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DEPARTMENT OF THE ARMY

JONES COUNTY HIGH SCHOOL GREYHOUND BATTALION 339 RAILROAD STREET GRAY, GA 31032

JCHS-JROTC 17 May 2024

MEMORANDUM FOR Raider Coaches

SUBJECT: Memorandum of Instruction (MOI) JCHS Raider Meet – 28 September 2024

- 1. **General Information**. The competition is an open invitation to all JROTCs. There are five events (Team Run (TR) (see Annex C), Raider Fitness Challenge (RFC) (see Annex D), Obstacle Course (OC) (see Annex E), One Rope Bridge (ORB) (see Annex F), and a Cross Country Rescue (RFC) (see Annex G) and a Raider Knock Out (RKO) before the award ceremony. RSVP by emailing the registration form (Annex A) as soon as possible for planning purposes. You can submit your form of payment at the competition or by mail.
- 2. **Venue/Timeline.** The Jones County High School (JCHS) Greyhound Corps of Cadets host its annual JCHS Raider Meet. The top three teams overall, per division (male, coed, female), are awarded trophies, and the top three teams in each division receive streamers for each event.

0700	Grader Meeting	1500	Events Completed
0730	Coaches Meeting	1500	Raider Knockout
0800	Team Run	1515	Award Ceremony
0900	Event Schedule begins		

(See Annex B for locations).

- 3. **Registration.** Final payment is due before your team competes cash or check accepted. Schools may enter multiple teams. The cost is \$100.00 for the first team, and \$25.00 for each additional team. Make checks payable to JCHS JROTC, 339 Railroad Street, Gray, GA 31032 (see Annex J for W9). Please email the registration form (see Annex A) to CPT McMillan (michael.mcmillan@jones.k12.ga.us) as soon as possible. It will help with the planning of the competition.
- 4. **Teams.** Male and coed teams have up to 12 teammates, but only 10 can compete in any event. Coed Teams must have a minimum of (4) four females competing. Female teams have up to 12 members, but only 8 can compete in any event, this is an effort to get more female teams to compete. Cadets can only compete on one team; meaning a Cadet on the male team cannot substitute for one on the coed team. If any team drops below 8 Cadets during these events, they will not be allowed to continue. Schools turn in team rosters during registration, including substitutions.

- 5. **Weather.** Safety is our top priority. If there is severe weather, we will stop the competition and move to safety (see Annex H). Cadre and chaperones escort their students and visitors to the JCHS auditorium if severe weather dictates. A series of three blasts from a bull horn will signal to stop training and to move quickly to the auditorium. Schools will account for their personnel and notify the JCHS SAI/AI accordingly. Jones County HS SAI/AI will announce all clear, and teams will return to their previous location.
- 6. **Equipment.** Jones County HS equips the events except for the one-rope bridge. Bring enough Swiss seats, snap links, and ropes for your Cadets. Poles are 50 feet apart from each other. If your team needs equipment for the one-rope bridge, let the Jones County HS SAI/AI know. Jones County HS provides helmets to teams for the CCR and OC.
- 7. **Food.** A concession stand is open to purchase food and drinks. There are local restaurants/grocery stores to buy food, drinks, or ice.
- 8. **Parking/Tents.** There is a designated School Bus and personally owned vehicles (POV) parking (see Annex B). Event personnel will guide busses. Additional guests can park in designated parking lots. Please put-pop up tents in the designated areas (see Annex B).

9. Medical/Emergencies.

- a. Dangers. The school cadre will ensure they brief/train their Cadets and all other attending personnel about the dangers identified with the Risk Management Work Sheet (RMWS) (see Annex K). Each participating raider team, IAW their school policies, is responsible for assuming their own risk, planning for medical insurance/payments, and securing applicable waivers for their personnel while traveling to/from and participating in the meet. JCHS is not responsible for medical bills or costs through the covenant not to sue (see annex I).
- b. Medical. The Jones County HS Athletic Trainer is onsite to assess injuries and treat them as capable. The Athletic Trainer also has the authority to call Emergency Medical Services (EMS) if necessary (see Annex H)
- c. Problems and Reporting. Report all treated injuries/problems and anyone leaving JCHS due to medical conditions to the Jones County HS SAI/AI. Serious Incident Reports (SIRs) are submitted through the Jones County HS SAI/AI. JCHS will not provide transportation off school grounds. In case of a significant injury, training will immediately cease at that location, the casualty will be assessed, treated, and EMS will be called if necessary. An adult school representative from the injured Cadet's school should escort the Cadet to the medical center (see Annex H).

10. Event Plan.

- a. **General Information.** JCHS will provide a map and a rotation schedule during registration (see Annex B for location). This will happen after we receive your team rosters and payment. Teams follow the posted schedule to ensure completion by 1500. All events, except the team run, require Cadets to wear ACUs and boots. No headgear is needed. Teams will be assessed time penalties or disqualification from awards for deviation from the course or dropped equipment, team members not completing portions of the event, foul language, instructor, or Cadet assistance/coaching, etc.
- b. Watching vs. Coaching During Event. No coaching is allowed during events. Team coaches may follow teams through the event to monitor the safety and welfare of their Cadets. Team Captains should relay their questions or concerns about grading to the grader; if the grader cannot resolve the issue, the SAI/AI will resolve it. Unwelcomed comments hurt morale and may incur team penalties or disqualification if directed toward the judges.
- c. **Use of Tobacco**, **Drugs**, **and Alcohol**, **etc**. This is a school event subject to school discipline policies and procedures. We will not allow tobacco, drug, or alcohol use near Cadets or the competition. The school cadre is responsible for the conduct of its personnel. Please tell parents in advance.
- d. **Uniforms**. All team members must always be in the same uniform; running shoes are authorized for the Team Run. All other events require ACU bottoms, boots, and t-shirts. ACU tops are optional, and no headgear is needed. Gloves are optional at some events. Ensure uniformity for the awards ceremony.
- e. **Scoring.** Composite score sheets are used at each event, and the overall rankings and scores will be emailed out after the event. If a tie occurs, we will use the best overall time as the tie breaker.
- f. **Events.** Teams may skip events but will not be considered for Streamers or Trophies and must remain in assigned sequence order. The map and event schedule copies will be available at the registration site (see Annex B). No team vehicles are allowed between event sites. Ensure the team captain reports and informs the grader which type of team category you are competing in.
- g. The point of contact for this memorandum is CPT McMillan, Michael, and can be reached at michael.mcmillan@jones.k12.ga.us or 478-986-5444.

MICHAEL J. MCMILLAN CPT, Retired Senior Army Instructor

ANNEX A Registration Form



DEPARTMENT OF THE ARMY
JONES COUNTY HIGH SCHOOL
GREYHOUND BATTALION
339 RAILROAD STREET
GRAY, GA 31032

JCHS-JROTC 28 September 2024

MEMORANDUM FOR RECORD

michael.mcmillan@jones.k12.ga.us

SUBJECT: Registration for the JCHS Raider Meet – 28 September 2024

School Name:
POC:
Number of Teams:
Category of Teams: Male Male/Mix Female
Price is \$100.00 per team and \$25 for each additional team.
Amount Enclosed: (Make checks payable to Jones County High School JROTC, 339 Railroad Street, Gray, GA 31032)
Signature of POC:

Bring your form of payment to registration on the day of the competition OR mail checks to: Jones County High School Attn: JROTC 339 Railroad Street Gray, GA 31032

Please email this registration form as soon as possible to help with planning:

ANNEX B ADMIN



ADMIN



ADDRESS: 339 Railroad Street, Gray, GA 31032

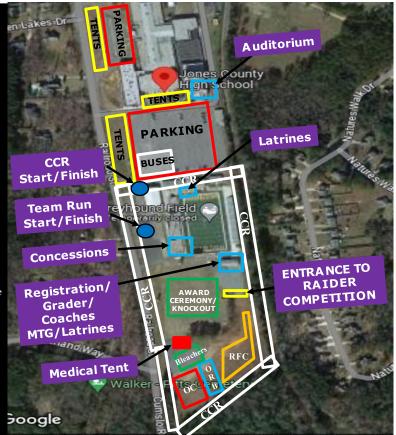
- PARKING: Buses have a designated area to park and additional parking opens after the team run is completed.
- TENT: Pop Up tents are authorized in designated areas.
- · CONSESSIONS: Are available for purchase
- LATRINES: Hard structure latrines are available.
- MEDICAL: The Jones County HS Athletic Trainer is on location. Piedmont Hospital is the nearest Hospital and it is 14.5 miles approx. 21 minutes.
- GRADER: Must receive event/safety brief prior to Grading.
- COACHES: Event/safety brief following the graders Brief.
- TRASH: Trash cans are located throughout the area of operation.
- SIR: All SIRs are communicated through JonesCounty HS SAI/AI. JCHS sends up SIRs to 6h BDE.
- RESULTS: All results are published and sent to schools the following week.
- RAIDER KNOCKOUT: Push-up competition ran like a Drill Knockout.
- AWARDS: Trophies for 1 st-3rd overall each category and Streamers for 1st-3rd each event for each category.

<u>Timeline:</u> 0700: Graders Brief 0730: Coaches Brief

0900: All teams follow scheduled times 1500: Raider Knockout

0800: Team Run

1515: Awards



ANNEX C JCHS TEAM RUN (TR)

- 1.TASK: Each Team must complete a 1.78-mile Team Run over a designated marked course along a paved and unimproved terrain.
- 2.CONDITIONS: During daylight hours and under existing weather conditions, each Raider Team negotiates the 1.78-mile course consisting of paved and unimproved terrain in their prescribed Raider uniform (ACU/OCP trousers, Team, or brown t-shirt, and running shoes). Coaches, parents, chaperones, or other team members cannot run with the team.
- 3. STANDARDS: Team scores are based on the total time it takes for the Team to finish the course. All Raider Team members must cross the finish line together within the 10-meter rule (THAT WILL BE MARKED). Time stops when the last member of the team crosses the finish line. Raider Team members cannot push, pull, hold hands, or carry their teammates during the Team Run Event. A (50) second violation will be added to the run time. At No time will a coach, Cadet, team member, parent, chaperone, or Cadre run along or "pace" a Raider Team. Any Raider Team caught violating this rule will be **DISQUALIFIED**. If a Raider Team member drops out of the Team Run Event after the run starts, the Team will ensure the Cadet is taken care of by receiving medical help or other help needed for that team member. Once help arrives, the rest of the team can finish the run if desired. Teams will incur a five (5) minute penalty for each team member who drops out of the run.
- 4. CONCEPT: Coaches and Team Captains are briefed on the task, conditions, and standards during the Coaches' meeting. Team Coaches are responsible for keeping track of their team time. Teams line up at the start line in their respective order. The order will be published with the final rotation schedule. Teams are released at 1-minute intervals. When told to report to the starting line, all teams from the school move forward, and a judge gives the command "Get Ready" and "Go." Time will stop when the last Raider of that team crosses the finish line. 10 Meter rule is in effect at the finish line.

ANNEX C JCHS TEAM RUN (TR)

Score Sheet

SCHOOL NAME			
MALE TEAM	FEMALE TEAM	COED TEAM	
10 METER FINISH BOX RULE	# of Violations	x 30 Sec	_
TEAMMATE WAS PUSHED, PULLED, CARRIED, OR HOLDING HANDS	# of Violations	x 50 Sec	
DROP OUT	# of Violations	x 5 Min	
COURSE TIME			
PENALTY TIME			
TOTAL TIME			
COACH SIGNATURE	=		

ANNEX C JCHS TEAM RUN (TR)



TEAM RUN CONCEPT



- The Course is approx. 1.78 Miles.
- Running Shoes are allowed and encouraged.
- Schools line up in order at the Start. The order will be published prior to the start
- 60 second staggered starts.
- Stay to the right pass on the left.
- 10-meter finish box in effect.
- Turn around point
- Coaches time their own teams with their own stopwatch devices to the hundredth of a second.

