

Firefighting Updates(National, Intermediate, and Beginner)

Please search Facebook for **SkillsUSA Firefighting** and [#skillsusancfirefightingupdate18](#)
We are doing the events just like we did last year and they mirror the National Contest. We will be using the Score Sheets that are attached as well as the Read Aloud To Candidates Script.

Contest Divisions

- **Basic** - Does 3 Events
 - *Rapid Dress PPE *Equipment Carry *Hose Drag
- **Intermediate** - Does 4 Events
 - *Rapid Dress PPE *Equipment Carry *Hose Drag *Knots & Tool Raise with 5 knots
- **National** - Does 5 events Plus written Test and Interview on Tuesday afternoon.
 - *Rapid Dress PPE *Hose Drag *Equipment Carry *Knots and Tool Raise with 9 knots *One FF 24' Ladder Raise
 - **Postsecondary** will follow the Firefighting National Contest with the CPAT exam.

Task Stations

- **Rapid Dress PPE**
Rapid Dress PPE will be with complete turnout gear including SCBA Flash Hood and face piece. Competitors will not be required to go on air but will need to simulate connecting the regulator. We are simulating Entry Ready. Please bring SCBA and Facepieces. We can share if needed.
- **Firefighter Intermediate Knots** will be:
 - Overhand
 - Clove Hitch
 - Figure 8 on a bight
 - Bowline
 - Becket Bend (Sheet Bend)
- **Firefighting National Knots** are:
 - Overhand
 - Clove Hitch-Closed
 - Clove Hitch-Open
 - Bowline
 - Figure 8
 - Figure 8 on bight
 - Figure 8 Bend
 - Becket Bend
 - Girth Hitch (Larks Head)

A Great website for learning your Knots.

Click on the Rescue Knots Tab or look them up in the Index by name. <http://www.animatedknots.com>

- **Ladder Raise**

- Only the **Firefighting** will do the ladder raise. **Intermediate & Basic will Not**
- **Firefighting National** will have a One Firefighter 24' Ladder Raise with a "Hands Off" Firefighter Safety Spotter in the event that the candidate loses control of the ladder. For the Ladder Raise we will be using the IFSTA 6th Edition JPR.
- Competitors will carry or drag the 24 ' extension ladder to the building and raise the ladder with the Fly Section against the wall. After locking the dogs the butt end will be pulled out to the correct climbing angle of 75 degrees. The ladder will then be flipped over and corrected for any lean. After checking the climbing angle the pre-tied halyard will be secured on a bight with a split clove hitch trapping the halyard. An overhand Safety knot will finish the evolution. Loud audible Commands should also be used. **Contestants need to OWN This Event!**
- Check out the video on how to tie the Halyard below.
Clove Hitch Halyard <https://youtu.be/LoAZxRM3x3U>
- The competitor will then reverse the process and safely return the ladder to the ready position when finished.
- A Firefighter will be present for safety and will only be used if the ladder begins to get out of control. They may also heel the ladder while returning it to the ready position.
- These 24' Fire Service extension ladders have Pre-tied Halyards. They are like the ones used in Greensboro at the Skills USA NC Firefighting Competition and at the National Competition in Louisville, KY. We do not untie the rope but rather raise the fly section and then tie off the surplus like in the video link below.
Clove Hitch Halyard
<https://youtu.be/LoAZxRM3x3U>
- This video is a good example of how loud the Commands should be that are used when Raising the 24 foot Extention Ladder. It however, does not show the wall method of raising the ladder that we will use at this years competition.
- **24 foot Extension ladder Raise in 52 seconds** <https://youtu.be/zl9hclpezy0>
- Single Firefighter 24' Extension Ladder Raise
<https://www.facebook.com/skillsusancfirefighting/videos/1510251409100653/?t=3>

- **Exam and Oral Professional Assessment**

- Firefighting National also has a written Exam and Interview with Oral Professional Assessment- OPA that will be done on Tues. afternoon after Orientation.
- All contestants are required to turn in a professional resume.
- **National Division Contestants Help yourself to a better Interview**
- A Great Page to assist with Firefighter Oral Interviews and more... Even has Free Downloads of Interview Questions and Situational Questions. Really - Go check it out you won't be disappointed.
<http://www.aspiringfirefighters.com> Click on Free Downloads

All Contestants Please Note!!!!

