

# COMMAND TASK 1 - 'V' Planks

## Equipment

- 2 x gym bench
- 1 x 4m rope (8mm dia.)
- 1 x 1.4m plank (3cm thick min.)
- 1 x 1.7m plank (3cm thick min.)

## Scenario

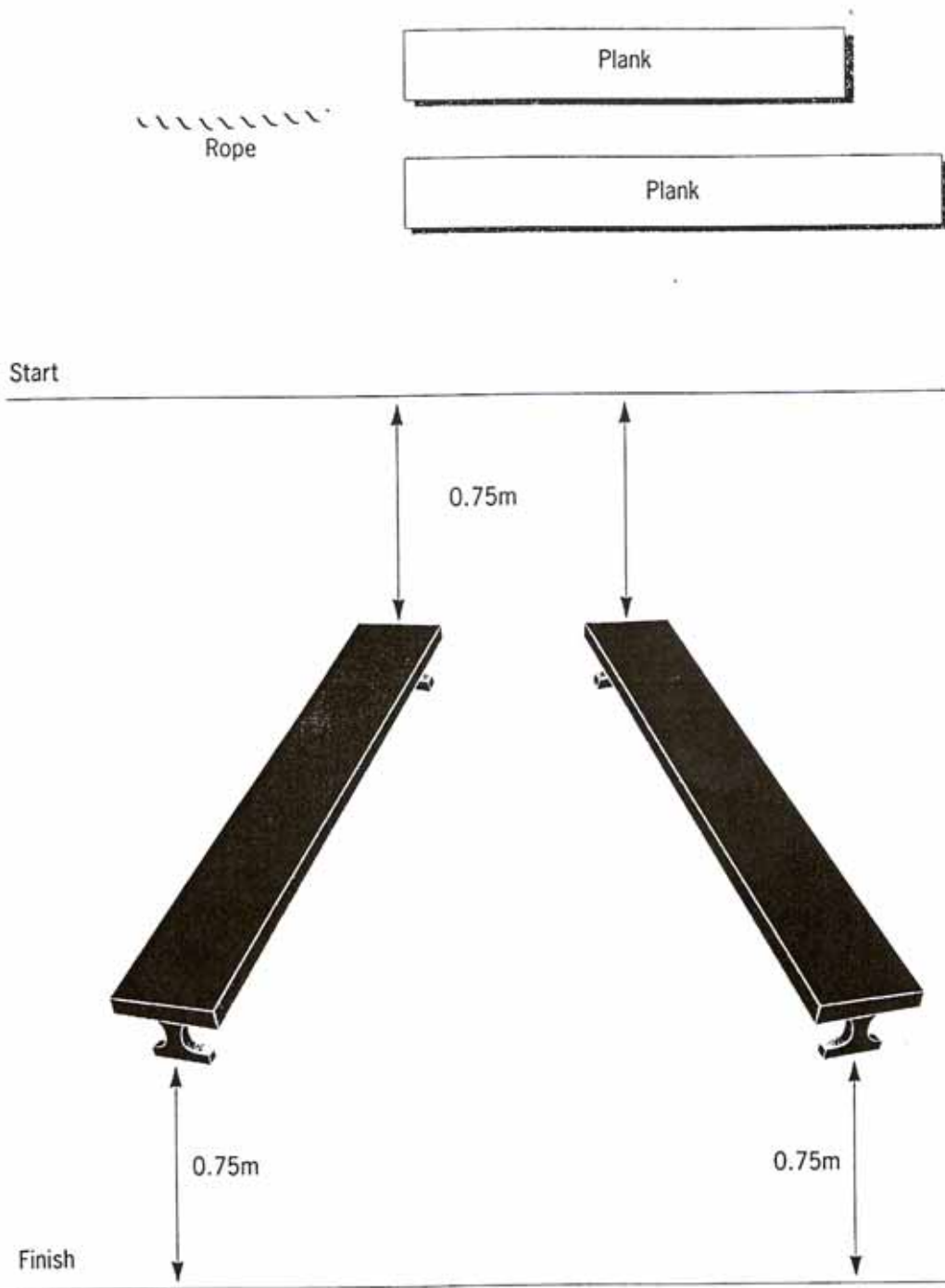
Your unit's Land Rover has been damaged beyond repair. To get to safety, you need to cross a region of deep mud. It is too far to jump, and the mud is too deep and infirm to risk wading across. Two logs have fallen across the mud, but these are too precarious to be used alone. You have at your disposal one four-metre rope and two metal plates normally used to help drive over muddy ground. You are in an exposed position and must get to safe cover before your position is discovered.

