



Obstacles Training & Adventure Activities



Obstacle course

- An **obstacle course** is a series of challenging physical obstacles an individual, team or animal must navigate, usually while being timed.
- One of the training activities during camp.
- Not only makes the cadets physically strong but also develops a very high degree of confidence and develops the qualities of patience and courage to face all types of challenges and barriers in life.
- The NCC cadets are required to cross consists of ten obstacles.
- The obstacles, depending upon the structure are constructed of wood, bricks, concrete and mud. Each obstacle is placed at a distance of about 30 feet from each other.
- It helps the cadets in developing and promoting physical fitness, self confidence, determination and quick reflexes. 2. Name any six standard training obstacles? Clear Jump, Zig zag balance, High wall, Right Hand Vault, Left Hand Vault, **Ramp**.

Obstacles

- **Straight Balance**
- **Clear Jump**
- **Gate Vault**
- **Zig-Zag Balance**
- **High Wall**
- **Double Ditch**
- **Right Hand Vault**
- **Left Hand Vault**
- **Ramp**



Adventure Activities

- NCC cadets are given the opportunity to participate in a host of adventure activities including Mountain **Treks** and Expeditions, **Trekking, Parasailing, Sailing, Scuba Diving, Kayaking, Camel safari** etc. Adventure based activities enable cadets to hone leadership skills and enhance their character qualities.



Activities

- **1. Institutional Training**
- **2. Camp Training.**
- **3. Annual Republic Day Camp**
- **4. Prime Minister's Rally**
- **5. Attachment Training.**
- **6. Social Service and Community Development**
- **7. Youth Exchange Programme (YEP)**
- **8. Adventure Based Learning.**
- **9. Sports.**



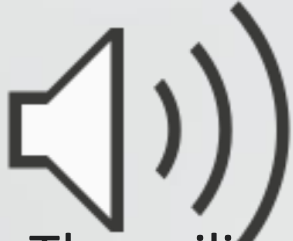




Types of courses

- **Military**
- **Inflatable**
- **Assault**
- **Commercial**





Military

- The military/Army obstacle course is used (mostly in [recruit training](#)) as a way to familiarize recruits with the kind of tactical movement they will use in combat, as well as for physical training, building teamwork, and evaluating problem solving skills. Typical courses involve obstacles the participants must climb over, crawl under, balance, hang, jump, etc. Puddles of muddy water, ropes/nets, and "no touch" restrictions are often used to make the course more difficult. Often, specialized courses are made to focus on specific needs, such as night movement, assault, and [bayonet](#) training. Military courses can also contain climbing walls and rappelling walls.

Inflatable

- Inflatable (air filled) obstacle courses can have participants go through a variety of areas like the Bish Bash, a tall loose structure to push or wade through, nets to crawl under, walls to climb over and holes to jump through. Some larger inflatables have even more areas.

Assault

- An [assault obstacle course](#) can be done inside or outside. The outside course is usually messy and filled with mud and muddy water. An inside course is similar to an inflatable course, but it is used in [physical education](#) lessons or holiday camps, using [gym](#) equipment or whatever is at hand.



Commercial

- Several indoor commercial indoor recreation and [trampoline](#) park companies have begun to include obstacle courses at their facilities, in many cases because of demand generated by television shows such as [American Ninja Warrior](#), according to [The Wall Street Journal](#).

