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U.S. Army Garrison-West Point DPTMS – Range Operations Policy & Procedures

Standard Operating Procedure *Anzio* Obstacle Course



Department of the Army
U.S. Army Garrison West Point
United States Military Academy
West Point, New York 10996-5000

Document History

Document Location

All hard copies will be located at Building 1403 Range Operations Fire Desk. Also, electronic copies may be retrieved via DPTMS website (Training Link), or upon request.

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Approvals

This document requires the following approvals:

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Distribution Formula

This document has been distributed to:

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1. General Information

1.1 Purpose

This Standard Operating Procedure (SOP) provides standard instructions and checklists for unit and individuals using the Anzio Obstacle Course. It defines standardized steps and procedures to be followed for its safe and efficient use.

This SOP is directive based and complies with applicable United States Military Academy and Department of the Army Regulations, current doctrine, policy and guidance.

1.2 Applicability

This SOP is designed to provide units with safe operating procedures and guidelines. It applies to all units of the U. S. Armed Forces, civilian organizations, and individuals who are authorized to use this training facility at West Point, and by all applicable users IAW West Point Regulation 350-11 and TC 3-22.20, Army Physical Readiness Training.

1.3 Responsibility

Use this SOP in conjunction with TC 3-22.20 and West Point Reg. 350-11 which provide specific and detailed specialty course responsibilities for using units. These directed and required actions are necessary for the safe conduct of negotiating obstacles and physical readiness training. Full compliance IAW the afore-mentioned regulations as well as steps and procedures of this SOP, is the responsibility of the commanders, as well as the personnel of using organizations or units. Personnel of any non-DoD civilian agency or activity, using West Point ranges and training facilities must also comply with the provisions and requirements outlined in West Point Reg. 350-11.

1.4 References

All required and related publications are those covering the training conducted and those listed in the applicable chapters and Appendix A of West Point Reg. 350-11 or other respective regulations, policies and procedures. Additional references are also listed at Appendix E, of TC 3-22.20, Army Physical Readiness Training.

1.5 Suggested Improvements

The proponent of this Standard Operating Procedure (SOP) is the Director of Plans, Training, Mobilization and Security, U.S. Army Garrison West Point, ATTN: DPTMS, Building 621 Wilson Road, United States Military Academy, West Point, New York 10996-5000. Users are encouraged to send comments and suggested improvements on DA Form 2028 (Recommended Changes to Publications and Blank Forms).

2. Specialty Course Description & Characteristics

2.1 Course Description

The Anzio Obstacle Course consists of 4 obstacles. The Anzio obstacle course has low obstacles that must be negotiated quickly, and measure the soldier's ability for basic motor skills and physical conditioning.

The Anzio Obstacle course is designed to instill confidence in the mental and physical abilities. It is designed for soldiers to receive instruction and practice their skills and then run the obstacle course for time.

2.2 Course Location

The Anzio Obstacle Course is located in Training Area K, at Camp Buckner, vicinity grid WL78877829.

2.3 Standard Obstacles Available

See TC 3-22.20, Appendix E and/or Chapter 6 of this SOP for an illustration and description of each obstacle:

ANZIO OBSTACLE COURSE - OBSTACLES			
Horizontal Ladder	Run-Dodge-Jump	Log Ladder	Pyramid Wall

2.4 Specific Safety Measures

- a. General safety precautions that must be considered and conducted:
 - 1) Inspection of structural integrity and safety devices prior to obstacle use.
 - 2) Safety areas for ground covering must be inspected and tested prior to use. Landing and fall areas under obstacles raked and refilled as needed before each use.
 - 3) Training is postponed / modified when obstacles are slippery due to inclement weather.
 - 4) Current risk assessment updated prior to each day's training and updated as conditions change.

2.5 Obstacle Course Support Facilities

The Anzio Obstacle Course has the following support facilities to support operations:

Latrines (Located at the Marne Confidence Course)

NOTES: None

2.6 Authorized Parking

Military Vehicles – Military parking is next to the course.

