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SECRETARY OF THE AIR FORCE**

**DEPARTMENT OF THE AIR FORCE  
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**Personnel**

**AIR FORCE OBSTACLE COURSE  
PROGRAM**

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This publication implements Department of the Air Force Policy Directive (DAFPD) 36-26, *Total Force Development and Management*, and is consistent with DAFPD 10-2, *Readiness* and Air Force Manual (AFMAN) 36-2905, *Air Force Physical Fitness Program*. It explains procedures and establishes requirements and guidelines for the construction, maintenance, inspection, and use of obstacle courses located on Air Force (AF) installations, or obstacle courses used by Air Force personnel for official Air Force training. It applies to all civilian employees and uniformed members of the Regular Air Force, the Air Force Reserve (AFR), and Air National Guard (ANG) involved in the AF obstacle course program. Ensure all records created as a result of processes prescribed in this publication are maintained in accordance with AFI 33-322, *Records Management and Information Governance Program*, and disposed of in accordance with the Air Force Records Disposition Schedule located in the Air Force Records Management System. Refer recommended changes and questions about this publication to the office of primary responsibility (OPR) using the AF Form 847, *Recommendation for Change of Publication*. Route AF Forms 847 from the field through the appropriate chain of command. This publication may be supplemented at any level, but all supplements must be routed to the OPR for coordination prior to certification and approval. The authorities to waive wing/unit level requirements in this publication are identified with a Tier ("T-0, T-1, T-2, T-3") number following the compliance statement. See Department of the Air Force Instruction (DAFI) 33-360, *Publications and Forms Management*, for a description of the authorities associated with the Tier numbers. Submit requests for waivers through the chain of command to the appropriate Tier waiver approval authority, or alternately, to the requestor's commander for non-tiered compliance items. The use of the name or mark of any specific manufacturer, commercial

product, commodity, or service in this publication does not imply endorsement by the Air Force. Compliance with the attachments in this publication is mandatory.

### ***SUMMARY OF CHANGES***

This document has been substantially revised and must be completely reviewed. Major changes include: Joint Basing relationships, installation command delegated duties, other types of obstacle courses (i.e., Alpha Warrior ®), and updates waiver authorities.

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## Chapter 1

### INTRODUCTION

**1.1. Overview.** This manual assigns responsibilities and prescribes guidance and procedures for standardizing Air Force physical training (PT) in concert with AFI 36-2905 and sister-service directives. The AF uses PT courses and conditioning obstacle courses to train Airmen realistically, consistent with current and future doctrine, threat analysis, and force structure. The AF will realize economy in developing these training ranges while ensuring these ranges support the training required by the fielding of new and improved ground warrior tactics, techniques, and procedures as well as published environmental, safety, and health guidance. Furthermore, it provides broad administrative, management and operational guidance for the AF obstacle course program manager (AF OPR) and subordinate command level obstacle course programs. Deviations from this instruction are not authorized unless approved by AF OPR.

**1.2. Air Force Obstacle Course Program.** The AF obstacle course program (AF OCP) provides alternate PT, enhances confidence in physical abilities, builds dynamic leadership problem solving under physical stress, enhances understanding of teamwork, and develops fundamental warrior ethos. Major Command (MAJCOM) A3s maintain overall responsibility and approval authority for Airmen utilizing obstacle courses within their command. The AF OCP is comprised of two categories (I and II).

1.2.1. Category I (CAT I): Physical Training Course. CAT I courses are designed with obstacles lower to the ground with the purpose of being negotiated quickly. Running the course can be a test of the Airman's basic motor skills and physical conditioning. These courses should be run as an alternate form of physical conditioning. They provide an opportunity for an entire body workout within the normal AF PT program and should not be used as a pass or fail training tool unless specifically required by Air Force Specialty Code or unit. CAT I obstacles are designed for crawling, jumping, dodging, traversing, climbing, vaulting and balancing. Any completed risk management (RM) assessment (AFI 90-802, *Risk Management*) above a moderate must be approved by the using unit's wing commander or the first O-6 in the chain of command. **(T-2)**.

1.2.2. Category II (CAT II): Conditioning Obstacle Courses. CAT II courses are designed with physical dimensions higher off the ground with a higher degree of difficulty. The conditioning obstacle course can be run for time or used to enhance the confidence, mental and physical abilities of the Airmen while cultivating the warrior ethos. If not used as a timed event; Airmen are encouraged, but not forced to complete each obstacle. CAT II obstacles will not have a potential fall distance above 14 feet without a direct connection to safety lines attended by a qualified, trained safety observer or a full-body-harness with lanyard attached to a supporting structure in accordance with the Association of Challenge Course Technology or like standards. **(T-2)**. Any completed risk management assessment above a moderate must be approved by the using unit's wing commander or the first O-6 in the chain of command. **(T-2)**. Wing commanders or the first O-6 in the chain of command will coordinate with their MAJCOM obstacle course program manager (OCPM) for use of obstacles (not listed in [Attachment 3](#)) that would be considered CAT II. **(T-2)**. With MAJCOM OCPM administrative support, the interested command will request AF OPR approval for use of

previously unapproved obstacle courses in accordance with **paragraph 5.3.3 (T-2)**. CAT I obstacles are approved for use on a CAT II course. MAJCOMs can supplement this Department of the Air Force Manual (DAFMAN) as needed.

1.2.3. Other types of courses. The term "obstacle course" should be considered generic in the sense that it does not only apply to what is traditionally known as obstacle courses. For the purpose of clarification, any and all equipment referred to as an obstacles course, leadership reaction course, ropes course, or other types of courses including off-base civilian facilities, should be generically considered "obstacle course(s)."

**Note:** The using unit's wing commander or the first O-6 in the chain of command may authorize the use of individual kit (load bearing equipment, rucksack, etc.) on all AF obstacle courses. (T-2).

**1.3. Alternate Insertion and Extraction and mountaineering training walls.** The AF has additional alternate insertion and extraction and mountaineering operational requirements which are covered by other service and joint directives. These training aids (fast rope towers, rappel towers, and climbing walls) are exempted from this manual and remain under the operational directives and specific Air Force Specialty Code training and standardization and evaluation guidance. These training aids, regardless of location, remain available for those Airmen with documented training requirements.

**1.4. Fire Training Facilities.** The AF has additional fire training facilities which are covered by AFI 32-2001, *Fire and Emergency Services Program*. These fire training facilities are used for training specific to the civil engineering career field and are exempted from this manual.

**1.5. Medical Readiness Training.** AF medical personnel are required to train on stretcher carrying techniques in a variety of simulated terrain conditions in accordance with AFI 41-106, *Air Force Medical Readiness Program*. The medical readiness training site at Sheppard AFB TX maintains these training courses and they are exempted from this manual.

**1.6. Academic Leadership and Development Courses.** Academic leadership and development courses are designed to promote teamwork and camaraderie in the professional military education environment. By definition these courses do not include any obstacles with a residual RM assessment above negligible. Examples of this type of course are project X, leadership reaction courses, and assault courses currently being utilized by Air University and the United States Air Force Academy (USAFA).

**1.7. Ropes Courses.** These are commercial "challenge courses" installed, operated and inspected in accordance with the Association of Challenge Course Technology standards. These courses are specifically designed to build leadership, trust, team-building, and problem resolution skills. Examples of these courses are the Alpha Warrior® course, the USAFA ropes course, and the ropes course at select ANG installations and training sites.

**1.8. Sister-Services, Coalition Forces or Other Outside Agencies Requesting Use of AF Obstacle Courses.** Sister-service or coalition units may utilize existing AF obstacle courses using their applicable guidance and directives or this DAFMAN. Outside agencies may utilize existing courses with installation commander (or equivalent) approval. These agencies will conduct operations in accordance with this manual when lacking their own published guidance or directives. (T-2). When an Air Force obstacle course is used by outside agency or partner force:

1.8.1. No fee shall be charged for their use. (T-0).

1.8.2. The installation OCPM will coordinate with their servicing staff judge advocate to create a waiver of liability agreement. (T-0).

1.8.3. All participants other than U.S. military members will sign this waiver of liability agreement prior to being permitted to use the course. (T-0).

1.8.4. All signed waivers will be maintained by the installation OCPM for a minimum of three years. (T-0).

**1.9. AF Use of Sister-Service or Coalition Unit Obstacle Course.** AF units may use sister-service or coalition unit obstacle courses with installation commander approval. Air Force units utilizing these obstacle courses independent of host instructors will ensure an AF safety representative (installation, OCPM, or training unit representative) inspects the facility and applies this DAFMAN's "Obstacle Course Pre-flight Checklist" ([Attachment 7](#)). (T-2). The senior AF unit instructor will inspect the course prior to unit's participation. (T-2). Airmen who are attached to a sister-service, joint unit, or coalition unit, may utilize the course with, and under the direct control of that unit. (T-2).

**Note:** For the intent of this DAFMAN, the term "installation commander" includes host wing and/or base commanders.

**1.10. References.** The principles in this DAFMAN were developed from Army Field Manual (FM) 7-22, *Holistic Health and Fitness*. Obstacle designs were developed based on Department of Army Engineering Drawings 28-13-95, *Confidence Course Layout Plan*. Safety and RM procedures are based on Air Force Pamphlet (AFPAM) 90-803, *Risk Management (RM) Guidelines and Tools*. AF PT standards are in accordance with AFI 36-2905. Submit proposed changes through your chain of command to AF/A3S (AF OPR), 1480 AF Pentagon, Washington DC 20330-1480 and Workflow ([AF.A3S.Workflow@us.af.mil](mailto:AF.A3S.Workflow@us.af.mil)) on an AF Form 847.

## Chapter 2

### ROLES AND RESPONSIBILITIES

**2.1. The Headquarters Air Force, Air Force Special Warfare Directorate (AF/A3S).** AF/A3S will serve as the air staff focal point and OPR for Air Force wide obstacle course program (OCP) proponent. **(T-1).**

2.1.1. Publish AF-level guidance for MAJCOM, Direct Reporting Unit (DRU) and FOA obstacle course use.

2.1.2. Coordinate with air staff directorates and other officials or organizations on OCP operations. **(T-1).**

**2.2. The Headquarters Air Force Safety shall:**

2.2.1. Provide annual statistical data analysis and recommendations on all mishaps (AFI 91-202, *USAF Mishap Prevention Program*) involving course equipment or training to the AF OPR.

2.2.2. Coordinate on any relevant changes to the OCP. **(T-1).**

2.2.3. Provide technical assistance on request to OCP mishap investigation boards (AFI 91-204, *Safety Investigations and Reports*) and other safety related matters. **(T-1).**

2.2.4. Coordinate OCP safety concerns with sister-service safety offices when necessary. **(T-1).**

**2.3. The Headquarters Air Force Surgeon General shall:** Provide guidance on medical requirements and qualifications to participate in the AF OCP. **(T-1).**

**2.4. The Headquarters Air Education Training Command (AETC)/A3/6, Directorate of Operations and Communications shall:**

2.4.1. Provide guidance on development of OCP instructor (OCPI) qualification and the OCP safety observer (OCPSO) qualification in accordance with the job qualification standards (JQS) to meet validated mission requirements set forth via OCPM, MAJCOM, DRU and FOA. **(T-1).**

2.4.2. Standardize course design, obstacle design, negotiation techniques, instructional courses, syllabi and desired learning objectives. **(T-1).**

**2.5. MAJCOM/A3s, DRUs, and FOAs shall:**

2.5.1. Serve as coordinating or approving agency in MAJCOM use of sister-service, joint, coalition, Department of Defense courses, or other entity obstacle courses as defined by this instruction. **(T-2).**

2.5.2. Maintain MAJCOM master listing (for messages, emails, FAX numbers, etc.) of all OCPMs and disseminate information periodically to promote vital cross-talk. **(T-2).**

2.5.3. Assign an OCPM and send a letter of appointment signed by the MAJCOM/A3 or equivalent to the AF OPR if maintaining or utilizing obstacle courses. **(T-1).** MAJCOM/A3s, through their installation commanders and safety offices, share responsibilities for the safety and welfare of the OCP execution. The critical nature of obstacle course maintenance and



operations demands careful oversight of each aspect of test, procedural development, equipment acquisitions, training and execution.

