

DEPARTMENT OF THE ARMY
US ARMY JROTC GOLDEN EAGLES BATTALION
509 FOREST HILL, PARKWAY
BAYVILLE, NEW JERSEY 08721
(732) 269-1100 EXT 361

CRHS-JROTC-SAI

1 August 2013

MEMORANDUM FOR Central Regional High School

SUBJECT: Central Regional High School JROTC Raider Company

1. INTENT:

To establish a winning Raider Team.

2. OBJECTIVES:

a. To provide the Central Regional High School JROTC Raider teams the opportunity to compete in a program of Raider Challenge competition.

b. To promote esprit de corps, teamwork and self-confidence among JROTC cadets.

3. RESPONSIBILITIES:

a. Central Regional High School JROTC

(1) Coordinate and manage the Raider team.

(2) Brief cadets on each site.

(3) Coordinate land and training area requirements thru SAI and AI.

(4) Coordinate awards for competition from SAI and AI.

(5) Ensure SAIs/AIs provide all documents for their school to compete in the Raider Competition.

(6) Publish and Distribute MOI.

(7) Invited CRHS faculties and administrate to the JROTC competition.

B. JROTC INSTRUCTORS:

(1) SAIs/AIs are encouraged to field and train Raider teams IAW this MOI.

(2) Only cadets meeting the following requirements may participate in Raider Team.

- (a) Full time High School students, Enrolled in Army JROTC.
- (b) Volunteer for the Raider team.
- (c) Legal Forms must be signed.
- (d) Cadets must have ID with them at all times throughout competition.
- (e) Meet appearance standards IAW CCR 145-2

(3) Coordinate mid-day meal and ample water re-supply for your team. We do not stop for lunch: eat between events as you can.

(4) Ensure Cadets are covered by medical insurance.

(5) Ensure Instructor is covered by school liability insurance.

Note:

(1) The Central Regional High School Raider Competition is a physically and mentally challenging event. Instructors should ensure that their Cadets are physically capable of competing in this event. It is recommended that Instructors require a physical / clean “bill of health” from a Cadet prior to competing in this competition.

(2) Instructors will monitor their Cadets closely throughout the competition. Simple preventive measures such as hydration should continually be emphasized. The “spirit of winning” should not override the safety of the Cadet.

c. Site Personnel. Central Regional High School is running an event as listed below are responsible for providing all equipment necessary for the task but if not JROTC will assist in acquired certain equipment. Water replenishment, medical support, and safety will be incorporated into each event. Seton Hall University Cadre will open and close the particular training area.

(1) MSG ® Grant. Conduct and evaluate the 3K Team Run competition and Written Exam

(2). LTC Tier. Conduct and evaluate the First Aid/Litter Carry competition IAW the JROTC curriculum manual, the First Aid manual, and this MOI.

(3). MSG Grant. Conduct and evaluate the Army Physical Fitness Test (APFT) IAW FM 21-20 using extended scale.

(4). LTC Tier Conduct and evaluate the One Rope Bridge
IAW this MOI.

(5). MSG Grant Conduct and evaluate the Land Navigation Competition IAW FM
21-26 and this MOI.

(6) CDT/MAJ Thomas. Conduct and evaluate the Written Test from CRHS.

4. PERSONNEL:

OIC: LTC Tier

NCOIC: MSG Grant

- | | |
|--------------------|----------------|
| a. Written Exam | CDT/MAJ Thomas |
| b. 3K Team Run | MSG Grant |
| c. First aid | LTC Tier |
| d. APFT | MSG Grant |
| e. One-Rope Bridge | LTC Tier |
| f. Land Navigation | MSG Grant |

5. CEREMONIES AND AWARDS:

a. Awards:

- (1) Raider competition trophies/medals will be awarded to 1st, 2nd, and 3rd place teams in each event, and 1st, 2nd and 3rd place overall competition winners.
- (2) The top males and females will be identified and awarded the ironman / ironwoman based on the APFT.

6. CADET LIABILITY:

a. SAIs/AIs must ensure that each cadet participating in the raider competition understands the requirements for medical coverage. Raider team members must meet the requirements set forth in paragraph 5-13, AR 145-2 and complete all forms at Enclosures 5 thru 8 prior to participating in Raider competitions. These forms will be turned in to CRHS point of contact before the competition begins. Any unit that has not submitted required forms will not be allowed to enter the competition.

7. SAFETY:

a. Responsibility: Commanders/Instructors at every echelon are responsible for conducting a continuous, rigorous safety program ensuring that adequate provisions for safe practices and safe physical standards are incorporated into all aspects of training (see Cadet Command Regulation 385-1, Training Safety and U.S. Army Eastern Region Safety MOI).

b. Safety Requirements:

(1) Risk Management Program methodology will be incorporated into all training and competitions. **Each site OIC will conduct Risk Management Assessment.** LTC Tier will review all assessments.

(2) Medical support provided by LTC Tier of Central Regional High School. SAI/AI's are responsible for treating minor injuries.

8. Point of contact for these events is LTC Tier/MSG Grant at Mtier@centralregional.net and Sgrant@centralregional.net. Phone 732 269-1100 Ext 361.

///ORIGINAL SIGNED///

Michael Tier
LTC, USA, Retired
Senior Army Instructor

Encls

1. List of Events
2. Registration Form
3. Rules of Engagement
4. Power of Attorney
5. Health Statement
6. Covenant Not to Sue
7. Statement of Insurance Coverage
8. Grading
9. Tentative schedule
10. One - Rope Bridge
11. Army Fitness Test
12. 3K Team Run
13. First Aid / Litter Carry
14. Land Navigation
15. Risk Assessment
16. General Knowledge Written Exam

Welcome to Central Regional High School Army Junior Reserve Officer Training Corps (JROTC)

Raider Team

One of the special teams in the JROTC program at our school is the Raider team. This team is by far the hardest team to be a part of. It combines physical and mental activities that are all designed to improve the individuals and the team as a whole. We compete in many challenges that are designed to test our bodies to the limit. These challenges include: the Army Physical Fitness Test (APFT), executing the one-rope bridge, the 3K team run, the Land Navigation course, and our knowledge in first aid.

Raider team practices two days a week. They are very long and strenuous but they prepare us for the rough competitions in the future. We practice various activities that we will be tested on at competitions. Every practice, as a whole, we run about two miles, and we do our practice APFT. We also quiz one another and practice first aid. We practice hard because we believe that it will help prepare us for our upcoming competitions: 2nd Brigade Competition at South Mountain Reservation and 2nd Brigade Competition at Ft Dix, NJ.

All Cadets are required to complete the APFT or Army Physical Fitness Test. The test includes:

- Push ups (two minutes)
- Sit ups (two minutes)
- Two mile run

Our next competition is schedule for 12 or 26 April 2014

Raider Creed

(Adopted from the US Army Ranger Creed)



Recognizing that I volunteered as a Raider, fully knowing the challenges of my chosen team, I will always to uphold the prestige, honor, and high “esprit de corps” of my Raider Team.

Acknowledging the fact that a Raider is a more elite Cadet who arrives at the cutting edge of competition ready to compete, I accept the fact that as a Raider, my JROTC Unit expects me to move farther, faster, and work harder than any other Cadet.

I shall never fail my comrades. I will always keep myself mentally alert, physically strong and morally straight and I will shoulder more than my share of the task whatever it may be, one hundred-percent and then some.

Diligently will I show the world that I am a specially selected and well-trained Cadet. My courtesy to superior officers, neatness of dress and care of equipment shall set the example for others to follow.

Energetically will I meet the competition. I shall defeat them for I am better trained and will work with all my might. Forfeit is not a Raider word. I will never leave a fellow Raider behind on the field of competition and under no circumstances will I ever embarrass my unit.

Readily we will display the intestinal fortitude required to drive on to the Raider objective and complete the mission.

RAIDERS LEAD THE WAY!



Things to remember when coming to Raider

Team practice:

- All cadets on the raider team are expected to be at all practices unless it is approved by the SAI or AI.
- All cadets are expected to work to their fullest potential... Example: sound off, push yourself, and each other, don't give up, etc. This will make you stronger.
- Sexual Harassment will NOT be tolerated from anyone, at any time.
- Proper wear of the ACU according to the AR 670-1, CCR 670-1 and Central Regional High School SOP is expected whenever worn.

Raider Team Standard Operating Procedures (SOP)

A brief description of the SOP is listed below, however, there is more supporting information that will be added

1. The purpose of this SOP is to set standards and qualifications for membership on the Raider Team, and to establish criteria for Raider Team awards. This process is subject to review by the SAI and AI for amendments as the needs arise.

