

Washington Firefighter Competition Invitational

Equipment

The Participants must provide their own breathing apparatus (any SCBA brand). Participants must finish the event without running out of air. Please bring a spare bottle because there will not be a compressor available at the event. All participants must compete in their own protective equipment. **All turnout gear, including boots must be for structural firefighting, consistent with NFPA standards.** Judges will inspect all gear prior to the start of the event and make official rulings. The judge's decision is final.

Turnout gear and SCBA must not be removed during the competition. If dropped, it must be retrieved and correctly replaced by the participant before continuing. A participant is disqualified for violation.

Events

Following the start command, "Ready, Set," a starting gun will fire to start each heat. Any false start may result in a restart or a 3 second penalty. This is at the sole discretion of the starting judge. Each event must be performed in the order specified below. A flash light or your ID number will be used as a baton and will be passed on to the next team member. To prevent exhaustion of the 4 member team, your team members may rotate and do other events throughout the day. This is a tournament style event, single elimination for teams. Best time for individuals and top 2 go to a single elimination tournament.

Event 1: Stair Climb

The first event is the high rise pack carry. Participant shall don your SCBA; check the amount of air in the bottle, the valve must be fully open, all straps tight and secure, don face piece and check the seal. Activate and check pass device, then carry 100' of 2.5 inch hose load approx (60 lb.) on the shoulder, and climb stairs to the top and back down depositing the hose bundle in designated area. (This is equivalent to a four story building) (37 steps). A 3 second penalty will be assessed for each infraction. The hand rail may be used in climbing the stairs. Steps may be taken in multiples on the way up, but for safety reasons every step must be contacted and handrails must be used when descending. Failure to touch each step or use the handrails on the descent will result in a 3 second penalty per infraction.

Event 2: Forcible Entry

The forcible entry evolution utilizes a Forcible Entry Machine (a chopping ax simulator). Using an 8 lb. shot mallet (we provide), the participant must drive the 165 lb. steel beam a horizontal distance of 5 ft. Pushing, raking or hooking the beam is not allowed; it must be struck only by the head of the mallet. The handle must not come in contact with the beam at any time. Also, both hands must be above the tape mark on the handle (12 inches from the head end) at the point of impact. The hammer must be placed and stay on the designated area or a 3 second penalty is assessed.

Event 3: Hose Advance

The participant must pick up the nozzle end of the 1.5" charged hose-line (it must be grasped in front of the tape line, 4 ft. from the tip) and drag the hose a distance of approx 95 ft. Once the nozzle crosses the 95 ft. marker the participant will open the nozzle, hit the target with the water stream, close down the nozzle and place it on the ground. If the nozzle is not closed before it is placed on the ground, the participant must go back and close it, or take a 3 second penalty. If the nozzle opens again after hitting the ground, there will be no penalty and the participant can continue to the victim rescue.

Event 4: Victim Rescue

A 165 lb. mannequin must be dragged backwards a distance of approx 95 ft. Carrying the mannequin is not permitted. The mannequin must not be grasped by its clothing or appendages. Time stops when the participant and victim completely cross the finish line.

All participants must perform the event in less than four minutes. Failure to do so results in the participant being disqualified. The judge may stop any contestant that in the judge's opinion presents a danger to themselves or to others.

Team Relay

The team relay will consist of 4 people, sharing the 4 evolutions. Requirements for gear (except SCBA face piece, and regulator) are the same. The tasks may be completed by teams with less than 4 individuals. One team member may perform more than one task but there will be a six second penalty assessed to the team, (in order to make up the time in the passing of the flashlight). A flashlight will be passed between participants. Each evolution must be completed before passing off the flashlight.