Civilian Privately Owned Vehicles (POVs) – Camp Buckner parking area next to Camp Manager's Office.

2.7 Communications

All specialty courses must maintain two separate means of communication with Range Operations at all times. Primary means of communication with Range Operations will be by issued Motorola Handheld on the "Live Fire" Channel.

There is NO commercial telephone available at the Anzio Obstacle Course.

3. Safety & Security Procedures

3.1 Individual Personal Protection Equipment (PPE)

- a. Based upon the Commander's discretion and/or the OIC/NCOIC's risk assessment Ballistic (Kevlar or Army Combat Helmet (ACH) is to be worn for safety and protection by all personnel negotiating each obstacle.
- b. The use of leather gloves is recommended.

3.2 Facility Specific Safety Measures

- a. General safety precautions that must be considered and conducted:
 - 1) Inspection of structural integrity and safety devices prior to obstacle use.
 - 2) Safety equipment must be inspected and tested prior to use. Landing and fall areas under obstacles raked and refilled as needed before each use.
 - 3) Training is postponed / modified when obstacles are slippery due to inclement weather.
 - 4) Instructor training on operation of obstacles prior to conduct of course.
 - 5) Muscular strength and or muscle failure physical training should NOT BE conducted within 12 hours prior to the use of the Anzio Obstacle Course.
 - 6) Range Operations maintains the obstacles. At times certain obstacles may be closed off due to maintenance deficiencies and will be CLOSED and marked OFF LIMITS.
 - 7) OIC maintains a current risk assessment updated prior to each day's training and updated as conditions change.

4. Course Operational Requirements/Responsibilities

4.1 Officer in Charge (OIC) / Range Safety Officer (RSO) Appointment Requirements

WEAPON SYSTEM	OFFICER IN CHARGE (OIC)			RANGE SAFETY OFFICER (RSO)		
	OFF	CADET	NCO	OFF	CADET	NCO
Practice hand grenade simunitions training devices; simulators, and small arms (5.56mm and below)	X	N/A	E6(P)	X	X (Wpns Qualified)	E5(P)
Chemical Agents (CS) and smoke	X	N/A	E6 (MOS Qualified)	X	N/A	E5
Aerial gunnery, live grenades, grenade launchers, grenade machine guns; Live mines, and demolitions.	X	N/A	E7	X	N/A	E6
Field Artillery and LASER ranges	X (0-3)	N/A	N/A	Battery XO X	N/A	N/A
Live Fire Exercises using organic weapons, team through squad.	X	N/A	N/A	X	N/A	E7
Mortars	X	N/A	N/A	X	N/A	E6
Direct fire antitank rockets	X	N/A	E7	X	N/A	E6
Specialty Non-LFX Courses	X	N/A	E6	X	X	X
Specialty Non-LFX Courses (Rappel) * Rappel Master Certified	X*	N/A	E7*	X	N/A	E6

Table 4-1, OIC / RSO Appointment Requirements

4.2 Officer in Charge (OIC)

The Range OIC holds the responsibility and accountability for the conduct of the activity and the adherence to governing regulations and guidance.

4.2.1 OIC Qualifications

A commissioned, warrant, or noncommissioned officer (NCO) may serve as a Specialty Course OIC. NCOs serving as OIC will be in the grade as shown in Table 4-1 above, at a minimum. Facility OICs will be qualified on the safe conduct of obstacle negotiation and will have

satisfactorily completed a safety certification program for which they are responsible conducted by their Battalion/Unit (O5 & above Command) to which they are assigned.

