

15 JUNE 2003

Security



**USE OF DOVER AIR FORCE BASE
CONFIDENCE COURSE**

COMPLIANCE WITH THIS PUBLICATION IS MANDATORY

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This instruction implements AFD 31-3, *Air Base Defense*. It outlines responsibilities and procedures for the safe use of the confidence course located adjacent to perimeter road just south of the civilian air terminal. It applies to personnel authorized to use the course .

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1. Responsibility: The 436th Security Forces Training section (SFTT) is responsible for the maintenance and scheduling of the Dover AFB Confidence Course. SFTT is also responsible for appointing a primary and alternate instructor as Confidence Course Managers.

2. Procedures: SFTT will schedule all course usage. Personnel wanting to use the confidence course must submit a request to SFTT at least 1 week prior to desired use. Requests must identify a single point of contact to SFTT before course usage. Individuals requesting to use the obstacle course will rototill under all elevated obstacles. All personnel using the course will wear Battle Dress Uniform and work type gloves. SFTT personnel will give a safety briefing before any group uses the course. SFTT will conduct a walk through with each group to explain proper obstacle accomplishment and to point out any safety hazards unique to the different obstacles. Civilian groups or agencies are authorized to use the course provided they first sign a Disclaimer of Liability Form (see [Attachment 1](#)). The bottom of each attachment, beginning with [Attachment 2](#), details the correct safe negotiation of that obstacle.

3. Safety: Safety is of the utmost importance and is enforced to prevent injuries or keep injuries to a minimum. All participants must meet minimum established Air Force Weight and Physical Standards. Anyone taking medication that may make them drowsy, persons consuming intoxicating beverages 8 hours before course usage or persons on a medical profile are prohibited from the course. The Course Manager will inspect the course for faulty construction, splinters, protruding nails, rotten logs, rope and cargo net condition, safe landing pits, and other safety hazards before course use. As a minimum, a first aid kit, ample water for the number of personnel going through the course, and one radio or land line communication system to a 24-hour manned control center must be available. Any agency not possessing a transceiver type radio, may sign one out of the Security Forces Armory on an AF Form 1297, **Temporary Issue Receipt**.

3.1. Should an injury occur on the course, the following procedures apply:

3.1.1. Provide first aid to injured person(s).

3.1.2. Make sure to notify the using agency safety representative of the injury.

4. Limitations: The purpose of the course is for training, confidence building, and conditioning programs. It should not be used by individuals wanting to satisfy personal goals unless their unit sponsors the event and all necessary requirements are satisfied.

5. Warm-Up Exercises: Individuals must do warm-up exercises before they begin the confidence course to loosen muscles and help prevent possible injuries. The exercises as a minimum should include 20 side benders, 20 push-ups, 20 trunk twisters, 20 sit-ups, the hurdlers stretch (use caution while performing this stretch), leg stretches and ankle rotations.

