

THE SABALOUSKI AIR ASSAULT SCHOOL OBSTACLE COURSE

The obstacle course consists of nine obstacles. Of those nine obstacles, two are mandatory, the Tough One and the Confidence Climb. The remaining seven obstacles are not mandatory; each student must successfully negotiate six out of those seven in order to receive a GO for the obstacle course. Students will have a maximum of two attempts to negotiate each obstacle. If a student has not successfully negotiated a mandatory obstacle after two attempts, they will receive a NO-GO for the obstacle course and be released from the course. If a student fails to successfully negotiate a non-mandatory obstacle with two attempts, they will continue to negotiate the remaining obstacles. If the student fails to negotiate two non-mandatory obstacles, they will receive a NO-GO for the obstacle course and be released from the course.

While in line at each obstacle, the students will be at one of three authorized positions: Parade Rest, Modified position of Parade Rest drinking water, or the Front-leaning Rest. The students will face away from the obstacle until told to negotiate the obstacle. When told to negotiate the obstacle, the student will execute an about face, step inside the pit, and sound off with a loud and thunderous "AIR ASSAULT." While negotiating the obstacle course, all students will move at a double-time between all of the obstacles, sounding off with "AIR ASSAULT" every time their left foot strikes the ground.

OBSTACLE #1: THE TOUGH ONE

Step inside the pit, sound off with a loud and thunderous "AIR ASSAULT", and step onto the safety mat. Grasp the rope with both hands and climb it until you are able to place both knees or both feet on

the black lower horizontal beam. Once knees or feet are on the black lower horizontal beam, rotate over the upper black horizontal beam while sounding off with “AIR ASSAULT”, walk across the obstacle to the bottom of the A-frame. Climb to the top of the A-frame while maintaining three points of contact at all times. At the top of the A-frame, rotate over while sounding off with “AIR ASSAULT” and climb down the cargo net while maintaining three points of contact at all times. When you reach the bottom of the cargo net, step onto the safety mat, step off of the mat onto the ground, come to the position of attention, and sound off with “AIR ASSAULT.”

OBSTACLE #2: INCLINING WALL

Step inside the pit and sound off with a loud and thunderous “AIR ASSAULT”, walk or run up to the obstacle and grasp the top of the wall with both hands. Pull or vault yourself over the top of the obstacle while maintaining a low silhouette. On the other side of the obstacle, come to the position of attention and sound off with “AIR ASSAULT.”

OBSTACLE #3: LOW BELLY OVER

Step inside the pit and sound off with a loud and thunderous “AIR ASSAULT”, mount the lower horizontal beam. You may use any portion of the obstacle to gain your balance. Once you have gained your balance, the only portion of your body that will be in contact with the obstacle is the soles of your boots on the lower horizontal beam. Then jump to the upper horizontal beam and rotate over the beam in a heels-over-head manner. Step off of the safety mat onto the ground, come to the position of attention, and sound off with “AIR ASSAULT.”

OBSTACLE #4: CONFIDENCE CLIMB

Step inside the pit and sound off with a loud and thunderous “AIR ASSAULT.” Then walk or run to the base of the obstacle and climb up the left side of the obstacle while maintaining three points of contact at all times. While climbing the obstacle, you may utilize the vertical support beams to assist you. Climb the obstacle until you have reached the uppermost yellow horizontal beam. Rotate over the uppermost yellow horizontal beam while sounding off with “AIR ASSAULT.” Then shift to the other side of the obstacle and climb down while maintaining three points of contact at all times. When you reach the bottom of the obstacle, step onto the safety mat, step off of the mat onto the ground, and sound off with “AIR ASSAULT.”

OBSTACLE #5: SIX VAULTS

Step inside the pit and sound off with a loud and thunderous “AIR ASSAULT”, then walk or run to first horizontal beam, place the palms of your hands on the beam, and either push, pull, or vault yourself over the beam ensuring that the only portion of your body that comes into contact with the obstacle is the palms of your hands. Continue to negotiate the remaining five horizontal beams in the same manner. When you have reached the other side of the obstacle, you will come to the position of attention and sound off with “AIR ASSAULT.”

OBSTACLE #6: SWING, STOP, and JUMP

Step inside the pit and sound off with a loud and thunderous “AIR ASSAULT”, walk or run to the rope directly in front of you and grasp it with both hands. Swing yourself up to the horizontal beam ensuring that the only portion of your body that comes into contact with the beam is the soles of your boots. Gain your balance on top of the horizontal beam,

come to the position of attention, and sound off with “AIR ASSAULT.” Jump down off of the horizontal beam to the ground.

OBSTACLE #7: LOW CRAWL/BELLY CRAWL

Step inside the pit and sound off with a loud and thunderous “AIR ASSAULT.” Lie on your belly and begin to crawl underneath the barbed wire until you reach the other side of the obstacle ensuring that no portion of your body comes into contact with the barbed wire. On the other side of the obstacle, you will come to the position of attention and sound off with “AIR ASSAULT.”

OBSTACLE #8: HIGH STEP OVER

Step inside the pit and sound off with a loud and thunderous “AIR ASSAULT.” Interlock your hands behind your head, walk or run to the first horizontal beam, and step over each of the horizontal beams ensuring that no portion of your upper body comes into contact with any of the horizontal beams. Ensure that you don’t rest the majority of your weight on any of the horizontal beams. On the other side of the obstacle, you will come to the position of attention and sound off with “AIR ASSAULT.”

OBSTACLE #9: WEAVER

Step inside the pit and sound off with a loud and thunderous “AIR ASSAULT.” Walk or run up to the obstacle, sit on the first black horizontal beam, and position your body so that it is parallel to the horizontal beams. Begin to “weave” your body through each of the horizontal beams. “Weave” your body over the yellow beams and under the black beams. Upon reaching the top of the obstacle you will sound off with “AIR ASSAULT” and begin to descend the obstacle in the same manner. Ensure that you keep your body parallel to the horizontal

beams. On the other side of the obstacle, you will step down from the obstacle, come to the position of attention, and sound off with "AIR ASSAULT."