START TIMES

0800:	0808:
0801:	0809:
0802:	0810:
0803:	0811:
0804:	0812:
0805:	0813:
0806:	0814:
0807:	0815:



ANNEX D JCHS Raider Fitness Challenge (RFC)

- 1.Task: Complete the Raider Fitness Challenge course, which is designed to examine the strength, stamina, strategy, and endurance of a team of Cadets over a ½ mile course negotiating various obstacles.
- 2. Conditions: During daylight hours and under existing weather conditions, each Raider Team completes the Raider Fitness Challenge. Raider Team uniform: Boots, ACU/OCP trousers, and school T-shirt with sleeves or ACU/OCP T-shirts. ACU/OCP tops may be worn depending on weather conditions.
- 3. Standards: The Team is scored on how long it takes all members to complete the course.

4. Concept:

- a. The grader will command "Get set...Go," which will start the clock. The course consists of the following items in order:
 - 1. A Low crawl obstacle.
- 2. Carry equipment for distance; Water Cans, Ammo Cans, Kettle Bells, and Sandbags (Items weigh 20-40 lbs.).
 - 3. An over or under obstacle
 - 4. A speed agility maze
 - 5. A weighted canoe to carry (canoe weighs between 150-200 lbs.).
 - 6. A burpee pull-up station.
 - 7. Repeat the course in reverse, resetting all equipment.
- b. One team at a time on the course. All equipment must be placed down and not dropped, or the team is penalized. Teams complete the course in reverse so that all items will be where you originally picked them up. Once the last Cadet crosses the finish line, time will stop.
- c. Judges move with the team to assess penalties, redirect teams if they veer off the course, and record their time on the score sheet. Judges review the score sheet with the Team Captain, and both Judge and Team Captain sign.

ANNEX D JCHS Raider Fitness Challenge (RFC)

Score Sheet

School:	_ Male Team	Coed Team	Female Team
Team Captain:			
Penalty	Incidents	Inc	ident Total
Team member fails to negotiate obstacle (30 sec per incident)			
Equipment is dropped or falls over (30 sec per incident)			
Failure to return all equipment to its original start point (30 sec per incident)			
Team member fails to attempt all 5 Burpee Pull-Up (05 sec per incident)			
Failure to complete the course (DQ)			
Cumulative Penal	ty Time		
Event Time:			
Penalty Time:			
Total Time:			
Judges Signature:			
Team Captain Signature:			

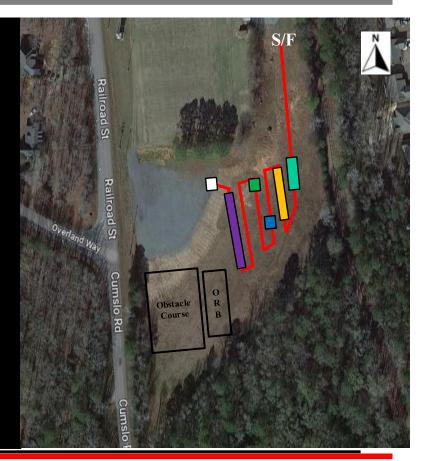
ANNEX D JCHS Raider Fitness Challenge (RFC)



RAIDER FITNESS CHALLENGE CONCEPT



- The Course is ½ a mile.
- S/F: Start and Finish
- Low Crawl Obstacle
- Carry Equipment for Distance
- Over and Under Obstacle
- Zig Zag Obstacle
- Canoe Carry
- Burpee/Jump Up Bars (pull up bars) and Turnaround Point
- Uniform: Boots, ACU/OCP trousers, school t-shirt with sleeves or ACU/OCP t-shirts.
- Judges move with the team to assess penalties, redirect teams if they weer off the course, and record their time on the score sheet.



ANNEX E JCHS Obstacle Course (OC)

- 1.TASK: Teams successfully negotiate an Obstacle Course of 13 military-style obstacles.
- 2.CONDITION: During daylight hours under existing weather conditions, Raider teams negotiate the obstacle course. Raider Team uniform: Boots, ACU/OCP, helmet that JCHS provides. ACU/OCP tops may be worn. ALL team members must stay within two obstacles of each other or be penalized. This allows the grader to assess all members as the negotiate the obstacles.
- 3.STANDARDS: Team scores are based on the time it takes for the team to finish the Obstacle Course. All obstacles must be negotiated except for the rope climb, which must, at a minimum, be attempted, and each Cadet has two attempts to negotiate each obstacle. Time stops when ALL Raider Team members and their equipment have crossed the finish line.
- 4.CONCEPT: Each team reports to the obstacle course ready area and will be briefed on the task, condition, and standards for the obstacle course. At this time, they will be issued helmets. The teams will be given time to prepare and conduct any last-minute planning or preparations. When told to report to the starting line, the team moves forward, and a Judge commands "GET READY" and "GO." The team will start negotiating the obstacles.

5. Obstacles Course Consists of:

- a. Tire, Over, and Under (Obstacle #1). Negotiate the tire obstacle by placing your body through the center of the tire. Do not touch the cables or the wood. Negotiate the over obstacle by approaching the wall at an angle, placing a hand on the side next to the wall is placed on top of the wall, then, with a straight-arm movement, push the body weight upward. At the same time, the leg on the side next to the wall is thrown upward and over the top, followed by the other leg. In landing, your weight comes down on the landing leg first, followed by regaining your balance on both legs. The free arm serves as a balance. Negotiate the under obstacle by using a low crawl technique to move under the low rail.
- b. Belly Robber (Obstacle #2). Negotiate the obstacle by stepping on the lower log and taking a prone, stomach-down position on the horizontal logs. Crawl over logs to the opposite end of obstacle, then dismount feet first.
- c. Inclining Wall (Obstacle #3). Negotiate the obstacle by approaching the underside of the wall, jumping up, grasping the top, and pulling themselves over the top. Slide or jump down the incline to the ground.