2.5.3.1. Set up command-specific OCPs according to their operational need, internal instructions, applicable AFIs and joint references. **(T-1)**. Document command, unit, and installation-specific OCPs in an approved supplement to this publication in accordance with DAFI 33-360.

2.5.3.2. Disseminate safety and operational information as required. **(T-1)**.

2.5.3.3. Maintain instructor and safety observer qualifications in accordance with [paragraph 4.2](#) **(T-1)**.

2.5.3.4. Establish the frequency and standard for program evaluations and staff assistance visits. **(T-1)**.

2.5.3.4.1. Assign staff assistance visit members as required, and in coordination with MAJCOM functional area managers. **(T-1)**.

2.5.3.4.2. Conduct evaluations during unit compliance inspections, or as needed. **(T-1)**.

2.5.3.5. Ensure accurate and timely submission by subordinate units of any directed or required safety or incident reports. **(T-1)**.

2.5.3.6. Review all subordinate units' safety incidents or other directed reports. Ensure all required follow-up actions are accomplished. **(T-1)**.

2.5.3.7. Project and coordinate formal training requirements with MAJCOM functional area managers and training POCs. **(T-1)**. If necessary, schedule instructor and safety observer training to meet mission requirements.

2.5.3.8. Review and validate MAJCOM OCP annually in accordance with MAJCOM guidance. **(T-1)**.

2.5.3.9. Ensure units operating procedures comply with this instruction. If a unit has a mission specific requirement requiring deviation from the guidance in this instruction, follow proper procedures to request a waiver through command channels to the appropriate authority. If the waiver is granted; maintain copies of all waivers and newly defined procedures and forward to the AF OPR in accordance with [paragraph 5.3.3](#) **(T-1)**.

2.5.3.10. Participate in OCP incident investigations as required. **(T-1)**.

2.5.3.11. MAJCOM Safety Office. Works with their respective MAJCOM OCPMs to ensure compliance with the intent of this instruction. MAJCOM safety office will ensure local safety offices:

2.5.3.11.1. Conduct annual reviews of sister service and coalition courses used by their command and report findings in writing to MAJCOM/A3. **(T-1)**. This ensures all courses meet the intent of this instruction and established Air Force safety standards. The reviews will be conducted with MAJCOM/A3/A7/SG personnel to ensure Air Force personnel are not exposed to unsafe conditions. **(T-1)**.

2.5.3.11.2. If unsafe conditions exist, the inspecting MAJCOM will:

2.5.3.11.2.1. Document the results of the inspection and corrective actions necessary to resolve the unsafe condition(s). Coordinate with the sister service to resolve the discrepancies identified.

If the service takes corrective action to resolve the noted discrepancies, no further action is need. However, if the service decides the actions are not needed, consideration should be given to making the specific obstacle or the entire course off-limits to Air Force personnel. **(T-1)**.

2.5.3.11.2.2. Notify the using unit of the findings and recommendations for corrective actions. **(T-1)**.

2.5.3.11.2.3. Maintain records of safety inspections, notify OCPM (if not present during inspection) if courses do not meet requirements and recommend placing any courses not meeting the requirements outlined in this instruction off-limits to USAF personnel. **(T-1)**. Results of inspections conducted by local safety offices will be forwarded to MAJCOM safety and MAJCOM/A3. **(T-1)**.

## **2.6. The Installation Commander (or equivalent) shall:**

2.6.1. Implement higher headquarters policies and procedures. **(T-2)**. Recommend changes in accordance with this manual. **(T-1)**.

2.6.2. Retain inspection responsibility as it relates to the Air Force inspection system when they delegate "installation OCPM" duties outside of their organization. **(T-2)**. Installation commanders regardless of course management delegation or joint basing disposition will have operational oversight of all installation courses. **(T-3)**. Host tenant support agreements and inter-service support agreements will be developed or amended to address the host and tenant's responsibilities relating to the use of such courses. **(T-2)**. This applies to all active and dormant courses.

2.6.3. Implement OCP continuation training to ensure all Airmen demonstrate "hands-on" proficiency. **(T-3)**.

2.6.4. Ensure care, use, and organizational-level inspection and maintenance of the OCP take place in accordance with this manual. **(T-3)**.

2.6.5. Ensure instructors and safety observers are properly trained and current. **(T-3)**.

2.6.6. Ensure course(s) are properly secured (in accordance with [paragraph 5.7.1](#)) and marked to prevent unauthorized use. **(T-3)**.

2.6.7. Ensure course(s) are certified in accordance with the requirements for use and inspection criteria delineated in this instruction, and maintain safety certification for use to include funding for routine maintenance or upgrades. **(T-3)**.

2.6.8. Review OCP improvement reports and operational hazard reports that affect the OCP course(s).

2.6.9. Appoint base-level OCPM, OCPI, and OCPSO, as needed. **(T-3)**.

**2.7. Obstacle Course Program Manager shall:**

- 2.7.1. Maintain the memorandum of appointment from installation commander on file. **(T-1)**.
- 2.7.2. Upon appointment and after repairs to the obstacle course have been performed, request a safety inspection of the obstacle course with the installation safety office and civil engineer. **(T-1)**. The installation OCPM will maintain the inspection result for 2 years. **(T-3)**.
- 2.7.3. Develop a training plan to certify all instructors qualified to open and run the obstacle course. **(T-1)**. The MAJCOM OCPM must approve this training plan. **(T-3)**. Installation OCPM will train and certify obstacle course instructors on an AF Form 797, *Job Qualification Standard Continuation Command JQS*. **(T-2)**. Installation OCPM will maintain a list of all trained and certified instructors. **(T-3)**. Training and certification will be in accordance with **Chapter 4**.
- 2.7.4. **(T-2)** . Maintain a safety training brief for presentation to all participants. **(T-3)**. The safety training brief will meet the minimum requirements outlined in **Chapter 3** and **Attachment 4**. **(T-3)**.
- 2.7.5. Maintain an obstacle course schedule. **(T-3)**. Any unit requiring use of the obstacle course will contact the installation OCPM for scheduling their personnel. **(T-3)**.
- 2.7.6. Inform the installation commander (or equivalent) of recommended corrective actions for findings identified during any inspection. **(T-3)**.
- 2.7.7. Maintain documented inspections with results of inspections and the corrective actions necessary to resolve the unsafe conditions on file in accordance with **Chapter 3**. **(T-3)**.

**2.8. Obstacle Course Program Instructor (OCPI):** OCPIs are required for all AF obstacle course operations and must be current and qualified in accordance with **Chapter 4** and certified in accordance with **paragraph 2.7.3 (T-2)**. The OCPIs will:

- 2.8.1. Be present at the obstacle course while in use. **(T-2)**.
- 2.8.2. Conduct an opening serviceability and safety inspection in accordance with **Chapter 3** and **Attachment 7**. **(T-2)**.
- 2.8.3. Ensure all required safety equipment outlined in **Chapter 3** is present and operational before allowing people to participate in the obstacle course. **(T-2)**.
- 2.8.4. Conduct safety training and a walk-through demonstration covering all obstacles to be used during the day's training. **(T-2)**.
- 2.8.5. Ensure all individuals participating in the obstacle course meet the minimum requirements outlined in **Chapter 4**, for the applicable type of course. **(T-2)**.
- 2.8.6. Ensure medical support requirements identified in **Chapter 3** are readily available prior to commencing CAT II obstacle course activities. **(T-2)**.
- 2.8.7. Remove from the course participants not following safety procedures. **(T-2)**.
- 2.8.8. Ensure Airmen are properly briefed at each obstacle on the items below. **(T-3)**.
  - 2.8.8.1. Training intent of the obstacle. **(T-3)**.
  - 2.8.8.2. Safety factors and considerations associated with the obstacles. **(T-3)**.

2.8.8.3. Defining and demonstrating how to negotiate the obstacle. (T-3).

2.8.8.4. Document all OCP operations to track Airmen qualification(s) and currency in accordance with **paragraph 4.3 (T-3)**.

2.8.8.5. Debrief all participants and provide lessons learned and recommended course improvements to local chain of command. (T-3).

**2.9. Obstacle Course Program Safety Observer (OCPSO) shall:**

2.9.1. Be current and qualified in accordance with **Chapter 4** for CAT II course operations. (T-2).

2.9.2. Ensure safety observers are not required for CAT I courses. (T-2).

2.9.3. Ensure safe course operations by assisting the instructor as required. (T-2).

2.9.4. Maintain close surveillance of course and participants and remove individuals from the course that exhibit signs and symptoms of heat stress, heat exhaustion or heat stroke. (T-2).

2.9.5. Ensure spectators remain a safe distance and do not interfere with course negotiation. (T-2).

**2.10. Civil Engineer Squadron shall:** Provide representatives to annually perform walk-through with installation OCPM and safety office and after any maintenance has been performed. (T-2).

**2.11. Installation Safety Office shall:**

2.11.1. Annually and after major repairs to an obstacle or alterations to the course have been performed, participate in a joint safety inspection covering the obstacle course and procedures used. (T-2).

2.11.2. Provide installation OCPM with a copy of findings identified during annual, spot or post construction inspections and ensure the installation commander is advised of matters affecting the safety and health of installation personnel. (T-2).

2.11.3. Notifies OCPM and installation commander of any closed obstacles in writing within five duty days of the inspection. (T-2).

2.11.4. Documents results of inspections and the corrective actions necessary to resolve the unsafe conditions. (T-2).

**2.12. Unit Commanders.** Unit commanders with Airmen training on AF OCPs will:

2.12.1. Implement higher headquarters policies and procedures. (T-2).

2.12.2. Oversee unit OCP. (T-2).

2.12.3. Ensure instructions, regulations; manuals, procedures, and technical orders pertaining to OCP are maintained in accordance with MAJCOM, DRU, and FOA directives. (T-2).

2.12.4. Implement RM program in accordance with this instruction for obstacle course participants. (T-2).

2.12.5. Ensure unit personnel are trained and current on the intended course prior to use. (T-2).

2.12.6. Ensure the OCPI conducts a pre-course safety inspection prior to personnel negotiating any obstacles. **(T-2)**.

2.12.7. Provide participating Airmen the opportunity to “crawl, walk, and then run” the obstacle prior to beginning negotiation of the entire course in accordance with this instruction. **(T-2)**.

2.12.8. Provide Airmen opportunity for debriefing course negotiation and to document lessons learned to enhance the OCP. **(T-2)**.

2.12.9. Review improvement reports and operational hazard reports that affect OCP equipment and procedures. **(T-2)**.

**2.13. Obstacle Course Team Leader will:**

2.13.1. Ensure Airmen participating in the OCP are properly trained (qualified and current in accordance with **Chapter 4**) and equipped to conduct OCP operations. **(T-2)**.

2.13.2. Conduct RM in accordance with AFPAM 90-803 using **Attachment 6** as a guide and brief all participants and personnel involved in the OCP operation. **(T-2)**.

2.13.3. Provide specific guidance concerning mission and training objectives, limitations and safety to personnel under their control. **(T-2)**.

## Chapter 3

### GUIDANCE AND PROCEDURES

**3.1. Considerations Prior to Use.** This chapter outlines safety requirements and areas for consideration prior to any obstacle course use by AF personnel.

