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Individual Obstacles (IO)

As the name suggests, in this task every obstacle is tackled by the candidates individually. This is a set of individual tasks which checks your minimum physical capabilities. These tasks are very basic and do not need any specific physical training. There are total 10 obstacles which you have to complete in 3 minutes. Mark to every obstacle is different. You have liberty to attempt obstacles in your own order. These obstacles carry a total of 55 marks. Obstacles are in an ascending or progressive order, as much as one goes further, the obstacles become more difficult. After completing all the obstacles within the time limit, you can re-attempt the obstacles to gain bonus marks.

Objectives of Individual Obstacles

Through this task, GTO assess the following qualities in the candidates :

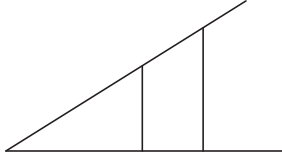
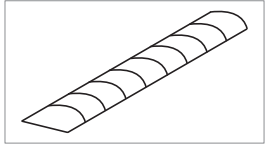
- Physical and mental toughness of the candidates
- Boldness
- Determination
- Confidence
- Courage
- Agility
- Risk taking ability

Rules and Procedure

Following are the rules which the candidates have to follow :

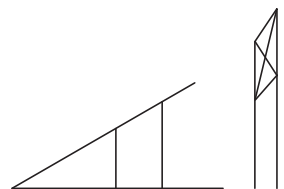
1. Firstly, GTO will take the candidates around and show them the obstacles and explain the rules.
2. To start the task, GTO will blow a whistle and after 2 minutes and 30 seconds, he will blow another whistle. That means, next candidate should be ready for the task.
3. You cannot continue after the final whistle.
4. There are total 10 obstacles and you have 3 minutes to complete it.
5. You cannot repeat any obstacle unless you complete all the obstacles.
6. Once you complete all the obstacles before time, then you are at liberty to repeat as you can add to your score.
7. You are not supposed to see the obstacles when someone else is doing it.

Types of Obstacles

1. **Single Ramp** In this obstacle, there is a standing plank upto a height of 3 ft at one end. You should come running from some distance and run over the ramp and jump on to the sand pit.
2. **Jump Over Barbed Wires** There are two barrels placed one after another. You have to take a long jump and cross over them. Barrels are lengthwise buried on the ground with concertina coil on top across. While jumping over them, you should not touch the barrels. For the lady candidates, a single barrel is placed adjacent to the double barrel. They are expected to jump over the single barrel.
3. **Walking Over a Zig-Zag Beam** In this obstacle, there are 2 to 3 wooden beams placed in a zig-zag manner in a sequence at a height of about 3 ft. You have to climb from one side and cross over and jump on the other side without falling in between.



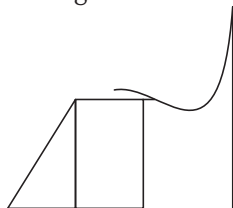
4. **Screen Jump** There is a ramp just like in the first obstacle and from 2 ft away, a screen about 4 ft in height is suspended. You have to come running from a distance, run over the ramp and jump over the screen without touching it.



5. **Walking Over the Parallel Ropes** It consists of two fixed parallel ropes at a height of around 12 to 15 ft above the ground. Both sides have two ladders : wooden ladder and rope ladder. Use wooden ladder to go up and slide your hands on the top rope and slide your feet on the lower rope. After crossing the distance, you can either use wooden ladder or rope ladder to come down. It is very important to keep in mind that unless you have practiced rope climbing earlier, do not use rope to go up because it will swing. Do not look down while moving forward instead, look straight.



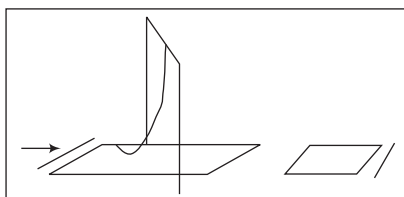
6. **Tarzan Swing** In this obstacle, there is a wooden platform with a ladder at about 8 ft height and at some distance, there is a rope hanging from the top. Once you climb the platform, rope is handed over to you by the grounds man. You should hold the rope tight and as high as possible. Then you have to take a swing and land beyond a particular point without touching the ground. While swinging, you should fold both your legs upward, this way your leg will not touch the ground.



7. **Double Platform Jump** In this obstacle, there are two wooden platforms one is about 8 ft in height and other is about 5 ft. You have to climb on the first platform with the help of ladder or bar, then jump on the shorter platform and finally jump on the ground where there is a pit dug. Always try to land on your toes. This will help you maintain your balance in landing.



8. **Double Ditch** In this obstacle, there are two ditches out of which the first is 8 ft long and the second is 5 ft long. Two ditches have a flat surface in between and a rope is hanging on the middle of longer ditch. You have to come running from some distance, take a jump, hold the rope and swing, land on flat surface in between the ditches. Again take another jump and cross the shorter ditch.



9. **Commando Walk** In this obstacle, there is a raised platform which is about 10 ft in height, 1 ft in width and 10 ft long. There is also a victory stand placed in between the platform. You have to climb on the platform using ladder. Walk on the path and come down from the other side. Do not look down while walking on the platform.



10. **Tiger Leap** In this obstacle, there is a wooden platform with a ladder which is upto the height of about 10 ft. At some distance, there is a rope hanging in front of you. You have to go up to the platform, take a leap and hold the rope and come down. Do not slide your hand on the rope, it will scratch your palm and fingers instead come down slowly.





Important Points to be Kept in Mind

- ♦ It is better for you to **come prepared**. So, before coming for SSB interview, practice running and some physical exercise.
- ♦ You do not have to proceed in a serial wise manner. So make a start from that obstacle which is nearer to you and have maximum mark.
- ♦ Listen to the guidelines carefully.
- ♦ Do not break any rule.
- ♦ If you have to jump from a height, **never jump on one foot**, feet should always be together and toes should touch the ground first.
- ♦ **Decide a good plan** to overcome the obstacles while GTO is explaining the rule.
- ♦ If you fail to tackle an obstacle, do not waste much time to clear it, try next one and after completing all the other obstacles, try again if you have time.
- ♦ **Run fast** between the obstacles.
- ♦ Repeat the obstacles only when all the obstacles are completed successfully.
- ♦ While negotiating the obstacles, **neither show any kind of hesitation** nor stop for a moment before any obstacle.
- ♦ In case, you get a small cut or an injury, do not get worried and continue. After the completion, you will get first aid.