



# Toughest Firefighter Alive 2019



## Description of the stations, rules and regulations

SCBA will be used on air only for Station 1 and off air with the cylinders closed minus face masks, for the remainder of the circuit, Stations 2, 3 and 4.

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.

Competition dress: Fire helmet, fire tunic, fire boots and firefighting gloves. Equipment: SCBA will be supplied by the organisers.

### Station 1: Hose make-up and advance

Dress: Fire helmet, fire tunic, fire boots and firefighting gloves SCBA set donned and on air.

1. The contestant starts by proceeding to pick up the nozzle end of a 30m x 65mm charged line and extend the line over a distance of 22,5-28m to a designated area;
2. Once the designated area has been reached, the contestant will return the nozzle back to the starting area and place the branch securely in the designated holder;
3. The contestant then proceeds to run 10 -20 metres to make up 2 x 20m lengths of hose.
4. 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.
5. Once the hose has been securely placed in the boxes, the competitor will run 10m to finish and the time will be stopped.

#### Penalties:

- a. It is for the umpire to decide if the make-up was done properly;
- b. 10 second penalty per hose not placed fully in box;
- c. Target must be reached to avoid 12 second penalty; and
- d. 10 second penalty per hose if the hose is not placed securely in box.
- e. The contestant will be allowed to continue.

### Station 2: Obstacle course

Dress: Fire helmet, fire tunic, fire boots and firefighting gloves SCBA set donned and off air.

1. 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 line. Put down hammer in demarcated area.
2. Run 20m and pick up designated container. Run 10m to a 10-20m tunnel and go through it, then run around marker cone 10m away and come back. Run 10m back through tunnel and return container to its original position 10m away.
3. Run towards the start of dummy (+- 80kg) and drag the dummy 30/40m to the marker cone, go around the marker cone, returning and dragging the dummy back over its original position.
4. The contestant will then run to the 3m wall, slip off the breathing apparatus and climb over the top, using the rope provided, if needed.

5. Once on top of the wall, the contestant will drop from the top of wall onto the crash mat.
6. The time will be stopped after jumping from the wall into the mat.

**Penalties:**

- a. The participant has to hit the block on the Keiser Force machine with both feet on the platforms on either side of the block;
- b. Pushing, raking or hooking the beam is not allowed; the handle of the mallet is not allowed to touch the beam at any time as only the head of the mallet is allowed to strike the beam. A 5 second penalty is given for each infraction;
- c. Both hands must be between the tape marks of the handle;
- d. A five second penalty for every 2,5cm or fraction thereof that the sled is short of the end of the tray;
- e. Any part of the hammer must be placed on the designated 122cm x 91cm mat or a 5 second penalty will be incurred;
- f. When proceeding through the tunnel, it is not allowed to throw the container through the tunnel, the competitor must keep contact with it (5 second penalty);
- g. The 80 kg dummy will be carried or dragged backwards over a distance of 60-80m.
- h. The contestant will be allowed to continue.

**Station 3: High rise pack carry and hose hoist**

1. Run 10m and carry a ladder to a designated area and pitch it, repeating this with the second ladder.
2. Run to the marker/cone pick up the 1 foam containers and climb the tower, using the stairs until you reach the top. Place the foam containers in the designated area.
3. Using the rope, haul up the two hoses (+- 20kg) over the top railing of the tower and place them on to the landing in the designated area.
4. Pick up and carry the foam containers, down the stairs, one step at a time to the ground floor and place down the containers in the designated area.
5. Run 10m to the ground monitor and attach the nozzle. Run 10m and cross the finish line.

**Penalties:**

- a. The handrails may be used in climbing and the competitor may go up the tower using multiple steps;
- b. One foot must be on the top deck before releasing placing the drums; a 5 second penalty for each infraction;
- c. The competitor is not allowed to stand on anything other than the top platform while hoisting (disqualification for any unsafe act);
- d. For safety reasons the contestant will not be allowed to stand on the rope when hoisting up the two hoses. One warning will be given then the contestant will be stopped and given the maximum time including penalties;
- e. Proper placement is on or in the container with no part of the hose touching the outside of the box. A five second penalty for not placing the hose correctly;
- f. The hose must ascend: loss of control such as the slippage of more than one balcony; falling off the tower; rolling down the stairs; interfering with the adjacent competitor;

will result in disqualification (as observed by a course official). A fallen hose may not be retrieved.