4.2.2 OIC Actions & Procedures before Facility Occupation

STEP	ACTION	TAKEN
1	Thoroughly plan the operation and/or training activity and determine the personnel and equipment support requirements.	
2	Be command safety certified and appointment is completed, and on file at Range Operations.	
3	Receive the mandatory Range Operations briefing within ONE DAY prior to use.	
4	Ensure qualified obstacle instructors are trained on the operation and correct negotiation of each obstacle prior to running the course.	
5	Verify that all personnel in a direct supervisory role or safety position are familiar with the provisions of this SOP, West Point Reg. 350-11, and TC 3-22.20, Army Physical Readiness Training.	
6	Ensures that the required and appropriate medical support personnel are qualified. All appropriate equipment and supplies are available to support the training activity.	
7	Check in at Range Operations upon arrival to the installation to receive an updated briefing and sign for the facility and necessary support equipment.	
8	Develops a composite risk management worksheet for all phases of the range operation(s) and/or training activity, and mitigate initial high and extremely high hazards through appropriate control measures, using DA Fm 2977.	

4.2.3 OIC Actions & Procedures before Operations

STEP	ACTION	TAKEN
1	Ensures the correct training facility is occupied, and conducts a joint inventory with a Range Operations representative to ensure the presence and condition of the facilities, safety equipment and general condition of each obstacle.	
2	Conducts an OIC safety brief to the obstacle instructors, reinforcing their duties and responsibilities on the conduct of each obstacle and general safety requirements.	
3	Directs and supervises that the required designated areas of the training facility are established and set up as required/planned.	
4	Establishes radio and communications with Range Operations, and notifies Range Operations upon initial occupation.	
5	Verify that the required medical personnel and equipment support is on site, with strip maps to local medical treatment facilities is present, prior to requesting a HOT status.	
6	Verify the continuous safety and security of all personnel as they negotiate obstacles. Ensure that obstacle negotiation demonstrations are conducted when necessary.	
7	Verify that all personnel wear the required personal protection equipment, as the commander dictates.	
8	Ensure all applicable references and regulations are physically present and on hand:	
9	Notifies Range Operations and requests permission to place the range in a HOT status (Refer to paragraph 7.1).	
10	Implements risk management actions and applicable control measures identified for this phase of the range operations and/or training event.	

4.2.4 OIC Actions & Procedures during Operations

STEP	ACTION	TAKEN
1	Be present at all times at the confidence course training facility while the facility is in a HOT status, and maintains a constant observation of the facility to ensure that obstacles are being safely and properly negotiated. Greet and brief all range visitors/VIPs, and Range Operations personnel.	
2	Verify that all personnel prior to negotiating obstacles receive a safety briefing, and that each obstacle is negotiated properly and safely.	
3	Ensures that communications with Range Operations are maintained, and that hourly radio checks are performed (Refer to paragraph 7.4)	
4	Immediately calls or announces a self-imposed "Cease Training" and notifies Range Operations when:	
4a	Any unsafe action is observed or reported by ANY individual observing an unsafe act.	
4b	When communications are lost with Range Operations and/or Gate Guards.	
4c	When any personal injury occurs.	
4d	Whenever the OIC or medical support leaves the training facility.	
4e	Notifies Range Operations when a change in OIC is needed (refer to paragraph 7.3).	
5	Implements risk management actions and applicable control measures identified for this phase of the range operations and/or training event.	

4.2.5 OIC Actions & Procedures after Operations

STEP	ACTION	TAKEN
1	Notify Range Operations upon completion of training and request permission to go COLD (reference procedure 7.2). Be prepared to report:	
1a	Number of personnel trained.	
2	Contact Range Operations for range clearance/inspection after performing the following:	
2a	Remediate any obstacle deficiency created during facility use (i.e. raking sand pits) and replace safety equipment in appropriate storage area.	
2b	Police range for all trash and place in local dumpster. NO MREs, kitchen waste will be placed in the dumpsters.	
2c	Check overall condition of the range to include all range support facilities and repair any deficiencies or faults discovered if applicable.	
2d	Hand receipted range equipment and supplies are recovered, cleaned and prepared for turn-in.	
3	Conduct a joint inventory IAW range clearance agreement with a Range Operations representative for clearance of the training area, and secure the facility.	
4	Return all hand-receipted range equipment, along with any applicable reports/forms to Range Operations.	

