



CANC: SEP 15

DIRATHNOTE 3120

APR 0 1 2015

DIRECTOR OF ATHLETICS NOTICE 3120

From: Head, Physical Education Department

Subj: PLEBE SUMMER PHYSICAL TRAINING PROGRAM

Ref: (a) COMDTMIDINST 3120.1K
(b) OPNAVINST 3500.39C
(c) DIRATHINST 6110.2B

Encl: (1) 2015 Operational Risk Management Assessment for USNA
Obstacle Course
(2) 2015 Operational Risk Management Assessment for USNA
Endurance Course
(3) 2015 Operational Risk Management Assessment for USNA
Confidence Course

A. PLEBE SUMMER PHYSICAL TRAINING

1. Purpose. To issue specific standardized guidance for the administration of the Plebe Summer Physical Training Program.

2. Background. The Plebe Summer Physical Training Program consists of a series of events to indoctrinate the incoming Plebe class to the physical mission of the Naval Academy. The Physical Education Program (PEP) is an integral part of the Fourth Class Development process. The intent of PEP is to take a newly reported Midshipman through the preparatory and conditioning phases of physical fitness, and to give Midshipmen the tools to execute the maintenance phase on their own. The objectives of PEP are:

- a. A 100% passing rate for the Naval Academy Physical Readiness Test (PRT) by the end of Plebe Summer.
- b. To achieve grades of A and B for 75% of Plebes on the final Plebe Summer PRT.

- c. To minimize the injury rate.
- d. To affect a lifestyle change among the incoming class of Midshipmen. This new lifestyle should be one that values physical fitness, discipline, and teamwork. Affecting a lifestyle change is most important because this will significantly reduce the probability of a Midshipman failing to meet the Naval Academy's Physical Education (PE) requirements.
- e. Discretionary Physical Training (DPT) and Intensive Training Exercises (ITE) shall be conducted in accordance with reference (a); however, it must not negatively impact the Plebe's ability to perform the Physical Mission, to include PEP.

3. Responsibilities.

- a. Physical Education OIC. Responsible for ensuring all events for Plebe Summer executed by the Physical Education Department comply with reference (a).
- b. Physical Education AOIC. Responsible for planning and execution of all evolutions completed through the PE Department. Assigns qualified lead instructors and TADs to execute each physical mission activity. Coordinates with Plebe Summer Staff to ensure logistics and scheduling are accurate for each event. Communicates changes to Plebe Summer Staff to account for scheduling and logistics modifications.
- c. PEP Field LT. Responsible for ensuring PEP is executed properly, to include: making sure the location(s) is set up correctly for each event, that all equipment is available and operational, and all required personnel, to include medical, are all present.
- d. Endurance Course OIC. Responsible for training of PE Instructors, executing events and ensuring all safety measures and Operational Risk Management (ORM) per reference (b) are properly used. See B, paragraph 3.
- e. Obstacle Course OIC. Responsible for training of PE Instructors, executing events and ensuring all safety measures and ORM are properly used. See B, paragraph 4.
- f. Confidence Course OIC. Responsible for training of PE Instructors, executing events and ensuring all safety measures and ORM are properly used. See B, paragraph 5.
- g. Rock Wall OIC. Responsible for training of PE Instructors, executing events and ensuring all safety measures and ORM are properly used. See B, paragraph 6.
- h. Swim Class Lead Instructor. Responsible for training of PE Instructors, executing events and ensuring all safety

measures and ORM are properly used. See B, paragraph 7.

- i. Martial Arts Class Lead Instructor. Responsible for training of PE Instructors, executing events and ensuring all safety measures and ORM are properly used. See B, paragraph 8.
- j. Safety Observer. For each Physical Education event conducted during Plebe Summer safety observer(s) will be present. Physical Education staff (lead instructors, military staff, TADs) are qualified in safety procedures and associated operational risk management for each event and will ensure if any unsafe situation occurs a training time out will be called until the unsafe situation is corrected.

4. Medical Support. Below is the requested Corpsman support. The Naval Health Clinic Annapolis Patient Transport Vehicle will be centrally staged by the Obstacle Course for all Endurance Course and Obstacle Course events. In the event no corpsman is present, the event will take place paying special attention to safety and ORM.

- a. Endurance Course: 2 Corpsmen (1 at the start/finish and 1 at the mid-point)
- b. Obstacle Course/ Confidence Course: 1 Corpsman
- c. Martial Arts Class: 1 Corpsman
- d. Swim Class: 1 Corpsman
- e. Rock Wall Class: 1 Corpsman
- f. PEP: 3 Corpsman
- g. Swim PEP: 1 corpsman

5. Safety.

- a. The safe and efficient execution of the Plebe Summer schedule is the responsibility of every Officer, Senior Enlisted Leader and Midshipman assigned. If an unsafe situation exists or is suspected, those present must halt training until the problem is resolved.
- b. Either the Company Officer (CO) or the Senior Enlisted Leader (SEL) will accompany their Plebes and detailers to all physical training events scheduled at NSA Annapolis (NSA).
- c. Training restrictions for any outdoor events due to extreme heat are determined by which training day it is and are listed in reference (a).
- d. Because Plebe Summer is a fast paced, physical environment, training injuries may occur regardless of precautions taken. Injuries which are the result of

hazing, abuse, or carelessness, are not tolerated. Standards of appropriate and professional behavior and leadership will be maintained at all times.