SUBJECT: Memorandum of Instruction (MOI) JCHS Raider Meet - 28 September 2024

- d. High Step Over (Obstacle #4). Negotiate the obstacle by stepping over each bar; either alternate legs or use the same leg each time while trying not to use their hands.
- e. Six Vault (Obstacle #5). Negotiate the obstacle by vaulting, using one or both hands, or rolling over all the logs.
- f. 10ft, 8ft, and 6ft Walls (Obstacle #6). Negotiate the obstacles by approaching the wall at a walk or a slow run. Jump upward and grasp the top of the wall. Place the chest on the wall and kick vigorously upward and over with both legs. Keep your body as close to the top as possible to maintain a low silhouette. A rope and platform are available on the 10ft. wall. Cadets must climb down the 10ft. wall; jumping off the platform is NOT authorized.
- g. Easy Balancer (Obstacle #7). Negotiate the obstacle by walking up one inclined log and down the one on the other side to the ground. (No Running).
- h. Parallel Bars (Obstacle #8). Negotiate the obstacle by grasping two ladder rungs and swinging yourself into the air. Negotiate the length of the ladder by releasing one hand at a time and swinging forward, grabbing a more distant rung each time.
- i. A-Frame Cargo Net Climb (Obstacle #9). Negotiate the obstacle by grasping the rope rungs overhead and stepping up on the lower rope rungs. Reach up with the right arm to grasp a higher rung while simultaneously stepping up with the left leg. Position the body over the frame and descend the net on the other side using the same technique.
- j. Culvert Tubes (Obstacle #10). Negotiate the obstacle by performing a high crawl technique. Move one hand forward while simultaneously moving the opposite knee forward. Continue moving on hands and knees alternatingly and continue this technique until you exit the tunnel.
- k. Rope Climb (Obstacle #11). Negotiate the obstacle by anchoring the feet. Stand up, pushing down with the legs. Reach overhead and re-grasp the rope. Draw your knees toward the chest. Re-anchor the feet on a higher point on the rope. Repeat sequence until reaching the top of the rope.
- I. Low Crawl (Obstacle #12). Negotiate the obstacle by moving forward under the rope, on your stomach, to the end of the rope obstacle.
- m. Tires (Obstacle #13). Negotiate the obstacle by placing one foot in every tire center.

ANNEX E Obstacle Course (OC)

Score Sheet

School:	Male Team	Coed Team	Female Team
Team Captain:			
Penalty	Incide	ents	Incident Total
Team member fails to negotiate an obstacle. The rope climb must be			
attempted, but no penalty for failure to complete it. (30 sec per incident).			
Parallel Bars failure to place 2 Hands First and last bars (30 sec per incident).			
10 Foot Wall jumping off the platform, did not climb down (5 minutes per incident).			
Team member drops out (5 minutes per incident).			
Team member is ahead of more than two obstacles (30 sec per incident).			
Cumulative Penalty	y Time		
Event Time: + Penalty Time:			
Total Time:			
Judges Signature:			
Team Captain Signature:			

ANNEX E JCHS Obstacle Course (OC)

de OBSTACLE COURSE CONCEPT





ANNEX F JCHS One-Rope Bridge (ORB)

1. TASK: Construct a one-rope bridge spanning 50 feet.

2. CONDITIONS:

- a. Under existing weather conditions and in a field environment, each Raider Team crosses an open field on a one-rope bridge spanning 50 feet.
- b. Teams will make only one timed crossing and will compete against the clock. Time will not stop during the conduct of the event unless teams go over the 10-minute time limit. Penalties will be assessed for rule infractions and safety lapses. Total event time will be calculated from the crossing time plus any accessed penalty time.
- c. All team members must cross the obstacle on the rope except for the first and last Raider.
 - d. The uniform may be adjusted as needed depending on the heat category.
- e. Each Raider team is responsible for providing their own equipment. If a team needs equipment, contact the Jones County HS SAI/AI and we will help to figure it out.

3. STANDARDS:

- a. Reference and IAW Standard Operating Procedures (SOP) 6th BDE JROTC Raider Challenge Competitions.
 - b. No pre-tied knots in the main rope.
- c. First and last team members are not required to wear rappel seats when they cross but must have the rope attached to their bodies.
 - d. All other members must use rappel seats and snap link.
- e. Scores will be based upon the event completion time plus penalties assessed as described further in this briefing.
- f. Time will start when the grader says "go" and will stop when the team leader yells "clear." at that time, all knots must be cleared of the rope and all equipment and personnel should be on the far side to avoid penalty.

ANNEX F JCHS One Rope Bridge (ORB) Score Sheet

SCHOOL:	TM	I CHECK IN TIM	IE	TEAM TYPE: M	lale / Femal	e / Coed
	9 cadets or less that Sunning across obsta			a Coed Team		
Use of Sp More than Only 9 co	eed Tightener (twist four Raiders snapp mpetitors 50 second ionally taking Penalt	ed into the rope penalty	bridge at one t			
No Bowlin Far-Side I Far-Side I Incorrect I minimum of 4 wi Near-Side Single loc Single loc locked and away Two snap forming an "X" w Incorrect I Any Raide Crossing Danger an More than Failure to	e fails to tie a proper king snap link not 9k king snap link is pos y from the loop) links (if used insteathen depressed. The ar-side knot (muster is snapped into the Penalties: 20 second	e 8 not used for I IAW TC 9-97.61 while crossing the knot (round turn wireman or figur an or higher and itioned incorrect d of 1 single lock t use a round turn e bridge rope pri d penalties per into the rope bri equipment and	Far-Side Raide Establishing e dead zone. w/2 half hitche re 8 slip knot for properly locked ly (the steel can king snap link) n w/2 half hitch or to the near sidge at one time gear not grour	the Far Ancho es —or- tensionle or the transport l d. rabineer openir are not opposed nes) side knot being e. nded in staging	ess anchor with the garea across	t be up, ates
Near-Side Near-Side Near-Side	Penalties: 20 seconomics or Far-Side knots use Raider fails to cross Raider not belayed ots and snap links a	ntied prior to las s IAW TC 3-97.6 across the dang	t Raider being 1 Establishin g ger area.	removed from i g the Far Anch		
TOTAL TEAM F	PENALTIES ROPE I	BRIDAGE:	_ x 20 seconds	s =Minu	te(s),	-Seconds
RAW TIME:	Minute(s),	Seconds,	10ths of S	econds		
FINAL TEAM A	DJUSTED TIME:	Minute(s),	Second	ds,10th	s of Second	s.
Judge Name/Sig	gnature:					
Team Cantain N	lame/Signature					

