

**BORDER
CHALLENGE**

2017-2018

COMPETITIVE EVENTS

**Firefighter
Physical Agility
Course**

LIMITS: 2 Male and 2 Female per school

Firefighter Physical Agility Course

PURPOSE: To encourage public service students to develop physical coordination and endurance by participation in a physical agility course this simulates physical tasks that a firefighter may encounter in an emergency situation.

COMPETITION

LIMITS: 2 male and 2 female students per school.

DESCRIPTION: Prior to each contestant starting this event, the judge will ensure that the competitors are appropriately dressed with personal protective equipment which includes helmet, gloves, tennis shoes, shorts, t-shirt and weighted vest. The contestant may use equipment shared by another school providing that both schools are in agreement. Claims of improper fitting gear will not be an alibi and all gear must be worn throughout the event.

EVENT 1: Hose Drag

This event uses 200 feet of uncharged 1.5 or 1.75 inch fire hose with a hose line. The hose line is marked at 8 feet past the coupling on the nozzle side to indicate the maximum amount of hose that may be draped across the shoulder or chest.

- (a) Contest begins with the **participant** standing at the starting line with the hose draped over their shoulder or across the chest and holding a baton, not exceeding the 8 foot mark.
- (b) A timekeeper will give the start signal and will start the time clock.
- (c) Contestant will drag the hose 125 feet to a pre-positioned mark, make a 90 degree turn around a fixed object such as a barrel or fixed pole, and continue an additional 30 feet to a marked box with finish line. Contestant may run during the hose drag **ONLY**.
- (d) Contestant will stop within the marked box, (not stepping out any lines marking the box) drop to at least one knee, place the baton on the floor and pull all of the hose line until the hose line's last coupling crosses the finish line.
- (e) The **participant** must walk to the next event.

EVENT 2: Equipment Carry

This event uses two pieces of fire equipment weighting approximately 20 – 40 pounds each that replicate equipment used on a fire truck.

- (a) Participant will remove the 2 pieces of equipment (one at a time) from a simulated tool cabinet and place them on the ground.
- (b) Participant will then, pick up both pieces of equipment, one in each hand, and carry them, while walking a designated distance of 75 feet, around a mark and back to the starting point. Participant is permitted to place the equipment on the ground and re-adjust their grip during the course if necessary.
- (c) Upon return to the simulated tool cabinet, place the equipment on the ground.
- (d) Participant will then pick up each piece of equipment separately and replace it on to the simulated cabinet.
- (e) When Equipment Carry is completed participant will walk to the next event.

EVENT 3: Victim Rescue

This event uses a weighted mannequin that must be dragged to a specific location.

- (a) Participant will grasp a weighted mannequin (Male's mannequin not weighing no more than 170 pounds and Female's mannequin not weighing no more than 110 pounds) and drag it 50 feet to a pre-positioned obstacle, make a 180 degree turn around the obstacle, and return to the starting position. The entire mannequin must clear the finish line.
- (b) This concludes the Firefighter Physical Agility Course event.

DRESS CODE: Contestants should be dressed in appropriate clothing to run a Fitness Agility Course, to include: shorts or sweat pants, T-shirts, and athletic shoes. No cleats may be worn. Additionally, all contestants must wear provided gear to include gloves, helmet and weighted vest. Contestants may provide their own gloves and helmet. Long hair should be tied back and no jewelry should be worn. Overly loose clothing should be avoided as the contestant could trip or become entangled in it during the course. The event chairperson

reserves the right to determine appropriateness of all clothing and equipment.

(NOTE: Special conditions--such as sandy beach--will need special consideration.

RULES AND PROCEDURES:

1. Students competing in the event must be a member of Border Challenge.
 2. All participants will be issued an event reporting time, which will be 5 minutes before the event begins. Any contestant that is late could be disqualified. The contestant's advisor will be responsible for scheduling the reporting times with the chairperson at the beginning of the conference.
 3. Contestants must have a Release of Liability form signed by a parent, to compete in this event. The Release of Liability form should be submitted to the event chairperson when the student is given his/her reporting time or before.
 4. Awards will be presented to the 3 top team competitors who may be a mix of any of the following: all male, all female or coed competitors.
 5. All supplies/equipment for the event will be supplied by the chairperson.
 6. Winners will be decided based on their recorded time.
 7. In the event of a tie, the time recorded during Event 1 (**see "NOTE" in Description of Event 1**) will be used as a tie breaker.
 8. **Penalty points** will be assessed for **EACH** of the following:
 - A. Failure to maintain at least one knee on the ground during Event 1 (d)
 - B. Failure to stay within mark box during Event 1 (d)
 - C. Dropping any piece of equipment during Event 2
 - D. Running during Event 2 or in between **ANY event**.
 - E. Failure to properly remove or return equipment to simulated tool cabinet during Event 2 (d)
 - F. Grasping or resting on the pre-positioned equipment during Event 3 (a).
- Five seconds to the overall time of the competition will be added to the contestant's final time for EACH penalty. (Up to 30 seconds)***
9. Contestants will be disqualified for **ANY** the following:

- A. Removal of any of the required equipment during any event.
- B. Failing to follow the designated path during any event.
- C. Running between the events. **All contestants are required to walk from one event to the next.**

REQUIRED

PERSONNEL:

- Chairperson
- Judge/timekeeper
- Recorder

FACILITIES, EQUIPMENT, AND MATERIALS:

- 100' x 250' athletic field
- 200 feet of 1.75 inch fire hose
- 1.75 inch hose line nozzle
- Assortment of cones
- Mannequin weighing no more than 170 lbs.
- Stopwatch
- Tape measure
- 1 weighted vests
- Judging forms (1 per student)
- Firefighting helmets
- Assortment of firefighting gloves
- 2 pieces of fire equipment weighing 20 – 40 lbs.
- Simulated tool cabinet (fire apparatus preferred)
- 1 sturdy obstacles for use during Events 1 (preferably a 55 gallon barrel)

Border Challenge

JUDGES RATING SHEET

FIREFIGHTER PHYSICAL AGILITY COURSE ASSESSMENT SHEET

Overall Event Time _____

Event 1 Time (for tie breaking purposes only) _____

Penalty points will be assessed for **EACH** of the following:

DESCRIPTION

Mark **ONLY** if assessing penalty

- A. Failure to maintain at least one knee on the ground during Event 1 (d) _____
- B. Dropping any piece of equipment during Event 2 _____
- C. Running during Event 2 _____
- D. Failure to properly remove or return equipment to simulated tool cabinet during Event 2 (d) _____
- E. Grasping or resting on the pre-positioned obstacle during Event 3 (a). _____

Five seconds for EACH penalty will be added to the contestant's final time.

TOTAL PENALTY SECONDS ADDED _____

TOTAL SECONDS/ FINAL SCORE _____

Disqualifiers: Please circle reason for disqualification

- A. Removal of any of the required equipment during any event.
- B. Failing to follow the designated path during any event.
- C. Running between the events. All contestants are required to **walk** from one event to the next.

JUDGES WILL HAVE THE FINAL DECISION.

Judge Name: _____

Date: _____

Border Challenge

FIREFIGHTER PHYSICAL AGILITY COURSE-MALE

1st Place

SCHOOL:

2nd Place

SCHOOL:

3rd Place

SCHOOL:

Border Challenge

FIREFIGHTER PHYSICAL AGILITY COURSE-FEMALE

1st Place

SCHOOL:

2nd Place

SCHOOL:

3rd Place

SCHOOL:
