

DEPARTMENT OF THE ARMY
Headquarters, Fourth Brigade (ROTC)
Building 2-1120 Macomb Street
Fort Bragg, North Carolina 28310-5000

Summary of Changes for 2016 – 2017

Appendix B Rope Bridge Scoring

- Major violations have been reduced from 2 minutes to 30 seconds
- Safety violation have been reduced from 3 minutes to 1 minute
- Minor penalty will read, “Team member “Clipped” on rope prior to anchor points being secured
- Minor penalty, “Knot left in rope or rope lying over itself when time is called” will read “Rope lying over itself when time is called”
- Major Penalty section:
 - Major penalty “Call time before all knots are out of rope ” will be moved to a minor penalty and read, “ Calling time while team member is touching the rope”
 - The wireman’s knot not removed from the main rope, will now read, “Any knots not removed from main rope after time is called”
- More than two members on the rope at any time will now read, “More than two members “clipped” on the rope at any time”
- New Section: Extreme Violation, 1 minute penalty
 - If rope is too low and raider walks or runs across the obstacle
 - Competing with 7 members
 - Any member of the team that does not cross
- Safety Violations will be changed from 3 minutes to 1 minute:
 - Add statement, “If there is a safety violation the team must be stopped and correct the violation before they may proceed. The time continues to run as they are correcting their violation. Ex: if the transport tighten system is pulled to the anchor point they must be stopped and adjust the system to a proper length.” Time will NOT stop as the violation is being correct. The time constraints for this event will remain in effect.
 - The section about tightening the transport system, Added, The half hitches must be tied between the near anchor point and the transport system.
- Disqualifications: Will read, “Time will be stopped and team disqualified if the team is not completed within a 10 minute time limit. Teams with less than 7 raiders cannot compete”.

Appendix C 5K Run Walk: Added: 5 minute penalty for impeding another team’s progress.
Para “Penalties” (f)

Appendix D Litter Carry: Completely redone score sheet. Please review.

Appendix G Knot Tying: Reworded the Sample Script.

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ATCC-D

9 March 2017

MEMORANDUM FOR Fourth Brigade JROTC

SUBJECT: Fourth Brigade JROTC Raider Challenge Competition Standing Operating Procedure (SOP)

1. **PURPOSE:** To provide guidance for the conduct of Raider Challenge.

2. **REFERENCES:**

- a. CC Regulation 385-10, Cadet Command Safety Program
- b. FM 21-20, Physical Fitness Training
- c. FM 3-97.61, Military Mountaineering
- d. Cadet Command Regulation 145-2
- e. Cadet Reference Guide Version 4

3. **COMMANDERS INTENT:**

- a. All JROTC units have the opportunity to participate in Raider Challenge competitions at unit level.
- b. All JROTC units are encouraged, within resources, to provide Raider Challenge opportunities. In order to be selected to compete at the 4th Bde Best of the Best Raider Championship, teams must have competed in a Brigade sanctioned State/Regional Level Raider Competition. They may then be selected by 4th Bde based on their standing to attend the Raider Best of the Best.

4. **OBJECTIVES:**

- a. To promote esprit de corps, teamwork, and self-confidence among JROTC cadets.
- b. To provide JROTC cadets a competitive program in five mentally and physically challenging training events: Modified Army Physical Fitness Test (MAPFT), One-Rope Bridge, 5-Kilometer Road March, Litter Carry and one of the optional events.
- c. To serve as a JROTC cadet recruiting and retention vehicle.

5. **RESPONSIBILITIES:**

- a. **4th Bde:**
 - 1) Serve as proponent for the Raider Challenge program.
 - 2) Conduct a Raider Challenge Best of the Best Competition annually.
 - 3) Determine eligibility criteria for teams to participate in 4th Bde - sanctioned competitions.
 - 4) If funds are available, publish Invitational Travel Orders (ITOs) for SAIs/AIs attending brigade competitions. **Note: Cadre will travel with cadets.**

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- 5) Implement a Raider Challenge training safety program.
- 6) If conducted, ensure PAO coverage of Bde competitions.
- 7) Invite civilian and military dignitaries to 4th Bde competitions, as appropriate.
- 8) Competition evaluators should come from nearest support installation, Reserve, National Guard unit, or SROTC.
- 9) Process requests for awards and certificates utilizing DA Form 3953 or JROTC IMPAC card (BOB Only).
- 10) Approve Host School and Host School LOI.

b. Host School - Director of Army Instruction/Senior Army Instructor

- 1) Directors of Army Instruction/Senior Army Instructors are encouraged to field Raider Challenge teams, conduct informal competitions and, when applicable, participate in 4th Bde–State/ Regional level competitions.
- 2) Sanctioned competition conducted locally must include the 4 mandatory core events listed below. One optional event must be added at local meets.
- 3) Ensure teams meet eligibility criteria set by Bde and have trained for each event prior to entering 4th Bde–State/Regional level competition.
- 4) Ensure cadets meet the requirements of their local school for participating in curricular activities before participating in Raider Challenge.
- 5) Ensure all required forms are filled out by each participant and turned in for verification prior to the competition.

6. 4th Bde – MANDATORY/OPTIONAL EVENTS:

- a. The Raider Challenge Competition consists of four core events:
 - 1) Modified Army Physical Fitness Test (MAPFT)
 - 2) One-Rope Bridge
 - 3) 5-Kilometer Road March
 - 4) Litter Carry
- b. One Optional Event must be added from the optional list below. This event is selected at the discretion of the host JROTC program from one of the four optional events. Other optional events can be added but must be approved by Brigade 90 Days prior.
 - 1) Logistics Relay
 - 2) Vehicle Pull
 - 3) Knot Tying Relay
 - 4) Fireman's Carry Relay

7. GENERAL INFORMATION:

- a. This SOP is permanent and will be used each year, unless superseded or rescinded. Any modification to this SOP must be approved in advance by Brigade.
- b. The location, date, and time of the 4th Bde Raider Challenge Best of the Best Championship and Bde sanctioned State/regional competitions will be published in a separate LOI.
- c. All units are responsible for their own Class I and transportation to and from the state/regional competitions.
- d. During the Brigade Best of the Best Championship lodging and Class I will be determined on a case-by-case basis. This is dependent on the location of the competition and available resources.

8. EXECUTION:

- a. Concept of Operations: Teams must report to competition Command Post (CP) according to the event LOI. The location of the CP will be determined by event OIC and will be included on entry form information. At check in, units who have not paid to enter the event will be required to make payment, additionally team rosters, SAI/AI Statement, Cadet Information, Covenant Not to Sue, and Consent to Medical Treatment forms will be checked and verified. **Team forms will be kept during the competition by the schools AI or SAI to expedite evacuation if required.**
- b. Team Composition: Teams will be made up of 9 raider team members. Only 8 cadets can compete in each event. The extra team member can only be traded out at the discretion of the team captain between events. The same eight that start an event must finish that event.
- c. Sample sequence of events:

0630-0700	Report with teams and necessary paperwork
0700-0730	Commanders Meeting
0730-0800	Prep for Physical Training Event
0800-0900	Modified Army Physical Fitness Test
0930-1330	Team Rotation thru remaining events
1400	Awards and Closing Ceremony

NOTE: The goal is to end competitions early in order to allow teams to return to home stations at a reasonable hour.

9. SCORING:

- a. Overall scoring will be conducted as follows: All teams will be ranked on team performance against the entire field for each event. A point value will be awarded based on the individual team's place in that event. The overall winner on the competition will be the team with the least amount of total points for the entire competition. Additionally, in the event of a tie score, the 5K Road March time will be used to decide the final outcomes.

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SUBJECT: Fourth Brigade JROTC Raider Challenge Competition Standing Operating Procedure (SOP)

b. Complaints are to be handled as follows

1) SAI/AI and Cadet Team Captains are the only individuals authorized to file a complaint.

2) Complaints must be filed with the event prior to leaving that station. If team leaves station, the complaint will not be heard.

10. **UNIFORM AND EQUIPMENT:**

a. Cadre Uniform: All attending SAI's and AI's must wear the complete ACU uniform in order for their team to be eligible to compete (no exceptions).

b. Cadet Uniform: Minimum uniform for participants is complete ACU uniform (Army T-shirt or team shirt); boots, pistol belt with canteen and cover or camelback, running shoes (see event uniform policy).

c. Equipment:

-Guidon for ceremony

-Additional equipment per event

-Two each Road Guard Vests per team

11. **CEREMONIES AND AWARDS:**

a. Ceremonies: All competitions will end with a closing/award ceremony. Opening Ceremonies are optional.

b. Awards: Awards will be established by host school and may include: 1st, 2nd, and 3rd place overall team trophies and top Male and Female cadet for the APFT. Ribbon for each participant. Team streamers may be awarded to the top three places in each event along with an overall 1st, 2nd, 3rd place.

12. **CADET LIABILITY:** Senior Army Instructors must ensure each cadet participating in Raider Challenge training or competition has personal medical coverage. Raider Challenge team members must complete all forms prior to participating.

13. **SAFETY:**

a. Responsibility: Commanders at every echelon are responsible for conducting a continuous, rigorous safety program ensuring adequate provisions for safe practices and safe physical standards are incorporated into all aspects of training.

b. Safety Requirements:

1) Risk Management Program methodology will be incorporated into training and competitions.

2) Cadet Buddy Teams and the "Buddy Team" process will be incorporated into training and competitions.

3) Applicable training safety publications will be available and adhered to during training and competitions.

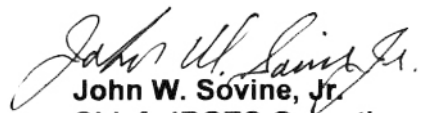
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4) All cadre and cadets will be thoroughly briefed on pertinent safety and range regulations prior to the start of the competitions. Additionally, each event OIC will conduct a safety briefing for cadets prior to the start of each event. Competition evaluators must attend the briefings.

5) Medical support and medical evacuation plan will be in accordance with Cadet Command Regulations. Ice Sheets and water points will be readily available at all events sites.

6) SIR's will be submitted in accordance with Cadet Command Policies and Regulations.


John W. Sovine, Jr.
Chief, JROTC Operations
4th Brigade, USACC

12 Encls

1. ANNEX A - MAPFT
2. ANNEX B – Rope Bridge
3. ANNEX C – 5K Road March
4. ANNEX D – Litter Carry
5. ANNEX E – Logistics Relay
7. ANNEX F – Vehicle Pull
8. ANNEX G – Knot Tying Relay
9. ANNEX H – Fireman's Carry Relay
10. SAI/AI Statement of Cadet Health, Fitness Qualification
11. Consent to Medical Treatment
12. State of Physical Condition
13. Covenant Not To Sue
14. Risk Assessment (Blank)

ANNEX A TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Core Event - Modified Army Physical Fitness Test (MAPFT)

TASK: To measure the cadet's physical fitness.

CONDITION: During daylight under safe weather conditions wearing MAPFT uniform. Team members will take the MAPFT.

STANDARD: Team consistency for this event is **EIGHT (8) cadets. No alternate is authorized once the test has begun. The team must finish all 3 events with the same (8) cadets that started the event.** All 8 Cadets will be scored according to the APFT matrix for push up's and sit up's. The mile run will be scored IAW the Cadet Challenge score table. A maximum score of 100 and a minimum score of 0 per event. With a maximum of 300 points and a minimum of 0 overall.

UNIFORM: This test will be conducted in ACU pants, t-shirt and appropriate footwear designed for running or a cross training tennis shoe. An alternate t-shirt may be worn, but only if the entire testing team has an approved team logo t-shirt and all cadet members are wearing the team shirt.

