



Palm Beach Gardens Fire Rescue Fire Sled Competition

Each team is made up of 5 to 6 on-duty crewmembers. In order to complete the competition, each station crewmember must complete one full round of each exercise. Use the stopwatch provided to keep track of the total time needed for each crewmember 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 10 feet 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 50 feet away (refer to the 2nd dot). A 3rd cone will be placed 25 feet to the left of the 2nd cone (refer to the 3rd dot).

All measurements will be pre-marked prior to the competition.

Please see diagram for a more visual set-up.

Start:

1. Ladder Mill 100ft. climb
2. Hose Pull Fire Sled 50ft. (Hose Must be Placed Back)
3. 25lb. Kettle Bell Suitcase carry 25ft. around the adjacent cone and back or a total of 50ft.
4. Drag Fire Sled back 50ft. using the black strap.
5. Ceiling Breach and Pull – 10 complete reps (1 rep = up and down)
6. Assault Bike or Rower complete to total 10 calories

Please take a group after competition photo: text or email to FM Butler
jbutler@pbgfl.gov cell: 954-695-9183

- The highest-ranking officer in each group will be responsible for signing up.
- To sign up, log on to www.pbgfrwellness.com and follow the link.
- Each team is responsible for signing up using this flyer and emailing names to FM Butler:
jbutler@pbgl.gov.
- **Sign-Up Begins May 26th Ends June 9th - Competition begins August 2nd -31st**
- **Participants will receive Maui Ripper Shorts with department logo once received by vendor**
- Once sign-in deadline has been completed, Lt. Orr or FM Butler will be visiting each station/shift for sizing once signup is completed

	Shift	Station	Participants First / Last Names
1.			
2.			
3.			
4.			
5.			
6.			

**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, 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.*