Another Important item. All timed Competition events will end with a sharp clap of your Gloved Hands. Structural Gloves only Please! Not Extrication Gloves or Tech Rescue.

INSTRUCTIONS TO BE READ TO CONTESTANTS

These are the instructions that will be given to contestants by their judges on the day of the contest.

Rapid Dress - PPE - All Contestants

This Skills test will be to see how quickly and correctly the candidate can don all required PPE in preparation to enter a burning structure.

If you have any problems with your gear such as worn out Velcro that does not stay fastened please communicate this to the judge before we begin.

You may preset all of your gear.

You will not have to clip in the regulator or breathe bottled air.

This is a timed event with more points awarded for speed and accuracy. Time will start after you have set up, advised that you are ready, I have acknowledged you, and when you touch the gear.

Please make sure that when you have are ready for the time to stop that you **clap your gloved hands** and **step forward** for the judge to inspect your gear with your hands in the air.

Do you have any questions?

Hose Drag with Nozzle Attachment - All Contestants

Two contestants compete at the same time. When the signal to GO is given the contestants grab the Nozzle and begin to assemble the attack line. Once the threads have been started, the contestant may cross the Start Line and **WALK as QUICKLY as possible – DO NOT RUN!!!** The **Nozzle must be fully attached to the Hose prior to crossing into the 4'X4' Box that is 50' away.** Once in the Box the contestant must drop to one knee and pull 100' of hose (the second coupling) across the line into the box. When complete the contestant will clap their gloved hands signaling completion.

Penalties will be assessed for Running, dropping helmet, putting down a second knee, standing up, loose nozzle, nozzle falling off, coming out of the box.

Do You have any questions?

Equipment Carry - All Contestants

This event is a simulation of one of the parts of the CPAT and is a skill used extensively on the fire ground. Time starts when the contestant touches the first piece of equipment.

With this event the Contestant will lift correctly a piece of equipment (Fire Extinguisher, Chainsaw) from the tailboard of the Fire Apparatus and place it on the floor quickly but gently. The second piece of equipment is then lifted and quickly but gently placed on the floor. The contestant then turns 180 degrees and squats down and lifts correctly both pieces of equipment. Once the equipment is securely in hand the contestant **WALKS – DO Not Run!!!!** As **FAST as possible without running** in a Slalom Course around Safety cones placed on the ground over a 75 foot distance and circling the end cone and returning. Once the contestant returns to the apparatus, both pieces of equipment are quickly but gently placed on the ground and one at a time they are returned quickly but gently to the tailboard of the apparatus. Clapping of gloved hands will complete the event.

Judges will penalize by adding time for infractions such as running, dropping equipment, slamming equipment, not crossing the finish line and not placing equipment on the ground or tailboard one piece at a time. Lifting equipment must be ergonomically correct. Lift with legs and not your back. You must thread a fine line of Speed and Safety with SAFETY being most important.

Knots, and Tool Raise

This Skills Tests will show the candidates ability to tie and dress useful Fire Service knots and to demonstrate their use to raise and lower a tool such as an axe, roof hook, or pike pole safely.

The candidate will wear full PPE minus SCBA and will use Structural Firefighting Gloves while completing this skills test.

Once these Knots have been tied, the candidate will **Clap their gloved hands to signal for time to stop.** This is a timed event and all knots must be tied.

Speed and accuracy are important.

The judge will check for mirror knots. (knots that are tied backward but correctly)

The judge will also ask for an explanation of any five of these knots – judge's choice (what they are used for or how they are used).