SCORING:

- a. Score cadets using the Raider Challenge Matrixes for their gender.
- b. Team placement will be determined by highest team MAPFT score.
- c. If a cadet becomes injured during any of the three events and cannot continue, no substitution will be authorized. The team score will reflect the last event the injured cadet completed and that partial score will be added to the overall team score. All raw scores will be calculated for a total score and then all 8 total scores will be added together for a team score. The team with the highest total score will be declared the winner in this event.
- d. The Army standard 2 minute physical fitness test push up and sit up tables will be utilized to score those events utilizing the 17-21 age categories. Host schools can modify the time limit to one minute if needed. The one mile run score will be IAW Cadet Challenge standard.
- e. Rotate graders between teams, after each iteration of the push-up and sit-up event. Calibrate all graders to apply the Army standards IAW FM 21-20.
- f. Give safety brief.

Event NCOIC or OIC will read the following to all cadets.

"YOU ARE ABOUT TO TAKE THE MODIFIED ARMY PHYSICAL FITNESS TEST, A TEST THAT WILL MEASURE YOUR MUSCULAR ENDURANCE AND CARDIORESPIRATORY FITNESS. The test sequence is the push-up, sit-up, and 1-mile run. The order of events cannot be changed. There are no exceptions to this sequence. (If scorecards have not already been issued, they are handed out at this time.) The OIC or NCOIC then says the following: "IN THE APPROPRIATE SPACES, PRINT IN INK THE PERSONAL INFORMATION REQUIRED ON THE SCORECARD." "YOU ARE TO CARRY THIS CARD WITH YOU TO EACH EVENT. BEFORE YOU BEGIN, HAND THE CARD TO THE SCORER. AFTER YOU COMPLETE THE EVENT, THE SCORER WILL RECORD YOUR RAW SCORE, INITIAL THE CARD, AND RETURN IT TO YOU. "The event supervisor is the timer. He calls out the time remaining every 30 seconds and every second for the last 10 seconds of the two minutes for the push-up and sit-up events. He ends the events after two minutes by the command "Halt!". Scorers must allow for differences in body shape and structure of each cadet.

ANNEX A TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Core Event - Modified Army Physical Fitness Test (MAPFT)

TASK: Perform the push-up event for the Raider challenge MAPFT.

CONDITION: On a flat dry surface conduct as many correct push-ups as possible in two (2) minutes. This event will be conducted outdoors (when weather permits) on the host schools football field or an area equivalent to the approximate size of one football field. There will be one scorer for each tester at this station. All scorers will be on a single line with a minimum of five (5) feet spacing between scorers. This is known as the test line. The ready line will be a minimum of 10 ft behind the test line with all cadets in a single line behind a scorers test line facing away from the testing cadet. A foam ½ inch thick physical training mat may be used when the ground is damp to avoid cadets becoming extremely wet or to prevent hands from slipping on wet surfaces. In the event of inclement weather, the modified physical fitness test may be conducted indoors at the host school's gymnasium. In the event the push ups are conducted indoors, the test line will be the front boundary of the host schools basketball court, and the ready line will be no closer than the half court line of the host schools basketball court.

STANDARDS: The event supervisor must read the following:

“THE PUSH-UP”

THIS EVENT MEASURES THE ENDURANCE OF THE CHEST, SHOULDER, AND TRICEPS MUSCLES. ON THE COMMAND ‘GET SET,’ ASSUME THE FRONT-LEANING REST POSITION BY PLACING YOUR HANDS WHERE THEY ARE COMFORTABLE FOR YOU. YOUR FEET MAY BE TOGETHER OR UP TO 12 INCHES APART. WHEN VIEWED FROM THE SIDE, YOUR BODY SHOULD FORM A GENERALLY STRAIGHT LINE FROM YOUR SHOULDERS TO YOUR ANKLES. ON THE COMMAND ‘GO,’ BEGIN THE PUSH-UP BY BENDING YOUR ELBOWS AND LOWERING YOUR ENTIRE BODY AS A SINGLE UNIT UNTIL YOUR UPPER ARMS ARE AT LEAST PARALLEL TO THE GROUND. THEN, RETURN TO THE STARTING POSITION BY RAISING YOUR ENTIRE BODY UNTIL YOUR ARMS ARE FULLY EXTENDED. YOUR BODY MUST REMAIN RIGID IN A GENERALLY STRAIGHT LINE AND MOVE AS A UNIT WHILE PERFORMING EACH REPETITION. AT THE END OF EACH REPETITION, THE SCORER WILL STATE THE NUMBER OF REPETITIONS YOU HAVE COMPLETED CORRECTLY. IF YOU FAIL TO KEEP YOUR BODY GENERALLY STRAIGHT, TO LOWER YOUR WHOLE BODY UNTIL YOUR UPPER ARMS ARE AT LEAST PARALLEL TO THE GROUND, OR TO EXTEND YOUR ARMS COMPLETELY, THAT REPETITION WILL NOT COUNT, AND THE SCORER WILL REPEAT THE NUMBER OF THE LAST CORRECTLY PERFORMED REPETITION. AN ALTERED, FRONT-LEANING REST POSITION IS THE ONLY AUTHORIZED REST POSITION. **THAT IS, YOU MAY SAG IN THE MIDDLE OR FLEX YOUR BACK. WHEN FLEXING YOUR BACK, YOU MAY BEND YOUR KNEES, BUT NOT TO SUCH AN EXTENT THAT YOU ARE SUPPORTING MOST OF YOUR BODY WEIGHT WITH YOUR LEGS. IF THIS OCCURS, YOUR PERFORMANCE WILL BE TERMINATED. YOU MUST RETURN TO, AND PAUSE IN, THE CORRECT STARTING POSITION BEFORE CONTINUING.** IF YOU REST ON THE GROUND OR RAISE EITHER HAND OR FOOT FROM THE GROUND, YOUR PERFORMANCE WILL BE TERMINATED. YOU MAY REPOSITION YOUR HANDS AND/OR FEET DURING THE EVENT AS LONG AS THEY REMAIN IN CONTACT WITH THE GROUND AT ALL TIMES.

ANNEX A TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Core Event - Modified Army Physical Fitness Test (MAPFT)

THE FOLLOWING POINTS MUST BE MADE PRIOR TO STARTING EVENT:

- The cadets chest may touch the ground or mat provided the touch does not provide an advantage (I.E cadet pauses as if resting in the down position)
- Repositioning of the hands and feet are authorized as long as the cadets hands or feet remain in contact with the ground
- If a mat is used, the entire body must remain on the mat
- The feet may not be braced at any time during the push up event Cadets may not cross their feet at any time during the

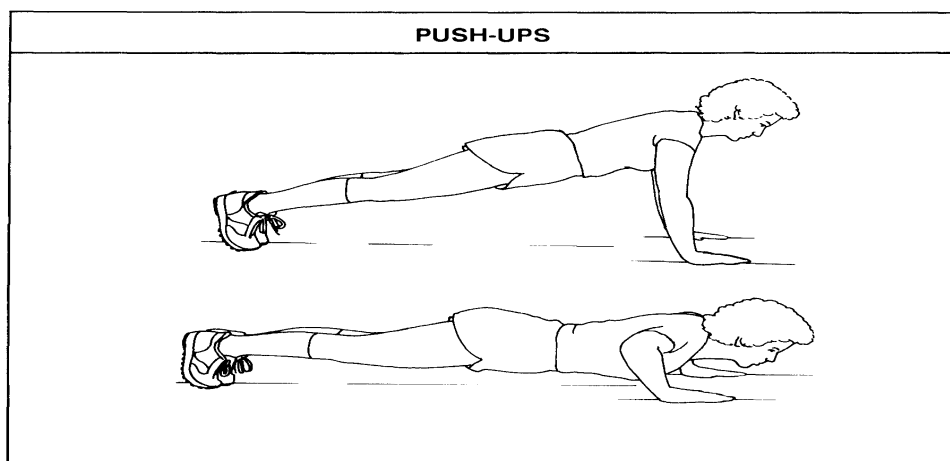


Figure 14-3

TASK: Perform the sit-up event for the Raider challenge MAPFT.

CONDITION: On a flat dry surface conduct as many correct sit-ups as possible in two (2) minutes. This event will be conducted outdoors (when weather permits) on the host schools football field or an area equivalent to the approximate size of one football field. There will be one scorer for each tester at this station. All scorers will be on a single line with a minimum of five (5) feet of spacing between scorers. This is known as the test line. The ready line will be a minimum of 10 feet behind the test line with all cadets in a single line behind a scorers test line facing away from the testing cadet. A foam ½ inch thick physical training mat may be used when the ground is damp to avoid cadets becoming extremely wet or to prevent the torso from slipping on wet surfaces. In the event of inclement weather, the sit up event may be conducted indoors at the host school's gymnasium. In the event the push ups are conducted indoors, the test line will be the front boundary of the host schools basketball court, and the ready line will be no closer than the half court line of the host schools basketball court.

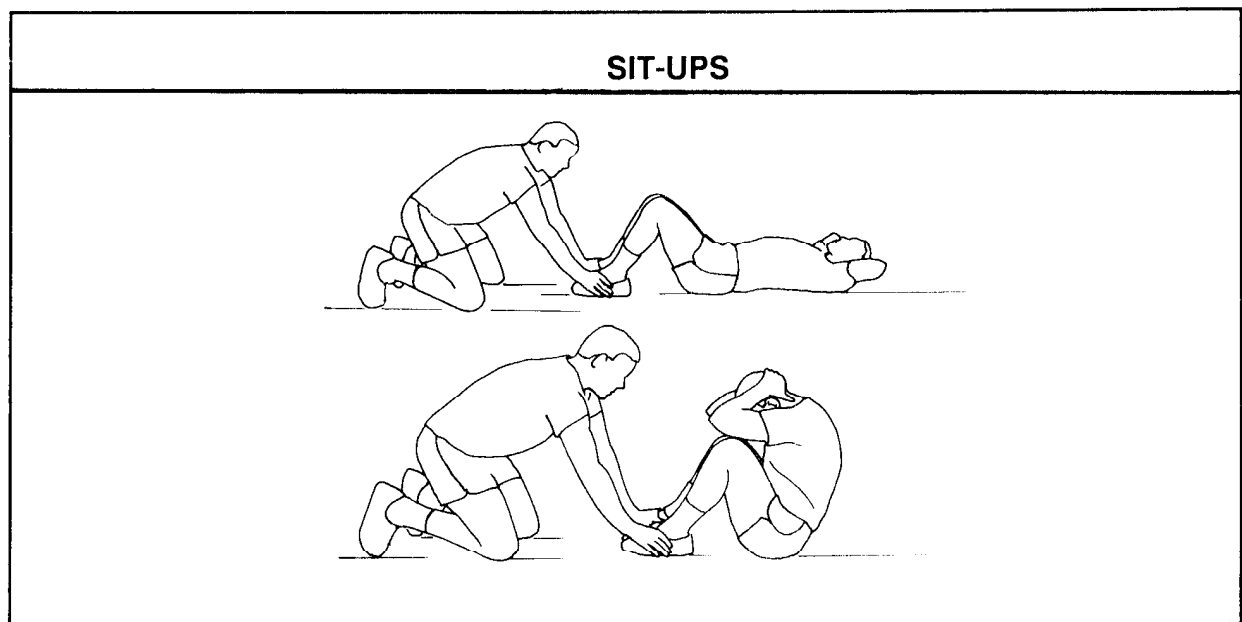
The event supervisor must read the following:

“THE SIT-UP”

THIS EVENT MEASURES THE ENDURANCE OF THE ABDOMINAL AND HIPFLEXOR MUSCLES. ON THE COMMAND **“GET SET”**, ASSUME THE STARTING POSITION BY LYING ON YOUR BACK WITH YOUR KNEES BENT AT A 90-DEGREE ANGLE. YOUR FEET MAY BE TOGETHER OR UP TO 12 INCHES APART. ANOTHER PERSON WILL HOLD YOUR ANKLES WITH THE HANDS ONLY. NO OTHER METHOD OF BRACING OR

