

## **Confidence Course. FAC: 1799**

CATCODE: 179921

OPR: AF/A3S

OCR: NA

Updated 10 Apr 2023

1.1. **Description.** The confidence courses are designed with physical dimensions higher off the ground and with a higher degree of difficulty than obstacle courses. A course with 10 to 15 confidence obstacles is adequate. Obstacles do not have a potential fall distance above 14 feet without use of fall protection equipment. Confidence courses enhance the confidence, mental, and physical abilities of Airmen while cultivating the warrior ethos. Confidence courses are typically constructed from timber on a grass or earth surface. (Also, see **179923 Obstacle Course** and **179922 Leadership Reaction Course**).

1.2. A defined facility standard is not currently available for this CATCode. By default, all requirements are user justified until a standard is established or adopted.