## Aim

The team must get from the first safe area to the second in as short a time as possible.

## Rules

- No part of any team member (including clothing) may touch either the floor or the gym benches.
- No more than four team members may step on one plank at the same time.
- Any team member infringing the above must return to the first safe area and start again.



## COMMAND TASK 2 - Field Gun

### Equipment

- Field gun
  - 8 basketballs or similar (runners)
  - 2 benches (tracks)
  - 1 additional bench (barrel)
  - 1 gym box (body)
- Obstacles
  - 1 gym box or suspended beam (high wall)
  - 3 mats (river)
  - 2 benches laid parallel and covered with 1 tarpaulin or similar (forest cover)

### Scenario

The team need to reposition a Field Gun to continue an assault on an enemy position. To avoid enemy spotters, the Gun must be taken by a route which provides safe cover. The route includes a high wall, a stream and an area of dense forest and shrub cover under which the team must go. Therefore, the Gun must be dismantled, transported to the new position and reassembled.

### Aim

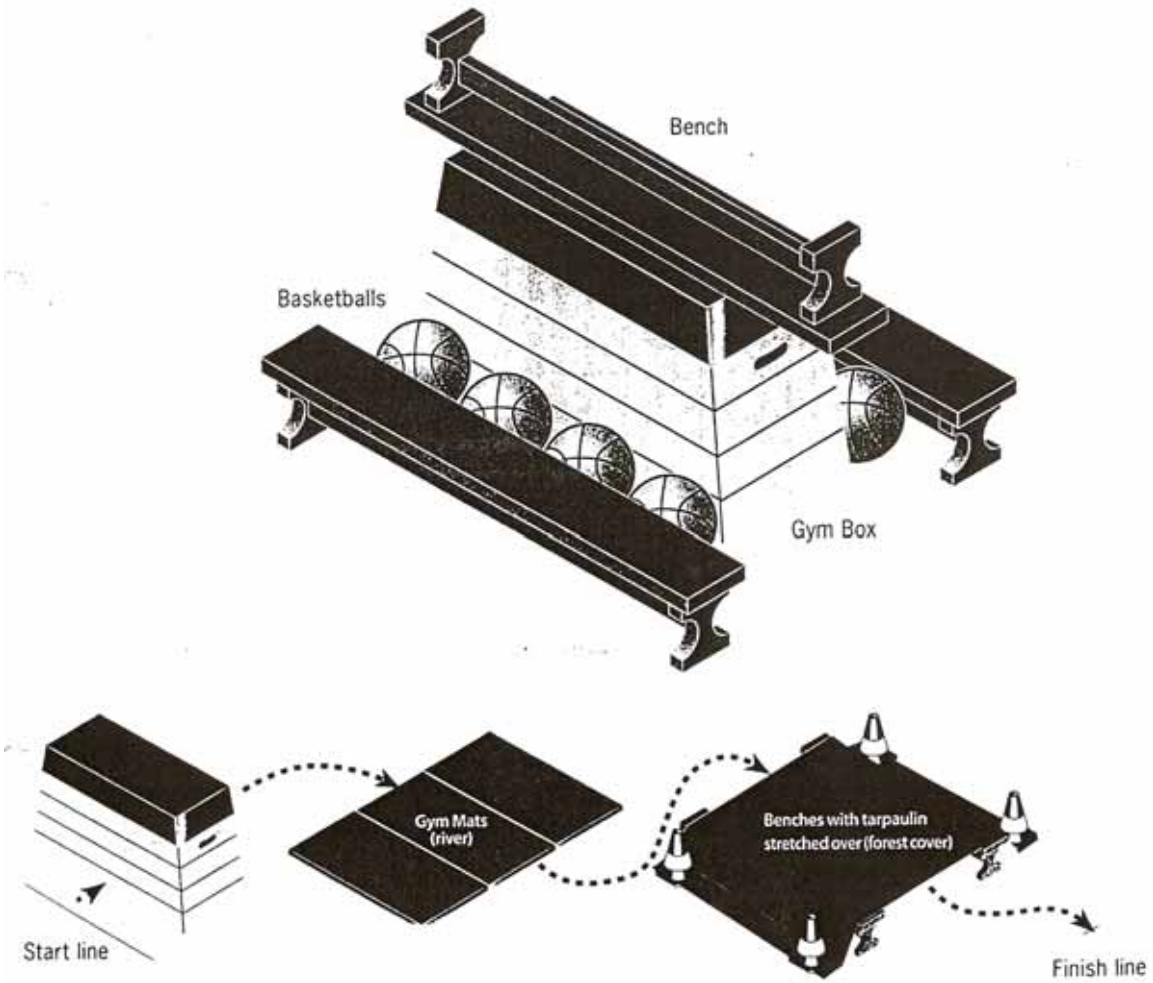
The team must disassemble the Field Gun, transport the parts safely over the obstacles and reassemble it over the finish line.