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RULES SUMMARY

Infraction	Penalty
False start	3 seconds
SCBA infractions	3 seconds
Improper hose placement	3 seconds
Skipping a stair-tread on the descent	3 seconds/infraction
Hooking or pushing the sled	3 seconds/infraction
Unfinished force machine	3 seconds / inch
Hammer not contacting the mat.	3 seconds
Skipping an event/task	Disqualification
Dragging mannequin by an appendage or clothing	Disqualification
More than 4 minutes to finish the course	Disqualification / Unofficial Time
Illegal drug use	Disqualification
Unsportsmanlike conduct	Disqualification

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PROCEDURES

Registration & Events

1. This is an 'Open' event and is not restricted to participants from other states or countries.
2. It is recommended that teams sign up early since enrollment is limited. Registrations must be mailed, e-mailed or faxed. Sorry no telephone enrollment accepted. If enrollment is at a maximum for any given event multiple teams from the same department will have to be limited to two (2).
3. A team or individual is considered to be registered upon completion and receipt of the registration form and full payment received. Payment can be made by check payable to Sedro-Woolley Firefighters Association (S-W FFA) or in cash the day of the event.
4. The Waiver and Release form must be signed the morning of the event by every competitor prior to participation. The form stipulates that this is a "drug free" competition; by execution of the form participants acknowledge that they are not using any performance enhancing or illegal drugs.
5. Your team roster must be verified by the team captain at the registration confirmation meeting held at the event site at **8 a.m.** the morning of the competition. All participants will be given an event t-shirt at this time.
6. The start order is established by the head judge with participants going through the course consecutively based upon their assigned number that the captain or individual drew. Individual competition will be for fastest time with the two best timed participants that will compete in the championship round. Team competition will be tournament style single elimination with third place going to the third best time, excluding the top two teams.