2. Composition of the Team.

a. Raider Team Commander

b. Raider Team Deputy Commander

c. Team Members (Consist of male and female Cadets.

d. Outdoor Activities. The Raider Team will plan and conduct activities and training that is based on the following:

(1) The five Cadet Challenge events of two-mile run, pull-ups, curl-ups, v-sit reach, and shuttle run.

(2) 5K trail run or foot-march.

(3) First aid and CPR training (Red Cross certification).

(4) Map reading, land navigation, compass, and orienteering.

(5) Basic outdoor survival skills.

(6) Low-impact (Leave-No-Trace) lightweight camping skills.

(7) Outdoors-related community service (at least one volunteer service project per school year). Service project will be performed as a group.

3. Awards.

a. ACU uniform and beret are authorized to be worn by active team members after three meetings and selection to the team. This uniform is only authorized to be worn during Raider competitions or as directed by the Raider SAI or AI.

b. The Raider Team black shoulder cord will be awarded after earning 40 points.

c. The Raider Team Ribbon (N-4-5) is awarded at the end of the school year, or after the last Raider Team event (whichever is later) to those active members who have earned 90 percent of the average amount of points earned by all members of the team.

c. The Raider arc is awarded to all team members meeting the criteria for items A and B above.

4. Competitions. The Raider team will compete in several competitions each year and depending on placing may possibly have to compete out of state. Competitions will be scheduled through the activities office at the high school and placed on the school activity calendar. These activities include orienteering competitions, Raider Challenges, Fitness Challenges, and Cross Country Runs at various distances from 5-10K.

<u>EVENTS</u>	<u>TIMES</u>
CRHS cadre setup time on Friday	0800-1200
Opening Ceremony	0800-0815
Army Physical Fitness Test (APFT)	0825-0925
First Aid / Litter Carry	0950-1500
Land Navigation	0950-1500
One - Rope Bridge	0950-1500
Written Exam	0950-1500
Three Km Team Run	1505-1600
Closing Ceremony	1605-UTC

Tentative Schedule:

0700-0730 Setup/cadets arrive (Wear Running Shoes)

0800-0815 Opening Ceremony

0825-0925 APFT

0950-1500 Raider Competition (Round Robin Format)

1605-UTC Closing Ceremony

CENTRAL REGIONAL HIGH SCHOOL REGISTRATION FORM

NAME OF SCHOOL: _____

NAME OF SAI: _____

NAME OF AI: _____

RAIDER NAME: _____

Raiders (Last Name, First Name)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

ALTERNATE: _____

RULES OF ENGAGEMENT

A. Participation:

- (1) Registration/Sign in will occur NLT 30 minutes prior to Opening Ceremony. Teams may consist of males, females or mixed. SAI will provide seven (7) copies of team roster to MSG Grant upon signing team in. MSG Grant will keep a copy and provide each site with a copy.
- (2) IMPORTANT NOTE ABOUT SWITCHING CADETS. A switch of a cadet can take place one time only at the discretion of the SAI/AI. One time and one time only, an SAI may put the Alternate team member into the competition and remove a member. Switching must occur after completion of a particular event and not during that event. Switching out of the cadet must be thought out wisely for should a team member become injured / sick later in the competition, a second switch is not permitted. Switching out cadets will not occur without informing MSG Grant. Violators will forfeit all points in that event. Once a cadet is pulled out from the competition, he/she cannot be returned to the competition.

B. Open Competition: All schools will compete against each other on an equal basis.

C. Competition requirements: Enclosure 1 lists the events to be conducted.

D. Uniforms:

(1) Opening ceremony/PT Test: ACU/soft cap/running shoes. No berets are allowed. Team t-shirt may be worn under ACU top instead of the brown t-shirt if all have it.

(2) Land navigation/First aid/One Rope Bridge: ACU/LBE/two canteens/first aid pouch on the left strap / poncho fastened tightly to the rear of LBE. (Strictly enforced at each event)

(3) Cadets will be inspected by Central Regional Cadres during conduct of the APFT. Cadets not meeting appearance/grooming standards IAW CCR 145-2 will incur a penalty TBD for the APFT event.

E. Equipment:

- (1) Two compasses (Back ups are recommended)
- (2) Two road guard vests

(3) Team guidon (Team guidons will be of standard issue- type.)

F. Unit Size: Team will be composed of 8 members (includes the captain), and an Alternate member.

G. Safety. Safety briefing will be given at Opening Ceremony.

POWER OF ATTORNEY

KNOW ALL MEN BY THESE PRESENTS: That I, _____ a legal resident of _____, and residing at _____, have made, constituted and appointed, and by these presents do make, constitute and appoint _____ whose present address is _____, my true and lawful attorney to act as follows, GIVING AND GRANTING unto my said attorney full power to authorize medical treatment or examination of my dependent minor child, _____, as authorized by paragraph 4-51, Army Regulation 40-3.

FURTHER, I do authorize my aforesaid attorney in fact to perform all necessary acts in the execution of the aforesaid authorizations with the same validity as I could effect if personally present. Any act or thing lawfully done here under by my said attorney shall be binding on me and my heirs, legal and personal representatives, and assigns.

PROVIDED, however, that all business transacted here under for me or for my account shall be transacted in my name, and that all endorsements and instruments executed by my said attorney for the purpose of carrying out the foregoing powers shall contain my name, followed by that of my said attorney and the designation "attorney-in-fact".

FURTHER, unless sooner revoked or terminated by me, this special Power of Attorney shall become NULL and VOID from and after _____, 20____.

IN WITNESS WHEREOF, I have here unto set my hand and seal this _____ day of _____, 20____.

WITNESS:

_____	_____
_____	_____
_____	_____

ACKNOWLEDGEMENT

(By Civilian Notary Public)

STATE _____) SS

COUNTY OF _____)

I, _____, do hereby certify that I am a duly commissioned, qualified, and authorized notary public in and for the _____; that _____ grantor, in the foregoing Power of Attorney here to annexed, who is personally well known to me as the person who executed the fore going Power of Attorney, appeared before me this day within the territorial limits of my authority, being first duly sworn, acknowledged that he executed said instrument after the contents thereof had been read and duly explained to him, and that such execution was his free and voluntary act and deed for the uses and purposes there in set forth.

IN WITNESS WHEREOF, I have here unto set my hand and affixed my official seal the _____ day of _____, 20_____.

HEALTH STATEMENT

Understanding that the Central Regional High School will be a strenuous,

Physically demanding period. I certify that _____(cadet name) is in good health and has no medical restrictions, i.e. allergy, asthma, bone fractures, respiratory condition, blood, heart, or kidney disorders, pregnancy, epilepsy, diabetes, sickle cell anemia, or any physical or mental disorder that would cause hardship to his/her well being.

Signature of Parent or Guardian/Date_____

PHYSICAL FITNESS STATEMENT

I certify that the above cadet has taken part in a physical conditioning program. In my judgment, this cadet is physically capable of engaging in the strenuous activities required while participating in the Seton Hall University Raider Meet. To the best of my knowledge, this cadet has no health problems that would preclude attendance in the Seton Hall University Annual Raider Meet.

Signature of DAI/SAI/AI_____

COVENANT NOT TO SUE

OFF-CAMPUS TRAINING AND PRACTICAL FIELD/HIGH RISK TRAINING

(DATA REQUIRED FOR PRIVACY ACT OF 1974)

1. AUTHORITY: Title 10, U.S. Code 2301.
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 cadet 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 _____ understand my
 [Type or print full name, Parent/Guardian] (address) (city, state)
 son/daughter _____ will participate in the Northeast Raider
 [type or print full name, Cadet]

Competition conducted by _____ Army JROTC Northeast
 (Name of JROTC Program Name)

Region, an Army supervised activity, and where as I am doing so entirely on my own initiative, risk and responsibility; and being fully aware of the risks involved with 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 otherwise,
 (Name of school)

From any and all claims, demands, actions, and 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 future convenient and agree to hold the said Government of the United States, the State of _____ and
 _____ blameless for any and all damages which I may cause either intentionally or
 (name of school)
 through my negligence.

 (Typed/Printed name of Parent/Guardian)

 (Signature of Parent/Guardian)

 (Relationship to Cadet)

 (Date)

WITNESSED BY:

 (Age/Period Covered)

 (Signature of Cadet)

STATEMENT OF INSURANCE COVERAGE

(Date)

** I certify that JROTC Cadet _____,

from _____
(name of school)

who is participating in the Seton Hall University Raider Meet has Insurance Coverage for Health care and Liability.

