



**2023 Apprentice
Layout Insulator Change
Mean Time: 15 Minutes
Drop Dead Time: 18 Minutes**

This is a simulated grounded event and shall be performed in work gloves. Line workers must change out a single-phase insulator installed on a 40' pole. A fiberglass lay-out arm will be utilized to temporarily support the conductor. Prior to ascending the pole, a rope must be thrown between the phase and neutral. The end of the rope shall be tied off to an anchor point using a clove hitch knot.

- A 5-minute setup time will be allowed before starting the event. The throwing rope shall not be prepped for throwing but can be coiled and free of knots.
- Time starts at judge's signal.
- Each Apprentice must make a minimum of three throwing attempts prior to ascending the pole; however, a clove hitch knot shall still be accomplished.
- Once ascending to working height, the Apprentice shall install a fiberglass lay-out arm, untie the conductor, and transfer the conductor to the lay-out arm.
- The insulator shall be removed and raised above worker's head and shout "New Insulator".
- Once the new insulator is installed, the Apprentice shall transfer the conductor to the new insulator, tie it in, remove the lay-out arm and descend the pole.
- Time stops when Apprentice touches the ground.
- Apprentices are responsible for operating their own hand line.