**3.2. Risk Management.** The installation commander will appoint an installation OCPM for all issues pertaining to the course. **(T-2).** The installation commander will ensure an RM analysis is initially accomplished and documented upon appointment and updated whenever procedures, obstacles, or conditions of the course change. **(T-2).** Airmen have a cardiovascular screening annually during their physical health assessment and have an additional screen prior to their AF fitness test. Assuming they pass all components of their AF fitness test and have no profile limiting physical performance, they are cleared to negotiate the course. The OCPI and OCSO have the authority to pull anyone from the course they feel are not fit to participate, e.g., physically disabled, injured, unfit, exhausted, or acutely ill and taking medication that may interfere with performance etc.

**Note:** Standard line of duty determination applies to ANG and AFR personnel in accordance with AFI 36-2910, *Line of Duty (LOD) Determination, Medical Continuation (MEDCON), and Incapacitation (INCAP) Pay*.

**3.3. Climate and Health Considerations.** Refer to AFI 48-151, *Thermal Injury Prevention Program*, ([https://static.e-publishing.af.mil/production/1/af\\_sg/publication/afi48-151/afi48-151.pdf](https://static.e-publishing.af.mil/production/1/af_sg/publication/afi48-151/afi48-151.pdf)) for detailed considerations.

3.3.1. Hot Temperature. Individuals in hot climates should be given time to become acclimated to the local climate prior to attempting to negotiate any category course. The level of humidity should be taken into consideration. The wet bulb globe temperature index may be used to determine when the course may be used and what precautions should be taken during training. During hot weather, course officials must be vigilant for personnel displaying symptoms of heat injury. **(T-3).**

3.3.2. Cold Temperature. When training on the obstacle course during cold weather, course officials will ensure the obstacles are not wet or icy, and the landing areas are not frozen. **(T-3).** Participants must wear appropriate hand protection to prevent cold related injuries and allow for positive grip. **(T-3).** During periods of extreme temperatures, course officials will keep the training period to the minimum necessary to reduce personnel exposure to the elements. **(T-3).**

3.3.3. High Altitude. As the altitude increases, blood oxygen levels decrease. The resulting lowered blood oxygen levels can induce certain problems. Increased heart rate and breathlessness are common. In extreme cases, unconsciousness can result when the brain is denied oxygen. Additional time should be added to a preconditioning program when preparing to complete a course in higher altitude areas.

3.3.4. Rain. When conducting OCP training in the rain, obstacle course instructors must check for washouts or changes in the course that would cause potential problems. **(T-3).** They must also conduct RM to mitigate any newly identified hazards prior to negotiating the course. **(T-3).** If identified hazards cannot be mitigated to an acceptable level, the obstacle

will be placed off-limits. **(T-3)**. Instructors must ensure participants wear proper clothing and footwear for safe obstacle negotiations during wet conditions and periodically check for hypothermia. **(T-3)**.

3.3.5. Airmen must pass all components of their AF fitness test and have no profile limiting physical performance in order to negotiate the course. **(T-3)**. The OCPI and OCSO have the authority to pull anyone from the course they feel are not fit to participate, e.g., physically disabled, injured, unfit, exhausted, or acutely ill and taking medication that may interfere with performance etc. **(T-3)**.

**Note:** Standard line of duty determination applies to ANG and AFR personnel in accordance with AFI 36-2910.

**3.4. General Safety Precautions.** OCPMs, OCPIs, OCPSOs, and participants will ensure safety precautions are taken to prevent injury on obstacle courses. **(T-3)**. OCPMs, OCPIs, OCPSOs, and participants will ensure the obstacle course meets the following minimum safety requirements prior to use.

3.4.1. Accomplish annual and pre-use inspections. **(T-3)**. At a minimum, inspections will address: each obstacle being used, paths between obstacles, construction, protruding nails, sharp edges, rotten poles, condition of fall protection and pads, landing pits and areas, overgrown vegetation and other hazards. **(T-3)**.

3.4.2. Place obstacles with safety, design, or construction deficiencies off-limits until corrected. **(T-2)**. These obstacles will be clearly marked as off-limits using orange cones and signs on both entry and exit to or from the obstacle. **(T-3)**. All participants will be advised which obstacles are off-limits prior to course negotiation and pointed out during the course demonstration in accordance with [paragraph 2.8.4 \(T-3\)](#). After major repairs are made to any obstacles a safety inspection must be conducted by the personnel listed in [Attachment 5](#) and [paragraph 2.7.2](#) (installation OCPM, installation safety office, civil engineering squadron representative) using the checklist found in [Attachment 5](#). **(T-2)**.

3.4.3. Rake and refill landing areas under obstacles, as needed, before each use. **(T-2)**.

3.4.4. Personnel will conduct warm-up exercises as outlined in [paragraph A4.11](#) before they are allowed on the course. **(T-2)**.

3.4.5. Ensure all obstacles have the correct number of properly trained safety personnel present in accordance with [Attachment 3](#). **(T-2)**.

3.4.6. Consider postponing training on the course when weather conditions may affect footing or handhold surfaces unless it is mission essential or directed by the commander.

3.4.7. Ensure medical personnel and equipment are readily available within acceptable response time to CAT II courses. Medical coverage consists of trained personnel equipped with emergency lifesaving and stabilization equipment and the means to transport injured personnel to appropriate medical facilities. **(T-2)**.

3.4.8. Participants should not be allowed to negotiate obstacle courses if they have donated blood within the previous 72 hours. **(T-2)**.

**3.5. Negotiating Obstacles.** OCPIs must instruct training participants in the proper negotiation techniques for each obstacle prior to commencement of the course. **(T-2)**. They must also demonstrate in detail the techniques to be used, with emphasis on avoiding injuries. **(T-2)**. Alternate methods of obstacle negotiation to those listed in [Attachment 3](#) may be authorized as long as they do not increase the safety risk or significantly alter the procedure described. The decision to negotiate any obstacle is left to the discretion of the participant.

**3.6. Safety and Equipment Requirements.** The following minimum safety and equipment requirements must be in place and used whenever the obstacle course is in use. **(T-2)**. OCPI and OCPSO (when required) will be qualified in accordance with [Chapter 4](#) and perform the duties outlined in [Chapter 2](#) of this instruction.

3.6.1. The OCPIs and OCPSOs must ensure spectators are kept a safe distance away from each obstacle and ensure they do not interfere with participant's progress. **(T-2)**.

3.6.2. The OCPI must have the ability to summon immediate help by landline, radio, or cellular phone. **(T-2)**.

3.6.3. The obstacle course should not be used during limited visibility unless adequate lighting is provided and an RM assessment is conducted covering the conditions. Unit commanders should make this determination balancing the risk to Airmen against realistic training to meet unit mission requirements.

3.6.4. OCPIs must ensure trainees do not wear rings, jewelry, watches, or breakable items while negotiating obstacles. **(T-2)**. OCPIs must also ensure that trainees wearing rings which cannot be removed, must completely tape over them to cover edges which may cause a snag hazard. **(T-2)**.

3.6.5. All participants will wear appropriate battledress (utility) uniform with the sleeves down **(T-2)**. Refer to section [A4.7](#) for additional guidance.

3.6.6. OCPIs will ensure all training participants wear closed-toe footwear before negotiating obstacles. **(T-2)**.

3.6.7. OCPI must have the local operating instruction for the course being run and OCPM approved safety briefing. **(T-2)**.

3.6.8. OCPIs must ensure radio or telephone capabilities are on hand during obstacle course training in order to immediately summon emergency response services if needed. **(T-2)**.

3.6.9. First aid kit to treat minor injuries.



## Chapter 4

### TRAINING AND CURRENCY REQUIREMENTS

**4.1. Readiness.** Fitness has a direct impact on operational readiness. Total readiness includes technical, mental, and physical readiness. Without technical readiness, individuals lack the knowledge and skills to accomplish their assigned duties. Without mental and physical readiness, there is no confidence or stamina to accomplish the mission. Therefore, all new basic military training recruits must meet requirements of AFI 36-2905 (paragraph 6.1) and should not be allowed to attempt the obstacle course(s) prior to the fourth week of training. **(T-2).**

**4.2. Instructor and Safety Observer Training.** All instructors and safety observers will maintain currency with the following training requirements:

**Note:** These currency requirements only apply to the minimum number of safety observers required by [Attachment 3](#).

4.2.1. Self-Aid Buddy Care. **(T-2).**

4.2.2. Demonstrate “hands-on” proficiency by successful completion of every obstacle that they are required to teach (currency: re-test annually). **(T-2).**

4.2.3. Principles of OCP operations (in accordance with this instruction). **(T-2).**

4.2.4. Principles of OCP maintenance requirements (in accordance with this instruction). **(T-2).**

4.2.5. Demonstrate proficiency in completing obstacle inspection checklist in accordance with [Attachment 5](#) (currency: re-test annually). **(T-2).**

4.2.6. Principles of conducting an RM (Ref AFPAM 90-803). **(T-2).**

4.2.7. Command and local mishap notification procedures (standardized form). **(T-2).**

4.2.8. Demonstrate to the OCPM the ability to effectively train and instruct participants on tactics, techniques and procedures in accordance with [Attachment 3](#). **(T-2).**

4.2.9. Currency. Re-test annually and document on an AF Form 623A or 797. **(T-2).**

**Note:** Tracking of OCPI or OCPSO qualification and currency should be maintained on AF Form 623A, *On-the-Job Training (OJT) Record*, or AF Form 797 in accordance with JQs. As a minimum this must be maintained in the installation ancillary training database and kept on file by the OCPM or designated representative. **(T-2).**

**4.3. Airmen Qualifications and Currencies.** Airmen negotiating obstacle courses will attain and maintain the following qualifications and currencies:

4.3.1. Be within fitness standards and able to pass all phases of the AF physical fitness test when they arrive for training on any obstacle course. **(T-2).**

**Note:** The Commandant of Cadets at the U.S. Air Force Academy is the decision authority for approving cadets to participate on obstacle courses as part of military training. Cadets should be thoroughly screened for the physical capability to safely negotiate obstacles prior to participating on any course. All non-cadet participants comply with [paragraph 4.3.1](#)

4.3.2. Comply with specific guidance concerning mission and training objectives, limitations and safety as directed by the OCPI. **(T-2)**.

4.3.3. Comply with correct procedures and safety requirements during OCP operations. **(T-2)**. Appropriate administrative personnel must document, maintain, and track all individual OCP training in accordance with job qualification standards. **(T-2)**. In order to effectively track Airmen qualifications and currency, relevant data repositories can include: OJT records on AF Form 623A; or AF Form 797. As a minimum, appropriate records must be maintained in the installation ancillary training database and kept on file by the OCPM or designated representative. **(T-2)**.

## Chapter 5

### COURSE LAYOUT, DESIGN AND MAINTENANCE

**5.1. Standardized Course Design.** This chapter prescribes the requirements for the layout, design and maintenance for AF obstacle courses.

**5.2. Course Layout.** Engineering and construction organizations must blend the obstacle equipment in and among the existing terrain or geography in which they will stand or occupy on a track of land designated for “obstacle course.” **(T-1).**

5.2.1. CAT I course layout should take advantage of existing natural obstacles and terrain where possible.

Consideration should be given to presence of existing structures, erosion potential, accessibility and possible hazards such as overhead utilities.

5.2.2. Possible CAT II course layout is contained in **Attachment 2**. At a minimum, consideration should be given to fatigue as Airmen negotiate the course with positioning of the most difficult obstacles at or near the start.

**5.3. Design.** Obstacles should be designed to original engineering U.S. Army standards where Airman’s physical aspects are challenged, yet, incorporates safety considerations so as to prevent as much as possible major or debilitating injuries.