ANNEX A TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Core Event - Modified Army Physical Fitness Test (MAPFT)

HOLDING THE FEET IS AUTHORIZED. THE HEEL IS THE ONLY PART OF YOUR FOOT THAT MUST STAY IN CONTACT WITH THE GROUND. YOUR FINGERS MUST BE INTERLOCKED BEHIND YOUR HEAD AND THE BACKS OF YOUR HANDS MUST TOUCH THE GROUND. YOUR ARMS AND ELBOWS NEED NOT TOUCH THE GROUND. ON THE COMMAND “GO”, BEGIN RAISING YOUR UPPER BODY FORWARD TO, OR BEYOND, THE VERTICAL POSITION. THE VERTICAL POSITION MEANS THAT THE BASE OF YOUR NECK IS ABOVE THE BASE OF YOUR SPINE. AFTER YOU HAVE REACHED OR SURPASSED THE VERTICAL POSITION, LOWER YOUR BODY UNTIL THE BOTTOM OF YOUR SHOULDER BLADES TOUCH THE GROUND. YOUR HEAD, HANDS, ARMS, OR ELBOWS DO NOT HAVE TO TOUCH THE GROUND. AT THE END OF EACH REPETITION, THE SCORER WILL STATE THE NUMBER OF SIT-UPS YOU HAVE CORRECTLY COMPLETED. **A REPETITION WILL NOT COUNT IF YOU FAIL TO REACH THE VERTICAL POSITION, FAIL TO KEEP YOUR FINGERS INTERLOCKED BEHIND YOUR HEAD, ARCH OR BOW YOUR BACK AND RAISE YOUR BUTTOCKS OFF THE GROUND TO RAISE YOUR UPPER BODY, OR LET YOUR KNEES EXCEED A 90-DEGREE ANGLE.** IF A REPETITION DOES NOT COUNT, THE SCORER WILL REPEAT THE NUMBER OF YOUR LAST CORRECTLY PERFORMED SIT-UP. THE UP POSITION IS THE ONLY AUTHORIZED REST POSITION. IF YOU STOP AND REST IN THE DOWN (STARTING) POSITION, THE EVENT WILL BE TERMINATED



ANNEX A TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Core Event - Modified Army Physical Fitness Test (MAPFT)

TASK: Perform the One (1) mile run event for the Raider MAPFT.

CONDITION: On a flat dry surface conduct the one mile run in the least amount of time as possible. This event will be conducted outdoors only on the host schools track that is oval in shape and completes one lap length of 440 yards which is the equivalent of $\frac{1}{4}$ of a mile. There will be one scorer for each (8) tester at this station. All scorers will be on a single line at the start/finish line. Cadets must wear a number on their chest and back for easy identification. This number will be recorded on the cadets score card.

The event supervisor must read the following:

“THE ONE MILE RUN”

THIS EVENT IS USED TO ASSESS YOUR AEROBIC FITNESS AND YOUR LEG MUSCLES' ENDURANCE. YOU MUST COMPLETE THE RUN WITHOUT ANY PHYSICAL HELP. AT THE START, ALL CADETS WILL LINE UP BEHIND THE STARTING LINE. ON THE COMMAND 'GO,' THE CLOCK WILL START. YOU WILL BEGIN RUNNING AT YOUR OWN PACE. TO RUN THE REQUIRED ONE MILE, YOU MUST COMPLETE (describe the number of laps, start and finish points, and course layout). YOU ARE BEING TESTED ON YOUR ABILITY TO COMPLETE THE 1-MILE COURSE IN THE SHORTEST TIME POSSIBLE. ALTHOUGH WALKING IS AUTHORIZED, IT IS STRONGLY DISCOURAGED.

IF YOU ARE PHYSICALLY HELPED IN ANY WAY (FOR EXAMPLE, PULLED, PUSHED, PICKED UP, AND/OR CARRIED) OR LEAVE THE DESIGNATED RUNNING COURSE FOR ANY REASON, YOU WILL BE DISQUALIFIED.

(IT IS LEGAL TO PACE A CADET DURING THE 1-MILE RUN. AS LONG AS THERE IS NO PHYSICAL CONTACT WITH THE PACED CADET AND IT DOES NOT PHYSICALLY HINDER OTHER CADETS TAKING THE TEST, THE PRACTICE OF RUNNING AHEAD OF, ALONG SIDE OF, OR BEHIND THE TESTED CADET, WHILE SERVING AS A PACER, IS PERMITTED. CHEERING OR CALLING OUT THE ELAPSED TIME IS ALSO PERMITTED). THE NUMBER ON YOUR CHEST IS FOR IDENTIFICATION. YOU MUST MAKE SURE IT IS VISIBLE AT ALL TIMES.

ANNEX A TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Core Event - Modified Army Physical Fitness Test (MAPFT)

MALE

Run Time	POINTS	Run Time	POINTS
4:46	100	7:07	49
4:56	99	7:09	48
5:06	97	7:12	46
5:16	96	7:14	45
5:26	94	7:17	43
5:36	93	7:20	42
5:46	92	7:23	41
5:57	90	7:26	39
5:59	89	7:29	38
6:01	88	7:32	37
6:04	86	7:35	35
6:06	85	7:38	34
6:09	83	7:44	32
6:11	82	7:50	31
6:14	81	7:52	30
6:17	79	8:00	28
6:19	78	8:04	27
6:21	77	8:08	26
6:23	75	8:13	24
6:25	74	8:17	23
6:28	72	8:21	21
6:30	71	8:25	20
6:32	70	8:34	19
6:35	68	8:42	18
6:37	67	8:50	17
6:39	66	8:58	14
6:42	64	9:06	13
6:44	63	9:14	12
6:47	61	9:23	10
6:50	60	9:36	9
6:52	59	9:49	8
6:54	57	10:02	6
6:56	56	10:15	5
6:58	54	12:34	3
7:00	53	14:00	2
7:02	52	15:30	1
7:04	50	16:49	0

FEMALE

Run Time	POINTS	Run Time	POINTS
6:20	100	10:28	49
6:31	99	10:34	48
6:42	98	10:41	47
7:03	96	10:48	45
7:14	95	10:52	44
7:25	94	10:56	43
7:36	93	11:00	42
7:47	92	11:05	41
7:58	90	11:08	39
8:02	89	11:11	38
8:06	88	11:14	37
8:10	87	11:17	36
8:15	85	11:20	35
8:20	84	11:30	33
8:25	83	11:40	32
8:29	82	11:50	31
8:34	81	12:00	30
8:37	79	12:03	28
8:41	78	12:05	27
8:45	77	12:08	26
8:49	76	12:11	25
8:52	75	12:18	24
8:58	73	12:25	22
9:04	72	12:32	21
9:10	71	12:40	20
9:15	70	12:46	19
9:20	68	12:52	18
9:24	67	12:58	16
9:28	66	13:03	15
9:33	65	13:17	14
9:37	64	13:31	13
9:42	62	13:45	12
9:46	61	14:01	10
9:51	60	14:19	9
9:55	59	14:38	8
9:59	58	14:56	7
10:03	56	15:14	5
10:08	55	17:44	4
10:11	54	20:14	3
10:15	53	22:44	2
10:19	52	25:14	1
10:22	50	28:50	0

ANNEX A TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Core Event - Modified Army Physical Fitness Test (MAPFT)

PUSH-UPS

	MALES 17-21	FEMALES 17 – 21
71	100	
70	99	
69	97	
68	96	
67	94	
66	93	
65	92	
64	90	
63	89	
62	88	
61	86	
60	85	
59	83	
58	82	
57	81	
56	79	
55	78	
54	77	
53	75	
52	74	
51	72	
50	71	
49	70	
48	68	
47	67	
46	66	
45	64	
44	63	
43	61	
42	60	100
41	59	98
40	57	97
39	56	95
38	54	93
37	53	91
36	52	90
35	50	88
34	49	86
33	48	84
32	46	83
31	45	81
30	43	79
29	42	77
28	41	76
27	39	74
26	38	72
25	37	70
24	35	69
23	34	67
22	32	65
21	31	63
20	30	62
19	28	60
18	27	58
17	26	57
16	24	55
15	23	53
14	21	51
13	20	50
12	19	58
11	17	46
10	16	44
9	14	43
8	13	41
7	12	39
6	10	37
5	9	36
4	8	34
3	6	32
2	5	30

SIT-UPS

	17 - 21
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21	10

ANNEX A TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Core Event - Modified Army Physical Fitness Test (MAPFT)

Physical Fitness Score Sheet

Event Date: _____

Team School: _____

Team Number/Bracket: _____ / _____

Cadet Name	Gender	P/U Raw	P/U Points	S/U Raw	S/U Points	Run Raw	Run Points	Total Points
1)								
2)								
3)								
4)								
5)								
6)								
7)								
8)								

TOTAL TEAM POINTS: _____

Scorer Signature: _____

ANNEX B TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16

Core Event – One Rope Bridge

TASK: Conduct a one-rope bridge and cross an obstacle.

- a. This exercise will provide a competitive standardized rope bridge event in order to facilitate teamwork, motivation, and esprit de corps.
- b. Utilize the Ranger Challenge grading mechanism to facilitate standardization in team scoring.

CONDITION: At a field location with a 40 foot crossing obstacle and a 6 foot safety zone at the near side and far side anchor point for a total distance of approximately 52 feet between anchor points. Given the bridging equipment listed in “Keys to a successful one-rope bridge crossing” (below in this document) during daylight hours, in existing weather conditions.

STANDARD: Teams will be given one opportunity to conduct a successful Rope Bridge crossing within 10 minutes.

SCRIPT: The script below contains the minimum instruction to be given at the beginning of the event. It is only a guide and the OIC may add to it, as appropriate, to accommodate any unique environment requirements at their site. This briefing will be given to the **Team Captain only** before moving into the prep site.

THE ONE ROPE BRIDGE OIC WILL SAY:

"Let me have your attention. At this site you will be required to correctly construct and safely cross a one-rope bridge over a simulated water obstacle. Teams will compete head-to-head if possible. Your team will have 5 minutes in the prep site before moving to the bridge site. The prep site is used to put on rappel seats, uncoil your rope and finalize your plan. Inspection of the swiss seat will be conducted at the end of the 5 minute period. TIME WILL START WHEN YOU OR SOMONE YOU DESIGNATE SAYS GO; TIME WILL END WHEN YOU OR SOMEONE YOU DESIGNATE SAYS STOP AT THE COMPLETION OF THE ROPE BRIDGE CROSSING or until the 10 minute time limit is reached. Are there any questions?"

PRE-CROSSING REQUIREMENTS:

- a. There can be no pre-tied knots in the main rope.
- b. The rope cannot overlap itself in any manner.
- c. The FIRST and LAST man to cross must have an Australian rappel seat with snap link.
- d. All other team members 2-7 must have a Hip Rappel/Swiss seat with snap link. Seats must be tied IAW this SOP.
- e. No part of the rope or a team member may be forward of the anchor point before the start.

NOTE: IN THE EVENT ANY EQUIPMENT BREAKS OR THE SNAP LINKS USED IN THE TRANSPORT TIGHTENING SYSTEM OPEN, THE TEAM WILL BE TOLD TO STOP. FAULTY EQUIPMENT WILL BE REPLACED AND THE TEAM WILL BE ALLOWED A SECOND ATTEMPT, NO PENALTY ASSESSED.

