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Security

**WESTOVER ARB COMBAT
ENDURANCE COURSE**

COMPLIANCE WITH THIS PUBLICATION IS MANDATORY

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This instruction implements AFRD 31-1, *Physical Security*. It establishes guidelines and procedures for using the Westover ARB Combat Endurance Course. It applies to all authorized users who must be members of active duty, reserve, or ROTC military organizations.

1. General. The Westover ARB Combat Endurance Course is off limits to all personnel without proper authorization from the 439th Security Forces Squadron Commander (439 SFS/CC) or designated representative. Obstacle courses are valuable for physical fitness training. The challenge that obstacles offer helps to develop and test basic skills. The obstacle course gives personnel confidence in their mental and physical abilities and cultivates their spirit of daring as well as teamwork. Personnel are encouraged, but never forced, to negotiate every obstacle. This course is never run for time, except during specific training in preparation for competition.

2. Responsibilities:

2.1. 439 Security Forces Training Section (439 SFS/SFT).

2.1.1. Provide a safety and orientation briefing prior to use of the course.

2.1.2. Maintain a course safety book with pictures and guidance for each obstacle.

2.1.3. Provide a communication device to users and brief on actions to take in the event of an emergency.

2.1.4. Maintain a sign-in log of all personnel using the course. User Responsibility Statements are completed.

2.2. Civil Engineering (439 SPTG/CE).

2.2.1. Maintain the course in operational condition.

2.2.2. Ensure warning signs are posted and in clear view to ensure unauthorized personnel remain off the course.

2.3. 439Airlift Wing Safety Office (439AW/SE) conducts an annual safety inspection and provides a certification letter to be maintained in the course safety book.

3. Procedures. Those wishing to use the course must attend a safety/orientation briefing. The individual attending the safety/orientation briefing provided by SFS will be the point of contact (POC) for his or her unit for personnel using the course and will be present while unit personnel negotiate the course. All personnel who will be negotiating the course should attend a briefing provided by the unit POC prior to negotiating the course. The POC is responsible to ensure all personnel using the course have been properly briefed. The briefing includes:

3.1. A video presentation.

3.2. A review of the course safety book which shows all obstacles and the correct method for negotiating them. The POC will complete the sign-in log.

3.3. An in-depth safety discussion. The agency using the course must have a POC to act as a safety observer. This safety observer will:

3.3.1. Complete a User Responsibility Statement.

3.3.2. Safeguard personnel do not have any existing medical conditions that would prevent them from negotiating the course.

3.3.3. Brief all participants on all obstacles and how to negotiate them safely.

3.3.4. Arrange for an ambulance to be standing by at the course or arrange through 439 SFS Armory for a radio with which to contact the Fire Department in the event of an emergency.

3.3.5. Prior to use, conduct a walk-through of the course to determine the condition of each obstacle. Weather conditions may provide an unsafe environment (ice, water, high winds, etc.) on some obstacles. Obstacles determined unsafe will be placed off limits until conditions improve.

3.3.6. Keep the course and surrounding area clean and notify the SFT of any damage to the course. SFT will then notify CE for maintenance and repair.

MARTIN M. MAZICK, Colonel, USAFR
Commander

Attachment 1

WESTOVER COMBAT ENDURANCE COURSE USER RESPONSIBILITIES

- 1.Keep a safe environment at all times and always conduct a safety briefing for all personnel prior to using the course.
- 2.Place any obstacle off limits if it appears to be unsafe or is above the abilities of the personnel using the course.
- 3.Never use the course alone.
- 4.Always have communications while on the course.
- 5.Never drive on the course, except in emergencies.
- 6.Do not allow course participants to negotiate an obstacle with which they are not familiar.
- 7.Conduct a walk-through of the course for safety and familiarity.
- 8.Never start the course without setting all moving logs.
- 9.Always have a spotter on the obstacle being negotiated.
- 10.Never leave the area without dressing-up the pits.
- 11.Always leave the area clean, including bleachers and parking area.
- 12.Report any damage or problems to 439 SFS/SFT.
- 13.Return all Security Force property immediately upon departing the course.

I understand and accept the above user responsibilities. If I fail to heed instructions, my agency agrees to accept full responsibility and liability for injuries.

Signature

Date