### Rules

- All parts of the Field Gun must be taken
- All team members and parts must go over the high wall and river and under the forest cover.
- The gym mats representing the river are out of bounds and cannot be touched.

### Time

The team have 5 minutes to formulate a plan and 25 minutes to complete the task.



## COMMAND TASK 3 - River Crossing

### Equipment

- 1 rope, with large loop, 50cm from floor
- 1 plank, 1.8m long
- 1 medicine ball or similar to represent equipment
- 1 free length of rope, 4m long
- 2 mats

### Scenario

Your team are being pursued by an enemy patrol and have come up against a river which they must cross. The banks of the river are represented by gym mats. The rope hanging from the beam represents a strong liana hanging over the river, which is infested with piranhas and cannot be entered. The enemy patrol is only 18 minutes behind you, so time is short!

### Aim

The team and their equipment must cross the river using the rope and plank.

### Rules

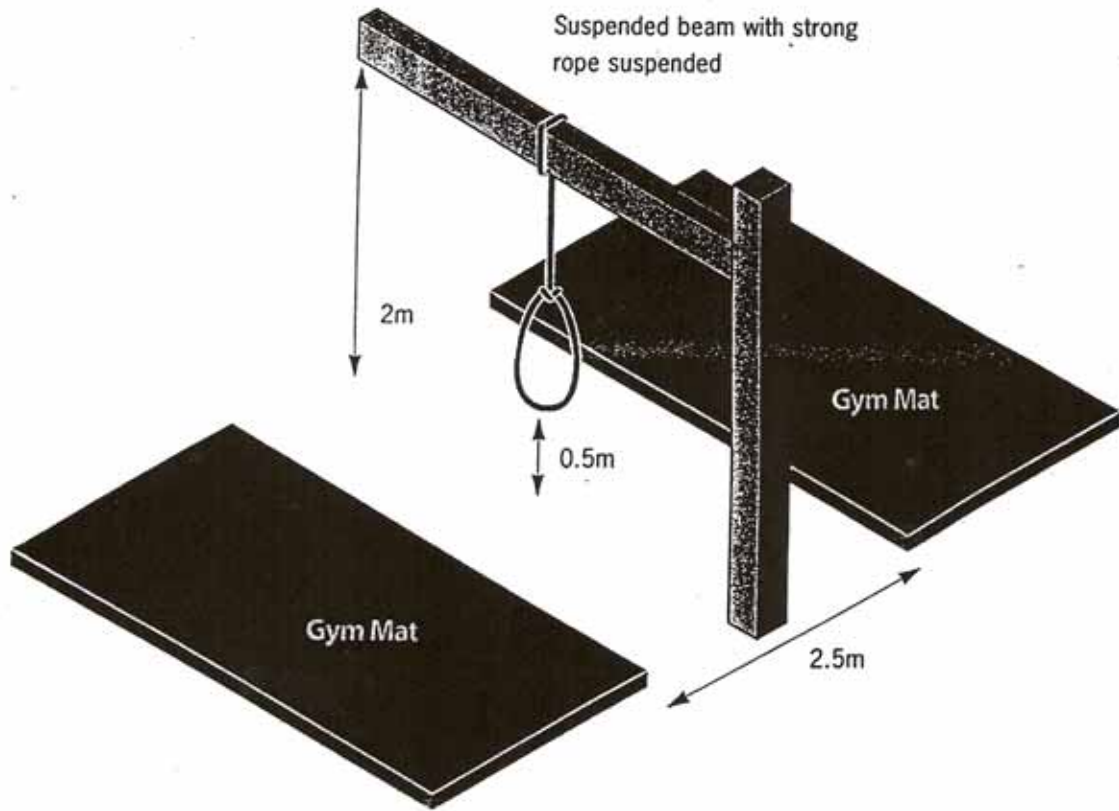
- No team member may jump onto or off any part of the obstacle.
- The area between the mats is out of bounds and may not be touched.
- The medicine ball may not be thrown out.
- Team members may use the central hanging rope, but this must not be used as a 'swing' to get from bank to bank.
- The beam can be used for support, but may not be climbed upon.