Do you have any Questions?

PART II - Tool Raise or Lower

The second part of this Skills Test is to show that the candidate can tie off a hand tool for it to be raised and or lowered safely using a utility rope. Given a long length of rope and an Axe, Pike Pole, and a Roof Hook, the candidate will draw a card to select the tool that will be tied for raising/lowering. This is a timed event. Time starts when the candidate touches the tool or rope and stops when the candidate holds up the finished assembly over his/her head.

A 5 second penalty will be assessed for each knot or hitch that is incorrect and a 10 second penalty assessed if the tool is Inverted or a Tagline is not provided via incorrect knot placement.

Do you have any Questions?

The Time from **PART I** will be added to the Time for **PART II** to calculate the score for this event.

One Firefighter 24' Fire Service Extension Ladder Raise

National Division Only in NC

This Skills Test will demonstrate how **quickly** the candidate can **correctly** move into place and **safely** raise a 24' Fire Service Extension Ladder. This is a timed event that will focus on accuracy and safety. After raising the ladder correctly for time the candidate will safely lower the ladder from the building.

At the beginning of the test the Ladder will be on the ground parallel to the building that is to be laddered approximately 15' from the building as if it had just been removed from the Fire apparatus and placed on the ground.

Time starts when the candidate wearing full PPE minus SCBA touches the ladder. The candidate will use commands and raise the ladder safely.

Remember to Clap your Gloved Hands when you are finished to stop the time.

The candidate will safely return the ladder to its original position on the ground.

Do you have any questions?





Skills USA NC Firefighting Update 2019

Greetings Advisors and Skills USA NC Firefighter Contestants.

As the Contest Chairperson, the OSFM and I want you to have the most up to date information regarding the Firefighting contests and any changes. As you know there are three contests available for you to consider: Firefighting Basic, Intermediate, and Firefighting National. There is also a Postsecondary National contest.

Only the Secondary National and Post Secondary National First Place winners will have the opportunity to represent NC at the National Contest in Louisville, KY during the last week in June. In the event that the first place winner cannot go to the National Contest, the 2nd place winner will be offered that opportunity.

Advisors please assist your recruits in deciding which contest to sign up for. Contest Score Cards are included to assist you in making those decisions. Example: a freshman who has never handled a 24' ladder should not be competing against a senior that has passed the OSFM Ladder class. We are assembling the Judging Team (Cadre) from Fire Departments from around the state and we are looking forward to seeing you at the Orientation meeting at 1300 hours on April 9th at the Greensboro Coliseum. Last year we had around 90 contestants from all over the state.

CLOTHING: For the contestants competing in the National Division for the Interview and written test we recommend wearing a Class A uniform, the SkillsUSA attire as stated in the technical standards, or professional dress and all contestants on the contest day should wear the SkillsUSA Conference T-shirt or SkillsUSA light blue work shirt (does not have to have the SkillsUSA logo on it) and navy blue or black pants and duty boots or shoes. Contestants should have a set of Turnout Gear and Face Mask for SCBA.

Resumes: All contestants must turn in a hard copy of their resume. This can be done at Orientation. If a contestant misses Orientation the Resume can be turned in to the OSFM scoring table on the morning of the competition. Applies to All Contestants – All Divisions

Interview and Oral Professional Assessment: Both will be assessed by the interview panel with the OPA being immediately following the interview using the same type of rubric as for the interview. Topics included will be a general knowledge of heat, heat transfer, fires, firefighting equipment, firefighting procedures, and NFPA standards to the Firefighting I curriculum by NFPA. Applies to National and Post Secondary Only

Written Exam will be created and scored by the OSFM. The Exam material will be from IFSTA 6th edition and will not cover Haz Mat or Fire Control. This will be taken after Orientation and will be done while Interviews are being done. Candidates will be divided into two groups and either group will take the Exam or complete the Interview and then the other. Applies to National and Post Secondary Only