(Signature of DAI/SAI/AI)

(Printed Name of DAI/SAI/AI)

** The SAI will ensure that the insurance the cadet carries covers the scheduled training activities.

GRADING

All events count equally for the overall score. The raw scores from each event will be rank ordered by the grading team. Each first place event will be worth X points, 2nd place (X-1) points, etc, where X is the number of teams competing. Overall score will be the total of these points. The raw score, unless otherwise stated, will be used only in the event of a tie.

Cadets not meeting Appearance/Grooming standards of CCR 145-2 will be penalized (TBD) on the APFT event/

In the event of a tie at the end of the competition, the APFT overall team score will be used as the tie-breaker.

TENTATIVE SCHEDULE

0700-0730	SETUP/CADETS ARRIVE
0800-0815	OPENING CEREMONY / SAFETY BRIEFING/ APFT BRIEFING
0825-0925	APFT/APPEARANCE INSPECTION
0950-1500	RAIDER COMPETITION (ROUND ROBIN FORMAT)
1605-1700	CLOSING CEREMONY

ONE -ROPE BRIDGE

1... Concept: Upon arrival at the site, the team will enter the holding area, secure necessary equipment, and wait for further instruction from site cadre. Cadre will brief Task, Conditions and Standards while in the holding area. When a lane is clear, the team in the holding area will be escorted to the ready line where they will have 5 minutes to prepare for the crossing before their time starts. Teams will cross the obstacle and move to the holding area where all equipment will be accounted for and turned in prior to being released back to school officials/cadre. This site will have two complete sets of equipment to expedite this Task. Hence, while one team has finished and is removing and collecting their equipment after finishing, another can be briefed and begin the preparation phase.

2... Conditions:

a. Under existing weather conditions, (see Note below), each Raider team will cross a (approx) 40 foot obstacle on a one-rope bridge spanning approximately 60 feet.

b. Time will not stop during the conduct of the event. Penalties will be assessed at the end of the event by calculating the total penalty time plus crossing time.

c. Teams will compete against the clock.

d. Teams will make only one timed crossing.

e. Eight cadets will compete in the event. All must cross the obstacle on the rope except the first and last cadet.

f. All equipment assigned to the cadets will be carried across the obstacle. This includes the LBE, two full canteens (w/cups and covers) and one first aid pouch with field dressing. Hats may be placed in pockets during the crossing.

g. The site will include a suitable “bombproof”^{*} anchor on the near and far side and a suitable loading/unloading platform. Rope may be stacked in front of or behind the anchor. Distance will not span over 65 ft when using a 120 ft rope. Carabiners (snaplinks) and ropes for the bridge and swiss seat construction will be provided by the site committee only. No outside equipment can be brought in and utilized during the competition. Exception: Gloves may be used by the cadets.

* A Bombproof anchor is a mountaineering term meaning the anchor has been tested and will more than support its intended loads.

h. Engineer tape will mark the edge of the obstacle.

Note: Based on recommendation of Site/Committee Chief, rules and procedures may be altered by the Commander to meet weather and site conditions. Rules/changes will be applied to all teams.

3. Standards:

a. Swiss seats will be worn by all team members except the first and last. Seats will be tied during the preparation phase.

b. The preparation phase will start at the whistle for five minutes. Time will stop when all members are across the obstacle and when the leader of the team is satisfied that all knots are removed from the rope and equipment is accounted for. He will then call stop and the time will cease.

c. The transport tightening system must be constructed with a wireman's knot for safety. The fixed loop of the wireman's knot will be 12" long and will lie back toward the near side anchor. The wireman's knot will have two carabiners, gates opposed, in the fixed loop.

Carabiners may be placed in the knot to assist with removal of the knot upon completion of crossing.

d. When crossing, cadet will not place leg/ foot in contact with the rope. Hands and carabiner contact only on the main rope when crossing (cadet may place leg over rope when stopped, to assist him/her in mounting/dismounting the rope).

e. Twelve snaplinks must be used or carried across the obstacle.

4. Construction:

The one-rope bridge is constructed using an Army Greenline rope. The rope is anchored with an anchor knot on the far side of the obstacle using tensionless anchor knot and is tied off at the near side using the transport tightening system. The system will have a suitable loading/unloading platform, a "bombproof anchor" on the near and far side, and be placed appropriately on the anchor (approx 1 meter) to allow bridge to be mounted.

a. Preparation.

(1) The #1 and #8 persons tie around the waist harness with a square knot and snaplink. The #2 through #7 persons tie rappel seats (swiss seats) with snaplinks for use in transporting themselves across the bridge. Rappel seats will be secured with a Square Knot with an overhand knot on each side of the square knot (not two half-hitches).

(2) The rope is "stacked" so the running end comes off the top of the pile. Teams cannot "S" fold the rope during the preparation phase which creates a disadvantage to others.

b. Bridge Construction.

Step 1. The first person ties a bowline in the end of the rope, attaches the

fixed loop to the snaplink in his/her waist harness, and moves across the obstacle. Another person belays the first person to the far side. Bowline knot is not complete without an overhand knot securing it.

Step 2. When the first person reaches the far side, he/she moves to the anchor point, detaches the snaplink from his/her harness and wraps the ropes around the anchor point. The rope is then temporarily secured by closing the snaplink on the main rope.

Step 3. On the near side, as close to the obstacle as possible, a wireman's knot is tied in the rope. The fixed loop formed will naturally lie toward the near side anchor. The fixed loop is placed into two snaplinks, gates opposed. The remainder of the rope is routed around the anchor point and through the snaplinks. The far-shoreman pulls the wireman's knot out approximately one-third of the distance from the near anchor (using Army green-line rope, 1/3 stretch). If using Static Kernmantle, wireman's knot will only be pulled out approximately one meter past loading platform as the rope will only stretch 3-5%.

Step 4. The far shoreman secures the rope to the anchor point, ensuring the rope is at least waist high with a tensionless anchor knot. (See Note).

NOTE: Tensionless anchor Knot - The bowline is not removed from the end of the rope. The rope is simply wrapped minimum 4 times around the anchor, wrapping downward. Then a caribiner is placed in the bowline and clipped to the standing part of the rope. The wraps are kept "dressed" so there are no gaps between the ropes. **Completed structure will have minimum five rope parts (wraps) in the back, and four in the front when holding the standing and running ends apart.**

Step 5. The members on the near shore tighten the rope. Only three people are used to tighten the rope. 3 additional people may hold the rope parts together (grippers). Damage is placed on the rope by getting it "guitar string tight" and the rope decreases in strength. The rope is tightened until the snaplinks are approx 1 meter from the anchor to allow a loading platform for the cadets. The transport tightening system is used to secure the rope bridge using a half hitch on a bight. The half hitches must go around all ropes entering and exiting the caribiner and the knot will be "Set" against the caribiner.

c. Method of Crossing. The member will face the rope with his/her left shoulder toward the far anchor and clips into the rope. Member will rotate his/her body under the rope and pull with the hands until across the obstacle. Only one person will be fastened on the rope at a time. No part of the body or equipment may touch the obstacle while crossing.

d. Disassembly of the rope-bridge.

(1) The #8 person disassembles the transport system on the near side. He ties bowline in the end of the rope and secures the loop to the snaplink in his waist harness. (Bowline can be tied any time during the construction phase. The #8 person then ensures that the rope is not around the obstacle and moves across.

(2) Once the #8 person is across, all knots are removed from the rope. When the leader is satisfied that all knots are removed from the rope and all equipment is accounted for, he/she will call stop and the time will cease.

e. Scoring. The team score will be based on the total time. The total time will consist of actual rope bridge construction time plus penalty times for each rope bridge. The lowest total time is the winner. Teams will be rank ordered based on total time. In the event of a tie, winner will be based on best time before penalties.

f. Penalties. Penalties will be assessed for the following violations:

(1) Preparation.

A 20 seconds for each member that fails to properly tie around the waist square knot harness or rappel seat (as required).

(2) Construction and Crossing.

(a) 20 seconds each for the first/last member who fails to secure the main rope to their waist with a bowline and snaplink.

(b) 45 seconds for failure of #1 person to temporarily secure rope to far side anchor.

(c) 1 minute for failure to secure transport system with two half hitches over all wraps coming, entering and exiting caribiner or for pigtail less than 6 inches.

