

## **Safety and Risk Management:**

a. Training safety and risk management are most important both in and out of the classroom. To ensure safety is always observed, every instructor is tasked with the responsibility of conducting a risk assessment before, during, and after training, and to become familiar with the five step process of risk management.

b. USACC does not conduct extreme high-risk training. High risk training sites, i.e. rappelling sites, will be inspected as often as necessary to ensure safety is maintained.

c. All training events with a moderate residual risk level must be signed by the Brigade commander. All helicopter rides and rappelling are classified moderate residual risk by policy.

d. Serious Incident Reports (SIRs): Serious incidents, accidents, and injuries will be reported through command channels within 24 hours (telephonic notification as a minimum) as outlined in Cadet Command memo, Serious Incidents Reports (SIRs), dated February 2015.

e. Of note, a change to the Cadet Command JROTC rappel policy calls for all JROTC Cadets to rappel using pre-fabricated nylon rappel seats. Self-tied Swiss Seats are no longer authorized for JROTC rappelling.

f. In view of additional considerations concerning safety for our Army JROTC cadre and cadets, we have developed two lists of confidence/obstacle course obstacles that are either approved or not approved for training. The details, diagrams, execution techniques, safety considerations, and references concerning each obstacle are outlined in detail in Appendix E of FM 7-22 dated 26 October 2012. These lists are outlined below and the obstacles are named specifically as denoted in the Appendix.

### **(1) Confidence Course Obstacles approved for Training:**

- The “Belly Rubber” (Item E-79 – Fig. E-12)
- “The Tough Nut” (Item E-69 – Fig. E-11)
- The “Inclining Wall” (Item E-76– Fig. E-12)
- The “High Step Over” (Item E-56 – Fig. E-9)
- The “Six Vaults” (Item E-59 – Fig. E-9)
- The “Easy Balancer” (Item E-60 – Fig. E-9)
- The “Hip-Hip” (Item E-65– Fig. E-10)
- The “Island Hoppers” (Item E-67– Fig. E-10)
- The “Swing, Stop, and Jump” (Item E-58– Fig. E-9)

(2) Confidence Course Obstacles NOT APPROVED for Training:

- “The Tough One” (Item E-80– Fig. E-12)
- The “Inverted Rope Descent/The Slide for Life” (Item E-70 – Fig. E-11)
- The “Confidence Climb” (Item E-78 – Fig. E-12)
- The “Skyscraper” (Item E-77 – Fig. E-12)
- The “Tarzan” (Item E-74 – Fig. E-11)
- The “Low Belly Over” (Item E-71 – Fig. E-11)
- “The Dirty Name” (Item E-73 – Fig. E-11)
- The “Belly Crawl” (Item E-72 – Fig. E- 11)
- The “Low Wire” (Item E-57 – Fig. E-9)
- “The Belly Buster” (ItemE-62– Fig. E-10)

(3) Confidence Course Obstacles NOT APPROVED for Training unless additional safety measures are in place:

- The “Reverse Climb” (Item E-63 – Fig. E-10)  
Ground under near side of obstacle must be covered with sawdust, sand, shredded tire or similar material to lessen impact of fall. Wood must be free of nails and splinters. Support braces must be padded. Spotters must be used between the support posts.
- “The Weaver” (Item E-64 – Fig. E-10)  
Ground under obstacle must be covered with sawdust, sand, shredded tire or similar material to lessen impact of fall. Wood must be free of nails and splinters. Spotters should be used in the center. Two safety pads 5X8X2 must be used under the apex. Unless the height of the apex is less than 7ft high.
- The “Balancing Logs” (Item E-66 – Fig. E-10)  
Must not be more than two feet off the ground at any point

g. All training must be conducted IAW TRADOC safety regulations. Whether Cadets are training on a major FORSCOM installation, a TRADOC installation, a small National Guard installation, on a high school campus, or at any other location...TRADOC safety regulations will be fully adhered to or the training is NOT to be conducted.