### Time

The team has 3 minutes to formulate a plan and 15 minutes to carry out the task.

### Hint

The plank can be suspended in the loop and twisted around.



## COMMAND TASK 4 – Islands

### Equipment

- 2 gym boxes
- 1 plank, 1.8m long
- 2 blindfolds (on 2 team members)
- 2 thin mats
- 1 crashmat

### Scenario

Your team have sustained casualties while on patrol, from which you are now returning. Two people have head injuries and are unable to see due to their dressings. The other team members must guide them safely over the river you have just reached, which cannot be entered due to dangerously strong currents. The islands are small so you will have to plan ahead.

### Aim

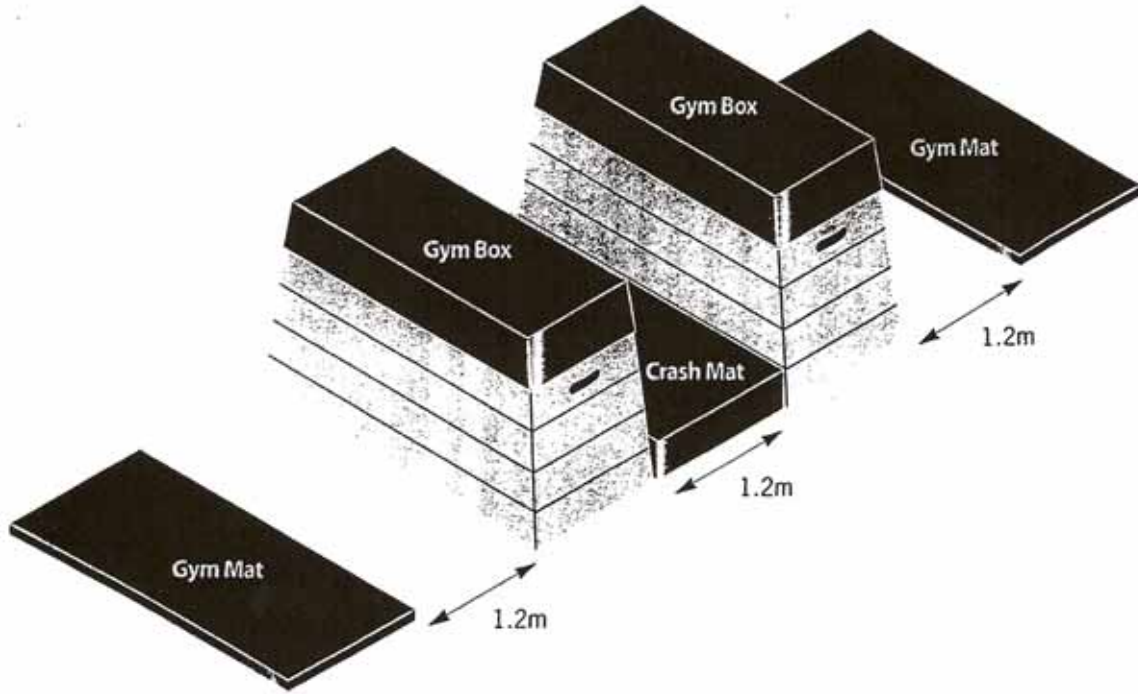
The team must cross the fast-flowing river by way of the islands in the middle.