(d) 30 seconds for each cadet who enters (touches) the obstacle with their body or equipment per crossing attempt. This includes members on the near and far sides attempting to assist members negotiate the obstacle.

(e) 30 seconds for the first or last person who touches the obstacle other than their own crossing. Once their attempt to cross is begun, they may not return to shore for any reason without being penalized.

(f) 1 minute for more than one member hooked (snapped on with caribiner closed) on the rope at a time.

(g) 45 seconds for each piece of equipment dropped into the obstacle or not taken across during the crossing.

(h) 20 seconds for each knot left in rope after crossing.

(i) 2 minutes for failure to remove wireman's knot from rope.

- (j) All knots will be dressed/set and tied to standard. 20 sec penalty for each tied improperly; not dressed and set.

NOTE: Disqualification will result for failure to use a wireman's knot for the transport tightening system.

ONE-ROPE BRIDGE SCORESHEET

SCHOOL	GO	NO-GO	PENALTY
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1. Preparation (5 Min)

#1 & #8 tie around the waist square knot w/ snaplink	x:20
#2 thru #7 tie swiss seats & install snaplinks	x:20

2. Construction & Crossing

On command Go, no knots in rope or knots left in rope after crossing and Team Leader shouts, "Time".	x1:00
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#1 ties an end of line bowline, uses snaplink to secure main rope to sling rope around waist	x:20
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#1 moves across obstacle & wraps main rope around far side anchor pt/uses snaplink to temp secure main rope around anchor pt.	x:45
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All knots tied to Standard (Dressed and Set)	X:20
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Near side man ties wireman's knot in main rope (2 carabiners used, gates opposed)	DisQual
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#1 pulls slack out of rope/secures rope to far anchor using round turn and a Bowline or alternate Tie-OFF	x1:00
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Near side tightens rope/secures over all wraps entering and exiting carabiner using transport tightening system (half hitches on a bight and half hitch on a loop).	x1:00
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Failure to remove wireman's knot	X2:00
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#2 thru #7 cross rope/each member keeps only hands & snaplink in contact w/rope	x:30
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No more than one person on the rope at a time	x1:00
---	-------

Member	#1	#2	#3	#4	#5	#6	#7	#8	Tot infract
--------	----	----	----	----	----	----	----	----	-------------

Lost Equip									x:45
------------	--	--	--	--	--	--	--	--	------

Touch Obstacle									x:30
----------------	--	--	--	--	--	--	--	--	------

#8 unties transport tightening system, ties end of line bowline, attaches rope to waist and is pulled across.	x:20
---	------

#1 & #8 touch past loading platform other than their own crossing	X:30
---	------

3. SCORER CHECK:

All Equipment Present (deduct per item dropped or not brought across) (Must have all items on LBE including Two Full Canteens and Poncho).(To Be checked after 5 Minute prep)	x:45
---	------

Total Penalty Time:
Elapsed Time:
Total Time:

Army Physical Fitness Test

1. Reference: FM 21-20
2. The three-event Army Physical Fitness Test (APFT) will be conducted IAW FM 21-20.
3. Concept of the Operation:
 - a. The APFT will be conducted at the South Mountain Reservation, South Orange, NJ, One-Mile course immediately following the opening ceremony. APFT competition time line is at enclosure one.
 - The 17-21 Year old Age Group will be used.
 - Extended Scale will be used (per worksheet worked by this committee).
 - The top male and female will be identified as the ironman and ironwoman and be awarded separately during the closing ceremony.

Note: Only those Cadets who score 100 points in all three events are eligible to determine their score on an extended scale... Each push-up and sit-up beyond the maximum is worth one point as is every six-second decrease in the run time

- b. Team member uniform: ACU/soft cap/running shoes.
- c. The APFT events include push-ups, sit-ups, and two-mile run. Each Cadet needs a DA Form 705, Army Physical Fitness Test Scorecard. The Cadet fills in his name, school and sex.
- d. Prior to the first event, each team will have 5 minutes to conduct team level stretching/calisthenics.
- e. Chief evaluators will be selected for each event by the APFT OIC prior to the competition. Evaluators will demonstrate each event to teams prior to beginning the event. Evaluators will record individual scores on the APFT individual score sheet. At the conclusion of the two-mile run, evaluators will immediately turn in score sheets to APFT OIC. APFT OIC will compile team scores, determine overall team standings, and immediately provide results to Seton Hall University Raider Challenge NCOIC using team score sheet.
- f. Evaluators will count each repetition out loud and inform the Cadet when he/she has performed an incorrect repetition (i.e. 1, 2, 3, 3 “lock your arms”, 4 etc). If a scoring dispute arises at a testing station, the chief evaluator at the station will attempt to resolve the matter. If the matter is not resolved to the satisfaction of the affected team, the team may appeal the decision to the APFT OIC. The APFT OIC will review the matter and make a final decision. A cadet that fails to properly perform the pushup/sit-ups will be stopped if the reps have not totaled 10. They will be counseled on the correct method and sent to the back of another line. One re-tests only.

g. Timing Techniques. The event supervisor is the timer. For Push-Ups and Sit-ups, he calls out the time remaining every 30 seconds and every second for the last 10 seconds of the two minutes. He ends the event after two minutes by the command "Halt" or "Stop"!

h. SAI's/AI's may view the APFT from the designated sidelines (holding area). Any comments by an SAI/AI shouted out about another cadet's PT performance and the SAI/AI will be asked to leave. Keep it professional!

i. Objective and criteria for testing and scoring each event are listed below:

- (1) Pushups. The event supervisor must read the following: "THE PUSH-UP 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. IF YOU FAIL TO PERFORM THE FIRST TEN PUSH-UPS CORRECTLY, THE SCORER WILL TELL YOU TO GO TO YOUR KNEES AND WILL EXPLAIN TO YOU WHAT YOUR MISTAKES ARE. YOU WILL THEN BE SENT TO THE END OF THE LINE TO BE RETESTED. AFTER THE FIRST 10 PUSH-UPS HAVE BEEN PERFORMED AND COUNTED, HOWEVER, NO RESTARTS ARE ALLOWED. THE TEST WILL CONTINUE, AND ANY INCORRECTLY PERFORMED PUSH-UPS WILL NOT BE COUNTED. 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. CORRECT PERFORMANCE IS IMPORTANT. YOU WILL HAVE TWO MINUTES IN WHICH TO DO AS MANY PUSH-UPS AS YOU CAN. WATCH THIS DEMONSTRATION." (The exercise is then demonstrated. "WHAT ARE YOUR QUESTIONS?"

Additional Points to demonstrate:

- The Cadet's chest may touch the ground as long as the contact does not provide him/her with an advantage such as bouncing off the ground. Do not count those repetitions in which the long bone of the upper arm does not reach a position parallel to the ground.
- Cadets may reposition their hands during the pushups as long as the hands remain in contact with the ground. Hands will not be placed too far backwards where the front-bearing position is violated and supported by the legs.
- If mats are used (determined by Event OIC), the entire body will be on the mat (hands and feet).
- In the rest position a cadet may sag in the middle or flex the back. The cadet cannot flex backwards as to support his/her weight with the hips/legs. Event is terminated if cadet is in violation.
- Cadets may do the push ups on their fists. There is no unfair advantage in doing so.
- Cadets will not cross their feet while doing the pushup event.
- Cadets should not wear glasses while performing the pushups event.

(2.) Sit-ups. THE SIT-UP EVENT MEASURES THE ENDURANCE OF THE ABDOMINAL AND HIP-FLEXOR 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 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 TOUCHES 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. AS LONG AS YOU MAKE A CONTINUOUS PHYSICAL EFFORT TO SIT UP, THE EVENT WILL NOT BE TERMINATED. YOU MAY NOT USE YOUR HANDS OR ANY OTHER MEANS TO PULL OR PUSH YOURSELF UP TO THE UP (RESTING) POSITION OR TO HOLD YOURSELF IN THE REST POSITION. IF YOU DO SO, YOUR PERFORMANCE IN THE EVENT WILL BE TERMINATED. CORRECT PERFORMANCE IS IMPORTANT. YOU WILL HAVE TWO MINUTES TO PERFORM AS MANY SIT-UPS AS YOU CAN. WATCH THIS DEMONSTRATION." (The exercise is then demonstrated. "WHAT ARE YOUR QUESTIONS?"