This is not a National recognized event and not affiliated with On-Target Challenge, Inc.

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Competition & Award Categories

Categories for which recognition and awards will be given: Top 3 Teams, Top 3 Individuals, Fastest Female and 1st Place over Forty

Fastest Female or 1st Place over Forty categories will not receive awards unless there are at least two participants from each category.

Event Organization and Management

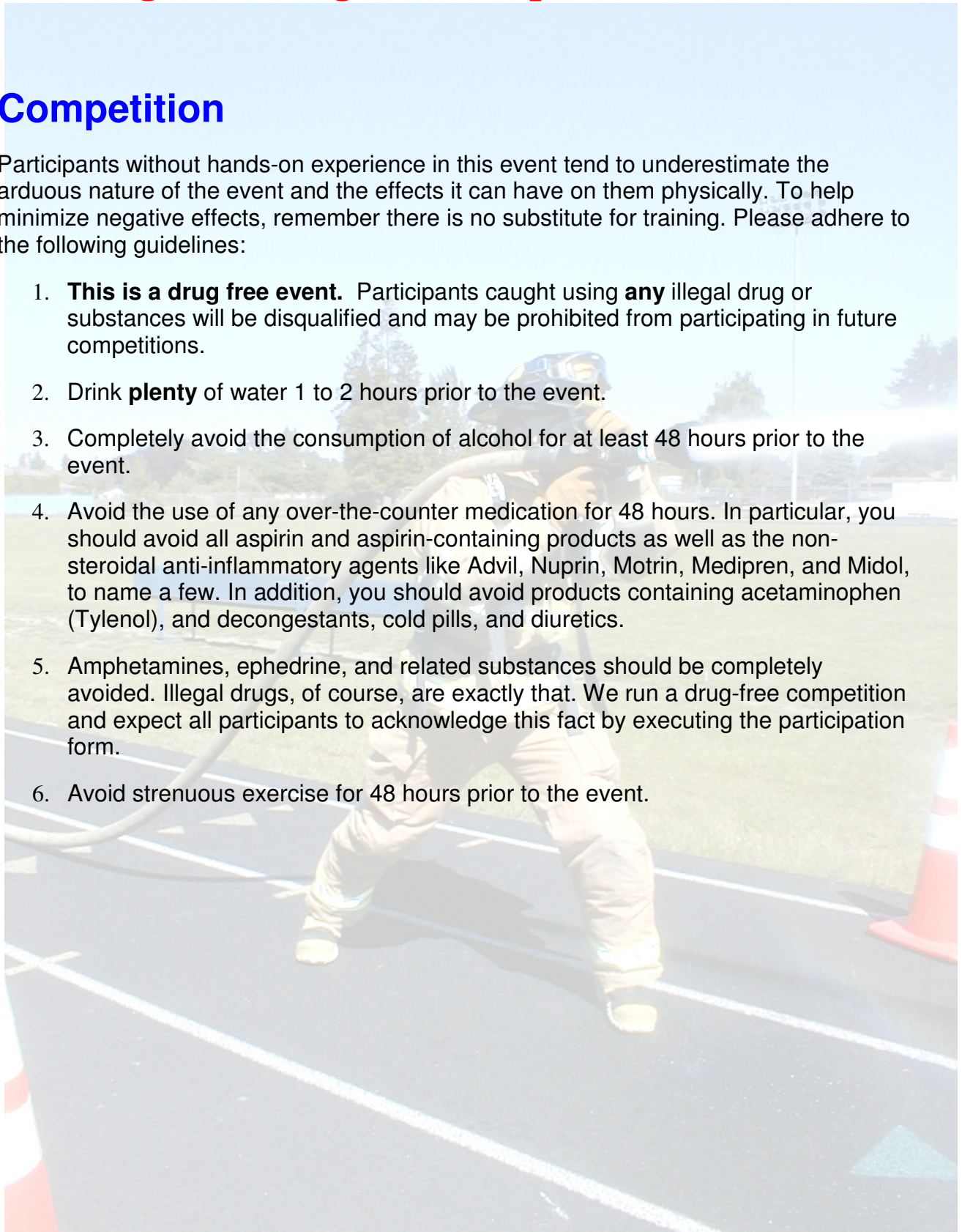
1. All participants are expected to be present at the event site one hour before the event starts to ensure their names are present on the Start List. The events will start at 9 a.m.
2. Substitutions the day of the event is not allowed if injury or illness occurs during the day of the event, the team will be forced to run with one less member, if individual participant becomes hurt or injured no substitute will be allowed unless a consensus of all other teams have agreed.
3. Each participant and team will be assigned a number.
4. Team captains are responsible to ensure that all team members are present and in possession of official turn-out gear that is compliant with NFPA standards in effect at the time of the competition. All equipment worn must be NFPA approved structural firefighting equipment this includes boots, gloves, helmet, turnout pants & jacket. Liners must be in turnout gear. Due to weather and safety concerns the event coordinator may authorize the removal of the liners. Participants not using NFPA approved gear will be **disqualified**. Hoods and shields will not be required.
5. Team captains must keep their team members **OFF** the course when they are not competing.
6. Disputes regarding penalties will be appealed by the team captain to the event coordinator. The event coordinator's ruling is final.
7. All participants must be a minimum age of 16 years old, those under 18 years old need to have a parent or legal guardian sign a waiver.