ANNEX G JCHS Cross Country Rescue (CCR)

- 1. TASK: Raider Team transports a simulated casualty, using a litter, over a .73-mile course on unimproved terrain. There are three obstacles (10- and 8-foot walls, culvert tubes, and an over-and-under obstacle) that all Team members with weighted assault bags (NOT the Litter) must negotiate along the route. The objective is to complete the course in the shortest time.
- 2. CONDITIONS: Raider Team uniform: Boots, ACU/OCP trousers, school T-shirts with sleeves or ACU/OCP T-shirts, helmet. ACU/OCP tops may be worn depending on weather conditions. Each Raider Team must begin and end this event with the same members. No substitutes are allowed after the event starts. Each raider team will carry a litter weighing approximately 95 pounds and three assault bags weighing 25 pounds over a marked course. Each raider team will be given time to prepare for this task. There are three obstacles that all team members, with the assault bags, must negotiate along the route. The litter is placed next to the obstacle and retrieved after negotiating the obstacle.
- 3. STANDARDS: Raider Teams check in with the graders, and the grader will notify the team when the preparation time begins. Teams start and finish from the same location. Upon the command "GO" each Raider Team will transport the weighted litter and the assault bags through the course in the fastest possible time. Upon reaching the three obstacles, all team members must negotiate the obstacles to include team members with assault bags. The litter is placed next to the obstacles and retrieved after negotiation of the obstacle. Raiders are NOT allowed to jump off the 10-foot wall platform and must climb down the obstacle, or a penalty is added per incident. All member equipment and team members must cross the finish line before time is stopped.
 - a. Equipment will not be thrown or dragged.
 - b. The assault bags will not be carried on or attached to the litter in any manner.
- c. Each Raider Team Captain may task organize their Teams and decide how many Cadets carry the litter and who is carrying the assault bags, and how they switch off during the actual event.
- d. A raider team member can place their equipment down prior to crossing the finish line and go back to aid their team members. If a Raider crosses the finish line, they may NOT go back and help their team. All team members must remain within line of sight of each other.
- e. Once ALL Raiders and all equipment have crossed the finish line time will STOP. A five (5) minute penalty is added for any equipment not past the finish line.

ANNEX G JCHS Cross Country Rescue (CCR)

Score Sheet

School:	Male Team Coed	d Team Female Team
Team Captain:		
Penalty	Incidents	Incident Total
Team member fails to negotiate an obstacle (30 sec per incident).		
Team member jumps off the 10 ft wall platform or fails to climb down the obstacle (5 minutes per incident).		
Failure to complete the course (DQ).		
REQUIRED Equipment not across the finish line after time has stopped (5 min per incident).		
Cumulative Penalty T	ime	
Event Time:		
+ Penalty Time:		
Total Time:		
Judges Signature:		
Team Captain Signature:		

ANNEX G JCHS Cross Country Rescue (CCR)

dCROSS COUNTRY RESCUE CONCEPT

- The Course is approx..73 mile in length.
- · S/F: Start and Finish
- 10-foot and 8-foot Wall Obstacles
- Culvert Tube Obstacle
- Over and Under Obstacle
- Uniform: Boots, ACU/OCP trousers, school t-shirt with sleeves or ACU/OCP t-shirts, helmet.
- Upon reaching the three obstacles all team members must negotiate the obstacles to include team members with ruck sacks.
- The litter is placed next to the obstacles and retrieved after negotiation of the obstacle.
- Raiders are NOT allowed to jump off the 10-foot wall platform and must climb down the obstacle or a penalty is added per incident.



ANNEX H Severe Weather and Medical Concept



SEVERE WEATHER AND MEDICAL CONCEPT



CONCEPT OF THE OPERATION:

Phase I, Phase I, planning and preparation, begins with continuous improvement brief and ends with rehearsal. Critical to this phase is confirming the Athletic Trainer is scheduled. SAI/AI reconfirms all equipment, personnel, and procedures are in place prior to the competition. Prior to schools' checking in and at check in schools receive Severe Weather and Medical Concept. SAI/AI, and Cadet staff execute a rehearsal prior to execution of the event. SAI/AI answers RFIs prior to the start time. Phase II, execution, begins with making a weather call, if necessary, the day prior. and ends with the last school leaving school grounds. Critical to this phase is reacting appropriately to the situation. Host school makes a weather call 24 hours prior to the event and notify visiting schools of any changes. Graders and coaches receive a safety/event brief from SAI/Al prior to the first team executing the event. The medical and severe weather plan is disseminated at this brief.

Medical: The host school Athletic Trainer is located at the medical tent near the obstacle course. The trainer is available to assess and treat injuries as capable. The trainer can recommend or call EMT as necessary and the Host and visiting School SAl/Al are notified. If evacuated from the school grounds by EMT or visiting school transportation the closest hospital is Piedmont Hospital, in Macon, GA (14.5 miles). Severe Weather: When a severe weather is imminent a call is made and announced by bullhorn or PA system. An Announcement is made for all people to move to the auditorium and the Greyhound Staff assist visitors with the fastest route to the auditorium. After the severe weather has passed SAI/AI make the call to continue the competition or cancel the remaining events.