JOHN I. PRAY, JR., Colonel, USAF
Commander

Attachment 1

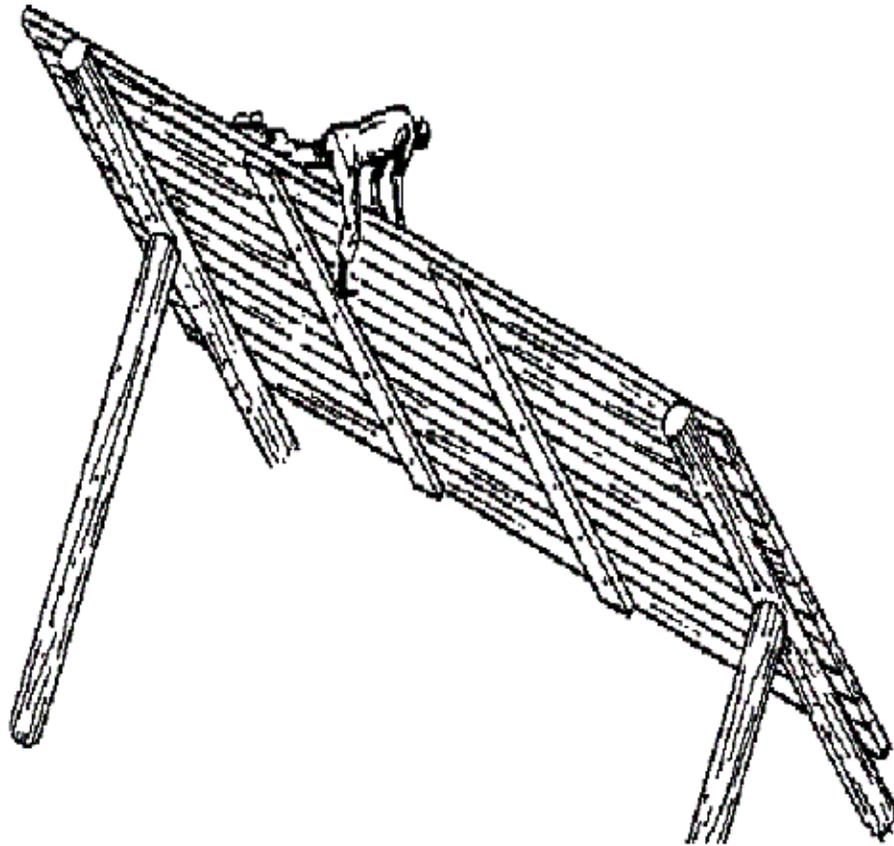
DISCLAIMER OF LIABILITY

The undersigned hereby acknowledges that the United States Department of Defense, United States Air Force, or any of its agents or instrumentalities, shall not be liable or responsible for, and shall be saved and held harmless by the undersigned from and against any and all claims and damages of every kind, for injury to or death of any person or persons, and for damages to or loss of property, whether or not caused by the negligence of its agents or instrumentalities, arising from or attributing directly or indirectly, while using the Dover Air Force Base Confidence Course.

PARTICIPANT:

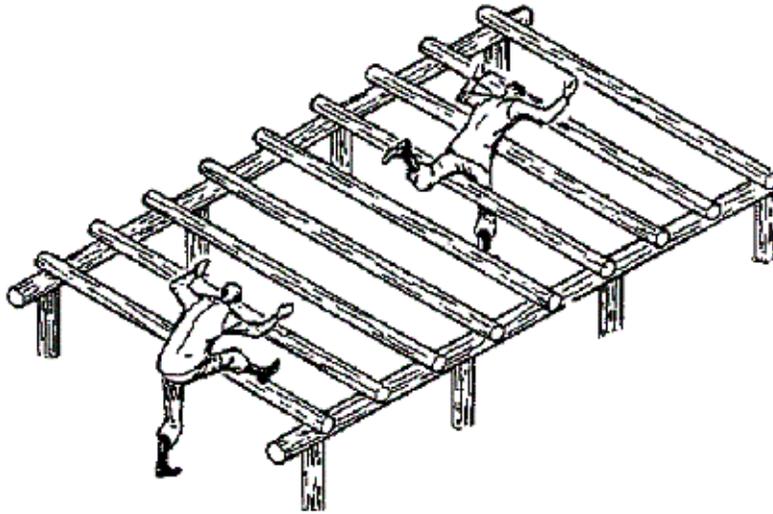
PRINT NAME

SIGNATURE DATE

Attachment 2**INCLINE WALL
(Obstacle Negotiation)**

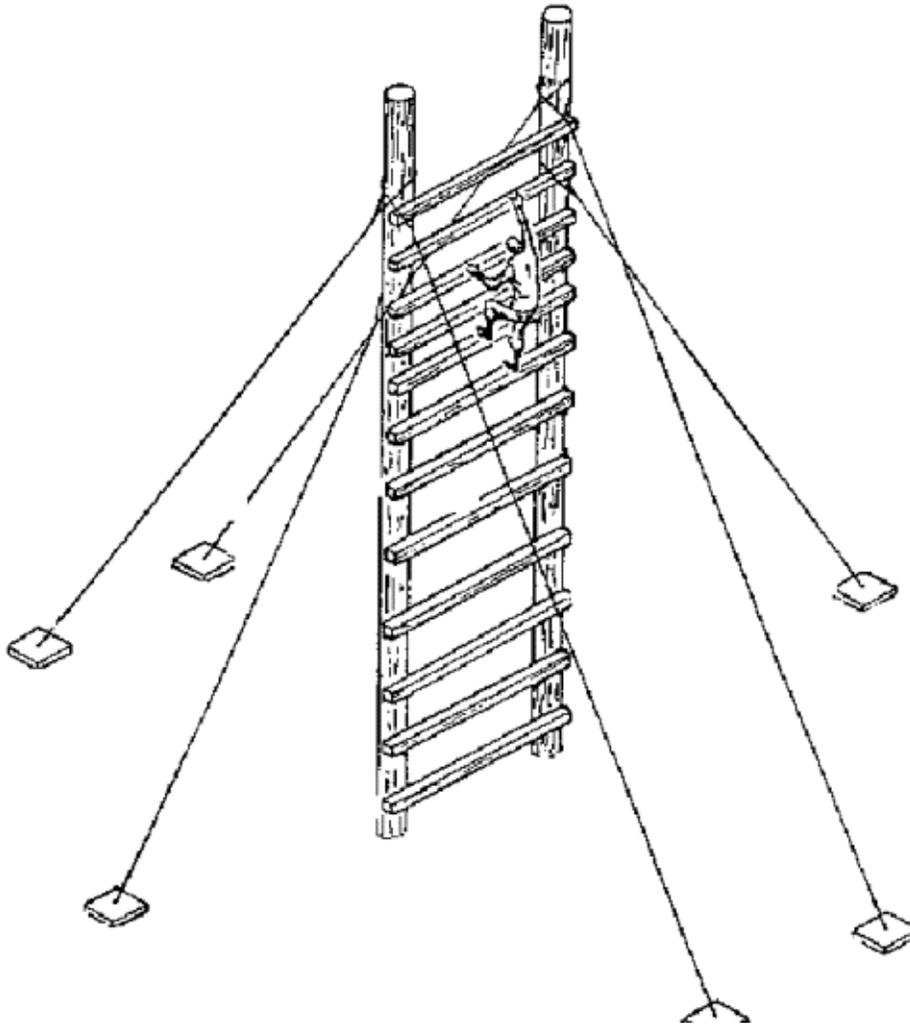
A2.1. Safety Considerations. This obstacle has a minimum risk. When you jump up to grasp the top of the wall, you could possibly strike your head.

