

ANNUAL FIREFIGHTER GAMES

(Prince George Exhibition Grounds)

August 14 & 15, 2010

FRIDAY, AUGUST 13, 2010 - 7:00 p.m.

REGISTRATION & HOSPITALITY NIGHT

SHOOTERS BAR & GRILL

(upstairs patio)

611 Brunswick Street

(see attached map)

FIRE LINE - DO NOT CROSS FIRE LINE - DO NOT CROSS FIRE LINE - DO NOT CROSS

SATURDAY, AUGUST 14, 2010 - 9:30 a.m. Muster, 10:00 a.m. Start
Central Interior Firefighter Skills Combat Challenge

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TEAM EVENTS

SUNDAY, AUGUST 15, 2010

9:30 a.m. Muster, 10:00 a.m. Start*

Hose Ball Game

Make & Break

Bucket Brigade



5 PEOPLE PER TEAM

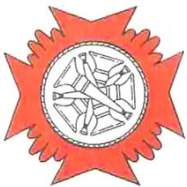


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AUGUST 12 & 13, 2010

Auto Extrication Demonstrations

FIRE LINE - DO NOT CROSS FIRE LINE - DO NOT CROSS FIRE LINE - DO NOT CROSS



Central Interior Fire
Chiefs' Association

SPONSORED BY CENTRAL INTERIOR FIRE CHIEFS ASSOCIATION
HOSTED BY THE FRASER-FORT GEORGE REGIONAL FIRE AND LIFE SAFETY
GROUP



**REGIONAL DISTRICT
of Fraser-Fort George**

155 George Street
Prince George BC V2L 1P8
Phone: 250-960-4400 Fax: 250-562-8676



CONTACT: MELANIE PERRIN AT 250-960-4400 FOR INFORMATION

NOTE: All firefighters must bring their own Personal Protective Equipment as listed in the event package

PLEASE EMAIL COMPLETED FORM TO mperrin@rdffg.bc.ca OR FAX TO 250-562-8676
 EXHIBITION GATE PASSES WILL BE AVAILABLE FOR PICK UP AT SHOOTERS BAR & GRILL ON REGISTRATION
 NIGHT, FRIDAY, AUGUST 13, OR AT THE REGIONAL DISTRICT OFFICE DURING OFFICE HOURS

Department Name

Mailing Address

Contact Person

City

Phone Number

Postal Code



TEAM EVENTS (5 People/Team)

T-SHIRT SIZE (Indicate Male/Female)

	<u>Male</u>	<u>Female</u>	S	M	L	XL	XXL
1. Name	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Name	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Name	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Name	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Name	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(Awards for 1st, 2nd, & 3rd Place for each event and First Place Overall High Points)



**CENTRAL INTERIOR FIREFIGHTER
 COMBAT CHALLENGE**

T-SHIRT SIZE (Indicate Male/Female)

	<u>Male</u>	<u>Female</u>	S	M	L	XL	XXL
1. Name + Rank + Age Category	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Name + Rank + Age Category	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Name + Rank + Age Category	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Name + Rank + Age Category	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Name + Rank + Age Category	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Age Categories (1-4)

- 1) 25 and under
- 2) 26 – 35 years
- 3) 36 – 45 years
- 4) over 45 years

(Awards for Fastest Male/Fastest Female)



\$20 PER COMPETITOR INCLUDES ENTRY INTO ALL TEAM AND INDIVIDUAL EVENTS. COMPETITOR T-SHIRTS INCLUDED.



PAYMENT BY CHEQUE ONLY: Please make cheque payable to:

CIFCA FIRE & LIFE SAFETY

TOTAL: \$ _____

NOTE: T-SHIRT SIZES AND AVAILABILITY CANNOT BE GUARANTEED FOR LATE REGISTRATIONS SUBMITTED AFTER JULY 14, 2010.
 TEAMS CONFIRMED ONCE PAYMENT IS RECEIVED.
 ALL TEAM MEMBERS **MUST** BE FIREFIGHTERS CURRENTLY WITH A DEPARTMENT.