- e. All PE events will require at least one CPR qualified individual present in order to occur.

6. Action.

- a. All hands will read and understand the entire contents of this notice prior to participating in PEP.
- b. The Physical Education Department, Regimental Operations and Schedules, and Brigade Medical will coordinate transportation, instruction, and medical supervision for all events.

B. PHYSICAL EDUCATION EVENTS

1. PEP.

- a. PEP is scheduled from 0600 until 0730 on days according to the Plebe Summer Master Training Schedule. Training is conducted on Rip Miller Field and will include runs around the Academy grounds, including Hospital Point.
- b. The Regiment completes an Initial Strength Test (IST) during the forming phase (typically Training Day 3 (TD-3)) as directed in the Plebe Summer Master Training Schedule. All leaders present must stress maximum effort by the Plebes be given. The PE staff determines run ability groups from this test. Additionally, the Regiment takes a Physical Readiness Test (PRT) at the end of the summer. This PRT will be recorded as the Fall Semester PRT score. Those failing to pass this PRT are placed on the remedial program in accordance with reference (c).

Minimum standards for the PRT are as follows:

<u>PRT</u> <u>Minimums</u>	<u>Run</u> <u>Time</u>	<u>Sit-</u> <u>ups</u>	<u>Push-</u> <u>Ups</u>
Male	10:30	65	45
Female	12:40	65	20

- c. Tourists, visitors, or Midshipmen not assigned to the Regiment are not allowed to attend PEP without permission from the Plebe Summer OIC, PE OIC or PEP

Field LT. Guidance for PEP attendance for parents during Parents' Weekend will be promulgated in separate correspondence.

d. Uniform.

- i. Regimental Staff Officer/ Enlisted Plebe Detail, Navy: Red Regimental T-shirt, blue USNA shorts, white socks and running shoes.
- ii. Regimental Staff Officer/ Enlisted Plebe Detail, USMC: Red Regimental T-shirt, green PT shorts, white socks and running shoes.
- iii. Physical Education Staff: Gold PE department T-shirt, issued blue shorts, white socks and running shoes.
- iv. Physical Education TADs: Authorized Blue PE department T-shirt purchased at the Midstore, blue USNA shorts, white socks and running shoes.
- v. Midshipmen Detailers: Yellow Detailer T-shirt, blue USNA shorts, white or black socks and running shoes
- vi. Plebes: blue rim T-shirts, blue USNA shorts with compression shorts, white socks and running shoes.

e. Safety.

- i. A number of Corpsmen (ideally 3) consistent with the size of the group training as determined by medical, along with a safety vehicle shall be at the designated PEP site. As often as possible, the safety vehicle should be an ambulance.
- ii. Injured Midshipmen will only conduct physical training if cleared by medical.

f. Attendance.

- i. Only those Plebes that are fully capable of performing all physical motions, exercises and running are permitted on the PEP field. Plebes that are incapacitated due to minor injury, even if only slightly will still be prohibited from being present on the field and will instead attend either Swim Pep or remain in the Hall for the duration of PEP.
- ii. Plebes who are not participating in PEP will not be permitted on the field or in the stands of Rip Miller Field.

2. Swim PEP.

- a. Swim PEP is conducted during normally scheduled PEP periods for Plebes whose injury prevents their participation in the regular PEP routine but still allows for some level of physical activity. Plebes are assigned to Swim PEP upon the recommendation from Brigade Medical and their Chain of Command. Once a Midshipman Fourth Class heals sufficiently and is cleared by medical, they return to PEP.
- b. Swim PEP is conducted in the Lejeune Hall pool. A PE instructor will be assigned to monitor the conduct of the TAD staff and Detailers during this evolution.
- c. A Detailer from each company escorts the company's Plebes to and from Swim PEP. Detailer escorts must muster their company personnel with the instructor at the pool. Detailers are expected to remain at the pool during the duration of swim PEP, unless released by the instructor. A Detailer from each company must pick-up the Plebes after the workout.
- d. Uniform.
 - i. Physical Education Staff: Gold or Grey issued PE department T-shirt, issued blue shorts, solid colored swimsuit
 - ii. Physical Education TADs: Authorized Blue PE Department T-shirt purchased from the Midstore, blue USNA shorts, white socks and running shoes
 - iii. Midshipmen Detailers: Blue issued swimsuit
 - iv. Plebes: Blue issued swimsuit, goggles, towel
- e. Safety. A Physical Education certified instructor will be present for all Swim PEP events. Plebes are advised to request an alternate exercise if the exercise that is commanded will exacerbate their injury.

3. Endurance Course.

- a. The Endurance Course (EC) is a cross country run conducted at NSA over rough wooded terrain of varying ground elevation. The EC is a conditioning run which builds and strengthens leg muscles, increases lung capacity, develops cardiovascular endurance and builds teamwork. The first run through the course is an

introduction/orientation run of the course; the second run is conducted as a team event of one squad, run for time.

