

Confidence Course. FAC: 1799

CATCODE: 179921

OPR:

OCR:

Updated: 15 Aug 2025

1.1. Description. The confidence course has higher and more difficult challenges than a Category I (CAT I) Physical Training Course (obstacle course). DAFMAN 36-2611, *Air Force Obstacle Course Program*, defines this type of course as a Category II (CAT II) Conditioning Obstacle Course. CAT II courses are designed with physical dimensions higher off the ground and with a higher degree of difficulty than CAT I courses. Confidence courses enhance the confidence, mental, and physical abilities of the Airmen and Guardians while cultivating the warrior ethos. They also challenge Airmen's and Guardians' strength, endurance, and mobility while instilling self-confidence and promoting teamwork. Airmen and Guardians are encouraged, but not forced, to negotiate each confidence obstacle. Though Airmen and Guardians do not negotiate the confidence course at high speed, it can be run for time. Confidence courses are different from the leadership reaction courses (**CatCode 179922**) and obstacle courses (**CatCode 179923**).

1.2. Requirements Determination. Not all installations require a confidence course. Typically, installations that host training programs have a need for a confidence course. Note throughout this document.

1.3. Scope Determination. The confidence course obstacles vary in difficulty. Some stand very high. A course with 10 to 15 confidence obstacles is adequate. Safety nets and crash pads are provided for tall confidence obstacles. Confidence course obstacles will not have the potential to fall a distance above 14 feet without a direct connection to safety lines attended by a qualified, trained safety observer or a full-body-harness with lanyard attached to a supporting structure in accordance with the Association of Challenge Course Technology or like standards. Obstacle course (CAT I) obstacles are approved for use on confidence courses. Also, high ropes obstacle courses fall into the confidence course category. No automation is required for this facility. Operations and storage building, latrines, running water, and parking are associated with the facility. Count each complete course as one (1) each.

1.3.1. The primary users of confidence courses are typically trainees attending formal training programs. Confidence courses provide an alternate form of physical training, enhance confidence in physical abilities, build dynamic leadership problem solving under physical stress, enhance understanding of teamwork, and develop fundamental warrior ethos.

1.4. Design Considerations. Recommended confidence course layout is contained in DAFMAN 36-2611. At a minimum, consideration should be given to fatigue as Airmen and Guardians negotiate the course with positioning of the most difficult obstacles at or near the start. Obstacles must comply with DAFMAN 36-2611 guidance. See **Table 1.1** for a list of potential types of obstacles. This is not a comprehensive list of all possible obstacles. The obstacles listed comply with guidance and are physically located at the Officer Training School (OTS), Maxwell AFB, Alabama. Use of obstacles not addressed in DAFMAN 36-2611 must be coordinated with the MAJCOM obstacle course program manager (OCPM) and may require AF/A3S (the OPR) approval. **Table 1.1** also includes support facilities and infrastructure.

1.4.1. The confidence course shall be designed to meet construction and safety standards. Per DAFMAN 36-2611, obstacles should be designed to original U.S. Army engineering standards where Airmen's and Guardians' physical aspects are challenged

yet incorporates safety considerations to prevent major or debilitating injuries as much as possible. Professional architect-engineer services should be considered to aid in the design and construction of confidence courses. Consult the base civil engineer for assistance.

1.4.2. Confidence courses are typically constructed from timber on grass or earth surface. Fall zones around and under obstacles must be constructed of material that can absorb the impact of someone falling off the obstacle. Use sand, ground rubber, saw dust or water.

1.4.3. Safety equipment (nets, pads, ground covering, etc.) should be incorporated into the design. Consider the need for inspection, maintenance, and replacement of safety equipment during the design process.

1.4.4. Established design guidance, plans/specifications, and sketches should be referenced when developing course obstacles and layout plan. Organizations can also site adapt existing designs from previous confidence course projects. The OTS obstacle course, assault course, and high ropes course confidence obstacles above four feet high are excellent examples to follow. Also, recommended obstacle design specifications are contained in the U.S. Army Safety Program found at:

<https://adminpubs.tradoc.army.mil/pamphlets/TP385-1.pdf>.

1.4.5. High ropes obstacle course design specifications are provided by the Association of Challenge Course Technology (ACCT) standards 03-2019 and can be found at:

<https://www.acctinfo.org/page/ANSIACCTStandards>.

1.5. **Maintenance.** Only qualified personnel trained to perform structural maintenance will perform confidence course maintenance. This maintenance may be performed by the installation civil engineer, if qualified, or by a contractor qualified to perform such a task. Self-help maintenance of obstacles is authorized, but the obstacle will remain off-limits until certified by a qualified structural engineer.

Table 1.1. Confidence courses may include, but is not limited, to the following obstacle tasks. The obstacles listed are located at the OTS obstacle course, assault course, and high ropes course sites.

Confidence Obstacle	Description
High Wall	Climb to the top of the wall, traverse over and down to the ground
Over and Under (above 4 ft)	Crawl under horizontal low log then belly over horizontal high log, alternating until series of low and high logs are completed
Rope Bridge (above 4 ft)	Traverse rope bridge using only hands and legs/feet over pit
Reverse Climb	Climb to top of inclined wall, traverse over and down to the ground
Cargo Net Climb	Climb up, over, and down cargo net tower
Belly Buster	Vault, jump or climb over a horizontal log
Dirty Name or Climber	Jump on low log, then to high wall, then to next higher wall and traverse over on stomach to the ground
Tarzan	Walk on series of balance logs with increasing height, then traverse hand over hand bars
Sit and Land	Climb the inclined log ladder to top, sit, then jump to the ground
Belly Robber	Belly crawl over spaced horizontal logs
Walk Across	Walk on a set of three inclined/declined logs

High Ropes Obstacles	
Single Rope Crawl	Traverse prone on top of one rope, pull with hands/arms forward
Double Rope Crawl	Traverse prone on top of parallel ropes, pull with hands/arms and push with feet
Burma Bridge	Walk on foot cable while holding side ropes
Postman’s Walk	Walk on foot cable while holding onto one horizontal rope
Pirate’s Crossing	Walk on foot cable, while holding onto diagonal ropes
Island Hopping	Cross wood plank rope bridge that is missing planks
Opossum Crawl	Traverse down declined rope, ankles around rope and pull with hands/arms
Tarzan Rope Swing	Use swing to reach cargo net and climb net to top of platform
Zip Tower	Slide down the zip line to the ground
Support Facilities and Infrastructure	Requirement
Operations and Storage Building	User Justified
Men’s and Women’s Latrines	User Justified
Running Water	User Justified
Parking Lot	User Justified