ANNEX B TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16

Core Event – One Rope Bridge

CROSSING REQUIREMENTS:

- a. TIME will begin when TEAM CAPTIAN says GO. TIME will continue to run until TEAM CAPTAIN tells lane grader/timer to STOP.
- b. The first and last man crossing must be secured into the main rope using an end of the rope bowline (a half hitch “safety” knot is not required).
- c. The number one man must temporarily secure the rope to itself after crossing. (The #1 man must wrap the rope around the far side anchor point and temporarily secure the rope by closing the snap link on the main rope).
- d. Team members 2-7 must have on a seat Hip Rappel/Swiss seat, tied IAW this SOP. Teams will be inspected for proper rappel seat at the conclusion of the timed crossing.
- e. Only two members may be snapped onto the Main Rope at any time.
- f. Team members cannot snap into the Main Rope until both anchor points are fully secured.
- g. Team members or their equipment (other than the first and last man crossing) may not touch the obstacle or the 6’ safety zone markers on either side of the obstacle.
- h. Equipment cannot be dropped into the obstacle or left on the near side crossing point.
- i. All Knots must be untied from the main rope and the rope may not lie over itself when time is called.
- j. The only knot authorized for the transport tightening system is the WIREMAN'S KNOT.
- k. No anchor knots may be disassembled while a cadet is snapped in to the bridge.

NOTE: 2 additional snap links may be utilized in the Wireman's knot to facilitate untying the wireman's knot after crossing has taken place.

l. Far and near side anchor points must be tied with a ROUND TURN WITH TWO HALF HITCHES (THE ENTIRE ROPE MUST PASS THRU THE FIRST HALF HITCH, A QUICK RELEASE CAN THEN BE TIED IN THE SECOND HALF HITCH).

NOTE: If the rope is tightened to a point where the transport tightening system is pulled against the anchor point and the round turn with two half hitches cannot be secured between the transport tightening system and the anchor point a Safety Violation penalty will be assessed and the team must correct the problem prior to anyone crossing the obstacle. The time will not stop while this corrective action takes place.

REFERENCES:

- a. Cadet Command Regulation 385-10, Cadet Command Safety Program, 6 June 2003.
- b. FM 3-91.61, Military Mountaineering, 2000.
- c. TC 21-24 RAPELLING.

GENERAL INFORMATION:

- a. Ideally, two teams will conduct the Rope Bridge event simultaneously (depending on resources). Two sets of poles or trees will be located side by side if possible. If trees are utilized for this event the distance between each tree will be approx 52 feet between anchor points.

ANNEX B TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16

Core Event – One Rope Bridge

b. Each team will conduct one bridge crossing. The obstacle will be simulated and marked with a 6' safety zone on each side of the obstacle. The distance from pole to pole for each site is approximately 52 feet. The score for the crossing will determine placement of the team. The Raider Challenge Rope Bridge score sheet will be utilized to calculate run time, penalty points, and overall event placement (See Task, Conditions, and Standards).

c. A team will consist of 8 cadets. A team with less than 8 team members may compete but will be assessed a two (2) minute time penalty which will be added to their run time. Teams cannot compete with less than 7 team members.

d. When the first rotation is ready to begin, all graders and assistants must be at the site with all appropriate resources. All graders and assistants will be familiar with this SOP and grading requirements

e. Only the team captain or AI/SAI may file protest or complaint. The complaint or protest must be filed immediately after the run is completed. Protest will be made to the Rope Bridge OIC. This protest will be forwarded to the OIC of the meet for ruling. Rotational schedules will not be postponed to await protest ruling. Any make-up runs for the Rope Bridge event will be conducted prior to the awards ceremony.

f. Each team will provide their own Ropes, Snap Links and Swiss Seat Ropes.

g. The rope bridge equipment will be inspected for unauthorized marking and serviceability. If the equipment is faulty the unit is responsible for replacing it with serviceable equipment.

UNIFORM: Each team member will cross the obstacle with the following equipment:

- a. Complete ACU with Boots and headgear (Headgear may be placed in cargo pocket).
- b. One pistol belt with canteen and cover or Camelback.

SCORING:

- a. Teams will be ranked based on their overall times, including penalty times, the team with the fastest time will be ranked 1st and will receive one point toward overall standings.
- b. Penalty times are added to the overall time for scoring purposes.

PENALTIES:

- a. **10 Second** Penalties for **Minor Violations** will be assessed as follows:
 - Incorrectly tied Rappel Seat.
 - Calling time while team member is still touching rope.
 - Having equipment or personnel forward of the near side anchor point prior to the start.
 - Failure to secure into the main rope with an end of the rope bowline (1st and last man only)
 - Failure of the number one man to temporarily secure the rope to itself after crossing. (The #1 man must wrap the rope around the far side anchor point and temporarily secure the rope by closing the snap link on the main rope).
 - Team member clipped on rope prior to Anchor points being secure.

ANNEX B TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Core Event – One Rope Bridge

- Touching the obstacle (marked 6' boundary lines or the ground between the marked boundary lines).
- Team member or equipment touches the obstacle while crossing (ex: boundary line or ground).
- Equipment left on the near side or in the obstacle (ex: canteen or hat drops off and is not recovered).
- Rope lying over itself when time is called.

NOTE: Individual Penalties are assessed “per-individual.” Example of “per-individual”: If an individual Cadet has multiple violations regarding a specific violation type (tying of the Swiss-seat with two or more incorrect knots or touching the obstacle more than once while crossing) he will be assessed only one 10 second penalty for that specific violation type. Additional 10 second penalties may be assessed for any other violation type or any other team member committing similar violations, but again, only one 10 second penalty per-individual per violation type. Team Penalties on the other hand can be cumulative, for example: Multiple team penalties may be assessed for repeated violations such as knots left in the main rope and equipment left in/on the obstacle.

- b. **30 Second** penalties for **Major Violations** will be assessed as follows:
 - Failure to completely remove all knots from the main rope after time is called.
 - More than two members clipped on the rope at any time.
- c. 1 Minue penalties for **Extreme Violations** will be assessed as follows:
 - Slacked Rope where person crossing is running/walking across the obstacle, #2 thru #7 man only.
 - Any member #2 thru #7 that does not cross, each will be assessed a penalty.
 - Failure to have a full 8 man raider team, competing with 7 team members.
- d. **1 Minute** penalties for **Safety Violations** will be assessed as follows:
 - Failure to use the wireman’s knot for the transport tightening system. No other knot may be used.
 - Failure to correctly tie a round turn with two half hitches at each anchor point. NOTE: The entire rope must pass through the first half hitch, a quick release can then be tied in the second half hitch.
 - Tightening of the main rope to the point that the transport tightening system is against the anchor point, preventing the proper tying of the round turn with two half hitches.
 - Disassembly of any anchor knot prior to all cadets unsnapped from the rope.

NOTE: Since these infractions are safety related the team will be stopped by the lane-grader and be instructed to correct the problem before crossing of the obstacle is permitted. Time will not stop during this corrective action.

- e. **Disqualifications:**
 - Not completed within the 10 minute time limit.
 - Competing with less than 7 raiders.

ANNEX B TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16

Core Event – One Rope Bridge

CONCLUSION. At the conclusion of the rope bridge, while the team is putting up the equipment, the lane graders will confer and tally the score sheet. The team captain will then be briefed as to how his team did and as to their final time.

KEYS TO A SUCCESSFUL ONE-ROPE BRIDGE CROSSING: The one-rope bridge is constructed using a 100 Foot or longer, 7/16" Main Rope (There are many types of rope available. The Main Rope must be approved for Climbing/Rappelling). The rope is anchored with an anchor knot on the far side of the obstacle (round turn with two half hitches) and is tied at the near end with a tightening system. A one-rope bridge may be built many ways: however, they all share common elements to safely emplace and use the bridge: two suitable anchors: good loading and unloading: a tightening system: and a rope tight enough for ease of crossing.

a. **AUSTRALIAN RAPPEL SEAT.** Find the center of the sling rope. Reach down and grab hold of the two remaining ends. While holding on to the two ends of the rope reach behind you and grasp the other end of the rope and bring it around to the front of your waist. You should have the center of the rope and the two ends of the rope in front of you and the rope is doubled around your waist. Now take the double rope, tie a square knot, and **secure it with over hand knots**. Rotate the square knot to the opposite side of your break hand. Attach the snap link. Insert the snap link with the gate down and the opening towards the body. Rotate the snap link one half turns so that the gate opens down and away from the body.

b. **HIP/SWISS RAPELL SEAT:** Refer to Section III Rappelling Procedures para 1-11 of TC 21-24 for illustrations and detailed instructions of tying this seat

c. **Bridging Equipment.** The one-rope bridge kit will include:

- 1) A Main Rope (7/16-inch nylon) 100 Foot or longer in length (SAI/AI will attest to the minimum length of the rope by initialing the Rope Bridge Score Sheet prior to competing).
- 2) A sling rope and one snap link for each member (Sling Rope will meet the criteria of the Main Rope but may be of any length. Snap Link must be approved for climbing/rappelling).
- 3) Three snap links (approved for Climbing/Rappelling) for tightening system (**two snap links may be used in the Wireman's knot**).

d. **Preparation of Troops and Equipment:**

1) The #1 and #8 man tie an Australian Rappel Seat with snap link. The #2 through #7 man tie on rappel seats with snap links for use in transporting across the rope-bridge.

2) The Main Rope will be laid out in a fashion so that it does not overlap itself in any way prior to starting construction.

e. **Construction:**

1) The #1 man ties an end of the line bowline in the Main Rope; attaches the loop to the snap link in the Australian Rappel Seat, then moves across the obstacle. Another man belays the #1 man to the far side. An anchor point should be established approximately 52 feet from the near anchor point (starting point).

2) When the #1 man has reached the far side, he moves to his anchor point, detaches the snap link from his waist and wraps the rope around the anchor point. **He temporarily secures the rope by closing the snap link on the main rope.**

ANNEX B TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Core Event – One Rope Bridge

3) One man on the near side ties a wireman's knot as close to the obstacle as possible and places a snap link into the loop of knot (two additional snap links may be used in the knot for ease of disassembly). The opening gate must be up and away from the loop. If two snap links are used, the opening gates will be opposite. At that time, team members route the remainder of the rope around the near side anchor point and hook the rope into the snap link, then the far-side cadet (#1 Man) pulls the wireman's knot out at least two meters from the near side anchor point. This is due to the stretch factor and slack in the Main Rope.

4) The far side man (#1 Man) secures the rope to the anchor point using a round turn with two half hitches (a quick release may be tied in the second half hitch, but the half hitch must go over all wraps, not just one side).

5) Team members on the near side tighten the Main Rope. A transport tightening system is used to tighten and secure the one rope bridge. The tightening system is secured on the near side utilizing a round turn and two half hitches (a quick release may be tied in the second half hitch, but the half hitch must go over all wraps-not just one side).

f. Method of Crossing.

1) The rappel seat method is preferred. Team members tie a rappel seat with snap link facing up and away from the body. Progress is made by snapping into the rope and rotating under the rope, then pulling with the hands and arms. Feet and legs may also be used to assist movement on the rope.

2) **Only two team members may be snapped in on the rope at any time.** No part of the body or equipment may touch the obstacle while crossing.

g. Disassembly of the rope.

1) The #8 man disassembles the transport system on the near side, but not the wireman's knot.

2) He secures an end of the bowline (on the Main Rope) to his Australian Rappel Seat using the snap link (the bowline may be tied at any time during construction of the bridge).

3) The #8 man ensures that the rope is not wrapped around the anchor point and moves across the obstacle. If the rope is still around the obstacle and he must return to the near side to correct it.

4) Once the #8 man is across the obstacle, one man disassembles the wireman's knot while the rest of the team ensure that all other knots are taken out of the rope and that the rope is not laid on itself.

5) When the team captain is satisfied that all knots are removed from the rope and that all equipment is accounted for, he will call **STOP** and time will cease.

ANNEX B TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Core Event – One Rope Bridge

ONE-ROPE BRIDGE SCORE SHEET

SCHOOL_____TEAM_____

AI/SAI initials_____ attesting that Main Rope is serviceable, free of markings, and at least 100 feet in length.

