



# Obstacle/Confidence Course Inspection And Standardization Criteria

**PROPONENT:** TRADOC COMMAND SAFETY  
March 2004

# Initial Military Training Obstacles Checklist

Obstacle Course: \_\_\_\_\_

Location: \_\_\_\_\_

Date of Inspection: \_\_\_\_\_

Inspectors:

Name \_\_\_\_\_ Org. \_\_\_\_\_

POCs:

Name \_\_\_\_\_ Phone \_\_\_\_\_

1. Courses will be evaluated to identify any safety hazards/concerns. Deficiencies found during the inspection will be annotated and corrective actions initiated by the responsible organization.

Obstacle Categories: Standard, Nonstandard, and other.

Note: Where indicated on checklist, fall protection refers to devices or systems emplaced beneath obstacles to prevent injury during falls. Fall arrest systems are devices attached to personnel to limit the distance of falls.

Surface refers to the area beneath and around obstacles to include travel lanes. Impact absorbing material depth under obstacles is 18 inches for sand, 12 inches of shredded rubber and 24 inches for saw dust.

4. Standards for Conditioning/Endurance Course are a combination of those found in Engineer Drawings 28-13-95, Obstacle Course Layout Plan, FM 21-20, Physical Fitness Training, and TR 350-6, Enlisted Initial Entry Training (IET) Policies and Administration.

# Section I

## General Inspection Criteria, Administrative

	Area	STANDARD	GO	NO GO
1	<b>Training Requirement</b> 1-1	Training event is supported by TSP, POI, or lesson plan.		
	1-2	Standing Operating Procedures (SOP) are published and on hand at each course.		
2	<b>Admin</b> 2-1	Condition Service logs are maintained on all ropes used for surmounting and suspension.		
	2-2	Weight testing logs are maintained for nets.		
3	<b>Risk Management</b> 3-1	Generic risk assessment are completed and maintained on training site.		
	3-2	Daily risk assessment completed and on site during training identifying hazards associated with personnel, equipment, and environment.		
4	<b>Inspections</b> 4-1	Copy of last safety inspection conducted by professional safety staff is maintained by responsible organization.		
	4-2	Copy of daily inspection is maintained at training site.		
	4-3	A list of all current deficiencies is maintained by responsible organization.		
	4-4	Copies of current work orders are maintained by responsible organization.		
5	<b>Accident trends</b> 5-1	A list of all injuries sustained on obstacles is maintained by responsible organization and safety office.		

## SECTION II General Inspection Criteria

#	Area	STANDARD	GO	NO GO
1	<b>WOOD TIMBERS</b> 1-1	There are no signs of rot, warping, severe weathering, or impact damage		
	1-2	There are no protruding nails or splinters to cause injury when obstacle is negotiated.		
	1-3	All timbers are securely connected together without excess separation between joints.		
	1-4	All timbers meet specified dimensions as stated in Engineer Drawings or TR 350-6.		
2	<b>Wall boards</b> 2-1	All boards are securely attached to structure with proper hardware.		
	2-2	All boards are free of protruding nails, splinters, rot or damage.		
	2-3	Edges of boards are rounded/smooth where used to support individuals weight.		
3	<b>Hardware</b> 3-1	All bolts, nuts, and washers are in place and of the designated type, size and placement.		
	3-2	All anchors are made of 3 strand galvanized guy wire or larger.		
	3-3	Take up galvanized turnbuckles are used at anchor points of each cable to allow for adjustment.		
	3-4	Anchor cables are not used to support obstacles not properly constructed or improperly emplaced in the ground.		
	3-5	All cable clamps are positioned with U-bolt placed on the dead or short end of cable.		
4	<b>Fiber Ropes</b> 4-1	All ropes are free of rips, tears, cuts, frays, rot or unraveled sections due to age, excessive wear, or contact with the ground.		
	4-2	All ropes designed for surmounting are 1.5 inches in diameter.		
	4-3	Ropes are securely mounted to supporting timbers with ends tied and taped.		
	4-4	Ends of ropes are tied in a knot or wrapped to prevent fraying.		
	4-5	Condition/Service logs are maintained on all ropes used for surmounting and suspension.		
5	<b>Design</b> 5-1	Obstacle adheres to blue print specifications.		

6	<b>Fall Protection</b> 6-1	All nets meet ANSI load bearing standard for personnel (ANSI 10.11/OSHA 1926.105) 3.5-inch nylon mesh, 17,500 lb impact resistant.		
	6-2	All nets designed for fall protection extend 8 feet out from point of potential fall.		
	6-3	Forged steel hooks are used to fasten net to its supports.		
	6-4	Nets are weight tested every 6 months by dropping a 500 lb, 5 cubic feet weight onto it from a height of 25 feet.		
	6-5	All nets suspended below high obstacles (in excess of 10 feet) have padding or small mesh material to prevent limbs from penetrating net.		
	6-6.	Pole vaulting pads are in good condition with no tears, holes, or loose material to trip personnel when dismounting.		
	6-7	All pole-vaulting pads placed properly at base of designated high obstacles.		
7	<b>Padding on timbers</b> 7-1	All padding on timbers is in good condition without signs of damage.		
	7-2	Pads are securely attached to the timber supports to prevent movement when impacted.		
8	<b>Base containment box</b> 8-1	Base containment box is adequate to contain all absorbent material located at base of obstacle.		
	8-2	Containment box does not display signs of rot, damage, instability, or not present.		
	8-3	Containment box is large enough to dismount obstacle without injury.		
	8-4	Containment box is filled with either 18" sand, 12 inches of shredded rubber or 24" of sawdust.		
9	<b>Surfaces</b> 9-1	All surfaces beneath low obstacles are free of hazards with the potential to cause harm when crawled upon.		
10	<b>Course condition</b> 10-1	Designated course is free of tripping hazards.		
	10-2	Course surface is well maintained to prevent injury in case of falls.		
	10-3	Course surfaces is raked and policed prior to each use.		
	10-4	Course surface is free of large rocks, stones, or concrete materials that cause injury in case of fall.		
11	<b>Safety</b> 11-1	Professional safety staff reviews obstacle construction plans.		

# Section III

## Obstacle Specific Inspection Criteria

1. The accompanying checklists and sketches supplement FM 21-20, chapter 8, and Department of the Army Corps of Engineer Drawings 28-13-95, Obstacle Course Layout Plan and TR 350-6. They serve as a minimum construction/safety standards for obstacle courses used by Initial Military Training facilities.

2. The "Jump and Land" and "Swinger" are not included and will not be used. These obstacles are conducive to lower extremity injuries.

3. Detailed obstacle safety inspection checklist and sketches are provided for:

- a. "The Tough One"
- b. "Inverted Rope Descent / Slide for Life"
- c. "Confidence Climb"
- d. "Skyscraper"
- e. "Belly Robber"
- f. "The Tarzan"
- g. "Low Belly Over"
- h. "The Dirty Name"
- i. "The Tough Nut"
- j. "Belly Crawl"
- k. "Inclining Wall"
- l. "High Step Over"
- m. "Swing, Stop, & Jump"
- n. "Six Vaults"
- o. "Easy Balancer"
- p. "Low Wire"
- q. "The Belly Buster"
- r. "Hip-Hip"

s. "Reverse Climb"

t. "The Weaver"

u. "Balancing Logs"

v. "Island Hoppers"

4. Safety equipment (nets, pads, ground covering) should be procured from reliable sources, inspected and tested frequently, and replaced before deterioration/failure.

# Section III

## Obstacle Course Safety Inspection Checklist

### A. THE TOUGH ONE

#	Area	STANDARD	GO	No GO
1	<b>WOOD TIMBERS</b> 1-1	There are There are no signs of rot, warping, severe weathering, or impact damage		
	1-2	All timbers meet specified dimensions as stated in Engineer Drawings and TR 350-6.		
	1-3	There are no protruding nails or splinters that may cause injury when obstacle is negotiated.		
	1-4	All timbers are connected securely together without excess separation between joints.		
3	<b>Hardware</b> 2-1	All bolts, nuts, and washers are in place and of the designated type, size and placement.		
5	<b>Design</b> 5-1	Professional safety staff reviews obstacle construction plans.		
6	<b>Fall Protection</b> 6-1	All nets meet ANSI load bearing standard for personnel (ANSI 10.11/OSHA 1926.105) 3.5-inch nylon mesh, 17,500 lb impact resistant.		
	6-2	All nets designed for fall protection extend 8 feet out from point of potential fall.		
	6-3	Forged steel hooks are used to fasten net to its supports.		
	6-4	Nets are weight tested every 6 months by dropping a 500 lb, 5 cubic feet weight onto it from a height of 25 feet.		
	6-5	All nets suspended below high obstacles (in excess of 10 feet) have padding to prevent limbs from penetrating net.		
	6-6.	Pole vaulting pads are in good condition with no tears, holes, or loose material to trip personnel when dismounting.		
	6-7	All pole-vaulting pads are placed properly at base of designated obstacles.		
8	<b>Base containment box</b> 8-1	Base containment box is adequate to contain all absorbent material located at base of obstacle.		
	8-2	Containment box does not display signs of rot, damage, instability, or not present.		
	8-3	Containment box is large enough to dismount obstacle without injury.		

**Remarks:**

# 'The Tough One'

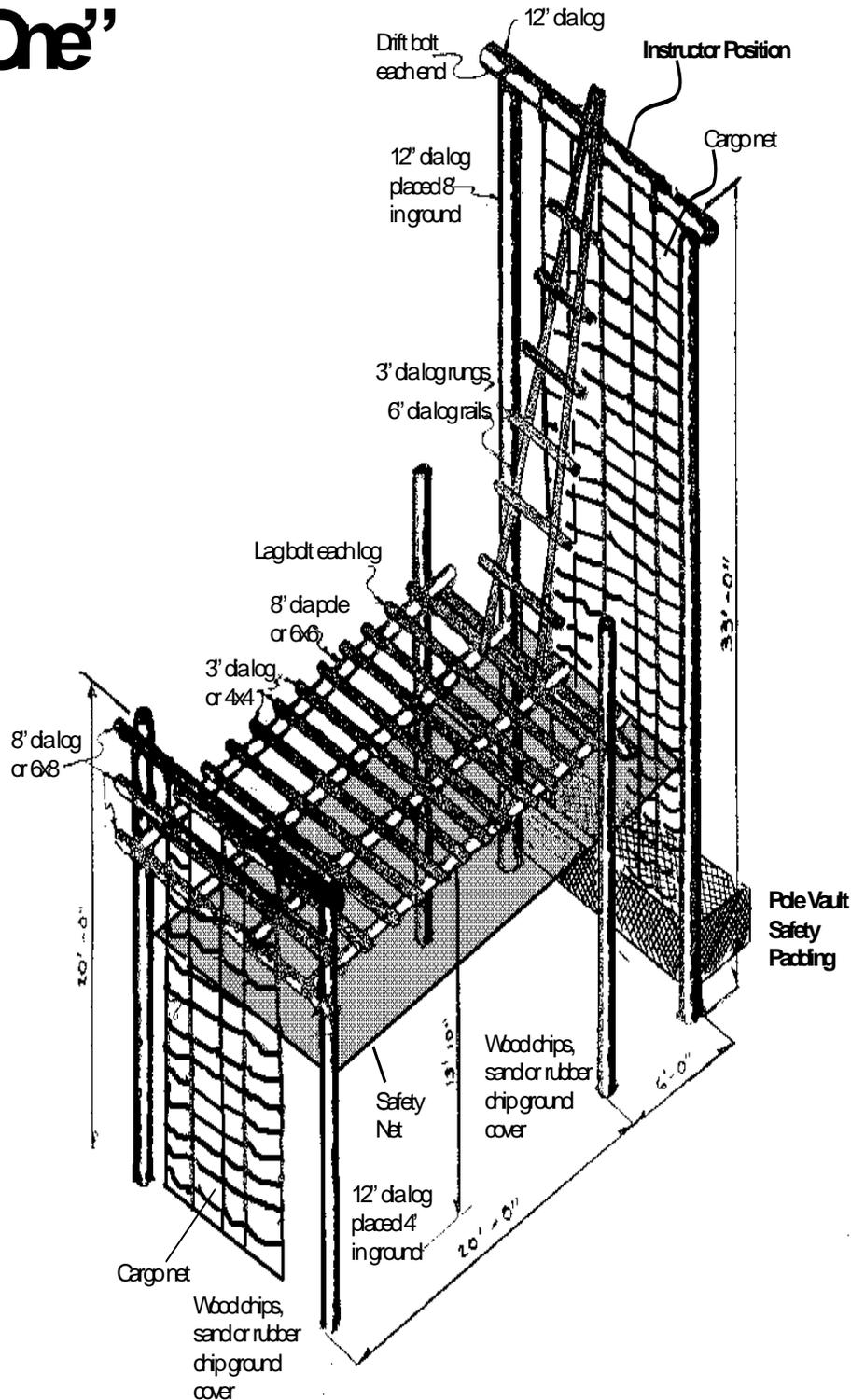
**Reference:** FM21-20, Physical Fitness Training, Chapter 8

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

This obstacle is not timed.