PRINCE GEORGE EXHIBITION

INDIVIDUAL FIREFIGHTER SKILLS COMBAT CHALLENGE

Saturday, August 14, 2010

FIREFIGHTERS GAMES – TEAM EVENTS

Sunday, August 15, 2010

AUTO EXTRACTION DEMONSTRATIONS

August 12 & 13, 2010

/// FIRE LINE - DO NOT CROSS /// FIRE LINE - DO NOT CROSS /// FIRE LINE - DO NOT CROSS ///

Come and join us for our Firefighter Games at the Prince George Exhibition Grounds.

The events are designed for a bit of friendly competition as well as to practice some of our firefighters' skills and have lots of fun doing it.

Events will take place between the PGX Office and the Logging Sports Area on the Exhibition Grounds. Competitors are to muster at 9:30 a.m. each day, August 14 and 15. The games will start at 10:00 a.m. SHARP. The entry fee is \$20 per person and includes registration for all events. Each competitor will receive a Firefighter Games t-shirt. The monies collected will help offset the cost of the games and go to the Regional Fire & Life Safety Group for future program development.

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REGISTRATION

Deadline for registration of your team and/or for the Individual Firefighter Skills Combat Challenge is **July 14, 2010**. T-Shirt sizes and availability cannot be guaranteed for late registrations submitted after July 14, 2010. To register, fax your entry form to:

Fax: 250-562-8676
Attention: Melanie Perrin

Mail cheques to: Regional District of Fraser-Fort George
155 George St
Prince George BC V2L 1P8
Attention: Melanie Perrin

Please email any questions or request for additional information to: mperrin@rdffg.bc.ca.

The order in which the teams will display their skills will be determined by a random draw. Draw will occur Friday, August 13 at Registration/Hospitality Event. The four events scheduled are:

Individual Firefighter Skills Combat Challenge
Hose Laying
Bucket Brigade
Ball Game



**NOTE: THE BALL GAME IS A 8-MINUTE TIME LIMIT PER GAME,
WHISTLE TO WHISTLE (NO TIME OUT).**

2010 PRINCE GEORGE EXHIBITION

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FIREFIGHTER GAMES – TEAM EVENTS

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CONTEST RULES

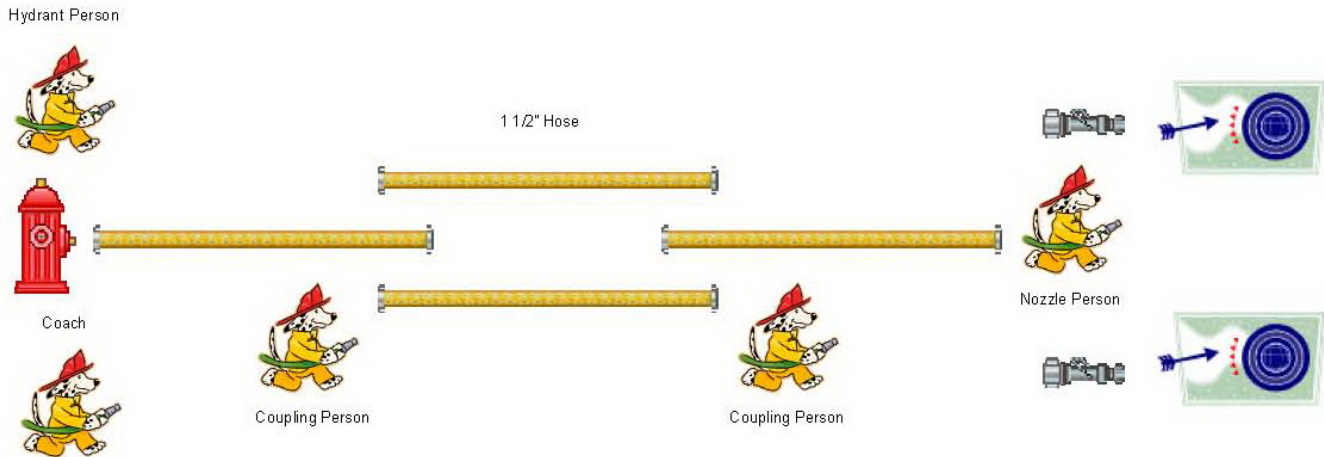
1. Teams must consist of five (5) team members. The breakdown is four (4) players and one Coach. Teams may practice at their convenience – NOT AT THE EXHIBITION GROUNDS.
2. The winning teams will be decided by the best time in each event.
3. Trophies will be presented at the completion of the events each day.
4. Full regular issued structural firefighting turnout gear must be worn. Departments are responsible for bringing their own turnout gear which consists of:

Helmet
Jacket
Pants
Firefighter Gloves (not Rescue gloves)
(All linings to remain in all components of personal
protective gear)
Firefighter Boots and Other Personal Protection
Needed

5. A Prince George Exhibition Day Pass and Parking Pass will be provided for each team member.
6. All competitors are requested to help with the breakdown of the event after all is completed on Saturday and Sunday.

***CREW COLLAR SHIRTS ARE TO BE WORN AT ALL TIMES.
NO V-NECK OR SCOOP NECK SHIRTS PERMITTED.
(PLEASE ENSURE ALL TEAM MEMBERS ARE MADE AWARE)**

EVENT #1 MAKE & BEAK HOSE LAYING



The diagram above illustrates the original hose lay before contestants start

HOSE LAY INSTRUCTIONS FOR TEAM MEMBERS

1. Team Composition

- A. Coach: provides team morale and gives instructions
- B. Hydrant Person: connect hose to hydrant and turns water on and off as required
- C. Coupling Persons: connects/disconnects hose as required (consists of two (2) players)
- D. Nozzle Person: connects nozzle and directs stream of water to knock down targets, change over nozzle to second nozzle when hose changed out

2. Sequence of Events for Players

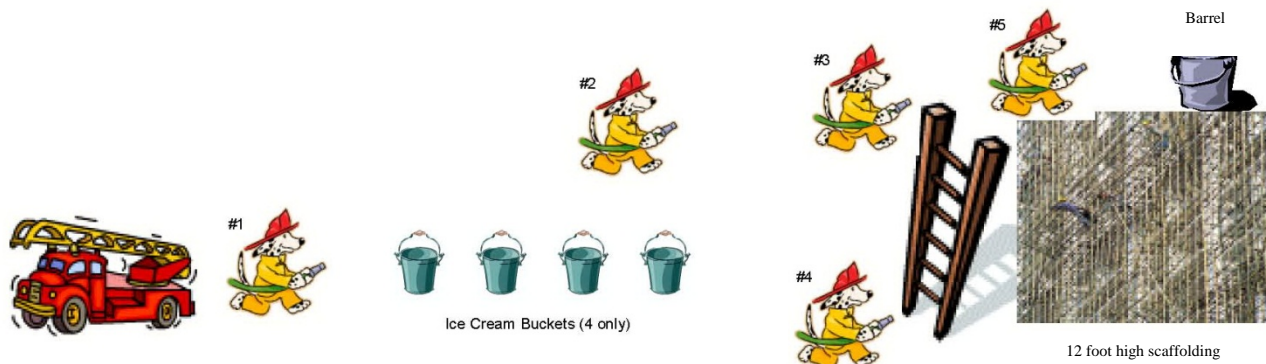
- A. Team: starts behind hydrant and proceeds to their position after the whistler is sounded
- B. Hydrant Person: connects first hose length to hydrant "Y", charges line once hose lengths are connected. As soon as the first target has been knocked down, shuts off water by closing "Y" hydrant valve, changes hose to other side of "Y". Once the centre lay of the hose has been changed and nozzle has been changed over, re-opens the hydrant valve.
- C. Coupling People: First hook-up hose lengths, when target is knocked down, disconnects the centre lay of hose and replace with the spare
- D. Nozzle Person: connects the nozzle as required and directs stream of water to knock over first target and changes the other nozzle when the spare hose is changed and then knocks down second target

NOTE: Stop watch will commence at the sound of the whistle and will stop only after the sequences have been completed.