SIRs: The SAI/AI send SIRs to 6 BDE as they occur.

Phase III, recovery, begins after the last has left the host school rounds and ends when all recovery tasks are complete. Critical to this phase is confirming all SIRs have been sent to 6th BDE. Greyhound staff secure all equipment. A formal AAR is conducted the following week

- TASK ORG: SAI/AI: CPT McMillan/SFC Kingston Staff: Greyhound BN and
- Medical: Jones County HS Athletic
- EMT: Local

SUSTAINMENT:

- CLASS I stands.
- Food and water sold at concession
- Visiting schools provide their own
- 1 x First Aide Bag at Medical Tent
- Arm Immersion Cool zone UNIFORM:

TASK TO SUBORDINATE UNITS: Athletic trainer notifies SAI/AI of injuries, any MEDEVAC/EVAC.

- ACU/OCP trousers,

Staff to SAVAI: P: Radio EVACUATION: A: Cell C: Runner E: Bullhorn A: Visitina Schoo

соммо

MEDIC SUPPORT:

MEDICAL TENT

EQUIPMENT: rstAide Bag

Auditorium

HOSPITAL:
Piedmont Hospital: 350 Hospital Drive,
Macon, GA31217.
Distance: 14.5 miles
Time: approx.21 minutes

auditorium encase of severe v			II sieeves of ACO/OCF	PH	l: Planning and Preparation	PH II: Execution	PH III: Recovery
auditorium encase or severe v	veatner.	t-shirts.		20 SEP	27 SEP	28 SEP	30 SEP
R. Ster Training Model Plen the Training Train and Certify Leaders Conduct a Recommissionce Issue an Order Retheatse Conduct an AAR Retheatse Retheatse Retheatse Retheatse	2. Gra 3. S.A 4. Gra 5. Gra 6. Ra 7. For	Eventaning anning aders Certified AVAI eyhound Staff Brief eyhound BN ider Competition mal AAR IMS	Date 1. APR- 27 SEP 2024 2. 28 SEP 2024 3. 06 SEP 2024 4. 13 SEP 2024 5. 20 SEP 2024 6. 28 SEP 2024 7. 30 SEP 2024 8. 28 SEP 2024 8. 28 SEP 2024	0830-1500:Staff Rehearsal	1600-UTC:Presetup	0400:Setup 0700:Graders Brief 0700:Graders Brief 0730:Coaches Brief 0800:Ahletic Trainer available 1600:All schools have left the grounds and the Athletic Trainer is notavailable	0800-1500 ⁻ AAR

ANNEX I Covenant Not to Sue

Covenant Not to Sue Statement Required by Privacy Act of 1974

- 1. AUTHORITY. Title 10, US Code 2102
- 2. PURPOSE. To release the U.S. Government, service Junior ROTC, and any high school or school district from liability for injury, death, or damages for Junior ROTC Cadets participating in voluntary training programs.
- 3. ROUTINE USES. Normal personnel actions. Disclosure 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 training.
- 4. Mandatory or voluntary disclosure and effect on individual not providing information: disclosure is voluntary. Failure of the individual to complete this form will disqualify the Junior ROTC Cadet from participating in specific voluntary training. I (parent/guardian), _____, residing at (street address, city, state, zip) do hereby agree that in consideration for allowing my child to participate in the 2024 Jones County High School Junior ROTC Raider competition conducted at Jones County High School, and whereas she/he is doing so entirely on her/his own initiative, risk and responsibility; and being fully aware of the risks adhering to this type of training, I hereby RELEASE AND DISCHARGE FOREVER the United States Government, the State of Georgia, any high school and associated school district and all of their officers, agents, and employees, acting officially or otherwise, from any and all claims, demands, actions, or cause of action, on account of my child or on account of any injury to my child which may occur from any cause during said activity or continuances thereof; and I do further covenant and agree to hold the said organizations above, their officers, agents, and employees blameless for any and all damage which my child may cause either intentionally or through his/her negligence. (signature of participating Cadet) (signature of parent or guardian)

(print name of parent or guardian)	(print name of participating Cadet)
(relationship to Cadet)	(date of signature)
(signature of witness)	