A2.2. Completing the Obstacle. Run up to the underside of the wall. Jump up and grasp the top. Pull yourself up over the top and either slide or jump to the ground feet first. Bend your knees slightly when landing.

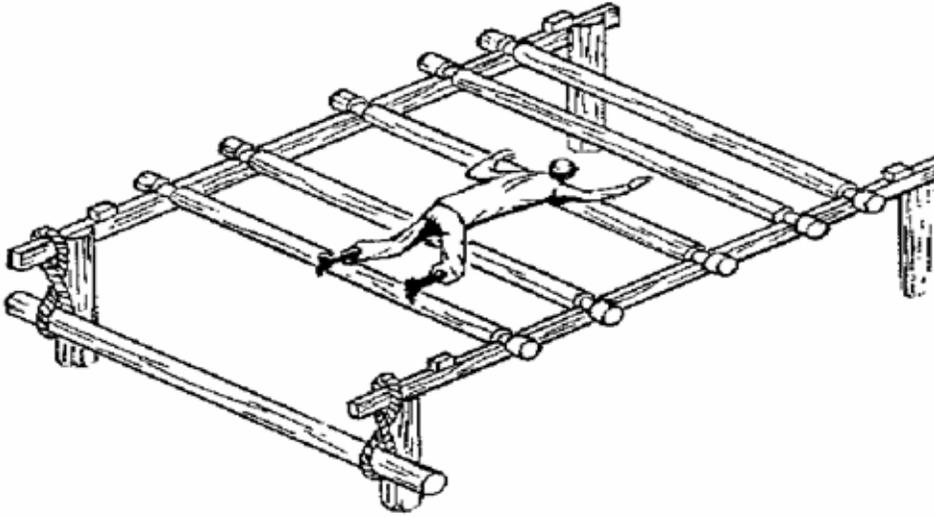
Attachment 3**HIGH STEPOVER
(Obstacle Negotiation)**

A3.1. Safety Considerations. This obstacle has a medium safety risk. When negotiating this obstacle, be sure to step as high as possible over the logs or possible groin injuries could occur.

A3.2. Completing the Obstacle. Step (not vault) over each log one at a time.

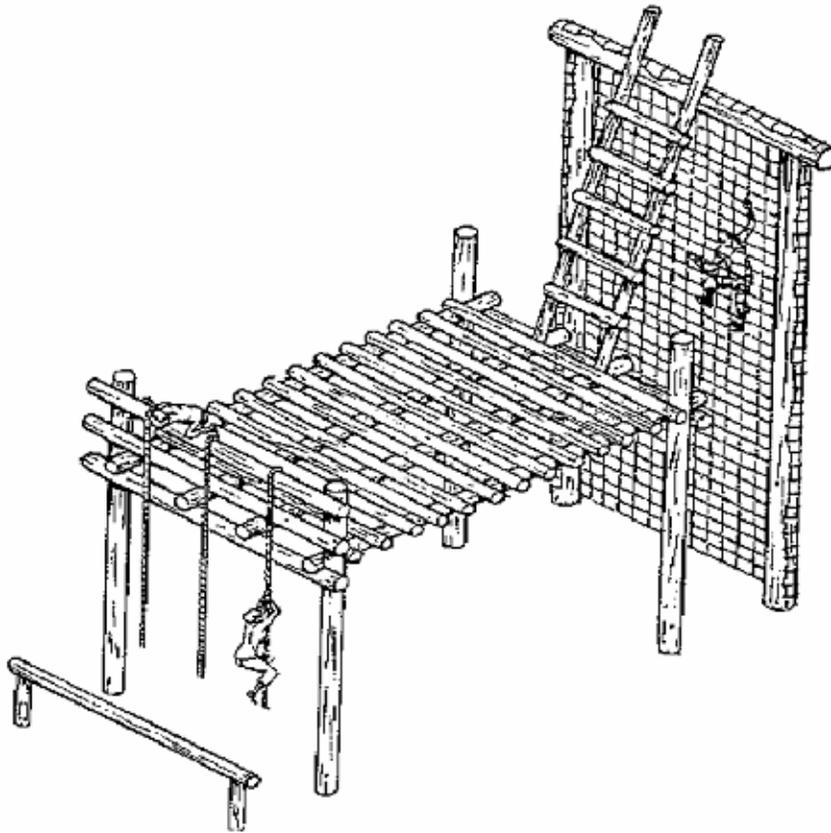
Attachment 4**CONFIDENCE CLIMB
(Obstacle Negotiation)**