- b. The EC is approximately 3 miles long and is marked with painted arrows. The start and finish lines are co-located where Beach Road turns to gravel. Regimental Operations ensures utility boat transportation to and from the EC. Detailers move their platoons from the boat basin to the assembly area as directed. Platoon commanders conduct stretching exercises with their platoons prior to departure for NSA and while in the assembly area.
- c. Units move through the endurance course by squad (10-12 Plebes and 1 Squad Leader). The Endurance Course OIC releases squads from the start point at five minute intervals. Squad leaders set the pace and lead the squad from the front. Squad leaders must maintain squad integrity at all times and run in a column formation. Rate of advance for the cross-country run is a light to moderate running pace. Squad leaders must maintain accountability for their squads while on the course. At a minimum, squad leaders must ensure accountability at the start, after the rope, check point one, and at the finish. Each squad's time is stopped after the final member crosses the finish line.
- d. Squad leaders muster and form their squads for return to the designated assembly area for cool down and ensure their Plebes hydrate after the cool down exercises. Squad leaders monitor their Plebes for heat stress following this event.
- e. Uniform.
 - i. Regimental Staff Officer/ Enlisted Plebe Detail, Navy and USMC: Red Regimental T-shirt, camouflaged utility trousers, combat boots, and canteen
 - ii. Physical Education Staff: Gold PE Department T-shirt, camouflaged utility trousers, combat boots, and canteen
 - iii. Physical Education TADs: Authorized Blue PE Department T-shirt purchased from the Midstore, camouflaged utility trousers, combat boots, and canteen
 - iv. Midshipmen Detailers: Yellow Detailer T-shirt,

camouflaged utility trousers, combat boots, and canteen

v. Plebes: Blue rim T-shirt, camouflaged utility trousers, combat boots, and canteen

f. Safety. EC Staff held radios and are located at the following locations: start/finish point, with the Corpsman near midpoint, at each of the five major obstacles, and with the Endurance Course OIC. If corpsman is not present, course OIC will insure all staff are informed and appropriately bear responsibility for safety in the event of an injury. Canteens are not carried while on the EC, but are staged as directed by the Endurance Course OIC. The Endurance Course OIC briefs the following safety precautions to all participants prior to starting the course:

- i. Safety ropes are placed along the route and must be used during periods of inclement weather. Ropes are optional during dry weather.
- ii. Go over or around all fallen tree obstacles. NEVER go under the tree.
- iii. Anyone observing an unsafe condition or imminent danger will call a training time-out. All individuals halt training until the Endurance Course OIC assesses the situation when a training time-out is called.

4. Obstacle Course.

- a. The Obstacle Course (OC) provides a variety of obstacles which challenge and test dexterity, strength, agility, and coordination. The first run is an introduction/orientation run of the course and the second run is a timed evaluation. Regimental Operations ensures boat transportation to and from the OC. Plebes must bring a full canteen to the course.
- b. Plebes line both sides of the course for a walk-through demonstration by the staff. Staff members demonstrate the primary and alternate methods of negotiating the obstacles and emphasize safety and proper technique. After the demonstration, Plebes line up two or three abreast at the start of the course. A staff member regulates the start of each group. Instructors should emphasize proper technique in negotiating the obstacles, not speed. Once a Plebe negotiates the course, he/she

may run it again, time permitting, as directed by the staff.

- c. During course execution, each obstacle has a staff member present to provide coaching on the obstacle and to act as a safety observer. Staff members must correct improper techniques and unsafe practices. Course negotiation is an individual effort; Plebes will not assist each other over obstacles.

d. Uniform.

- i. Regimental Staff Officer/ Enlisted Plebe Detail, Navy and USMC: Red Regimental T-shirt, camouflaged utility trousers, combat boots, and canteen
- ii. Physical Education Staff: Gold PE Department T-shirt, camouflaged utility trousers, combat boots, and canteen
- iii. Physical Education TADs: Authorized Blue PE Department T-shirt purchased from the Midstore, camouflaged utility trousers, combat boots, and canteen
- iv. Midshipmen Detailers: Yellow Detailer T-shirt, camouflaged utility trousers, combat boots, and canteen
- v. Plebes: Blue rim T-shirt, camouflaged utility trousers, combat boots, and canteen

- e. Safety. The Obstacle Course OIC and staff will inspect the course prior to the scheduled period of instruction to determine if any unsafe conditions exist. Pay particular attention to wet or slippery surfaces. Jewelry and watches are not worn on the course. Course supervisors must closely monitor Plebes lacking confidence, upper body strength, balance or who are afraid of heights. Anyone observing an unsafe condition or imminent danger will call a training time-out. All individuals halt training until the Obstacle Course OIC assesses the situation when a training time-out is called.

5. Confidence Course.

- a. Plebes receive instruction on the Confidence Course (CC) during one scheduled period. The CC staff conducts a course overview and discusses/ demonstrates the course. Plebes practice CC skills on low obstacles prior to

completing the course. A complete staff CC demonstration illustrates the techniques required on each obstacle and emphasizes safety. The staff also introduces fall and recovery techniques as well as course emergency exit points. Plebes begin the course individually and complete the entire course from start to finish after the demonstration. Plebes may complete the course a second time if time permits. Regimental Operations ensures utility boat transportation to and from the CC.

b. Uniform.

- i. Regimental Officer/ Enlisted Plebe Detail, Navy and USMC: Red Regimental T-shirt, camouflaged utility trousers, combat boots, and canteen
- ii. Physical Education Staff: Gold issued PE Department T-shirt, camouflaged utility trousers, combat boots, and canteen
- iii. Physical Education TADs: Authorized Blue PE Department T-shirt purchased from the Midstore, camouflaged utility trousers, combat boots, and canteen
- iv. Midshipmen Detailers: Yellow Detailer T-shirt, camouflaged utility trousers, combat boots, and canteen
- v. Plebes: Blue rim T-shirt, camouflaged utility trousers, combat boots, and canteen

c. Safety.