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

**Safety:** Instructors conduct inspection and provide orientation and demonstration on apparatus. At a minimum, all ropes, nets and wood surfaces are inspected prior to use for rips, tears or worn/unsecure surfaces. Distance between rungs on log ladder should not exceed 36". Safety padding sufficient to break a fall should be employed at bottom of high (33ft) cargo net. Instructor should be positioned at the top of the wooden ladder to observe/assist soldiers over log at high point and onto cargo net; instructor is to be secured with safety belt or harness to horizontal log to prevent instructor from being pulled off by soldier negotiating apparatus.



# Section III

## Obstacle Course Safety Inspection Checklist

### B. INVERTED ROPE DESCENT/THE SLIDE FOR LIFE

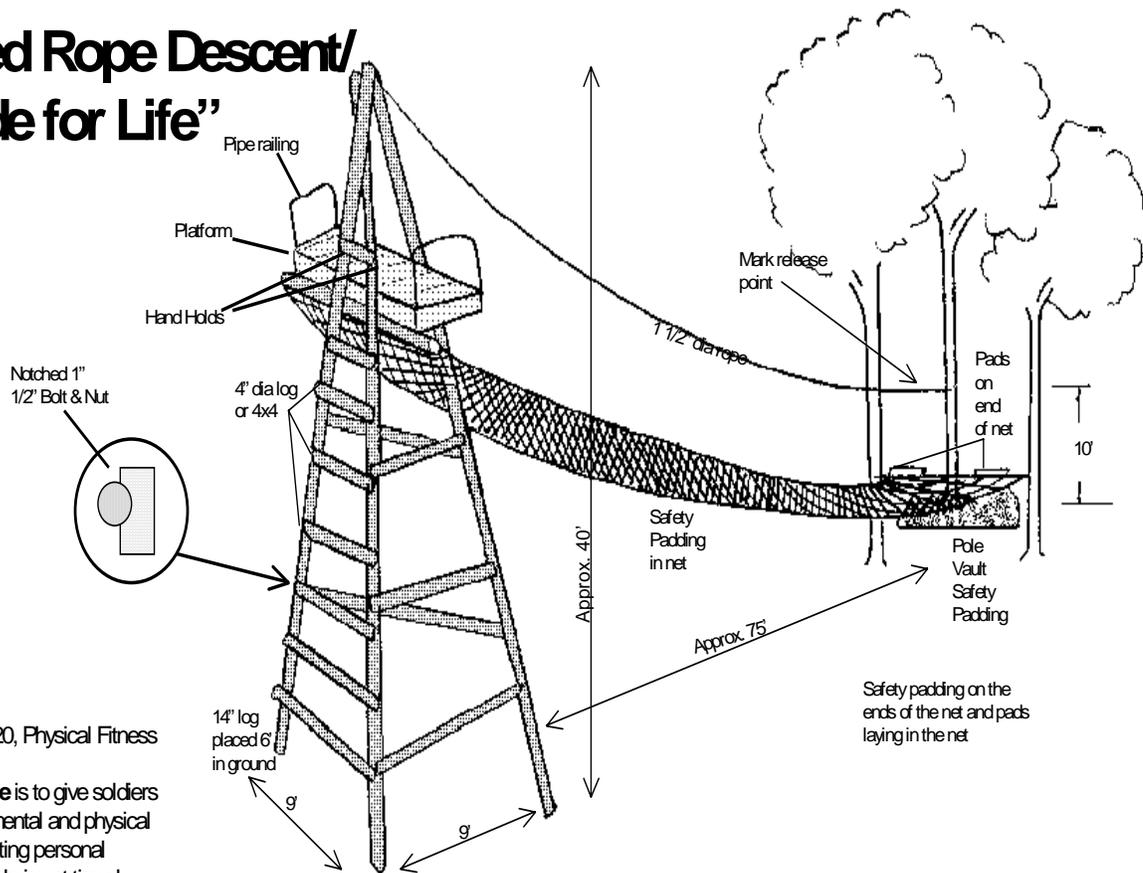
#	Area	STANDARD	GO	NO GO
1	<b>WOOD TIMBERS</b> 1-1	There are no signs of rot, warping, severe weathering, or impact damage		
	1-2	All timbers meet specified dimensions as stated in Engineer Drawings and TR 350-6.		
	1-3	There are no protruding nails or splinters that may cause injury when obstacle is negotiated.		
	1-4	All timbers are securely connected together without excess separation between joints.		
3	<b>Hardware</b> 3-1	All bolts, nuts, and washers are in place and of the designated type, size and placement.		
	3-2	All anchors are made of 3 strand galvanized guy wire or larger.		
	3-3	Take up galvanized turnbuckles are used at anchor points of each cable to allow for adjustment.		
	3-4	Anchor cables are not used to support obstacles not properly constructed or improperly emplaced in the ground.		
	3-5	All cable clamps are positioned with U-bolt placed on the dead or short end of cable.		
4	<b>Fiber Ropes</b> 4-1	All ropes are free of rips, tears, cuts, frays, rot or unraveled sections due to age, excessive wear, or contact with the ground.		
	4-2	All ropes designed for surmounting are 1.5 inches in diameter.		
	4-3	Ropes are securely mounted to supporting timbers with ends tied and taped.		
5	<b>Design</b>	Professional safety staff reviews obstacle construction plans.		
6	<b>Fall Protection</b> 6-1	All nets meet ANSI load bearing standard for personnel (ANSI 10.11/OSHA 1926.105) 3.5-inch nylon mesh, 17,500 lb impact resistant.		
	6-2	All nets designed for fall protection extend 8 feet out from edge of structure.		
	6-3	Forged steel hooks used to fasten net to its supports.		
	6-4	Nets are weight tested every 6 months by dropping a 500 lb, 5 cubic feet weight onto it from a height of 25 feet.		

	6-5	All nets suspended below high obstacles ( excess of 10 feet) have padding or small mesh material to prevent limbs from penetrating mesh.		
	6-6	Pole-vaulting pads are in good condition with no tears, holes, or loose material to trip personnel when dismounting.		
	6-7	All pole-vaulting pads are properly placed at base of designated obstacles.		
8	<b>Base contain ment box</b> 8-1	Base containment box is adequate to contain all absorbent material located at base of obstacle.		
	8-2	Containment box does not display signs of rot, damage, instability, or not present.		
	8-3	Containment box is large enough to dismount obstacle without injury.		

**Remarks :**

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# “Inverted Rope Descent/ The Slide for Life”



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

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

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

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

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

# Section III

## Obstacle Course Safety Inspection Checklist

### C. CONFIDENCE CLIMB

#	Area	STANDARD	GO	No GO
1	<b>WOOD TIMBERS</b> 1-1	There are There are no signs of rot, warping, severe weathering, or impact damage		
	1-2	All timbers meet specified dimensions as stated in Engineer Drawings and TR 350-6.		
	1-3	There are no protruding nails or splinters that may cause injury when obstacle is negotiated.		
	1-4	All timbers are securely connected together without excess separation between joints.		
3	<b>Hardware</b> 3-1	All bolts, nuts, and washers are in place and of the designated type, size and placement.		
	3-2	All anchors are made of 3 strand galvanized guy wire or larger.		
	3-3	Take up galvanized turnbuckles are used at anchor points of each cable to allow for adjustment.		
	3-4	Anchor cables are not used to support obstacles not properly constructed or improperly emplaced in the ground.		
	3-5	All cable clamps are positioned with U-bolt placed on the dead or short end of cable.		
5	<b>Design</b> 5-1	Professional safety staff reviews obstacle construction plans.		
6	<b>Fall Protection</b> 6-1	Pole vaulting pads are in good condition with no tears, holes, or loose material to trip personnel when dismounting.		
	6-2	All pole-vaulting pads placed properly at base of designated obstacles.		
	6-3	Pole vaulting pads are in good condition with no tears, holes, or loose material to trip personnel when dismounting.		
	6-4	All pole-vaulting pads placed properly at base of designated obstacles.		

8	<b>Base containment box</b> 8-1	Base containment box adequate to contain all absorbent material located at base of obstacle.		
	8-2	Containment box does not display signs of rot, damage, instability, or not present.		
	8-3	Containment box large enough to dismount obstacle without injury.		

**REMARKS:**

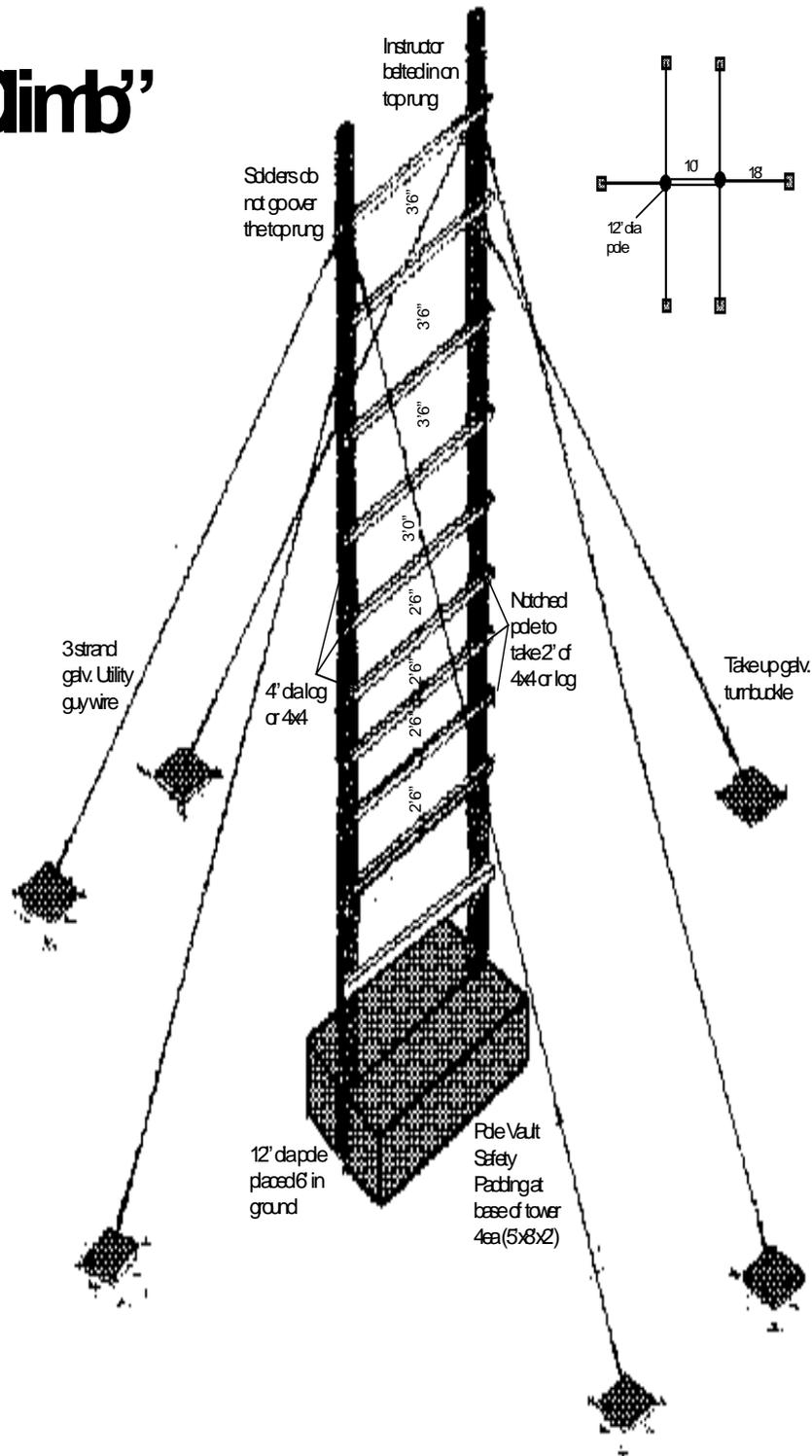
# “Confidence Climb”

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

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

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

**Safety:** Instructors conduct inspection and provide orientation and demonstration on apparatus. At a minimum, all surfaces and cables are inspected prior to use for breaks, splinters, tears or worn/unsecured surfaces. Safety padding sufficient to break a fall is employed at each side on bottom of ladder/tower (inclined ladders depicted in FM21-20 are removed to prevent falling soldier from striking cross members). Instructor is positioned on the tower to assist soldiers climbing to other side; instructor is to be secured to tower to prevent instructor from being pulled off by soldier negotiating apparatus. This obstacle is dangerous when beams become slippery and should not be used. Gloves should not be worn on this apparatus.