### Rules

- No team member may jump onto or off the obstacle.
- The area between the mats is out of bounds and may not be touched by team members or their equipment.
- No more than 3 team members may be on an island at once.

### Time

The team has 3 minutes to formulate a plan and 15 minutes to complete the task.





## COMMAND TASK 5 - Minefield

### Equipment

- 6 or more cones
- ball of string
- 10m rope
- wire hook
- variety of old bags/rucksacs

### Scenario

Your patrol has been tasked to recover important supplies that are trapped within a minefield. You do not have time to locate and make safe the mines, as you must reach your command post by nightfall. The supplies are fragile and if dropped, will be useless. All you have at your disposal are a rope and hook to grab the supplies by their carrying handles.

### Aim

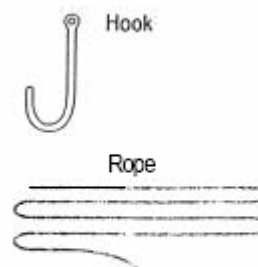
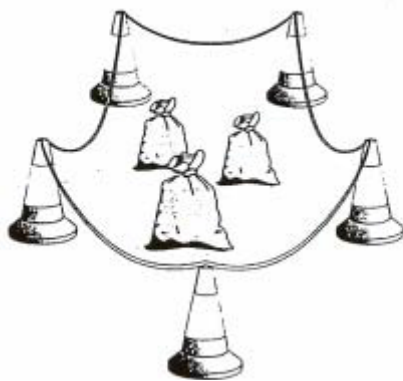
To recover as many bags of supplies as possible using only the rope and hook.

### Rules

- No team member may enter the minefield
- Any supplies that are dropped are out of bounds
- Supplies may not be dragged
- The team has 15 minutes to complete the task

### Solution

The hook needs to be secured to the rope, before being used to gently remove each bag. Allowing the hook to run free, or not maintaining tension, will allow bags to drop.



## COMMAND TASK 6 - Quicksand

### Equipment

- 6 or more cones
- ball of string
- plastic bucket with the handle removed and containing 2kg sand
- 15m rope

### Scenario

A helicopter crash has spread vital medical supplies over a large area and your patrol is one of several tasked with recovering the lost supplies. You have located a package that has landed near the centre of a patch of quicksand. The package appears to be sinking, and there is nothing to hand that would allow you to bridge the gap. All you have to hand is a long rope. You must recover the supplies before they sink.

### Aim

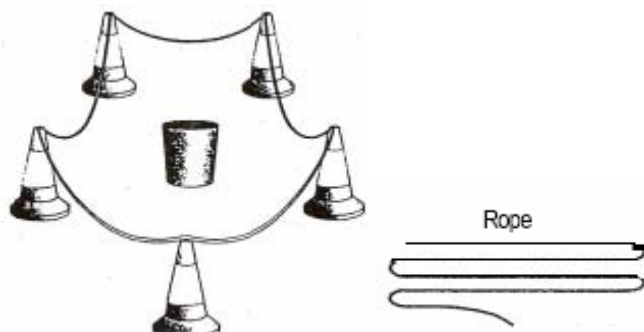
To recover the medical supplies using the equipment provided and within the time specified.

### Rules

- No team member may enter the quicksand
- The package may not be dragged
- If dropped, the package must be returned to the centre of the quicksand
- The team has 15 minutes to complete the task.

### Solution

The rope can be formed into a loop, and one strand held each side of the bucket. The strands can then be twisted to create tension around the bucket, which can gently be lifted to the side. Too many twists may cause the bucket to spin!