10 Second penalties for Minor Violations

- ___ Having equipment or personnel forward of the near side anchor point prior to the start.
- ___ Failure to secure into the main rope with an end of the rope bowline (1st and last man only)
- ___ Failure of number one man to temporarily secure the rope to itself after crossing.
- ___ Team member clipped on rope prior to Anchor points being secure.
- ___ Team Member or Equipment touching the obstacle.
- ___ Equipment left on the near side or in obstacle.
- ___ Rope lying over itself when time is called.
- ___ Calling time while team member is touching the rope.

30 Second penalties for Major Violations

- ___ Any knots not removed from the main rope after time is called.
- ___ More than two members clipped on the rope at any time.

1 Minute penalties for Extreme Violations

- ___ If rope is too low and raider walks or runs across the obstacle
- ___ Competing with 7 members
- ___ Any member of the team that does not cross

1 Minute penalties for Safety Violations

NOTE: If there is a safety violation the team must be stopped and correct the violation before they may proceed. The time continues to run as they are correcting their violation. Ex: If the transport tighten system is pulled to the anchor point, they must be stopped and adjust the system to a proper length." Time will NOT stop as the violation is being corrected. The time constraints for this event will remain in effect.

- ___ Failure to use the wireman's knot for the transport tightening system.
- ___ Failure to correctly tie a round turn w/2 half hitches at ea anchor point
- ___ Transport tightening system against the anchor point.
- ___ Disassembly of any anchor knot prior to all cadets unsnapped from rope

Raw Time:_____ **Total Penalty Time:** _____

FINAL TIME: _____ Lane Grader Initials _____

Disqualifications: Time will be stopped and team disqualified if the team has not completed within a 10 minute time limit. Teams with less than 7 raiders cannot compete.

ANNEX C TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16

Core Event – 5 Kilometer Road March

TASK: Complete a 5 Kilometer road march with 8 cadets finishing the course.

CONDITION: During Daylight, under existing weather conditions and carrying all items of prescribed equipment.

STANDARD: Teams must complete the 5K road march within 60 minutes.

UNIFORM: Mandatory equipment to be carried or worn:

- ACU Complete
- Brown ACU T-Shirt or Team Shirt all the same
- Pistol belt with canteen w/cover or camelback (Must be full with water at start of course).
- Guidon assembled and carried by the team

SCRIPT: The 5KOIC says: "Let me have your attention. At this station you will be required to complete a 5K-road march. **You may walk or run.** You must wear or carry the equipment specified in the SOP during the 5K march. Each cadet should carry his or her own equipment throughout the entire march. Teams will consist of nine cadets for this event. The first eight to cross the finish line will be counted only. Teams with less than seven finishers will be disqualified. A team member may assist another team member by pushing or pulling another team member in the spirit of teamwork. Teams will maintain unit integrity throughout the course. Team members must remain within 20-meters of each other during the march. I have marked three 20-meter zones along the course, one at the start, one at the mid point, and one at the finish line for verification of the 20-meter rule. The route is clearly marked; insure you pay attention to the route signs along the way. Additionally, you have a strip map outlining the course to refer to as you negotiate the course. Route violations will result in team disqualification. Teams will not cross the finish line until all eight team members have entered the 20-meter zone. Each team member who is not within the 20-meter zone when the first team member crosses the finish line will be assessed as a 5-minute penalty. Time will stop when the eighth team member has crossed the finish line. Additionally, a team will be disqualified if it does not make the 60-minute time limit. Upon completion, your evaluator will move you to a designated equipment inspection area and begin the equipment inspection. **You will be assessed a 2 minute penalty for each piece of missing equipment.** Do you have any questions?"

NOTES:

- a. All spectators and school cadre will stay off the 5K course during the event.
- b. Teams will be started at designated intervals.
- c. Teams should finish with 8 cadets. Teams may finish with 7 but will receive a 5 minute penalty. Teams finishing with less than 7 will be disqualified.

SCORING: This event will be scored IAW scoring procedures outlined earlier in this document. Team overall time score will reflect overall place in the event. This score is based on time to the second decimal.

PENALTIES:

- a. Finish with less than 8 team members = + 5 minutes less than 7 team will be disqualified
- b. Time is over 60 minutes = disqualification
- c. Team member(s) out of 20 meter zone = + 2 minutes
- d. Leaving the 5K route = Disqualification
- e. One item/piece of equipment missing = 2 minutes each occurrence

ANNEX C TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16

Core Event – 5 Kilometer Road March

- f. Any team impeding another teams progress = 5 minute penalty for each infraction. Ex: Spreading your team across the road or running directly in front of a team to slow them down.
- g. Disqualification team will be listed at bottom of the ranking chart and cannot win 1st place overall.

NOTES: The overall team score is determined by the total time, + penalty times, from the attached time matrix.

ANNEX D TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Core Event – 5 Kilometer Road March

5 KILOMETER ROAD MARCH SCORE SHEET

TEAM SCHOOL: _____

TEAM NAME / BRACKET: _____ / _____

START TIME: _____ **STOP TIME:** _____

PENALTIES:

5 Minute Penalty:	<u>Total Infractions</u>	<u>Penalty</u>
-------------------	--------------------------	----------------

- Finishing with less than 8 team members
- Impeding another team

2 Minute Penalty:

- Team member(s) out of 20 meter zone when 1st team member crosses finish line. Per infraction.
- Per item/piece of equipment missing after march is completed.

Disqualification:

- Total march time is greater than 60 minutes
- Leaving the 5K route (short cutting)
- Ending with less than 7 team members
- Being paced by any non-team member

TOTAL PENALTY TIME: _____

SCORE: **COMPLETION TIME:** _____ **MINUS PENALTY TIME:** _____

FINAL SCORE TIME: _____

DISQUALIFIED? YES / NO (circle one)

SCORER SIGNATURE: _____

ANNEX D TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16

Core Event – Litter Carry

TASK: Safely transport a simulated casualty on a litter, 200 - 400 yards, maneuvering through obstacles.

CONDITION: Teams will be provided a simulated casualty on a liter, during daylight hours, and under existing weather conditions. Each team will consist of eight (8) raiders, uniform will be full raider meet field uniform with boots. (See uniform pg 5).

STANDARD: Transport the casualty on the litter without the simulated casualty falling off the litter. Teams may walk or run the course. Team members can be utilized in any manner directed by the team captain, there is no restriction of how many raiders can carry the litter. All (8) team members must participate in the event. ONLY competing raiders are allowed on the course. If a team member sustains an injury other team members may assist/carry teammate to finish line.

SCORING: This event will be graded in accordance with the following score sheet. The team with the fastest **Total Run Time** will be declared the winner of the event. Times will be scored to the 100ths. *Example: 2:12.76, 2 minutes, 12 seconds, .76 of a second. This should greatly minimize the chance for a tie.* In the rare case of a tie: **First tie breaker:** the team who did not acquire any penalties during the course will be declared the winner. In the event the tied teams had penalties, the team with the least penalty time will be declared the winner. If all the previous tie breakers are considered or if neither team had penalties and a tie remains the team with the fastest averaged mile time during the PT test will be declared the winner.

EQUIPMENT: The host school will provide a litter for each lane used, sandbags or equivalent weight totaling 80 – 100 pounds, an obstacle course and predetermined obstacles throughout the course. *Other simulated weights may be a log, dummy, bags of concrete, etc...* Graders will need a stop watch that keeps time to the hundredths.

GUIDELINES:

a. **COURSE LAYOUT:** Host schools need to determine how many lanes need to be used, during a large raider meet it is recommended that 2 – 4 lanes be utilized. It is recommended to have no less than three obstacles and no more than five, this is not set in stone, use this as a guideline. Situations may dictate differently. Obstacles should be set up so teams may negotiate in less than a minute. Time will start when grader says, “GO”, and stop when the litter and last raider on the team crosses the start/finish line. No land obstacle should be more than 5 feet high, contain any wire such as barb, etc., or other material that may put raiders at risk for injury. If obstacle is going over or through a creek, or any other water obstacle, the water should no more than 3 feet deep with little or no current. Host schools should use caution and have extra adults on this site for supervision and safety. **NO OBSTACLE SHALL BE AUTHORIZED IN WHICH RAIDERS HAVE TO SUBMEGE HEAD UNDER WATER.** If conducting obstacle course in woods instructors should walk the course more than once and mark any danger zones that are not easily seen and may cause injury. Examples but not limited to, holes in ground, roots protruding out of ground, ruts, stumps, thorn bushes, poison ivy, hanging tree branches etc...

ANNEX D TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Core Event – Litter Carry

SAMPLE OBSTACLE CATEGORIES:

Teams must push/the liter on the ground through a tube or under a similar obstacle.
Teams must lift the casualty over an obstacle no more than 5 feet high without touching the obstacle. Teams must cross a depression no more than 5 feet deep.
Teams must negotiate the litter through a maze. Teams must negotiate the litter through a course similar to a Leadership Reaction Course. If on a football field must carry the litter over a set number of track hurdles.

Script: The grader will brief the team captain only.

Sample brief, “At this station your team will be required to transport the simulated casualty, on litter, over the designed course, between 200 – 400 yards, and negotiate all obstacles. The time will start when I say go and stop when the litter and the last raider crosses the start/finish line. All eight members of your team must complete the course.” If one of your team member sustains an injury other team members may assist carry teammate to finish line. “Do you have any questions?” If “no”, you will have two minutes to brief your team and prepare.

ANNEX E TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Core Event – Litter Carry

LITTER CARRY SCORE SHEET

TEAM NAME: _____

RUN TIME: _____

TOTAL PENALTY TIME: + _____

TOTAL RUN TIME: = _____

DISQUALIFICATION - TEAM FAILS TO FINISH WITH 8 TEAM MEMBERS or DOES NOT COMPLETE OBSTACLE COURSE

PENALTIES:

Team fails to negotiate obstacle:

1 Minute

- **Team avoids or fails to complete an obstacle**
- **Penalty for each obstacle**

Mark through number that applies for total penalties

1 2 3 4 5

The simulated casualty touches the ground:

15 Seconds

- If team fails to control the litter and it hits the ground
- Each time casualty touches is a penalty
- **No penalty if the team has control and the litter is set down.**

Mark through number that applies for total penalties

1 2 3 4 5

ANNEX E TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16

Optional Event #1 – Logistic Relay

TASK: An 8 member raider team will negotiate a series of no less than 4 relay events to achieve an overall timed team score.

CONDITION: Given a flat open field measuring between 100 to 200 yards. Each team will break down into 4 each 2 man buddy teams that will be pre-positioned along the relay course. Each 2 man team will be assigned a specific relay task to be accomplished within a set distance. *(For site lay out ideas refer to illustrations in this annex).*

STANDARD: The entire team will participate, once a member has been assigned to complete a specific phase of the relay he or she cannot be utilized for any other part of the race. Once the 4 each 2 man buddy teams have been pre-positioned at their assigned start points the command will be given by the lane evaluator to “GO”. The time will start once the command is given and will continue thru each phase of the relay. The time will stop once the last relay buddy team crosses the finish line.

Relay Events:

#1 Tire Flip: The tire should be a comparable in size and weight to a bus tire or a 2 ½ Ton Truck Tire. The event coordinator may elect to include the tire rim for additional weight if desired.