Section III

**Obstacle Course Safety Inspection Checklist**

**D. SKYSCRAPER**

#	Area	STANDARD	GO	NO GO
1	<b>WOOD TIMBERS</b> 1-1	There are There are no signs of rot, warping, severe weathering, or impact damage		
	1-2	All timbers meet specified dimensions as stated in Engineer Drawings.		
	1-3	There are no protruding nails or splinters that may cause injury when obstacle is negotiated.		
	1-4	All timbers are securely connected together without excess separation between joints.		
3	<b>Hardware</b> 3-1	All bolts, nuts, and washers are in place and of the designated type, size and placement.		
	3-2	All anchors are made of 3 strand galvanized guy wire or larger.		
	3-3	Take up galvanized turnbuckles are used at anchor points of each cable to allow for adjustment.		
	3-4	Anchor cables are not used to support obstacles not properly constructed or improperly emplaced in the ground.		
	3-5	All cable clamps are positioned with U-bolt placed on the dead or short end of cable.		
5	<b>Design</b> 5-1	Professional safety staff reviews obstacle construction plans.		
6	<b>Fall Protection</b> 6-1	All nets meet ANSI load bearing standard for personnel (ANSI 10.11/OSHA 1926.105) 3.5-inch nylon mesh, 17,500 lb impact resistant.		
	6-2	All nets designed for fall protection extend 8 feet out from point of potential fall.		
	6-3	Forged steel hooks are used to fasten net to its supports.		
	6-4	Nets are weight tested every 6 months by dropping a 500 lb, 5 cubic feet weight onto it from a height of 25 feet.		
	6-5	All nets suspended below high obstacles ( excess of 10 feet) have padding to prevent limbs from penetrating net.		
	6-6	Pole vaulting pads are in good condition with no tears, holes, or loose material to trip personnel when dismounting.		
	6-7	All pole-vaulting pads are placed properly at base of designated obstacles.		

**Remarks:**

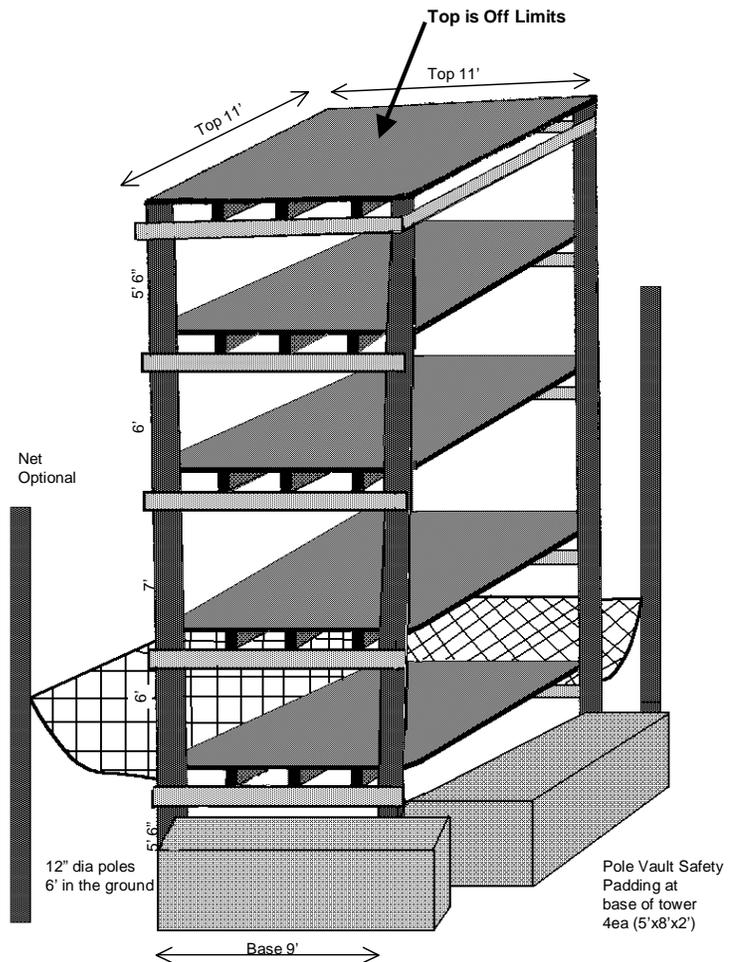
# “Skyscraper”

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

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

**Execution of obstacle:** Team of soldiers (4+) jump or climb to the first floor and either climb corner posts or help one another to higher floors. Subsequent climbing is done on side of tower over net (if available). They descend to the ground as a team as well. The top level roof is off limits / not used. One team at a time should be on the obstacle. Soldiers should never jump to the ground from above the first level.

**Safety:** Instructors conduct inspection and provide orientation and demonstration on apparatus. At a minimum, all surfaces and any supporting cables are inspected prior to use for breaks, splinters, tears or worn / unsecured surfaces. Safety padding sufficient to break a fall is emplaced on the ground under the climbing side(s) of the tower. This obstacle is dangerous when slippery and should not be used. Gloves should not be worn on this apparatus. NOTE: optional net on two sides allows mounting over pads then subsequent climbing over the net.



## Section III

### Obstacle Course Safety Inspection Checklist

#### E. Belly Robber

#	Area	STANDARD	GO	NO GO
1	<b>WOOD TIMBERS</b> 1-1	There are no signs of rot, warping, severe weathering, or impact damage		
	1-2	All timbers meet specified dimensions as stated in Engineer Drawings.		
	1-3	There are no protruding nails or splinters that may cause injury when obstacle is negotiated.		
	1-4	All timbers are securely connected together without excess separation between joints.		
	1-5	All timbers are free of chemical coatings or substances that affect soldier's ability to negotiate.		
2	<b>Hardware</b> 2-1	All bolts, nuts, and washers are in place and of the designated type, size and placement.		
5	<b>Design</b> 5-1	Professional safety staff reviews obstacle construction plans.		

**Remarks:**

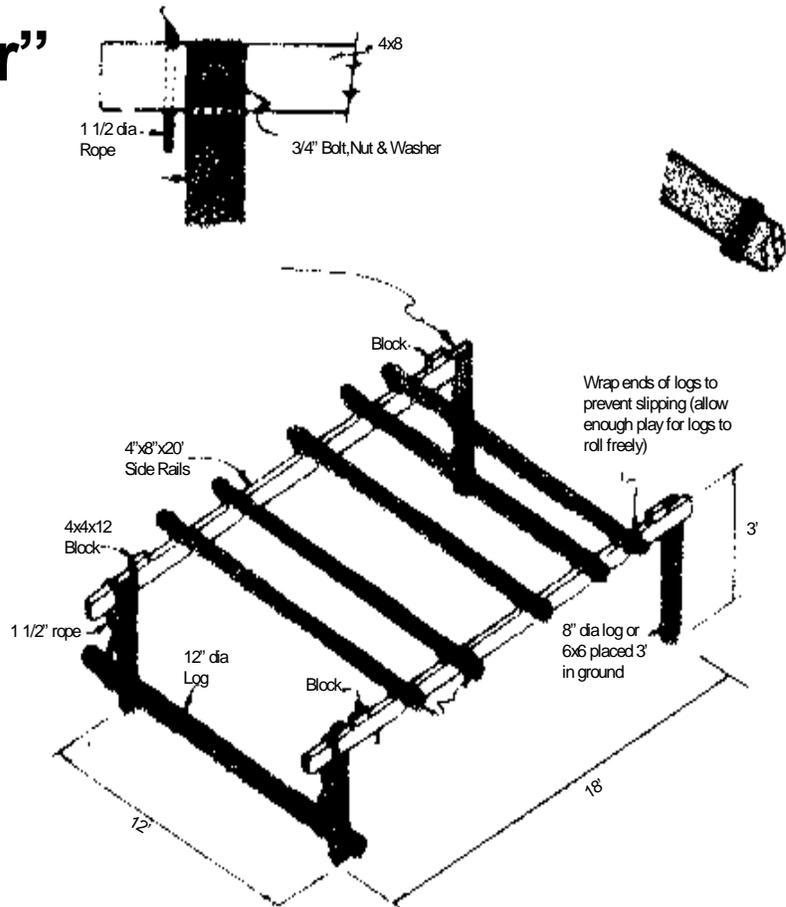
# “Belly Robber”

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

**Purpose of obstacle** is to give soldiers confidence in physical abilities while cultivating toughness.

**Execution of obstacle:** Soldiers step on lower log and take prone, stomach down position on the horizontal logs. Soldiers crawl over logs to opposite end of obstacle, then dismount feet first.

**Safety:** Instructor conducts inspection and provides orientation to obstacle. Rope gaskets must be attached to the ends of the logs to keep the hands from being pinched and to ensure logs cannot fall from perpendicular cradle logs. Logs should be free of nails and splinters. A center “lane” / line should be marked to canalize users down the center of the obstacle.



# Section III

## Obstacle Course Safety Inspection Checklist

### F. THE TARZAN

#	Area	STANDARD	GO	NO GO
1	<b>WOOD TIMBERS</b> 1-1	There are no signs of rot, warping, severe weathering, or impact damage		
	1-2	All timbers meet specified dimensions as stated in Engineer Drawings and TR 350-6.		
	1-3	There are no protruding nails or splinters that may cause injury when obstacle is negotiated.		
	1-4	All timbers are securely connected together without excess separation between joints.		
	1-5	Rungs on horizontal ladder are modified to support Gender Integrated Training (diameter is reduced to accommodate smaller hand sizes).		
3	<b>Hardware</b> 2-1	All bolts, nuts, and washers are in place and of the designated type, size and placement.		
5	<b>Design</b> 5-1	Professional safety staff reviews obstacle construction plans.		

