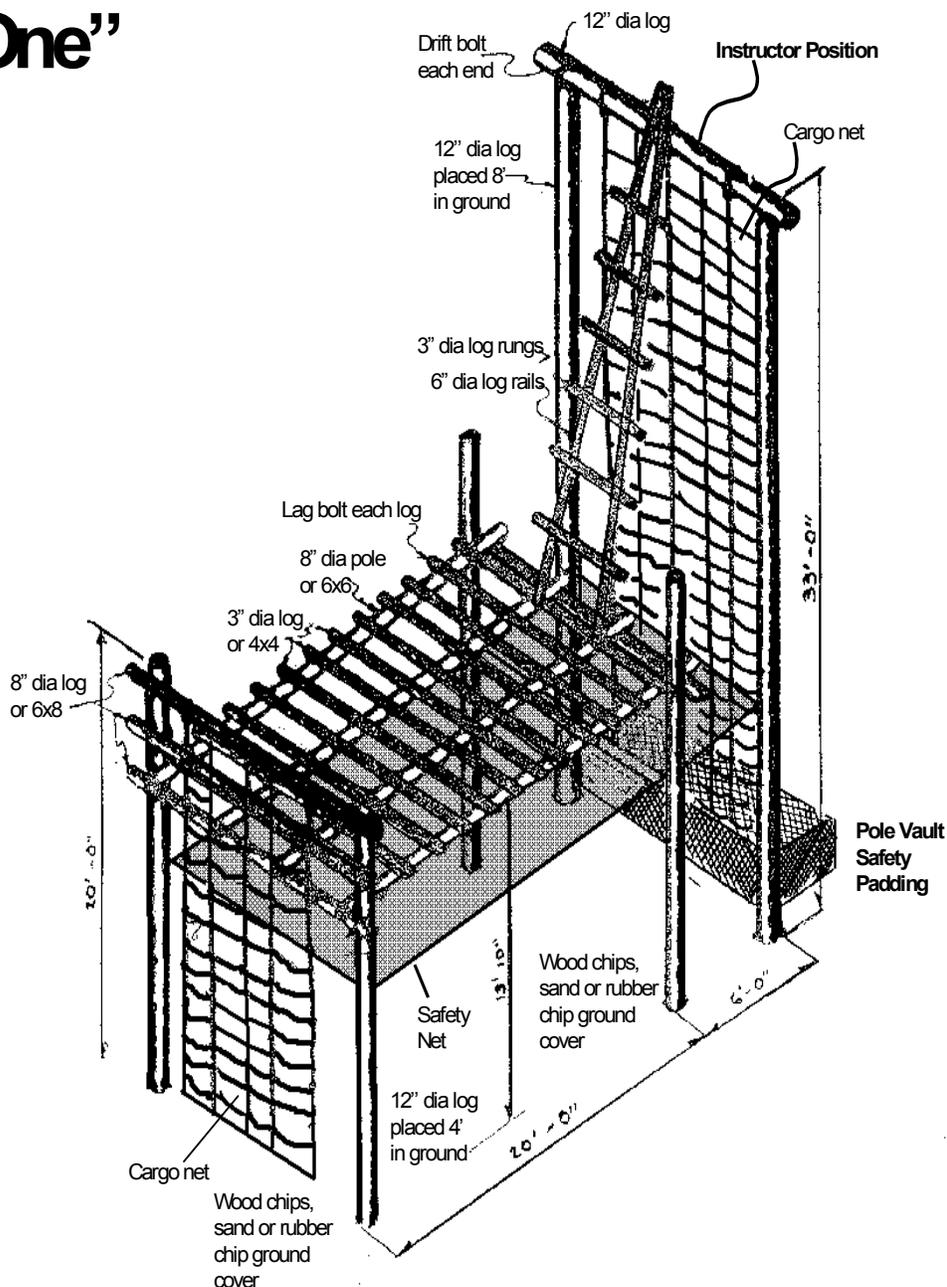
Purpose of obstacle is to give soldiers confidence in their mental and physical abilities while cultivating personal courage.

This obstacle is not timed.

Execution of obstacle: Soldier mounts and climbs net on lowest end (13 ft) of obstacle. Soldier goes over or between logs at top of rope, net or pole. Soldier moves across log walkway, climbs ladder to the high end (33 ft.), then climbs down the cargo net to the ground.

Safety: Instructors conduct inspection and provide orientation and demonstration on apparatus. At a minimum, all ropes, nets and wood surfaces are inspected prior to use for rips, tears or worn / unsecure surfaces.

Distance between rungs on log ladder should not exceed 36". Safety padding sufficient to break a fall should be placed at bottom of high (33 ft) cargo net. Instructor should be positioned at the top of the wooden ladder to observe /assist soldiers over log at high point and onto cargo net; instructor is to be secured with safety belt or harness to horizontal log to prevent instructor from being pulled off by soldier negotiating apparatus.