Additional Points to demonstrate:

- To minimize stress to the neck, it is recommended Cadets place their chin downward toward their chest.
- The cadet cannot use his/her hands/arms to pull themselves up.
- If mat is used (determined by event OIC) , entire body will be on the mat.
- Cadet may not swing hands/arms to help himself/herself up.
- The Cadet may wiggle to help himself / herself up.
- While in the Up position, Cadet may not help himself / herself stay in that position by using elbows to lock onto the knees.
- Fingers will remain interlocked and behind the head. Any degree of overlapping is considered interlocked.
- If either foot breaks contact with the ground, that repetition will not count.

(3.) Two-Mile Run. THE TWO-MILE RUN 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 SOLDIERS 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 TWO MILES, YOU MUST COMPLETE (describes the number of laps, start and finish points, and course layout). YOU ARE BEING TESTED ON YOUR ABILITY TO COMPLETE THE 2-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 SOLDIER DURING THE 2-MILE RUN. AS LONG AS THERE IS NO PHYSICAL CONTACT WITH THE PACED SOLDIER AND IT DOES NOT PHYSICALLY HINDER OTHER SOLDIERS TAKING THE TEST, THE PRACTICE OF RUNNING AHEAD OF, ALONG SIDE OF, OR BEHIND THE TESTED SOLDIER, WHILE SERVING AS A PACER, IS **NOT** 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. TURN IN YOUR NUMBER WHEN YOU FINISH THE RUN. THEN, GO TO THE AREA DESIGNATED FOR THE COOL-DOWN AND STRETCH. DO NOT STAY NEAR THE SCORERS OR THE FINISH LINE AS THIS MAY INTERFERE WITH THE TESTING. WHAT ARE YOUR QUESTIONS ON THIS EVENT?"

4. Logistics required for the conduct of the APFT is listed below.

- a. Bull horn - 1 ea.
- b. Engineer tape - 1 roll
- c. Stop watches – Min 2. Run event must have a backup.
- d. Lightweight numbered devices with safety pins - 1 ea per runner.
- e. Water - 10 gallons with cups (positioned at end of running event).
- f. Briefing chart/easel. Used to brief competitors on APFT events.
- g. Risk assessment forms.
- h. Clip boards - 12 ea (1 per evaluator)
- i. Digital clock (optional) - (positioned at end of one mile race to record run times).

3K Team Run

1. Concept.

a. The Team Run will be the last competitive event of the competition. Following a safety briefing, a committee member will conduct an inspection of each team for proper equipment and uniform. Instructors will force hydrate their cadets prior to this event.

b. Teams will enter the course, two teams at a time and will be released in this manner at three minute intervals.

c. The route will be patrolled by an aid vehicle equipped with a Motorola radio.

2. Route. See stripmap (to be provided).

3. Uniform/Equipment. Each cadet will wear or carry the following equipment:

- a. LBE with poncho
- b. Two full canteens with covers and one cup
- c. One first aid pouch with field dressing
- d. Road guard vests (2 per team)
- e. Standard Guidon staff (Will remain whole; cannot be broken down for carry. Team will incur 2 minute addition to Team Run time (each) for improper type Guidon staff and/or breaking Guidon down.
- f. Uniform is ACUs with ACU cap and running shoes. OIC will make a weather decision to determine if it is warm enough for the team to go down to t-shirts for the running event.

4. Rules and Special Instructions.

a. Cadets will not begin the Team Run if not in the correct uniform.

b. Dumping their water after beginning the competition will be a disqualification. There is only water resupply at the start/finish point.

c. Each cadet will carry his/her own equipment. The cadet may be assisted or encouraged by other team members but cannot have another cadet carry their equipment.

d. Cadre may observe only. Cadre members acting as road guards must remain in their designated site.

e. Teams will be disqualified that do not finish with 8 cadets. Teams must finish together. The maximum distance between the first and last person on the team will be 20 meters. Time stops when the last cadet crosses the finish line.

5. Scoring. The first place team will earn 12 points, second place 11 points, etc.

6. Equipment required by committee:

- a. Motorola Radios
- b. Stop watches
- c. 5 gal water cans

FIRST AID / LITTER CARRY

1. Reference:

- a. FM 4.25.11 (FM21-11), Dec 2002
- b. Cadet Command Curriculum

2. Concept.

a. The First Aid/Litter Carry (1Aid) event consists of a simulated plane crash site. Each team will move as a group, evaluate a live (not a dummy) casualty, and perform the four basic life saving measures (un-timed). After treating the casualty they must then transport a casualty (dummy) as quickly and safely as possible through a series of obstacles to the recovery site. Scoring is based on proper first aid techniques, treating all injuries, use of safe/approved transport techniques, and speed of evacuation. Transporting the casualty (dummy) is timed.

a. (Estimated Timeline).

Introduction Brief	
Site Layout/Task, Conditions, Standards	5 min
Administer First Aid	2 min
Evaluate a Casualty	
Perform Mouth-to-Mouth	3 min
Stop Bleeding/Apply a Field Dressing	3 min
Prevent Shock	2 min
Splint a Suspected Fracture	5 min
Give First Aid for Burns	3 min
Transport a Casualty Using an Improvised Litter	10 min
AAR/Scoring	5 min
<u>Movement to next site/Set up for next group</u>	<u>7 min</u>
Total	45 min

c. Coordinating Instructions.

(1) The following tasks will be evaluated/scored as follows:

TASK NAME	POINTS
Evaluate a Casualty	20 pts
Perform Mouth-to-Mouth Resuscitation	20 pts
Put on a Field or Pressure Dressing	10 pts
Prevent Shock	10 pts
Splint Suspected Fracture	14 pts
Give First Aid for Burns	08 pts
Transport a Casualty	06 pts
Time to Evacuate: Fastest Time (In order of completion)	12 pts
2 nd Fastest	11 pts
3 rd Fastest	10 pts
etc	09 pts, etc

Note: Scorers designate which of its team members performs the first aid and evacuation tasks.

(3) Final First Aid site scores will be rank (place) ordered and assigned overall competition points as follows:

PLACE	POINTS
1	12
2	11
3	10
4	9
5	8

(4) First aid scoring is based on two points for each major performance measure as indicated above and listed in the reference.

(5) Time for scoring begins after the Introduction Brief on the command “GO”. Time ends when the casualty is safely delivered to the recovery site.

(6) Site OIC provides first aid/litter materials to be used by teams. However, if a team attempts to keep any site materials upon completion of the event, that team will receive 0 points for the event.

(7) The task “perform mouth-to-mouth resuscitation” will be performed on the Resusci-Annie dummy. All other tasks will be performed on the live simulated casualty.

(8) Upon arrival at the site, all casualties will report to the site CP for preparation of simulated injuries.

3. Support.

a. Personnel. See above.

NOTE: Site OIC will provide a person to serve as a casualty. If the coach is unable to serve as casualty, the team will select one of its members to serve as casualty. The casualties will not provide assistance to the team other than information concerning injuries sustained.

b. Supplies Required.

(1) Class II:

Clipboards, 5 ea
Pens, 1 box
Tape, cloth, white (eng) 4 rolls
Paper, bond, 8-1/2 x 11, 1 rm (score sheets)
Pegs, tent, wooden, 2' 30 ea
Water can, 5 gal 5 ea

(2) Class IV:

Sawhorse 8 ea

(3) Class VIII:

Moulage Kit 2 ea
Mannequins 2 ea
Resuscitate-Annie 2 ea
Field Dressing 12 ea
Cravat 24 ea
Litter 3 ea

c. Water. Five 5-gal cans will be provided by event OIC.

d. Land. South Mountain Reservation, South Orange, NJ.

4. Safety. This event is designed to provide both mental and physical challenges for the participants. This combined with the likelihood of high temperatures and humidity in May increase the potential for heat injuries. Enforce forced hydration to prevent heat injuries. Constructed obstacles are designed to force cadets to work together while minimizing the potential for injury. Site staff will inspect all equipment prior to the start of the competition and after each rotation to ensure serviceability.