FULL TURNOUT GEAR MUST BE WORN INCLUDING LINERS AND FIREFIGHTER GLOVES

WHEN YOUR TEAM'S RUN IS COMPLETED YOU MUST DRAIN OUT HOSE LENGTHS

EVENT #2 BUCKET BRIGADE



The diagram above illustrates the original hose lay before contestants start

INSTRUCTIONS

Fire Fighter #1 – Fill Buckets

Fire Fighter #2 – Passes bucket to and from Fire Fighter #3

Fire Fighter #3 – Passes buckets to and from Fire Fighter #5

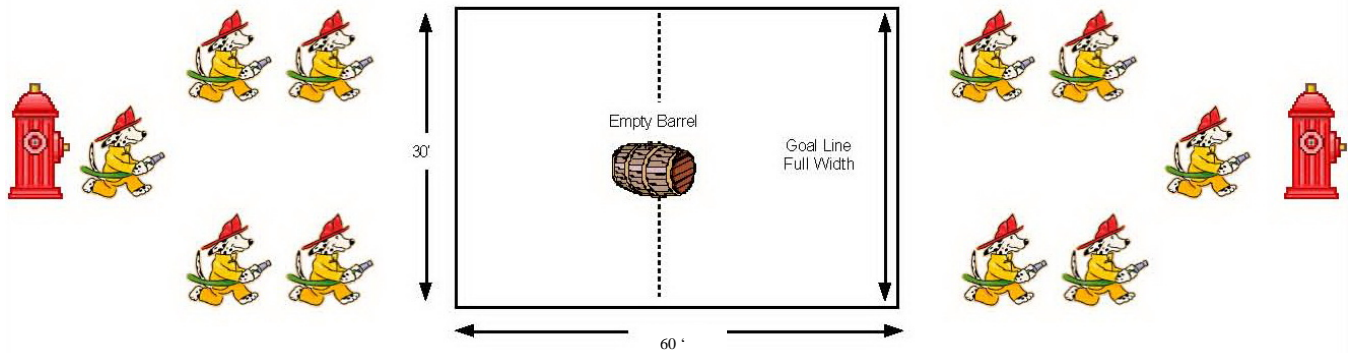
Fire Fighter #4 – Butts ladder, shouts encouragement, gets wet

Fire Fighter #5 – Fill barrel to full mark

All Team Members start from behind hydrant.

1. Team must connect nozzle to hose, hose to hydrant fitted in gated Y
2. Each team gets two tries
3. Time called when barrel on scaffold platform is filled to overflowing
4. Winning team will have fastest time
5. Truck pressure will be used
6. Full turnout gear to be worn
7. Four (4) water shuttling buckets per team will be used. If you break a bucket during your event you will need to finish with remaining buckets

EVENT #3 HOSE BALL GAME



- Play order of teams to be determined by random draw
- A referee will facilitate the game
- Teams must start from behind their respective gated-Y's, when whistle is blown team members will rush forward with charged lines
- Goal is to direct the barrel with the hose streams and send the barrel through the opposing teams goal post
- Goal posts are 30 ft, the full width of the field of play