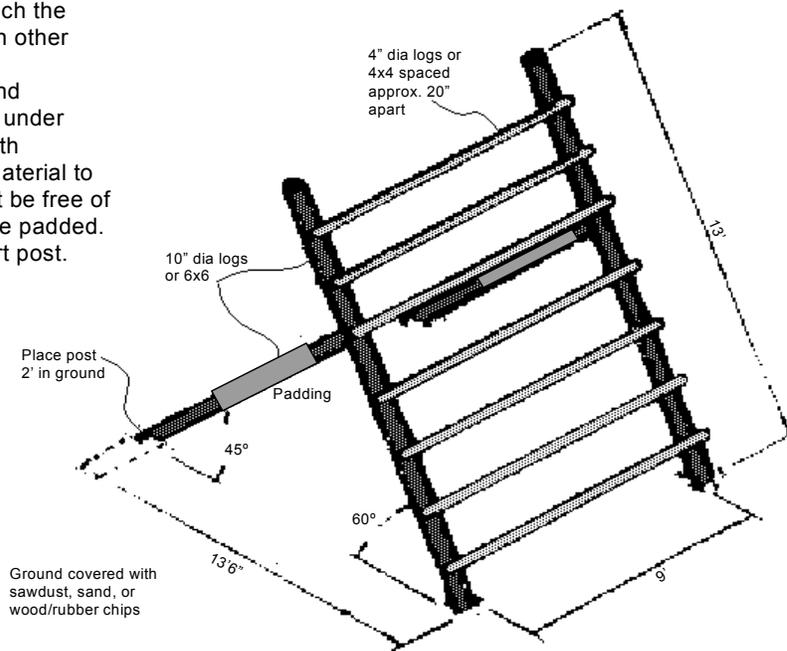
“Reverse Climb”

Reference: FM 21-20, Physical fitness Training, Chapter 8

Purpose of obstacle is to give soldiers confidence in physical abilities.

Execution of obstacle: Soldiers approach the underside of climbing ladder and go down other side to the ground.

Safety: Instructor conducts inspection and provides orientation to obstacle. Ground under near side of obstacle must be covered with sawdust, sand, shredded tire or similar material to lessen impact of fall. Wood surface must be free of nails and splinters. Support braces will be padded. Spotters will be used between the support post.



THE WEAVER



OBSTACLE 3: WEAVER

TASK: Negotiate the Weaver.

CONDITION: Given suspended incline and decline ladder and current environmental conditions.

STANDARD: The soldier move from one end of the obstacle to the other by weaving their body under the first beam and over the next beam, repeating the under-over sequence with each successive beam.

SAFETY NOTE: OIC/RSO conducts inspection and provides orientation to obstacle. Wood surface must be free of nails and splinters. Spotters should be used in center. Safety pads will be used under apex. A maximum of 4 soldiers may negotiate this obstacle at one time. Once the first team of two has reached the halfway point the next team of two may start.

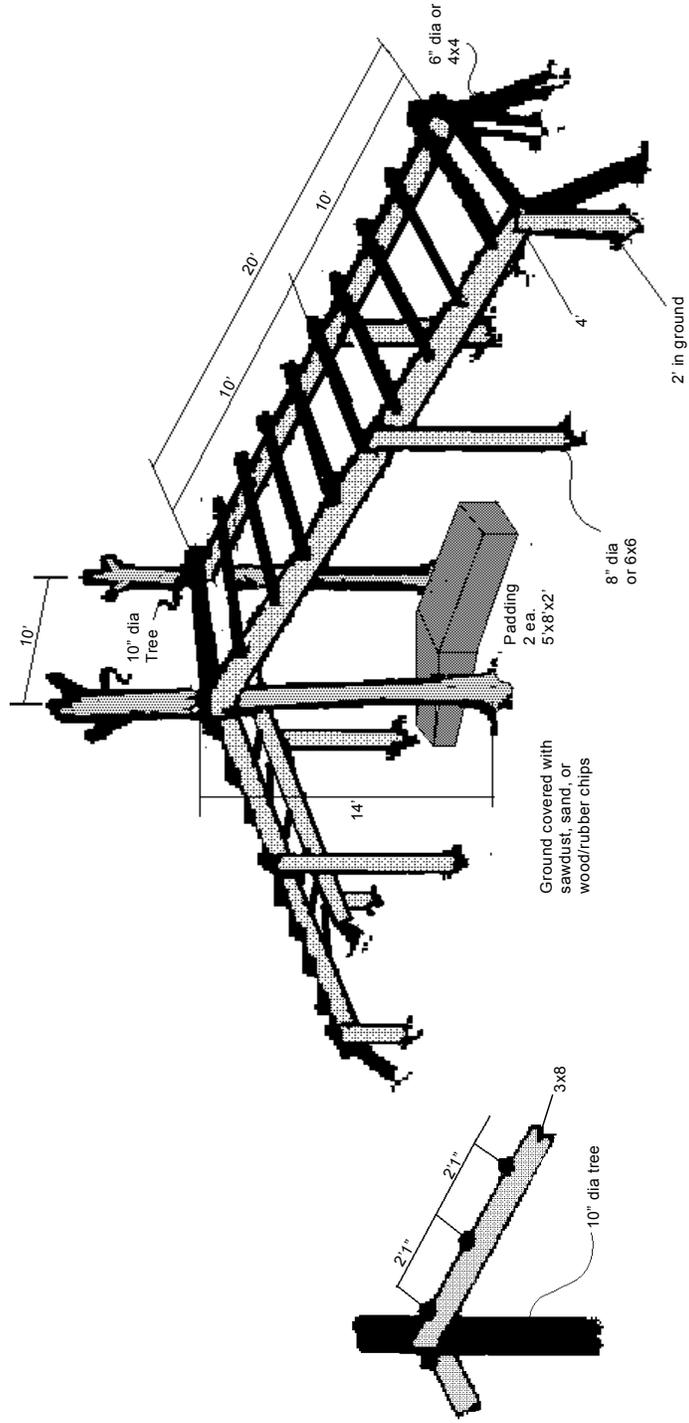
“The Weaver”

Reference: FM 21-20, Physical fitness Training, Chapter 8

Purpose of obstacle is to give soldiers confidence in physical abilities.

