* **ADMINISTRATIVE & OPERATIONAL PROCEDURES FOR CONDUCTING**

**FORT BLISS FITNESS PROGRAM – SURVIVAL OF THE FITTEST AT THE THUNDER DOME COMPETITION**

**APRIL 22, 2023**

1.**REFERENCES:** a. AR 215-1, Non-appropriated Fund Instrumentalities and, Morale,

Welfare and Recreation Activities, 24 September 2010.

2. **WHAT:** Fort Bliss SFA Fitness Program –Survival of the Fittest at the Thunder Dome Fitness Competition

Individual Competition & Team Competition

3. **WHEN:** 22 April at 0700 to EOE

4. **WHERE:** Turf Field, Stout Physical Fitness Center, Fort Bliss, TX

5. **ELIGIBLITY:** Open to Active Duty, Family Members, DOD/DA Civilians, Retirees, DoD ID Card Holders; must be 18 or older

6. **REGISTRATION: Individual Registration: $15 / Team Registration (2 to 5 members) $15/ea**

Registration is at Soto PFC, Event is at Stout PFC.

7. **SAFETY BRIEF: Main safety brief occurs 30 minutes before the event**

NO EQUIPMENT OR SUBSTITUTIONS ALLOWED

8. **PLAN OF ACTION:** Patrons will set an appointment to perform all exercises of the ACFT-styled relay competition, for the best time.

* Exercises include: trap bar deadlift (15x) into farmers carry, medicine ball toss (25 meters), in/out squat variations (15x) with sled combo (50 meters x 105lbs), hand release push-up (15x) +  ammo can carry combo, chest to ground burpees (15x) +  plank (30s), and 1 lap around the track (for each team member after each exercise). Sandbags will be provided and thoroughly sanitized), all in a relay-styled manner.
  + **Individual Competition:**
    - Individuals will complete all exercises (one right after the other) and then 1 lap around the track (with sandbag) for the fastest time.
  + **Team Competition:**
    - Each person of the team will complete 1 event and then run 1 lap around the track with the sandbag. The time stops when the last member of the team crosses the finish line.
* Example: John Doe performs all 15 reps on the deadlift/farmers carry combo and sprints to sandbag, runs 1 lap with sandbag and returns it to the same place they picked it up from, then they yell their team name and their next teammate starts the exercise, the medicine ball toss. The rest of the exercises will be performed in the same relay style for the remaining team members. Time of completion for the team will be upon the last member of the team completing their 1 lap sandbag run.

Standards for Completion of Events:

* Participants must complete each event with proper form and technique. Grounds for disqualification on events: not completing the event thoroughly, not executing the exercises with proper form, and not completing ALL events. All team members must complete the exercise and 1 lap with sandbag.

Award Categories:

* Individual competition: Overall Male/Female
* Team competition: Overall Team

9**. T-SHIRT SALES:** T-shirt is included with registration fee.

10**. EVENTS**: 15x trap bar deadlift to farmers carry combo, medicine ball toss, 15x in and out squat var

iations to backward sled drag, 15x hand release push-up to ammo can carry, burpees and plank (30s), and 1 lap (0.25mi), all in a relay-styled manner.

11. **EVENT DIRECTOR**: Chastity Jose, 744-5790

**By signing below, you agree to the following:**

* **Hold Harmless/Disclaimer:** *by signing your name on this form, you agree to assume all risks association with the participation in activities led by the Family and MWR authorized fitness instructor. Activities are physically demanding and strenuous, which may result in accident, injury, or other physical harm. Having read this waiver and knowing these facts, I waive and release Fort Bliss Sports, Fitness, and Aquatics and the instructor(s) for all claims and liabilities of any kind arising out of my participation in the class/event.* **The No Refund Policy is as follows: No refunds will be given for any reason at any time, with no exceptions.**

**Patron Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Competition type: Individual or Team (circle one)**

**Time slot: 0700 / 0730 / 0800 / 0830 / 0900 / 0930 / 1000 / 1030 / 1100 / 1130 (circle one)**

**Competition Roster (April 22, 2022)**

**0700**

|  |
| --- |
|  |
|  |
|  |
|  |

**0730**

|  |
| --- |
|  |
|  |
|  |
|  |

**0800**

|  |
| --- |
|  |
|  |
|  |
|  |

**0830**

|  |
| --- |
|  |
|  |
|  |
|  |

**0900**

|  |
| --- |
|  |
|  |
|  |
|  |

**0930**

|  |
| --- |
|  |
|  |
|  |
|  |

**1000**

|  |
| --- |
|  |
|  |
|  |
|  |

**1030**

|  |
| --- |
|  |
|  |
|  |
|  |

**1100**

|  |
| --- |
|  |
|  |
|  |
|  |

**1130**

|  |
| --- |
|  |
|  |
|  |
|  |

**1200**

|  |
| --- |
|  |
|  |
|  |
|  |

**Survival of The Fittest of the Fit Battle at The Thunder Dome //**

**Regulations & Waiver**

**Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Lane #\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(Time Completed)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (FOR OFFICE USE ONLY)**

**Appointment Date/Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Shirt Size: \_\_\_\_\_\_\_\_**

**2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone Number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Shirt Size: \_\_\_\_\_\_\_\_**

**3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone Number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Shirt Size: \_\_\_\_\_\_\_\_**

**4: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone Number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Shirt Size: \_\_\_\_\_\_\_\_**

**5: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone Number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Shirt Size: \_\_\_\_\_\_\_\_**

**By signing below, you agree to the following:**

* **Hold Harmless/Disclaimer:** *by signing your name on this form, you agree to assume all risks association with the participation in activities led by the Family and MWR authorized fitness instructor. Activities are physically demanding and strenuous, which may result in accident, injury, or other physical harm. Having read this waiver and knowing these facts, I waive and release Fort Bliss Sports, Fitness, and Aquatics and the instructor(s) for all claims and liabilities of any kind arising out of my participation in the class/event.*
* **REGISTRATION IS $15 PER PERSON**
* **The No Refund Policy for clothing (if purchased) is as follows: No refunds will be given for any reason at any time, with no exceptions.**

**Guidelines:**

* All COVID-19 protocols will be followed throughout the entire event
* All events will be scored for the best time.
* Scoring officials (designated by the Fitness Director) are the only personnel allowed to record a score.
* Patrons may make appointments to be designated a lane during one of the competition days (23-24 April)
* Appointment hours: 1200-2000 Monday – Friday; 1000-1800 Weekends
* Appointments are unavailable on DONSAs and Observed Holidays

**Team Member Signatures of Acknowledgement and Acceptance on all terms:**

**1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**4: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**5: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**