

Toughest Firefighter Alive (TFA-SA) 2023 5 to 7 October 2023

There are approximately four weeks left before the eighth running of the official 'Toughest Firefighter Alive South Africa (TFA-SA)' Open challenge, which will be held in Mossel Bay from 5 to 7 October 2023.

A total of 150 fire fighters have registered for the event to date with the closing date for registration moved to 15 September 2023.

This year's competition promises to be more competitive due to the better being better prepared for the event. Individual, team, relay, best newcomers are the categories that the entrants will be vying for. All participants are encouraged to register before the deadline to avoid missing out on South Africa's premier Firefighter competition!

Description of the stations, rules and regulations

Self-contained breathing apparatus (SCBA) will be used off air with the cylinders closed minus face masks, for the circuit. The competition will consist of four stages, with each stage being timed separately for each competitor. The total time will consist of the combined times of all four stages with the lowest combined times being the winner.

Competition gear: Fire-approved fire helmet, fire tunic, fire boots and fire fighting gloves. SCBA to be supplied by the organisers.

Stage 1: Hose advance and make-up

Dress: Fire helmet, fire tunic, fire boots, fire fighting gloves and SCBA set donned, off air. The contestant starts by proceeding to pick up the nozzle end of two lines consisting of 3x 30m x 65mm uncharged lengths each and extend the two lines over a distance of 75-80m to a designated area and place both branches over

the demarcated line. The contestant then proceeds to run 10-20 metres to make up 2x 25m lengths of hose. The two length hoses will then be made up, each in a single roll and placed fully in the box provided with no portion of the hose hanging out. 10 second penalty will be incurred per hose not placed fully in box.

Stage 2: Obstacle course

Dress: Fire helmet, fire tunic, fire boots and fire fighting gloves, SCBA set donned, off air. Run 10m from start line to hammer at the Keiser Force machine, pick up hammer and hit the block (+/- 72,5kg) horizontally over a distance of 1,5m to the finish mark. Put down hammer in demarcated area. Run towards the start of dummy (+/- 80kg) and drag the dummy backwards for 70m turning at 30/40m to and around the marker cone, returning and dragging the dummy back over its original position. Run 20m and pick up 2x 20kg containers and run 10m with the containers to a 10-20m tunnel and go through it, then run around marker cone 10m away and come back through tunnel and return container to its original position 10m away. The breathing apparatus backpack and cylinder is to be removed and placed on a platform. The contestant will then run to the three-metre high wall and climb over the top, using the rope provided, if needed. Once on top of the wall, the contestant will drop from the top of wall onto the crash mat. The time will be stopped after jumping from the wall into the mat.

Stage 3: High rise pack carry and hose hoist

Dress: Fire helmet, fire tunic, fire boots and fire fighting gloves, harness and SCBA set donned, off air. Run 10m and carry a ladder to a designated area and pitch it, repeating this with the second ladder. Run to the marker/cone pick up the 1x 20kg)

foam container and climb the tower, using the stairs until you reach the top. The contestant is allowed to ascend by two or more steps at a time. Place the foam containers in the designed area. Attached sling to the harness and using the rope, haul up the two hoses (20-25kg) over the top railing of the tower and place them on to the landing in the designated area. Pick up and carry the foam containers downwards, descending one step at a time down, to the ground floor and place down the containers in the designed area. Run 10m to the ground monitor and attach the nozzle. Run 10m and cross the finish line.

Station 4

The final station will comprise of a beach run approximately 600m in the vicinity of De Bakke.

Team relay

There will be a team relay event, time permitting, and each team will be made up of four members. Team may be made up of fire fighters from different departments. A female team may not consist of any male member but a 'male' team may include female members. A male team of three male members consisting of one female member will be considered a male team. The four stages of the relay event will correspond with the individual stages.

Individuals and corporates are encouraged to support this event aimed at enhancing service delivery through fitter, stronger fire fighters, build community relations, motivate fire fighters and restore local and national pride in the fire services.

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[Registration form](#) ▲



TOUGHEST FIREFIGHTER ALIVE SOUTH AFRICA

Open challenge

5-7 Oct 2023



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