Execution of obstacle: Soldiers move from one end of the obstacle to the other by weaving their bodies under one bar and over the next.

Safety: Instructor conducts inspection and provides orientation to obstacle. Ground under obstacle must be covered with sawdust, sand, shredded tire or similar material to lessen impact of fall. Wood surface must be free of nails and splinters. Spotters should be used in center. Safety pads will be used under the apex.



Mission Risk Assessment Worksheet

1. Unit: Fort Gordon		2. Prepared by: William R. Walker – Safety Technician (Rank/Last name/Duty Position) Signal Branch Safety Office		3. DTG Prepared: FY 01 25 JUNE 2001		5. DTG Begin: DTG End:	
4. Mission/Task: Confidence Course Safety							
6. Leader Task (If applicable): Obstacle Course Preparation				7. Individual Task (If applicable):			
8. Hazards	9. Initial Risk Level*	10. Controls	11. Residual Risk Level*	12. How to Implement	13. How to Supervise	14. Controls Effective?	
1. Obstacle Course Hazards	M	User accomplished Risk Assessment for activity. <u>Safety Briefing before use.</u>	L	Single Source Safety Document (SSSD) FM 100-14 AR 350-6	Range control Safety OFS OIC, RSO		
2. Structural integrity	M	Inspection of course obstacles before use.	L	AR 350-6, K. SOP FM 21-20	NCOIC Range Control Safety OFS OIC Leader checks		
3. Safety devices/Personal Protective Equipment	H	Inspect all safety devices and personals protective equipment before use. Gloves will be worn on all obstacles required by SOP.	L	AR 350-6, K. SOP FM 21-20	NCOIC Range Safety OFS OIC, RSO Leader checks		
4. Instructor Knowledge	H	Instructors will be trained and certified by their commander on obstacle course procedures IAW FM 21-20 and AR 350-6, K.	L	AR 350-6, K FG Reg 210-21	Range control OIC, RSO		
12. Overall risk level after controls are implemented (Circle one)				13. Risk Decision Authority: (Rank/Last Name/Duty Position)			
<input type="radio"/> LOW <input type="radio"/> MODERATE <input type="radio"/> HIGH <input type="radio"/> EXTREMELY HIGH				DTG and Signature			

4. Mission/Task: Obstacle Course		5. DTG Begin: DTG End:				
8. Hazards	9. Initial Risk Level*	10. Controls	11. Residual Risk Level*	14. How to Implement	15. How to Supervise	16. Controls Effective?
5. Soldier Fitness	M	Soldiers will conduct warm-up/stretching exercises before commencing course.	L	FM 21-20, SOP AR 350-6, K	OIC Leader checks	
6. Strength training	M	Muscular strength/muscle failure physical training should not be conducted within 12 hours prior to the obstacle course.	L	FM 21-20, SOP AR 350-6, K	OIC Leader checks	
7. Landing /fall areas	M	Areas under obstacles should be raked and filled as needed before each use. Water puddles will be filled.	L	SOP, FM 21-20 AR 350-6, K	OIC Leader checks	
8. Inclement/Severe weather	H	Training will be rescheduled when obstacles are slippery due to inclement weather. Cadre will take appropriate action prior/during lightning storms.	L	SOP, Signal Source Safety Document AR 350-6, K	OIC Leader checks	
9. Obstacle use	M	Instructors will explain and demonstrate obstacles before allowing soldiers to negotiate.	L	SOP AR 350-6, K FM 21-20	OIC Leader checks	
10. Obstacle procedures	M	A sign will be posted at each obstacle detailing exact procedures to be used to properly negotiate the event.	L	SOP AR 350-6, K FM 21-20	Range Control Safety OFS OIC, Certified Cadre	
11. Soldier Injury	M	Advanced Trauma Life Support must be available within 1 hour; A Combat lifesaver must be dedicated to the training activity.	L	SOP TRADOC Policy LT. AR 350-6, K FM 21-20	Range Control Safety OFS OIC, Cadre	
12. Soldiers fail to hydrate themselves during periods of Hot weather.	M	Water will be located at strategic points on the range during training.	L	SOP, FM 21-10 AR 350-6, K	Safety OFS OIC, Cadre	
Hazards	Initial	Controls	Residual	How to Implement	How to	Controls