- i. A PE-qualified CC Instructor inspects the course prior to training to determine if any unsafe conditions exist, paying particular attention to rope condition and turnbuckle integrity.
- ii. Jewelry and watches are not worn while on the course.
- iii. Plebes must bring a full canteen to the course where the Confidence Course OIC will direct the staging of canteens and equipment.
- iv. Instructors wearing safety harnesses are positioned at selected obstacles to ensure safety and to offer assistance while Plebes negotiate the course. Instructors must recognize improperly applied techniques and unsafe practices and act immediately to correct these deficiencies. They must also ensure participants maintain a safe distance between

each other at all times

- v. Course supervisors must closely monitor Plebes lacking confidence, upper body strength, balance or who are afraid of heights and take appropriate action where these create potential safety hazards.
- vi. Anyone observing an unsafe condition or imminent danger will call a training time-out. All individuals halt training until the Confidence Course OIC assesses the situation; training will not recommence until the Confidence Course OIC deems the unsafe situation resolved.

6. Climbing Wall.

- a. Plebes receive instruction at the Climbing Wall during two scheduled climbing periods. The first period is indoctrination and instruction and the second is skills practice. Plebes must bring a full canteen to the Climbing Wall where the Climbing Wall OIC will direct the staging of canteens and equipment. The Climbing Wall staff provides all required climbing equipment.
- b. Plebes assemble at the Climbing Wall for a walk-through demonstration given by the staff. Instructors demonstrate proper methods for donning a climbing harness, tying-in to a rope and belaying. After the demonstration, Plebes divide into groups and practice donning the harness, tying-in, and belaying with an instructor.
- c. Plebes may climb in groups using a three person belay as directed by the instructor and as time permits once all Plebes have practiced the skills.
- d. Each group of Plebes has an instructor to provide verbal assistance and act as a safety observer while climbing on the wall. Instructors must recognize improperly applied techniques and unsafe practices and immediately correct deficiencies.
- e. Uniform.
 - i. Physical Education Staff: Gold issued PE department T-shirt, issued blue shorts, white socks and running shoes.
 - ii. Physical Education TADs: Authorized Blue PE Department T-shirt purchased from the Midstore, blue

- USNA shorts, white socks and running shoes.
- iii. Plebes: Blue rim T-shirts, blue USNA shorts, white socks and running shoes.

f. Safety.

- i. The Climbing Wall OIC conducts an operational check of the emergency phone located next to the Climbing Wall prior to each session.
- ii. A PE certified Climbing Wall Instructor inspects the area prior to the event to determine if any unsafe conditions exist. Pay particular attention to belay lines, climbing gear and wet or slippery surfaces.
- iii. Instructors must closely monitor Plebes lacking confidence, upper body strength, balance or who are afraid of heights. Instructors emphasize safety, proper technique and communication, not speed.
- iv. Anyone observing an unsafe condition or imminent danger will call a training time-out. All individuals halt training until the Rock Wall OIC assesses the situation.
- v. Jewelry and watches are not authorized while climbing.

7. Swim Classes

- a. Each Plebe completes seven swim classes throughout Plebe Summer. The intent of these classes is to give them an introduction to the skills that will be taught during the three years of swimming that are required for graduation.

b. Uniform.

- i. Physical Education Staff: Gold Department issued PE T-shirts, issued blue shorts, white socks, running shoes.
- ii. Physical Education TADs: Authorized Blue PE Department T-shirts purchased from the Midstore, blue USNA shorts, white socks, running shoes.
- iii. Plebes: Blue issued swimsuit, goggles, and towel.

c. Safety.

- i. A certified PE Instructor will be on deck at all times during class periods.
- ii. An operational check of the emergency phone on the

- pool deck will be completed daily.
- iii. Instructors will be briefed prior to each class to be aware of any distressed swimmers or those that are not comfortable in the water.
- iv. Those without any previous swimming experience will be taken aside and given remedial lessons during each class period.

8. Martial Arts Classes.

- a. Each Plebe completes five martial arts classes throughout Plebe Summer. The intent of these classes is to give them an introduction to the skills that will be taught during the two years of martial arts that are required for graduation.

b. Uniform

- i. Physical Education Staff: Gold issued PE Department T-shirts, issued blue shorts, white socks, running shoes.
- ii. Physical Education TADs: Authorized Blue PE Department T-shirts purchased from the Midstore, blue USNA shorts, white socks, running shoes.
- iii. Plebes: Blue rim T-shirt, blue USNA shorts, white socks, running shoes.

c. Safety

- i. Instructors will ensure adequate mat space for each Plebe during maneuvers and closely supervise all activity to minimize injury.
- ii. An operational check of the emergency phone in each area will be completed daily. Athletic training services will be on call during class periods.
- iii. Proper falling and rolling techniques will be taught to all Plebes prior to maneuvers being attempted.
- iv. Instructors will supervise sparring closely to ensure no head trauma occurs. The pairing of Plebes will be properly monitored to ensure appropriate skill levels match in order to minimize injury.

