



FIREFIGHTING

General Overview:

- Skills performed while donned in full turnout gear (helmet, bunker coat, bunker pants, Nomex hood, structural boots, structural gloves) **THIS IS A TIMED EVENT AND THE SCORE WILL BE ADDED TO THE OVERALL SCORE!**
- No running between skills. Participant may walk as quickly as they would like, but no running.
- When moving between skills the participant must stay outside the yellow line.
- Time starts when the participant crosses the threshold of the rope tower and ends when the dummy is fully past the end line.
- Six skills elements completed in order
 - Stair Climb: While carrying 1 section of high-rise hose and a set of "irons" traverse stairs to floor 4 then back to the ground level. Participant may skip stairs going up, but must hit every step when coming down. Once outside the structure the participant places the equipment on the ground.
 - Kaiser sled: Utilizing provided maul, participant makes one pass of the Kaiser sled.
 - Bear crawl: Participant completes a bear crawl one length of the Conex box (40 feet)
 - Hose pull: Participant stretches a charged hose line to a predetermined spot designated by a cone (approx. 75 feet)
 - Ladder Throw: Participant throws a 24-foot extension ladder to the D-side of the structure to a working angle.
 - Victim drag: Participant drags victim approx. 50 feet to a predetermined end spot designated by a cone.

Our benchmark for the Recruits is under 6 minutes. With regards to scoring, I think it would be safe to say that would be the starting value for your point system:

- 00:00 - 06:00: 70 points

- 06:01 - 06:30: 65 points
- 06:31 - 07:00: 60 points
- 07:01 - 07:30: 55 points
- 07:31 - 08:00: 50 points
- 08:01 - 08:30: 45 points
- 08:31 - 09:00: 40 points
- 09:01 - 09:30: 35 points
- 09:31 - 10:00: 30 points
- 10:01 and over: 25 points

This contest will be held at the Fire Safety Center, 927 S. Birdneck Road, Virginia Beach.

Bussing will be provided.