

## GREENE CO. FIREFIGHTER ASSOCIATION FIREFIGHTER'S CHALLENGE

### The Course

The Challenge Course is defined by the banner line, in accordance with the distances and weights described in the Course Layout and relevant rules. Friends, fans and family members are not allowed on the course at any time, and competitors are permitted only when they are physically running the course. The sole exception to this rule is for the members of the Tandem and Relay Competition teams when they are competing. Penalties, including disqualification, may be assessed to a competitor or team for violation of this rule.

### Run Order(s)

OTC reserves the right to revise the order in which competition categories run the course. Lane assignments are randomized and not subject to change based upon preference. Each starting competitor will be assigned a number to be displayed on the helmet denoting his or her run order in the published schedule. The next-up relay team or individual must be in the staging area with full turnout gear when the preceding participant is at the start line. Teams and or individuals not ready for start signal will be disqualified. Run orders may be changed, altered or modified depending upon local dictates.

### Disputes

The team captain and the Course Marshal will resolve all disputes regarding penalties. We do not review videotapes, etc. After each event, except the last event, the team times will be announced. Any team wishing to challenge any judge's ruling in any event may do so, but the challenge must be made after the event is over and prior to the start of the next event. In case of a challenge on the last event, it must be made prior to the announcement that competition is complete, and there are no ties. In the event that a judge's call is challenged, the judges and course marshal will get together and make their final ruling. Once the course marshal has made their final ruling, there can be no further challenge involving that call or its consequences. The course marshal may choose to run the event over, moving the team to run in the last spot, call stands as made, or there was a call made and penalty points were given. Team must be present to place. All Course Marshal decisions are final.

### Equipment Rules

SCBA: All participants must provide their own SCBA and it must be worn by all participants in the individual and team relay categories when needed. Competitors must finish the event under ten minutes without running out of air. TURN-OUT GEAR: All

competitors must compete in their own protective equipment. PPE (i.e., turnout gear - helmet, coat, pants, gloves and boots) must be approved for structural fire fighting consistent with NFPA 1971 standards in effect at the time of manufacture. Hoods are not required. Officials will inspect all gear prior to participation. Their decisions are final. Articles of turnout gear and SCBA must not be removed or lost during the competition. If dropped, they must be retrieved and correctly replaced by the competitor before continuing. Non-retrieval results in disqualification.

### Prescribed Gear

**Helmet** - A helmet of the fire service style and quality with chin strap fastener; a face shield may be attached to the helmet, but is not required. The use of a face shield as a protective device is the option of the wearer or team coach.

**Coat** - A turnout gear coat of fire service style and quality, with D-ring or zipper/Velcro closures, will be worn by competitors in every event. All coats must retain their liners. If a coat with D-rings is used, no less than 3 D-rings must be fastened when donning the coat. If a coat with zipper/Velcro is used in an event, the zipper must be zipped the entire way.

**Boots** - Fire service boots of some type and style will be worn by every competitor.

**Pants** - Bunker pants of fire service style and quality, with D-ring or Zipper/Velcro closures, will be worn by competitors in every event. All pants must retain their liners. The D-ring or zipper is required to be fastened during the event.

**Air Packs** - Competitors must provide their own NFPA compliant SCBA except in the air pack relay. All buckles and straps should be snugly secured.

### START

Prior to the start signal, each competitor must be in the starting position. Following the start command, "firefighter ready," an audible sound will start each heat. The event will begin with the blast of an air horn.

### PROCEDURES

#### Eligibility

Open to all Greene County firefighter, law enforcement, EMA, EMS, Forestry, and first responder personnel. Each participant must be an active member of a fire department, paid or volunteer.

#### Registration

Competitors are urged to sign up early. All members on a "Team" must be from the same department or organic unit (i.e., VFD, county, dispatch district, etc.) and may be co-ed.

Registration will be accomplished via the Eutaw FD website or mail. No telephone or fax registrations will be accepted. Registrations received in a timely manner will be confirmed on the website roster and via an email to the address of record.

#### POC/Team Captain

The team captain/contact must ensure that all members of the team are apprised of critical details, including the rules. Correspondence and communication will be directed to the Point of Contact (POC) only at the address of record. POCs are urged to keep contact information up to date.

#### Check-in

Every competitor is responsible for personally checking-in at the TOC (Tactical Operations Center located at the event) on the day of the scheduled event. This is a mandatory additional requirement following pre registration. Failure to do so may result in disqualification. Competitors who check-in on a timely basis are afforded priority placement in the run order. Check-in will be suspended 30 minutes prior to start time. Once the event has started and when check-in resumes, latecomers will be placed at the end of the run order. In other words, clear preference is afforded those competitors who show up on time.

