

IMNE-BEL-MWR

SUBJECT: Standard Operating Procedure – Graves Fitness Center obstacle course

1. Purpose. To provide guidelines and instruction for use the Graves Fitness Center Outdoor Obstacle Course and for participants to understand and acknowledge the risks involved. Ref. FM 7-22 Confidence Obstacle Course Construction and Safety
2. Eligibility. Patrons authorized in accordance with AR 215-1, Chapter 7, Table 7-1.
3. Participant Responsibilities. (NOTICE: This acknowledgement of risk is a contract with legal consequences. Please read carefully before signing.)

a. Compliance with Rules/Regulations and Conduct of Participants

(1) I agree to be subject to instruction, control, and guidance of the Graves Fitness Center staff while utilizing the Outdoor Obstacle Course. I agree to conduct myself in an orderly and professional manner while on the premises. I will comply with all rules/regulations in effect at the time of my use or may be prescribed in the future by Graves Fitness Center. **Additionally, I understand that Graves Fitness Center management reserves the right to revoke or terminate my privileges if these rules/regulations set are not followed.**

(2) I understand and acknowledge the dangers inherent with use of the Outdoor Obstacle Course. I assume the risks associated with use of the Outdoor Obstacle Course. These risks include, but are not limited to, physical and mental hazards to myself, failure of equipment and/or gear; injury from falling; impacting the obstacle; rope abrasions, and other equipment related injuries such as cuts, scratches, and bruises.

(3) I agree it is my responsibility to become familiar with the obstacles, selected, safety rules/regulations, and special requirements for events at the Outdoor Obstacle Course. I have no physical or medical condition which, to my knowledge, would endanger myself or others if I participate in this activity or would interfere with my own ability to participate in this activity.

Initials of participant _____

b. Acknowledgement of Rules/Regulations/Restrictions. Safety is paramount in the operation and use of the Outdoor Obstacle Course. Regardless of “Do’s” and “Don’t’s” specified below, the Graves Fitness Center Staff will interrupt any activity which could be harmful to the participants, staff and/or cause damage to the facility or equipment. The following rules and restrictions help to ensure a safe and enjoyable experience when using the Outdoor Obstacle Course.

(1) Each participant/ unit use preparation exercises before commencing course and recovery exercises upon completion.

(2) Training may be postponed/modified when obstacles are slippery due to inclement weather.

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(3) Before training ensure inspection and structural integrity and safety of obstacles.

(4) Approved athletic attire IAW, Fitness Center SOP dated: 2012 i.e. no open toes shoes, no bare foot climbing allowed.

Initials of participant: _____.

4. Graves Fitness Staff will:

a. Reservation policy.

(1) Group or Unit reservations can be submitted 48hrs prior to Graves Fitness Center using reservation form attached.

(2) Person who is making request for group or unit reservations will be responsible to ensure patrons follow rules and regulations of obstacle course

5. I, (please print name _____), have read, understood and agree to comply with the Standard Operating Procedures of the Fort Belvoir Graves Fitness Center Obstacle Course. Additionally, I agree that Graves Fitness Center may retain this document for use of the Obstacle Course on future dates.