

Aerial Climb

INSTRUCTIONS

1. This event is the Aerial Climb. You will be required to climb a 100 ft Aerial Ladder at 70°. This event is not timed.

2. When I say “Go,” you will:
 - Begin climbing the aerial ladder in a continuous motion until reaching the top;
 - When you reach the top you will tap the top rung and begin the decent;
 - A pause of no more than 5 seconds will be allowed. You will receive one warning and upon second warning if you have not begun climbing again you will be disqualified.

3. Your score is based on completing the event. A passing score will be attained by successful completion of the event.

4. Are there any questions? (Respond to questions by repeating appropriate parts of the instructions.)

Equipment Carry

INSTRUCTIONS

1. This event is the Equipment Carry. When I say “GO” you will:
 - pick up the first item, the medical kit, at the start line;
 - carry it to the stairway and **walk** up two flights of stairs, taking **one step at a time**;
 - set the kit on the finish spot on the marked landing;
 - return to the start line
 - walk back up to the marked landing empty-handed
 - pick up the medical kit, carry it down and place it behind the start line
 - pick up the second item, the extinguisher, and take it to the second floor;
 - repeat this process three times, once for each of the three items.
2. After the third item has been returned to the start line, you will have completed this event.
3. You must keep moving continuously during this event. Setting an item down to reposition it will not disqualify you, but you must pick it up immediately and continue.
4. Your score is based on completing the event within the time limit. A passing score will be attained by completing the event within **5 minutes**.
5. Are there any questions? (Respond to questions by repeating appropriate parts of the instructions.)

Hose Drag/Couple

INSTRUCTIONS

1. This event is the Hose drag/Couple. When I say “GO” you will:
 - pick up the end of the hose from the truck;
 - walk to the Siamese coupling, dragging the hose behind you;
 - couple the end of the hose to one connection of the Siamese and return to the truck;
 - uncouple the remaining 50’ of hose from the section you have just dragged;
 - drag the section back to the Siamese and couple it to the other connection;
 - return to the start line.

2. A monitor will uncouple and return the hose to the truck.

3. Your score is based on completing the event within the time limit. A passing score will be attained by completing the event within 2 minutes.

4. Are there any questions? (Respond to questions by repeating appropriate parts of the instructions.)

Ladder Operation

INSTRUCTIONS

1. This event is the Ladder Operation. You will stand within the marked square.
2. When I say go you will:
 - Unlock and remove the ladder from its mount on the truck;
 - Turn and carry the ladder in front of you and set it flat against the wall and within the square;
 - Move the foot out from the wall until the top of the ladder is within the square, both side rails are touching the wall, and the ladder feels steady;
 - Climb the ladder one rung at a time with your hands on the rungs and touch the area within the square **over the top** of the ladder;
 - Return down the ladder one rung at a time;
 - Remove the ladder from the wall and carry it back to the truck;
 - Remount the ladder in its original position on the truck and return to the marked square.
3. If you start up the ladder before it is in the correct position, you will be asked to stop and start over.
4. Your score is based on completing the event within the time limit. A passing score will be attained by completing the event within 75 seconds.
5. Are there any questions? (Respond to questions by repeating appropriate parts of the instructions.)

Simulated Rescue

INSTRUCTIONS

1. This event is the Simulated Rescue. When I say go you will:
 - Carry or drag the dummy 50 foot around the cone and 50 foot back never dropping the dummy;
 - Return to the starting line and place the dummy in its original position;

2. You may hold onto the dummy in any way you could hold onto a real person. If you plan to carry it, try to get it positioned where you want it before you begin the Simulated Rescue.

3. Your score will be based in completing the event within the time limit. A passing score will be attained by completing the event within 35 seconds.

4. Are there any questions? (Respond to questions by repeating appropriate parts of the instructions.)

Hose Pull

INSTRUCTIONS

1. This event is the Hose Pull. You will stand at the hole with both hands on the utility line.

2. When I say “Go,” you will:
 - Begin pulling the utility line, alternating your hands while standing in your original starting position;
 - Continue pulling until the nozzle is pulled all the way through the hole;
 - Reach over and grasp the nozzle and lift it through the hole, grasp the hose in the same manner as the utility line and continue pulling the first 50’ section of hose up and through the opening.

3. Your score will be based in completing the event within the time limit. A passing score will be attained by completing the event within 75 seconds.

4. Are there any questions? (Respond to questions by repeating appropriate parts of the instructions.)

Joist Walk

INSTRUCTIONS

1. This event is the Joist Walk. When I say “Go,” you will:
 - Walk to the hose and pick it up;
 - Walk to the ladder;
 - Step on the side rails of the ladder and walk to the other end, stepping only on the side rails;
 - Turn around, still stepping only on the side rails and walk back to this end;
 - Place the hose on the original spot and return to the start line.

3. Your score will be based in completing the event within the time limit. If you step off the side rails at any point, either in the ground or the rungs, you will remount and continue in the direction you were headed. Five seconds will be added to your time for **each** step off the side rails. A passing score requires that the total elapsed time plus any penalty points be within 65 seconds.

4. Are there any questions? (Respond to questions by repeating appropriate parts of the instructions.)

Forcible Entry

INSTRUCTIONS

1. This event is the Forcible Entry simulation. You will begin in position facing the target with the axe handle in your right hand (if you are right-handed), its head resting at your feet.

2. When I say “Go,” you will:
 - Grasp the axe with both hands;
 - Lifting it fully above your head, begin striking the target with as much force as possible, lifting the axe fully for each blow;
 - Continue striking the target for 15 blows, while I count the blows aloud.

3. Your score is based on completing the event within the time limit. A passing score will be attained by completing the event within 20 seconds.

4. Are there any questions? (Respond to questions by repeating appropriate parts of the instructions.)