5.3.1. CAT I obstacles are designed for crawling, jumping, dodging, traversing, climbing, vaulting and balancing. CAT I obstacles will not exceed four feet in height (above ground) and will have an RM assessment of negligible in accordance with AFPAM 90-803. **(T-1).**

5.3.2. CAT II obstacles will not have a potential fall distance above 14 feet without a direct connection to safety lines attended by a qualified, trained safety observer or a full-body-harness with lanyard attached to a supporting structure in accordance with Association of Challenge Course Technology or like standards. **(T-1).** Refer to Fall Protection Standards outlined in Air Force Manual (AFMAN) 91-203, *Air Force Occupational Safety, Fire, and Health Standards*, Chapter 13 and Title 29, Code of Federal Regulations (CFR), Part 1910, Subpart D for additional guidance. These obstacles will not have an RM assessment above “moderate” with a residual risk of “negligible” after implementation of counter-measures in accordance with AFPAM 90-803. **(T-1).**

5.3.3. **Attachment 3** contains the list of CAT II obstacles approved for AF obstacle courses.

The AF OPR must approve the use of non-CAT I qualifying obstacles that do not exceed CAT II design criteria, but are not listed in **Attachment 3**, prior to listing them in a MAJCOM supplement. **(T-2).** The publication OPR can add AF OPR-approved additions into future revisions of this DAFMAN. MAJCOMs can forward suggested obstacles not included in **Attachment 3** to the AF OPR and include the following minimum information:

5.3.3.1. Instructions for negotiating the obstacle.

5.3.3.2. Number of personnel allowed on the obstacle at one time.

5.3.3.3. Number of safety personnel required.

5.3.3.4. RM assessment with mitigation factors identified.

5.3.3.5. Special safety considerations or equipment.

5.3.3.6. Specify type of fall zone protection equipment, if required.

5.3.3.7. Digital photo (file) of the obstacle.

5.3.4. Obstacle design specifications are contained in the U.S. Army Safety Program found at: <https://adminpubs.tradoc.army.mil/pamphlets/TP385-1.pdf>

**Note:** Obstacles exceeding CAT II criteria listed in [paragraph 1.2.2](#) are not authorized on AF Obstacle Courses. These obstacles will be placed off-limits until removed permanently. **(T-2)**.

**5.4. OCP Course Inspections.** Consider frequency of use and effects of the local climate on the obstacles to determine the frequency of inspections by the OCPM. The OCPM performs course inspections using the [Attachment 5](#) checklist.

**5.5. Maintenance.** Only qualified personnel trained to perform structural maintenance will perform OCP course(s) maintenance. **(T-2)**. This maintenance may be performed by installation civil engineer or by a contractor qualified to perform such a task. Self-help maintenance of obstacles is authorized but, the obstacle will remain off-limits until certified by a qualified structural engineer. **(T-2)**.

#### **5.6. Obstacle Course Records.**

5.6.1. Maintenance and inspection logs. The installation OCPM and installation safety representative will maintain maintenance and inspection logs for individual obstacles and for the overall course in adherence to the Air Force records disposition schedule. **(T-2)**. At a minimum, the maintenance logs will include:

5.6.1.1. A detailed checklist for course and obstacle inspection, see [Attachment 5](#). **(T-2)**.

5.6.1.2. A record of all inspections, hazards, deficiencies, and maintenance conducted on the course. **(T-2)**.

5.6.1.3. A record of all deficiencies and safety hazards with any mitigating actions taken to lessen the unsafe condition must be developed and maintained. **(T-2)**. This must be tracked until the problem is completely fixed. **(T-2)**.

5.6.1.4. Any countermeasures to mitigate risks to personnel must also be listed. **(T-2)**.

**5.7. Security.** The installation commander will work in concert with the OCPM to develop a security strategy protecting the structural integrity of the OCP course(s) and prevent unauthorized use. **(T-2)**. At a minimum, the OCPM will:

5.7.1. Develop a single point of entry into OCP compound secured with a lockable chain link or solid construction fence. Courses that are located within a secure training complex (i.e., USAFA Jacks Valley) are exempt from the requirement for individual fences around each course. **(T-2)**.

5.7.2. Post “Authorized use only” signs with the OCPM contact information. **(T-2)**.

**5.8. Funding.** OCP funding is a MAJCOM responsibility.

JOSEPH T. GUASTELLA Jr., Lt Gen, USAF  
Deputy Chief of Staff, Operations

**Attachment 1****GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION*****References***

29 CFR 1910 Subpart D, *Walking Working Surfaces*

29 CFR 1926, *Safety and Health Standards for Construction*

DAFPD 10-2, *Readiness*, 6 November 2012

DAFPD 36-26, *Total Force Development and Management*, 18 March 2019

DAFI 33-360, *Publications and Forms Management*, 21 October 2020

AFI 32-2001, *Fire and Emergency Services Program*, 28 September 2018

AFI 33-322, *Records Management and Information Governance Program*, 23 March 2020

AFI 36-2910, *Line of Duty (LOD) Determination, Medical Continuation (MEDCON), and Incapacitation (INCAP) Pay*, 8 October 2015

AFI 41-106, *Air Force Medical Readiness Program*, 29 July 2020

AFI 48-151, *Thermal Injury Prevention Program*, 7 April 2016

AFI 90-802, *Risk Management*, 1 April 2019

AFI 91-202, *The US Air Force Mishap Prevention Program*, 12 March 2020

AFI 91-204, *Safety Investigation and Mishap Reporting*, 27 April 2018

AFMAN 36-2905, *Air Force Physical Fitness Program*, 11 October 2020

AFMAN 91-203, *Air Force Occupational Safety, Fire, and Health Standards*, 11 December 2018

AFPAM 90-803, *Risk Management (RM) Guidelines and Tools*, 11 February 2013

ANSI/ASSP A10.11-2010 (R2016), *Safety Requirements for Personnel Nets*, 11 October 2016

Department of the Army Engineering Drawings 28-13-95, *Confidence Course Layout Plan*

Field Manual 7-22, *Holistic Health and Fitness*, 8 October 2020

Association of Challenge Course Technology standards 03-2019,  
<https://www.acctinfo.org/page/ANSIACCTStandards>

***Prescribed Forms***

None

***Adopted Forms***

AF Form 847, *Recommendation for Change of Publication*

AF Form 623A, *On-the-Job Training Record-Continuation Sheet*

AF Form 797, *Job Qualification Standard Continuation/Command JQS*

*Abbreviations and Acronyms*

**AF**—Air Force

**AF/A3S**—Headquarters Air Force Special Warfare Directorate

**AFI**—Air Force Instruction

**AFMAN**—Air Force Manual

**AFPAM**—Air Force Pamphlet

**DAFPD**—Department of the Air Force Policy Directive

**AFR**—Air Force Reserve

**ANG**—Air National Guard

**CAT**—Category

**CFR**—Code of Federal Regulations

**DAFI**—Department of the Air Force Instruction

**DAFMAN**—Department of the Air Force Manual

**DRU**—Direct Reporting Unit

**FOA**—Field Operating Agency

**JQS**—Job Qualification Standard

**MAJCOM**—Major Command

**MAJCOM/A3**—MAJCOM Operations

**OCP**—Obstacle Course Program

**OCPI**—Obstacle Course Program Instructor

**OCPM**—Obstacle Course Program Manager

**OCPSO**—Obstacle Course Program Safety Observer

**OPR**—Office of Primary Responsibility

**PT**—Physical Training

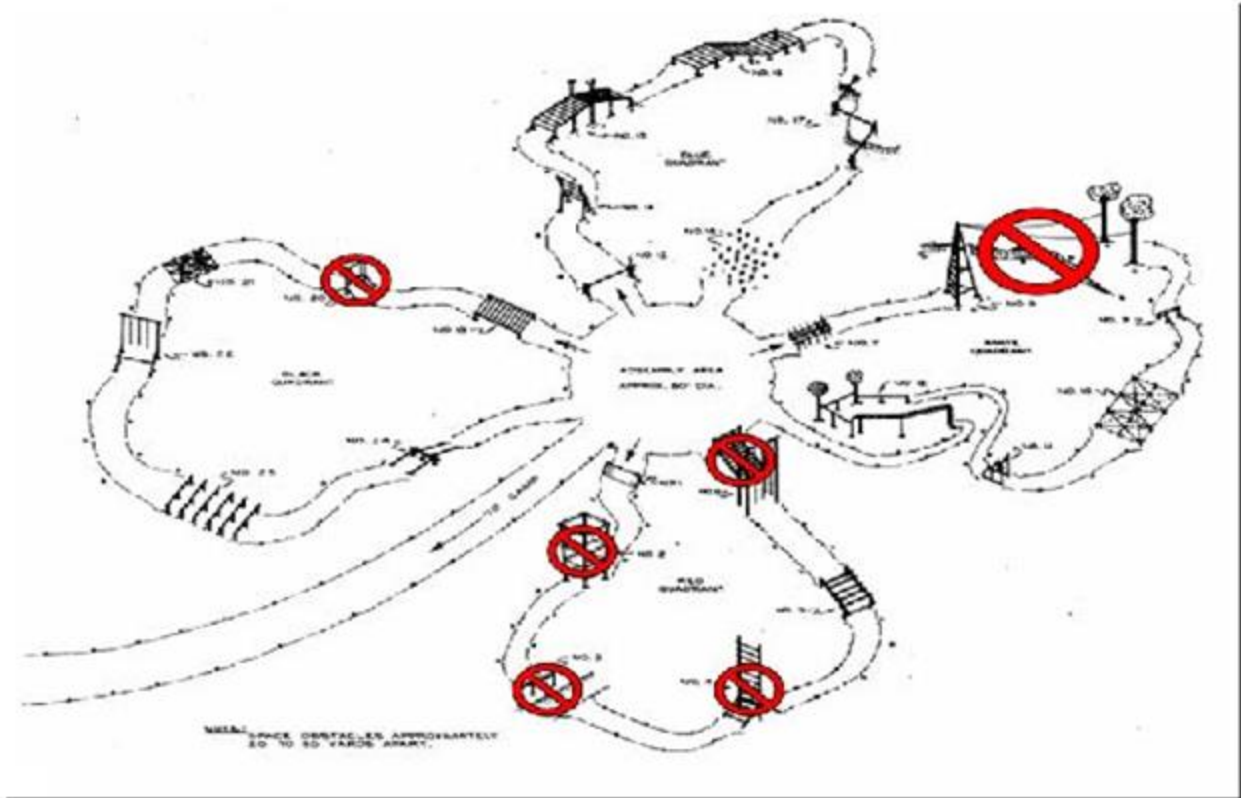
**RM**—Risk Management

**USAFA**—United States Air Force Academy

Attachment 2

RECOMMENDED CAT II OBSTACLE COURSE LAYOUT

Figure A2.1. Recommended CAT II Layout.





### Attachment 3

## DESCRIPTION OF OBSTACLES

### A3.1. Swing, Stop and Jump.

**Figure A3.1. Swing, Stop and Jump/Rope Swing.**



A3.1.1. To successfully negotiate this obstacle you approach the obstacle from a short run, grasp the rope at shoulder height and swing your body forward until over the wall. Release the rope once balanced on the wall and jump forward to the ground.

A3.1.2. Number of personnel allowed on obstacle. No more than three participants are allowed on this obstacle at one time.

A3.1.3. Number of safety personnel required for the obstacle. Obstacle should be negotiated using the wingman concept (i.e., one person negotiates the obstacle while wingman watches then they switch). Courses designed with multiple lanes may run these lanes simultaneously. In these cases, additional safety observers may be used in lieu of the wingman method.

A3.1.4. Level of safety risk (severity) for this obstacle. This obstacle has a moderate safety risk due to possibility of participants improperly swinging and striking logs or falling.

A3.1.5. Special safety considerations and equipment. Due to the possibility of lower extremity injuries, participants should be briefed to swing high enough to ensure they do not strike any part of their body against the horizontal log or wall. Participants also ensure a straight swing to avoid support poles and braces. Ensure their knees are bent slightly when landing to absorb the impact. The support braces should be padded.

