

# Firefighter Challenge

## Fit to Fight



1. Forcible Entry Prop. Force the door inward using a Haligan tool.
2. Unroll 50' of 1.5" hose. Connect to the water supply and nozzle. Charge the line.
3. Climb ladder with charged hose. Perform leg lock. Knock over the cone with a water stream.
4. Tie an axe to the rope using clove hitch and half hitch knots.
5. Carry a 50' roll of hose up the stairs.
6. Hoist the axe. Carry the axe and hose back down the stairs.
7. Force Machine.
8. Drag dummy around the course.
9. Crawl through the tube.
10. Disconnect the hose and nozzle and roll up the hose.

### Rules:

Participants must be wearing structural PPE including boots, pants, coat, gloves, helmet, and SCBA. A mask is not required.

Participants may stop the Challenge at any time and begin again. You may attempt the Challenge as many times as you like.

Have Fun! The Challenge is great training even if you don't win.

**First Prize for Fastest Time:** \$500 gift card to the Home Depot sponsored by Alpine Shed Company

### References:

Door Force <https://www.youtube.com/watch?v=qQL-IAOTrko>

Leg Lock <https://www.youtube.com/watch?v=uLc4k5QWvXM>

Axe Hoist <https://www.youtube.com/watch?v=bmOSEXtvp4g>

<https://www.youtube.com/watch?v=Nuu5wpdpRMY>