



San Antonio Fire Explorers Competition Rules

General Rules

It is a pleasure for the San Antonio Fire Department to host the San Antonio Fire Explorers Competition. It is our goal to assist in presenting a safe, competitive, fun, and educational time for the area Fire Explorers, Advisors, families, and friends in attendance.

The competition shall have judges, timekeepers, and a starter for all events. All judges and timekeepers shall be entitled to a vote on any questions that may arise.

Any team trying to win by fraud, deception, foul play, or in any dishonorable or unseemly, or shall disobey, infringe upon, or evade any of the rules and regulations before or during the contest, shall be barred from competing in that event. All decisions will be made by the judges and will be final.

Sufficient room for the competing individuals or teams to operate in shall be maintained by the judges during the event.

It shall be the duty of the judges to check all couplings, the nozzle, and the connections to ensure that all threads are compatible and will make up easily.

All runs completed will be final unless a defect in equipment occurs while that team or individual is running. In such an event, the team or individual shall be allowed a second opportunity to run.

Any conditions that may arise that are not covered in these rules shall be governed by the San Antonio Fire Department officials.

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Event #1 Firefighter Obstacle Course

Objective

The participant will demonstrate the ability to perform a simulated rescue, operate a striking tool, climb a high-rise staircase, enter, and proceed through a confined space and pull a charged hose line. Running is allowed between stations. This is a timed event.

Equipment needed: Turnout coat, Turnout pants, Gloves, Helmet, and Boots

Instructions

The participant shall be ready for the event by donning a complete set of bunker gear except the hood.

The participant will stand upright at the start line with both hands above their head and knees in the locked position.

At the command of “**Go**” (**Time will start**) each participant will complete the following:

Mannequin drag - The participant will run 25’ feet pick up and drag the 154pound rescue mannequin 25’ feet around the drum and 25’ feet back crossing a designated line. Once the entire mannequin has crossed the designated line, the participant will drop the mannequin move to the next event.

Keiser sled – The participant will grab the 9pound dead blow hammer out of the red square. The participant will strike a beam until it has been moved 24” inches. Upon completion of the Keiser the participant will place the head of the dead blow hammer back in the red square before they can move to the next event.

Stairs - The participant will ascend to the 3rd floor ensuring they touch every step on the way up and on the way down. The red colored rail must be touched before the participant can begin their descent.

Upon completion of the stairs the participant will move to the next event.

Confined space - The participant will crawl through the confined space prop which has multiple small obstacles to overcome and exit out the opposite end. Upon completion of the confined space prop the participant will move to the last event.

Hose drag - The participant will pick up and place the hose over their shoulder ensuring they do not pass the red tape on the hose. The participant will then drag the charged 1 ¾" hose line a total distance of 100' feet to the finish line. The participants time will be stopped once crossing the finish line.

If a participant is unable to successfully complete any of the skills of the obstacle course, the participant and team will receive "No-Time" for the event.

Participant must be properly dressed during this event. The participant will not be allowed to proceed without the proper PPE. If a piece of PPE falls off the participant will be stopped where they are and required put it back on before they can proceed.

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Event #2 Engine Operations

Objective

A team of four (4) participants will demonstrate the ability to exit a fire engine, pull 150 feet of 1 ¾ preconnected line, charge the hose, enter the burn building, and knock the fire out.

Equipment needed: Turnout pants, Turnout coat, gloves, Helmet and Boots, mask and SCBA pack.

Instructions

The Fire Engine will be pre fitted with a hose tray with 150 feet of 1 ¾ hose and a combination nozzle. The engine will be supplied from a nearby hydrant and will be in the on position prior to the event allowing full water flow into the engines pump.

Teams will assign 3 participants to make entry and one engineer to stay at the pump panel. The engineer will be instructed by the proctors on how to operate the pump prior to beginning the event. A proctor will stand at the pump panel with the engineer for any assistance that may be had.

Prior to the event starting the team members will be positioned inside the fire engine. Participant designated as the engineer will be in the driver seat. The other 3 members can sit where they wish. One in the officer's seat and the two remaining participants will be in the rear of the cab. All participants, except for the designated engineer, will be fully dressed and breathing air. The engineer will be in bunker pants boots and helmet.

At the command of **“Go” (Time will start)** each participant will safely exit the fire engine and begin their pre-determined assignments. The team must accomplish the following:

- Deploy 150 feet of hose from the hose tray
- Flake out the line
- Take the lineup stairs and stage the nozzle at the door
- Engineer must charge the line
- The crew must bleed the line
- Check for heat around the door
- Enter the building and knock the fire out

Penalties

One (1) minute penalty will be assessed if the hose is not bled before making entry.