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Competition

Participants without hands-on experience in this event tend to underestimate the arduous nature of the event and the effects it can have on them physically. To help minimize negative effects, remember there is no substitute for training. Please adhere to the following guidelines:

1. **This is a drug free event.** Participants caught using **any** illegal drug or substances will be disqualified and may be prohibited from participating in future competitions.
2. Drink **plenty** of water 1 to 2 hours prior to the event.
3. Completely avoid the consumption of alcohol for at least 48 hours prior to the event.
4. Avoid the use of any over-the-counter medication for 48 hours. In particular, you should avoid all aspirin and aspirin-containing products as well as the non-steroidal anti-inflammatory agents like Advil, Nuprin, Motrin, Medipren, and Midol, to name a few. In addition, you should avoid products containing acetaminophen (Tylenol), and decongestants, cold pills, and diuretics.
5. Amphetamines, ephedrine, and related substances should be completely avoided. Illegal drugs, of course, are exactly that. We run a drug-free competition and expect all participants to acknowledge this fact by executing the participation form.
6. Avoid strenuous exercise for 48 hours prior to the event.



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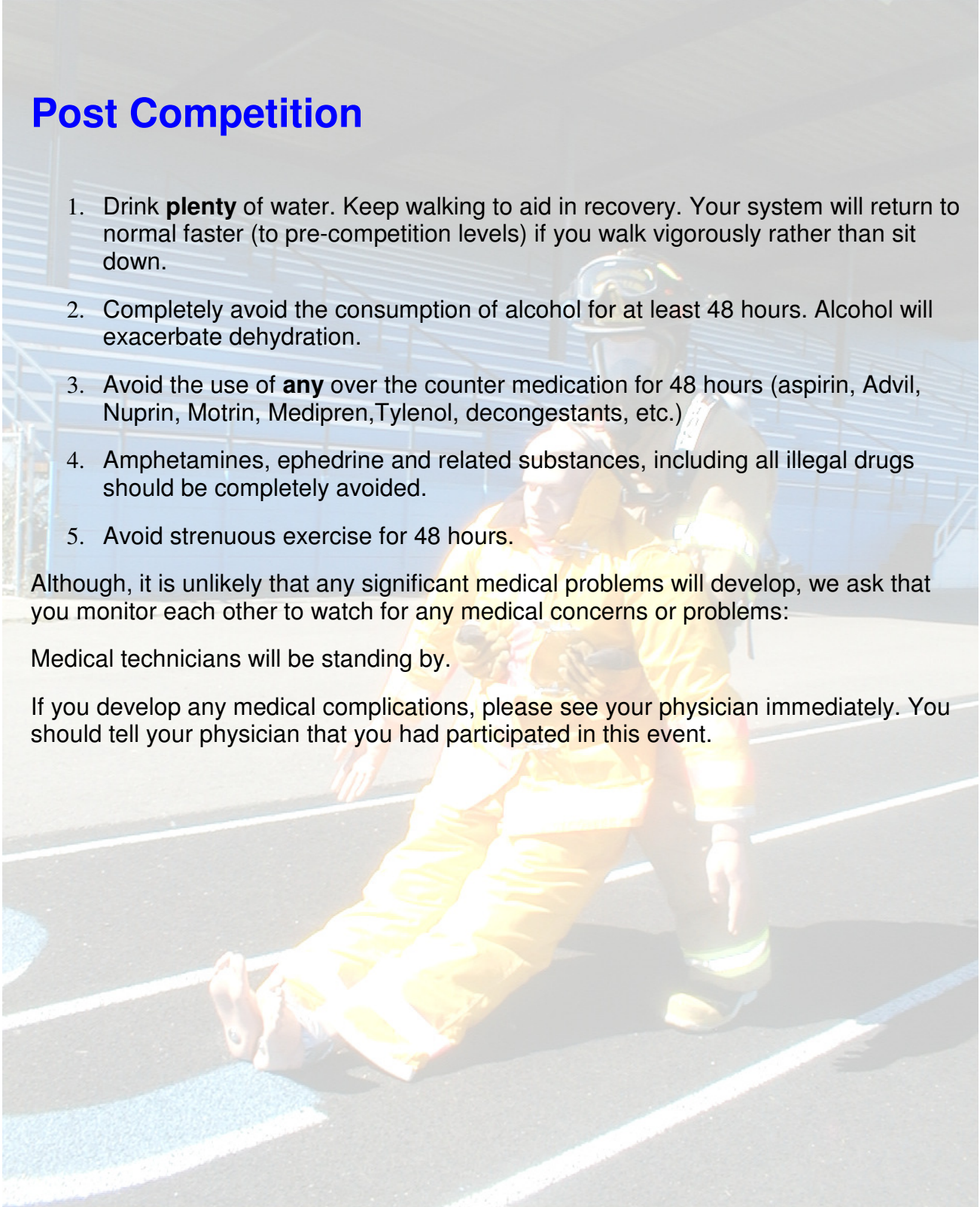
Post Competition

1. Drink **plenty** of water. Keep walking to aid in recovery. Your system will return to normal faster (to pre-competition levels) if you walk vigorously rather than sit down.
2. Completely avoid the consumption of alcohol for at least 48 hours. Alcohol will exacerbate dehydration.
3. Avoid the use of **any** over the counter medication for 48 hours (aspirin, Advil, Nuprin, Motrin, Medipren, Tylenol, decongestants, etc.)
4. Amphetamines, ephedrine and related substances, including all illegal drugs should be completely avoided.
5. Avoid strenuous exercise for 48 hours.

Although, it is unlikely that any significant medical problems will develop, we ask that you monitor each other to watch for any medical concerns or problems:

Medical technicians will be standing by.

If you develop any medical complications, please see your physician immediately. You should tell your physician that you had participated in this event.



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Awards

1. Team captains will pick up their team's awards from the registration area after the conclusion of the event. Items not claimed on the day of the competition cannot be sent to participants, but arrangements may be made to pick them up at a later date.