A3.1.6. Fall zone around and under the obstacle must be constructed of material that is capable of absorbing the impact of someone falling off the obstacle (18" sand, 12" ground rubber, or 24" saw dust). (T-2). Design and construction standards can be found at: <https://adminpubs.tradoc.army.mil/pamphlets/TP385-1.pdf>.

### A3.2. Easy Balancer.

Figure A3.2. Easy Balancer.



A3.2.1. To successfully negotiate this obstacle you walk up the inclined log and down the decline side using the following technique. Place your feet on the log to be crossed, hold your arms at out from your sides at shoulder level and fix your eyes on the log approximately five yards in front of your feet. Walk the log by placing first one foot then the other on the center of the log, moving forward using your arms to maintain balance.

A3.2.2. Number of personnel allowed on obstacle. One per log.

A3.2.3. Number of safety personnel required for the obstacle. Obstacle should be negotiated using the wingman concept (i.e., one person negotiates the obstacle while wingman watches then they switch.). Courses designed with multiple lanes may run these lanes simultaneously. In these cases, additional safety observers may be used in lieu of the wingman method.

A3.2.4. Level of safety risk (severity) for this obstacle. This obstacle has a moderate safety risk due to steep angle of the logs and the possibility of falling to the ground or landing on a support log.

A3.2.5. Special safety considerations and equipment. Brief that the logs are designed to move and ensure that they have positive footing while progressing through this obstacle. As participants progress through this obstacle they may help their teammates.

A3.2.6. Fall zone protection is not required for this obstacle. Design and construction standards can be found at: <https://adminpubs.tradoc.army.mil/pamphlets/TP385-1.pdf>.

### A3.3. Reverse Climb.

Figure A3.3. Reverse Climb.



A3.3.1. To successfully negotiate this obstacle you approach the underside of the climbing ladder. With your hands reach up and grasp the highest rung you can reach with your hands under the log towards your face. Pull up with your arms and step up with your feet to the next rung. Move one hand up to the next rung followed by the other hand, pull yourself up and step to the next rung. Continue this process until reaching the top rung. Move your feet to one rung below the top and swing one leg at a time over the top until standing one rung down from the top on the opposite side. Descend the rungs on this side in a similar manner.

A3.3.2. Number of personnel allowed on obstacle. Two participants are allowed on the obstacle at a time.

A3.3.3. Number of safety personnel required for the obstacle. Obstacle should be negotiated using the wingman concept (i.e., One person negotiates the obstacle while wingman watches then they switch.). Courses designed with multiple lanes may run these lanes simultaneously. In these cases, additional safety observers may be used in lieu of the wingman method.

A3.3.4. Level of safety risk (severity) for this obstacle. This obstacle has a moderate safety risk due to possibility of losing grip and falling to the ground or hitting other logs.

A3.3.5. Special safety considerations and equipment. Brief to ensure they have a positive grip and footing before progressing to next log during climb up or down the obstacle. Support braces should be padded.

A3.3.6. Fall zone around and under the obstacle must be constructed of material that is capable of absorbing the impact of someone falling off the obstacle (18" sand, 12" ground

rubber, or 24" sawdust). (T-2). Design and construction standards can be found at: <https://adminpubs.tradoc.army.mil/pamphlets/TP385-1.pdf>.

#### A3.4. Weaver (2' to 9" High).

Figure A3.4. Weaver.



A3.4.1. Completing the Obstacle. Four utility poles cross members rising from ground to 10'. If you fell into one of the water obstacles, do not attempt. Cross members spaced 2' apart, painted alternately yellow and green. Weave to the top by crawling under the yellow cross member then over the green cross member. Keep body parallel to the cross member facing up while negotiating this obstacle. Place heels on utility pole; do not hook boots for leverage. Hang by your arms at the top; drop feet first into the pit. Only one attempt at this obstacle.

A3.4.2. Number of personnel allowed on obstacle. A maximum of 10 per obstacle (space two pole between personnel).

A3.4.3. Number of Safety personnel required for the obstacle. One safety observer per obstacle (Cadre). Courses designed with multiple lanes may run these lanes simultaneously. In these cases, additional safety observers may be used in lieu of the wingman method.

A3.4.4. Level of safety risk (severity) for this obstacle. This obstacle has a moderate safety risk due to possibility of losing grip and falling to the ground or hitting other logs.

A3.4.5. Special Considerations and equipment. Based on the risk management, trainees should not attempt this obstacle. Trainees are to have at least two spaces between them, prior to starting the obstacle. Do not allow trainees to lock their feet or legs under the wood for leverage. Trainees are to go under the yellow, over the green. Ensure trainees bend their knees when they jump into the rubber pit. Walk out of the pit and proceed to the next obstacle with a wingman.

A3.4.6. Fall zone protection. Fall zone around and under the obstacle must be constructed of material that is capable of absorbing the impact of someone falling off the obstacle (18" sand, 12" ground rubber, or 24" sawdust). (T-2). Design and construction standards can be found at: <https://adminpubs.tradoc.army.mil/pamphlets/TP385-1.pdf>.

### A3.5. Low Belly Over.

Figure A3.5. Low Belly Over.



A3.5.1. In order to successfully negotiate this obstacle you should mount the lower log getting both feet on top into a crouching or standing position. Once fully on top of the lower log, grasp over the top of the higher log with both arms keeping belly area in contact with the higher log. Swing your legs over the log one at a time and lower yourself to the ground. Do not jump from the top log.

A3.5.2. Number of personnel allowed on obstacle. No more than one.

A3.5.3. Number of safety personnel required for the obstacle. Obstacle should be negotiated using the wingman concept (i.e., One person negotiates the obstacle while wingman watches then they switch.). Courses designed with multiple lanes may run these lanes simultaneously. In these cases, additional safety observers may be used in lieu of the wingman method.

A3.5.4. Level of safety risk (severity) for this obstacle. This obstacle has a moderate safety risk due to possibility of falling from 8' to the ground or striking the other log.

A3.5.5. Special safety considerations and equipment. Trainees gain balance prior to jumping to the top log by jumping high enough to get both arms around the top log. They should also be briefed to protect the upper torso when jumping to the top log.



A3.6.6. Fall zone around and under the obstacle must be constructed of material that is capable of absorbing the impact of someone falling off the obstacle (18" sand, 12" ground rubber, or 24" sawdust). (T-2). Design and construction standards can be found at: <https://adminpubs.tradoc.army.mil/pamphlets/TP385-1.pdf>.

### A3.7. Tarzan.

Figure A3.7. Tarzan.



A3.7.1. To successfully negotiate this obstacle you should mount the lowest log and maintain your balance while walking the length of it. Reaching the end of the lower log, you mount the higher log and walk along maintaining balance until reaching the horizontal ladder. Begin traversing the horizontal ladder by releasing one hand at a time, swinging forward and grasping a more distant rung each time. Upon reaching the last rung, hang with your arms fully extended and drop to the ground landing on your feet with knees slightly bent to absorb impact on landing.

A3.7.2. Number of personnel allowed on obstacle. No limit.

A3.7.3. Number of safety personnel required for the obstacle. Obstacle should be negotiated using the wingman concept (i.e., One person negotiates the obstacle while wingman watches then they switch.). Courses designed with multiple lanes may run these lanes simultaneously. In these cases, additional safety observers may be used in lieu of the wingman method.

A3.7.4. Level of safety risk (severity) for this obstacle. This obstacle has a moderate safety risk due to possibility of falling to the ground or striking other logs.

A3.7.5. Special safety considerations and equipment. Brief participants to keep balance and if they fall, to fall naturally away from the obstacle.

A3.7.6. Fall zone around and under the obstacle must be constructed of material that is capable of absorbing the impact of someone falling off the obstacle (18" sand, 12" ground

rubber, or 24" sawdust). (T-2). Design and construction standards can be found at: <https://adminpubs.tradoc.army.mil/pamphlets/TP385-1.pdf>.

### A3.8. Inclining Wall or Reverse Incline Wall.

Figure A3.8. Inclining Wall or Reverse Incline Wall.



A3.8.1. To successfully negotiate this obstacle you hook one elbow over the wall, locking your arm in place by pulling up until the top of the wall is under your armpit. Grasp the top of the wall with your other hand. Draw your leg that is closest to the wall up toward your abdomen as far as possible, then swing the outside leg over the wall. Your body is then carried over with a rolling motion. A variation of this leg action can be used by Airmen who are unable to draw up the leg as described. While hanging with both legs fully extended, start a swinging motion with your legs together. When your legs have enough momentum, swing the outside leg over the wall with a vigorous kick, then follow with your body. Once over the wall either slide down the incline or jump down the incline to the ground.

A3.8.2. Number of personnel allowed on obstacle. No more than two at a time.

A3.8.3. Number of safety personnel required for the obstacle. Obstacle should be negotiated using the wingman concept (i.e., one person negotiates the obstacle while wingman watches then they switch). Courses designed with multiple lanes may run these lanes simultaneously. In these cases, additional safety observers may be used in lieu of the wingman method.

A3.8.4. Level of safety risk (severity) for this obstacle. This obstacle has a moderate safety risk due to possibility of falling to the ground.

A3.8.5. Special safety considerations and equipment. Brief participants on having positive grip and footing when trying to maneuver over the top.

A3.8.6. Fall zone around and under the obstacle must be constructed of material that is capable of absorbing the impact of someone falling off the obstacle (18" sand, 12" ground rubber, or 24" sawdust). (T-2). Design and construction standards can be found at: <https://adminpubs.tradoc.army.mil/pamphlets/TP385-1.pdf>.



### A3.9. High Jump.

Figure A3.9. High Jump.



A3.9.1. To successfully negotiate this obstacle you should climb the logs in stair-stepper fashion without using hands until reaching the platform at the top. Stand on top of the platform and jump off the platform, forward and into the recovery area. Be sure to flex your knees on landing to avoid ankle or leg injury.

A3.9.2. Number of personnel allowed on obstacle. No more than two at a time.

A3.9.3. Number of safety personnel required for the obstacle. Obstacle should be negotiated using the wingman concept (i.e., One person negotiates the obstacle while wingman watches then they switch.). Courses designed with multiple lanes may run these lanes simultaneously. In these cases, additional safety observers may be used in lieu of the wingman method.

A3.9.4. Level of safety (severity) risk for this obstacle. This obstacle has a moderate safety risk. The distance from the top of the obstacle to the ground is approximately 10'. Possible injuries include ankle injury on landing and slipping on steps.

A3.9.5. Special safety considerations and equipment. Flex knees on landing to avoid injury. Do not attempt this obstacle with an injured leg. Jump forward off the platform at the top of the obstacle, never backward. This obstacle will not be used when it is wet. **(T-2)**.

A3.9.6. Fall zone around and under the obstacle must be constructed of material that is capable of absorbing the impact of someone falling off the obstacle (18" sand, 12" ground rubber, or 24" sawdust). **(T-2)**. Design and construction standards can be found at: <https://adminpubs.tradoc.army.mil/pamphlets/TP385-1.pdf>.

### A3.10. Cable Crossing.

**Figure A3.10. Cable Crossing.**



A3.10.1. Completing the Obstacle. Two cables – rope above each: 41’ across, 4’ deep pond.

Approach the obstacle in column of twos, facing away from one another, 5 trainees at a time. Place feet on the cable, hands on the rope. Lean forward and side step, keeping the soles of your boots in contact with the cable.

A3.10.2. Number of personnel allowed on obstacle. Five.

A3.10.3. Number of Safety personnel required for the obstacle. One safety observer (Cadre). Courses designed with multiple lanes may run these lanes simultaneously. In these cases, additional safety observers may be used in lieu of the wingman method.

A3.10.4. Level of risk (severity) for this obstacle. This obstacle has a moderate safety risk do to possibility of taking in water or slipping and falling when exiting the water.

A3.10.5. Special Considerations and equipment. Trainees are inclined to talk on obstacle. Keep noise to a minimum.