TEAM NAME: _____ SCHOOL : _____

JROTC RAIDER CHALLENGE
FIRST AID/LITTER CARRY SCORE SHEET

G/NG

EVALUATE A CASUALTY

- | | |
|--|------|
| 1. CHECKS FOR RESPONSIVENESS | 2 PT |
| 2. CHECKS FOR BREATHING / PULSE | 2 PT |
| 3. CHECKS FOR BLEEDING | 2 PT |
| 4. CHECKS FOR SHOCK | 2 PT |
| 5. CHECKS FOR FRACTURES AND IMMOBILIZES NECK OR
BACK INJURIES, IF FOUND | 2 PT |
| 6. CHECKS FOR BURNS | 2 PT |
| 7. CHECKS FOR HEAD INJURY | 2 PT |
| 8. PERFORMS ALL NECESSARY STEPS IN SEQUENCE | 2 PT |
| 9. SEEKS MEDICAL AID AS SOON AS POSSIBLE | 2 PT |
| 10. IDENTIFIES ALL WOUNDS AND/OR CONDITIONS | 2 PT |
| POSSIBLE: 20 | |

SUBTOTAL: _____

PERFORM MOUTH-TO-MOUTH

- | | |
|---|------|
| 1. ROLLS CASUALTY ON HIS/HER BACK IF NECESSARY | 2 PT |
| 2. OPENS THE AIRWAY USING THE HEAD-TILT/CHIN-LIFT | 2 PT |
| 3. CHECKS FOR BREATHING WITHIN 3 TO 5 SECONDS <u>BY</u>
<u>PLACING AN EAR OVER THE CASUALTY'S MOUTH AND</u>
<u>LOOKING TOWARD HIS OR HER CHEST (not with hand over face).</u> | 2 PT |
| 4. GIVES BREATH TO ENSURE AN OPEN AIRWAY | 2 PT |
| 5. REPOSITIONS CASUALTY'S HEAD SLIGHTLY FARTHER
BACKWARD AND REPEATS THE BREATHS | 2 PT |
| 6. PERFORMS ABDOMINAL OR CHEST THRUSTS | 2 PT |
| 7. PERFORMS A FINGER SWEEP AND REPEATS THE
BREATHS | 2 PT |
| 8. CHECKS FOR PULSE, USING THE FIRST TWO FINGERS, IN
THE GROOVE OF THE CASUALTY'S THROAT BESIDE THE
ADAM'S APPLE | 2 PT |
| 9. CONTINUES MOUTH-TO-MOUTH RESUSCITATION, AT THE
RATE OF ABOUT ONE BREATH EVERY 5 SECONDS (12
BREATHS PER MINUTE) AND RECHECKS FOR PULSE AND
BREATHING AFTER EVERY 12 BREATHS | 2 PT |
| 10. PERFORMS ALL NECESSARY STEPS IN THE CORRECT
SEQUENCE | 2 PT |

POSSIBLE: 20

SUBTOTAL: _____

STOP BLEEDING/APPLY A FIELD DRESSING

- | | |
|--|------|
| 1. UNCOVERS THE WOUND UNLESS CLOTHING IS STUCK TO THE WOUND | 2 PT |
| 2. APPLIES CASUALTY'S FIELD DRESSING | 2 PT |
| 3. APPLIES MANUAL PRESSURE AND ELEVATES THE ARM OR LEG, IF NECESSARY | 2 PT |
| 4. APPLIES A PRESSURE DRESSING, IF NECESSARY | 2 PT |
| 5. PERFORMS ALL NECESSARY STEPS IN SEQUENCE | 2 PT |
| POSSIBLE : 10 | |

SUBTOTAL:_____

PREVENT SHOCK

- | | |
|--|------|
| 1. POSITION THE CASUALTY | 2 PT |
| 2. LOOSENS TIGHT CLOTHING WHICH MAY BIND AROUND NECK, WAIST OR OTHER AREAS | 2 PT |
| 3. KEEPS CASUALTY FROM CHILLING OR OVERHEATING | 2 PT |
| 4. REASSURES THE CASUALTY | 2 PT |
| 5. DOES NOT CAUSE FURTHER INJURY | 2 PT |
| POSSIBLE: 10 | |

SUBTOTAL:_____

SPLINT A SUSPECTED FRACTURE

- | | |
|--|------|
| 1. USES SPLINTS THAT REACH BEYOND THE JOINTS ABOVE AND BELOW THE FRACTURE | 2 PT |
| 2. CHECKS CIRCULATION BELOW THE FRACTURE BOTH BEFORE AND AFTER APPLYING THE SPLINTS | 2 PT |
| 3. APPIES PADDING BETWEEN THE SPLINTS AND ALL BONY AREAS | 2 PT |
| 4. USES AT LEAST FOUR TIES (TWO ABOVE AND TWO BELOW THE FRACTURE) TO SECURE THE SPLINTS, IF POSSIBLE | 2 PT |
| 5. TIES NONSLIP KNOTS ON THE SPLINT WHICH IS AWAY FROM THE INJURY | 2 PT |
| 6. IMMOBILIZES THE SPLINTED ARM OR LEG USING A SLING AND/OR SWATCHES, AS REQUIRED, SO THAT IT DOES NOT MOVE EASILY | 2 PT |
| 7. DOES NOT CAUSE FURTHER INJURY | 2 PT |
| POSSIBLE: 14 | |

SUBTOTAL:_____

GIVE FIRST AID FOR BURNS

- | | |
|--|------|
| 1. ELIMINATES THE SOURCE OF THE BURN | 2 PT |
| 2. CUTS AND GENTLY LIFTS AWAY ANY CLOTHING COVERING THE BURNED AREA UNLESS IT IS STUCK TO THE BURN | 2 PT |

3. APPLIES THE CASUALTIES FIELD DRESSING OR THER
CLEAN MATERIAL 2 PT
4. DOES NOT CAUSE FURTHER INJURY 2 PT
- POSSIBLE: 8
- SUBTOTAL: _____

TRANSPORT A CASUALTY

1. SELECTS AN APPROPRIATE METHOD OF TRANSPORTING
THE CASUALTY 2 PT
2. PERFORMS THE CARRY 2 PT
3. DOES NOT CAUSE FURTHER UNNECESSARY INJURY 2 PT
- POSSIBLE: 6
- SUBTOTAL: _____

POINTS (EXCLUDING TIME) POSSIBLE: 88

SUBTOTAL: _____

TIME:_____ PLACE:_____ POSSIBLE: 12

TIME POINTS: _____

TOTAL (POSSIBLE: 100)

TOTAL POINTS:_____

Penalties: Upon completion of First Aid and litter carry, OIC will inspect each cadet to ensure all LBE items are present including two full canteens and poncho. See competition uniform for complete uniform.

LAND NAVIGATION

Land Navigation Instructions

1. References. FM 21-26 dated 7 May 1993

1) Purpose: To publish guidelines for the conduct of Seton Hall University Raider Challenge Land Navigation Competition.

2) Concept.

a. Teams will split into two four-person groups. Each group will have a separate lane to negotiate. The team determines which group will run a specific lane. Each lane consists of a start point and three points to locate.

3) Points are awarded for each correct point found. All points are worth 1 point. Each team is limited to 35 minutes to find the six points. After 35 minutes points all points are lost. The course is not self correcting.

c. Upon completion of land navigation, cadets will be inspected. Cadets who do not have complete competition LBE including poncho's and full canteens will forfeit one land Nav point. For those teams that were not able to find any points, 5 minutes will be added to their completion time.

Appendix A Task, Conditions, and Standards

Appendix B Penalty Points Scoring Matrix

Appendix C Team Briefing

Appendix D Safety Briefing

Appendix E Risk Assessment

Appendix A Task, Conditions, Standards

TASK: As members of a team, divided into two four-person groups, navigate dismounted from one point on the ground to another point using Team Score Navigation procedures.

CONDITIONS: At a fixed site with designated points under existing weather conditions, during daylight, in no less than 4- person groups and a score card with the azimuth and direction pre-calculated, in a prescribed uniform.

STANDARDS:

- (1) The team's time starts when the team is given a start time and ends when the last group of the team crosses the finish line. All teams start and finish at the same start/finish points.
 - (2) When given a start time, teams will begin the navigation course by moving to the start point.
 - (3) Eight cadets must begin this event. If a cadet becomes injured on the course only six cadets need to finish. If less than six cadets finish, the team is disqualified.
 - (4) There are 6 selected navigation points on the course. Site OIC will show the team what the points look like. Each point will have numbers/letters on them. Record the numbers/letters and return.
 - (5) Once a team receives a start time, they must complete the course in 35 minutes to avoid penalty. When the last member of a team returns to the start point, the team will be given a stop time.
 - (6) Cadre and/or visitors are required to remain in the briefing area. Any cadre found on the course outside the briefing area will cause their team to be disqualified. Exceptions to this rule may only be obtained through the course OIC.
 - (7) A maximum of 60 points is possible with 6 designated points.
 - (8) Five penalty points are assessed for each 2.5 minutes over 35 minutes up to the maximum time of 50 minutes. Penalty points will only count against the points that group finds. There will be no overall negative point assessment.
- Example #1: A group finds 3 points worth 30 points, but finishes 3 minutes late (at the 38 minute mark). Group score = 25.
- Example #2: A group finds 3 points worth 30 points, but finishes 16 minutes late (at the 51 minute mark). Group score = 0.
- Example #3: A group doesn't find any points and finishes after the 50 minute time limit. Group score = 0.
- Example #4: A group finds 2 points worth 20 points, but finishes 15 minutes and 1 second late at the 50:01 mark. Group score = 0.
- (9) A team is automatically disqualified if a team member is found alone on the course.
 - (10) The team with the most total points at the end of the event wins. In the event of a tie for a placing, the team with the lower cumulative time of both groups shall be declared the winner.

