

# **FIRE FIGHTER FITNESS CHALLENGE#6**

The Fire Fighter Fitness Challenge is a continuous physical relay event that fire fighters throughout the world participate in and try to complete with the fastest time. The competition consists of fire fighting & rescue related tasks that simulate what a fire fighter could be expected to carry out on any given shift.

The primary purpose for the **FIRE FIGHTER FITNESS CHALLENGE#6** is to promote physical fitness, an essential part of structural fire fighting and boost the morale & enthusiasm of the Goa State Fire & Emergency Services Personnel.

The Competition events include;

- 1. Victim Search & Rescue, using Self Contained Breathing Apparatus Set (SCBA)**
- 2. 2 Men Stretcher Lift,**
- 3. Tower Climb with Hose Hoist,**
- 4. Fire Extinction,**
- 5. Obstacle Course & Hose Advance.**

## **INTRODUCTION**

The Teams competing shall wear their own personal protective equipment turnout gear. PPE issued by the Department i.e Safety Helmet, Two Piece Fire Retardant Suit, Safety Gum boots, Safety Gloves, Leather Waist Belt. The Event Referee has the right to disqualify any Team for wearing soiled/ worn out gear prior to start of the event.

The Team Captains (Station Fire Officers/ Officer –In-Charge of Fire Stations) shall ensure that they utilize the equipment/apparels from their own Fire Stations for the event i.e SCBA Set, Delivery Hose & Short Branch, Sports Training Bibs issued to Fire Station.

The Team Captains shall ensure that the individual competitors display professional etiquettes & decorum and shall also ensure that proper drill techniques are adopted while competing individual events.

The Challenge is timed from the start of the First event to the end of the Fifth event. Competitors must complete the Five events expeditiously. Since this Challenge is extremely physical the Training Instructor may end a competitor's run if they see the competitor is risking their own health.

## SEQUENCE OF EVENTS

**START:** CREW FALLS-IN AT DESIGNATED STAGING AREA.

**COMMAND:** FOR 6 MEN FITNESS DRILL CREW READY! *FF No. 1...Ready Sir...!*

**(WHISTLE: TIMER STARTS)** Qualification Time 5 mins.

### I. EVENT 1: VICTIM SEARCH & RESCUE WITH SCBA.

1. *On blow of Whistle by Event Referee the FF No. 1 will Don the Breathing Apparatus Set. FF No. 2,3,4,5 & 6 will run to designated relay locations.*
2. *FF No. 1 will wear the Facemask and pick up the baton. FF No. 1 will enter the Smoke Simulation Chamber and search for the Victim (25kg dummy) and Rescue the same with Firemen Lift from the first level of Smoke Simulation Chamber.*
3. *FF No. 1 will place the Victim (25kg dummy) on the spine board stretcher and will hand over the baton to FF No 2.*
4. *FF No. 1 will run and fall-in at Start location.*

### II. EVENT 2: STRETCHER LIFT.

**A 60 kg. Victim (60kg Dummy) must be lifted and transported to distance of 50 meters. The Victim (60kg Dummy) must not be grasped by its clothing or appendages. Dropping the stretcher or Victim (60kg Dummy) disqualifies the Team. The Competitor should completely cross the designated finish line carrying the stretcher.**

*FF No. 2 & FF No. 3 will lift the Stretcher with the Victim (60kg Dummy) till the finish line and handover Baton to FF No. 4.*

### III. EVENT 3: TOWER CLIMB WITH HOSE HOIST.

**Competitor Ascends the Drill Tower with Extension Ladder already pitched. From the top of the tower, using a hand over hand motion, pulls on a 16mm nylon rope to hoist up a 20 kg coiled Delivery Hose. This evolution is complete when the hose roll clears the rail and is kept on the second floor of**

**the Drill Tower. The competitor then descend the Extension Ladder.**

1. **FF No. 4** will ascend the extension ladder, and hoist up a 20 kg coiled delivery hose from the top of the tower using a hand over hand motion pull on a rope. **FF No. 4** will descend from the ladder. **FF No. 2 & FF No. 3** will assist in holding the ladder while ascending and descending.
2. **FF No. 4** will handover baton to **FF No. 5**.
3. **FF No. 2, FF No. 3 & FF No. 4** will run and fall-in at Start location.