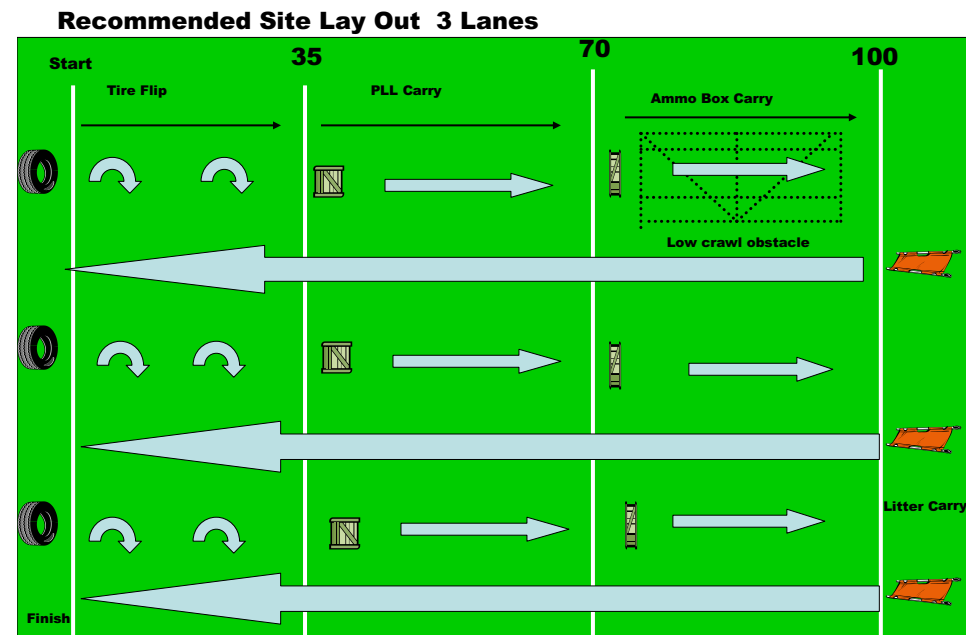
#2 Heavy Carry: This will be an object designed to be carried by two cadets and weighing between 50 to 75 pounds (i.e. an ammo box, bar with cinder blocks centered on it, weight lifting bar with weights, etc).

#3 Ammo Box: This will be an ammo type box weighing between 35 to 50 Pounds. On this relay phase the two man team must carry the box under and thru a low crawl obstacle.

#4 Litter Carry: This will be a litter weighing between 95 to 125 pounds.

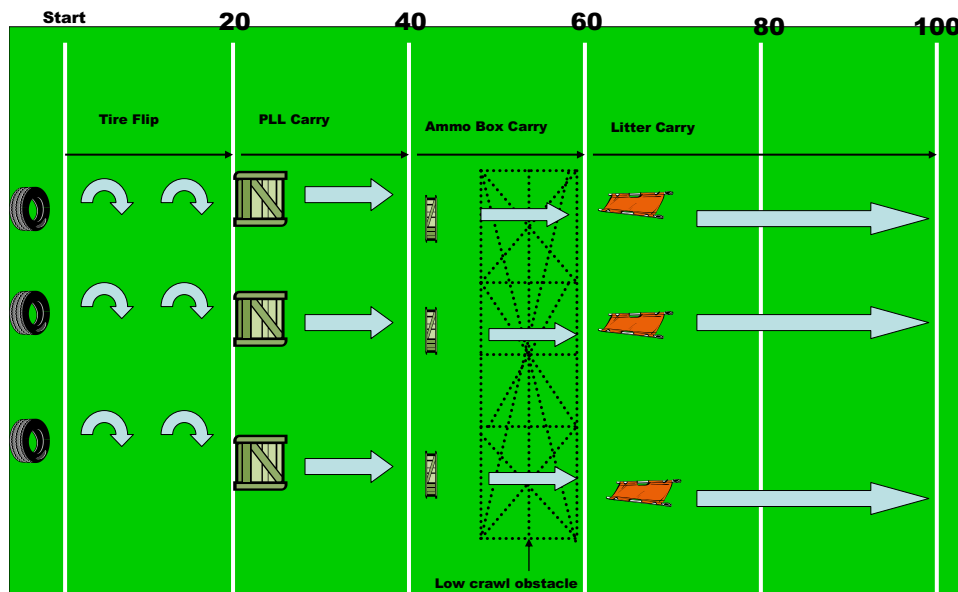
ANNEX E TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Optional Event #1 – Logistic Relay

SITE LAYOUT OPTIONS:



Logistics Relay event 4th Brigade Raider MOI

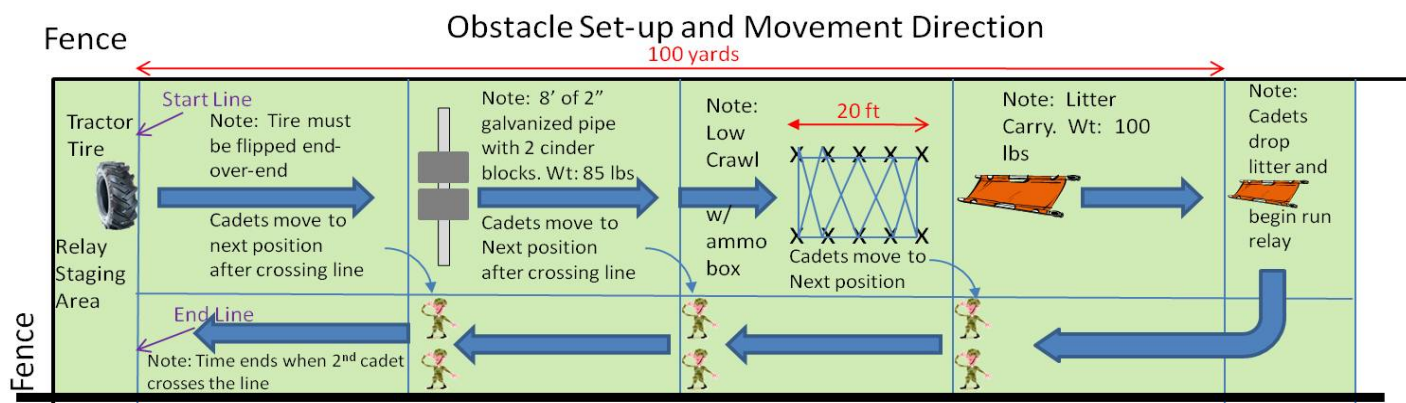
OPTIONAL OR ALTERNATE SITE LAYOUT:



Logistics Relay event 4th Brigade Raider South

ANNEX E TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16 **Optional Event #1 – Logistic Relay**

OPTIONAL OR ALTERNATE SITE LAYOUT:



ANNEX E TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Optional Event #1 – Logistic Relay

UNIFORM: Complete ACU'S
Pistol Belt with Canteen or Camelback
Combat Boots

SCORING: Scoring of this event is a straight timed relay. The time will start at the command of the lane evaluator and the time will stop when the final relay team crosses the finish line. The team with the overall fastest time will be determined the winner and will hold the 1st place position.

PENALTIES: Penalties will be assessed for the following violations:

- a. Starting before the command of "GO" is given = 10 sec
- b. Relay team starting before preceding relay team crosses their end line = 10 sec per infraction
- c. Crossing into another teams lane = 10 sec per infraction
- d. Throwing or tossing relay item = 10 sec per infraction
- e. Dropping the litter during movement = 10 sec per infraction
- f. Dropping and not recovering personnel equipment during conduct of each buddy teams relay event = 10 sec per infraction
- g. Failure to have both buddy team members carry and drag assigned item = 10 sec per infraction

LOGISTICS RELAY LANE EVALUATOR SCRIPT

THE LOGISTICS RELAY LANE EVALUATOR WILL SAY:

YOUR TEAM WILL BREAK DOWN INTO FOUR 2 MAN BUDDY TEAMS THAT WILL BE PRE-POSITIONED ALONG THE RELAY COURSE. EACH 2 MAN TEAM WILL BE ASSIGNED A SPECIFIC RELAY TASK TO BE ACCOMPLISHED WITHIN EACH DESIGNATED RELAY SECTION.

THE ENTIRE TEAM WILL PARTICIPATE. ONCE A MEMBER HAS BEEN ASSIGNED TO COMPLETE A SPECIFIC PHASE OF THE RELAY HE OR SHE CANNOT BE UTILIZED FOR ANY OTHER PART OF THE RACE.

ONCE ALL 2 MAN BUDDY TEAMS HAVE BEEN PRE-POSITIONED AT THEIR ASSIGNED START POINTS, I WILL GIVE THE COMMAND “GO” TO START THE FIRST RELAY TEAM. TIME WILL START ONCE THE COMMAND IS GIVEN.

EACH ITEM WHICH IS MOVED ACROSS THE SECTION MUST COMPLETELY CROSS THE LINE OF THE NEXT SECTION PRIOR TO THAT SECTION BEGINNING THEIR MOVEMENT. THE LANE EVALUATOR WILL GIVE THE CLEAR FOR THE NEXT SECTION TO MOVE OUT.

WHEN THE FINAL SECTION TEAM CROSSES THEIR END LINE TIME WILL STOP.

(OPTIONAL ENDING)

AS EACH OF THE FIRST 3 TEAMS COMPLETES THEIR SECTION, THEY WILL MOVE TO SIDE LANE AND PREPARE FOR THE RUN RELAY BACK TO THE FINISH LINE.

WHEN THE FINAL SECTION TEAM CROSSES THEIR LINE THEY IMMEDIATELY BEGIN THE RUN RELAY.

TIME WILL STOP ONCE THE SECOND CADET OF THE 1ST SECTION RUN RELAY BUDDY TEAM CROSSES THE FINISH LINE (OLD START LINE).

ANNEX E TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Optional Event #1 – Logistic Relay

LOGISTICS RELAY SCORE SHEET

TEAM SCHOOL: _____

TEAM NAME / BRACKET: _____ / _____

PENALTIES:

10 Second Penalties:	Total Infractions	Penalty
----------------------	----------------------	---------

Starting before the command of "GO" is given.	_____	_____
---	-------	-------

Starting before preceding relay team crosses their end line	_____	_____
--	-------	-------

Throwing or tossing relay items	_____	_____
---------------------------------	-------	-------

Dropping the litter during movement	_____	_____
-------------------------------------	-------	-------

Dropping and not recovering personnel equipment during conduct of each buddy team relay event	_____	_____
--	-------	-------

Failure to have both buddy team members carry, Flip or drag assigned items	_____	_____
---	-------	-------

TOTAL PENALTY TIME:

SCORE: _____

COMPLETION TIME: _____

MINUS TOTAL PENALTY TIME: _____

FINAL SCORE TIME: _____

SCORER SIGNATURE: _____

ANNEX F TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Optional Event #2 – Vehicle Pull

TASK: Conduct a team pull of a HMMWV type Vehicle.

CONDITION: At a field location on a relatively flat surface measuring between 40 and 80 yards between start and finish line, during daylight hours, in existing weather conditions.

STANDARD:

- a. Teams will be given two opportunities to conduct a successful vehicle pull. The lower of the two times will be recorded for scoring purposes.
- b. Teams must PULL the vehicle by means of a Tug-a-War type rope (provided by event host); teams may not PUSH the vehicle or move it by any other means other than by pulling on the rope provided.
- c. Teams will start by standing in front of the vehicle on either side of the pull-rope (pull-rope is secure to the front of the vehicle and laid out in front of the vehicle, on the ground, in the direction of travel). On the command GO, time will start and team members will pick up the rope and start pulling in the direction of travel. Pulling will continue until the entire vehicle crosses a designated finish line, at which point the time will STOP.
- d. The vehicle will be placed in neutral by an adult driver who will insure safe steering and breaking as necessary. For consistency the same driver should be utilized throughout the competition.
- e. The timer/score-keeper must be able to visualize all activity and the start/finish line.

PURPOSE: To provide guidance for the conduct and coordination of the Optional Vehicle-Pull event at Sanctioned Raider Challenge Competitions.

REFERENCES: Cadet Command Regulation 385-10, Cadet Command Safety Program, 6 June 2003

OBJECTIVES:

- a. Provide a competitive standardized Optional event in order to facilitate creativity, teamwork, motivation, and esprit de corps.
- b. Utilize the Raider Challenge grading mechanism to facilitate standardization in team scoring.