5. Specialty Course Medical Requirements & Evacuation

5.1 Unit Medical Support Requirements

Units will comply with the following range medical support requirements:

- a. A soldier first responder, equipped with a litter, radio communication, and a complete medical aid bag, containing all required CL VIII items that have a valid expiration date.
- b. A dedicated medical evacuation vehicle, capable of transporting a litter, and properly equipped, and with a current PMCS. Medical aid personnel assigned to these ranges, along with the supporting medical vehicle, will not be used for any other duty.

5.1.1 Execution

- a. Using unit medical personnel will review and familiarize themselves with the strip map route(s) to KACH ER and the local community hospital prior to conducting operations.
- b. Whenever the dedicated medical aid person or vehicle must leave the area for any reason the training facility must “Cease Training” and remains in a “COLD” status until a replacement is provided, or until the assigned vehicle and medical personnel have returned to the facility. Range Operations will then grant the unit permission to re-open the facility and place the facility in a “HOT” status.
- c. Medical support personnel at the facility will provide treatment for minor injuries and basic first-aid for life-threatening injury or illness.
- d. Medical evacuation vehicles will display all frequencies and telephone numbers in case of immediate use:
 - a. Range Operations Frequency is on Motorola Handheld “LIVEFIRE” Channel.
 - b. West Point Fire & Emergency Services Division – 845.938.5197
 - c. KACH ER frequency is VHF 150.7.
 - d. KACH ER – 845.938.4004 / 5169.

5.2 Keller Army Community Hospital (KACH)

Injuries and/or illness requiring immediate emergency support will be immediately reported to the KACH ER, with the location of the site for patient evacuation by KACH.

5.3 Serious Incident Report (SIR) Requirements

Full and immediate medical attention directed at the patient is the first and foremost priority. As soon as possible, the OIC will contact Range Operations and report the medical injury/accident. Be prepared to provide at a minimum “the Five W’s” (Who, What, When, Where and Why).

5.4 Emergency MEDEVAC Flight Requests

The USMA does NOT have an organic MEDEVAC capability to support training complex operations; units and organizations will plan medical evacuation with their organic assets. Stat

Flights are for the emergency evacuation of injured personnel by air ambulance. Only the emergency first responder on site, DES dispatcher or KACH medical personnel are authorized to request or terminate a MEDEVAC mission.

To obtain a Stat Flight, contact Range Operations by Motorola Handheld "LIVEFIRE" Channel or by telephone at (845)938-3930. After Hours the Military Police Dispatch at (845)938-3333. Air Frequency is VHF 126.20.

9-LINE MEDEVAC		
ANNOUNCED		LINE INFO DESCRIPTION
LINE	LINE INFO	
1		Location of the Pick-Up site by 6-digit grid and any prominent terrain features nearby.
2		Unit Identification
3	A= B=	Number of Patients by evacuation category/precedence A=Urgent (requires immediate evacuation to prevent loss of life B=Priority (serious injury, but <u>NOT</u> life threatening
4	A= B= C= D=	Special equipment needed: A=none B=hoist C=extraction equipment D=ventilator
5	A= B=	Number of patients A=litter B=ambulatory
6		Number and types of wounds, injuries and illnesses
7		Method of marking landing zone/pick-up site A=panels B=pyrotechnic signal C=smoke signal D=none E=other
8		Patient nationality and status A=US military B=US civilian C=other (describe)
9		Terrain description of pick-up site, any site hazards; if none=so state

5.5 Hospital Strip Maps & Directions

5.5.1 Keller Army Community Hospital

Reference Tab 10A, Local Strip Map to Keller Army Community Hospital

5.5.2 St. Luke's Community Cornwall Campus Hospital, Cornwall, NY

Reference Tab 10B, Local Strip Map to Saint Luke's Community Hospital.

