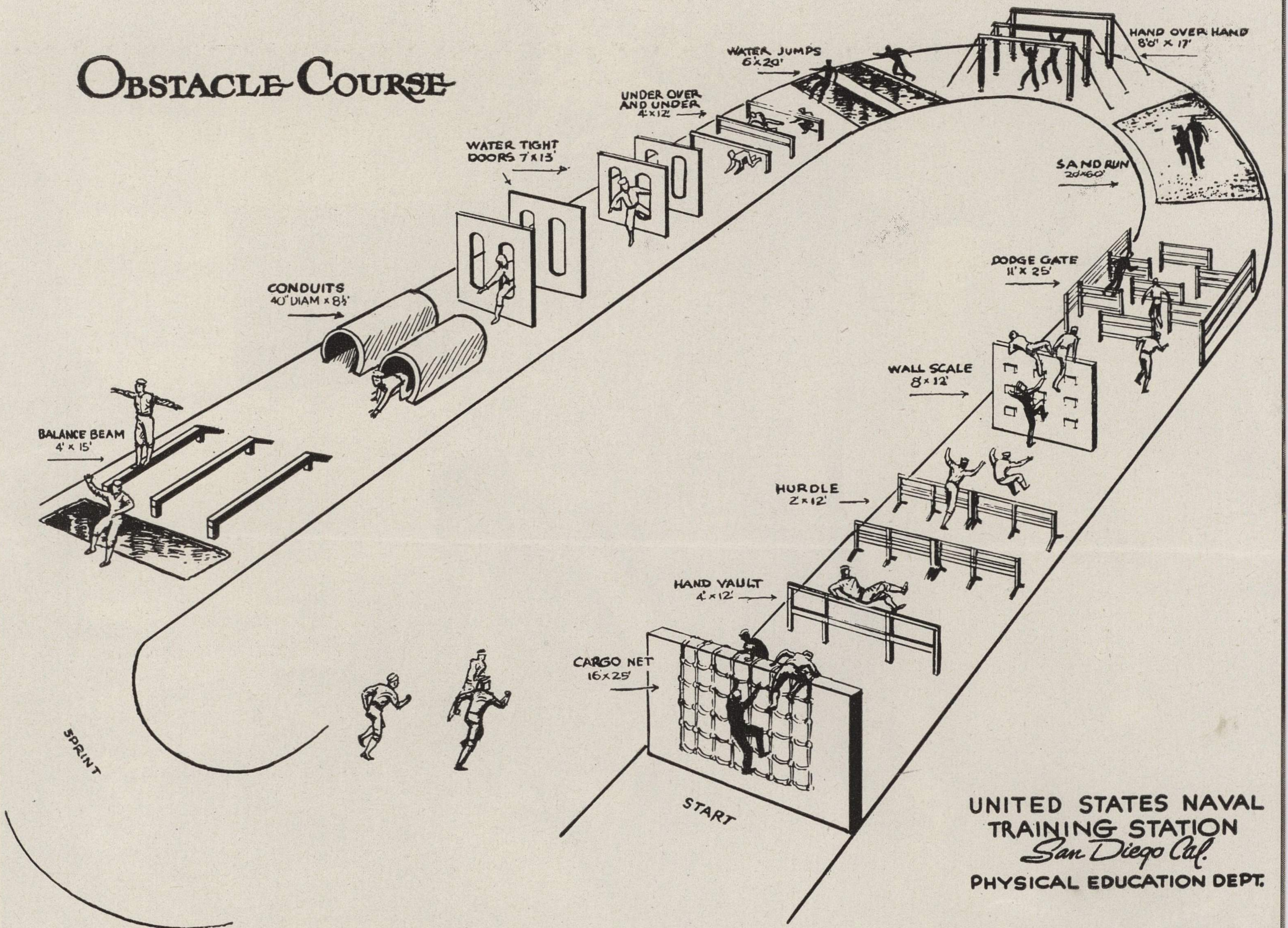


OBSTACLE COURSE



UNITED STATES NAVAL
TRAINING STATION
San Diego Cal.
PHYSICAL EDUCATION DEPT.

LENGTH OF COURSE APPROX. 400 YDS
THIS DRAWING NOT TO SCALE

The nation over, Navy men are running, falling, jumping, hurdling, crawling, climbing, balancing, vaulting and squeezing on obstacle courses like this. Courses are built so as to minimize accidents. Men study a course before running it.

OBSTACLE COURSES ARE TOUGHENERS

Running is one of the best leg and wind conditioners. In obstacle-course running men must progress over, under, around, and through obstacles placed in their way. Usually obstacle courses are designed to include activities requiring use of arms as well as legs. Natural obstacles should be used wherever possible, but many satisfactory courses are constructed on running tracks, level areas, or even indoors. It is desirable to keep all physical training activities out-of-doors as much as possible and obstacle courses lend themselves to various phases of the program.

In general, provision is made for the following types of physical maneuvers in the Navy's obstacle courses: (1) Running, including endurance running, sprint running, crouch running, running with heavy weights, zigzag running, running over loose terrain, and running interspersed with occasional jumping, hand vaulting, and ducking under improvised booms; (2) falling, including falling with complete pack, falling to the side, falling and rolling, and falling while at full speed; (3) jumping, across ditches, from various levels or heights, and across stationary objects; (4) hurdling, over obstacles of various heights and widths; (5) crawling, around objects, through tunnels, and under low barriers; (6) climbing, up and down wood or rope ladders, up and down suspended lines, up and down cargo nets, over high

barriers, and up and down sharp inclines, either natural or constructed; (7) balancing, walking on balance beams, narrow inclines, or narrow or confined space; (8) vaulting, over various objects such as rails and capstans (improvised), low barriers, or other similar barricades; and (9) squeezing through small openings.

Hand-over-hand, which helps arm and shoulder strength, is universally used on obstacle courses. Close-ups of other obstacles in general use are shown on the next two pages.

