real QUESTIONS real ANSWERS

ATA’s Bill Canary
Prime’s Secret
New Fleet Resources
In 1976, Dr. Paul Davis and his colleagues at the University of Maryland created a series of tests to measure firefighter fitness. The tests did a good job of predicting performance, but the connection between fitness and performance wasn't well understood by the firefighters themselves.

Davis had noted how competitive firefighters were toward each other during the tests and thought, "Why not devise a competition?"

So began the Firefighter Combat Challenge. It's called "the competition with a purpose," because there could scarcely be better training for firefighting than training for the Challenge's grueling events.

We visited the Challenge during the FireHouse Expo in Baltimore this July. We think you'll agree this is "the toughest two minutes in sports."
**SCOTT Firefighter Combat Challenge**

Contestants compete as relay teams or as individuals. All must wear full firefighter “bunker” gear, including self-contained breathing apparatus, “turnout” protective clothing, helmets, gloves and boots — weighing upwards of 45 pounds.

Just as in a real fire, firefighters race against the clock (a fire can double in size in just 90 seconds). Two minutes will be an excellent time to complete all the tasks. Winners will finish in less than 1:30.

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**1. Tower Climb / Hose Pack Carry**

Carry a 100-foot, 44-pound hose load, on your shoulder, up 63 steps to the top of a 5-story tower.

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**2. Hose Hoist**

From the top of the tower, haul a rope hand-over-hand to bring up a 45-pound hose roll. Then hurry back down the steps, contacting every one and holding the handrails.
Forcible Entry
Using a 9-pound mallet, drive a 160-pound steel beam 5 feet, simulating skills needed to force your way into a building. Then, fast-walk 140 feet to the hose advance.

Hose Advance
Pick up a fully charged fire hose and drag it 75 feet. Open the nozzle, spray a target, close the nozzle and place it in a marked box. Walk 30 feet to the final task.

Victim Rescue
Drag the 165-pound “Rescue Randy” dummy 100 feet to the finish line.

ABOUT THE SCOTT Firefighter Combat Challenge
Firefighter Combat Challenge events are broadcast on ESPN. For more information, visit the Challenge web site, www.firefighter-challenge.com.

Bridgestone is proud to be a sponsor of the Firefighter Combat Challenge and has donated tires used on the Challenge vehicles.