9. Special Guidelines

- a. Plebes will not enter any river, marsh, fountain or any other body of water surrounding or onboard the Naval

Academy or NSA unless the activity is part of a scheduled training event approved by the OIC (i.e. Severn River near Endurance Course, Obstacle Course, or the Confidence Course).

- b. Plebes will not be allowed or ordered to negotiate the Obstacle Course or Endurance Course except during scheduled training or with prior authorization from the OIC and in the presence of qualified safety observers.



Tom Virgets
Head, Physical Education
UNITED STATES NAVAL ACADEMY

Distribution:

Non-Mids

1. MISSION: To provide the student the opportunities to negotiate obstacles and improve their physical readiness.		2. DATE BEGIN: 01 JUL 15 END: 20 AUG 15		3. DATE PREPARED: 5 MAR 2015		4. DESIGNATOR NUMBER:	
5. PREPARED BY:							
Maj LAKE / OIC OBSTACLE COURSE							
RANK / LAST NAME / DUTY POSITION				SIGNATURE			
6. HAZARD	7. INITIAL RISK LEVEL	8. CONTROLS	9. RESIDUAL RISK LEVEL	10. HOW TO IMPLEMENT	11. HOW TO SUPERVISE	12. CONTROLS EFFECTIVENESS	
Student has a leg injury by not correctly negotiating an obstacle.	II B 1	-Students will go through the proper techniques on landing from an obstacle prior to starting the course with an instructor. -The impact area (wood chips) will be prepped prior to running the obstacle course. -The PE Department will inspect obstacles on the course for safety weekly.- Student will be on full duty medical status	II C 2	-Students will run the course with the O Course Staff who will demonstrate the proper way to negotiate the obstacle and how to land with bent knees. -The PE Department will draw rakes to prep impact areas prior to running course around the O Course.-The PE Department will assess the conditions and if the conditions are favorable, run the course. -The O Course Staff will not allow the light duty midshipmen to run the course.	-The O Course Staff and Plebe Summer Cadre will monitor their students to demonstrate procedures for negotiating obstacles safely. -The PE Department will obtain the proper equipment to prep the O course impact areas. -The O Course Staff will instruct the student on proper footwear. -The PE Department will schedule or reschedule the course due to weather. -The O Course Staff will not allow students to run the course while on light duty.		
Student falls off an obstacle and is injured.	II B 1	-Students will be instructed on the proper techniques on how to negotiate an obstacle prior to running the course. -Students will not wear gloves when negotiating obstacles. -Students will not have equipment on their body while running the obstacle course. -Obstacles that have slick surfaces will have non-skid tape applied to the logs prior to running the course. -Metal bars will be wiped down prior to running the course if damp.	II C 2	-Students will run the course with the O Course Staff who will demonstrate the proper way to negotiate obstacles and how to land with bent knees. -The PE Department will draw rakes to prep the impact area prior to running the O Course. -Students will not be allowed to wear gloves while negotiating obstacles. -Students will not wear equipment when running the O course. -The PE Department will assess the conditions and if the conditions are favorable, run the course. The O Course Staff will be responsible for bringing towels to wipe down the obstacles	-The O Course Staff and Plebe Summer Cadre will monitor their students to demonstrate procedures for negotiating obstacles safely. -The PE Department will obtain the proper equipment to prep the O course impact areas and wipe down the metal parts of the obstacles. -Students will not wear equipment when on the O course. -The PE Department will schedule or reschedule the course due to weather. - Marine/Officer in charge will allot time for students to wipe down course prior to starting		

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6. HAZARD	7. INITIAL RISK LEVEL	8. CONTROLS	9. RESIDUAL RISK LEVEL	10. HOW TO IMPLEMENT	11. HOW TO SUPERVISE	12. CONTROLS EFFECTIVENESS
Someone becomes injured during the running of the course.	II B 2	<ul style="list-style-type: none"> -Plebes are not authorized to run the O Course other than scheduled evolution with company. -Minimum of 3 personnel will run the O Course at any time. One of which will not run the course until the others are done. -Personnel will ensure they have a safety vehicle with a corpsman on station prior to running the course. -Personnel will inform the PE Department of their intent to run the O Course. -If someone becomes injured, whoever is running the course with the individual will render first aid. 	II C 3	<ul style="list-style-type: none"> -The PE Department will schedule the O course for anyone who wants to run the course Provided they have (3) personnel. -The PE Department will ensure they have the safety measures in place with medical and safety vehicle. -All injuries will be reported to the PE Department upon completion of the course. -Unit will be responsible for acquiring a corpsman. 	<ul style="list-style-type: none"> -Personnel will be directed regarding the USNA Safety SOP regarding running the courses at the Naval Station. -The PE Department is the only one to schedule the O course. -The PE Department will report all injuries to the Officer of the Watch via COMDTMIDNINST-3040.1 	
Student becomes dehydrated while running the course.	II B 2	<ul style="list-style-type: none"> -Students will have water available when running the course. -Students will not take dietary supplements prior to exercise. -Students will not consume diuretics a day prior to exercise. (Alcohol) -Students who have been a heat casualty in the past will be identified prior to running the course. -The course will cease under Red/Black Flag conditions. 	II C 3	<ul style="list-style-type: none"> -The O Course Staff will instruct water to be present when running the course. -Students will be instructed to stay away from dietary supplements due to dehydration. -Students will be instructed not to consume diuretics the day prior to event. -The PE Department will assess the conditions and if the conditions are favorable then run the course. 	<ul style="list-style-type: none"> -The O Course Staff will ensure all students have water prior to running the course and ensure water is on site. - The PS Staff will instruct the students not to take dietary supplements or diuretics prior to running the course. -The PE Department will work with scheduling regarding the weather conditions. -Past heat casualties will be identified by name and will be monitored while running the course. 	
Student is injured by splinters, nails, or foreign objects on obstacles.	III A 2	<ul style="list-style-type: none"> -The PE Department will conduct a maintenance inspection on the course daily. -The O Course Staff will inspect the obstacles prior to running the course and identify any problems to the PE Department. 	III C 4	<ul style="list-style-type: none"> -The O Course Staff will utilize a checklist and visually check obstacles for broken or splintered wood on the courses. -The O Course Staff will report any maintenance problems to the PE Department for repairs. 	<ul style="list-style-type: none"> -The O Course Staff will turn in a copy of the inspection checklist to the O Course OIC weekly. -The O Course Staff will run the course prior to the company running the course identifying any maintenance problems. 	
13. OVERALL RISK LEVEL AFTER CONTROLS ARE IMPLEMENTED (circle one) RAC 1 (CRITICAL) RAC 2 (SERIOUS) RAC 3 (MODERATE) RAC 4 (MINOR) RAC 5 (NEGLIGBLE)					14. RISK DECISION AUTHORITY: <hr/> RANK / LAST NAME / DUTY POSITION	