ANNEX J JCHS W9

Request for Taxpayer Identification Number and Certification							Give Form to the requester, Do not send to the IRS.		
entment of the Tressury > Go to www.irs.gov/FormW9 for Instructions and the latest information.									
1 Name (as shown on your	income tax return). Name is required on this line; do	not leave this line blank.							
JONES COUNTY B	BOARD OF EDUCATION	110001010000000000000000000000000000000				_	_		
- 1	sed entity name, if different from above			70.					
Sames CO	unty High School or tederal lax stassification of the person whose name	e is entered on time 1. Check	s only one of the	4 Exemp	tions (codes	apply o	aly to		
3 Check appropriate box is tollowing seven boxes.		-	☐ Trust/estate	certain en	ittes, not in as on page	dividuals			
5 Individual/solo propris single-member LLC	Exempt p	ayos code (i	any)_	3					
Limited Subsity comp	finameter.	n from FATO	A report	tivo					
LC # the LLC is class	repriate box in the line above for the tax classification offset as a single-member LLC that is disreparted to cit disregarded from the owner for U.S. federal tax pure so owner should check the appropriate box for the ta	on the owner unless the own stooses. Otherwise, a single-	member LLC that	code (# s	my)				
7 Other (see Instruction	the second secon	MMENT			-	ed outside t	N (18)		
5 Acciness (number, street	and apt. or suite no.) See instructions.	8	lequester's name o	and address	s (optional)				
125 STEWART AVEN									
GRAY, GA 31032									
7 List account number(s) h	ere (optional)								
	and the second of the second of the second								
Taxpayer Id	lentification Number (TIN)		12 17	-	-	_	_		
transport Tibl to the encountries	to how. The TIN consided must match the name	ne given on line 1 to avoir	d Social sec	purity num	T I		-		
ologo, milithholdhen Cor laghar	suals, this is generally your social security num or disregarded entity, see the instructions for I	DET SOORS, NUMBEROY, 101	.	-	-				
agent allen, sole proprietor, ittles. It is vour employer ide	ntification number (EIN). If you do not have a n	number, see How to get a			11 1	\perp	_		
d. later.			OI.	Management	don numbe		\neg		
te: If the account is in more	than one name, see the instructions for line 1	. Also see What Name an	A Embroyer	identifica	TIII	1	_		
mbar To Give the Flequesta	for guidelines on whose number to enter.		5 8	- 6 0	0 0	2 7	2		
			2.3				_		
Certification	n			_			_		
nder penalties of perjury, I ce	etily that:			and to m	ale mari				
	orn is my correct taxpayer identification numb withholding because: (a) I am exempt from ba- ect to backup withholding as a result of a failur withholding: and					al Reve i me th	mue at I an		
	U.S. person (defined below); and								
The EATCA code/of netered	on this form (if any) indicating that I am exemp	at from FATCA reporting	is correct.						
the second secon	A service of the service of the service became the	officed by the IRC that up a	sees currently sub	ject to be	skup withh	olding t	pecaus		
ou have failed to report all into	must cross out awn 2 above 9 you have been in rest and dividends on your hax estum. For real es secured property, cancellation of debt, centribut is, you are not required to sign tiple certification, is	long to an individual entires	ment amancemen	t (IRA), an	d generally	, payme	enta		
ign Signature of	11.11		ate >						
General Instruct	ions	• Form 1099-DIV (divi		those tro	om stocka	or mut	uni		
ection references are to the I	Internal Revenue Code unless otherwise	funds) • Form 1099-MISC (v. proceeds)	arious types of i	noome, p	rizes, swar	ds, or g	gross.		
oted. inture developments, For the elected to Form W-9 and its in	e latest information about developments structions, such as legislation enacted	Form 1099-B (stock transactions by broke		sales and	certain of	her			
ter they were published, go	to www.irs.gov/FormW9,	 Form 1089-S (proce 	eeds from real et	state trans	sactions)				
urpose of Form		• Form 1099-K (merci	hant card and th	ind party	network In	ansacti	ons)		
n incividual or entity (Form V	V-9 requester) who is required to file an 5 must obtain your correct taxpayer	• Form 1098 (home m 1098-T (tuition)	nortgage interest	(), 1098-E	(student l	oen inte	erest).		
sertification number (TIN) wh	sich may be your social security number	 Form 1099-C (cano 	eled debt)		Sept. 200				
the level for delivery and the	ntification number (ITIN), adoption r (ATIN), or employer identification number	• Form 1099-A (acqui	sition or abando	nment of	secured pr	operty)			
EIN), to report on an informat mount reportable on an infor	tion return the amount paid to you, or other mation return. Examples of information	Use Form W-9 only allen), to provide you	r correct TIN.						
stums include, but are not in Form 1099-INT (interest ear	nited to, the following.	If you do not return be subject to backup later.	Form W-9 to the withholding. Se	e request e What is	backup w	ithholdi	ng.		
	C-1 No. 10001V	- Santon			Form W	-9 (Par	10-20		

Cat. No. 10231X

ANNEX K RISK ASSESSMENT WORKSHEET

	DELIBERATE RISK ASSESSMENT WORKSHEET									
	. MISSION/TASK DESCRIPTION AND EXECUTION DATE(S) one County High School JROTC Raider Meet (28 September 2024)							2. DATE PR	240516	
	DDEDARED DV									St. 351 St. province-cause
	PARED BY				T					
	(Last, First, Middle an, Michael, J	Initial)				NK/GRADE /O3 Retired		c. DUTY TITLE/PO Senior Army Inst		
	mi, iviiciiaci, j	- work			CF I/	O3 Remed				
d. UNIT Jones Co	ounty HS, GA	e. WORK michael.	EMAIL .mcmillan@jones.k12.ga	ı.us			478-986-	H ONE (DSN, Comm -5444	erciai (Includ	le Area Code))
	IN (as required)		IING SUPPORT/LESSON P		ORD (as required)		URE OF PREPARI	ER .	
W0CLS			JROTC Objectives		0110 (0	ao regameny		AN.MICHAEL.JAM		IAEL JAMES 1250279341 942.01 -04'00'
Five step	ps of Risk Managem	ent:	(1) Identify the hazards (4) Implement controls	(2) Asses			. ,	op controls & makes		on form)
	4. SUBTASK/SUB MISSION/TASK		5. HAZARD	6. INITIAL RISK LE	7	7. CONTROL	step numbe	8. HOW TO IMP WHO WILL IN	LEMENT/	9. RESIDUAL RISK LEVEL
7 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 -	Raider Meet Even	ts	- Wildlife	М	a iii v	importance of avoiding wildlife. - Give examples of common wildlife in the area. - Any wildlife interference is reported up to the SAI/AI - Graders halt operations at their event until wildlife leaves the area. Safety Briefing Grader and C - Battle Budd - Inform ever Event staff - Direct Supe Cadre and ch - SAI/AI Who: - Graders - All Cadre - Chaperons - Event Staff		- Conduct Risk A Safety Briefing a Grader and Coac - Battle Buddy - Inform event st - Event staff info - Direct Supervis Cadre and chape - SAI/AI Who: - Graders	at the ches Brief aff orm SAI/AI sion by all	L