<u>Confidence Course</u>	Risk Level	Controls	Risk Level	How to Implement	Supervise	Effective
<u>1. Belly Buster :</u> Soldier may hit obstacle-causing injuries.	M	Demonstrate the proper way to negotiate obstacle.	L	Soldiers briefed and given Demonstration. SOP, FM 21-20 350-6,k	FM 21-20, Cadre, OIC, RSO	
<u>2. Reverse Climb:</u> Soldier may lose grip while negotiating and fall.	M	Demonstrate the proper way to negotiate obstacle. Place Spotters	L	Soldiers briefed and given Demonstration. SOP TRADOC 350-6	FM 21-20, Cadre, OIC, Safety OF	
<u>3. The Weaver:</u> Soldier may fall causing injuries.	M	Demonstrate the proper way to negotiate, closely supervised by cadre while negotiating obstacle. Place spotters and mats.	L	Soldiers briefed and given Demonstration. SOP TRADOC 350-6	FM 21-20, Cadre, OIC, Safety OF	
<u>4. Hip Hop:</u> Soldier may fall causing injuries.	M	Demonstrate the proper way to negotiate, closely supervised by cadre while negotiating obstacle.	L	Soldiers briefed and given Demonstration. SOP TRADOC 350-6	FM 21-20, Cadre, OIC, Safety OF	
<u>5. Balancing Logs:</u> Soldier may hit obstacle-causing injuries.	M	Demonstrate the proper way to negotiate, closely supervised by cadre while negotiating obstacle.	L	Soldiers briefed and given Demonstration. SOP TRADOC 350-6	FM 21-20, Cadre, OIC, Safety OF	
<u>6. Island Hopper:</u> Soldiers may fall and hit remaining obstacles causing injure themselves.	M	Demonstrate the proper way to negotiate obstacle. Ensure logs do not move.	L	Soldiers briefed and given Demonstration. SOP TRADOC 350-6	FM 21-20, Cadre, OIC, Safety OF	
<u>7. The Tough Nut:</u> Soldiers may hit obstacle causing-injury.	M	Soldiers are briefed on the proper way to negotiate the obstacle. OFF LIMITS	L	Soldiers briefed and given Demonstration. SOP TRADOC 350-6	FM 21-20, Cadre, OIC, Safety OF	
<u>8. Old Slide For Life:</u> Soldier may lose grip and fall OFF LIMITS	Initial Risk Level	Controls	Residual Risk Level	How to Implement	How to Supervise	

	Initial Risk Level	Controls	Residual Risk Level	How to Implement	How to Supervise	Controls Effective
<p><u>10. Belly Crawl:</u> Soldiers may get caught in wire causing injuries.</p>	M	Demonstrate the proper way to negotiate obstacle. Ensure wire is tight.	L	Soldiers briefed and given Demonstration. SOP, FM 21-20, TRADOC 350-6	FM 21-20, Cadre, OIC, Safety OF	Controls Effective
<p><u>12. The Tarzan:</u> Soldier may fall off bars causing injuries.</p>	M	Demonstrate the proper way to negotiate obstacle. Ensure spotters are in place.	L	Soldiers briefed and given Demonstration. SOP, FM 21-20 TRADOC 350-6	FM 21-20, Cadre, OIC, Safety OF	Controls Effective
<p><u>13. High Step-Over:</u> Soldier may hit obstacle causing injury.</p>	M	Demonstrate the proper way to negotiate obstacle.	L	Soldiers briefed and given Demonstration. SOP Ensure spotters and mats are in place. TRADOC 350-6	FM 21-20, Cadre, OIC, Safety OF Reg 350-6, k.	Controls Effective
<p><u>15. Low Wire:</u> Soldiers may get caught in wire causing injuries.</p>	M	Demonstrate the proper way to negotiate obstacle. Ensure wire is tight.	L	Soldiers briefed and given Demonstration. SOP TRADOC 350-6	FM 21-20, Cadre, OIC, Safety OF Reg 350-6, k.	Controls Effective
<p><u>16. Swing, Stop & Jump:</u> Soldiers may land improperly hitting obstacle-causing injuries</p>	M	Demonstrate the proper way to negotiate obstacle.	L	Soldiers briefed and given Demonstration. SOP TRADOC 350-6	FM 21-20, Cadre, OIC, Safety OF Reg 350-6, k	Controls Effective
<p><u>17. Six Vault:</u> Soldiers may become weak and lose grip while negotiating obstacle- causing soldier to fall and injuring them.</p>	M	Demonstrate the proper way to negotiate obstacle.	L	Soldiers briefed and given Demonstration. SOP TRADOC 350-6	FM 21-20, Cadre, OIC, Safety OF Reg 350-6, k	Controls Effective
<p><u>18. Easy Rider:</u> Soldiers may fall off logs causing-injury.</p>	M	Demonstrate the proper way to negotiate obstacle. Ensure fall area properly prepared.	L	Soldiers briefed and given Demonstration. SOP TRADOC 350-6	FM 21-20, Cadre, OIC, Safety OF Reg 350-6, k	Controls Effective
<p><u>19. Inclining Wall:</u> Hazards</p>	Initial Risk Level	Controls	Residual Risk Level	How to Implement	How to Supervise	Controls Effective

<p>Soldiers may hit edge of wall causing injuries.</p> <p>20. <u>Sky Scraper/Slide For Life</u></p> <p><u>Sky Scraper:</u> Soldiers may fall from obstacle causing injuries.</p> <p><u>Slide For Life:</u> Soldiers may fall improperly into net causing injuries.</p>	M	<p>Demonstrate the proper way to negotiate obstacle. Ensure fall area properly prepared.</p>	L	<p>Soldiers briefed and given Demonstration. SOP TRADOC 350-6</p>	<p>FM 21-20, Cadre, OIC, Safety OF Reg 350-6, k</p>
<p><u>22. Confidence Climb:</u> Soldier may fall hitting edge of ladder steps causing injury.</p>	M	<p>Demonstrate the proper way to negotiate obstacle. Ensure fall area properly prepared with safety mats.</p>	L	<p>Soldiers briefed and given Demonstration. SOP TRADOC 350-6</p>	<p>FM 21-20, Cadre, OIC, Safety OF Reg 350-6, k</p>
<p><u>23. The Tough One:</u> Soldiers may fall through horizontal ladder or from top of cargo net causing injuries.</p>	M	<p>Demonstrate the proper way to negotiate obstacle. Ensure fall area properly prepared with safety mats. Ensure spotters are placed at end of obstacle to help soldiers off rope.</p>	L	<p>Soldiers briefed and given Demonstration. SOP TRADOC 350-6</p>	<p>FM 21-20, Cadre, OIC, Safety OF Reg 350-6, k</p>

BELLY CRAWL



OBSTACLE 10: BELLY CRAWL

TASK: Negotiate the Belly Crawl.

