



Florida Association of Fire Rescue Cadets



Firesled Physical Abilities Challenge

2024 Summer Gator Fire Games

FPAT Description

The FPAT is divided into two primary sections. The “Ladder Operations” section consist of forcible entry simulation, ladder carry and ladder climb. The “Engine Operations” section consists of the charged line advance, hose line feed, ceiling breach and pull, and victim rescue. Each Cadet/Explorer post will choose its best 4 Cadets/Explorers to compete in this event.

FPAT Rules

The Cadets/Explorers will be wearing full bunker gear (Coat, Pants, Boots, Helmet, Hood, Gloves, SCBA without mask). The Cadets/Explorers will be guided through the course by a proctor. The proctor will provide proactive instruction and, when necessary, correct unsafe behavior. The proctor will provide an initial warning should the candidate engage in unsafe behavior. A second warning regarding the same unsafe behavior will result in disqualification. Candidates will not be allowed to run at any point on the course. Cadet/Explorer 1 and 2 begin at two different events (Equipment Carry, Forcible Entry). Once Cadet/Explorer 1 completes the first event (Equipment Carry), he/she will tag Cadet/Explorer 2 and proceed to event 3 and wait to be tagged by Cadet/Explorer 2 once he/she has completed event 2 (forcible entry). This switching of events will continue until all events have been done. Once all events have been completed, time will stop.

Evolution Specifications and Rules

1. Forcible Entry: **(CADET/EXPLORER 1 and 2)**
 - a. Specifications: Punisher with dead blow sledge.
 - b. Instructions: Cadet/Explorer 1 will strike the target area of the “box” until the box reaches the end of the track. Cadet/Explorer 1 will pass the sledge off to Cadet/Explorer 2 will strike the target area of the “box” until the box reaches the end of the track. They may not “push” the box– it must be advanced using strikes. The Cadet/Explorer 2 will replace the sledge in the holder. Cadet/Explorer 2 will then tag Cadet/Explorer 3.
2. Ladder Carry: **(CADET/EXPLORER 3)**
 - a. Specifications: 65 lbs. ladder simulator mounted on Firesled. Distance of travel is 115 feet.
 - b. Instructions: Cadet/Explorer 3 will lift the yellow ladder simulator, either by positioning it on his/her shoulder or holding it with one hand like an extended arm carry, and will carry it to the near **Blue Delineator Tube**, make a right hand turn around the tube, walk down to the far blue tube, right hand turn around the far tube, back to the near blue tube and then replace the ladder in its mounts on the Firesled. Cadet/Explorer 3 will then tag Cadet/Explorer 4.
3. Ladder Climb: **Orange Cone (CADET/EXPLORER 4)**
 - a. Specifications: Laddermill apparatus
 - b. Instructions: Cadet/Explorer 4 will mount the laddermill and the proctor stationed here will start at a resistance level of “0” and adjust up to a resistance level of “4” as the Cadet/Explorer mounts the Laddermill and begins to climb. There will be set proctor will instruct the Cadet/Explorer to ask for more or less resistance. If the Cadet/Explorer bottoms out, the Laddermill will be set at the lowest setting the Cadet/Explorer requested or level 4. Once the electronic meter indicates that the

Cadet/Explorer has climbed a total distance of 50 feet, the proctor will instruct the Cadet/Explorer to dismount the Laddermill. Cadet/Explorer 4 will then tag Cadet/Explorer 1

4. Charged Line Advance: **CADET/EXPLORER 1**

- a. Specifications: Firesled will be positioned on the perimeter line and outfitted with a simulated charged 1-3/4 inch hoseline for dragging. No additional weight will be added. A target area that matches the area of the Firesled will be outlined 50 feet away. A finish line will also be indicated that is located 50 feet from where the candidate will start the component when holding the hoseline in the advised manner.
- b. Instructions: The Cadet/Explorer will pick up the hoseline, drape it over his/her shoulder, and pull the simulator forward. The candidate will be instructed to stop when the Firesled has reached the target area. The Cadet/Explorer may stop and rest during this component. Cadet/Explorer 1 will then tag Cadet/Explorer 2

5. Hose Feed: **CADET/EXPLORER 2**

- a. Specifications: The Firesled Jr. will be loaded with two 45-pound plates and outfitted with a simulated charged 1-3/4 inch hoseline. This hoseline will measure approx. 25 feet long. The hoseline will have two marking on it: one denoting the starting point and one denoting the 20-foot mark. The starting point will rest on the front edge of a 3-foot by 3-foot target box that is marked on the floor. Approximately 1 to 2 feet of hoseline will be stretched across the target box.
- b. Instructions: The Cadet/Explorer will enter the target box and will position himself/herself in a kneeling position (two knees or knee and foot) or a seated position. Cadet/Explorer will reel in the hoseline until the 20-foot marker passes the front edge of the target box. The Cadet/Explorer will be instructed to keep his/her body inside the target box at all times. Cadet/Explorer 2 will then tag Cadet/Explorer 3.

6. Ceiling Breach and Pull: **CADET/EXPLORER 3**

- a. Specifications: Breach/pull simulator on Firesled.
- b. Instructions: The Cadet/Explorer will mount the Firesled and take hold of the pike pole. Cadet/Explorer will perform 10 breach/pull repetitions. A single repetition consist of pulling downward with the pike pole until downward motion is blocked and then pushing upward with the pike pole until the upward motion is blocked. The proctor will count repetitions aloud for the Cadet/Explorer and instruct him/her when to stop. Should a Cadet/Explorer perform an incomplete repetition, the proctor will not count the repetition. Cadet/Explorer 3 will then tag Cadet/Explorer 4.

7. Victim Rescue: **CADET/EXPLORER 4**

- a. Specifications: Use rescue drag simulator on Firesled. No additional weight will be added to Firesled. The drag distance for this exercise is 50 feet.
- b. Instructions: The Cadet/Explorer will grab the hand straps and will drag the sled backwards across a finish line.

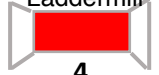
65 feet

Punisher



1 and 2

Laddermill



4

3



Blue Del. Tube

50 feet



Blue Del. Tube

25 feet

3- Ladder Carry



Firesled

4- Victim Rescue

1- Hose pull



3- Celling breach

Kelly Green Cone

2- Hose drag



Firesled Jr.



20' Blk. Hose

3'x3"