2. Results will be posted at the end of each event.

3. The top 2 teams will receive wall plaques, medals and cash. Third place will receive medals.

The top 2 finishers for the individual category will receive wall plaques, medals and cash. Third place will receive a medal.

The fastest women's individual participant time and the fastest over forty individual participant time will also receive awards. If for some reason we have no women or over forty participants competing then third place team and the individual will receive plaques.

4. Other prizes may be awarded by Sponsors on an event by event basis. Sedro-Woolley Fire assumes no responsibility for the delivery of these awards. Prizes may be limited for multiple winners.

5. All participants will be given an event T-Shirt.

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Sponsors

Benefits

This **Event** offers unparalleled opportunities and benefits for companies to market their products. The positive association with the **Event** due to the high visibility and regard with which firefighters are held by the public, will allow sponsors to attain credible exposure. But perhaps the greatest "return on investment" for the **Event** sponsor may be the intangible reputation for corporate goodwill earned with fire chiefs, firefighters and the fire community. The admiration returned to the sponsor for being part of the most popular event in the fire service will result from the event that publicizes what it takes to be a firefighter. "Giving something back to the fire service" is invaluable, all proceeds go toward firefighter equipment.

Features

The Event Sponsorship Program is designed to enhance the visibility of a sponsor's financial commitment to the Event. Visibility can be attained through various means, from the appearance of a corporate logo at the event and on the flyers and registration forms and can be seen on the competition web page. Recognizing your objective to derive as much benefit from this program as possible, we wish to form a marketing partnership and tailor a package that specifically meets your needs within the levels of your commitment. If you are unable to attend you may ship brochures and or catalogs to the event and they will be made available or distributed for a donation of \$50 Dollars.

Options

The business that donates the most in cash and prizes will be the main sponsor of the Event and be announced as such, smaller donations will be sponsors of races. This event is held outdoors. Vendors must provide their own tables and tent. The cost for vendor space is \$100 Dollars. Vendor space will be provided near the event.

For more information on the benefits and features of each level of sponsorship, please contact [Sedro-Woolley Fire](#)

**Event hosted by Sedro-Woolley Firefighters Association
Part of the 2010 76th Annual LOGGERODEO Celebration**

AGREEMENT TO PARTICIPATE IN THE FIREFIGHTER COMPETITION

RELEASE AND HOLD HARMLESS AGREEMENT

All participants must sign this document before participating in the competition. This is a part of your official record. One copy will be issued to each participant at the time of registration the morning of the event.

In consideration of the acceptance of my application for entry in the Washington Firefighter Competition,

I _____ (Participant) hereby freely agree to and make the following contractual representations and agreements.

The activities involved in the Competition have been fully explained to me. I understand them and represent to the administrators of the Competition that I am physically fit to perform such vigorous and strenuous activities without any threat to my health or safety. I fully realize the dangers of participating in the Competition and fully assume the dangers and risks, whether obvious or latent, associated with such participation. I also agree to participate in accordance with the rules and judgments of the umpires and understand that referees decisions in all matters are final.

I hereby waive, release and discharge for myself, my heirs, legal representatives, and successors in interest (hereinafter collectively "successors") any and all rights and claims including, without limitation, any claims for physical injury, including death, and for any damage to property arising out of or in any way related to the Competition or my participation in the Event which I have or which may hereafter accrue to me against the administrators of this event, Sedro-Woolley School District, City of Sedro-Woolley, Sedro-Woolley Fire Department, Sedro-Woolley Volunteer Firefighters Association, Logger Rodeo, the host organization and the sponsors, and their employees, officers and agents, and all other persons or entities.

I agree for myself and successors that the above representations are contractually binding and are not mere recitals and that should I or my successors assert my claim in contravention of this agreement, I or my successors shall be liable for the expenses (including legal fees) incurred by the other part or parties. This agreement may not be construed as modification of any of the provisions herein or consent to any subsequent waiver or modification.

I also agree to allow the administrators and sponsors of the Competition to use my name and likeness in a photo or on video tape for promotional purposes or media releases. I also acknowledge by affixing my signature that this is a drug-free competition and I am competing without the assistance of any illegal drug.

Dated this _____ day of _____, 20____.

Participant Signature

Print Name