#### IV. EVENT 5: FIRE EXTINGUCTION.

**Extinguishing the fire using First Aid Portable Fire Extinguisher simulated in the fire trainer.**

1. **FF No. 5** will run with a First Aid Portable Fire Extinguisher ABC Type and attempt to extinguish the fire simulated in the fire trainer.
2. Once the Fire is Extinguished **FF No.5** will run and handover baton to **FF No. 6**.
3. **FF No. 5** will then take position at Hydrant point negotiating the slalom course (safety cones placed in a winding pattern) without missing or knocking over any safety cones.

#### V. EVENT 5: OBSTACLE COURSE & HOSE ADVANCE.

1. **FF No. 6** will run with one delivery hose & short branch to the hydrant point.
2. **FF No. 6** must negotiate the slalom course (safety cones placed in a winding pattern) without missing or knocking over any safety cones.
3. **FF No. 6** will layout the Delivery Hose and connects the short branch.
4. **FF No. 5** will operate the Hydrant.
5. **FF No. 5 & FF No. 6** will makeup the delivery hose after hitting the target and return back to the hydrant point to keep the delivery hose and short branch.
6. **FF no. 5 & FF No. 6** will run and fall-in at START location and hands over baton to Event Referee. (**TIMER STOPS: WHISTLE BLOWS**). End of Combat event.

✓ **BATON:**

The baton must be in the possession of the team member performing an evolution. The baton passing must be hand-to-hand, and a clear transfer must occur. Competitors may elect to put the baton down after an exchange but the same competitor must pick up the baton before advancing. Loss of control of the baton (such as forgetting to pick it up) will stop the team's forward progress until the member completing the evolution regains possession.

✓ **FIRE FIGHTER FITNESS CHALLENGE#6 DISQUALIFICATION**

**SUMMARIZED;**

1. Improper Drill Techniques.
2. Altered/worn out turnout gear.
3. Dropping the dummy/ stretcher.
4. Skipped event.
5. Unsportsmanlike/ abusive behavior (i.e., throwing gear).
6. Failure to retrieve dropped equipment.
7. Failure to pass the baton.

The Event Referee will resolve all disputes regarding disqualifications. Protests must be filed immediately with the Event Referee, before the next Team advances on the course track. All Event Referee decisions are final.

✓ **FIRE FIGHTER FITNESS CHALLENGE#6 FIRE PERSONNEL, EQUIPMENT & FIRE APPLIANCE REQUIREMENTS;**

**a. Fire Personnel:**

1. Event Referee (Divisional Officer for South Zone, Dy. Director(Fire) for North Zone and Asst. Divisional Officer for Central Zone ) with stop watch.
2. Event Asst. Referee (Station Fire Officer) with standby stop watch.

3. 6 nos. Training Instructors, each deputed near the Smoke Chamber, on the Drill Tower, to operate the Fire Training Simulator, on the event course track, assist Event Referee and Asst Referee.

**b. Equipment:**

1. 2 nos. Stop Watches.
2. Training Sports Bibs with nos 1 to 6 printed on the back and front for Fire Station personnel competing under each Zone. (North- Red, South-Yellow, Central: Orange).

**Sample Design of BiBs**



3. Training Sports Bibs with “**Event Referee**” & “**Event Asst. Referee**” printed on the back and front for the Event Referee & Event Asst. Referee (White).
4. Training Sports Bibs with “**Training Instructors**” printed on the back and front for the Training Instructors (Blue).
5. 2 nos. Batons for the relay.
6. 15 no. Safety Cones to simulate the slalom course.
7. Fire Training Simulator.
8. 15 nos. First Aid Portable Fire Extinguishers ABC Type 4kgs capacity.
9. 1 no. Dummy (25kg weight) for Search & Rescue event in Smoke Simulation Chamber.

10. 1 no. Dummy (60kg weight) for 2 men Stretcher Drill.
11. 100 nos. Abrasion Resistant Gloves for competitors.
12. 2 nos. spine board stretchers.
13. 2 nos. 15 mtrs. x 16 mm nylon rope for hoisting.
14. 2 nos. Delivery Hose 25 kgs. for hoisting.
15. 2 nos. Mega Phones.
16. 10 nos. VHF Wireless Handheld Sets for communication between Event Referee, Asst Referee, Training Instructors and Fire Appliance.

**c. Fire Appliance:**

Water Tender with Sub Officer, Leading Firemen and Driver Operator to charge the Hydrant line for Hose Advance.

FIRE FIGHTER FITNESS CHALLENGE#6 COURSE TRACK AT FIRE FORCE TRAINING GROUND