A4.1. Safety Considerations. This obstacle has a high safety risk. The distance from the bottom to the top of the ladder is 33 feet. You must be sure of your grip when completing this obstacle. A fall could result in a serious injury from either striking the logs or the ground. THIS OBSTACLE REQUIRES AN INDIVIDUAL SPOTTER.

Attachment 5**BELLY ROBBER
(Obstacle Negotiation)**

A5.1. Safety Considerations. This obstacle has a minimum safety risk. If you do not reach or crawl to the succeeding logs, a fall to the ground could occur. When dismounting the obstacle, you should be careful not to hit your head on the last log. Logs are not stationary and smashed fingers between the logs could also occur.

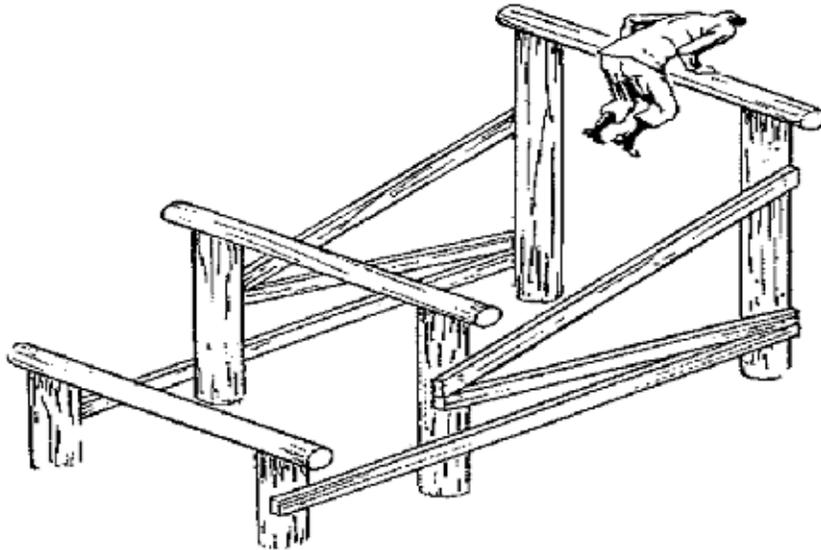
A5.2. Completing the Obstacle. Approach the obstacle and step on the lower log to give yourself a boost up to the rolling logs. Lie on your stomach and pull yourself across the logs. Upon reaching the final rolling log, use a reverse grip (due to the size of the log, your grip will include your forearm under the log, palms up and fingers as much to the front as possible) and do a forward roll off.

Attachment 6**TOUGH ONE****(Obstacle Negotiation)**

A6.1. Safety Considerations. This obstacle has a high safety risk. The distance from the bottom to the top at the starting end is 29 feet. You must be sure of your grip when negotiating the obstacle. You must also be careful when crossing the log platform. There is sufficient space where you could possibly fall between the logs to the ground. Care must be taken when climbing down the ropes on the short end to prevent rope burns. **THIS OBSTACLE REQUIRES AN INDIVIDUAL SPOTTER.**

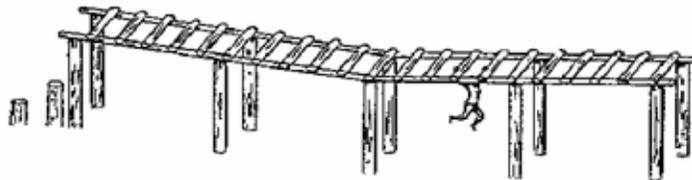
A6.2. Completing the Obstacle. Climb up the cargo netting at the tall end of the obstacle. NOTE: Cargo nets are used instead of ropes on the tall end to help prevent muscle fatigue. U.S. Army safety studies have shown that crawling up the ropes left individuals with little strength left to get them over the top. Once at the top, carefully pull yourself over the top log and climb down the ladder backwards. Proceed across the

log platform and pull yourself down to the ground. Once on the ground, turn around and either vault or belly roll over the log.