**Remarks:**

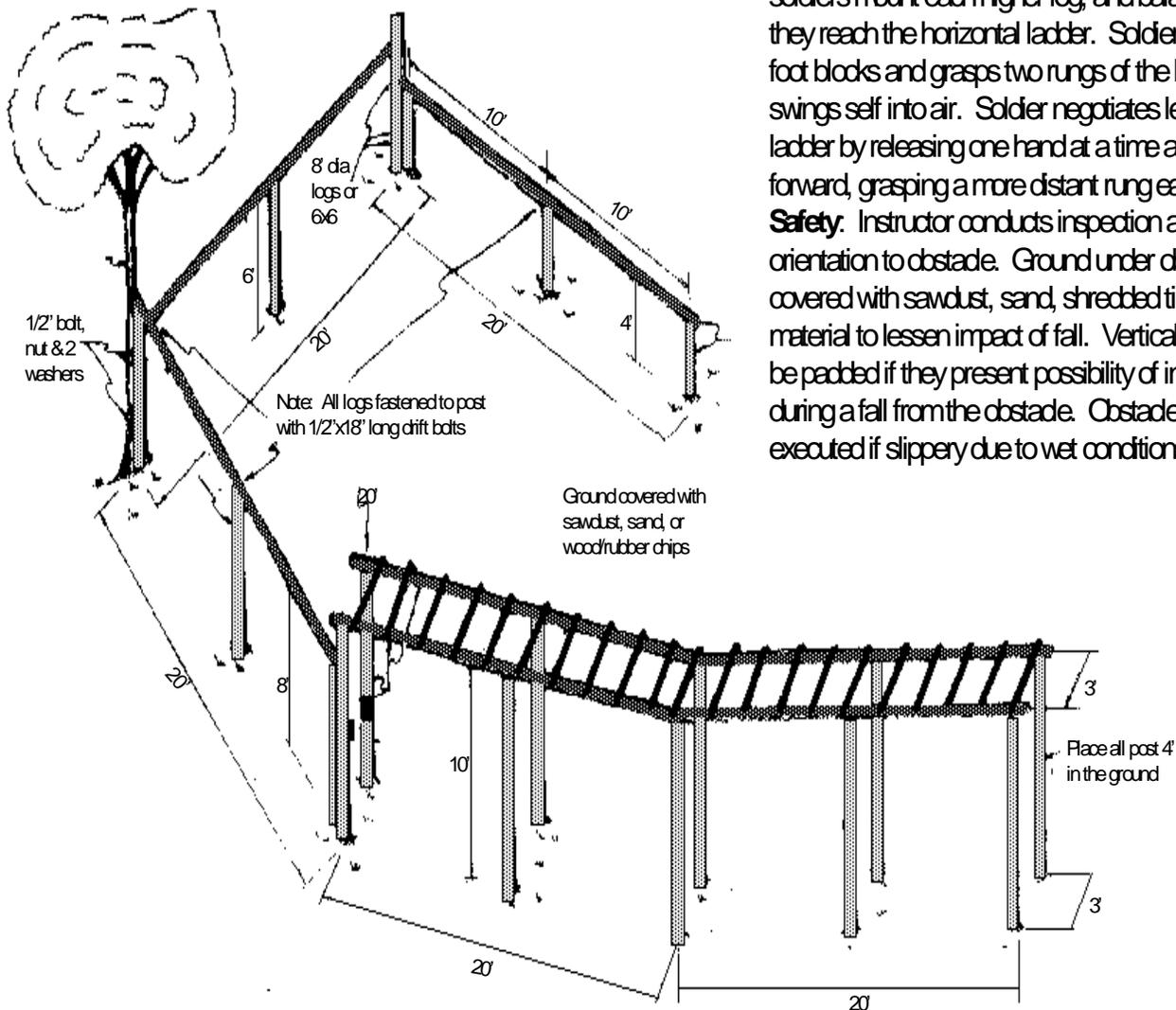
# “The Tarzan”

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

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

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

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



## Section III

### Obstacle Course Safety Inspection Checklist

#### G. THE Low Belly Over

#	Area	STANDARD	GO	NOGO
1	<b>WOOD TIMBERS</b> 1-1	There are There are no signs of rot, warping, severe weathering, or impact damage		
	1-2	All timbers meet specified dimensions as stated in Engineer Drawings.		
	1-3	There are no protruding nails or splinters that may cause injury when obstacle is negotiated.		
	1-4	All timbers are securely connected together without excess separation between joints.		
	1-5	All timbers are free of chemical coatings or substances that affect soldier's ability to negotiate.		
3	<b>Hardware</b> 3-1	All bolts, nuts, and washers are in place and of the designated type, size and placement.		
4	<b>Fiber Ropes</b> 4-1	All ropes are free of rips, tears, cuts, frays, rot or unraveled sections due to age, excessive wear, or contact with the ground.		
5	<b>Design</b> 5-1	Professional safety staff reviews obstacle construction plans.		
7	<b>Padding on timbers</b> 7-1	All padding on timbers is in good condition without signs of damage.		
	7-2	Pads are securely attached to the timber supports to prevent movement when impacted.		

**Remarks :**

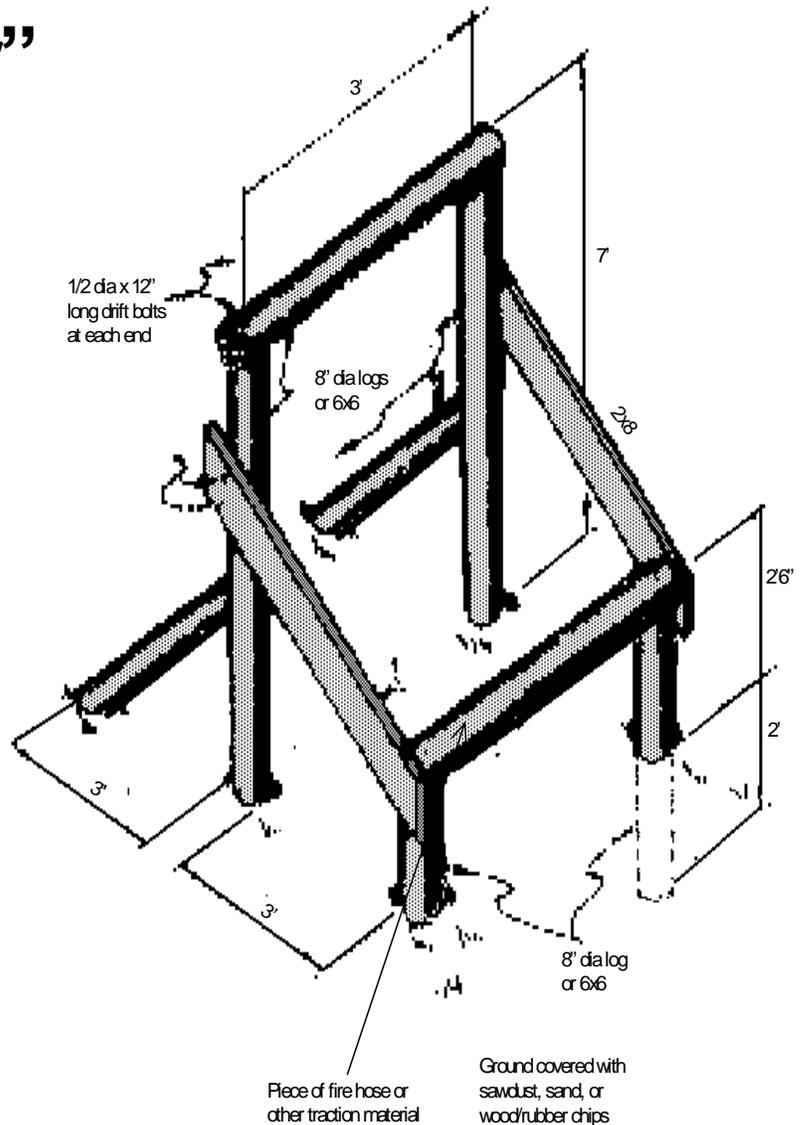
# “Low Belly Over”

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

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

**Execution of obstacle:** Soldiers mount the low log and jump onto high log. They grasp over the top of the log with both arms, keeping the belly area in contact with it. They swing their legs over the log, then lower themselves to the ground.

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



**Note:** Add a rope for soldiers to climb down from the top log.

# Section III

## Checklist

### H. THE DIRTY NAME

#	Area	STANDARD	GO	NOGO
1	<b>WOOD TIMBERS</b> 1-1	There are There are no signs of rot, warping, severe weathering, or impact damage		
	1-2	All timbers meet specified dimensions as stated in Engineer Drawings.		
	1-3	No protruding nails or splinters that may cause injury when obstacle is negotiated.		
	1-4	All timbers are securely connected together without excess separation between joints.		
3	<b>Hardware</b> 3-1	All bolts, nuts, and washers are in place and of the designated type, size and placement.		
5	<b>Design</b> 5-1	Professional safety staff reviews obstacle construction plans.		
7	<b>Padding on timbers</b> 7-1	All padding on timbers is in good condition without signs of damage.		
	7-2	Pads are securely attached to the timber supports to prevent movement when impacted.		
8	<b>Base containment box</b> 8-1	Base containment box is adequate to contain all absorbent material located at base of obstacle.		
	8-2	Containment box does not display signs of rot, damage, instability, or not present.		
	8-3	Containment box is large enough to dismount obstacle without injury.		

## Remarks:

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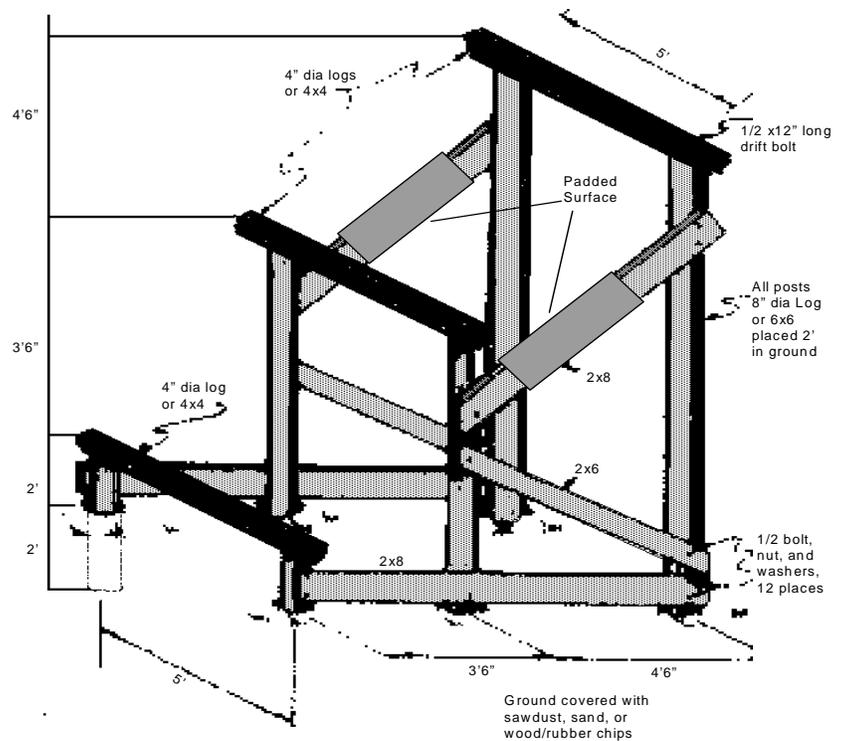
# “The Dirty Name”

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

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

**Execution of obstacle:** Soldiers mount the low log and jump onto middle log. Soldiers pull themselves onto middle log and jump onto high log. They grasp over the top of the log with both arms, keeping the belly area in contact with it. They swing their legs over the log, then lower themselves to the ground.

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



# Section III

## Obstacle Course Safety Inspection Checklist

### I. THE Tough Nut

#	Area	STANDARD	GO	NOGO
1	<b>WOOD TIMBERS</b> 1-1	There are There are no signs of rot, warping, severe weathering, or impact damage		
	1-2	All timbers meet specified dimensions as stated in Engineer Drawings.		
	1-3	There are no protruding nails or splinters that may cause injury when obstacle is negotiated.		
	1-4	All timbers are securely connected together without excess separation between joints.		
	1-5	All timbers are free of chemical coatings or substances that affect soldier's ability to negotiate.		
3	<b>Hardware</b> 3-1	All wire/ropes are of the designated type, size and placement.		
	3-2	Center height of X does not exceed 30 inches.		
5	<b>Design</b> 5-1	Professional safety staff reviews obstacle construction plans.		