	4. SUBTASK/SUBSTEP OF MISSION/TASK	5. HAZARD	6. INITIAL RISK LEVEL	7. CONTROL	8. HOW TO IMPLEMENT/ WHO WILL IMPLEMENT	9. RESIDUAL RISK LEVEL
+	Raider Meet Events	- Hot Weather Injury	н	- SAI/AI from Host School adjust the daily risk management worksheet as conditions change i.e. weather (Storms, hot, cold), cadre availability, etc Dress Appropriate/ Hydrate Night Prior/heat category/monitor WET BULB every hour Arm immersion tanks, and water are available for heat injury mitigation Coaches and Graders are briefed on the location of arm immersion tanks and the athletic trainer location prior to the start of the event Shaded areas are utilized when available Should an injury occur assess the situation, call 911, treat the casualty.	How: - Conduct Risk Assessment Safety Briefing at the Grader and Coaches Brief Check wet bulb readings hourly and log readings Treatment assistance provided by the Host High School Athletic Trainer Direct Supervision by all Cadre and chaperons. Who: - Graders - All Cadre - Chaperons - Event Staff - SAI/AI	М
	Raider Meet Events	- Weather	М	- SAI/AI from Host School adjust the daily risk management worksheet as conditions change i.e. weather (Storms, hot, cold), cadre availability, etc Conduct weather checks; instruct Graders, Coaches, and event staff current conditions Knowledge and use of Lightning Protection Areas (LPA), Jones County HS GYM - Encase of imminent severe weather an announcement is made and move all personnel to	How: - Conduct Risk Assessment Safety Briefing at the Grader and Coaches Brief Check Weather App for changing weather readings Direct Supervision by all Cadre and chaperons Announce changing conditions. Who: - SAI/AI - All Cadre and Chaperons.	L
+	Team Run (TR)	- Injury due to terrain - Cadet hit by vehicle	М	the JCHS Aditorium. - Conduct reconnaissance of Team Run Route and check for and remove any hazards. - Mark any hazard that cannot be removed and provide an alternate route. - Close off route to vehicle movement. - Notify local Sheriff/ Police and request route security assistance.	How: - Safety and event Brief prior to execution of the event Walk or drive route and remove any hazards Use traffic cones to block off route Request sheriff/police to provide presence at friction points. Who: - SAI/AI - Sheriff - Police	L

25

	4. SUBTASK/SUBSTEP OF MISSION/TASK	5. HAZARD	6. INITIAL RISK LEVEL	7. CONTROL	8. HOW TO IMPLEMENT/ WHO WILL IMPLEMENT	9. RESIDUAL RISK LEVEL
+	One Rope Bridge (ORB)	- Rope Burns - Falls during event	М	- Maintain proper wear of equipment Brief task, condition, standards Coaches train their Cadets on proper procedures.	How: - Safety and event Brief prior to execution of the event. Back brief from team captains Cadre and Grader control and constant supervision. Who: - Visiting Cadre - Graders - SAI/AI	L
+**	Raider Fitness Challenge (RFC)	- Injury due to terrain - Bodily injuries Due to improper negotiation of obstacles.	М	- Conduct reconnaissance of RFC Route, check for and remove any hazards Mark any hazard that cannot be removed and provide an alternate route Brief task, Conditions, Standards, Grader moves with team to ensure safety standards are met.	How: - Walk the route and remove or mark hazards Safety and event Brief prior to execution of the event. Back brief from team captains Grader follow the team to ensure safe and proper execution of events. Who: - Graders - SAI/AI	L
+	Cross Country Rescue (CCR)	- Injury due to terrain - Bodily injuries Due to improper negotiation of obstacles.	М	- Conduct reconnaissance of CCR Route, check for and remove any hazards Mark any hazard that cannot be removed and provide an alternate route Brief task, Conditions, Standards, station event staff at the walls to ensure safety standards are met Provide helmets for competing Cadets Obstacles have impact reducing material under and surrounding the obstacle IAW FM 7-22 (2012) Ropes, a platform, and handles assist Cadets negotiating the 10ft wall obstacle Cadets will not negotiate obstacles with the litter.	How: - Walk the route and remove or mark hazards Safety and event Brief prior to execution of the event. Back brief from team captains Cadets wear helmets during the event Event staff located at the wall obstacle Mark off area to place the litter at each obstacle and brief the Cadets not to negotiate an obstacle with the litter. Who: - Graders - Event Staff - SAI/AI - JCHS provides helmets	L
DD FOR	RM 2977, NOV 2020					Page 3 of 6

	4. SUBTASKIBUBSTEP OF MISSION/TASK	6. HAZARD	6. INITIAL RISK LEVEL	7. CONTROL	8. HOW TO IMPLEMENT/ WHO WILL IMPLEMENT	9. RESIDUAL RISK LEVE
+	Obstacle Course (OC)	Injury due to terrain Bodily injuries Due to improper negotiation of obstacles. Falls or rope burns during the Rope Climb obstacle.	м	- Conduct reconnaissance of OC Route, check for and remove any hazards. - Mark any hazard that cannot be removed and provide an alternate route. - Brief task, Conditions, Standards, Grader moves with team to ensure safety standards are not. - Provide helmets for competing Cadets. - Obstacles have impact reducing material under and surrounding the chemical formation of the chemical formation in the rope to assist in the climb. Crash Pada are placed below the ropes, plus the impact reducing material. - Ropes, a platform, and handles assist Cadets aegotiating the 10ft wall obstacle.	How: - Walk the route and remove or mark hazards. - Safety and event Brief prior to execution of the event. Back brief from team captains. - Cadets wear helmets during during - Grader follows the team to ensure safe and proper execution of events. the event. Who: - Graders - Event Staff - SAL/AI - JCHS provides helmets	L
0. OVE	RALL RESIDUAL RISK L					
L	EXTREMELY HIGH RALL SUPERVISION PLAN A	□ нісн		MEDIUM	Low	
Safety aider to Graden Helmet Watch	Brief and event execution earns prior to the execution	is briefed by SAI/Al duri of the Obstacle Course, taider Fitness Challenge	ing the conches be Cross Country F maintain a visua e Cross Country	aptains of NMC obstacle rief. Graders conduct a S tescue, Raider Fitness Ch of the team to ensure say	afety Brief and event execu allenge, and the One Rope fety protocols are being foll	ntion brief to Bridge, owed.

JCHS-JROTC

SUBJECT: Memorandum of Instruction (MOI) JCHS Raider Meet – 28 September 2024