

RAIDER CHALLENGE OBSTACLE COURSE OVERVIEW:

JROTC Raider Challenge Course — Be an all-inclusive builder and build a Junior Reserve Officer

Training Corps (JROTC) Raiders Challenge Multi-Use Obstacle Course at Jones County High School (JCHS) located at 339 Railroad St, Gray, GA, 31032 consisting of multiple elements, as listed below.

The builder provides consulting to Jones County Raider Team (Senior Army Instructor (SAI), Jones County Facilities Director, and the Career, Technical and Agricultural Education (CTAE) Director) before construction of any obstacle. Consulting consists of but is not limited to; being available to walk the grounds and discuss friction points in placement or construction of obstacles and provide expert solutions. A builder must be able to communicate potential problems before and during construction.

All-inclusive means the builder provides or contracts out all requested services by JCHS JROTC, but the builder is the contractor that Jones County Raider Team works through. Builder is responsible to adhere to all Georgia building codes and laws.

OBSTACLE COURSE:

1. Through Tire, Over, and Under Obstacles:

a. Through Tire Obstacle - Two oversized vertical tires side-by-side, suspended inside a (3) pole structure. The tires have a 24-inch diameter opening. Tires are 3' off the ground for through. The ground beneath the obstacle and 2' past the obstacle is covered with shredded tire rubber, an impact-reducing material, and a geotextile fabric weed barrier. (See Appendix A)

b. Over Obstacle - A wall to climb over. Height 4', Length 12', Width 2" Two 6"x6" posts to support the wall placed 2' in the ground. Two 6"x6" posts at a 45-degree angle supporting the posts put 2' in the ground. The ground beneath the obstacle and 2' past the obstacle is covered with shredded tire rubber, an impact-reducing material, and a geotextile fabric weed barrier. (See Appendix A)

c. Under Obstacle - A wall to crawl under. Height 4', Length Width 2" base of the wall is 2' off the ground to crawl under. Two 6"x6" posts to support the wall placed 2' in the ground. Two 6"x6" post at a 45-degree angle supporting the posts put 2' in the ground. The ground beneath the obstacle and 2' past the obstacle is covered with shredded tire rubber, an impact-reducing material, and a geotextile fabric weed barrier. (See Appendix A)

2. Belly Robber — Width 12', Length 18', Top of the side-rails are 3' in Height, Side Rails are 4" wide, 8" depth, 20' Length. 6" x 6" post holds up the side rails. Five telephone poles are 12" in diameter, 14' wide, and secured to the side rails so that the poles do not roll. The ground

geotextile fabric weed barrier. (See Appendix

beneath the obstacle and 2' past the obstacle is covered with shredded tire rubber, an impact-reducing material, and a geotextile fabric weed barrier. (See Appendix A).

3. Inclining Wall - A 15' wide, 6'6" tall, low angle wall with 2" x 6" ties 3' apart, 2" planking 1 6' length. The ground beneath the obstacle and 5' past the obstacle is covered with shredded tire rubber, an impact-reducing material, and a geotextile fabric weed barrier. (See Appendix A).

4. High Step Over - A 12' wide, 6"x6" post structure and 2(Y in length. The top of the side-rails is 3' above the ground surface with 6"x6" posts. There are nine 4"x4" fixed post spars on top of the side rails. The ground beneath the obstacle and 2' past the obstacle is covered with shredded tire rubber, an impact-reducing material, and a geotextile fabric weed barrier. (See Appendix A)

5. Six Vaults - A 18' wide 4"x4" post structure with two lanes. Six fixed 4"x4" post spars are 4' above the ground surface and are spaced by 6'. Eighteen 4"x4" posts and 4"x4" braces (at a 45degree angle) hold the structure up and are placed 2' in the ground. The ground beneath the obstacle and 2' past the obstacle is covered with shredded tire rubber, an impact-reducing material, and a geotextile fabric weed barrier. (See Appendix A)

6. 10' Wall - One 10' Height, 12' Length, V' Wide wall, with tongue and groove decking. 2 ropes on the front (can be removed), 2' wide platform on the rear, 3' from the top for team assistance. The ground beneath the obstacle and 5' past the obstacle is covered with shredded tire rubber, an impact-reducing material, and a geotextile fabric weed barrier. (See Appendix A)

7. 8' Wall - One 8' Height, 12' Length, 1' Wide wall, with tongue and groove decking. The ground beneath the obstacle and 5' past the obstacle is covered with shredded tire rubber, an impact-reducing material, and a geotextile fabric weed barrier. (See Appendix A)