## COMMAND TASK 7 - Pace Race

### Equipment

- Instruction card
- Dark jumper

### Scenario

You have been separated from your patrol whilst on night training on Dartmoor, and have strayed into one of the infamous bogs. You have just established verbal contact with a member of the patrol, but cannot see more than a metre away due to a rapidly descending fog, and have no compass. Your task is to safely navigate the bog by following the instructions of your patrol. To do this safely, it is vital that you listen carefully, and keep your paces even.

### Aim

To navigate your way out of the bog using accurate navigation.

### Rules

- A dark jumper must be placed over the head to ensure that participants can only see a metre ahead on the floor at most.

### Notes

The aim of this exercise is to demonstrate the importance of listening carefully to instructions, and of maintaining a steady, even pace to measure distance when visual means are not possible. The length of pace of each participant is immaterial, as the course is designed to return them to their starting point. Once each participant has completed the course, they can compare their finishing point to the starting point to see how accurate they were.

## Instructions

1. Take five paces forward
2. Turn 90" to the left
3. Take three paces forward
4. Turn 90" to the left
5. Take three paces forward
6. Turn 90" to the right
7. Take four paces forward
8. Turn 90" to the left
9. Take six paces forward
10. Turn 90" to the left
11. Take six paces forward
12. Turn 90" to the left
13. Take seven paces forward
14. Turn 90" to the right
15. Take three paces forward
16. Turn 90" to the right
17. Take eleven paces forward
18. Turn 90" to the right
19. Take five paces forward
20. Turn 90" to the right
21. Take two paces forward
22. Turn 90" to the right
23. Take three paces forward
24. Turn 90" to the left
25. Take six paces forward

## COMMAND TASK 8 - Electric Fence

### Equipment

- 2 suspended beams, approx. 2.25m (top beam) and 1.75m (bottom beam) from the floor
- 1 gym bench with end hooks
- 3 crash mats
- 6 basketballs or similar

### Scenario

Your team are returning from patrol and must carry delicate equipment you have recovered over an electric fence which crosses your route. The electricity to the top section of the fence has been cut. It is dry weather, and you have found a dry log which you can use to help you. Enemy patrols are known to be in the area and so time is of the essence.

### Aim

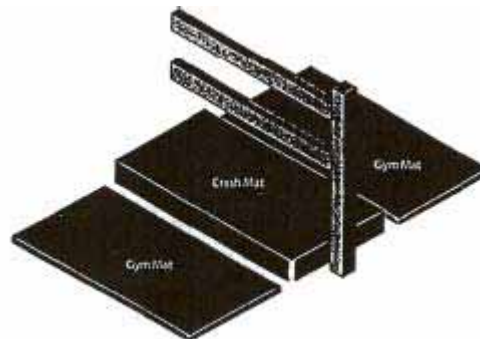
The team must get themselves and their equipment over the electric fence.

### Rules

- No team member may touch the bottom section of the fence
- The equipment must not be thrown or dropped
- No more than four team members may be on the safe section of the fence at any one time
- The log may touch the lower section of the fence

### Solution

See diagram. Two team members can climb the log and balance on the safe section of the fence, aiding team members and equipment over. It is safe to jump to the other side, but equipment must be passed. Although it is not mandatory, it is worth noting that leaving the log, and not passing it to the other side, would help any enemy patrol in pursuit of the team.



## COMMAND TASK 9 - Shelter

### Equipment

Per team of 4:

- 4 X 4ft poles, 3 X 5ft poles, bamboo or similar
- Two large blankets or sheets
- String
- Four large bags

### Scenario

Your team are exhausted at the end of a long day's training. A weather front is approaching fast and your training tells you that torrential rain will fall within the next 15 minutes. You are on an exposed plain and urgently need to erect your shelter for the night. You have with you two tarpaulins and a selection of poles you have used during training.

### Aim

You have 15 minutes to construct a shelter that will accommodate your team and its equipment for the night, and withstand possible high winds.