SKILLS CONTESTS

Donning of Personal Protective Equipment

Note: This is updated from previous Contests and is the same as the National Contest in Louisville, KY. Please read carefully. Applies to All Contestants – All Divisions

This Skills test will be to see how **quickly** and **correctly** the candidate can don all required PPE in preparation to enter a burning structure. This is a timed event with more points awarded for speed and accuracy. This contest will simulate donning PPE from a ready state at the Fire Station. T-shirt, Long pants, and shoes or duty boots will be worn to start. **No Crocs, or sandals permitted.**

The candidate will remove footwear, don trousers boots and suspenders, flash hood, coat, SCBA face piece, adjust hood over face piece so that no skin is showing and hood is under the coat, don SCBA and adjust correctly, don helmet, deploy ear flaps, cinch helmet chin strap, and finally don gloves. Ensure that all fasteners, snaps, buckles etc. are fastened, coat collar up and storm flap sealed and all adjustments are made prior to the Clapping of gloved hands which signals the completion of this physical skills test. Candidates will hold hands up while inspection is conducted by the judge.

A five second time penalty will be assessed for each infraction. Any missed item such as a flash hood, glove, helmet, or SCBA Mask on top of flash hood will incur a 30 second penalty. It is better for the equipment to be correct than to be super-fast on this event even though the overall time will determine the score. The penalties will hurt your time.

NOTE: Candidates will **NOT** be required to breathe bottled air nor connect the regulator to the face piece. Judges Will be looking for the simulation of the regulator connection.

Advisors, Please bring one or more SCBA and multiple face pieces and decontamination materials – candidates will provide a face mask or clean and use another contestants face piece. There may be contestants that do not have SCBA or face piece. This is the Fire Service – we will make it work.

Thank You in advance!

There is a possibility that the contestant may compete with others at the same time on this event.

Knots and Tool Raise Intermediate and National

This Skills Tests will show the candidates ability to tie and dress useful Fire Service knots and to demonstrate their use to raise and lower a tool such as an axe, roof hook, or pike pole safely.

The candidate will wear full PPE minus SCBA and will use Structural Firefighting Gloves while completing this skills test.

The following knots will be tied in an open setting or they can be tied around a horizontal pole. (See below)

A Great Website to study these knots is

www.animatedknots.com

and click on the Rescue Knots or look them up by name.

NC Firefighting Basic will NOT compete in this event.

NC Firefighting Intermediate will compete in this event but will only have the five Knots listed below.

Firefighting Intermediate Knots

*Overhand	Tie Around Bar
*Clove Hitch	Tie Around Bar
*Bowline	Tie Around Bar
*Figure Eight on a bight	Tie Around Bar
*Becket Bend or Sheet Bend	Tie Around Bar using two different sized ropes

Firefighting National Knots Same as in National Firefighting Contest Louisville, KY

* Overhand	Tie Around Bar
* Clove Hitch - Closed (around an object)	Tie Around Bar
* Clove Hitch - Open	Tie the knot in hand and slip it over an object
* Bowline	Tie Around Bar or Tie in Hand
* Figure eight or Flemish knot	Tie in Hand and lay it over the bar
* Figure Eight on a bight	Tie in Hand and lay it over the bar
* Figure Eight Bend or Flemish Bend or Figure 8 Follow through	Around Bar
* Becket Bend or Sheet Bend	Using two different sized ropes Around Bar
* Girth Hitch or Larks Head	used for Hose Straps Around Bar

Once these have been tied, the candidate will clap their gloved hands to signal for time to stop. This is a timed event and all knots must be tied. The list above will be provided at the test site. Each knot that is not tied will receive a 30 second time penalty. Each incorrect knot will receive a 10 second penalty. Speed and accuracy are important. The judge will check for mirror knots. (knots that are tied backward but correctly) The judge will also ask for an explanation of any five of these knots – judge's choice (what they are used for or how they are used).