6. Anzio Obstacle Course Concept of Operations

The Anzio Obstacle Course is designed to challenge the user's strength, endurance, and mobility while instilling self-confidence and promoting teamwork. The course is designed so that each student receives the proper obstacle negotiation instruction, is allowed to practice those skills, and then run the course against time.

6.1 Anzio Obstacle Course Operations

The Officer in Charge (OIC) will appoint an instructor for each obstacle and a Safety Officer for each obstacle group when in use.

All users begin negotiation with the proper instruction in how to negotiate the obstacle prior to running the course against time.

6.1.1 Conduct of Training Rules

The Anzio Obstacle Course cultivates confidence and strength, and is a recommended prerequisite for units that wish to use the Marne Confidence Course. Users negotiate each obstacle without their individual equipment.

Supervisors should encourage, but not force, every soldier to try the various obstacles. Soldiers who have not previously run the obstacle course should receive a brief orientation at each obstacle, including an explanation and a demonstration of how best to negotiate the obstacle. Provide the opportunity to practice on each obstacle until they become proficient at negotiation. Before the course is run against time, several practice runs should be run at a slower pace. During such practice runs, PRT leaders and AIs observe their performance and make appropriate corrections. Users should never be permitted to run the course for time until they have mastered all the obstacles thoroughly. The act of making the obstacle more difficult by shaking ropes, rolling logs, etc. is STRICTLY prohibited. Close supervision must be used to prevent injuries.

6.1.2 Horizontal Ladder Obstacle



To successfully negotiate this obstacle, traverse the ladder using the following technique. Grasp the first rung overhead with the palms facing forward and suspend the body. To propel the body forward, release one hand and move forward to secure a new grasp. At the same time, swing the opposite side of the body forward. Release the other hand and move it forward to re-grasp another rung. Continue this technique grasping each and every rung until reaching the last rung. Suspend the body from the last rung, then drop to the ground.

6.1.3 Run-Dodge-Jump Obstacle



6.1.4 Log Ladder Obstacle



6.1.5 Pyramid Wall

(No picture Available)

7. Radio Procedures

7.1 Requesting a Hot Status

FACILITY: RANGE OPERATIONS, THIS IS ANZIO OBSTACLE COURSE, OVER

RANGE OPERATIONS: ANZIO OBSTACLE COURSE, THIS IS RANGE OPERATIONS. GO AHEAD, OVER.

FACILITY: RANGE OPERATIONS, THIS IS ANZIO OBSTACLE COURSE. REQUEST A HOT TIME, OVER.

RANGE OPERATIONS: ANZIO CONFIDENCE COURSE, THIS IS RANGE OPERATIONS, DO YOU PHYSICALLY HAVE ON SITE REQUIRED MEDICAL SUPPORT WITH EQUIPMENT, FACILITY SAFETY SOP BINDER, RED RANGE FLAG FLYING, OVER.

FACILITY: RANGE OPERATIONS, THIS IS ANZIO OBSTACLE COURSE, YES, OVER.

RANGE OPERATIONS: ANZIO OBSTACLE COURSE, THIS IS RANGE OPERATIONS. I GIVE YOU A HOT TIME OF ____ HOURS. MY INITIALS ARE _____. CONFIRM HOT TIME AND SEND YOUR FACILITY OIC INITIALS, OVER.

FACILITY: RANGE OPERATIONS, THIS IS ANZIO OBSTACLE COURSE. I CONFIRM HOT TIME OF _____. OIC INITIALS ARE _____, OVER.

RANGE OPERATIONS: ANZIO OBSTACLE COURSE, THIS IS RANGE OPERATIONS. CONDUCT RADIO CHECKS WITH RANGE OPERATIONS HOURLY AT THE TOP OF THE HOUR, YOUR FIRST RADIO CHECK IS DUE AT _____. RANGE OPERATIONS OUT.