### Rules

- Only the equipment listed can be used.
- No external means of support may be used (walls etc).
- All the team and the bags, plus any unused poles etc must fit inside.
- All the team must be able to lie down at once.
- The shelter must provide shelter from all directions.
- The shelter must withstand a moderately vigorous shake from the judge

# COMMAND TASK 10 - Stretcher

## Equipment

- 30m rope (6-11mm diameter)
- 5ft plank wrapped in old blanket (dummy casualty)

## Scenario

Your team are midway through a mountain training exercise when one person slips and injures their leg. You must get them quickly and safely to the nearest Mountain Rescue post, where you will find emergency medical supplies. Your companion is unable to walk, and must be carried to the Mountain Rescue post on an improvised stretcher. All you have available is 30m climbing rope, but you know that a stretcher can be made using this. Time is short and you must work quickly to produce a safe and comfortable stretcher.

## Aim

To make a rope stretcher in 20 minutes that will carry a dummy casualty for 100m.

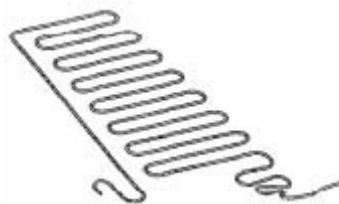
## Rules

- **Only the dummy may be carried. Rope stretchers should only be made and used by trained personnel in emergency situations.**
- Only the rope may be used to make the stretcher.
- The stretcher must provide support all along the length of the dummy.
- The stretcher must not unravel whilst the dummy is being carried 100m

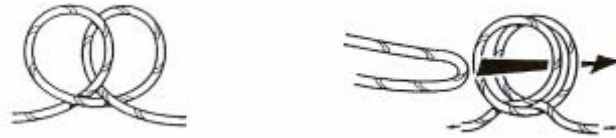
## Solution

There are a number of ways of constructing a rope stretcher. The simplest is the clove hitch stretcher, which is constructed as follows:

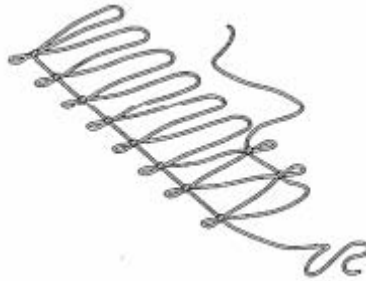
1. Lay out 8-10 loops from the centre third of the rope, to form the 'bed' of the stretcher. This need only be as long as the casualty, or in this case the plank, and about 25-30 cm wider.



2. Take the long tail of rope on one side, and use it to tie a clove hitch near the end of each loop, leaving a 10cm loop sticking out beyond the clove hitch.



3. When one side is complete, repeat along the other side.



4. Thread the remaining rope tails through the small loops, until none remains.
5. The clove-hitches can now be pulled outwards to trap the rope tails in the small loops.



6. Finally, ensure each clove hitch is tight, and that the transverse ropes form an even support for the casualty (plank).
7. The stretcher is now ready for use.



# COMMAND TASK 11 - Tyre Tower

## Equipment

- 5 tyres, numbered 1 to 5 with white paint
- 3 strong posts or cones

## Scenario

This exercise is a giant version of a popular desk game. Place the 3 posts or cones in a row, each about 5m apart. Now place the tyres on one end post, with tyre 5 at the bottom and tyre 1 on top as shown. The team now has 10 minutes to move all the tyres to the other end post, following the rules below.

## Rules

- Only one tyre may be moved at a time.
- A tyre may be placed on top of another only if it is a lower number, e.g. tyre 3 may be placed on top of tyre 4 or 5, but not on top of tyre 1 or 2.
- A tyre may move straight from one end to the other.
- Tyres may be moved in either direction as necessary.



## Solution

This one of many solutions. Can the team complete the task in fewer moves?

- |                     |                      |                      |
|---------------------|----------------------|----------------------|
| 1. Tyre 1 to end    | 12. tyre 3 to middle | 23. tyre 1 to start  |
| 2. tyre 2 to middle | 13. tyre 1 to end    | 24. tyre 4 to end    |
| 3. tyre 1 to middle | 14. tyre 2 to middle | 25. tyre 1 to end    |
| 4. tyre 3 to end    | 15. tyre 1 to middle | 26. tyre 2 to middle |
| 5. tyre 1 to start  | 16. tyre 5 to end    | 27. tyre 1 to middle |
| 6. tyre 2 to end    | 17. tyre 1 to start  | 28. tyre 3 to end    |
| 7. tyre 1 to end    | 18. tyre 2 to end    | 29. tyre 1 to start  |
| 8. tyre 4 to middle | 19. tyre 1 to end    | 30. tyre 2 to end    |
| 9. tyre 1 to middle | 20. tyre 3 to start  | 31. tyre 1 to end    |
| 10. tyre 2 to start | 21. tyre 1 to middle |                      |
| 11. tyre 1 to start | 22. tyre 2 to start  |                      |