A Three second penalty will be assessed for each missed or incorrect explanation.

There is a possibility that the contestant may compete with others at the same time on this event. This completes the first part of this contest.

PART II - Tool Raise or Lower

The second part of this Skills Test is to show that the candidate can tie off a hand tool for it to be raised and or lowered safely using a utility rope. Given a long length of rope and an Axe, Pike Pole, and a Roof Hook, the candidate will draw a card to select the tool that will be tied for raising/lowering. This is a timed event. Time starts when the candidate touches the tool or rope and stops when the candidate holds up the finished assembly over his/her head. Ideally, the utility rope would have a simple change of direction by looping it over a fixed point overhead (beam or rail) with a pulley or carabiner attached so that the assembled product could be raised and the tagline demonstrated.

A 5 second penalty will be assessed for each knot or hitch that is incorrect and a 10 second penalty assessed if the tool is Inverted or a Tagline is not provided via incorrect knot placement.

The Time from **PART I** will be added to the Time for **PART II** to calculate the score for this event.

Fire Service Solo Extension Ladder Raise 24'

Note: This event is for the NC Firefighting National Division only.
This is exactly the same as at the National Contest in Louisville, KY.
It has been removed from the NC Intermediate Contest.

This Skills Test will demonstrate how **quickly** the candidate can **correctly** move into place and **safely** raise a 24' Fire Service Extension Ladder. This is a timed event that will focus on accuracy and safety. After raising the ladder correctly for time the candidate will safely lower the ladder from the building.

At the beginning of the test the Ladder will be on the ground parallel to the building that is to be laddered approximately 15' from the building as if it had just been removed from the Fire apparatus and placed on the ground.

Time starts when the candidate wearing full PPE minus SCBA touches the ladder. The candidate will use commands and raise the ladder safely. The candidate will return the ladder safely to its original position on the ground.

A Firefighter will be present to assist only as a safety backup. The Firefighter is not to support or assist in any way unless the ladder begins to get out of control. The candidate will use loud audible commands that demonstrate that they are aware of the surroundings and so that others on the fire ground nearby will know what is happening. Owning this drill is important to self-confidence and the success of working with ladders.

Command examples: Ladder coming to the building, Clear Overhead, Ladder coming up, Fly coming up, Clear Overhead, Dogs Locked, Ladder coming in to Building in 3,2,1, Contact, Checking Climbing Angle – Good -75 degrees, Securing Halyard, Assignment Complete.

PLEASE NOTE THAT THE LADDERS WILL HAVE PRE TIED HALYARDS.

The contestant will not untie the Halyard. After the ladder is set to the building and the climbing angle is checked, the halyard will be secured as a bight and a split clove hitch around the main halyard pull rope. Please watch for the video that Peyton Holland has agreed to send to all advisors in the near future in reference to this event.

Time ends when the candidate Claps Gloved hands at the completion of the ladder raise. The candidate will lower the ladder safely as well. Penalties described below.

Things that will be considered critical failures and will incur penalties include:

Failure to use proper lifting techniques and correct ergonomics (5sec.).

Failure to use Commands (10 secs.).

Failure to Observe safe footing, overhead obstructions, and electrical hazards (10 secs.).

Failure to tie off halyard prior to manipulating the ladder (5 sec.).

Failure to verbally and visually ensure that the dogs are locked (5 sec.).

Failure to lower the ladder into the building gently while under control. (10 sec.).

Failure to check for the correct climbing angle (5 sec.).

- Failure to maintain complete control of the ladder at all times (5 sec.).
- Failure to tie off halyard (10 secs.).
- Failure to tie off halyard correctly (5 sec.).
- Failure to lower ladder safely (even though not judged in the timing of the drill) (5 sec.).

Equipment Carry All Contestants

This event is a simulation of one of the parts of the CPAT and is a skill used extensively on the fire ground. Time starts when the contestant touches the first piece of equipment.

