



FIRE AND RESCUE
INTERNATIONAL

TFA - Toughest Firefighter Alive South Africa Open 2019 – 6TH Edition

Date: 20 and 21 September 2019

Venue: Roeland Street Fire Station, Cape Town

Registration from: 15 March 2019 until 10 September 2019

Registration details: Toughest Firefighter Alive

1. Participants must produce their original ID or driver's license to verify their age.
2. The event is purely voluntary and therefore all participants will have to sign a waiver of liability form, indemnifying the Cape Town Fire Department against any adverse events that might occur as a result of their participation.
3. All those wishing to compete in the event must complete a signed indemnity form before or on the day of competition.
4. The entry fee will be as follows:
 - Individual: R110
 - Team: R440
5. Only one person is allowed on the course to accompany the participant. Exceeding this number will be grounds for disqualification of the participant, due to unruly teammates or family members/friends.

Category registration

- a. Individual Age Categories (as on day of TFA competition)
- b. Men's Individual Open (18~29 years)
- c. Men's Individual Senior (A) (30-34 years)
- d. Men's Individual Senior (B) (35~39 years)
- e. Men's Individual Master (A) (40~44 years)
- f. Men's Individual Master (B) (45~49 years)
- g. Men's Individual Grand Master (A) (50 years and over)
- h. Women Individual Open (18~29 years)
- i. Women Individual Senior (A) (30~34 years)
- j. Women Individual Senior (B) (35~39 years)
- k. Women Individual Master (40 years and over)

Relay team categories (Best time wins)

- a. Male Open
- b. Female Open
- c. Male over 40

Relay event: individuals from different regions are allowed to enter as a team

For the relay male over 40 event, all the team members have to be over 40 years