**Remarks:**

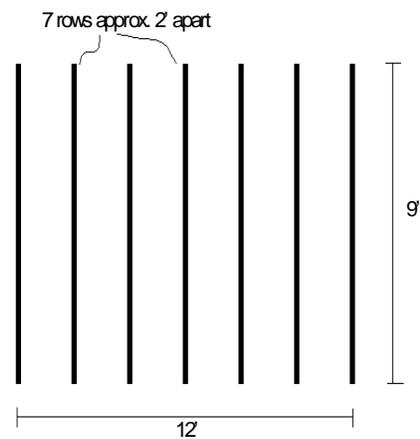
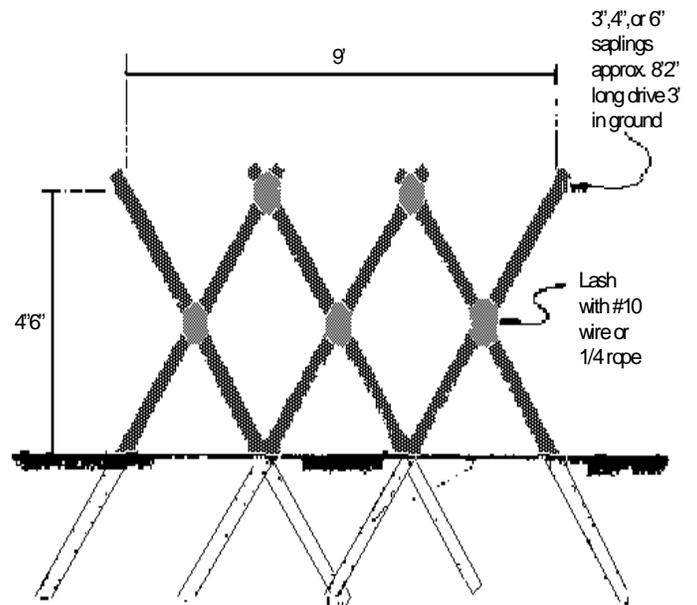
# “The Tough Nut”

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

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

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

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



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

# Section III

## Obstacle Course Safety Inspection Checklist

### J. BELLY CRAWL

#	Area	STANDARD	GO	NOG O
1	<b>WOOD TIMBERS</b> 1-1	There are no signs of rot, warping, severe weathering, or impact damage		
	1-2	All timbers meet specified dimensions as stated in Engineer Drawings.		
	1-3	There are no protruding nails or splinters that may cause injury when obstacle is negotiated.		
3	<b>Hardware</b> 3-1	All wire, screws, or nails are in place and of the designated type, size and placement.		
5	<b>Design</b> 5-1	Professional safety staff reviews obstacle construction plans.		
9	<b>Surfaces</b> 9-1	All surfaces beneath low obstacles are free of hazards with the potential to cause harm when crawled upon.		

**Remarks:**

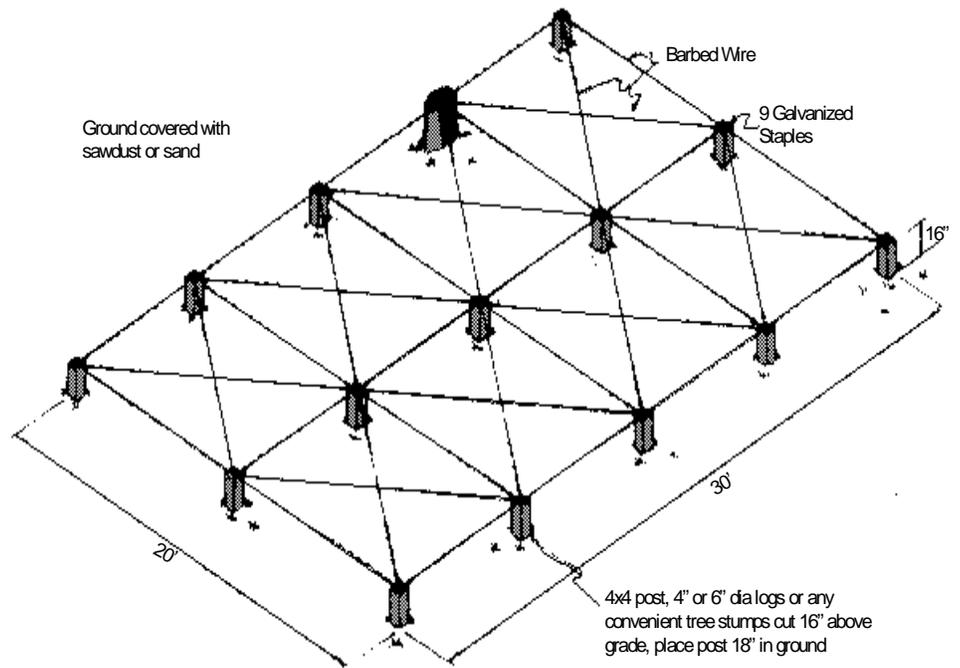
# “Belly Crawl”

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

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

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

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



# Section III

## Obstacle Course Safety Inspection Checklist

### K. INCLINING WALL

#	Area	STANDARD	GO	NOGO
1	<b>WOOD TIMBERS</b> 1-1	There are no signs of rot, warping, severe weathering, or impact damage		
	1-2	All timbers meet specified dimensions as stated in Engineer Drawings.		
	1-3	There are no protruding nails or splinters that may cause injury when obstacle is negotiated.		
	1-4	All timbers are securely connected together without excess separation between joints.		
2	<b>Wall boards</b> 2-1	All boards are securely attached to structure with proper hardware.		
	2-2	All boards are free of protruding nails, splinters, rot or damage.		
	2-3	Edges of boards are rounded/smooth where used to support individuals weight.		
3	<b>Hardware</b> 3-1	All bolts, nuts, and washers are in place and of the designated type, size and placement.		
	3-2	All cable clamps are positioned with U-bolt placed on the dead or short end of cable.		
5	<b>Design</b> 5-1	Professional safety staff reviews obstacle construction plans.		

**Remarks :**

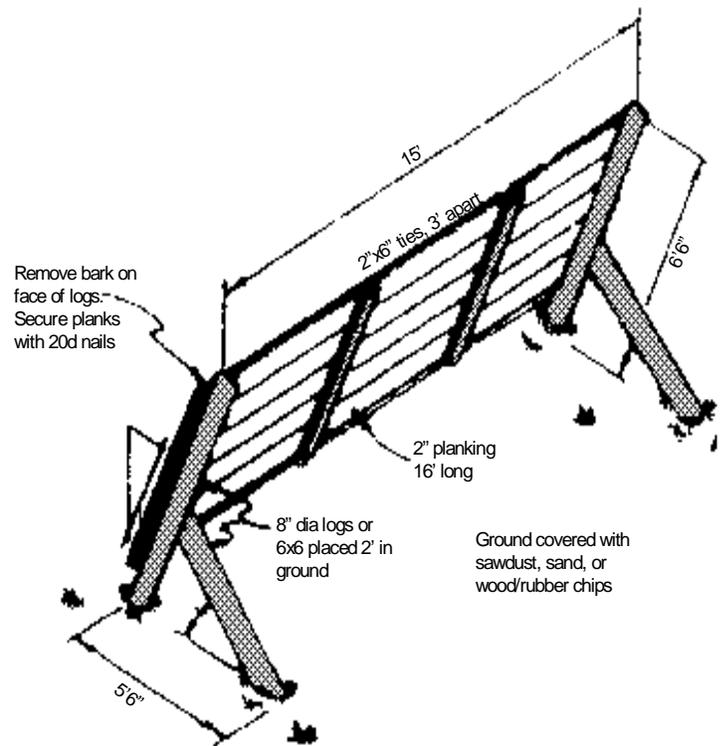
# “Inclining Wall”

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

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

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

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



# Section III

## Obstacle Course Safety Inspection Checklist

### L. HIGH STEP OVER

#	Area	STANDARD	GO	NO GO
1	<b>WOOD TIMBERS</b> 1-1	There are no signs of rot, warping, severe weathering, or impact damage		
	1-2	All timbers meet specified dimensions as stated in Engineer Drawings.		
	1-3	There are no protruding nails or splinters that may cause injury when obstacle is negotiated.		
	1-4	All timbers are securely connected together without excess separation between joints.		
	1-5	All timbers are free of chemical coatings or substances that affect soldier's ability to negotiate.		
3	<b>Hardware</b> 3-1	All bolts, nuts, and washers are in place and of the designated type, size and placement.		
	3-2	Maximum height of step does not exceed 3 feet, 4 inches.		
5	<b>Design</b> 5-1	Professional safety staff reviews obstacle construction plans.		

**Remarks:**

# Section III

## Obstacle Course Safety Inspection Checklist

### M. SWING, STOP, & JUMP

#	Area	STANDARD	GO	NO GO
1	<b>WOOD TIMBERS</b> 1-1	There are no signs of rot, warping, severe weathering, or impact damage		
	1-2	All timbers meet specified dimensions as stated in Engineer Drawings.		
	1-3	There are no protruding nails or splinters that may cause injury when obstacle is negotiated.		
	1-4	All timbers are securely connected together without excess separation between joints.		
	1-5	All timbers are free of chemical coatings or substances that affect soldier's ability to negotiate.		
3	<b>Hardware</b> 3-1	All bolts, nuts, and washers are in place and of the designated type, size and placement.		
	3-2	Surmounting ropes have knots at ends or are taped to prevent fraying.		
4	<b>Fiber Ropes</b> 4-1	All ropes are free of rips, tears, cuts, frays, rot or unraveled sections due to age, excessive wear, or contact with the ground.		
5	<b>Design</b> 5-1	Professional safety staff reviews obstacle construction plans.		
7	<b>Padding on timbers</b> 7-1	All padding on timbers is in good condition without signs of damage.		
	7-2	Pads are securely attached to the timber supports to prevent movement when impacted.		
8	<b>Base Containment Box</b> 8-1	Obstacle Containment Box holds impact absorbing material.		
	8-2	Containment box does not display signs of rot, damage, instability, or not present.		
	8-3	Containment box is large enough to dismount obstacle without injury.		

**Remarks:**

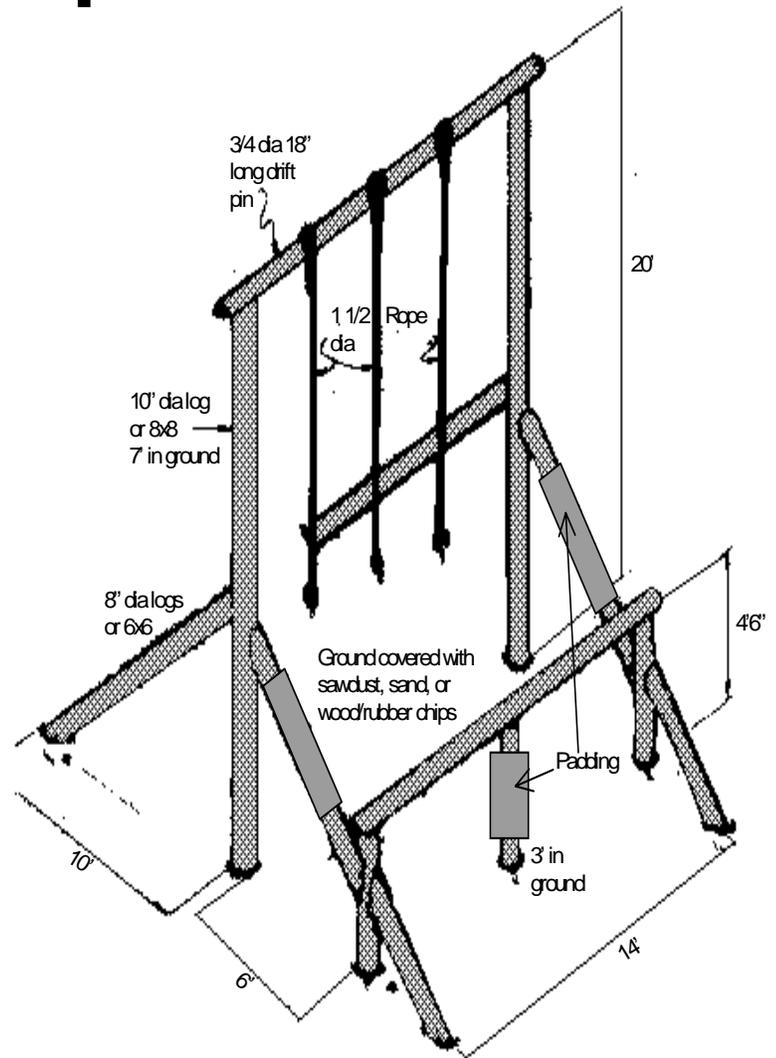
# “Swing, Stop, & Jump”

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

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

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

**Safety.** Instructor conducts inspection and provides orientation to obstacle. Wood wall surface must be free of nails and splinters. Ground under obstacle should be covered with sand, sawdust, or shredded rubber to absorb shock and falls. Vertical surfaces may be padded if there is danger of falling soldier striking support or similar structures. Rope should be tested daily to ensure no frays or loosening of attachment to overhead support. Obstacle should not be used when wall surface is wet.