Appendix C Team Briefing

Good Morning/Afternoon Cadets, Welcome to the Raider Challenge Land Navigation Event.

At this station you will be required to navigate from one point to another using an azimuth and distance. Each team will form two, four-person groups. Each team will have 35 minutes to locate 6 designated points (three each group). Designated points will range from 150-250 meters in distance. Team times begin when the team is given a start time and ends when the last group returns to the start point.

Once a team receives a start time, they must complete the course in 35 minutes or less. Teams returning in over 35 minutes will forfeit all points. When the last group of that Raider team crosses the finish line, the team will be given a stop time. No group will consist of less than four cadets. A team is automatically disqualified if any team member is found alone on the course. Eight cadets must compete in this event. If a cadet becomes injured only six cadets must finish one cadet should stay with the injured cadet if the cadet cannot move, or move with the cadet back here if possible.

Each group will receive an azimuth and distance to the first point from the start point and then to two other points. On the command "GO", your time starts. You will move to the start point and begin. Each correct point you find is worth 1 point. A maximum score of 6 points are possible with 6 designated points between the two groups. To receive credit for finding a point, you must record the letter or letter combination at that point on the score card in the correct block. (Show cadets score card and block to record points letter in)

Time will be recorded when each group crosses the finish line. If you exceed the 35 minute time limit, you will receive zero points.

When both groups of a team have returned, the scorer will record the teams overall time and the overall team score will be determined. The team with the highest cumulative point total wins the event. In case of a tie, the team with the highest score and lowest cumulative team time will be declared the winner.

After turning in your score sheet move away from the timer's table ASAP. Do not talk to the timers or scorers!

Your panic azimuth is TBA degrees. If lost move to the hardball road and wait to be picked up. Water is available here.

What are your questions?

Appendix D Safety Briefing

1. At no time will a group split up. No one will negotiate the course alone.
2. If a cadet becomes injured and cannot move without assistance, his/her buddy should remain with the cadet until help arrives.
3. If a cadet becomes injured and can move, he and his buddy will move to the start/finish line.
4. Watch your step while negotiating the course to prevent injuries.
5. Cadets use common sense in your dress, avoid overdressing to avoid overheating, Drink Plenty of Water.
6. Stay clear of all wildlife and insects in the area.
7. Remember to check yourselves for ticks at the end of training.
8. Do not touch Unexploded Ordnance, mark its approximate location on your map and report it when you return.
9. Avoid Poisonous Plants. Poisonous Ivy, Oak, and Sumac.
10. In the event of a Lightning Storm assume a position on your knees, bent forward with your hands on your knees and with your knees close together. Additionally, seek depressed areas avoiding hilltops and high places, and seek dense woods avoiding isolated trees. Furthermore ground your weapons away from yourself. Watch for vehicles moving around in the training area.
11. Use common sense while negotiating this course. Remember think Safety.

RISK ASSESSMENT

1. PURPOSE. To identify potential safety hazards and risks during the Raider Challenge event.

2. RISKS.

A. Heat injuries/Cold Weather Injuries. Cadets could experience a heat injury due to excessive clothing, lack of proper hydration, poor conditioning or inadequate diet. If necessary, (Monitor the heat index by calling range control and enforce water hydration.) Ensure all cadets eat a proper diet. Cadets could experience a cold weather injury due to improper clothing, becoming cold and wet, extreme cold temperatures or cold temperatures combined with wind. Monitor the temperature and use a wind chill index card to determine possibility of cold weather injuries. Caution cadets about dangers of cold weather if necessary.

B. Vegetation. Cadets could have severe reactions to both Poison Ivy and Poison Oak. Show cadets both plants before or immediately after arriving at the site. Caution cadets not to touch either plant if necessary and possible.

C. Lightning. Cadets could be struck or injured by lightning. Brief cadets during safety briefing on actions to take during lightning storms. Cadets will assume a position on their knees, bent forward with hands on their knees and with their knees close together. Additionally cadets will seek depressed areas avoiding hilltops and high places, and seek dense woods avoiding isolated trees. Range Control frequency will be monitored for early warning of approaching storms so that appropriate actions can be taken.

D. Wild Animals/Insect Bites. Cadets will be briefed during the safety briefing to avoid contact with wild animals/insects.

E. Vehicle Safety. Cadets could be injured by vehicles that are driven in the training area. Vehicle will travel no faster than 20 MPH in the training areas, and observe posted limits on hard ball roads. Troop safety straps and seat belts use is mandatory.

F. Lyme Disease. Cadets could catch Lyme disease from infected ticks. Brief cadets to conduct tick checks using the buddy system each day during personal hygiene.

G. UXO. Cadets will be briefed not to handle unexploded ordnance and to inform a cadre member of its location.

H. Injuries. Cadet could suffer an injury from a fall or misstep. Caution cadets to be careful while negotiating the course and to remain in buddy teams / Raider Teams.

3. Risk Assessments will be performed by all Site Leaders prior to conduct of training. MSG Richards will verify that this has been accomplished prior to the beginning of the competition.

GENERAL KNOWLEDGE WRITTEN EXAM

Purpose: To test general knowledge and basic JROTC skills.

Scope: Test will consist of a 30 questions multiple choice type examination. 25 of the Questions will be derived from the questions listed below. The other 5 questions will be questions related to the JROTC curriculum determined by OIC.

Scoring/Administration: Cadets will be given test and upon the command of “begin” will have 15 minutes to complete as many questions as possible. At the end of the 15 minutes, exam administrator will call “stop”, and cadets will put the pencils down. Entries after the command “stop” will not be counted. Each test will be graded and will be averaged together to determine a team score. Each question is worth one point. The team receiving the highest score will receive first place. Remaining scores will be rank ordered to determine placement of other teams.

Test administrator will annotate the time the last team member finishes the test. In the event of a draw (for 1st or any other places), the lower time will be used as a tie-breaker.

What year was JROTC established and by which Act?

- a. 1914, Warpowers Act
- b. 1916, Nat'l Defense Act**
- c. 1918, Nat'l Defense Act
- d. 1968, Warpowers Act

1) How do you read a military map?

- a. Right and Down
- b. Right and Left
- c. Right and Up**
- d. Right and Across

2) The Good Samaritan Law:

- a. Is designed to Serve the rescuer and encourage people to assist others in distress:
- b. Allows U.S. Citizens the Right To Vote
- c. Is designed to protect the rescuer and encourage people to assist others in distress**
- d. Allows U.S. Citizens the Right Not To Vote

3) Leadership provides:

- a. Purpose, Direction, Motivation**
- b. Purpose, Reason, Dignity
- c. Duty, Honor, Country

4) The three elements of a speech are:

- a. Introduction, Body, Purpose
- b. Introduction, Conclusion, Purpose
- c. Introduction, Body, Conclusion**
- d. Introduction, Body, Ending

5) The mission of JROTC is:

- a. To motivate young characters to join the Army
- b. To motivate young people to become better citizens**
- c. To motivate others to do well in the service

7) Male cadets may wear earrings in uniform:

- a. One
- b. Two
- c. May not wear earrings**

d. One in both ears

8) What is the key to succeed in JROTC?

- a. Buddy System
- b. **Teamwork**
- c. Work harder
- d. Individual

9) The three leadership behaviors are:

- a. Republic Style, Automatic, Lazy Fair
- b. Democratic, Automatic, Laissez-Faire
- c. **Democratic, Autocratic, Laissez-Faire**

10) If a person can make no sound and indicates choking by grabbing the throat, the best method to clear the airway is:

- a. Blind sweep with finger in mouth
- b. Moving around to the back of the victim and squeezing the chest with the arms forcing the lungs to expel the object
- c. **Moving around to the back of the victim and performing the Heimlich maneuver**

11) When clearing the airway of an unconscious victim you should:

- a. Kneel astride the victim's thighs, place your fist against the victim's stomach and press the victim's stomach 6-10 times.
- b. **Kneel astride the victim's thighs; place the heel of one hand on the victim's abdomen above the navel and below the breastbone. Place your other hand on top of the first and press the abdomen with a quick upward thrust 6-10 times.**
- c. Stand the victim up and perform the Heimlich maneuver

12) What does LET stands for?