7.2 Requesting a Cold Status

FACILITY: RANGE OPERATIONS, THIS IS ANZIO OBSTACLE COURSE, OVER.

RANGE OPERATIONS: ANZIO OBSTACLE COURSE, THIS IS RANGE OPERATIONS. GO AHEAD, OVER.

FACILITY: RANGE OPERATIONS, THIS IS ANZIO OBSTACLE COURSE. REQUEST A COLD TIME, OVER.

RANGE OPERATIONS: ANZIO OBSTACLE COURSE, THIS IS RANGE OPERATIONS. I GIVE YOU A COLD TIME OF _____. MY INITIALS ARE _____. CONFIRM COLD TIME, SEND YOUR OIC INITIALS, AND YOUR NUMBER OF PERSONNEL TRAINED, OVER.

FACILITY: RANGE OPERATIONS, THIS IS ANZIO OBSTACLE COURSE. I CONFIRM COLD TIME OF _____. OIC INITIALS ARE _____, WITH _____ (#) PERSONNEL TRAINED, OVER.

RANGE OPERATIONS: ANZIO OBSTACLE COURSE, THIS IS RANGE OPERATIONS, ROGER, OUT.

7.3 Change of OIC

FACILITY: RANGE OPERATIONS, THIS IS ANZIO OBSTACLE COURSE, OVER.

RANGE OPERATIONS: ANZIO OBSTACLE COURSE, THIS IS RANGE OPERATIONS. GO AHEAD, OVER.

FACILITY: RANGE OPERATIONS, THIS IS ANZIO OBSTACLE COURSE. REQUEST A CHANGE OF OIC, OVER.

RANGE OPERATIONS: ANZIO OBSTACLE COURSE, THIS IS RANGE OPERATIONS. SEND THE LAST NAME AND THE INITIALS OF THE NEW OIC, WITH YOUR INITIALS, OVER.

FACILITY: RANGE OPERATIONS, THIS IS ANZIO OBSTACLE COURSE. NEW OIC LAST NAME IS _____, NEW OIC INITIALS ARE _____. MY INITIALS ARE _____, OVER.

RANGE OPERATIONS: ANZIO OBSTACLE COURSE, THIS IS RANGE OPERATIONS. ROGER, OUT.

7.4 Requesting a Radio Check (Hourly at the Top of the Hour)

FACILITY: RANGE OPERATIONS, THIS IS ANZIO OBSTACLE COURSE. RADIO CHECK, OVER.

RANGE OPERATIONS: ANZIO OBSTACLE COURSE, THIS IS RANGE OPERATIONS, ROGER RADIO CHECK, OUT.

8. Safety Brief

This general safety brief is not all inclusive and requires the OIC to include commander's guidance, and/or any unit specific or other situational dependent areas of concern.

NOTE: Users should prepare for the course by doing conditioning exercises for at least 4 weeks before they are allowed to negotiate the Obstacle Conditioning Course.

1. Identify the Officer in Charge (OIC) and the Safety Officer (SO) at a minimum.
2. Identify the Location of:
 - a) Obstacle Instructors
 - b) Medic & the Evacuation Vehicle
 - c) Others as required
3. Prescribed uniforms and personal protection requirements (helmet and leather gloves as applicable).
4. Locations: Break/Smoking Areas, latrines, mess area, parking and bleacher site. Also include any off limit or restricted areas.
5. Procedures for Medical Emergency.
6. Severe weather plan, environmental requirements, issues and concerns.
7. ALL VEHICLES on this Range will have a GROUND GUIDE.
8. Movement on obstacles as directed by the Obstacle instructor.
9. NO pushing, NO shoving or horseplay at ANY time.
10. If you observe ANY UNSAFE situation, call & indicate "CEASE TRAINING" IMMEDIATELY.
11. The course should not be used in wet weather if it makes the obstacles slippery.
12. Obstacle instructors should inspect the obstacles for safety hazards (protruding nails, unsafe landing pits, etc.) and ensure all jewelry is removed prior to negotiating obstacles.
13. Muscular strength/muscle failure physical training should NOT be conducted within 12 hours prior to the Obstacle course negotiation of obstacles.