Attachment 7**DIRTY NAME
(Obstacle Negotiation)**

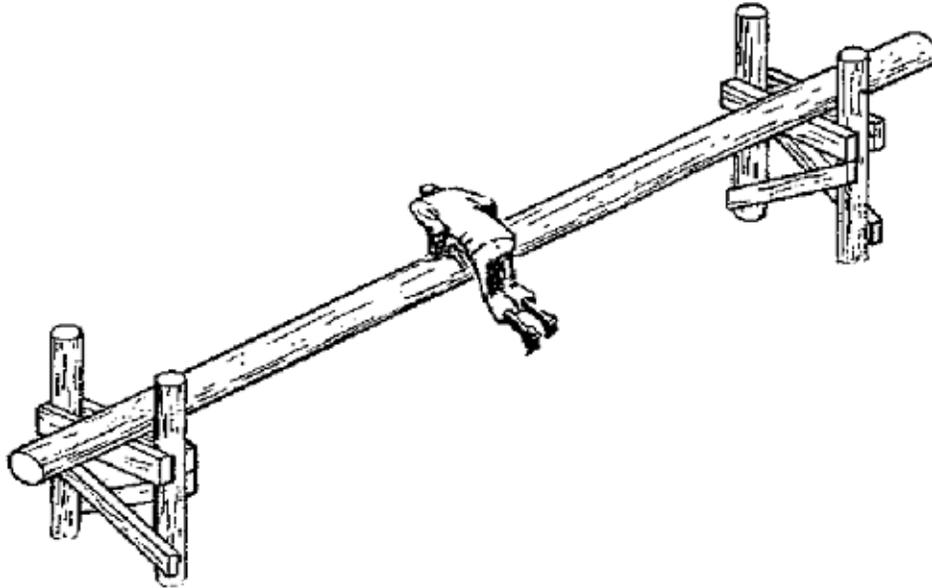
A7.1. Safety Considerations. This obstacle has a medium safety risk. If you fail to gain sufficient height when jumping from the second tier to the top log, you could possibly strike your chest or lose your grip and fall to the ground, or strike the side posts. Students will be warned that the height of the last log is 12 feet and that the distance from the second log to the last log is 4 ½ feet. SPOTTERS SHOULD BE USED ON THIS OBSTACLE.

A7.2. Completing the Obstacle. Stand on the bottom log and spring to the second log. Carefully stand up on the second log and jump to the third log placing your waist above this log. Place your hands in a reverse grip (move your hands on the top log so that your palms are now underneath the log and your fingers are to the front and over the top of the log), roll over the log, hang and drop down to the ground. Bend your knees slightly when landing.

Attachment 8**TARZAN
(Obstacle Negotiation)**

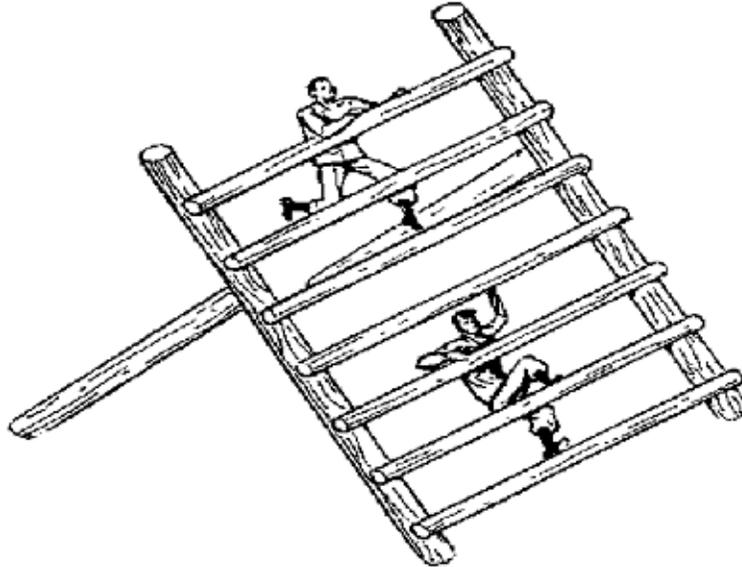
A8.1. Safety Considerations. This obstacle has a medium safety risk. You could lose your balance on the logs and fall striking either the logs or the ground. The bars in the horizontal ladder are not stationary. If you lose your grip on the bars you could hit one of the ladder's support poles or the ground.