- g. Descending the tower, every step must be contacted. Failure to touch each step on the descent will result in a five second penalty per infraction;
- h. Any contact that effects the other competitor may result in a penalty or disqualification.
- i. The contestant will be allowed to continue.

#### **Station 4:**

The final station to embark up the 23 floors of the Civic Centre.

#### **Summary of penalties**

##### **Station 1**

- 10 seconds per hose not placed fully in box

##### **Station 2**

- Not hitting beam correctly 5 seconds per infraction
- 5 seconds penalty per 2,5cm or fraction thereof that sled is short of tray
- 5 seconds penalty hammer not place correctly in designated mat
- 5 seconds penalty for throwing drum in tunnel

##### **Station 3**

- 5 seconds penalty placing drum before one foot on top platform
- Contestant must stand only on the top platform to hoist hose and is not allowed to stand on rope when hoisting
- 5 seconds for a part of the hose being out of the box on the top platform
- Disqualification (maximum penalty) hose dropping more than one floor, hose rolling/falling down tower interfering with adjacent competitor
- 5 seconds per step missed on decent down tower

##### **Team relay**

1. There will be a team relay event, time permitting and each team will be made up of 4 members. Team may be made up of fire fighters from different departments.
2. A female team may not consist of any male members but a 'male' team may include female members. A male team of 3 male members consisting of 1 female member will be considered a male team.
3. The four stages of the relay event will correspond with the individual stages.

##### **General rules**

1. All individual competitors and relay teams will only be allowed one attempt at the circuit. A relay team may not have two or more competitors who have competed for another team in the same category;
2. Males must complete each station in less than four minutes, females must complete each station in less than five minutes;
3. If these times are exceeded, the umpire will stop the competitor and time recorded on the score sheet will be a time of four minutes plus four minutes' penalty time (males)

and five minutes plus four minutes' penalty time. The competitor will be allowed to continue.

4. If a competitor does not complete any of the stations the time recorded on the score sheet will be four minutes plus four penalty minutes taken. The competitor is allowed to continue.
5. If any station is not completed correctly, it is handled in the same manner as point 2.

### **Generic regulations**

1. In order to avoid any delays in the timetable, participants must register at the competition office no later than 1 hour before their start.
2. NFPA standard structural fire-fighting gear must be donned for the competition, with the exception of flash hoods, with gloves to be carried on person. Rescue gloves are allowed. NFPA approved Structural or Bush Fire boots covering the ankles, with steel toe cap may be worn subject to inspection.
3. Participants must ensure they bring their own fire-fighting gear, as only the BA sets will be provided.
4. The competitor is issued a breathing apparatus at the start of station 1.
5. The competitor must ensure that their breathing apparatus is carried by themselves to the next station
6. If the competitor misses a station he will get a time of four minutes for that station plus a penalty of four additional minutes (eight minutes in total) for that station. The competitor is allowed to continue.
7. If a competitor arrives late for their start at a station, the time recorded for that station is from their original designated start time, plus their actual recorded time.
8. Every competitor will have an attendant who will accompany them for the duration of the competition. The onus on the competitor, not attendant to be at their start point at the relevant times.
9. There will be a course marshal and a timer throughout the event, and any and all decisions made by them are final. In extreme cases, the Chief Judge may be called to rule on a decision. **ONLY VIDEO EVIDENCE THAT DISPLAYS THE STAGE IN ITS ENTIRETY WILL BE ACCEPTED AS SUFFICIENT PROOF FOR TIME QUERIES.**
10. Each station starts 10 minutes after the previous one which should in theory give around 5 minutes' recovery time between stations. A competitor who has completed all stations correctly and within the relevant time limits will have an advantage in the final count.
11. The competitor with the shortest accumulated time for all four stations will win the competition.

The Judges reserves the right to additionally penalise or disqualify competitors who they feel is strategically not completing stations to save themselves for next stage.