NOTE: Insert appropriate risk management worksheet hazards and control measures identified as applicable as required and/or applicable.

9. Risk Management & Mitigation

OIC will review, add and update DA Form 2977, Deliberate Risk Management Worksheet.

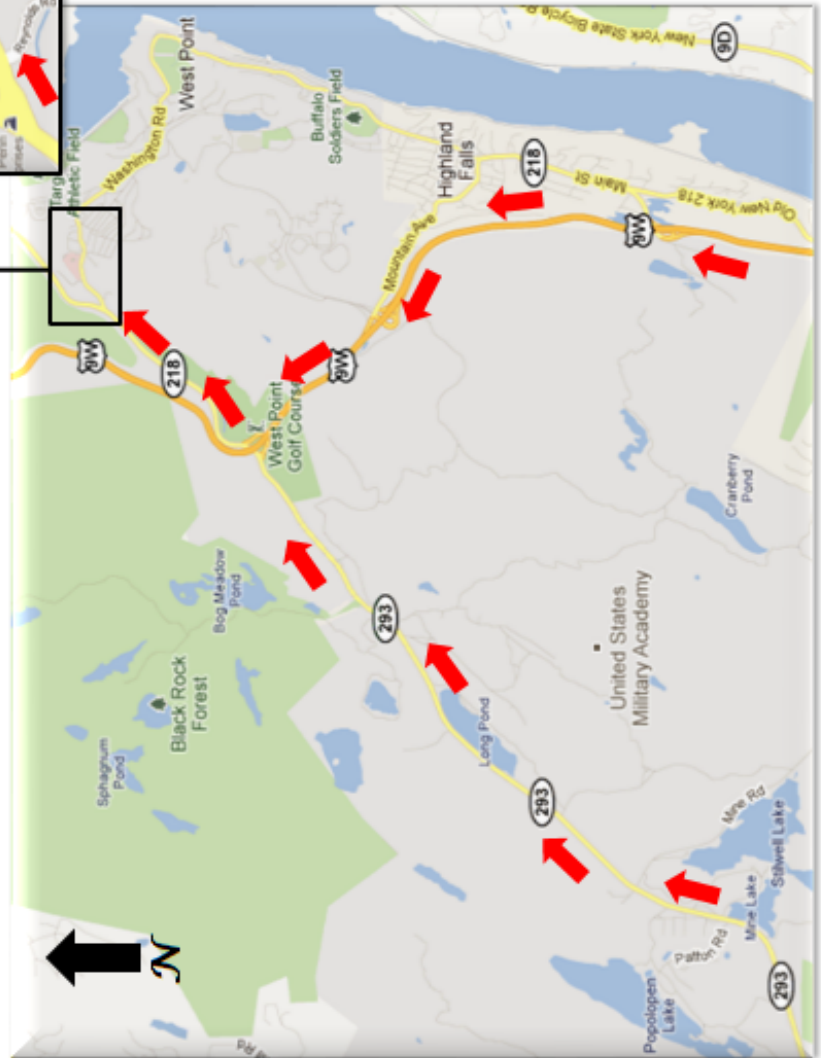
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10. Reference Information, Reports & Forms

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10A	Local Strip Map to Keller Army Community Hospital
10B	Local Strip Map to Saint Luke's Cornwall Community Hospital
10C	Open