CONDITION: Given a barbed wire obstacle and current environmental conditions.

STANDARD: Soldiers will move from one end of the obstacle to the other crawling on their belly, ensuring that their belly remains in contact with the ground at all times.

SAFETY NOTE: OIC/RSO conducts inspection and provides orientation to obstacle. A maximum of four individuals may negotiate this obstacle at one time. Once a soldier has reached the halfway point of the obstacle the next soldier for that lane may begin. **SOLDIERS MAY RECEIVE SCRATCHES ON THEIR BODY AND/OR UNIFORM MAY RECEIVE WEAR AND TEAR FROM NEGOTIATING THIS OBSTACLE.**

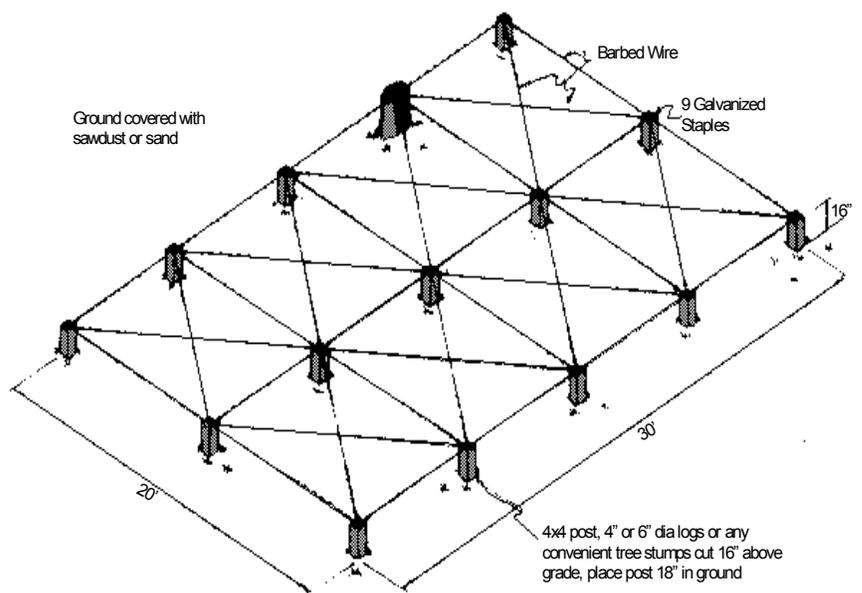
“Belly Crawl”

Reference: FM 21-20, Physical Fitness Training, Chapter 8

Purpose of obstacle is to give soldiers confidence in physical abilities.

Execution of obstacle: Soldiers move forward under wire, on their stomachs, to the end of the wire obstacle.

Safety: Instructor conducts inspection and provides orientation to obstacle. Wire should be 16” above ground. Crawling surface should be sand or sawdust, free of sharp objects. Direction of negotiating crawl may be reversed from time to time to maintain more level crawling surface.



THE TARZAN



OBSTACLE 12: TARZAN

TASK: Negotiate the Tarzan.

CONDITION: Given a multi-leveled balancing beams, a suspended horizontal ladder and current environmental conditions.

STANDARD: Soldiers mount the lowest log and walk the length of it, then each higher log until they reach the horizontal ladder. They grasp two rungs of the ladder and swing themselves into the air. They negotiate the length of the ladder by releasing one hand at a time, swinging forward, grasping a more distant rung each time.

SAFETY NOTE: OIC/RSO conducts inspection and provides orientation to obstacle. Obstacle should not be executed if slippery due to wet conditions. A maximum of four individuals may negotiate this obstacle at one time.

