



PHYSICAL AND SAFETY

Safety

The Downrange Advanced leadership experience is incredibly fun. But our first priority as instructors, is keeping you safe. We are quite regimented in our safety procedures. They are not flexible so we ask that you stay vigilant and present. Take care of each other. Stay hydrated. Be aware of where your weapon is pointed at all times. We have a saying Downrange. Stay Alert. Stay Alive.

IMPORTANT: We need to know any allergies or medical conditions you may have so our medic can be prepared. We have an EMT-qualified medic on staff. Water Valley has a direct line to additional EMS and life-flight capabilities. You can rest assured you will be well taken care of in the unlikely event of a medical emergency.



What to Expect Physically

We want to ease any doubts you may have about your ability to meet the physical requirements of this course. So its worth repeating. This is not a boot camp, tough-mudding, carry logs over your head, yell more-loudly so you move more-quicklier course. Most of the physical requirement is walking in moderately challenging terrain. You should be able to walk at least 5 miles a day. We are not climbing mountains but you are in the foothills of the Rockies, so there are some inclines. You can expect some short bursts of running at 1/2 speed during react-to-contact drills. We recommend going to the park and knocking out some wind-sprints to get that muscle group reactivated!

What to Expect Mentally

Downrange is an outdoor 3.5 day shoot-move-communicate course focused on building leadership skill-sets at an elite Special-Operations level. Our servant-leadership model of “my people and my mission before me” is taught and lived by our decorated combat operators from the Special Operations community. We employ the ranger-school doctrine of teaching small-unit troop-leading procedures and mission based planning in a tactical environment. This curriculum is a proven and highly effective process that builds confidence and instills lasting leadership expertise through gradual and incremental levels of difficulty. Crawl. Walk. Run. Unlike ranger school, however, we make sure you are well fed, and well rested!

It's hard to have a testimony without a test. So you will be tested, and because we keep you moving, you will find yourself outside of your comfort zone. This is intentional and beneficial. It is at this point where the leadership challenges of motivating others becomes most apparent. The research is very clear on this. Tired, stressed people are often paralyzed decision-makers and default to doing nothing. But our troop-leading procedures will get you unstuck, and our planning process will work for you. When your turn comes to take charge of your team, you will discover you have what it takes. You will confidently step up to say “follow me”, providing the purpose, direction and motivation necessary to take care of your troops and accomplish the mission. Leading others is the greatest responsibility a person can have. So take that responsibility seriously, and lead well. See you Downrange. RLTW