A8.2. Completing the Obstacle. Mount the lower log and walk to the second log. Mount the second log and walk to the third log. Mount the third log and walk to the beginning of the horizontal ladder. Grab the bars closest to you and slowly ease down from the log so that you are in a hanging position on the first bar. Proceed on the horizontal ladder going hand over hand placing two hands on each bar until you reach the final bar. Simply let go, and bend your knees slightly when landing.

Attachment 9**THE BELLY BUSTER
(Obstacle Negotiation)**

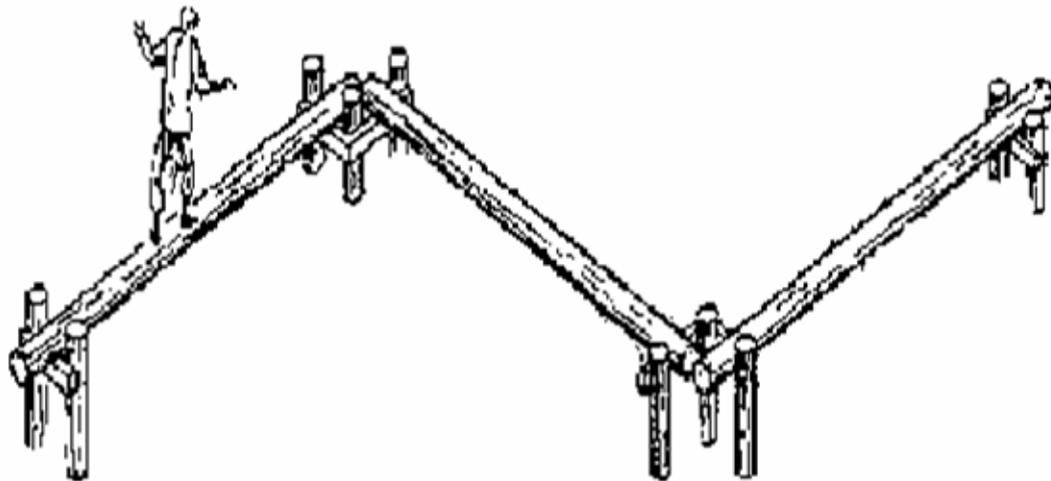
A9.1. Safety Considerations. This obstacle has a medium safety risk. If you do not gain the necessary height to go over the horizontal log, you could possibly strike your chest. Students will be warned that the log is not stationary. The log should be moved to the forward position after each attempt.

A9.2. Completing the Obstacle. Run up to the log and jump high, placing your waist above the log. Place your hands in a reverse grip, as described previously in [A7.2.](#) and roll over the log. Some individuals may not be able to jump that high and can climb over the log.

Attachment 10**REVERSE CLIMB
(Obstacle Negotiation)**

A10.1. Safety Considerations. This obstacle has a medium safety risk. You could lose your balance or grip on the underside inclined climb and fall backward to the ground. When going down the opposite side, your foot could slip off the rung and either become entangled in the rungs or causes you to fall to the ground.

A10.2. Completing the Obstacle. Climb up the inclined ladder, go over the top rung and then climb, not slide, down the opposite side like a ladder.

Attachment 11**BALANCING LOGS
(Obstacle Negotiation)**

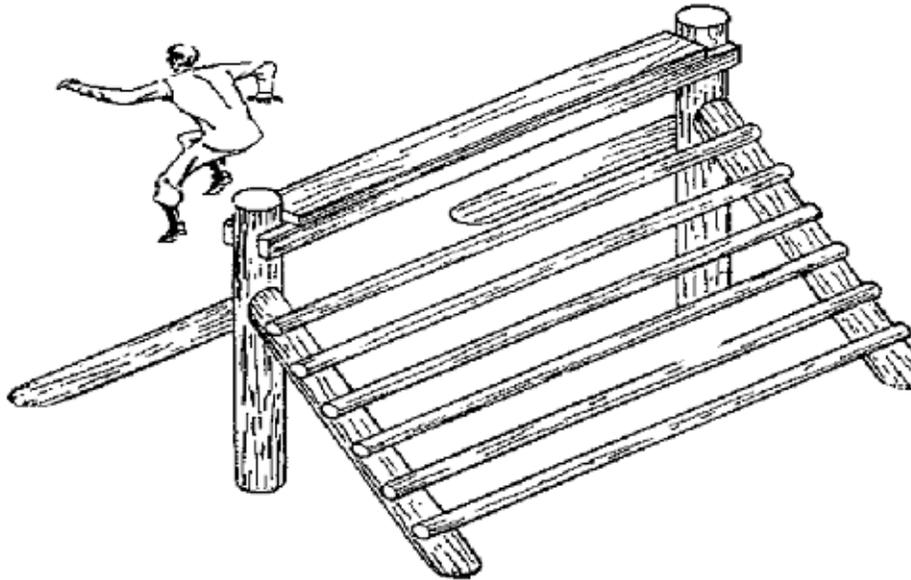
A11.1. Safety Considerations. This obstacle has a medium safety risk. If you lose your balance, you could fall either striking the logs or into the trench. The logs are at such a height from the trench that an injury could be sustained. If you should feel yourself falling, jump away from the logs. You could possibly strike any of the logs or fall to the ground. The logs are not stationary .