A3.10.6. Fall zone protection. This obstacle must have a minimum of 30”, but no more than 48” of water under the entire length of the rope being traversed. **(T-2)**. If water is not present or at the appropriate depth, this obstacle will not be used. **(T-2)**. Design and construction standards can be found at: <https://adminpubs.tradoc.army.mil/pamphlets/TP385-1.pdf>.

### A3.11. Belly Over and Under.

Figure A3.11. Belly Over and Under.



A3.11.1. To successfully negotiate this obstacle you should crawl under the lower log and jump up to the higher logs, swing your hips and leg over the top and land on both feet on the other side. Repeat until through the obstacle.

A3.11.2. Number of personnel allowed on obstacle. No more than two.

A3.11.3. Number of safety personnel required for the obstacle. Obstacle should be negotiated using the wingman concept (i.e., One person negotiates the obstacle while wingman watches then they switch.). Courses designed with multiple lanes may run these lanes simultaneously. In these cases, additional safety observers may be used in lieu of the wingman method.

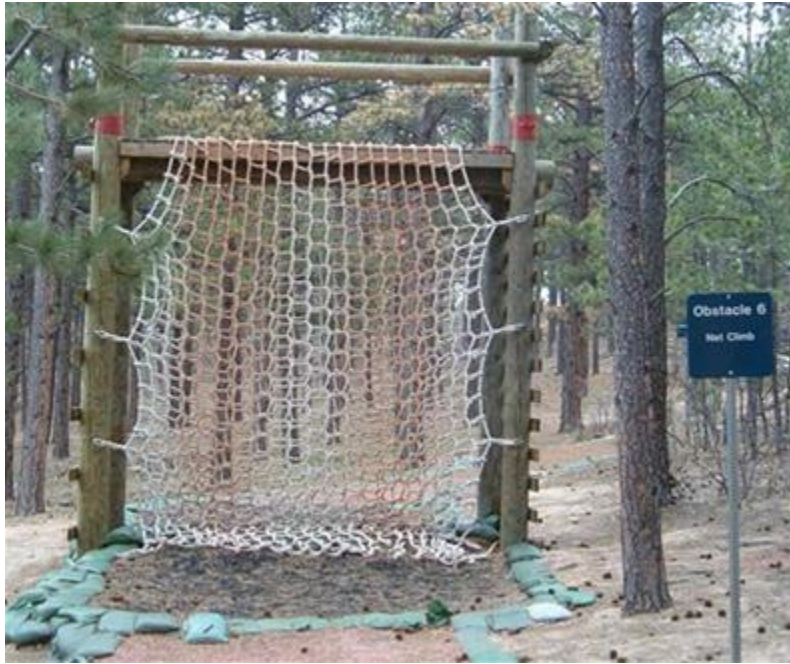
A3.11.4. Level of risk (severity) for this obstacle. This obstacle has a moderate safety risk due to possibility of falling to the ground.

A3.11.5. Special safety considerations and equipment. Carefully progress through the logs and to use caution when sliding over the high logs and ensure they lead with their feet to prevent landing on their side or back.

A3.11.6. Fall zone around and under the obstacle must be constructed of material that is capable of absorbing the impact of someone falling off the obstacle (18" sand, 12" ground rubber, or 24" sawdust). (T-2). Design and construction standards can be found at: <https://adminpubs.tradoc.army.mil/pamphlets/TP385-1.pdf>.

### A3.12. Net Climb.

Figure A3.12. Net Climb.



A3.12.1. To successfully negotiate this obstacle approach the net placing both hands on the net above your head. Climb like you would a ladder, leaning back slightly to keep your balance. Take your time and maintain three points of contact with the net at all times. When you reach the top, pull yourself onto the platform maintaining a strong grip throughout. Drop feet over the other side and place them on the net prior to releasing either hand grip. Reverse the previous climbing action until reaching the ground.

A3.12.2. Number of personnel allowed on obstacle. No more than two at a time.

A3.12.3. Number of safety personnel required for the obstacle. This obstacle requires a minimum of one safety observer on the top of the obstacle to assist participants that may have difficulty moving over the top. Courses designed with multiple lanes may run these lanes simultaneously. In these cases, additional safety observers may be used in lieu of the wingman method.

A3.12.4. Level of risk (severity) for this obstacle. This obstacle has a moderate safety risk due to possibility of falling to the ground.

A3.12.5. Special safety considerations and equipment. Brief participants to ensure they have a positive grip and footing at all times, and to maintain three points of contact with the cargo net as they progress through the obstacle.

A3.12.6. Fall zone around and under the obstacle must be constructed of material that is capable of absorbing the impact of someone falling off the obstacle (18" sand, 12" ground rubber, or 24" sawdust). (T-2). Design and construction standards can be found at: <https://adminpubs.tradoc.army.mil/pamphlets/TP385-1.pdf>.

### A3.13. The Wall.

Figure A3.13. The Wall.



A3.13.1. In order to successfully negotiate this obstacle, participants approach the wall at a jog to build momentum and jump up grasping the top of the wall. Once your hands have grasped the top of the wall, pull up with your arms and push with the toes of your feet until able to throw one leg over the wall. From this position, on the stomach, slide the other leg over the wall and lower yourself to the ground with your hands.

A3.13.2. Number of personnel allowed on obstacle. No more than two.

A3.13.3. Number of safety personnel required for the obstacle. Obstacle should be negotiated using the wingman concept (i.e., one person negotiates the obstacle while wingman watches then they switch.). Courses designed with multiple lanes may run these lanes simultaneously. In these cases, additional safety observers may be used in lieu of the wingman method.

A3.13.4. Level of risk (severity) for this obstacle. This obstacle has a moderate safety risk due to possibility of falling to the ground.

A3.13.5. Special safety considerations and equipment. Watch for other participants to avoid kicking them in the head and use caution when sliding over the top of the wall ensuring they lead with their feet to prevent landing on their side or back.

A3.13.6. Fall zone around and under the obstacle must be constructed of material that is capable of absorbing the impact of someone falling off the obstacle (18" sand, 12" ground rubber, or 24" sawdust). (T-2). Design and construction standards can be found at: <https://adminpubs.tradoc.army.mil/pamphlets/TP385-1.pdf>.

### A3.14. Horizontal Ropes.

Figure A3.14. Horizontal Ropes.



A3.14.1. In order to successfully negotiate this obstacle, participants walk up to edge of the obstacle and turn their back to the water. Grasp rope with hands and swing feet up onto rope or hook around ankles to keep rope from burning back of legs. Pull yourself hand-over-hand along rope to tape on opposite side of pool. Don't stop if you do drop into water, you won't drown if you stand up and walk out. Once your hands touch the tape drop your feet only, walk forward until completely on obstacle drop hands and walk off of obstacle. Make sure of your footing to ensure you don't fall back into pit. If you drop into the pool, stand up it is only 3' deep, walk to the edge and someone should assist you out.

A3.14.2. Number of personnel allowed on obstacle. No more than four.

A3.14.3. Number of safety personnel required for the obstacle. A minimum of one safety observer will be present and able to assist participants that fall into the water if required. **(T-3)**. Courses designed with multiple lanes may run these lanes simultaneously. In these cases, additional safety observers may be used in lieu of the wingman method.

A3.14.4. Level of risk (severity) for this obstacle. This obstacle has a moderate safety risk due to possibility of falling into the water; slipping on exit.

A3.14.5. Special safety considerations and equipment. The water is shallow but will break a fall.

A3.14.6. This obstacle must have a minimum of 30", but no more than 48" of water under the entire length of the rope being traversed. If water is not present or of the appropriate depth this obstacle will not be used. (T-2). Design and construction standards can be found at: <https://adminpubs.tradoc.army.mil/pamphlets/TP385-1.pdf>.

### A3.15. Drop Zone (5'1" High).

Figure A3.15. Drop Zone.



A3.15.1. Completing the Obstacle. One section; three lanes. Approach the ramp with arms parallel to the ground and follow designated arrows; no more than three trainees on the obstacle at a time. Trainees can walk to the top of the obstacle. Stop at the top of the obstacle; make sure the pit is clear. If there is a trainee in the rubber pit, wait until the trainee has cleared. Once the pit is clear, slightly bend your knees and put your arms down and jump into it. Walk down the utility pole. If you fall off the utility pole, proceed to the next obstacle.

A3.15.2. Number of personnel allowed on obstacle. Three at a time

A3.15.3. Number of Safety personnel required for the obstacle. One safety observer (Cadre). Courses designed with multiple lanes may run these lanes simultaneously. In these cases, additional safety observers may be used in lieu of the wingman method.

A3.15.4. Level of risk (severity) for this obstacle. This obstacle has a moderate risk due to possibility from fall above 4'.

A3.15.5. Special Considerations and equipment. Do not allow trainees to place their hands on the wooden ramp when they jump down. Tell trainees to bend their knees when they jump. Knee and ankle injuries are the most common with this obstacle.

A3.15.6. Fall zone protection. Fall zone around and under the obstacle must be constructed of material that is capable of absorbing the impact of someone falling off the obstacle (18" sand, 12" ground rubber, or 24" sawdust). (T-2). Design and construction standards can be found at: <https://adminpubs.tradoc.army.mil/pamphlets/TP385-1.pdf>.

### A3.16. Vertical Climb (12' 9" High).

Figure A3.16. Vertical Climb.



A3.16.1. Completing the Obstacle. Two sections; two lanes each section. Approach rungs, climb to the top near the large utility pole. Pivot over on your stomach, head to the red, move to the middle 4x4 and climb down. Once a trainee is climbing down, the next one may start.

A3.16.2. Number of personnel allowed on obstacle. Eight (four ascending and four descending)

A3.16.3. Number of Safety personnel required for the obstacle. 1 Safety Observer. Courses designed with multiple lanes may run these lanes simultaneously. In these cases, additional safety observers may be used.

A3.16.4. Level of risk (severity) for this obstacle. This obstacle has a moderate risk due to the possibility of falling to the ground.

A3.16.5. Special Considerations and equipment. Ensure trainees put head to the red. There can be up to 8 trainees on the obstacle at a time. Four on the front and four on the back. Trainees should go up the front, next to the utility poles, and down the backside next to the 4x4. Ensure trainees use the wingman concept, and they walk out of the rubber pit. The possibility exists for falling injuries.



A3.16.6. Fall zone protection. Fall zone around and under the obstacle must be constructed of material that is capable of absorbing the impact of someone falling off the obstacle (18" sand, 12" ground rubber, or 24" sawdust). (T-2). Design and construction standards can be found at: <https://adminpubs.tradoc.army.mil/pamphlets/TP385-1.pdf>.

### A3.17. Tower (12' High).

Figure A3.17. Tower.



A3.17.1. Completing the Obstacle. Four lanes, 13' high. Walk up to the obstacle, climb up utility poles to the top. Sit on the top platform, turn 180° around and immediately grasp the rope with both hands. When clear, use hands and feet, grasp rope above knot and swing out descending hand-under-hand. Look down to make sure previous trainee clears pit before swinging out. Do not panic or let go of the rope.

A3.17.2. Number of personnel allowed on obstacle. Four, one per lane

A3.17.3. Number of Safety personnel required for the obstacle. One safety observer (Cadre). Courses designed with multiple lanes may run these lanes simultaneously. In these cases, additional safety observers may be used.

A3.17.4. Level of risk (severity) for this obstacle. This obstacle has a moderate risk due to the possibility of falling to the ground.

A3.17.5. Special Considerations and equipment. Trainees should sit down on the top ledge, and then spin around. Trainees should not let go of the rope for any reason. Tell trainees to keep their feet and hands on the rope. Trainees should walk out of the pit and proceed to the next obstacle with a wingman. The potential exists for falling and ankle injuries.

A3.17.6. Fall zone protection. Fall zone around and under the obstacle must be constructed of material that is capable of absorbing the impact of someone falling off the obstacle (18" sand, 12" ground rubber, or 24" sawdust). (T-2). Design and construction standards can be found at: <https://adminpubs.tradoc.army.mil/pamphlets/TP385-1.pdf>.

