

Group Obstacle Race (GOR)

Meaning of Group Obstacle Race

This is an outdoor group task also known as the snake race. All candidates are divided into four groups of about 8 to 10 candidates. In this task, the group is made to race against another over a set of 6 obstacles. Whichever group first completes all the six obstacle, wins the race. The group is also required to carry a snake which is actually a tent rolled into the shape of a huge snake (about 6 to 8 ft).



There are certain principles and rules which must be followed by the group as well as the candidates individually. These rules will be explained to candidates by the GTO concerned before the task begins. Whenever there is any violation of rules by the group or individual candidate, the whole group is penalised by the GTO of that group.

Objectives of the Group Obstacle Race

Through this task, following qualities are checked by the GTO :

- Physical and mental toughness of each candidate
- Determination and courage of the candidate
- Attitude of Team spirit
- Attitude towards other group members
- Self-confidence, Cooperation, Adaptability of the situation, Sense of responsibility of the candidate
- Ability to initiate and Interest and enthusiasm of the candidate

Rules and Procedure

1. In any condition, snake should not touch the ground.
2. The snake should be held by atleast 3 persons all the time.
3. Between the obstacles; while starting and finishing; all the members of the group should hold the snake.
4. Never touch the out of bound region on the obstacle. Sometimes, these areas are of red colour.
5. The snake provided to the candidates is to be carried straight without bending or folding.
6. The group always uses the same channel that has been assigned to them.
7. The snake will follow the same path as the group members do.
8. Unless the last candidate in the group has crossed a particular obstacle, the group is not allowed to move on to the next obstacle.
9. You can cheer up your members and use war cry such as Jai Ho Jai Hind, etc for motivating them.
10. Do not shout at or abuse any member in your group.
11. There are penalties for rule violation.



Do's and Don'ts for Group Obstacle Race

Do's

- ♦ **Listen** to the GTO carefully when he is talking about the rules and procedure and follow all the instructions.
- ♦ It is a group task so achievement of the team is more important than an individual. So **think for the group** instead of yours.
- ♦ **Help the heavy members** to cross the wall obstacle.
- ♦ In case anyone from your group breaks the rule, then voluntarily you have to repeat the obstacle according to the rule.
- ♦ Always take calculated risk.

Don'ts

- ♦ **Don't hesitate** to take responsibility.
- ♦ Never go for the next obstacle unless the last candidate in the group has crossed a previous obstacle.
- ♦ **Never try to show off** your individual skill, your effort will always be noticed by the GTO.

Obstacles in Group Race

There are six obstacles in this task.

Their illustration and details are as follows :

Obstacle No. 1 (Ramp and Jump)

- This obstacle is quite simple and easy to cross.
- You have to climb through a plank or ballies with snake and jump to the other side. This is about 4 ft in height.
- Make sure that passing over the obstacle, a minimum of 3 candidates should hold the snake.
- Go for the next obstacle once all the candidates have crossed the first obstacle.



Obstacle No. 2 (Snake Jump)

- You have to make the figure of 8 to use this obstacle.
- The first thing that the candidates have to do here is to get on the middle structure and then go over the top from front side and come back on middle balli from the other side and down to the ground, thus making the figure of 8.

- The snake is also to be carried across the same way.



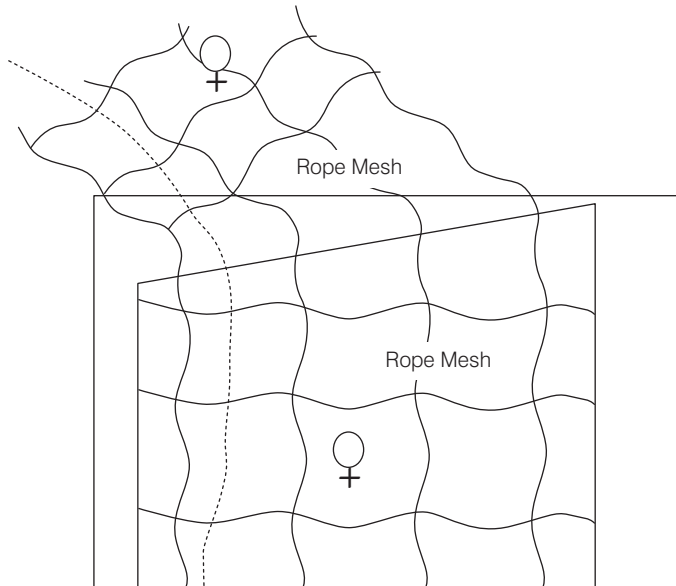
Obstacle No. 3 (Spider Web)

- In this task, there is a high goal post (about 9 ft in height) like structure with a net of ropes tied on both sides.
- All the members of group alongwith snake has to cross this structure.
- Net of ropes will help you to climb the goal post.
- It will be helpful if two candidates sit on the top and assist the passing of the snake to the person on the other side.



Obstacle No. 4 (Double Wall and Balli)

- The structure of this obstacle is like two walls (6 inches and 6 ft in height) joined by a thick balli on top.
- Everyone in the group has to climb the first wall then cross the balli to the next wall then jump on the other side.
- First 3 candidates climb and cross the other side then pass three more alongwith snake and let the snake be taken by the person on the other wall.

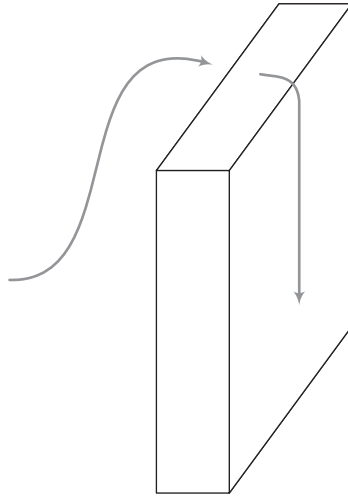


You have to pass through the mesh of ropes without breaking any rule

Obstacle No. 5 (High Wall)

- In this obstacle, there is a 8 ft high wall.
- Here 1 candidate, who is strong build can go up to the wall and stand there, other candidates can go up the top of the wall by climbing on the shoulder of that candidate.

- After reaching the top, this candidate has to help others to climb the wall along with the snake.



Obstacle No. 6 (Ramp and Slide)

- In this obstacle, horizontal ballies are placed on both side of the top of a 7 or 8 ft high pole.
- Every candidate has to climb the horizontal ballies with the help of standing ballies and then slide down to the other side.