# Section III

## Obstacle Course Safety Inspection Checklist

### N. SIX VAULTS

#	Area	STANDARD	GO	NO GO
1	<b>WOOD TIMBERS</b> 1-1	There are no signs of rot, warping, severe weathering, or impact damage		
	1-2	All timbers meet specified dimensions as stated in Engineer Drawings.		
	1-3	There are no protruding nails or splinters that may cause injury when obstacle is negotiated.		
	1-4	All timbers are securely connected together without excess separation between joints.		
	1-5	All timbers are free of chemical coatings or substances that affect soldier's ability to negotiate.		
3	<b>Hardware</b> 3-1	All bolts, nuts, and washers are in place and of the designated type, size and placement.		
5	<b>Design</b> 5-1	Professional safety staff reviews obstacle construction plans.		

**Remarks :**

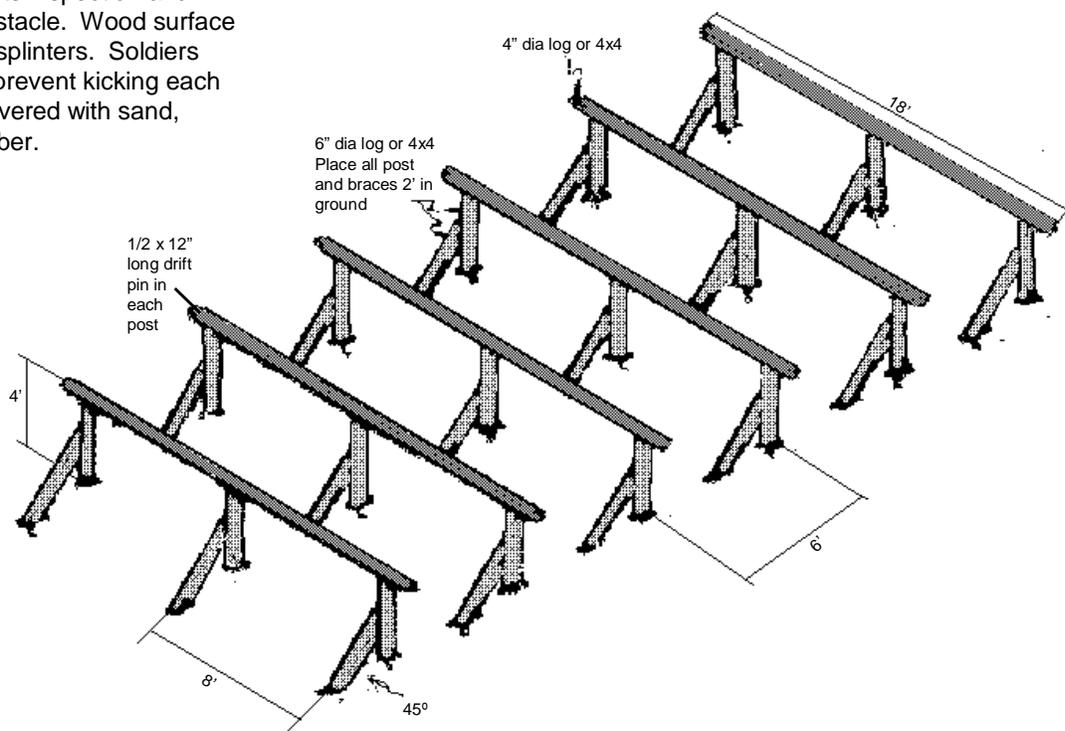
# “Six Vaults”

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

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

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

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



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

# Section III

## Obstacle Course Safety Inspection Checklist

### O. EASY BALANCER

#	Area	STANDARD	GO	NO GO
1	<b>WOOD TIMBERS</b> 1-1	There are no signs of rot, warping, severe weathering, or impact damage		
	1-2	All timbers meet specified dimensions as stated in Engineer Drawings.		
	1-3	There are no protruding nails or splinters that may cause injury when obstacle is negotiated.		
	1-4	All timbers are securely connected together without excess separation between joints.		
	1-5	All timbers are free of chemical coatings or substances that affect soldier's ability to negotiate.		
3	<b>Hardware</b>	All bolts, nuts, and washers are in place and of the designated type, size and placement.		
5	<b>Design</b>	Professional safety staff reviews obstacle construction plans.		
8	<b>Base containment box</b> 8-1	Obstacle containment box holds impact absorbing material.		
	8-2	Containment box does not display signs of rot, damage, instability, or not present.		
	8-3	Containment box large enough to dismount obstacle without injury.		

**Remarks:**

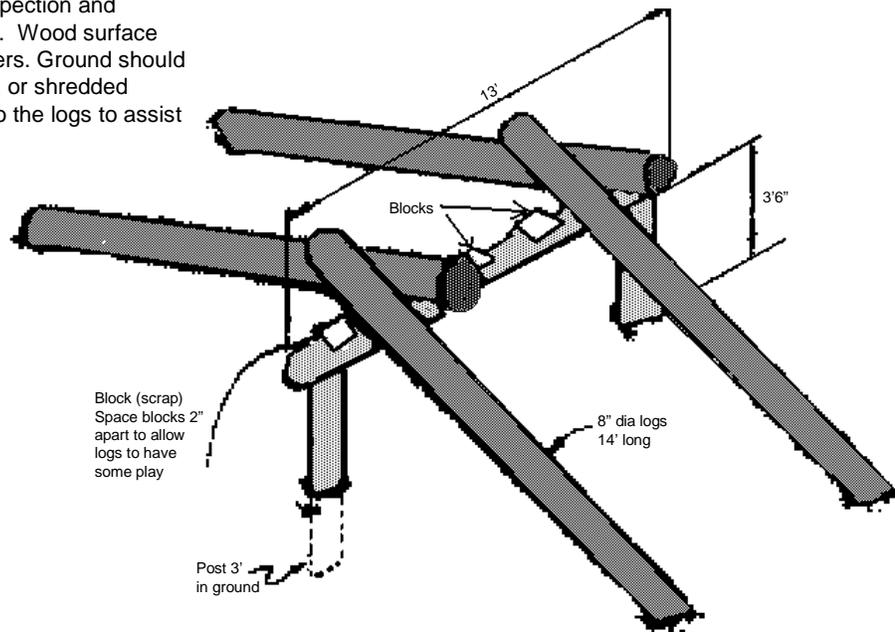
# “Easy Balancer”

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

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

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

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



**Note:** Need spotters at the horizontal log.

## Section III

### Obstacle Course Safety Inspection Checklist

#### P. LOW WIRE

#	Area	STANDARD	GO	NOG O
1	<b>WOOD TIMBERS</b> 1-1	There are no signs of rot, warping, severe weathering, or impact damage		
	1-2	All timbers meet specified dimensions as stated in Engineer Drawings.		
	1-3	There are no protruding nails or splinters that may cause injury when obstacle is negotiated.		
	1-4	All timbers are securely connected together without excess separation between joints.		
3	<b>Hardware</b> 3-1	All wire, nails or screws are in place and of the designated type, size and placement.		
5	<b>Design</b> 5-1	Professional safety staff reviews obstacle construction plans.		
9	<b>Surfaces</b> 9-1	All surfaces beneath low obstacles are free of hazards with the potential to cause harm when crawled upon.		

**Remarks:**

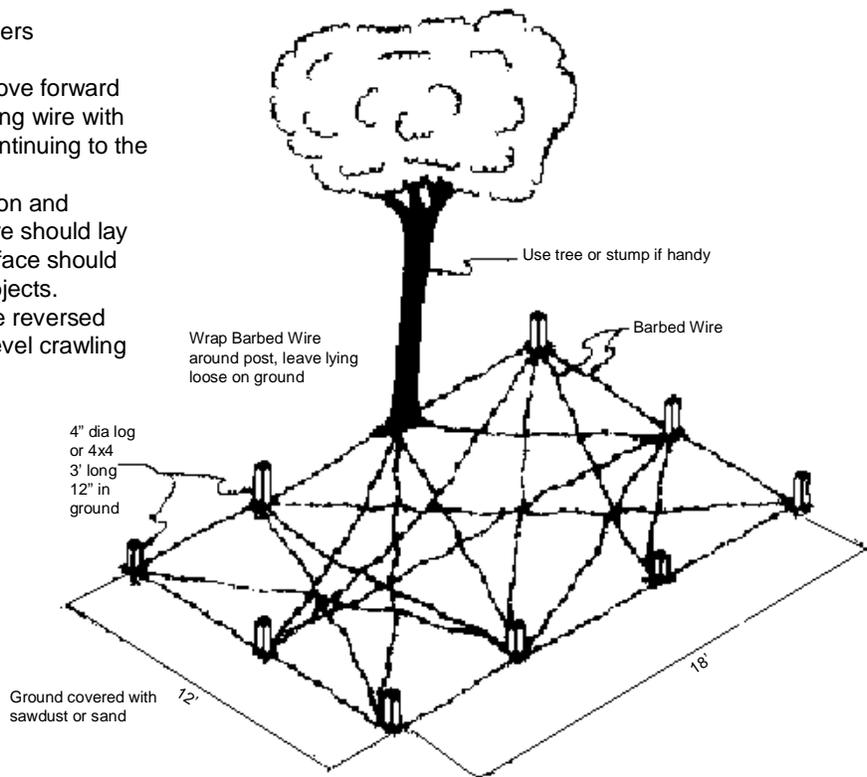
# “Low Wire”

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

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

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

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



## Section III

### Obstacle Course Safety Inspection Checklist

#### Q. THE BELLY BUSTER

#	Area	STANDARD	GO	NO GO
1	<b>WOOD TIMBERS</b> 1-1	There are no signs of rot, warping, severe weathering, or impact damage		
	1-2	All timbers meet specified dimensions as stated in Engineer Drawings.		
	1-3	There are no protruding nails or splinters that may cause injury when obstacle is negotiated.		
	1-4	All timbers are securely connected together without excess separation between joints.		
	1-5	All timbers are free of chemical coatings or substances that affect soldier's ability to negotiate.		
3	<b>Hardware</b> 3-1	All bolts, nuts, and washers are in place and of the designated type, size and placement.		
	3-2	Soldiers are warned to keep hands and fingers away from parts of log resting on cradle.		
	3-4	Soldiers are informed not to rock or roll log while others are negotiating obstacle.		
5	<b>Design</b> 5-1	Professional safety staff reviews obstacle construction plans.		
8	<b>Base containment box</b> 8-1	Base containment box is adequate to contain all absorbent material located at base of obstacle.		
	8-2	Containment box does not display signs of rot, damage, instability, or not present.		
	8-3	Containment box is large enough to dismount obstacle without injury.		

**Remarks:**

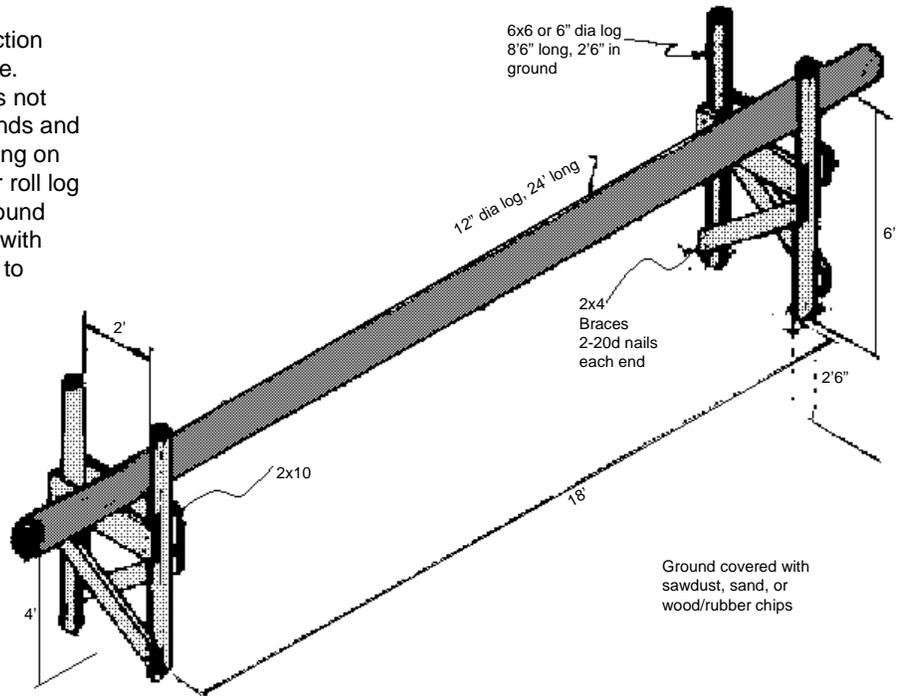
# “The Belly Buster”

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

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

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

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



# Section III

## Obstacle Course Safety Inspection Checklist

### R. HIP-HIP

#	Area	STANDARD	GO	NO GO
1	<b>WOOD TIMBERS</b> 1-1	There are no signs of rot, warping, severe weathering, or impact damage		
	1-2	All timbers meet specified dimensions as stated in Engineer Drawings.		
	1-3	There are no protruding nails or splinters that may cause injury when obstacle is negotiated.		
	1-4	All timbers are securely connected together without excess separation between joints.		
	1-5	All timbers are free of chemical coatings or substances that affect soldier's ability to negotiate.		
3	<b>Hardware</b> 3-1	All bolts, nuts, and washers are in place and of the designated type, size and placement.		
5	<b>Design</b> 5-1	Professional safety staff reviews obstacle construction plans.		
9	<b>Surfaces</b> 9-1	All surfaces beneath low obstacles are free of hazards with the potential to cause harm when crawled upon.		

**Remarks:**

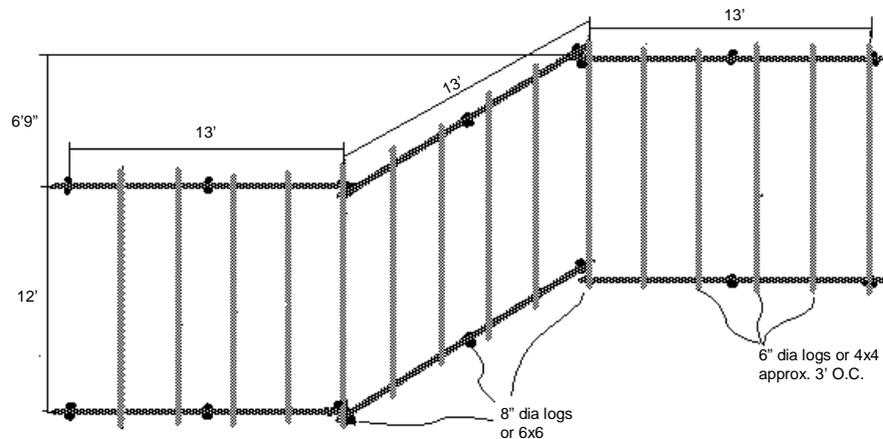
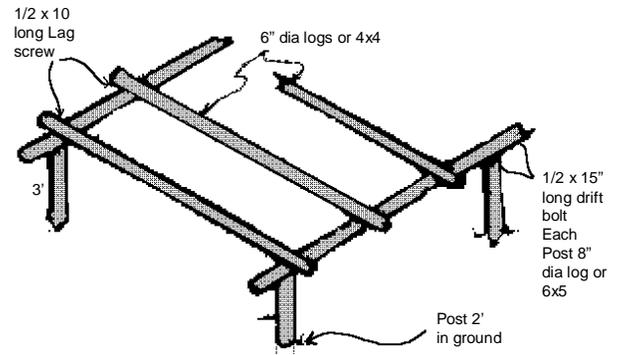
# “Hip-Hip”

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

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

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

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



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

# Section III

## Obstacle Course Safety Inspection Checklist

### S. REVERSE CLIMB

#	Area	STANDARD	GO	NO GO
1	<b>WOOD TIMBERS</b> 1-1	There are no signs of rot, warping, severe weathering, or impact damage		
	1-2	All timbers meet specified dimensions as stated in Engineer Drawings.		
	1-3	There are no protruding nails or splinters that may cause injury when obstacle is negotiated.		
	1-4	All timbers are securely connected together without excess separation between joints.		
	1-5	All timbers are free of chemical coatings or substances that affect soldier's ability to negotiate.		
3	<b>Hardware</b> 3-1	All bolts, nuts, and washers are in place and of the designated type, size and placement.		
5	<b>Design</b> 5-1	Professional safety staff reviews obstacle construction plans.		
7	<b>Padding on timbers</b> 7-1	All padding on timbers is in good condition without signs of damage.		
	7-2	Pads are securely attached to the timber supports to prevent movement when impacted.		
8	<b>Base Containment Box</b> 8-1	Obstacle containment box holds impact absorbing material.		
	8-2	Containment box does not display signs of rot, damage, instability, or not present.		
	8-3	Containment box is large enough to dismount obstacle without injury.		

**Remarks:**

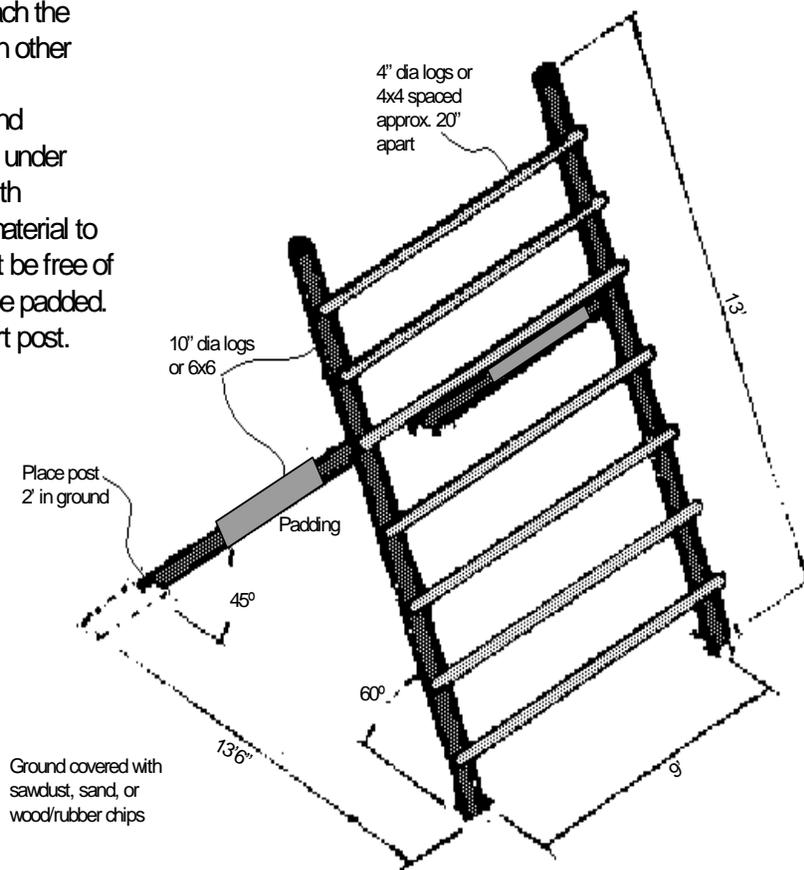
# “Reverse Climb”

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

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

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

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



# Section III

## Obstacle Course Safety Inspection Checklist

### S. THE WEAVER

#	Area	STANDARD	GO	NO GO
1	<b>WOOD TIMBERS</b> 1-1	There are no signs of rot, warping, severe weathering, or impact damage		
	1-2	All timbers meet specified dimensions as stated in Engineer Drawings.		
	1-3	There are no protruding nails or splinters that may cause injury when obstacle is negotiated.		
	1-4	All timbers are securely connected together without excess separation between joints.		
	1-5	All timbers are free of chemical coatings or substances that affect soldier's ability to negotiate.		
3	<b>Hardware</b>	All bolts, nuts, and washers are in place and of the designated type, size and placement.		
5	<b>Design</b>	Professional safety staff reviews obstacle construction plans.		
8	<b>Base containment box</b> 8-1	Obstacle containment box contain impact absorbing material.		
	8-2	Containment box does not display signs of rot, damage, instability, or not present.		
	8-3	Containment box is large enough to dismount obstacle without injury.		

**Remarks:**

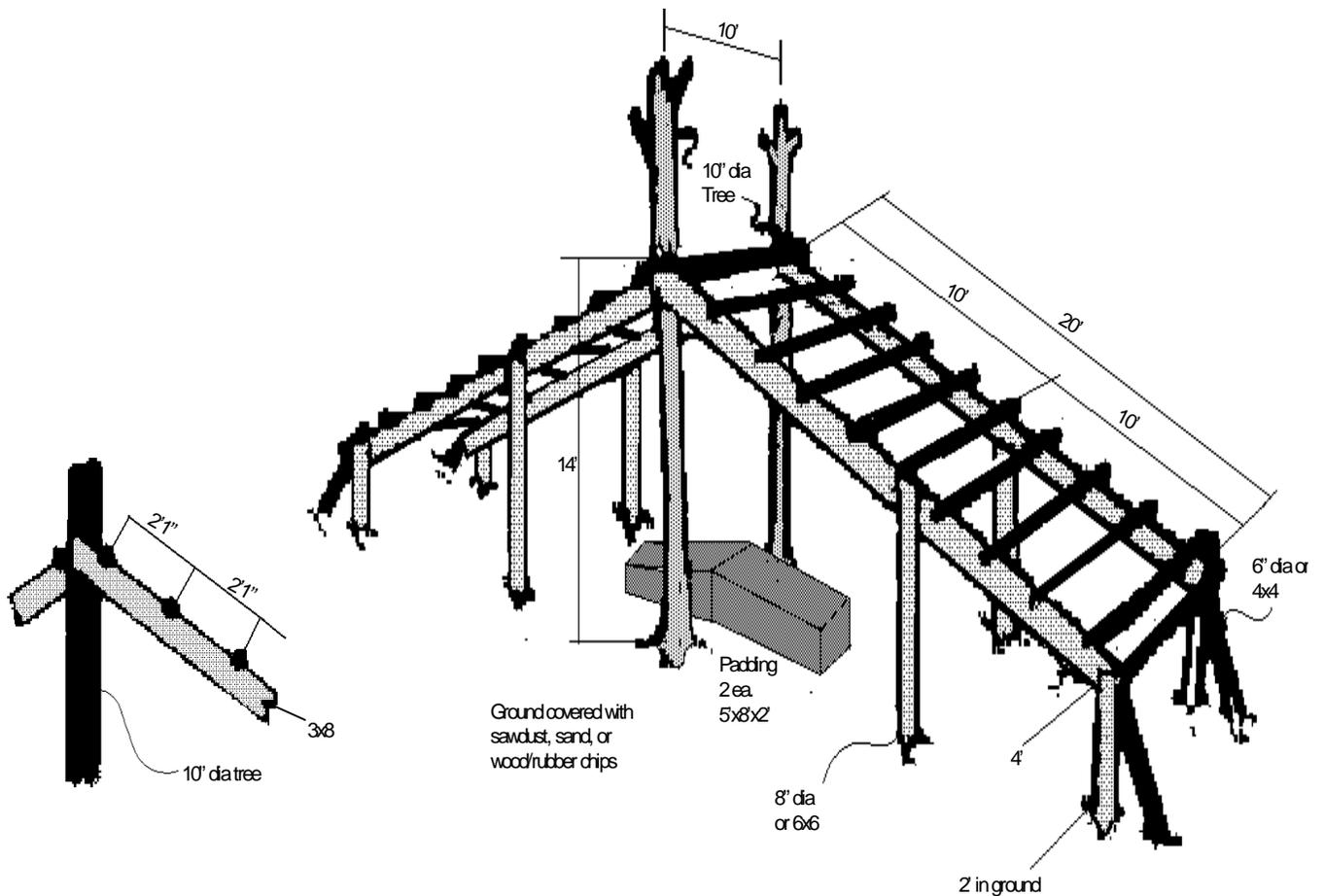
# “The Weaver”

**Reference:** FM21-20, Physical fitness Training, Chapter 8

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

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

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



# Section III

## Obstacle Course Safety Inspection Checklist

### T. BALANCING LOGS

#	Area	STANDARD	GO	NO GO
1	<b>WOOD TIMBERS</b> 1-1	There are no signs of rot, warping, severe weathering, or impact damage		
	1-2	All timbers meet specified dimensions as stated in Engineer Drawings.		
	1-3	No protruding nails or splinters that may cause injury when obstacle is negotiated.		
	1-4	All timbers are securely connected together without excess separation between joints.		
	1-4	All timbers are free of chemical coatings or substances that affect soldier's ability to negotiate.		
3	<b>Hardware</b> 3-1	All bolts, nuts, and washers are in place and of the designated type, size and placement.		
5	<b>Design</b> 5-1	Professional safety staff reviews obstacle construction plans.		

