

# **BORDER CHALLENGE**

**2017-2018**

**COMPETITIVE EVENTS**

**Firefighter  
Physical Agility  
Course Relay**

**LIMITS: 2 Four person teams per school**  
Male, Female or Coed teams allowed

## 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. This will be a TEAM relay.

### COMPETITION

**LIMITS:** 2 Four Person Teams per school may be all male, all female or coed.

**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 nozzle and a baton for the purposes of the relay. 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 1** standing at the starting line with the hose draped over their shoulder or across the chest and holding a baton, nozzle to the back and 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) When Hose Drag event is completed **Participant 1** must pass the baton to **Participant 2** of the course. Participant 1 shall continue the course walking with Participant 2.

## **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 2 will set down the baton on the fire apparatus and remove the 2 pieces of equipment (one at a time) from a simulated tool cabinet and place them on the ground. Participant 1 must stay with the baton at the fire apparatus.
- (b) Participant 2 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 2 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 2 will then pick up each piece of equipment separately and replace it on to the simulated cabinet.
- (e) When Equipment Carry is completed Participant 3 shall retrieve the baton and hand it to Participant 3 where all 3 participants will walk to the next event as a team.

## **EVENT 3: Keiser Sled (Ventilation) or Tire Strikes (Forcible Entry)**

This event uses a Keiser sled and a Keiser mallet that simulates ventilation of a roof or a large truck tire on a table with a sledge hammer that simulates forcible entry.

- (a) Participant 3 will set down the baton adjacent to the skill and will simulate ventilating a roof with the Keiser Mallet by striking the Sled the entire distance of the sled or simulate forcible entry with a sledge hammer by striking the tire the entire distance of the table.
- (b) When Keiser Sled or Tire Strikes are completed Participant 3 shall retrieve the baton and hand it to Participant 4 where all 4 participants will walk to the next event as a team.

## **EVENT 4: Victim Rescue**

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

- (a) Participant 4 will set down the baton adjacent to the skill and will grasp a weighted mannequin (weighing no more than 170 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
- 4 weighted vests
- Judging forms (1 per student)
- 4 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)
- 1 Keiser Sled
- 1 Keiser Mallet or
- 1 8 foot table
- 1 Large Truck Tire
- 1 Sledge hammer
- 1 baton

# Border Challenge

## JUDGES RATING SHEET

### **TEAM 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: TEAM*

1st Place

SCHOOL: \_\_\_\_\_

TEAM: \_\_\_\_\_

2nd Place

SCHOOL: \_\_\_\_\_

TEAM: \_\_\_\_\_

3rd Place

SCHOOL: \_\_\_\_\_

TEAM: \_\_\_\_\_