1. MISSION: To provide the students the opportunities to negotiate obstacles and finish an endurance-challenging course of 3.0 miles.		2. DATE BEGIN: 01 JUL 15 END: 20 AUG 15		3. DATE PREPARED: 5 MAR 2015		4. DESIGNATOR NUMBER:	
5. PREPARED BY: Maj LAKE/OIC Endurance Course RANK / LAST NAME / DUTY POSITION _____ SIGNATURE _____							
6. HAZARD	7. INITIAL RISK LEVEL	8. CONTROLS	9. RESIDUAL RISK LEVEL	10. HOW TO IMPLEMENT	11. HOW TO SUPERVISE	12. CONTROLS EFFECTIVENESS	
Student has an impact injury by not correctly negotiating an obstacle.	II B 1	-Students will practice proper techniques on landing from an obstacle prior to starting the course with an instructor. -The impact areas will be prepped prior to running the endurance course. -The PE Department will inspect obstacles on the course for safety daily. -Students will be briefed regarding the conditions of the training area. (Slippery leaves, watch footing while walking/running) -Students will be on full duty medical status.	II C 2	-Students will run the course with the E-Course staff who will demonstrate the proper way to negotiate obstacles and how to land with bent knees. -The PE Dept will draw rakes to prep the mulch prior to running the E Course. -The PE Dept. will assess the conditions; if the conditions are favorable, run the course. -E-Course staff will prohibit light duty personnel to run the course.	-Companies will have Detailers run with the students to demonstrate procedures for negotiating obstacles safely. -The PE Dept. will schedule and obtain the proper equipment to prep the E Course impact areas. -E-Course staff will instruct the student on proper footwear. -The PE Dept. will schedule or reschedule the course due to weather. -The E-Course staff will not allow students to run the course while on light duty.		
Student falls off an obstacle and is injured.	II B 1	-Students will be instructed on the proper techniques on how to negotiate an obstacle prior to running the course. -Students will not wear gloves when negotiating obstacles. -Students will not wear equipment on their body while running the endurance course. -Metal bars will be wiped down prior to running the course if damp. -Students will be instructed on the proper brake away watch band (plastic/rubber) authorized to be worn. -Students will not wear rings, earrings, necklaces, dog tags around neck or any other jewelry.	II C 2	-Students will run the course with the E-Course staff and Detailers who will demonstrate the proper way to negotiate obstacles and how to land with bent knees. -The PE Dept. will obtain rakes to properly position rubber mulch prior to running the course. -Students will not be allowed to wear gloves while negotiating obstacles. -Students will not wear equipment or jewelry when running the E Course. -The PE Dept. will assess the conditions; if the conditions are favorable, run the course. -The E-Course staff will be responsible for bringing towels to wipe down obstacles on the E-course.	-The PE Dept will have detailers run with the students to demonstrate procedures for negotiating obstacles safely. -The PE Dept. will obtain the proper equipment to position rubber mulch in impact areas and wipe down the metal parts of the E Course. -The PE Dept. will instruct the student not to wear gloves or jewelry when running the course. -Students will not wear equipment when on the E Course. -The PE Dept will schedule or reschedule the course due to weather. -The PE Dept will conduct daily inspections on the E Course.		

6. HAZARD	7. INITIAL RISK LEVEL	8. CONTROLS	9. RESIDUAL RISK LEVEL	10. HOW TO IMPLEMENT	11. HOW TO SUPERVISE	12. CONTROLS EFFECTIVENESS
Student gets injured from falling on equipment while running the course.	II C 3	<ul style="list-style-type: none"> -Students will wear proper footwear. -Students will be briefed regarding the conditions of the training area. (Slippery leaves, watch footing while walking/running) -Students will be on full duty medical status. -Students will not carry equipment during the E course. -Students will not wear rings, earrings, necklaces, dog tags around the neck or any other jewelry. 	II D 4	<ul style="list-style-type: none"> -Students will not be allowed to wear gloves while negotiating obstacles or any jewelry. -The E-Course staff will assess the conditions and if the conditions are favorable, run the course -E-Course staff will not allow light duty personnel to run the course. -Students will stage equipment prior to running the E course. 	<ul style="list-style-type: none"> -E-Course staff will instruct the student not to wear gloves or jewelry when running the E Course. -PE Dept. will schedule or reschedule the course due to weather. -E-Course staff will not allow students to run the course while on light duty. -E-Course staff will designate an area to stage equipment. 	
Someone becomes injured during the running of the course.	II B 2	<ul style="list-style-type: none"> -Minimum of 3 personnel will run the E course. -Personnel will ensure they have a safety vehicle with a corpsman on station prior to running the course. -Personnel will inform the PE Dept of their intent to run the E course. -If someone becomes injured, whoever is running the course with the individual will render first aid. -Safety vehicle will be located at the E Course. -During Plebe Summer, the course will not be ran if there are less than 2 Corpsmen present. 	II C 3	<ul style="list-style-type: none"> -PE Dept. will schedule and approve the E Course for personnel who want to run the course. -Personnel will ensure they have all safety measures/personnel in place prior to running course. - E-Course staff will report all injuries to the Officer of the Watch via COMDTMIDNINST-3040.1. 	<ul style="list-style-type: none"> -Personnel will be directed regarding the USNA Safety SOP regarding running the E Courses at the Naval Station. -Only PE Dept. will schedule and authorize use of the E Course. -E-Course staff will report all injuries to the Officer of the Watch via COMDTMIDNINST-3040.1. 	
Student becomes dehydrated while running the course.	II B 2	<ul style="list-style-type: none"> -Students will have water available when running the course. -Water bulls/Water containers are placed at the start/finish of the course. -Students will not take dietary supplements prior to exercise. -Students will not consume diuretics a day prior to exercise. (Alcohol) -The course will cease when under Red/Black Flag conditions. -Students who have been a heat casualty in the past will be identified prior to running the course. 	II C 3	<ul style="list-style-type: none"> -Water will be located at the beginning and end of the 3.0 mile E-Course. -Students will be instructed to not consume dietary supplements due to dehydration. -Students will be instructed not to consume diuretics the day prior to event. -The E-Course will assess the conditions; if the conditions are favorable, run the course. -2 Corpsmen will be located at the E-Course. 	<ul style="list-style-type: none"> -E-Course staff will ensure all students have water prior to running the course. -PS staff will instruct the students not to take dietary supplements and hydrate 3 days prior to running the course. -PE Dept. will work with scheduling regarding the weather conditions. -E-Course staff will not run the course without 2 Corpsmen present. -Past heat casualties will be identified by name and will be monitored while running the E-Course. 	

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6. HAZARD	7. INITIAL RISK LEVEL	8. CONTROLS	9. RESIDUAL RISK LEVEL	10. HOW TO IMPLEMENT	11. HOW TO SUPERVISE	12. CONTROLS EFFECTIVENESS
Student is injured by splinters, nails, or foreign objects on obstacles.	III A 2	-The E-Course staff will conduct a maintenance inspection on the course daily. -The E-Course staff will inspect the obstacles prior to running the course and identify any problems to the PE Dept.	III C 4	-E-Course staff will utilize a checklist and visually check obstacles for broken or splintered wood on the courses. -The E-Course will report any maintenance problems to the PE Dept. for repairs.	-E-Course staff will walk/run the course prior to the company running the course identifying any maintenance problems.	
Students will not wear rings, earrings, necklace, dog tags around neck or any jewelry.	II A 2	-All personnel running E Course will remove all rings, earrings, necklace, dog tags around neck, jewelry or any material which could snag on an obstacle.	III C 4	-E-Course staff will direct the removal of jewelry or other items on personnel prior to running E Course	-E-Course staff will visually scan personnel at the starting point for jewelry or other items for removal.	
Weather conditions will be monitored.	III A 2	-PE Dept. will check weather forecast one week prior with to running the course and monitor changing conditions. -PE Dept. will schedule course weather permitting. -E-Course staff will visually monitor weather during running of course. -Heat/Cold briefs will be given to the Plebes prior to use of course.	II C 4	-E-Course staff will check with PE Dept. for projected weather and current weather conditions. -PE Dept. will reschedule course during inclement weather. -E-Course staff giving safety brief will include heat/cold operations.	-E-Course staff will verify with PE Dept that weather is favorable for running course. -PE Dept will schedule/reschedule course as required. -E-Course staff will monitor safety brief for inclusion of safety issues or missed items.	
13. OVERALL RISK LEVEL AFTER CONTROLS ARE IMPLEMENTED (circle one) RAC 1 (CRITICAL) RAC 2 (SERIOUS) RAC 3 (MODERATE) RAC 4 (MINOR) RAC 5 (NEGLIGBLE)					14. RISK DECISION AUTHORITY: <hr/> RANK / LAST NAME / DUTY POSITION	