With this event the Contestant will lift correctly a piece of equipment (Fire Extinguisher, Chainsaw) from the tailboard of the Fire Apparatus and place it on the floor quickly but gently. The second piece of equipment is then lifted and quickly but gently placed on the floor. The contestant then turns 180 degrees and squats down and lifts correctly both pieces of equipment. Once the equipment is securely in hand the contestant **WALKS – DO Not Run!!!!** As **FAST as possible without running** in a Slalom Course around Safety cones placed on the ground over a 75 foot distance and circling the end cone and returning. Once the contestant returns to the apparatus, both pieces of equipment are quickly but gently placed on the ground and one at a time they are returned quickly but gently to the tailboard of the apparatus. Clapping of gloved hands will complete the event.

Judges will penalize by adding time for infractions such as running, dropping equipment, slamming equipment, not crossing the finish line and not placing equipment on the ground or tailboard one piece at a time. Lifting equipment must be ergonomically correct. Lift with legs and not your back. You must thread a fine line of Speed and Safety with SAFETY being most important.

Helmet fell off	3 seconds added
Helmet took off	5 seconds added
Took off glove(s)	5 seconds added
Dropped any piece of equipment	5 seconds added
Dropped any piece of equipment 2nd time or more	8 seconds added
Did not fully cross return line	5 seconds added
Ran instead of walking Verbal WARNING given	5 seconds added
Ran instead of walking 2nd offense	10 seconds added

Hose Drag with Nozzle Attachment All Contestants

This event is a simulation of one of the parts of the CPAT and is a skill used extensively on the fire ground. Time starts when the contestant touches the first piece of equipment.

This event uses 150' of 1 3/4" hose in a accordion lay and a Nozzle that has had the threads and male end of the hose coupling lubricated with WD-40. (This evens the contest.) Two contestants compete at the same time. When the signal to GO is given the contestants grab the Nozzle and begin to assemble the attack line. Once the threads have been started, the contestant may cross the Start Line and **WALK as QUICKLY as possible – DO NOT RUN!!!** The Nozzle must be fully attached to the Hose prior to crossing into the 4'X4' Box that is 50' away. Once in the Box the

contestant must drop to one knee and pull 100' of hose (the second coupling) across the line into the box. When complete the contestant will clap their gloved hands signaling completion. Penalties will be assessed for Running, dropping helmet, putting down a second knee, standing up, loose nozzle, nozzle falling off, coming out of the box,

Helmet came off head or fell off	2 seconds added
Took off glove(s) add if each glove (both gloves 4 seconds)	2 seconds added
Incorrect hose carry took more than 8 feet	4 seconds added
Incorrect hose carry (other than chest or shoulder)	5 seconds added
Did not stay in box while pulling hose	5 seconds added
Stood up while pulling in box	5 seconds added
Dropped to both knees at any time	5 seconds added
Came off of 1 knee even for a second	5 seconds added
Came off of 1 knee even for a second additional times	3 seconds added

CPAT

Civilian Physical Agility Test

At the National Firefighting Contest in Louisville, KY the Contestant competes in the IAFF and IAFC endorsed CPAT. Across the nation this is fast becoming the required Firefighting career physical skills exam. If you are thinking about competing at the Skills USA National Conference this is from the update I shared with all the State Advisors. The CPAT is a Pass/Fail Exam and must be completed in 10 minutes and 20 seconds. Check the links for more information.

The CPAT will be a Nationally Certified CPAT administered by the Coordinator of the Kentucky State Fire Commission at a Certified Testing location – The Louisville Fire Academy.

All candidates both Secondary and Post Secondary will do the exact same CPAT just as if testing for a career position. This is a licensed CPAT facility and is fully air conditioned.

For more information go to

“IAFF: Wellness-Fitness CPAT” http://www.iaff.org/hs/cpat/cpat_index.html

YouTube “CPAT – Candidate Physical Agility Test” <https://youtu.be/8FLkb3QVv2U>