8. 6' Wall - One 6' Height, 12' Length, V' Wide wall, with tongue and groove decking. The ground beneath the obstacle and 5' past the obstacle is covered with shredded tire rubber, an impact-reducing material, and a geotextile fabric weed barrier. (See Appendix A)

9. Easy Balancer - Two-lane pole structure. With four 10" diameter and 14' long rolling poles. Block (scrap) space blocks 2" apart to allow logs to have some play. A 13' wide pole with a 12" diameter holds the obstacle up. Two 12" diameter poles support the 13 pole and are placed Y into the ground. The ground beneath the obstacle and 2' past the obstacle is covered with shredded tire rubber, an impact-reducing material, and a geotextile fabric weed barrier. (See

Appendix A)

10. Parallel Bars - Two sets of parallel bars. 20' in Length, 8' in Height, and 3' wide. Six 10"x10" posts are placed 4' into the ground and support the obstacle. Two 6"x6" posts support geotextile fabric weed barrier. (See Appendix

the bars. Eleven 1 1/4" pipe is used for bars spaced every 2' in the 6"x6" posts. The pipe must be secure and not rotate or spin. The ground beneath the obstacle is covered with shredded tire rubber, an impact-reducing material, and a geotextile fabric weed barrier. (See Appendix A)

11. A-Frame Cargo Net Climb — Two 12' wide and 16' length cargo nets with a 12" grid, attached to an A-frame pole structure. Four poles are 20' in Length, with an 8" diameter and 4' in the ground. top of the A-Frame pole is 14' in Length with an 8" diameter. Two poles are 12' wide with a 6" diameter and support the lower part of the obstacle. The ground beneath the obstacle and 5' past the obstacle is covered with shredded tire rubber, an impact-reducing material, and a geotextile fabric weed barrier. (See Appendix A)

12. Culvert Tube — Three, 24' in Length and 36" diameter plastic culverts secured to the ground.

(See Appendix A)

13. Rope Climb - 16' Height with 10"x10" posts and 4' in the ground. Four 10"x10" support posts hold the vertical posts up with 3' in the ground. The obstacle is 12' wide with a 10"x10" post. Two 24' in Length, 1 1/4" ropes. The ground beneath the obstacle and 5' past the obstacle is covered with shredded tire rubber, an impact-reducing material, and a geotextile fabric weed barrier. (See Appendix A)

14. Belly Crawl w/Hi-Vis Rope - 18" Height using a total of 15 4"x4" posts with 18" in the ground, 20' Width, 30' length Ground beneath obstacle is covered with sand, an impact reducing material, and a geotextile fabric weed barrier. (See Appendix A)

15. Tire Obstacle - Width 4 x tires, Length 8 x tires. All tires have a 15" Diameter opening and are secured to the ground. (See Appendix A)

RAIDER FITNESS CHALLENGE:

1. Belly Crawl w/Hi-Vis Rope - 18" Height using a total of 15 4"x4" posts with 18" in the ground, 20' Width, 30' length Ground beneath obstacle is covered with sand, an impact reducing material, and a geotextile fabric weed barrier. (See Appendix B)

2. Over Obstacle - A wall to climb over. Height 4', Length 12' Width 2' Two 6"x6" posts to support the wall placed 2' in the ground. Two 6"x6" posts at a 45-degree angle supporting the posts placed 2' in the ground. The ground beneath the obstacle and 2' past the obstacle is covered with shredded tire rubber, an impact-reducing material, and a geotextile fabric weed barrier. (See Appendix B)

3. Under Obstacle - A wall to crawl under. Height 4', Length 12', Width 2' base of the wall is 2' off the ground to crawl under. Two 6"x6" posts to support the wall placed 2' in the ground. Two 6"x6" post at a 45-degree angle supporting the posts placed 2 in the ground. The ground beneath the obstacle and 2' past the obstacle is covered with sand, an impact reducing material, and a geotextile fabric weed barrier. (See Appendix B)

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4. Zig Zag Maze - Three lanes, 4"x4" Post, each post is 12' in Length. Posts are 18" above the ground and painted white in a z-pattern. The Width of the lanes is 5'. (See Appendix B)
5. Turn-Around Pole - One, 4"x4" Post, 5' Height, painted white.

