

Firefighter Challenge of the Fittest

Treasure Coast Public Safety Training Complex

Friday, June 24th

Check-in: 8 a.m.

Start Time: 9 a.m.

Coordinator: Jim Parent, bullfire107@yahoo.com

This competition is a demanding, 5-event, physical challenge for firefighters to compete for the fastest time. Events include a stair climb with a high-rise pack, hose hoist, forcible entry, hose advance, and a victim rescue. Competitors must finish the event under six minutes and without running out of air.

Team members will pass off the flashlight between events. Each member must complete at least one event on their own. Individual and team competitors will compete first with a short break, followed by relay teams. Awards will be given out after all competitors are completed.

Equipment

SCBA must be worn by all participants in the individual and team categories (The face piece will not be worn for the relay teams). All competitors must compete in their own protective equipment PPE (i.e., turnout gear - helmet, coat, pants, gloves and boots) must be serviceable (i.e., without holes, or excessive wear), approved for structural fire fighting consistent with NFPA 1971 standards in effect at the time of manufacture. Hoods, face shields and earflaps are not required. Articles of turnout gear and SCBA must not be removed or lost, and worn correctly during the competition. If dropped, they must be retrieved and correctly replaced by the competitor before continuing. Non-retrieval results in disqualification. Competitors found to be non-compliant either during or after a competition will be disqualified and their time nullified. Questions about the suitability and compliance should be directed to the Course Marshal prior to racing. Duct tape or other visible modifications are not permitted. Coats, jackets and pants must be properly sized and cover the area of intended protection. Collars must be showing (not tucked in). Jackets shall be appropriately closed throughout the race. Structural boots must have a steel sole/shank and toe (or meet NFPA 1971 protection requirements), including a distinct heel breast (of not less than 90° or more than 135° of not less than 1/2 inch or more than 1 inch) and a vapor barrier. Gloves likewise must be designated for structural fire suppression and bear an NFPA-compliant label. Officials may inspect all gear prior to participation. Their decisions are final. Competitors who leave their personal gear at the event may have it shipped to them at cost.

EVENT 1 High-Rise Pack Carry

The competition starts at the base of the tower. The hose pack cannot be touched before the start. The 3" (7.62cm) hose load and cover (42 lb.; 19kg) may be carried in any manner and must be deposited into the container on the top floor with no part of the pack touching the deck. One foot must be on the top deck before dropping the high-rise pack. A 2-second penalty will be assessed for either infraction. If a competitor misses the box, s/he may correct the position, but only before starting the next evolution. The high-rise pack may not be used as a step. A disqualification will be imposed for this infraction. The hose load must stay on the top platform. The competitor is disqualified if the high-rise pack falls off the tower. The handrails may be used in climbing the tower. Steps may be taken in multiples on the way up.

EVENT 2 Hose Hoist

A 42-lb. (19kg) donut roll of large diameter hose and 5/8" (16mm) kernmantle rope is used for this

event. The competitor is not allowed to stand on anything other than the top platform while hoisting. The evolution is complete when the roll clears the railing at the top of the tower and is placed in the container on the top floor. The donut roll must ascend; loss of control (i.e., slippage of more than one balcony) will result in disqualification. Proper placement is on, or in the container with no part of the donut touching the deck. A 2-second penalty will be assessed for this infraction. The donut roll must stay on the top platform. Disqualification results with any loss of control of the donut roll, including it falling off the tower, rolling down the stairs or interfering with the adjacent competitor. If the competitor trips on the hoisting rope, s/he is responsible for any additional penalties. This task must be completed before 3 minutes has elapsed or a disqualification will result. A fallen donut roll may not be retrieved. Descending the tower, every step must be contacted and the handrail grasped. Failure to touch each step on the descent will result in a 2-second penalty per infraction.