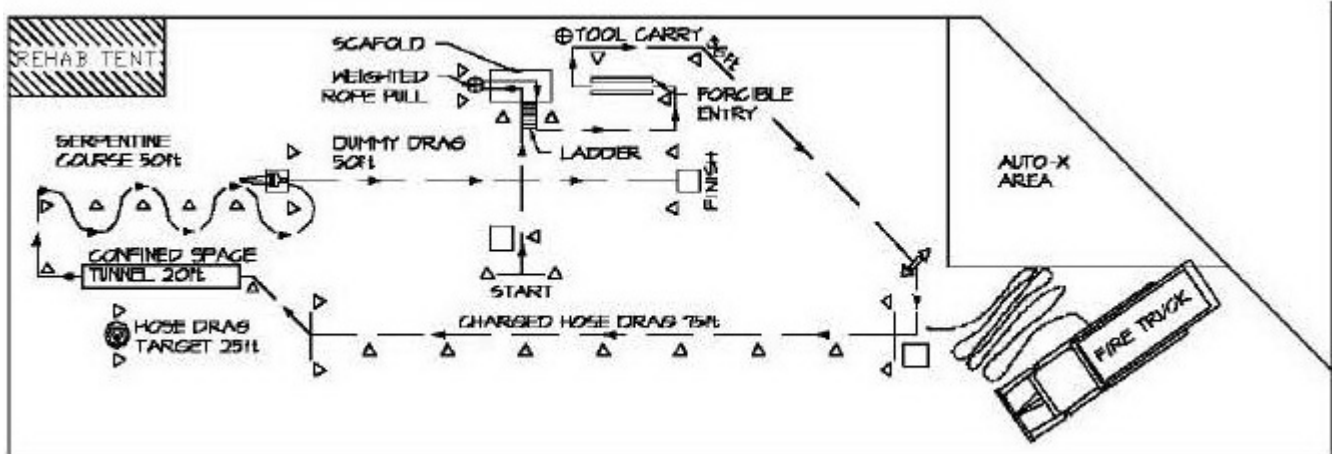
There will be an eight (8) minute time limit on each game, from whistle to whistle.

2 – 4 minute periods with 2 minutes in between

ANY DELIBERATE USE OF NOZZLE TO FACE AREA OF ANY PLAYERS, THE PERSON WILL BE REMOVED FROM THE GAME AND YOUR TEAM WILL PLAY SHORT-HANDED FOR THE REMAINDER OF THE GAME.

IF A TEAM HAS TO PLAY BACK TO BACK, THERE WILL BE 10 MINUTES BETWEEN GAMES.

CENTRAL INTERIOR FIREFIGHTER COMBAT CHALLENGE



RULES

- Be safe, you must follow all WCB/IFSTA protocol. Any unsafe acts, you will be disqualified
- You must follow the course and stay on the correct side of all pylons. 5 seconds will be added to your time for each fault
- Full regular issued turnout gear must be worn properly. Balaclava doesn't have to be worn. Chin straps must be worn on helmets
- Tools and equipment must be put down, not thrown
- No running, however you may jog on the charged hose drag
- Time penalties will be assigned for; going off course, knocking down pylons, breaking stride, misplacing or throwing equipment, if a competitor needs to be physically contacted or assisted in anyway.

COURSE OUTLINE

- Starting position is at the starting line, firefighter will be on one knee
- SCBC donning station – properly don the SCBA, mask is not required, SCBA will remain on
- Climb ladder, weighted rope pull – pull a rolled 2 ½" hose up to top of scaffolding with rope, place roll in designate area. Climb down ladder
- Forcible Entry – using a 12 lb sledge hammer, you must slide 8 ft railway tie 18"
- Tool Carry – you must carry 2 – 20 lb tools 56 ft. You may set the tools down to adjust your grip
- Ball placement (dexterity) – you must take 3 softballs and place them on top of 3 delineator posts. Softballs must remain in place on posts.
- Charged Hose Drag – you must drag a charged 1 ¾" hose 75 ft then shoot down a target 25 ft away
- Confined Space Tunnel – at tunnel entrance competitor must fully remove SCBA pack and push pack along ahead of them as they move through the tunnel. Tunnel will be 20 ft long and 30" diameter. SCBA pack must be donned again after exiting tunnel, and before proceeding to serpentine.
- Serpentine Course – you must follow course through 50 ft long serpentine
- Rescue Drag – you will drag a 145 lbs mannequin 50 ft to finish line. Mannequin will be in a body harness.
- Time stops when you cross the finish line

Shooters Bar & Grill

611 Brunswick Street
Prince George, BC
(250) 563-4849