- a. Leadership, Equal, Table
- b. **Leadership, Education, Training**
- c. Leadership, Squads, Teams

13) What are the 3 levels of distinction that JROTC units can earn?

- a. **Merit Unit, Honor Unit, Honor Unit with Distinction**
- b. Supper Unit, Horrible Unit, Do Better Unit
- c. Made Unit, Had Unit, Had Unit with Distinction

14) What are the 5 major terrain features on a military map?

- a. **Hill, Saddle, Valley, Ridge, Depression**
- b. Hill, Saddle, Valley, Ridge, Depends
- c. Hill, Saddle, Valley, Ridge, Departments

15) What are 5 basic colors on a military map?

- a. Red, Blue, Green, White, Brown
- b. **Red, Blue, Green, Black, Brown**
- c. Red, Blue, Green, Black, Yellow

16) Column left is called on the _____ foot

- a. **Left**
- b. Right
- c. Either

17) Complete the beginning of the Preamble.

We the people of the United States, in order to form a more perfect_____

- a. Nation
- b. Society
- c. Country
- d. **Union**

18) The second Amendment is:

- a. The right to vote
- b. To right to a trial by jury
- c. **The right to bear arms**

19) What are the 3 types of north on a military map?

- a. Trip, Good, Mud
- b. Stars, Moon, Earth
- c. **True, Grid, Magnetic**

20) The only form of carbohydrate that is NOT an energy source is:

- a. Protein
- b. **Fiber**
- c. Simple carbohydrates

21) What are the 4 life saving steps?

- a. **Clear the Airway, Stop the Bleeding, Treat for Shock, Dress the Wound**
- b. Clear the Airway, Stop the Bleeding, Treat for Shock, Drink some water
- c. Clear the Airway, Stop the Bleeding, Treat for shock, Drug the victim

22) Francis Scott Key write the Star-Spangled Banner during the bombardment of Fort

- a. Dix
- b. Monroe
- c. **McHenry**

23) A Stroke occurs when:

- a. Blood clots prevent blood flow to the heart
- b. **Blood clots prevent blood flow to the brain**
- c. Blood clots burst in the spleen

24) The most widely consumed and abused drug in the U.S. is:

- a. Marijuana
- b. **Alcohol**
- c. Cocaine
- d. Crack

25) The three types of bleeding are:

- a. **Capillary, Venous, Arterial**
- b. Open bleeding, closed bleeding, internal bleeding
- c. Severe, intensified, moderate

26) The normal marching step is_____inches. When marching to the side or to the rear the distance is_____inches.

- a. 40, 15
- b. 30, 15**
- c. 12, 12
- d. 30, 12

27) The yellow star represents:

- a. Honor unit
- b. Honor unit with Distinction**
- c. Merit unit
- d. Honor unit with Dependability

28) The Nameplate on the Male uniform is worn:

- a. On the right pocket, centered between the bottom of the pocket and top of the pocket
- b. On the left pocket, centered between the bottom of the pocket and top of the pocket
- c. On the right pocket flap, centered between top of the button and top of the pocket**
- d. On the left pocket flap, centered between top of the button and top of the pocket

29) In Winning Colors, the Red card would be used to describe:

- a. Adventurer**
- b. Planner
- c. Builder
- d. Relater

30) In Winning Colors, the Green card would be used to describe:

- a. Adventurer
- b. Planner**
- c. Builder
- d. Relater

31) A natural, waxy substance produced by your body and found in animal products.

- a. Ear wax
- b. Cholesterol**
- c. Fiber
- d. Stimulant

- 32) The largest continent in both size and population is:
- a. America
 - b. Africa
 - c. Asia**
 - d. Australia
- 33) In Winning Colors, the Brown card would be used to describe:
- a. Adventurer
 - b. Builder**
 - c. Planner
- 34) In Winning Colors, the Blue card would be used to describe:
- a. Relater**
 - b. Builder
 - c. Adventurer
 - d. Planner
- 35) The Secretary of the Army is: **(Don't use this question)**
- a. Francis J. Harvey**
 - b. Donald Rumsfeld
 - c. LTG Harvey white
- 36) The Commander of the US Army Cadet Command is:
- a. MG W. Montague Winfield**
 - b. MG Alan W. Thrasher
 - c. MG James E. Dale
- 37) The Secretary of Defense is:
- a. Robert M. Gates**
 - b. Les Brownlee
 - c. Walter Brown
- 38) The Commander of the US Army TRADOC is:
- a. General Wallace**
 - b. General Schoomaker
 - c. General Myers

- 39) The Secretary of State is:
- a. Condoleezza Rice**
 - b. Condo Lets See Rice
 - c. Condo Lee's Rice
- 40) Which is the largest of the three most commonly displayed flags?
- a. Garrison**
 - b. Storm
 - c. Post
- 41) What does JCLC stands for?
- a. JROTC Commander Leading Cadets
 - b. JROTC Cadet Leadership Challenge**
 - c. JROTC Cadet Loyalty Command
- 42) What does SAI stands for?
- a. Senior Army Instructor**
 - b. Senior Navy Instructor
 - c. Senior Air Force Instructor
- 43) What is a normal cadence?
- a. 180 steps per minute
 - b. 160 steps per minute
 - c. 120 steps per minute**
- 44) On which foot can you give the command of halt?
- a. Left foot
 - b. Either foot**
 - c. Right foot
- 45) What does JROTC stands for?
- a. Junior Reserve Officers Training Corps**
 - b. Junior Reserve Officers Trip Cord
 - c. Junior Reserve Officers Training Challenge
- 46) What does AI stand for?
- a. Army Integrity
 - b. Army Instructor**

c. Army Illness

- 47) In treating for shock, position the victim on his/her:
- a. **Back**
 - b. Side
 - c. Stomach
- 48) What does white on the U.S. Flag stands for?
- a. Justice
 - b. Valor
 - c. **Purity**
- 49) What does red on the U.S. Flag stands for?
- a. Justice
 - b. **Valor**
 - c. Purity
- 50) What is the rank insignia of a Captain?
- a. One Silver Bar
 - b. **Two Silver Bars**
 - c. Three Silver Bars
- 51) Which is not one of the seven Leadership (Army) Values:
- a. **Righteousness**
 - b. Loyalty
 - c. Honor
- 52) The Commander in Chief of the Armed Forces is:
- a. **George W. Bush**
 - b. Bill Clinton
 - c. Donald Trump
- 53) Ribbons on the male class-A uniform are worn:
- a. Centered on left pocket seam
 - b. **One -eighth inch above left pocket**
 - c. One quarter inch above left pocket

- 54) When you are in uniform (not in formation) and the US Flag passes you, stand at attention render a hand salute, and hold it until the flag is _____
- a. Four
 - b. Six**
 - c. Ten
- 55) After giving the command, "At close interval, Dress Right Dress", the next command should be:
- a. Recover
 - b. Arms downward, Move
 - c. Ready Front**
- 56) Which is Not a leadership principle?
- a. Build a team
 - b. Be decisive and use good judgment**
 - c. Set the example
- 57) What does brown represent on a map?
- a. Man Made objects
 - b. Elevation and relief**
 - c. Water
- 58) What does black represent on a map?
- a. Major cities
 - b. Man made objects**
 - c. Grass
- 59) On the command of execution, "March" on "Open ranks, March", the 2d squad of a platoon will:
- a. Stand fast
 - b. Take one step forward**
 - c. Take two steps forward
- 60) When wearing the JROTC uniform, male sideburns:
- a. Are not authorized
 - b. Can be no longer than the bottom of the ear hole**
 - c. Can be no longer than the bottom of the ear

1. A B C D
2. A B C D
3. A B C D
4. A B C D
5. A B C D
6. A B C D
7. A B C D
8. A B C D
9. A B C D
10. A B C D
11. A B C D
12. A B C D
13. A B C D
14. A B C D
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57. A B C D
58. A B C D
59. A B C D
60. A B C D

NAME_____

DATE_____

TIME_____

TEAM_____