GENERAL INFORMATION:

- a. Ideally, Host teams will coordinate for use of a HMMWV Type vehicle from a local National Guard, Army Reserve, Recruiting Station or Active Duty Installation. However, a vehicle of approximate weight and dimensions is appropriate and acceptable.
- b. When the first rotation is ready to begin, all graders and assistants must be at the site with all appropriate resources. All graders and assistants will be familiar with this SOP and grading requirements.

ANNEX F TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Optional Event #2 – Vehicle Pull

c. Each team will be given two minutes for each attempt to pull the designated vehicle (With driver in the vehicle) a distance of no less than 40 yards and no more than 80 yards in the fastest possible time. The fastest pull time of the two will be recorded as the team time.

d. A team will consist of 8 cadets. A team with less than 8 team members may compete but will receive no special compensation for the loss of the 8th team member. Teams cannot compete with less than 7 team members.

e. Rope used for pulling the vehicle must be a minimum of 1" in diameter and at least 30' feet in length from the anchor point to the end of rope.

UNIFORM: Each team member will compete with the following equipment:

- a. Complete ACU with Boots and headgear (Headgear may be placed in cargo pocket)
- b. One canteen with cover or Camelback

SCORING: Teams will be ranked based on the faster of two pull times. The team with the fastest time will be ranked 1st and will receive one point toward overall standings.

ANNEX F TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Optional Event #2 – Vehicle Pull

Vehicle Pull Score Sheet

School Name: _____

Team Name: _____

Best Time (determined to the nearest 100th of a second): _____

Grader's Initials _____

1st Attempt time: _____

2nd Attempt time: _____

ANNEX G TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Optional Event #3 – Knot Tying

TASK: An 8 member raider team broke down into 4ea 2 man teams will correctly tie four knots while moving from station to station in the fastest time to achieve the highest team score.

CONDITION: Given four separate rope corral stations with eight individual ropes at each station. Individual cadet will move around track about 250 Meters total (High School Track is an option) to four separate rope stations and tie one of four knots at each station given by the evaluator at that station.

STANDARD: All eight team members will participate. Two Cadets will start at a time at a 30 Seconds interval between their two man teams. The four knots to be evaluated are the **Bowline**, **Wireman's**, **Figure Eight** and **Square Knots**. On the command of "GO" time will start with the first team and will continue until the last 2 cadet team of the eight finishes their knots at the last station.

UNIFORM:

Complete ACU'S
Pistol Belt with Canteen or Camelback
Combat Boots

SCORING: Individuals will receive no time penalties for each rope tied correctly at each station. On the command of "GO" each two man team (based on 30 second interval) will run to the first station and tie that specified knot. Once the knot has been tied (determined by the cadet) the two man team will then immediately move to the next station and tie the next knot specified by that evaluator. Once the last team finishes their knots at the last station the time will stop. The team with the fastest time will win that event. Each incorrect tied knot will be penalized 30 second from overall time. Fastest time wins event.

PENALTIES: Time penalties will be assessed for the following violations:

- a. Starting before the command of "GO" is given. Immediate disqualification.
- b. Incorrectly tied knot. Individual cadet will receive "30 second time penalty" for only that knot.

** No penalty for rope falling onto the ground.*

ANNEX G TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16

Optional Event #3 – Knot Tying

OPTIONAL EVENT #3 KNOT TYING

Script – The grader will brief the team captain. Sample brief,

“At this event your Raider Team will break down into four groups of two raiders. Team members will be tying the wireman’s, figure 8, bowline, and the square knots. On the command of “GO” the first team of two cadets will move down their lane to the grader 100 yards to your front. Once at the station the lane grader will direct you to tie one of the four knots.

Once a team member has tied the designated knot they will leave the knot at the station and immediately go the next station. As the team members are going to the next station their knot will be evaluated and the next group will move to the station. Team members, in two man groups, will continue moving through the stations until all 2 man groups have tied all the knots at each station. The time will stop when the last cadet’s knot is completed and left at the station.

All eight members must complete all stations. If all eight do not complete all stations the team will be disqualified.

There will be a 30 second penalty for each knot tied improperly.

Question?”

ANNEX G TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Optional Event #3 – Knot Tying

KNOT SCORING SCORE SHEET

TEAM NAME: _____

Start Time: _____

Finish Time: _____

PENALTIES: Starting before the command of "GO" is given. Team will be disqualified (if possible restart team).

- Not completing all stations. Team will be disqualified.

- Incorrectly tied knot. Individual cadet will receive a "30 second violation" for each improper knot.

	<u>Name</u>	<u>Knots</u>				<u>Penalties</u>
		Bowline	Wireman	Figure 8	Square Knot	
1	_____	1	1	1	1	_____
2	_____	1	1	1	1	_____
3	_____	1	1	1	1	_____
4	_____	1	1	1	1	_____
5	_____	1	1	1	1	_____
6	_____	1	1	1	1	_____
7	_____	1	1	1	1	_____
8	_____	1	1	1	1	_____
Total Points:						_____
*Example: <u>John Doe</u>		①	①	①	1	-

1.5 Min

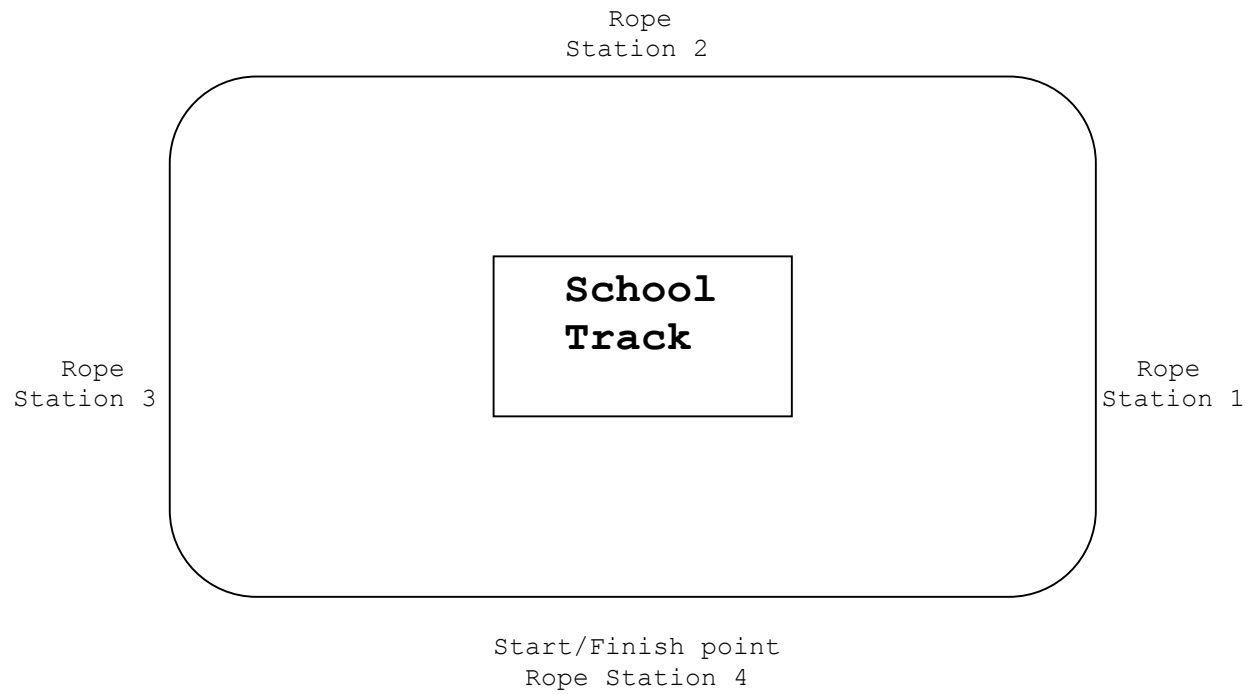
Note - Circle knot tied incorrectly.

Evaluator Signature: _____

ANNEX G TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Optional Event #3 – Knot Tying

SITE LAYOUT OPTION:

Option 1:



ANNEX H TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Optional Event #4 – Fireman’s Carry

TASK: Complete a Fireman’s Carry relay with 8 cadets finishing the course for an overall time.

CONDITION: During daylight, under existing weather conditions and carrying all items of prescribed equipment and given a flat open field measuring between 50 to 100 yards. Each team will break down into 4 each 2 person buddy teams and be assigned a specific relay lane. (For recommended site layout see illustration at the end of this annex).

STANDARD: The entire team will participate. Time starts when the command “GO” is given by the relay evaluator and time stops when the last team crosses the finish line. The concept of the operation is that on the command “GO” the first 2 person team will immediately get into a Fireman’s Carry or similar position (i.e. one cadet carries the other cadet in the Fireman’s Carry or piggy-back style) and that team races to the turnaround point. At the turn around point, the cadets will switch positions and race back to the start/finish line. Once that team crosses the line, then the second team will negotiate the lane. Teams waiting to start cannot be in a “carry position;” they must wait for the team returning to cross the line before they can assume a “carry position” and start their leg of the relay. All 2 person teams (total of 8 Raiders) will complete the relay for an overall cumulative time. Raiders cannot compete twice (i.e. run the relay twice and have another Raider sit out).

UNIFORM: Complete ACU’s
Pistol Belt with canteen or Camelback
Combat Boots (no running shoes allowed)

SCORING: Scoring of this even is a straight timed relay. The time will start at the command of the lane evaluator and the time will stop when the final relay team (2 person buddy team) crosses the finish line. The team with the overall fastest time will be determined the winner and will secure the 1st place position. Points for the event will be assessed based on the overall team standings (i.e. team finishes 3rd will receive 3 points; team finishes 2nd will receive 2 points, etc).

PENALTIES: Penalties will be assessed for the following violations:

- a. Starting before the command of “GO is given = 10 seconds
- b. Relay team (i.e. 2 person buddy team) starting before the returning relay team crosses the finish line = 10 seconds
- c. Crossing into another team’s lane = 10 seconds
- d. The person being carried touches the ground in any manner due to falling off the other team member, hanging to low, etc = 10 seconds
- e. Dropping and not recovering personal equipment (by the team that dropped the equipment) during each leg of the relay = 10 seconds
- f. Switching positions (i.e. person carrying moves to be carried) on the 2 person buddy team early or before the turn around point = 10 seconds

ANNEX H TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Optional Event #4 – Fireman's Carry

- g. If any member cannot finish the relay for whatever reason = 1 minute penalty

***Note-** Penalties will be assessed for each infraction committed during the relay and will be added all together for a total time (ex: Overall time of 2:00 minutes with 3 separate 10 second infractions will equal a total overall time of 2:30).

7. **SCRIPT:** The script below contains the minimum instructions to be given at the beginning of the event. It is only a guide and the OIC may add to it, as appropriate, to accommodate any unique environmental requirements at their site. This briefing will be given to the entire team before moving to the start line.

a. THE FIREMAN'S CARRY RELAY OIC WILL SAY:

“Let me have your attention. At this site you will be required to run a relay in 2 person teams utilizing the Fireman's Carry or the Piggyback carry. All Raiders will compete in this event and each Raider will carry another Raider for one leg of the relay, then switch over and be carried for another leg of the relay. No Raider can run this relay twice and substitute for anyone else. You will be given 5 minutes to prepare, designate buddy teams, and finalize your plan. TIME WILL START WHEN THE LANE EVALUATOR SAYS GO; AT THAT TIME THE FIRST BUDDY TEAM WILL GET INTO THEIR CARRY POSITION AND START THE FIRST LEG OF THE RELAY. RAIDERS CANNOT ALREADY HAVE SOMEONE IN THE CARRY POSITION PRIOR TO THE COMMAND OF GO. UPON REACHING THE TURN AROUND POINT THE BUDDY TEAM WILL SWITCH POSITIONS AND RETURN BACK TO THE START/FINISH LINE. TIME WILL END WHEN THE LAST BUDDY TEAM CROSSES THE START/FINISH LINE. Are there any questions?”

b. PRE-RELAY REQUIREMENTS:

- 1) All team members will be inspected by the lane evaluator, prior to the relay, to ensure they are in the correct uniform.
- 2) Canteens can be filled at the discretion of the team Cdr.
- 3) Patrol caps can be worn or stowed in the cargo pocket.

