

## Event Summary

The event is a series of four task-based stations that simulate tasks that firefighters experience and utilize in real-life situations.

**Station One:** Stair Climb. Firefighters will don (put on) full Personal Protective Equipment and Self Contained Breathing Apparatus. The competitor will then carry 100 feet of 1.5 inch hose up and down a series of stairs (equivalent to a 4 story building).

**Station Two:** Forcible Entry. Firefighters will utilize a dead blow hammer to force a 165 lb chopping axe simulator a horizontal distance of 5 feet.

**Station Three:** Hose Advance. Firefighters will pick up a 1.5 inch charged hose line by the nozzle and drag it a distance of 95 feet. Once the line is crossed, the firefighter will then open the nozzle and use the water stream to knock over a target.

**Station Four:** Victim Rescue. The firefighter will drag a 165 lb rescue mannequin a distance of 95 feet across the finish line. Time stops when the competitor and mannequin completely cross the finish line.

The Bucket Brigade Competition will be held at the end of the day. The top two teams will compete.

Prior to pumpers, firefighters transported water in buckets, down long lines, from one person to the next to extinguish a fire.

## 2010 Sponsors

# LOGGERODEO



**SEDRO-WOOLLEY**

**MOUNT VERNON**

**Nyal Thomas  
Wood Carvings**

**Trophy's by:  
Charlton Glass**



**BELFOR (●)**  
PROPERTY RESTORATION

*Costco*

**Frank Martin**

**MESSAGE EMERGENCY  
RESPONSE TEAM**

**GENERAL FIRE  
APPARATUS**

## Washington

## Firefighter's Competition

Hosted by:

**Sedro-Woolley**

**Firefighters Association**



**Date: July 3, 2010**

**Time: 9 am to 2 pm**

**Location:**

**Sedro-Woolley High School**

**1235 Third Street**

**Sedro-Woolley, WA**

[www.ci.sedro-woolley.wa.us/Fire/competition.htm](http://www.ci.sedro-woolley.wa.us/Fire/competition.htm)

## Categories of Competitors

**Team:** Team relay consists of a 4 person team sharing the 4 evolutions of the competition. A flashlight will be passed from each competitor upon the completion of each task.

**Individual:** Individual competitors will complete all 4 evolutions.

## Event Schedule

- 9:00 National Anthem sung by:  
Stacy Pulver
- 9:05 Start Team Competition
- 9:15 Start Individual Competition
- 10:15 Live Fire Demonstration
- 10:30 Individual Competition
- 11:00 Team Competition
- 11:15 Ladder Truck Demonstration
- 11:30 Team Competition
- 11:45 Individual Competition
- 12:15 Live Fire Demonstration
- 12:30 Team Competition
- 12:45 Ladder Truck Demonstration
- 1:00 Song: God Bless America
- 1:15 Individual Final Competition
- 1:30 Team Final Competition
- 1:45 Bucket Brigade Event
- 2:00 Awards Ceremony

## Rules

This is a partial list of some of the rules. For a complete listing of all the rules, please refer to the Rules Summary posted at the judge's table.

Participants will compete in full combat gear: NFPA approved structural firefighting gear and SCBA.

Awards will be given for the top 3 teams & top 3 individuals for the best time.

No substitutions of team members are allowed. In case of an injury to a team member, the team will compete with one less member.

Penalties are assessed for infractions. Infractions include: False start, improper wearing or use of personal protective equipment, safety violations, and un-sportsman like conduct.

## Firefighter Competition Vision Statement

The intent of the Firefighter Competition is to promote health and fitness in the fire service. As of May 2009 (46%) of firefighter line of duty deaths have involved cardiac arrest. It is our hope to reduce the number of firefighter fatalities through education and events like this. We encourage everyone to participate in physical fitness. Please consult your physician to ensure that you are healthy enough to participate.

All proceeds from this event go toward the purchase of firefighter equipment.

## Up Coming Events

Birdies for Burns Golf Tournament is held on August 28<sup>th</sup> at Eaglemont Golf Course in Mount Vernon. For more information call SWFD (360) 855-2252.

The Firefighters Association hosts the Boot The Burn Dance & Dinner on October 23rd. There will be a Silent & Live Auction. All proceeds from both events go to the Burn Foundations. For tickets contact a Sedro-Woolley Firefighter.

Station 2 construction is scheduled to be complete, December 2010.

**We Thank You for you support!**

*The Sedro-Woolley Fire Department is a combination department staffed with paid, resident, and volunteer firefighters. Established in 1921, the department is led by Chief Dean Klinger and Asst. Chief Todd Olson, We respond to fire, accident, and medical emergencies for over 19,500 residents of the city and surrounding areas. We have an average of 1,700 calls per year from one fire station.*