**Remarks:**

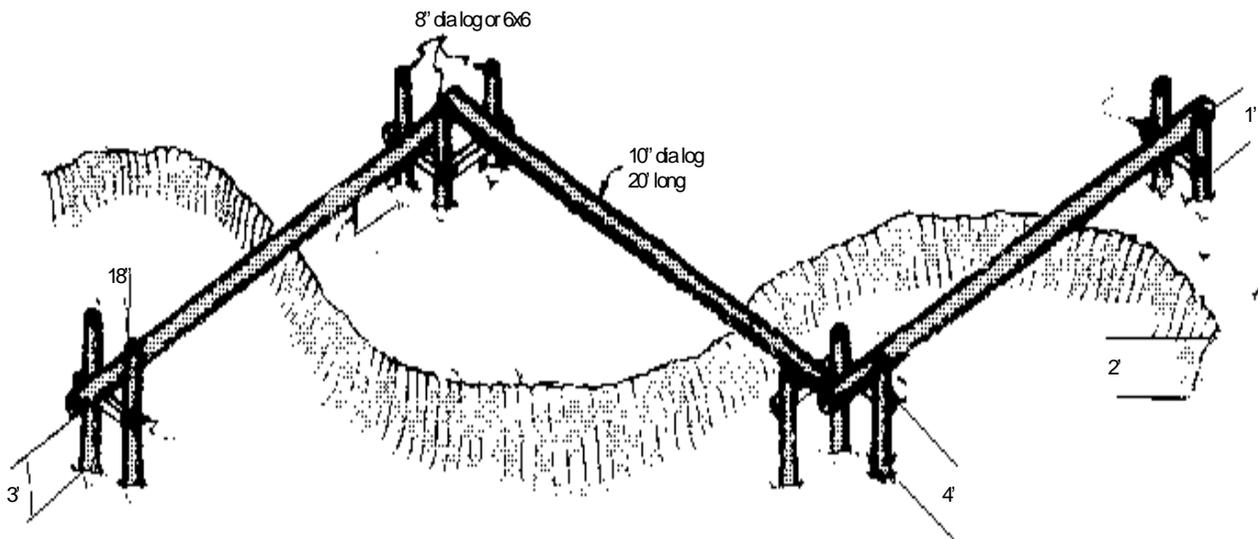
# “Balancing Logs”

**Reference:** FM21-20, Physical fitness Training, Chapter 8

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

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

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



# Section III

## Obstacle Course Safety Inspection Checklist

### U. ISLAND HOPPERS

#	Area	STANDARD	GO	NO GO
1	<b>WOOD TIMBERS</b> 1-1	There are no signs of rot, warping, severe weathering, or impact damage		
	1-2	All timbers meet specified dimensions as stated in Engineer Drawings.		
5	<b>Design</b> 5-1	Professional safety staff reviews obstacle construction plans.		

**Remarks:**

# “Island Hoppers”

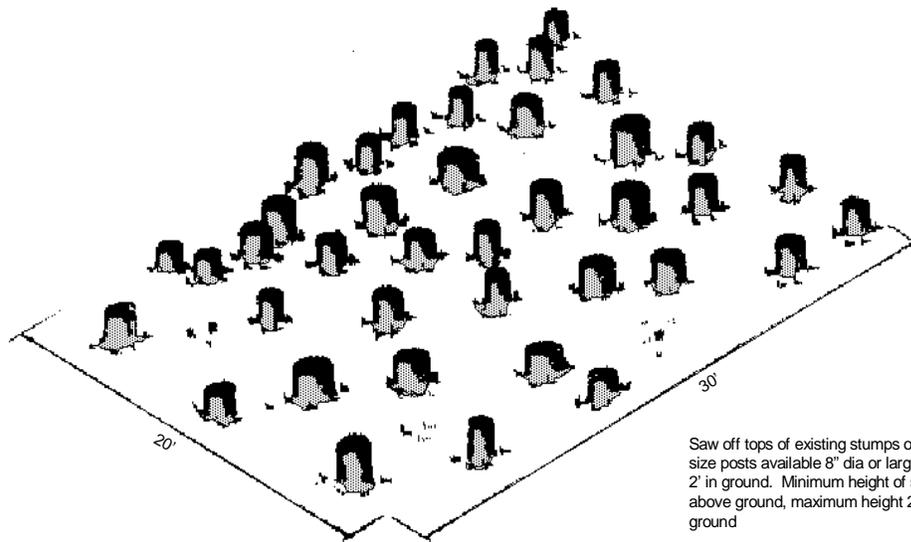
**Reference:** FM 21-20, Physical Fitness Training, Chapter 8

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

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

**Safety:** Instructor conducts inspection and provides orientation to obstacle.

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



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

## Section IV

### Fitness Tower Inspection Criteria

#	Area	Standard	GO	NO GO
*	Administration	Copies of engineer drawings are maintained at the local safety office/facility engineers.		
1	<b>WOOD TIMBERS</b>			
	1-1	There are no signs of rot, warping, severe weathering, or impact damage		
	1-2	All timbers meet specified dimensions as stated in Engineer Drawings.		
	1-3	There are no protruding nails or splinters that may cause injury when obstacle is negotiated.		
	1-4	All timbers are securely connected together without excess separation between joints.		
	1-5	All timbers are free of chemical coatings or substances that affect soldier's ability to negotiate.		
3	<b>Hardware</b>			
	3-1	All bolts, nuts, and washers are in place and of the designated type, size and placement.		
	3-1	All anchors are made of 3 strand galvanized guy wire.		
	3-3	Take up galvanized turnbuckles are used at anchor points of each cable to allow for adjustment.		
	3-4	Anchor cables are not used to support obstacles not properly constructed or improperly emplaced in the ground.		
	3-5	All cable clamps are positioned with U-bolt placed on the dead or short end of cable.		
	3-6	All attachment points are tested to ensure each will support 1.5 times usage weight.		
	3-7	Certified rappel Masters inspect all ropes used for rappelling prior to each use.		
	3-8	Ropes used for surmounting are all 1.5 inches in diameter.		
5	<b>Design</b>			
	5-1	Professional safety staff reviews obstacle construction plans.		
6	<b>Fall Protection</b>			
	6-1	All areas in and around tower facility are covered with non-compressed wood chips, mulch, sawdust, or shredded tire rubber.		

	6-2	Nets with padding are placed beneath all suspended bridges.		
	6-3	Nets used for fall protection meet the specifications of ANSI 10.11.		
	6-4	Pole vault padding is placed at the base of climbing walls/nets.		
9	<b>Rappelling</b>			
	9-1	Instructors working at the top of tower are secured to tower with fall arrest system/attached harness.		
	9-2	Only certified and current Rappel Masters conduct rappel operations.		
	9-3	All anchor point have been tested to support loads in excess of 500 lbs.		
	9-4	All anchor points are secure and free of damage.		
	9-5	Top edge of rappel wall is padded to protect rope from cuts or abrasion.		
	9-6	Protective padding at top of rappel wall is tightly secured on all edges.		
	9-7	Rappel wallboards are free of damage, rot, protruding nails, and secured to tower with proper hardware.		
	9-8	Rappel landing area is free of obstructions and hazards.		
	9-9	Landing areas extends an uninterrupted distance of 15 feet from base of tower.		
	9-10	Landing area is cushioned with 24 inches of non-compressed wood chips, mulch, sawdust, 18 inches of sand, or 12 inches of shredded tire rubber.		
	9-11	Landing area cushioning material held in place by a containment barrier (timbers/sand bags).		
15	<b>Ladders</b>			
	15-1	All ladders are inspected for structural integrity.		
	15-2	Rungs spacing on ladders do not exceed 36 inches.		
	15-3	Nets are placed under all rope bridges.		
	15-4	Nets used for fall protection have padding installed to prevent limbs from passing through webbing.		

# Section V

## Fall Protection

1. Fall protection will be provided for those obstacles designated as high, or have the ability to cause injury during a fall, or required by design.
2. The areas under and around obstacles will be covered with an impact reducing material appropriate to prevent serious injury in the event a soldier falls while negotiating subject obstacle.
3. When purchasing fall protection equipment required for an obstacle, installations will ensure equipment meets or exceeds standard without creating a greater hazard. Where impact-reducing material is required, sand, wood chips, saw dust, or shredded tire rubber is sufficient.
4. Below are essential items of fall protection required by obstacle.
  - a. **The Tough One**
    - Wood chips/sand/or shredded rubber beneath obstacle.
    - Pole vault safety pad placed at base of obstacle.
    - Safety net placed beneath obstacle extended 8 feet out from point of potential fall. All netting will be rated for outside use and meet OSHA specifications for fall protection.
    - Eye bolt or hook for instructor safety harness positioned at top of obstacle.
  - b. **Inverted Rope Descent/Slide for Life**
    - Instructor platform with eye bolt or metal hook to secure safety harness.
    - Net placed beneath the length of descent rope.
    - Padding placed on net beneath descent rope.
    - Pads at end of net near release point.
    - Pole vault pad at the base of release point.
    - The area under and around obstacle covered with impact reducing material.
  - c. **Confidence Climb**
    - Eye bolt or hook for instructor's safety harness at top of obstacle.
    - Pole vault padding on both sides at base of obstacle (4 each @ 5x8x2).
    - Ground around base of obstacle covered with impact reducing material.

- d. **Skyscraper**
  - Pole vault padding at base of tower.
  - Netting extended from first level (optional).
- e. **Belly Robber**
  - Ground beneath obstacle covered with impact reducing material.
- f. **The Tarzan**
  - Ground beneath obstacle covered with impact reducing material.
- g. **Low Belly Over**
  - Ground covered with impact reducing material.
  - Tops of side rails covered with padding.
- h. **The Dirty Name**
  - Padding on tops of upper side braces.
  - Ground beneath obstacle covered with impact reducing material.
- i. **The Tough Nut**
  - Ground beneath obstacle covered with impact reducing material (optional).
- j. **Belly Crawl**
  - Ground beneath obstacle covered with impact reducing material.
- k. **Inclining Wall**
  - Ground beneath obstacle covered with impact reducing material.
- l. **High Step Over**
  - Ground beneath obstacle covered with impact reducing material.
- m. **Swing, Stop, and Jump**
  - Padding on tops of front support logs.
  - Ground beneath obstacle covered with impact reducing material.
- n. **Six Vaults**
  - Ground beneath obstacle covered with impact reducing material.
- o. **Easy Balancer**
  - Ground beneath obstacle covered with impact reducing material.
- p. **Low Wire**
  - Ground beneath obstacle covered with impact reducing material.
- q. **The Belly Buster**
  - Ground beneath obstacle covered with impact reducing material.

- r. **Hip Hop**
  - Ground beneath obstacle covered with impact reducing material.
- s. **Reverse Climb**
  - Padding on the tops of rear support logs.
  - Ground beneath obstacle covered with impact reducing material.
- t. **The Weaver**
  - Pole vault padding beneath center of obstacle.
  - Ground beneath obstacle covered with impact reducing material.
- u. **Balancing Logs**
  - Ground beneath obstacle covered with impact reducing material.
- v. **Island Hopper**
  - Ground beneath obstacle covered with impact reducing material.

5. Safety equipment (nets, pads, and ground covering) should be procured from reliable sources. If shredded rubber is used, get samples prior to purchasing. Several companies are selling shredded rubber contaminated with petroleum product that may cause allergic reaction in some people. When procuring netting, ensure provider include design specifications and usage restrictions.

6. To ensure maximum life of Safety equipment, inspect on a regular interval and store away from extreme weather conditions when possible.

**REQUIRED INFORMATION:**

Total number of obstacles, \_\_\_\_\_

Number of standard obstacles, \_\_\_\_\_

Number of Nonstandard obstacles, \_\_\_\_\_

Number of modified obstacles, \_\_\_\_\_

Total Injuries occurring at each obstacle course,

- .
- .
- .
- .
- .

**Remarks:**