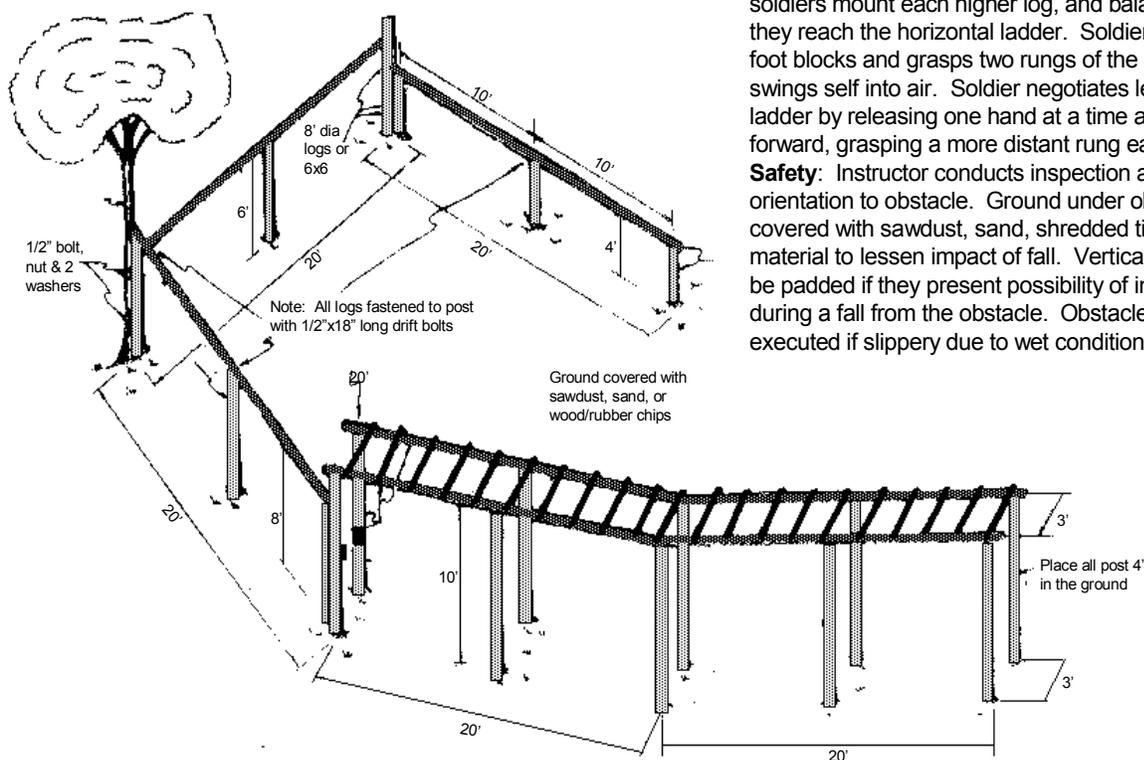
“The Tarzan”

Reference: FM 21-20, Physical Fitness Training, Chapter 8

Purpose of obstacle is to give soldiers confidence in physical abilities to include balance and upper body strength.

Execution of obstacle: Soldiers mount the lowest log and maintain balance while walking length of it. Then soldiers mount each higher log, and balance-walk until they reach the horizontal ladder. Soldier then steps onto foot blocks and grasps two rungs of the ladder and swings self into air. Soldier negotiates length of the ladder by releasing one hand at a time and swinging forward, grasping a more distant rung each time.

Safety: Instructor conducts inspection and provides orientation to obstacle. Ground under obstacle must be covered with sawdust, sand, shredded tire, or similar material to lessen impact of fall. Vertical surfaces should be padded if they present possibility of injury if struck during a fall from the obstacle. Obstacle should not be executed if slippery due to wet conditions.



HIGH STEPOVER



OBSTACLE 13: HIGH STEP-OVER

TASK: Each individual will correctly negotiate the High Step Over.

CONDITION: Given numerous horizontal beams spaced evenly apart and current environmental conditions.

STANDARD: Soldiers will step over each log by alternating one leg over the log, rotating the hips and buttocks over the log, and alternating their other leg over the beam. The individual's hands must remain above their head at all times through they need not be clasped or interlocked behind their head.

SAFETY NOTE: OIC/RSO conducts inspection and provides orientation to obstacle. Wood surface must be free of nails and splinters. A maximum of soldiers can negotiate this obstacle provided they aren't kicking each other.

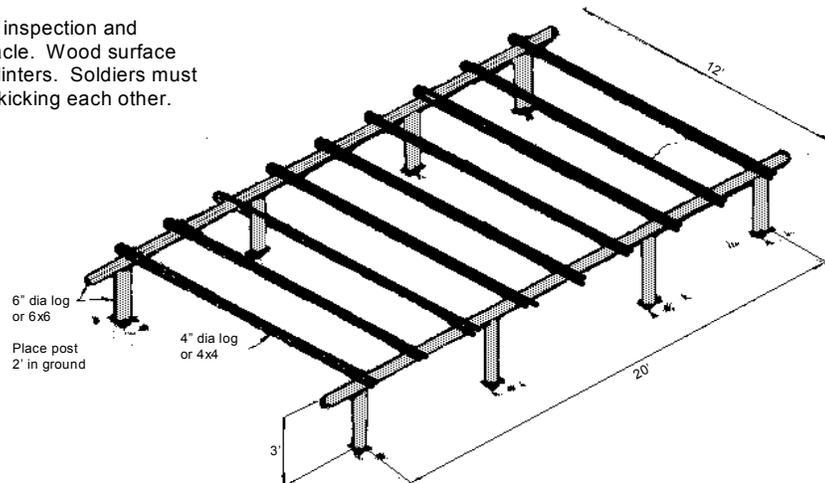
“High Step Over”

Reference: FM 21-20, Physical Fitness Training, Chapter 8

Purpose of obstacle is to give soldiers confidence in physical abilities.

Execution of obstacle: Soldiers step over each bar: they either alternate legs or use the same leg each time while making an effort not to use their hands. (Shorter soldiers may be required to use hands).

Safety: Instructor conducts inspection and provides orientation to obstacle. Wood surface must be free of nails and splinters. Soldiers must be spaced so as to prevent kicking each other.



Note: Height of the top of the horizontal logs should not exceed 40 inches.

SWINGER

Torn down IAW 350-6, k

LOW WIRE



OBSTACLE 15: LOW WIRE

TASK: Negotiate the Low Wire.

CONDITION: Given a barbed wire obstacle and current environmental conditions.

STANDARD: Soldiers move under the wire on their backs while raising the wire with their hands to clear their bodies.