CROSS COUNTRY RESCUE:

1. Culvert Tube — Three 24' in Length and 36" diameter plastic culverts secured to the ground. (See Appendix C)

2. 10' Wall - One 10' Height, 12' Length, 1' Wide wall, with tongue and groove decking. 2 ropes on the front (can be removed), 2' wide platform on the rear, 3' from the top for team assistance. The ground beneath the obstacle and 5' past the obstacle is covered with shredded tire rubber, an impact-reducing material, and a geotextile fabric weed barrier. (See Appendix A)

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3. 8' Wall - One 8' Height, 12 Length, 1' Wide wall, with tongue and groove decking. The ground beneath the obstacle and 5' past the obstacle is covered with shredded tire rubber, an impact-reducing material, and a geotextile fabric weed barrier. (See Appendix A)

4. Over Obstacle - A wall to climb over. Height 4', Length 12', Width 2" Two 6"x6" posts to support the wall placed 2' in the ground. Two 6"x6" posts at a 45-degree angle supporting the posts put 2' in the ground. The ground beneath the obstacle and 2' past the obstacle is covered with shredded tire rubber, an impact-reducing material, and a geotextile fabric weed barrier. (See Appendix A)

Under Obstacle - A wall to crawl under. Height 4', Length 12', Width 2" base of the wall is 2' off the ground to crawl under. Two 6"x6" posts to support the wall placed 2' in the ground. Two 6"x6" post at a 45-degree angle supporting the posts put 2' in the ground. The ground beneath the obstacle and 2' past the obstacle is covered with shredded tire rubber, an impact-reducing material, and a geotextile fabric weed barrier. (See Appendix A)

ONE ROPE BRIDGE:

One Rope Bridge - Two Obstacles, with two 16" diameter telephone poles for each obstacle. The telephone poles are in 12' Height, 4' in the ground, and 100' apart. (See Appendix D)

RAIDER FITNESS TEST:

Pull Up Bars x 2 - Five posts, each posts measures 6"x6", 12' Length. Each post is 3' into the ground. Two bars, each of the two bars is a threaded water pipe. Each bar measures 1.5" outside diameter by 12' in Length. Each bar has 1" deep end caps. The bars are through the 6"x6" posts at 7'-6", and 8' above the ground. The distance from inside post edge to inside post edge is about 62". The step-ups (16" Length) are cut from 4"x4" by 8' posts and secured to the 6"x6" posts with 3-inch screws that are countersunk. The step-ups on the outside 6"x6" posts are 18" from the ground; the step-ups on the inside post are 24" above the ground (See Appendix E).

START CORRAL:

Entrance — Two, 16' high 12" diameter pole w/16' pole across the top. 10' x 4' metal sign with "JCHS Greyhound Raiders Course." Hang metal sign with 2000' chain. (See Appendix F)

SIGNAGE:

18" x 24" aluminum signs with obstacle name and brief description, mounted on 4"x4" post, 60" high. 8' before and to the right of each obstacle. (See Appendix G)

Obstacle Course Signs - "OBSTACLE COURSE", "THROUGH TIRE", "COVER OBSTACLE", "UNDER OBSTACLE", "BELLY ROBBER", "INCLINING WALL", "HIGH STEP OVER", "SIX VAULT", "10 FOOT WALL", "8 FOOT WALL", "6 FOOT WALL", "EASY BALANCER", "PARALLEL BARS", "CARGONET CLIMB", "HIGH CRAWL CULVERT", "ROPE CLIMB", "BELLY CRAWL", "TIRE OBSTACLE"

Raider Fitness Challenge - "RAIDER FITNESS CHALLENGE", "BELLY CRAWL", "OBSTACLE CARRY", "OVER OBSTACLE", "UNDER OBSTACLE", "ZIG ZAG MAZE", "WEIGHTED OBJECT CARRY/PUSH"

Cross County Rescue - "CROSS COUNTYR RESCUE", "TIRE OBSTACLE", "HIGH CRAWL CULVERT", "10 FOOT WALL", "8 FOOT WALL", "OVER OBSTACLE", "UNDER OBSTACLE",

One Rope Bridge - "ONE ROPE BRIDGE"

Raider Fitness Test- "RAIDER FITNESS TEST"

Team Run "TEAM RUN START"

Team Relay Run - "TEAM RELAY RUN"

Tire Flip - "TIRE FLIP"

MAINTENANCE:

Course Painting - 120 days after installation, inspect all elements, tighten all hardware & ropes, sand any rough spots, and seal all wood with a waterproof preservative, and paint body-contact logs (balancer, belly rubber, over/under, vaults, etc.) with a thick coating to protect from wear & tear.

Yearly Maintenance - Starting 240 days after the Course Painting and repeating every six months, inspect all elements, tighten all hardware & ropes, sand any rough spots, and touch up wood sealant and coatings. Ropes are replaced once a year.