A11.2. Completing the Obstacle. Stand up on the stumps and then walk across each successive log. More than one person can be on this obstacle and can help others who are negotiating it by preventing the logs from rolling.

Attachment 12**ISLAND HOPPER
(Obstacle Negotiation)**

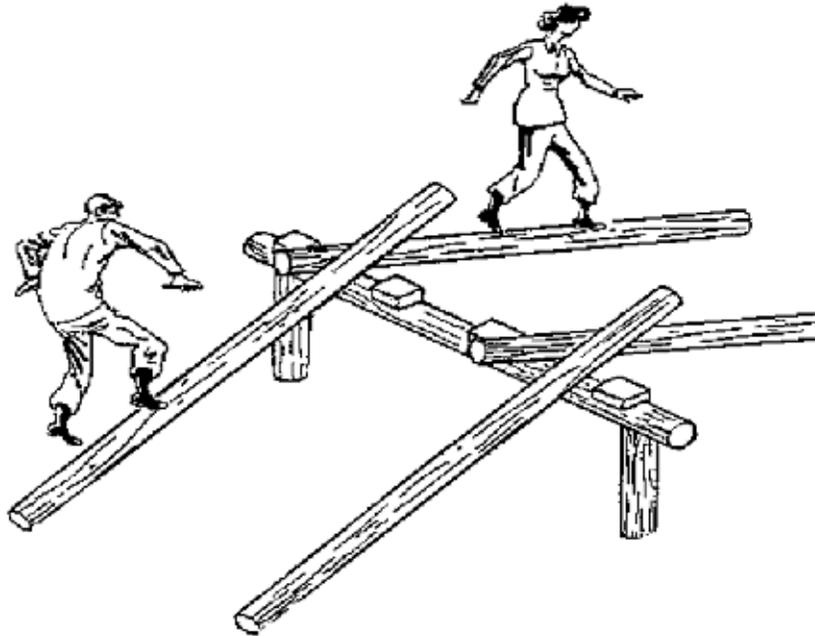
A12.1. Safety Considerations. This obstacle has a medium safety risk. If you attempt to complete this obstacle too fast, you may lose your balance and possibly fall onto the other short logs.

A12.2. Completing the Obstacle. Step from stump to stump. Go slowly and pick a path.

Attachment 13**JUMP AND LAND
(Obstacle Negotiation)**

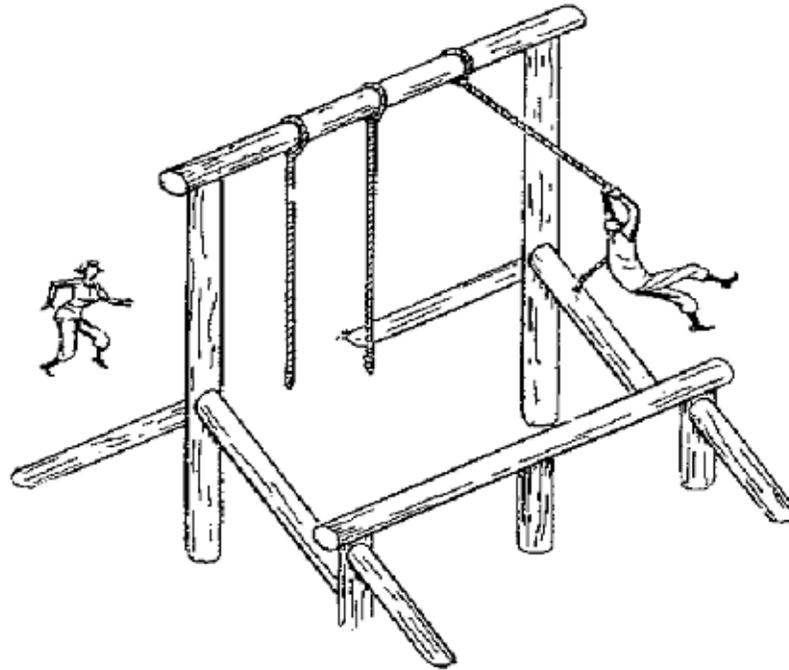
A13.1. Safety Considerations. This obstacle has a medium safety risk. While going up the ladder, you could possibly have your foot slip a rung and become entangled in the rungs. Care must be taken when you jump off the top platform. Insure that the landing area has been checked for foreign objects and has been raked or fluffed up.