## COMMAND TASK 12 - Through the Hoop

### Equipment

- Gym hoop
- Rope: 3 x 1.5m to suspend and anchor gym hoop  
2 x 10m
- 2 weights to anchor gym hoop
- Plastic bucket with handle removed, weighted with 2-3kg sand
- Line to mark 'out of bounds' area
- One light pole, 1.5-2m long

### Scenario

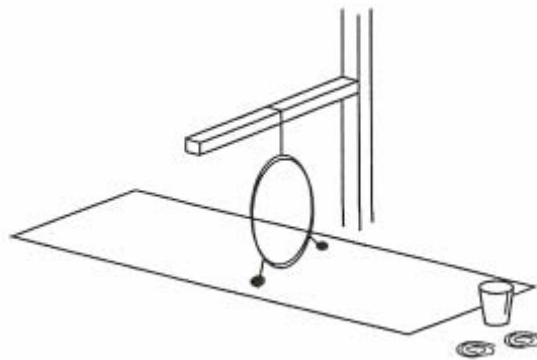
The team have recovered an unknown type of mine which needs to be transported for defusing and analysis. The device cannot be touched and if dropped or knocked is likely to detonate. The ground is rough and wet, and there is thick forest cover. Numerous marshy patches are unpassable. The team must negotiate a particularly thick section of forest whilst transporting the device.

### Aim

To get the device through the gap in the trees without detonating it.

### Rules

- The device must be passed through the gym hoop.
- The marked area is out of bounds, and no team member may enter it.
- The device cannot be touched.
- If dropped or knocked hard, the device will detonate.
- Only the rope may be used to hold the device.
- The rope may not be knotted in any way.
- The team have 20 minutes to complete the task.



## Solution

The pole can be used to pass the end of each long rope through the hoop. The ropes can then be placed either side of the device and twisted together at each end to grip the device, which can then be lifted. The trick is to twist the ends of the rope enough to provide a firm grip, without the rope being so twisted it twists the device itself.

The team can then coordinate to pass the device through the hoop, one end giving rope whilst the other takes in, maintaining tension all the while. The device may gently knock the hoop or floor, but if dropped will explode.

# COMMAND TASK 13 - In the Dark

## Equipment

- Blindfold for each person

## Information

When we communicate, we use many methods to convey information. If we do not use 'technological' methods such as the telephone or e-mail, we usually rely on several methods at once. For example, when speaking face-to-face, we use speech, gestures and body language. In many cases, very little of what we are 'saying' is expressed as words.

This exercise examines how verbal communication is used when other forms are unavailable. It should be carried out with care, as students will be blindfolded throughout the exercise. Students are asked to organise themselves, without being able to see where they, or their companions are.

## Stage 1

- Clear a space free of all obstructions at least 3m square.
- Divide the group into teams of eight, and blindfold all students so they cannot see. Warn the students to move slowly and with care for those around them.
- Ask the teams to arrange themselves in height order, in a straight line. Students can use their hands to gauge whether they are higher or lower than the person next to them.
- The teams should have no more than three minutes to complete the task.
- Now ask the teams to arrange themselves in age order.

## Stage 2

- Mix the teams up so that new teams are created. Ask the teams to arrange themselves in height order again, using only their hands. No talking is now allowed.
- Mix the members of each team up again so that new teams are created, and ask them to arrange themselves in height order without using their hands: they can now only speak.

## Discussion questions

- How much information about your surroundings was lost when you were blindfolded?
- Was communicating verbally easier or more difficult? Why?
- How as a team did you work to complete the task?
- How well did you balance the need to speak and listen?
- How did you communicate when you could not speak?