One (1) minute penalty will be assessed if the door is not felt for heat .

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Event #3 Truck Operations

Objective

A team of four (4) participants will demonstrate the ability to perform a door breach and search and rescue for a victim in a low visibility smoky environment.

Equipment needed: Helmet, Hood, Turnout coat, Turnout pants, Gloves, Boots, SCBA Mask and Pack

Instructions

Participants will begin by sitting in any seat in the parked ladder truck. At the command of "**GO**" **(Time will start)** All Participants will be seated in one of the four seats in the apparatus. All participants will be on air prior to safely exiting the apparatus. Participants will then head to the tool compartment, grab the tools needed to breach the door prop. Participant will make their way to the door prop where they will begin to breach the door.

Once the door is breached all three participants must enter the building to begin their search. In a low visibility environment, the team must search and locate the victim in the building. Once located the team will utilize whatever drag or carry necessary to exit the building with the victim intact.

Participants must complete the following:

- Choose your tools of choice (All Participants must grab a tool)
- Check the breach door for heat
- Breach entry door
- Conduct search and rescue in a smoky, low visibility environment
- Secure the victim and exit the building safely

Penalties

Any crew that does not make it out of the building with the victim will be given a “No-Time” by the judge.

Any crew that does not make it out within the 10 min time frame will be given a “No-Time” and escorted out.

If a member of the crew runs out of air while conducting the search or needs assistance out of the building for any reason, all members of the crew will be escorted out of the building and given a “No Time.”

The crew must enter and exit the building with all their PPE still intact.

One (1) minute penalty will be assessed for not checking for Heat.

Thirty (30) second penalty for each piece of PPE not intact upon exit from the building.

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Event #4 Bunker Gear Drill

Objective

The Firefighter will demonstrate the ability to “Don” a complete set of Bunker Gear, SCBA pack, mask, and breath air.

Equipment needed: Turnout coat, Turnout pants, Hood, Gloves, Helmet and Firefighting Boots SCBA pack and Mask.

Instructions

The participant will be required to “PROPERLY DON” a complete set of bunker gear, Mask and Pack and breath air. The participant will start the event with shoes on their feet. The participant will have their bunker gear laid out on the ground in front of them. This is a timed event.

At the command of “**Go**” (**Time will Start**) the participant will begin to “Don” their gear.

The participant’s time is stopped when the participant is breathing air and claps their hands together. The participant cannot touch or adjust their gear after indicating they are finished. The participant will stay completely bunkered out, breathing air until the judge has completed their inspection. After completing the inspection, the judge will give the participant a “Pass” If no discrepancies are found or explain any discrepancies that were found.

Penalties

All zippers must be zipped.

All Velcro must be velcroid together.

All snaps must be snapped.

No part of the Skin can be exposed.

Gloves must be completely on the hands.

Ten (10) seconds will be added to the participants completed time for each discrepancy found.

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Event #5 CrossFit workout

Objective

A team of four (4) explorers will work together to complete the designated CrossFit workout. This event is meant to challenge the physical fitness aspect of firefighting.

Equipment needed: Work gloves.

Instructions

4-person crew 5 event relay

Each member will participate in an individual event and finish off with a crew event. After the command of “**GO**” (**Time will Start**) is given, the participants will perform the following:

During the individual events all uninvolved teammates will perform one of the following static holds (Plank, V-Hold, Wall sit and Front rack kettle bell hold)

Event 1 – Large diameter hose drag

The crew will perform the front rack KB hold.

The individuals performing this event, in no specific order must drag the hose over their shoulder one way then pull the hose walking backwards the other way. A total of 100’ feet both ways.

Event 2 – Tower Climb

The crew will perform a wall sit hold.

The individual participating in this event must climb to the top of the 6th floor and touch the designated wooden plate. Contact must be made on the way up and on the way down.

Event 3 – Prowler push

The crew will perform the elbow position plank hold.

The individual performing this event will push the 115-pound prowler 25' feet one way, turn around and push 25' feet back.

Event 4 –Battle Hose

The crew will perform the V-Hold (lay on their backs both arm and legs in the air)

The individual participating in this event will pick up the 1 ¾ and have one coupling in each hand. The participant will perform an alternating up and down movement pattern with the hose until a count of 50 is completed. Each movement is counted as one (1) repetition.

Event 5 – Stokes basket carry

All participants will carry a 180-pound stokes basket around PT island roughly 400 meters (1 lap around a track) All participants must perform this event and have at least one hand on the basket. All participants must be together holding onto the basket when crossing the finish line.