INSTRUCTOR NOTES: OIC/RSO conducts inspection and provides orientation to obstacle. A maximum of four individuals may negotiate this obstacle at one time. Once a soldier has reached the halfway point of the obstacle the next soldier for that lane may begin. **SOLDIERS MAY RECEIVE SCRATCHES ON THEIR BODY AND TEAR BDU's FROM NEGOTIATING THIS OBSTACLE.**

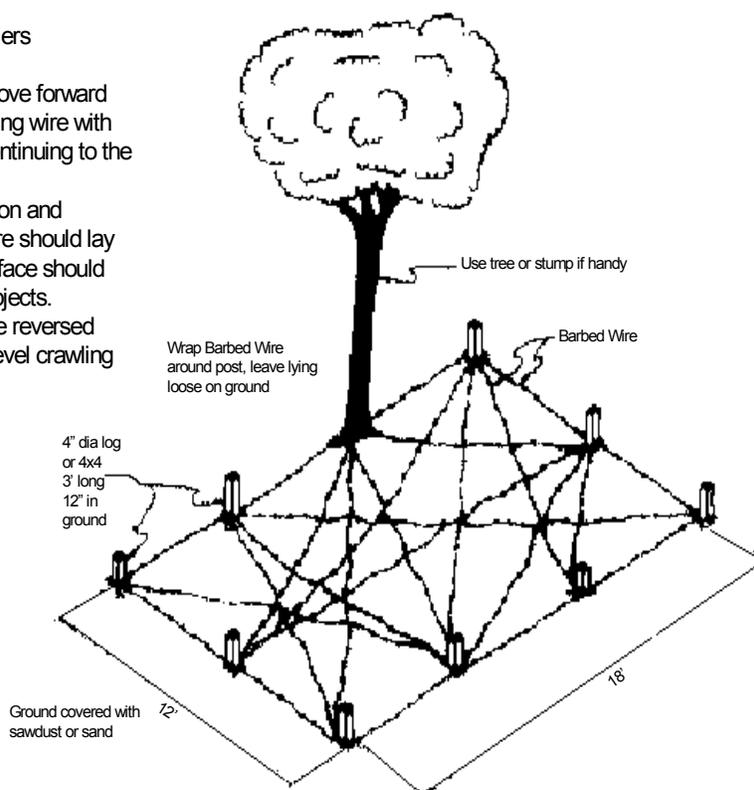
“Low Wire”

Reference: FM 21-20, Physical Fitness Training, Chapter 8

Purpose of obstacle is to give soldiers confidence in physical abilities.

Execution of obstacle: Soldiers move forward under wire, on their backs while raising wire with their hands to clear their bodies. Continuing to the end of the wire obstacle.

Safety: Instructor conducts inspection and provides orientation to obstacle. Wire should lay loosely on the ground. Crawling surface should be sand or sawdust, free of sharp objects. Direction of negotiating crawl may be reversed from time to time to maintain more level crawling surface.



SWING, STOP & JUMP



OBSTACLE 16: SWING, STOP, AND JUMP

TASK: Each individual will correctly negotiate the Swing, Stop, and Jump.

CONDITION: Given a vertical rope, a horizontal log, and current environmental conditions.

STANDARD: Soldiers gain momentum with a short run, grasp the rope and swing their bodies forward to the top of the wall. They release the rope while standing on the wall and jump to the ground.

INSTRUCTOR NOTES: OIC/RSO conducts inspection and provides orientation to obstacle. Wood surface must be free of nails and splinters. Rope should be tested to ensure no frays or loosening of attachment to overhead support. Obstacle should not be used when balancing log is wet. A maximum of three soldiers may negotiate this obstacle.

“Swing, Stop, & Jump”

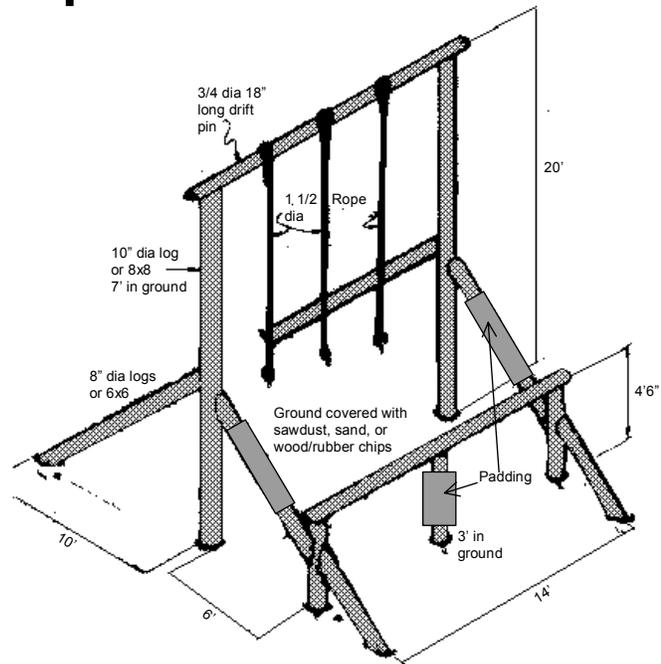
Reference: FM 21-20, Physical Fitness Training, Chapter 8

Purpose of obstacle is to give soldiers confidence in physical abilities and develop agility.

Execution of obstacle: Soldiers gain momentum with a short run, grasp the rope, and swing their bodies forward to the top of the wall. They release the rope while standing on the wall and jump to the ground.

Safety: Instructor conducts inspection and provides orientation to obstacle. Wood wall surface must be free of nails and splinters. Ground under obstacle should be covered with sand, sawdust, or shredded rubber to absorb shock and falls.

Vertical surfaces may be padded if there is danger of falling soldier striking support or similar structures. Rope should be tested daily to ensure no frays or loosening of attachment to overhead support. Obstacle should not be used when wall surface is wet.



THE SIX VAULTS



OBSTACLE 17: SIX FOUR VAULTS

TASK: Negotiate the Six Vaults.

CONDITION: Given four secured horizontal beams and current environmental conditions.

STANDARD: Negotiate the Six Vaults Obstacle by vaulting over each log using one or both hands. Move through the entire obstacle in the same manner. While vaulting, the legs and feet must not touch any beam.

SAFETY NOTE: OIC/RSO Conducts inspection and provides orientation to obstacle. Wood surface must be free of nails and splinters. Soldiers must be spaced so as to prevent kicking each other. A maximum of two soldiers may negotiate this obstacle.

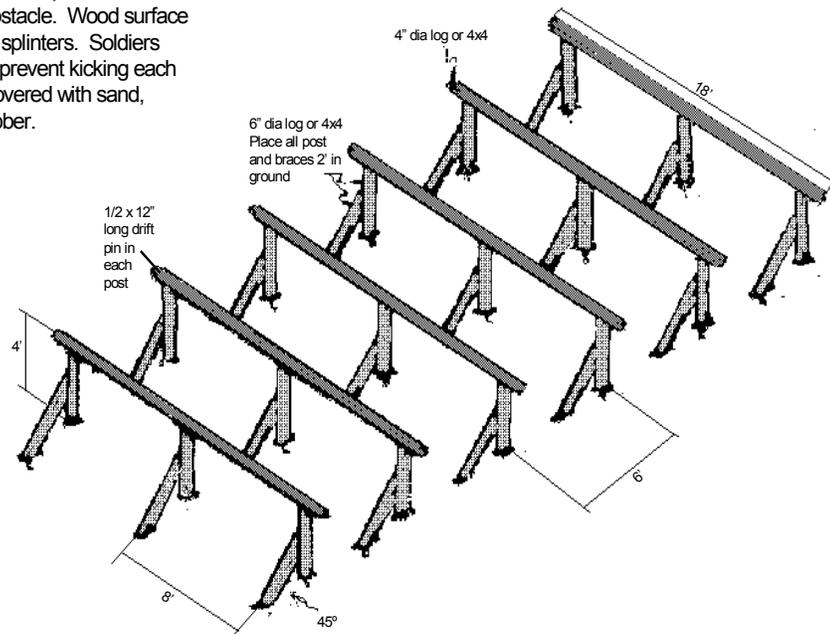
“Six Vaults”

Reference: FM 21-20, Physical Fitness Training, Chapter 8

Purpose of obstacle is to give soldiers confidence in physical abilities.

Execution of obstacle: Soldiers vault over each log using one or both hands.

Safety: Instructor conducts inspection and provides orientation to obstacle. Wood surface must be free of nails and splinters. Soldiers must be spaced so as to prevent kicking each other. Ground may be covered with sand, sawdust, or shredded rubber.



Note: Height of the top of the horizontal logs should not exceed 40 inches.

BELLY BUSTER



OBSTACLE 1: Belly Buster

TASK: Negotiate the Belly buster.

CONDITION: Given one non-secured horizontal beam and current environmental conditions.

STANDARD: Soldiers vault, jump, or climb over the log. They must be warned that it is not stationary. Therefore, they should not roll or rock the log while others are negotiating it.

INSTRUCTOR NOTE: Supervisors should encourage, but not force, soldiers to try every obstacle. Soldiers who have not run the course before should receive a brief orientation at each obstacle, including an explanation and demonstration of the best way to negotiate it. Instructors should help those who have problems. Trainers and soldiers should not try to make obstacles more difficult by shaking ropes, rolling logs, and so forth. Close supervision and common sense must be constantly used to enhance safety and prevent injuries. Soldiers need not conform to any one method of negotiating obstacles, but there is a uniformity in the general approach.

EASY BALANCER



OBSTACLE 18: EASY BALANCER

TASK: Negotiate the Easy Balancer.

CONDITION: Given two inclined logs and current environmental conditions.

STANDARD: Negotiate the Easy Rider obstacle by walking up one inclined log and down the other inclined log to the ground.

Safety Note: OIC/RSO conducts inspection and provides orientation to obstacle. Wood surface must be free of nails and splinters. Ground should be covered with sand, sawdust, or shredded rubber. Notches can be cut into the logs to assist with traction.

HIP-HIP



OBSTACLE 4: HIP-HIP

TASK: Each individual will correctly negotiate the Hip-Hip.

CONDITION: Given numerous horizontal beams spaced evenly apart and current environmental conditions.

STANDARD: Each individual will step over each beam by throwing one leg over the beam, rotating the hips and buttocks over the beam, and throwing their other leg over the beam. The individual's hands must remain above their head at all times though they need not be clasped or interlocked behind their head.

INSTRUCTOR NOTE: OIC/RSO (Shorter soldiers may be required to use hands) Instructor conducts inspection and provides orientation to obstacle. Wood surface must be free of nails and splinters. Soldiers must be spaced so as to prevent kicking each other.