#### The Waiver and Release Form

Every competitor must sign a waiver form prior to participation. No one is allowed to participate without this form. The waiver and competitor data form is issued at check-in. The form stipulates that this is a drug free competition; by executing this form, competitors acknowledge they are not using any banned substance and will submit to a drug test as outlined in our drug policy and published on the official Firefighter Combat Challenge website. A complete list of the banned substances is contained on the Drug Free Sports website. Each competitor should review the competitor's guide, rules, procedures and the Par-Q questionnaire prior to participation. There will be no alcohol allowed on the premises.

#### Event Organization and Management

All competitors are expected to be present at the Challenge-designated site at least 1 hour prior to the event for check-in. Each competitor must check-in for his/herself. By executing the competitor data form, the accuracy of the personal data is accepted as correct. Competitors must be present in the Staging Area when called. If a competitor does not show after three public address announcements requesting their presence, they will be disqualified.

#### Substitutions

Substitutions due to injury, transfers, illness, shift changes are permitted after the original team run.

## Waiver Document

All competitors must sign this document before participating on the Challenge. This is a part of your score card and official record. One copy will be issued to each participant at the time of registration.

In consideration of the acceptance of my application for entry in the Firefighter Challenge, I hereby freely agree to and make the following contractual representations and agreements.

The activities involved in the Challenge have been fully explained to me. I understand them and represent to the administrators of the Challenge 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 Challenge 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 which I have or which may hereafter accrue to me against the administrators of this event, the host organization and the sponsors, and all other persons or entities, 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 Challenge or my participation in the Challenge.

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 Challenge 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.

## PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

PAR-Q is designed to help you help yourself. Many health benefits are associated with regular exercise. Completing PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life. For most people, physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them. Common sense is your best guide in answering these few questions. Please read them carefully and check **YES** or **NO** for each question.

**YES**    **NO**

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Has your physician ever said you have heart trouble?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Do you frequently have pains in your heart and chest?  |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Do you often feel faint or have spells of severe dizziness?  |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Has a physician ever said your blood pressure was too high?  |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Has a physician ever told you that you might have a bone or joint problem such as arthritis that has been aggravated by exercise or might be made worse by exercise? |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?  |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Are you over age 65 and not accustomed to vigorous exercise?   |

### ➡ IF YOU ANSWERED

#### **YES TO ONE OR MORE QUESTIONS:**

If you have not recently done so, consult with your personal physician by telephone or in person **BEFORE** increasing your physical activity or taking a fitness test. Tell him or her what questions you answered YES on PAR-Q or show your copy.



#### **PROGRAM**

After medical evaluation, seek advice from your physician as to your suitability for:

- unrestricted physical activity, probably on a gradually increasing basis.
  - restricted or supervised activity to meet your specific needs, at least on an initial basis.
- Check in your community for special programs or services.

#### **NO TO ALL QUESTIONS:**

If you answered PAR-Q accurately, you have reasonable assurance that you are suited for:

#### **▪ A GRADUATED EXERCISE PROGRAM**

A gradual increase in proper exercise promotes good fitness development while minimizing or eliminating discomfort.

▪ **AN EXERCISE TEST** Simple tests of fitness or more complex types maybe undertaken if you so desire.



#### **POSTPONE**

If you have a temporary minor illness, such as a common cold, vigorous exercise or exercise testing should be postponed.

## Greene County Assoc. Fire Fighter's Challenge Contest Enrollment Form

Department Name:

---

Team Name:

---

Captain:

---

All team members must be an active member of an existing fire department to participate.

CONTEST:

Check the contest(s) your team wishes to participate in:

\_\_\_\_\_ 1. Water on the Roof (Four Person Team)

List participants:

---

---

\_\_\_\_\_ 2. Hose Lay (Three Person Team)

List participants:

---

---

\_\_\_\_\_ 3. Air Pack Relay (Four Person Team)

List participants:

---

---

## Greene County Assoc. Fire Fighter's Challenge Contest Enrollment Form (Con't.)

### \_\_\_\_\_ 4. Individual "Pro Style"

List participants:

---

---

---

---

\_\_\_\_\_ 5. Team Relay "Pr Style" (Four Person Team) This event consists of the following in the order they are listed:

- EVENT 1 Hose Rollout with Stair Climb
- EVENT 2 Hose Hoist and Tower Descent
- EVENT 3 Forcible Entry
- EVENT 4 Crawl Space
- EVENT 5 Hose Advance

List participants:

---

---

## Release of Responsibility Form

Each team member listed on the enrollment for has to sign this release form before participating in any of the contests. Failure to do so will result in disqualification.

In consideration of the acceptance of my application for entry in the Firefighter Challenge, I \_\_\_\_\_ hereby freely agree to and make the following

(Print Full Name)

contractual representations and agreements.

The activities involved in the Challenge have been fully explained to me. I understand them and represent to the administrators of the Challenge 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 Challenge 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 which I have or which may hereafter accrue to me against the administrators of this event, the host organization and the sponsors, and all other persons or entities, 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 Challenge or my participation in the Challenge.

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 Challenge 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.

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)