**LOCAL STRIP MAP TO
KELLER ARMY COMMUNITY HOSPITAL
Phone #: (845) 938-4004**

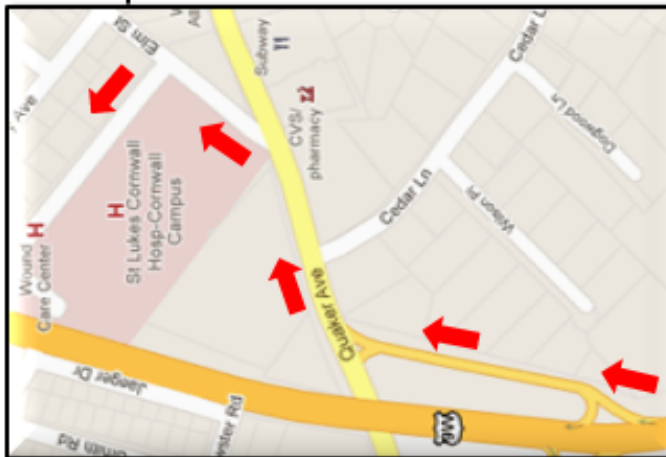
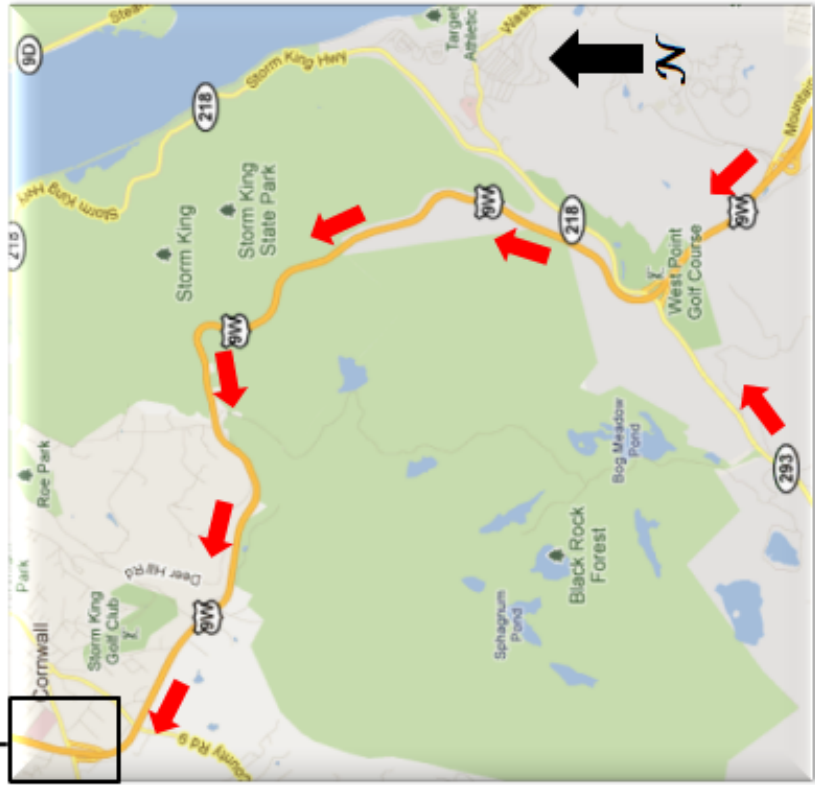


DIRECTIONS

- North on Route 293 or 9W.
- Exit onto Route 218 N (approx. 1.2 miles to Washington Road Gate).
- Enter Installation via Washington Road Gate.
- Keller Army Community Hospital is on the left (approx. 3/10 miles from Washington Road gate).

Tab 10A – Strip Map – Keller Army Community Hospital

**LOCAL STRIP MAP TO
ST. LUKES WOUND CARE CENTER
&
ST. LUKES CORNWALL HOSPITAL
Phone #: (845) 458-4512**



DIRECTIONS

- North on Route 293 or 9W.
- Continue North on 9W to Cornwall.
- Exit 9W onto Quaker Ave exit.
- Turn left onto Elm Street.

Tab 10B – Strip Map to St. Lukes Cornwall Hospital