



Palm Beach Gardens Fire Rescue Fire Sled Competition

Each team is made up of 5 on-duty station crew members. In order to complete the competition, each station crew member must complete one full round of each exercise. Use the stopwatch provided to keep track of the total time needed for each member to complete his or her 6 exercises. It is helpful if the last person in the group starts the time and hands the stopwatch off to the first person in the group when he or she completes their round to capture the team's end time.

The Ladder Mill must be placed inside the bay within 10ft of the entrance/exit to ensure bay door closure in case of a call during the competition. The Fire Sled may be placed as close to the entrance/exit of the bay as long as it does not hinder door operation.

Place 1 cone just in front of the fire sled (refer to the dot) and another cone 50ft away (refer to the 2nd dot). A 3rd cone will be placed 25ft to the left of the 2nd cone (refer to the 3rd dot).

All 4 weights must be placed in yellow weight holder of Punisher prior to start.

Please see diagram for a more visual set-up.

Start:

1. Ladder Mill 100ft of Climb
2. Hose Pull Fire Sled 50ft (Hose Must be Placed Back)
3. Remove The Ladder Prop and Carry 25ft around the adjacent cone and back. (Replace Ladder Back to Fire Sled)
4. Drag Fire Sled Back 50ft using the black straps.
5. Ceiling Breach and Pull - 10 complete reps (1 rep = up and down)
6. Punisher – 1 full length

The highest-ranking officer in each group will be responsible for signing up. To sign up, simply send Captain Dameion Miller an email with the following information: dmiller@pbgfl.com

Shift: _____ Station: _____ Participants First and Last Names:
1. _____ 2. _____ 3. _____ 4. _____ 5. _____

Each member is responsible for department approved warm-up prior to all training and/or exercise. Exercise is not without its risks and this or any other exercise program may result in injury. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy or have physical discomfort, you should stop immediately and notify your officer.