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1. MISSION: To provide the students the opportunities to negotiate obstacles and finish a confidence-challenging ropes course.		2. DATE BEGIN: 01 JUL 15 END: 20 AUG 15		3. DATE PREPARED: 5 MAR 2015		4. DESIGNATOR NUMBER:	
5. PREPARED BY:							
Coach Woolfolk/OIC Confidence Course							
RANK / LAST NAME / DUTY POSITION				SIGNATURE			
6. HAZARD	7. INITIAL RISK LEVEL	8. CONTROLS	9. RESIDUAL RISK LEVEL	10. HOW TO IMPLEMENT	11. HOW TO SUPERVISE	12. CONTROLS EFFECTIVENESS	
Midshipman falls from some point on the course and is unable to recover him or herself in order to complete the element.	II D 4	-Midshipmen are first instructed in the ground school of how to correctly negotiate the obstacles on the course. -The emphasis is on proper use and placement of the claw devices as well as negotiation of single rope bridges. -- -Participant midshipmen are physically connected to the course by no less than one crab claw at all times.	II D 4	-Midshipmen are first instructed in the ground school of how to correctly negotiate the obstacles on the course.	-Ropes certified facilitators are located at various points on the course and are trained to safely rescue participants by lowering them to the ground.		
Midshipman injured by splinters, nails, or foreign objects on obstacles.	IV A 3	-Facilitators conduct a visual inspection of the course from the ground, and a facilitator negotiates the course prior to participants negotiating the course.	IV 2	-Midshipmen are first instructed in the ground school of how to correctly negotiate the obstacles on the course.	-Ropes certified facilitators are located at various points on the course and are trained to safely supervise.		

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6. HAZARD	7. INITIAL RISK LEVEL	8. CONTROLS	9. RESIDUAL RISK LEVEL	10. HOW TO IMPLEMENT	11. HOW TO SUPERVISE	12. CONTROLS EFFECTIVENESS
The course is wet from rain or dew, ropes and belay cables are loose or worn, staples are missing, netting is frayed or dangerously worn.	I D 3	-Facilitators conduct a visual inspection of the course from the ground, and a facilitator negotiates the course prior to participants negotiating the course.	I D 4	- A facilitator negotiates the course prior to participants negotiating the course.	-Ropes certified facilitators are located at various points on the course and are trained to safely supervise.	
Participants or facilitators walking under the zip line or any other portion of the course where falling objects could do injury.	III C 4	-All personnel who step inside the "U" of the TAC within 15 feet of obstacles are required to wear a red or white hard plastic helmet at all times.	III C 4	- Facilitators are stationed at the platform under the zip line in order to assist in dismounting from the zip line as well as ensuring no unauthorized personnel pass under or near an active zip line.	-Ropes certified facilitators are located at various points on the course and are trained to safely supervise.	
Midshipmen jumping from the balance beam log to the cargo net.	III A 2	-Midshipmen will receive instruction in the ground school on how to properly dismount the balance beam jumping out and up toward the cargo net. The mulch will be prepared prior to use in order to ensure adequate depth and cushion.	III A 3	-A belay rope has been installed to protect the Midshipmen jumping from the log to the cargo net.	-Ropes certified facilitators are located at various points on the course and are trained to safely supervise.	
Midshipmen is injured while negotiating the course.	III C 4	-A corpsmen is required to be present while the course is in operation.	III C 4	-One participant is to negotiate each element at a time thereby allowing for separation between participants.	-Ropes certified facilitators are located at various points on the course and are trained to safely supervise.	

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Midshipmen attempt to navigate the course in an unsafe manner.	II B 2	- Facilitators conduct a visual inspection of the course from the ground, and a facilitator negotiates the course prior to participants negotiating the course.	II B 3	-Facilitators consult and adhere to pre-designed checklists for each phase of the course ranging from harness instruction, to ground school, to element requirements, to weather, to proper safety personnel and equipment.	-Ropes certified facilitators are located at various points on the course and are trained to safely supervise.	
Midshipman becomes entangled in claws while climbing the cargo nets or riding the zip line.	IV C 5	-During harness instruction and ground school participants are instructed in the proper stowage and securing of claws when not connected to staples or belay cables.	IV C 5	-During harness instruction and ground school participants are instructed in the proper stowage and securing of claws when not connected to staples or belay cables.	-Ropes certified facilitators are located at various points on the course and are trained to safely supervise.	
Midshipman panics while on the high ropes portion of the course.	III C 4	-Facilitators will seek to calm participant with reinforcing comments to get the participant safely to a platform. -Once there, the midshipman may rest to regain his/her composure and then continue or be belayed off the course by a facilitator. -If frozen in the middle of an obstacle and unable to move, the facilitator will move out to the participant and affect the belay down from that position.	III C 4	-Facilitators will seek to calm participant with reinforcing comments to get the participant safely to a platform.	-Ropes certified facilitators are located at various points on the course and are trained to safely supervise.	
Midshipmen arrive dehydrated at the course or become dehydrated while on the course in extreme hot weather.	I C 2	-Midshipmen will arrive at the course with full canteens or containers to replenish during ground instruction and at the completion of the course	I C 3	-Mobile water tanks will be stationed at a minimum near the boat landing to refill supplies.	-Ropes certified facilitators are located at various points on the course and are trained to safely supervise.	
13. OVERALL RISK LEVEL AFTER CONTROLS ARE IMPLEMENTED (circle one) RAC 1 (CRITICAL) RAC 2 (SERIOUS) RAC 3 (MODERATE) RAC 4 (MINOR) RAC 5 (NEGLIGBLE)					14. RISK DECISION AUTHORITY: <hr/> RANK / LAST NAME / DUTY POSITION	