A13.2. Completing the Obstacle. Climb up the inclined ladder to the top platform. Then, with both feet on the top platform, jump to the ground. Bend your knees slightly when landing.

Attachment 14**EASY BALANCER
(Obstacle Negotiation)**

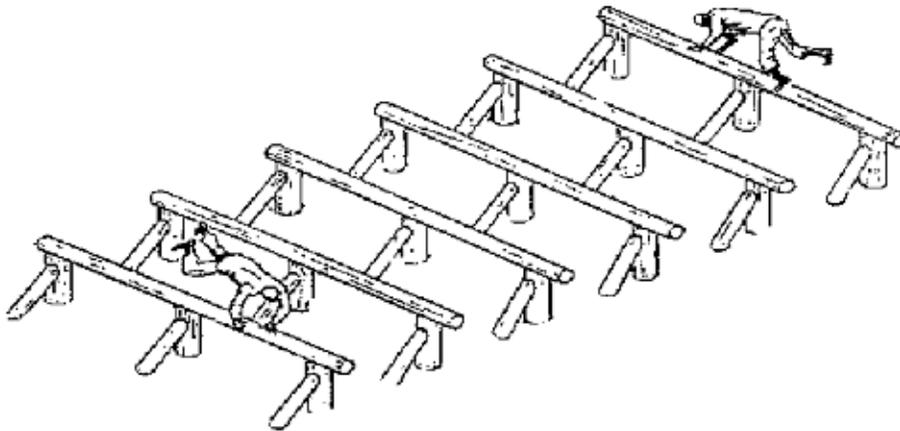
A14.1. Safety Considerations. This obstacle has a medium safety risk. DO NOT be misled by its title. The logs are at a steep grade and could cause loss of balance.

A14.2. Completing the Obstacle. Go up the inclined log and down the other log in the opposite direction to the ground.

Attachment 15**SWING, STOP, AND JUMP
(Obstacle Negotiation)**

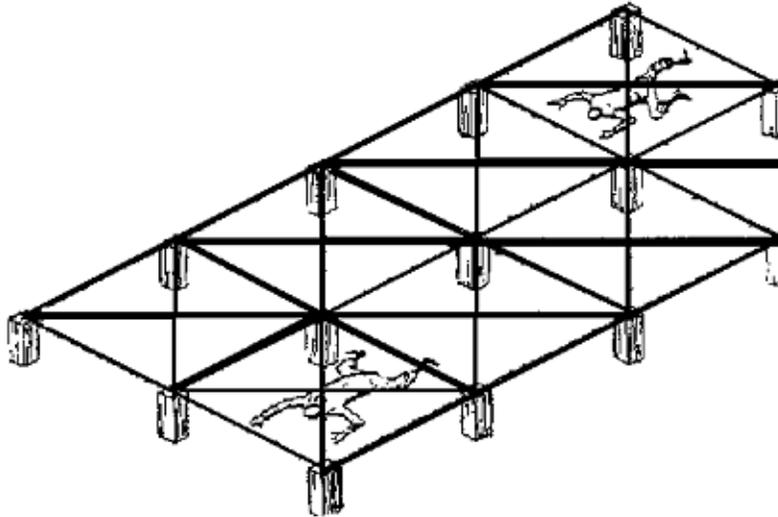
A15.1. Safety Considerations. This obstacle has a medium safety risk. If you fail to gain enough momentum to swing to the log, you may strike your shin on the log. On the other hand, if you swing too far, you could strike the log on your backward movement. If you use the side ropes and lose your grip, you could strike the adjacent support braces.

A15.2. Completing the Obstacle. Gain momentum with a short run up to the obstacle and grasp a rope, swinging your body forward to the top of the log. Release the rope while standing on the top of the log, and then jump to the ground. Bend your knees slightly when landing on the ground.

Attachment 16**SIX VAULTS****(Obstacle Negotiation)**

A16.1. Safety Considerations. This obstacle has a minimum safety risk. If you fail to gain enough height to go over each log, you could strike the log and fall to the ground or possibly sustain a groin injury.

A16.2. Completing the Obstacle. Starting with the first log, either vault (using one or two hands) or roll your belly over each log.

Attachment 17**BELLY CRAWL
(Obstacle Negotiation)**

A17.1. Safety Considerations. This obstacle has a minimum safety risk. You must keep low to the ground in this obstacle or you could catch your body on the barbed wire.

A17.2. Completing the Obstacle. Approach the obstacle and select a lane to crawl in. Move forward, belly down in the lane you have chosen. You may help one another complete this obstacle by holding the wire up at the end of the obstacle.

Attachment 18

DIAGRAM OF ALL OBSTACLES