### A3.18. Pole Over (7' 7" High).

Figure A3.18. Pole Over.



A3.18.1. Completing the Obstacle. Approach the pull up bar and grab it with both hands. Face the vertical utility pole and grab the horizontal bar with both hands. Use your feet to climb up the utility poles while pulling your body up and over the pull up bar. You may also place your foot in front of the utility pole for leverage to help you get over the top of the bar. Land feet first in the sand and continue by low crawling under the utility pole, then immediately stand up. Step onto the next utility pole and with both hands reach out and grab the pull-up bar in front of you. Swing your lower body up toward the parallel bars and lock your feet onto the top of the bars. Wrap your arms around the parallel bars and pull yourself up so that you are now in a sitting position on the bars. Without changing your position, slide down the metal bars until you reach the two parallel utility poles, stand up placing one foot on each pole. Walk down the poles and place both hands on the horizontal utility pole and spring up onto it flat on your stomach, keeping your head to the red. Pivot on your stomach and land feet first into the sand below. Lay flat with your on the sand, and low crawl under the last utility pole all the way to the end. Use the inside of your knees and elbows to move yourself down the lane. Keep your head down and belly against the sand.

A3.18.2. Number of personnel allowed on obstacle. Four

A3.18.3. Number of Safety personnel required for the obstacle. Two safety observers. Courses designed with multiple lanes may run these lanes simultaneously. In these cases, additional safety observers may be used.

A3.18.4. Level of risk (severity) for this obstacle. This obstacle has a moderate risk due to the possibility of falling and hitting head or torso on pole.

A3.18.5. Special Considerations and equipment. Trainees should use their feet and legs as leverage to get over the pole over bar. Trainees are only allowed two swing attempts on the

monkey bar before they go around to the sand low crawl area. Ensure trainees keep their stomach in contact with the sand. When you have reached the end of the sand, use the brushes to brush the sand off your uniform.

A3.18.6. Fall zone protection. Fall zone around and under the obstacle must be constructed of material that is capable of absorbing the impact of someone falling off the obstacle (18" sand, 12" ground rubber, or 24" sawdust). (T-2). Design and construction standards can be found at: <https://adminpubs.tradoc.army.mil/pamphlets/TP385-1.pdf>.

### A3.19. Enforcer (12' 9" High).

Figure A3.19. Enforcer.



A3.19.1. Completing the Obstacle. Two sections, two lanes per section. Climb up 8' rope ladder, head towards red. Walk across 4x4's using handrails. STOP and LOOK for other trainees before proceeding. Walk up 45° inclining cross members, 18" apart. Lay flat on your stomach on the top platform, with your head towards the red and feet to the inside. Using hands and feet, descend down the 14' ladder.

A3.19.2. Number of personnel allowed on obstacle. Four per side.

A3.19.3. Number of Safety personnel required for the obstacle. One safety observer. Courses designed with multiple lanes may run these lanes simultaneously. In these cases, additional safety observers may be used.

A3.19.4. Level of risk (severity) for this obstacle. This obstacle has a moderate risk due to the possibility of falling to the ground.

A3.19.5. Special Considerations and equipment. Trainees are to walk across the wooden platform 4x4s. Ensure trainees place their head to the red. The potential exists for falling off of the obstacle ladder and having head, neck or back injuries

A3.19.6. Fall zone protection. Fall zone around and under the obstacle must be constructed of material that is capable of absorbing the impact of someone falling off the obstacle (18" sand, 12" ground rubber, or 24" sawdust). (T-2). Design and construction standards can be found at: <https://adminpubs.tradoc.army.mil/pamphlets/TP385-1.pdf>.

### A3.20. The Tubes (10' 1" High Deck).

Figure A3.20. The Tubes.



A3.20.1. Completing the Obstacle. Three metal tubes on top of an 8' high deck. Climb up the ladder. Crawl through the 12 foot tube, stand on deck, and reach out, grab fireman's pole and slide down into rubber pit.

A3.20.2. Number of personnel allowed on obstacle. One trainee per tube or lane.

A3.20.3. Number of Safety personnel required for the obstacle. One safety observer. Courses designed with multiple lanes may run these lanes simultaneously. In these cases, additional safety observers may be used.

A3.20.4. Level of risk (severity) for this obstacle. This obstacle has a moderate risk due to the possibility of falling to the ground.

A3.20.5. Special Considerations and equipment. Wet trainees should use the far right lane. Ensure trainees have both hands and feet wrapped around the fireman's pole as they slide down. Trainees should walk out of the pit and proceed to the next obstacle with a wingman. The potential exists for ankle injuries while sliding down fireman's pole into rubberized pit.

A3.20.6. Fall zone protection. Fall zone around and under the obstacle must be constructed of material that is capable of absorbing the impact of someone falling off the obstacle (18" sand, 12" ground rubber, or 24" sawdust). (T-2). Design and construction standards can be found at: <https://adminpubs.tradoc.army.mil/pamphlets/TP385-1.pdf>.

**A3.21. Monkey Bars. 26' long, with 16 bars; approximately 2' drop into water.****Figure A3.21. Monkey Bars.**

A3.21.1. Completing the Obstacle. Horizontal steel ladder 26' long with 16 bars, crossing pond 3' deep. Start and finish at the black boxes placed at the end of the obstacle. Hand walk the ladder to the other side, both hands grasping every rung. Keep at least two bars between you and the other trainees. Do not pass or run into anyone. If you fall in, stand up and move to the middle between monkey bars, then walk towards the ladder.

A3.21.2. Number of personnel allowed on obstacle. Maximum of 8 trainees on long set.

A3.21.3. Number of Safety personnel required for the obstacle. One safety observer per bar and two swimmers (trainees).

A3.21.4. Level of risk (severity) for this obstacle. This obstacle has a moderate risk due to the possibility of falling into the water and taking in water or slipping on exit.

A3.21.5. Special Considerations and equipment. Wet trainees should use the short set of monkey bars. Ensure trainees are at least two rungs apart before the next trainee attempts obstacle. Trainees should touch every rung with both hands. They cannot skip rungs. Ensure that there are two swimmers at the pond prior to trainees getting on the obstacle. The potential exists for head, neck or back injuries if trainees fall off bars onto the platform.

A3.21.6. Fall zone protection. This obstacle must have a minimum of 30", but no more than 48" of water under the entire length of the ladder being traversed. **(T-2)**. If water is not present or at the appropriate depth, this obstacle will not be used. **(T-2)**. Design and construction standards can be found at:

<https://adminpubs.tradoc.army.mil/pamphlets/TP385-1.pdf>.

## Attachment 4

### OBSTACLE COURSE SAFETY BRIEFING

**A4.1. Obstacle courses are not playgrounds.** The obstacles are difficult and require your full attention. Personnel have been seriously, and in a few instances, fatally injured while attempting an obstacle. To prevent occurrences of this nature we make safety "our primary concern."

**A4.2. Remain alert.** Personnel on the course are to be constantly alert for any unsafe acts or conditions (loose bolts, protruding nails, excessive splinters, loose or frayed ropes, rotten or split lumber). If any unsafe conditions are noted, notify an instructor immediately.

**A4.3. Participation.** Participants are encouraged to attempt all obstacles, but have the right to decline any obstacle that may be too difficult.

**A4.4. Instructor intervention.** Instructors intervene and stop you from completing an obstacle, or the entire course, if they determine you are overly fatigued, appear to have a fear of an obstacle, or are negotiating an obstacle in an unsafe manner. Do not argue with the instructors if they stop you, they are doing so in your best interest.

**A4.5. Non-interference with obstacle negotiation.** No one may attempt to make an obstacle more difficult by shaking ropes, rolling logs, etc., or attempt to humiliate participants into attempting an obstacle.

**A4.6. No horseplay on the course.** Horseplay or deliberate unsafe acts are not to be tolerated on the course. Anyone involved in such activities are to be immediately removed from the course and reported to their commander.

**A4.7. Uniform.** All personnel should wear OCP blouse, OCP trousers (with belt), socks, and properly laced ankle-supporting boots. Additionally, a good pair of gloves is recommended to prevent rope burns while running the course. Tight clothing and rubberized or plastic suits are not to be worn. Extra items are not to be carried or strapped to the body unless approved by the installation commander.

**A4.8. Weather assessment.** Prior to conducting training, the senior leader should access Air Force approved weather sources for current and forecasted conditions to include wind speed. If it is raining the senior ranking instructor will make an operational risk management decision on the determination to continue or stop training. **(T-3).**

**A4.9. Work / rest cycle.** Work and rest cycles today are \_\_\_\_ / \_\_\_\_\_. It is recommended you drink a minimum of \_\_\_\_\_ quarts of water per hour. Water is located at \_\_\_\_\_ locations along the obstacle course

**A4.10. Minimum physical fitness requirements.** Personnel attempting to negotiate the course must be within fitness standards and able to pass all phases of the AF physical fitness test when they arrive for training on any obstacle course. **(T-2).**

**Note:** At the USAFA, the Commandant of Cadets is the decision authority for approving cadets to participate on obstacle courses as part of military training. Cadets will be thoroughly screened for the physical capability to safely negotiate obstacles prior to participating on any course.

**(T-2).** All non-cadet participants will comply with **paragraph A4.10 (T-2).**

**A4.11. Minimum warm-up and cool-down.** Obstacle course participants should conduct a minimum of five minutes of warm-up and stretching exercises prior to and after negotiating the course. These events can be led by either the OCPI or OCPSO.

**A4.12. No jewelry.** Individuals will remove all jewelry, Camelbacks, backpacks, and empty all pockets prior to negotiating the course (**Exception:** MAJCOM/A3s may authorize competitions using CAT II courses and the use of individual kit (load bearing equipment, rucksack, etc.) on all obstacle courses). (**T-2**).

**A4.13. Medication.** If anyone is on medication or has any physical reasons why they do not feel comfortable attempting the course, they should say so at this time.

**A4.14. Walk through.** The senior OCPI and OCPSO (if required) will conduct a walk through with all participants and brief and demonstrate the following for each obstacle. (**T-2**). The following is a list of recommended items to cover:

A4.14.1. Definition of the obstacle

A4.14.2. Out-of-Bounds areas

A4.14.3. Any additional ground rules

A4.14.4. Number of personnel allowed on obstacle at one time

A4.14.5. How to negotiate the obstacle

A4.14.6. Safety considerations

A4.14.7. A demonstration at each obstacle

A4.14.8. If participating Airmen are still in question; they may receive additional instructions and/or conduct a “walk-through” rehearsal prior to negotiating the obstacle course.

## Attachment 5

## OCP COURSE MAINTENANCE CHECKLIST

Figure A5.1. OCP Course Maintenance Checklist.

ITEM	YES	NO	REMARKS
<b>A5.1. Course Inspection:</b> (Installation Safety Office, OCPM, Civil Engineering Squadron)			
A5.1.1. Are the obstacles substantially built with sharp points and corners eliminated?			
A5.1.2. Are joints butted or joined together in such a manner that there are no gaps?			
A5.1.3. Are the structural members sound and free of significant deterioration?			
A5.1.4. Are the obstacles free of large splinters, burrs, protruding nails, screw heads and other hazards?			
A5.1.5. Are all support bolts (including rope supporting eye bolts) free of corrosion and equipped with washers or back plate to prevent being pulled through the wood?			
A5.1.6. Are the eye-bolts, that secure a rope to a support beam, secured in such a manner that there is no risk of the eye bolt separating from the obstacle (i.e., cotter keyed, double nut, tack welded, etc.)?			
A5.1.7. Do all ropes meet the following criteria?			
A5.1.7.1. Ropes in good condition with no abnormal wear, powdered fiber between strands, broken or cut fibers, discoloration or rotting? <b>Note:</b> Ropes will not be masked with tape that prevents Inspection. (T-2).			
A5.1.7.2. Eye splices contain at least 3 full tucks?			
A5.1.7.3. Spliced strand ends extend 6 inches beyond last full tuck (or tapered and spliced into body of rope using 2 additional tucks)?			
A5.1.7.4. Is the eye portion of an eye splice, large enough to provide an included angle of not greater than 60 degrees at the splice when the eye is placed over a support? Ref: 29 CFR 1926.251(d)			
A5.1.8. Wire rope (wire support cables). Are wire ropes?			
A5.1.8.1. In serviceable condition?			
A5.1.8.2. Free of corrosion?			
A5.1.8.3. Less than 10% of the total number of wires are broken in any length equaling 8 rope diameters?			
A5.1.8.4. Free of signs of deterioration or excessive wear?			
A5.1.8.5. Are the wire ropes properly tensioned?			
A5.1.8.6. Are rope wire clips placed so that the "U" section is in contact with the dead end of the cable?			



