

# GERMAN TOWNSHIP FIRE - RESCUE

PROFESSIONAL VOLUNTEERS FAITHFULLY SERVING

8400 St. Wendel Road  
 Evansville, IN 47720  
 Voice 812-963-9077  
 Fax 812-963-5622  
 Email [germanfdhq@insightbb.com](mailto:germanfdhq@insightbb.com)  
 Internet [www.germanfiredept.org](http://www.germanfiredept.org)

## 2006 Physical Agility Challenge

The purpose of this event is to replicate the scenario we encounter at a structure fire. The scenario includes physical activity to increase heart rate, respirations and blood pressure to a level. This is not a timed event. If the firefighter needs to stop or slow down that is acceptable as long as they keep breathing air from the SCBA. If the firefighter removed their mask before the bell or low air pressure alarm sounds the event is cancelled. When the low air alarm sounds for the first time the firefighter should proceed to an area designated as rehab. Vital signs will be assessed before, during and after the event. This event requires the firefighter to breathe the entire contents of two SCBA 30 minute bottles until the low air pressure.

### Each participant must complete these events at least once during the event.

- Don Personal Protective Equipment including SCBA
- Drop accountability tag with assessor
- Step Test/30 repetitions on bottom step of training prop
- Carry 1¾" hose roll upstairs
- Drive Kaizer Sled a distance of approximately 4 feet
- Walk from Kasson Drive fire station to stop sign @ Old Hwy. 65
- Climb ladder/go in window on training prop
- Carry victim down the stairs
- Drag 2 ½" hose 50 feet
- Pull down exercise-10 times.
- Rehab firefighter-take vital signs

### Optional events to assist in completing the air use.

- Start chain saw.
- Climb from second floor of training tower onto ladder and proceed to ground.
- Complete a primary search of the second floor on the training tower.
- Utilizing thermal imaging camera locate a heat source in the fire station.
- Remove ventilation fan and start.

Unit ID \_\_\_\_\_ Name \_\_\_\_\_ Age \_\_\_\_\_

B/P Start \_\_\_\_\_ Pulse Start \_\_\_\_\_ O2%Start \_\_\_\_\_ %

### Vitals After Initial SCBA exhausted

B/P Finish \_\_\_\_\_ Pulse Finish \_\_\_\_\_ O2%Finish \_\_\_\_\_ %

### Vitals After Initial SCBA exhausted

B/P Finish \_\_\_\_\_ Pulse Finish \_\_\_\_\_ O2%Finish \_\_\_\_\_ %

B/P 10 Minutes Rest \_\_\_\_\_