EVENT 3 Forcible Entry

The forcible entry evolution utilizes the Keiser Force Machine (a chopping simulator). Using the 9-lb. (4kg) shot mallet provided, and with both feet on the diamond plate surface, the competitor must drive the sled; a 160-lb. (72.5kg) steel beam a horizontal distance of 5-ft. (1.5m) Pushing, raking or hooking the beam is not allowed; only the head of the mallet is allowed to strike the beam. The handle must not come in contact with the beam at any time. The upper edge of the beam will be covered with pressure sensitive material, making infractions visible by a mark on the top edge of the beam. A 5-second penalty is assessed for each infraction after the first handle strike. Both hands must be above the tape mark on the handle (12-in. [30.5cm] from the top [head] end) at the point of impact. A 2-second penalty is assessed for every inch (2.5cm) or fraction thereof that the sled is short of the end of the tray. Any part of the hammer must be placed on the designated 3-ft.x4-ft. (84cm x 121cm) mat. Contacting the mat is defined as the hammer being in contact with the imaginary plane that extends vertically from the border of the mat. A 2-second penalty is assessed for this infraction.

EVENT 4 Hose Advance

The competitor must negotiate the 140' (42.6m) slalom course without missing or knocking over any delineator (including the target); doing so will result in a 5-second penalty for each infraction. The competitor must pick up the nozzle end of the 1 3/4"; (4.45cm) charged hose line, forward of the taped stripe 6' (1.8m) from the nozzle and drag it a distance of 75-ft (22.8m). Once the nozzle penetrates the swinging doors (i.e., crosses the threshold 75-ft. distant), the competitor opens the nozzle, hits the target with the water stream, shuts down the nozzle and places the nozzle on the pavement. A failure to advance the hose a distance of 75-ft. will result in a 10-second penalty. The nozzle must not be opened before engaging the swinging doors. A 2-second penalty will be assessed for this violation. Failure to drop the target will result in a 10-second penalty. If the nozzle is not shut before it is placed down, the competitor must go back and close it. If the Course Staff is required to shut off the nozzle, a 2-second penalty will be assessed. If the nozzle opens after hitting the ground, there is no penalty and the competitor can continue to the victim rescue evolution.

EVENT 5 Victim Rescue

A 175-lb. (79.4kg) Simulaids, Inc., Rescue Randy® mannequin must be lifted and dragged backwards a distance of 100-ft (30.5m). Carrying the dummy is not permitted. If any competitor crosses the course center delineator (i.e., goes out of lane), a 5- second penalty will be assessed for each infraction. Any contact with the opposing competitor will result in disqualification. The mannequin must not be grasped by its clothing or appendages. Time stops when the competitor and victim completely cross the finish line. In the event of a fall or dropped mannequin, the competitor has 20 seconds to resume advancing the dummy. The Course Marshal, at his sole discretion, may stop any competitor who in the official's

opinion creates or is in a dangerous, unsafe or stressful condition. Spiking the dummy at anytime will result in disqualification. Spiking is defined as any elbow movement other than extension while releasing the dummy.

Penalties

- High Rise Hose Pack Placement (in box): 2 seconds
- Premature release of high-rise pack: 2 seconds
- Donut Roll Placement: 2 seconds
- Skipped Step (tower descent): 2 seconds
- Keiser Force Machine Foul: 5 seconds per misstrike (after the first)
- Failure to finish Forcible Entry: 2 seconds per inch or fraction thereof
- Hammer Placement: 2 seconds
- Knocking over or missing delineator: 5 seconds per occurrence
- Failure to Advance Hose 75-ft.: 10 seconds
- Early nozzle activation: 2 seconds
- Failure to close nozzle: 2 seconds
- Failure to Activate Target: 10 seconds
- Out of Lane: 5 seconds per occurrence

Disqualification

- Failure to show
- Altered Turnout Gear
- Double false-start
- Standing on hose pack
- Loss of object from tower
- Skipped event
- Disrupting the competition
- Unsportsmanlike behavior (i.e., throwing gear)
- Interference on the course
- Unauthorized personnel on the course
- Failure to finish in 6 minutes
- Spiking the dummy

Categories

The categories are consistent with Law Games age groups for individual competitors. Teams may be made up of 3 to 5 members, the fastest 3 times will be combined for the team time. Teams can be male, female or co-ed and do not conform to age groups.