A5.1.8.7. Are sufficient wire rope clips used? (Table H-2 of the ref. or in accordance with the manufacturer’s recommendation.) Ref: 29 CFR 1926.251(c)(5)			
A5.1.9. Is chafing gear used where appropriate?			
A5.1.10. Cargo netting. Are nets?			
A5.1.10.1. Securely anchored both top and bottom?			
A5.1.10.2. Serviceable condition with no frayed ends or missing?			
A5.1.11. When barbed wire is used, is the wire under sufficient tension to prevent undue sagging?			
A5.1.12. When metal pipes are used in the construction of obstacles, are they secured so as not to spin or rotate when gripped?			
A5.1.13. Are the surfaces of the pipes checked to ensure they are free of corrosion and contain no sharp edges?			
A5.1.14. Landing areas:			
A5.1.14.1. Do landing areas contain the appropriate type of fall protection material such as wood mulch, double shredded bark mulch, uniform wood chips, or rubber chips?			
A5.1.14.2. Do the landing areas contain at least one of the following non-compressed depth of fall protection material: 18 inches sand 12” shredded rubber 24” sawdust in accordance with <a href="http://www.armyprt.com/obstacle_negotiation/confidence-obstacle-course-construction-and-safety.shtml">http://www.armyprt.com/obstacle_negotiation/confidence-obstacle-course-construction-and-safety.shtml</a>			
A5.1.14.3. Is the landing area large enough to accomplish its intended purpose?			
A5.1.14.4. Are all landing areas free of obstructions, not sunk in or full of water?			
<b>A5.2. Maintenance:</b> (Installation OCPM)			
A5.2.1. Have the courses been placed on a regularly scheduled inspection and maintenance program. (Normally on a quarterly basis and covers such items as: inspection, repair (as required), replacement and repair of any padding used, replenishment of wood mulch, etc.)? Ref: <b>Paragraph 5.5.</b>			
A5.2.2. Are the courses inspected periodically by a qualified engineer (time intervals to be established by the engineer based on type of structure, climatic conditions, etc.)?			
A5.2.3. Are copies of the engineer’s inspection reports (and maintenance repair records) kept on file? Ref: <b>Paragraph 5.6.</b>			

<b>A5.3. Training:</b> (User)			
A5.3.1. Is the course inspected for safety hazards prior to each use? Ref: DAFMAN 36-2611			
A5.3.2. Have all landing areas been loosened up prior to use and, if a large number of participants are on hand, have arrangements been made to loosen up the material at intervals throughout the usage? Ref: DAFMAN 36-2611			
A5.3.3. Are medical personnel and an emergency vehicle readily available within acceptable response time to the CAT II site?			
A5.3.4. Are primary and secondary means of communications available at the site? Ref: DAFMAN 36-2611			
A5.3.5. Are personnel adequately briefed on safety hazards? Ref: DAFMAN 36-2611			
A5.3.6. Do all participants wear long sleeved shirts and long trousers while negotiating all obstacles? Ref: <b>Attachment A4.7</b>			
A5.3.7. Are warm up exercises conducted before personnel negotiate the course? Ref: <b>Attachment A4.11</b>			
A5.3.8. Is the negotiation of the higher and more difficult obstacles under the supervision of an OCPI or OCPSO?			
A5.3.9. Is training postponed when weather conditions have caused the footing or handhold surfaces to become slippery? Ref: <b>Paragraph 3.5.6</b>			
A5.3.10. Are personnel instructed in the proper technique of negotiating each obstacle? Ref: <b>Paragraph 3.5</b>			
<b>A5.4. Obstacle Course:</b> (User)			
A5.4.1. Are personnel given the opportunity to watch a demonstration of the obstacle negotiation techniques? Ref: <b>Paragraph 3.5</b>			
A5.4.2. Does the technique instruction include a detailed demonstration as well as an explanation that includes emphasizing the avoidance of injury? Ref: <b>Paragraph 3.5</b>			

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 Printed Name/Grade, OCPM

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 Signature/Date

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 Printed Name/Grade, Civil Engineering Squadron

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 Signature/Date

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 Printed Name/Grade, Safety

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 Signature/Date

## Attachment 6

## SAMPLE RM FOR CAT II OBSTACLE COURSES

Table A6.1. Sample RM for CAT II Obstacle Courses.

Obstacle Name	Risks Identified	Potential Injury from Risks	Risk	Counter-measures	Residual Risk
Describe the activity involved in overcoming the obstacle.	List all risks for all areas. There is no magic number of risks for each obstacle.	Describe what the potential injury would be (i.e., what would or could happen for each risk?)	State the risk associated with the hazard.	What can be done to mitigate the risk?	After implementation of countermeasures.
<b>1. General Hazards</b> There are a variety of general hazards common to many of the obstacles. The guidelines in this section apply to all obstacles.	1. Poorly Maintained equipment; loose or severely worn or deteriorated parts.	1. Falls resulting from failure of components; splinters	1. Moderate	1. Inspect equipment prior to use, after heavy usage, and periodically throughout event. Establish a regular maintenance program.  2. All components which participants contact should be smooth and free of splinters. All corners, metal and wood, should be rounded. All metal edges should be rolled or have rounded capping.  3. Ensure there are no protrusions in the playing area. All bolts, nails, etc.,	1. Low
	2. Sharp points, corners, and edges.	2. Lacerations, punctures, tears and cuts	2. Moderate		2. Low
	3. Protrusions and projections of assembly points. Bolts, screws, nails, etc., should not protrude or project into the actual playing area for participants.	3. Lacerations, punctures, entanglement	3. Negligible		3. Low

				<p>should be recessed. Participants should not have any material in their pockets. Remove all jewelry from person.</p> <p>4. The obstacle course instructor conducts a thorough briefing and demonstration on all obstacles prior to participants beginning the course.</p>	
<p><b>2. Incline Wall</b> Participants approach the underside of the wall, jumps up and grasp the top, and pull themselves up and over. They slide or jump down the incline to the ground.</p>	Fall 6.6ft from top of wall to ground level.	Bruises, contusions, shin splints, splinters, strains and sprains	Moderate	Place loose sand, wood chips, shredded tires, or unitary synthetic materials under and around the obstacle where participants may fall.	Low
<p><b>3. Low Belly Over</b> Participants mount the low log, jump onto the high log. They grasp over the top of the log with both arms, keeping the belly in contact with it. They swing their legs over the log and lower themselves to the ground.</p>	Fall from height of 8 ft.	Bruises, contusions, strains and sprains	Moderate	Place loose sand, wood chips, sawdust, shredded tires, or unitary synthetic materials under and around the obstacle where participants may fall.	Low

<p><b>4. Swing Stop and Jump</b> Participants 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.</p>	<p>Height of landing 4.6ft</p>	<p>Rope burns, bruises, strains, contusions</p>	<p>Moderate</p>	<p>Place loose sand, wood chips, shredded tires, or unitary synthetic materials under and around the obstacle where participants may fall. Obstacle should not be used during inclement weather.</p>	<p>Low</p>
<p><b>5. Weaver</b> Participants move from one end to the obstacle to the other by weaving their bodies under one bar and over the next.</p>	<p>Falls from 14 feet at highest point of obstacle.</p>	<p>Head injury, bruises, contusions, sprains, and strains</p>	<p>Moderate</p>	<p>Place a cushion of considerable girth beneath the apex. Place loose sand, wood chip, shredded tires, or unitary synthetic materials under and around the obstacle where participants may fall.</p>	<p>Low</p>
<p><b>6. Easy Balancer</b> Participants walk up an inclined log, transition to a declined log and maneuver back to the ground.</p>	<p>Slips, trips, and falls resulting from trying to transverse the 4.0 ft.</p>	<p>Bruises, contusions, sprains or scrapes</p>	<p>Moderate Loose</p>	<p>Loose sand, wood chips under and around the obstacle where participants may fall.</p>	<p>Low</p>
<p><b>7. Reverse Climb</b> Participants climb an inverted log ladder.</p>	<p>Slips or fall from 10' (highest point)</p>	<p>Head injury, bruises, contusions, sprains, and scrapes</p>	<p>Moderate Loose</p>	<p>Loose sand, wood chips under and around the obstacle where participants may fall.</p>	<p>Low</p>
<p><b>8. Dirty Name</b> Participants mount the low log, jump onto the middle log. Grasp over the top of the middle log with both arms,</p>	<p>Fall from height of 10 ft.</p>	<p>Bruises, contusions, strains and sprains</p>	<p>Moderate</p>	<p>Place loose sand, wood chips, sawdust, shredded tires, or unitary synthetic materials under</p>	<p>Low</p>

and come to a balanced standing position. Jump to highest log in same manner. Swing their legs over the log and lower to the ground.				and around the obstacle where participants may fall.	
<b>9. Tarzan</b> Participants mount lowest log and maintain balance while walking the horizontal log. Climb the next log and traverse the ladder one rung at a time, releasing one hand and swinging forward.	Fall from max height of 10 ft.	Bruises, contusions, strains and sprains	Moderate	Place loose sand, wood chips, sawdust, shredded tires, or unitary synthetic materials under and around the obstacle where participants may fall.	Low

Attachment 7

OBSTACLE COURSE PRE-FLIGHT CHECKLIST

Figure A7.1. Obstacle Course Pre-Flight Checklist.

All items listed below are to be accomplished and adhered to prior to and during use of the OCP Course.
A7.1. OCP course maintenance checklists are to be completed and signed. All safety issues and obstacles deemed unsafe have been marked as off-limits and briefed to participants.
A7.2. All holes larger than two-feet (2') in diameter in the normal path for negotiating the obstacle are marked by orange cones
A7.3. Installation weather contacted for current and forecasted weather to include wind speed
A7.4. Installation OCP Course owner have been notified of unsafe obstacles
A7.5. All participants received safety briefing
A7.6. Radio check conducted with Base Ops
A7.7. Receive all physical fitness assessment sheets completed by all participants requesting to accomplish high-risk obstacles
A7.8. Video or demonstration of all obstacles was presented
A7.9. High risk obstacle safety personnel identified and are current
A7.10. Medical support is readily available within acceptable response time to the CAT II course
A7.11. All personnel have been briefed on emergency procedures
A7.12. Emergency vehicle capable of transporting an individual in the prone position is on-site and location briefed to all individuals
A7.13. First-aid kit on hand
A7.14. Sufficient water has been made available. Location(s) briefed to individuals
A7.15. Inclement weather actions briefed to all personnel

**Note:** MAJCOM OCPMs via OCPM guidance memorandum advise installation OCPMs to develop a tailored working definition of “acceptable response times, distances, and conditions” amenable to that installation, or training mission.

As the Confidence Course Senior Leader, I affirm that all above actions have been completed and complied with prior to and during use of the confidence course.

\_\_\_\_\_  
Printed Name/Grade

\_\_\_\_\_  
Signature/Date