ANNEX H TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Optional Event #4 – Fireman's Carry

FIREMAN'S RELAY SCORE SHEET

TEAM /
SCHOOL: _____

TOTAL RUN TIME: _____:_____._____ (must carry out the
finishing time to 2 one hundredths of a second or two places)

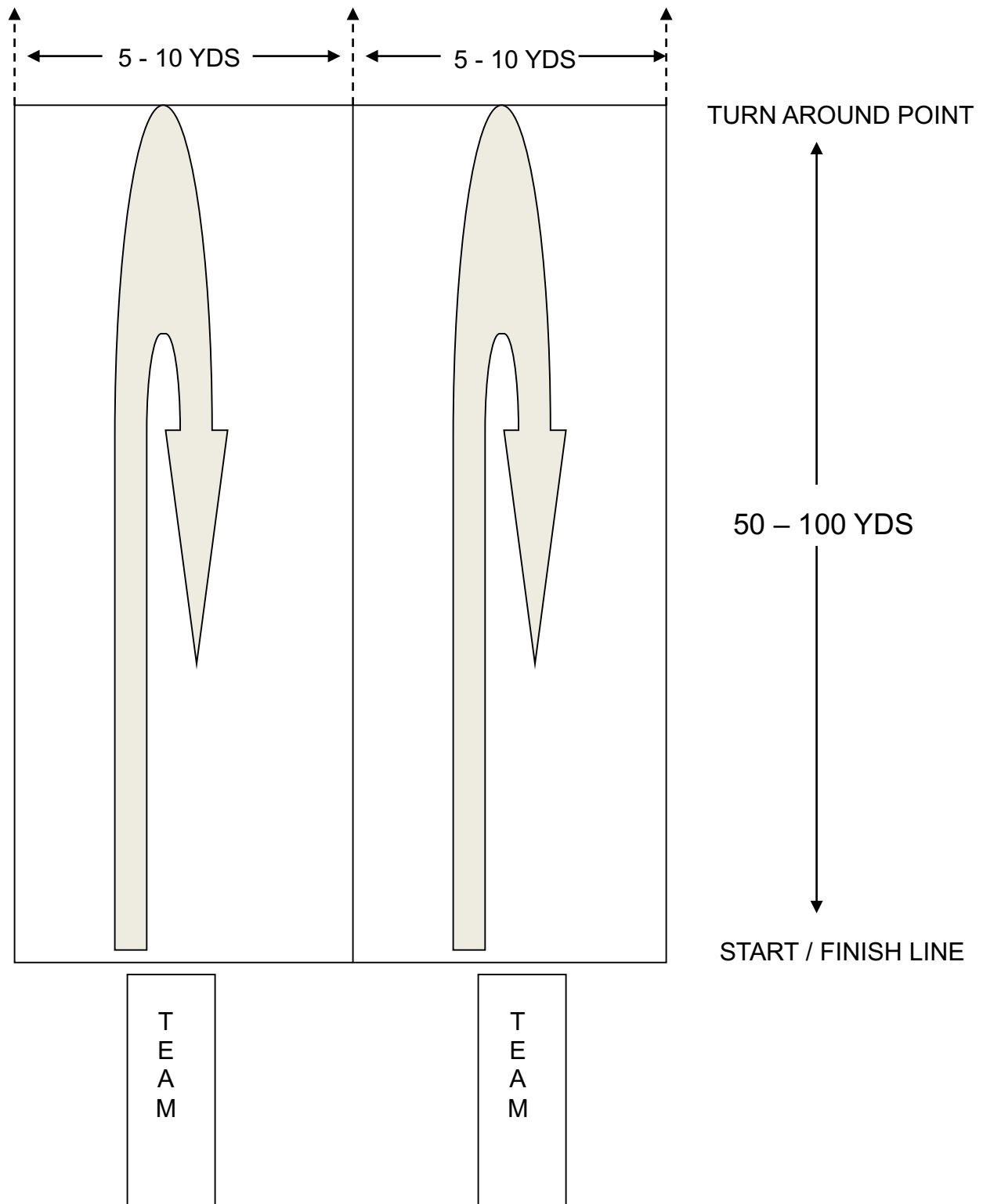
PENALTIES #: _____ TIME TO BE ADDED: _____

OVERALL FINISHING TIME: _____:_____._____

Evaluator
Signature: _____

ANNEX H TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Optional Event #4 – Fireman's Carry

**SAMPLE
FIREMAN'S CARRY RELAY LAYOUT**



ENCLOSURE 10 TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16

SAI/AI STATEMENT OF CADET HEALTH, FITNESS QUALIFICATION

DATE _____

I certify the following JROTC cadets that I am responsible for,
competing at the said event, _____, has
insurance coverage in accordance with AR 145-2, paragraph 5-13 (3) (e)
and is physically and mentally prepared to participate during the
competition and that I have personally supervised the physical
training necessary to compete at the required level.

Cadet's Name:

LET Level:

(SAI/AI print) _____

(SAI/AI Sign) _____

CONSENT TO MEDICAL TREATMENT

STATEMENT REQUIRED BY PRIVACY ACT OF 1974

(1) AUTHORITY: TITLE 10, U.S. CODE 2102.

(2) PRINCIPAL PURPOSES: A statement authorizing medical care in civilian or government medical facilities while attending or traveling to or from JROTC sponsored event.

(3) ROUTINE USES: Normal personnel actions: Disclosure of information may be provided to proper authorities in actions regarding medical treatment, legal actions as a result of injury or death, and investigation of accident resulting from JROTC annual JCLC.

(4) MANDATORY OR VOLUNTARY DISCLOSURE AND EFFECT ON INDIVIDUAL NOT PROVIDING INFORMATION: Voluntary. Failure to complete form will disqualify JROTC cadet from participating in specific voluntary training exercises.

I _____, consent to be treated in an Army Hospital, or any other government or civilian medical facility, near or enroute to _____, while attending or traveling to or
(Installation, State)

from 4th Brigade Raider Competition _____.
(date)

This consent encompasses all procedures and treatments as are found to be necessary or desirable, in the judgment of the professional staff of any of the above-named medical facilities. I understand that this consent is of a general nature and accordingly list the following exceptions to this consent (if no exceptions write "No Exceptions")

_____.

I (am) (am not) on medication. (List type, if on medication)

I (am) (am not) allergic to medication. (List type, if allergic)

It is understood that this consent can be withdrawn in writing or orally at anytime.

Signature of Witness

Signature of Cadet

Print Name of Witness

Print Name of Cadet

PARENT OR GUARDIAN: (When cadet is a minor or unable to give consent), I _____

_____, parent/guardian of _____ have read and understood the above consent to treatment and hereby expressly consent to the above-described treatment.

Signature of Witness

Signature of Parent

Print Name of Witness

Print Name of Parent

NOTE: List another person to contact in case of emergency if parent or guardian can't be reached.

Emergency Contact: _____
(Name and Address)

Telephone: _____ Other: _____

STATE OF PHYSICAL CONDITION

()
Initials

To the best of my knowledge, my son/daughter/ward is in good physical condition. Participation in the 4th Brigade Raider Competition, in my opinion, will not have an adverse affect on his/her health and well being. I will inform the Senior Army Instructor of any changes.

()
Initials

My son/daughter/ward has a history of (identify illnesses; Heart disease, Asthma, Overweight, Sinus, Rheumatic Fever, Ear Infection, Headaches, or any other ailments)

and is on _____ medication. He/she is allergic

to the following medication: _____.

NOTE: Students that are found to have previous history of any type illness, past injury, and/or symptoms of suspected medical ailment, will be returned home if treatment is needed or desired.

(Signature of Cadet/Parent/Guardian)

(Signature of Cadet/Parent)

**CONVENANT NOT TO SUE
OFF-CAMPUS TRAINING AND PRACTICAL FIELD/HIGH RISK TRAINING**

(1) AUTHORITY: Title 10, U.S. Code 23-1.

(2) PRINCIPAL PURPOSE(S): To release the U.S. Government, the host institution and the state in which said institution is located from liability for injury; death, or damages for JROTC cadets participating in voluntary off-campus training programs, practical field, and high risk training.

(3) ROUTINE USES: Normal personnel actions. Disclosures of information may be provided to proper authorities in actions regarding law enforcement, legal actions as a result of injury or death, and investigations of accidents resulting from such voluntary off-campus training, practical field, and high-risk training.

(4) MANDATORY OR VOLUNTARY DISCLOSURE AND EFFECT ON INDIVIDUAL NOT PROVIDING INFORMATION: Voluntary. Failure to complete form will disqualify JROTC cadet from participating in specific voluntary training exercises.

I _____, residing at _____,
(Type or print full name) (Address) (City)

do hereby agree that in consideration for being allowed to participate in JROTC Activities

conducted by _____ Army JROTC detachment, and Army
(Name of JROTC Instructor Group)

supervised activity, and whereas I am doing so entirely on my own initiative, risk, and responsibility; and being fully aware of the risk adhering to this type of training, I hereby RELEASE AND DISCHARGE FOREVER, the United States Army, the State of _____ and _____ and all of its officers, agents, and employees, acting officially or (Name of School)

from any and all claims demands, actions or causes of action, on account of myself OR on account of any injury to me which may occur from any cause during said activity or continuances thereof, and I do further covenant and agree to hold the said Government of the United States, State of _____, _____

_____ and all of its officers, agents, and employees, acting officially or otherwise, blameless for any and all damages which I may cause either intentionally or thru my negligence.

Typed/Printed Name of Parent or Guardian if
Participant is a Minor

Signature of Parent or Guardian if
Participant is a Minor

Relationship to Cadet

Date

WITNESSED BY:

Age/Period Covered

Signature of Cadet

ENCLOSURE 14 TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16

DELIBERATE RISK ASSESSMENT WORKSHEET					
1. MISSION/TASK DESCRIPTION			2. DATE (DD/MM/YYYY)		
3. PREPARED BY					
a. Name (Last, First, Middle Initial)		b. Rank/Grade		c. Duty Title/Position	
d. Unit		e. Work Email		f. Telephone (DSN/Commercial (Include Area Code))	
g. UIC/CIN (as required)		h. Training Support/Lesson Plan or OPORD (as required)		i. Signature of Preparer	
Five steps of Risk Management: (1) Identify the hazards (2) Assess the hazards (3) Develop controls & make decisions (4) Implement controls (5) Supervise and evaluate (Step numbers not equal to numbered items on form)					
4. SUBTASK/SUBSTEP OF MISSION/TASK	5. HAZARD	6. INITIAL RISK LEVEL	7. CONTROL	8. HOW TO IMPLEMENT/WHO WILL IMPLEMENT	9. RESIDUAL RISK LEVEL
				How: Who:	
				How: Who:	
				How: Who:	
				How: Who:	
				How: Who:	
				How: Who:	
Additional entries for items 5 through 9 are provided on page 2.					
10. OVERALL RESIDUAL RISK LEVEL (All controls implemented): <input type="checkbox"/> EXTREMELY HIGH <input type="checkbox"/> HIGH <input type="checkbox"/> MEDIUM <input type="checkbox"/> LOW					
11. OVERALL SUPERVISION PLAN AND RECOMMENDED COURSE OF ACTION					
12. APPROVAL OR DISAPPROVAL OF MISSION OR TASK <input type="checkbox"/> APPROVE <input type="checkbox"/> DISAPPROVE					
a. Name (Last, First, Middle Initial)		b. Rank/Grade		c. Duty Title/Position	
				d. Signature of Approval Authority	
e. Additional Guidance:					