



Firefighter Physical Agility Course

Revised 09/2018

Purpose: To encourage public service students to develop physical coordination and endurance by participation in a fitness obstacle course that simulates physical tasks that a firefighter might encounter in emergency situations.

Description of Event: Prior to each contestant starting this event, the chairperson will ensure that the competitor is appropriately dressed in approved firefighting helmet, gloves, coat.

Limit: 6 males and 6 females per chapter

Dress Code: Contestants should be dressed in appropriate clothing to run a fitness Obstacle Course, to include: shorts or sweat pants, T-shirts, approved firefighting helmet, gloves, coat, pants, boots and air pack. 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.

Event 1: Hose Drag

This event uses 200 feet of uncharged 1.75-inch fire hose with a hose line nozzle. The hose line is marked at 8 feet past the coupling at the nozzle to indicate the maximum amount of hose that may be draped across the shoulder or chest. The hose line is also marked at 50 feet past the coupling at the nozzle to indicate the amount of hose line that you must pull into a marked boundary box before completing the test.

- a) Contest begins with the contestant standing at the starting line with the hose flaked out on the ground at the starting line. The contestant may not touch the hose/nozzle until time has started.
- b) A timekeeper will give the start signal and the competitor picks up the hoseline, not exceeding the 8-foot mark on the hoseline.
- c) Contestant will drag the hose 75 feet to a pre-positioned mark, make a 90 degree turn around the mark, and continue an additional 25 feet. Contestant may run during the hose drag.
- d) Contestant will stop within the marked box, drop to at least one knee and pull the hose line until the hose line's 50-foot mark crosses the finish line. Then, the contestant must walk to Event 2 of the course.

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) Contestant will remove the 2 pieces of equipment (one at a time) from a simulated tool cabinet and place them on the ground.
- b) Contestant will, then, pick up both pieces of equipment, one in each hand, and carry them, while walking a designated distance, around a mark and back to the starting point. Contestants are permitted to place the equipment on the ground and re-adjust their grip during the course.
- c) Upon return to the simulated tool cabinet, place the equipment on the ground.
- d) Contestant will then pick up each piece of equipment separately and replace it in the simulated cabinet. The contestant must then walk to the next event.

Event 3: Victim Rescue

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

- a) Contestant will grasp a weighted mannequin (weighing no more than 110 pounds) and drag it 35 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 obstacle course event.

Rules:

1. Students competing in the event must be a member of FPSA.
2. Each contestant 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. Competition heats will be gender integrated; however, awards will be presented to the 5 top male competitors and the 5 top female competitors.
4. All supplies/equipment for the event will be supplied by the chairperson.
5. Winners will be decided based on their recorded time.
6. 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.
7. 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
 - E. Failure to properly remove or return equipment to simulated tool cabinet during Event 2 (d)
 - F. Grasping or resting on the pre-positioned obstacle during Event 3 (a).

Five seconds for EACH penalty point will be added to the contestant's final time.
8. 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.

Florida Public Service Association, Inc.



Required Personnel:

Chairperson

Judge/timekeeper

Courtesy Corps member

(Needs recommendation of Chairperson)

Facilities and Equipment:

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 110 lbs.

Stopwatch

Tape measure

SCBA (a weighted vest can be used in place of the SCBA if not available)

3 weighted vests

Judging forms (1 per student)

3 Firefighting helmets

Assortment of firefighting gloves

2 pieces of fire equipment weighing 20 – 40 lbs

Simulated tool cabinet (a fire apparatus can be used)

Simulated tool cabinet

2 sturdy obstacles for use during Events 1 and 3



Firefighter Physical Agility Course Scoring Guidelines

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Student _____

Judge's Name _____

Judge's Name _____

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)	Score _____
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	_____
E. Failure to properly remove or return equipment to simulated tool cabinet during Event 2 (d)	_____
F 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



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Judge's Winner Sheet

MALE

1st Place School

Student

2nd Place School

Student

3rd Place School

Student

4th Place School

Student

5th Place School

Student



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Judge's Winner Sheet

FEMALE

1st Place School

Student

2nd Place School

Student

3rd Place School

Student

4th Place School

Student

5th Place School

Student
