

Station #1 - The Dry Hose Advance

The individual will move the male end of an unchanged 3-inch line forward for the distance of 100 feet.

Directions:

For this event, you must grasp the male coupling and place it over your shoulder and across your chest and drag it a distance of 100 feet until the coupling crosses the finish line. Then place the hose on the ground and continue to station number 2

Purpose of Event:

This event is designed to simulate the task of dragging an uncharged fire hose from the fire apparatus to the fire scene.

Primary Muscles Utilized:

This task challenges the aerobic and anaerobic energy systems, upper, middle and lower body muscular strength and endurance. The major muscle groups used are hamstrings and calves.

Preparation Exercise:

Attach 50 feet of rope to a tire, cement blocks, bags of sand, etc. weighing between 50 and 70 pounds and drag by placing the rope over the shoulder for a distance of 100 feet. Perform 8 to 10 repetitions allowing for 2 minutes of recovery between each repetition for recovery.



Station #2 - The Hose Couple

The individual will couple the male and female ends of sections of two 3-inch hoses.

Directions:

The individual will grasp the male and female couplings of a single section of 3 inch fire hose. Put the two ends of the hose together aligning the threads and screw the together until the coupling is hand tight. Then place the hose on the ground and continue to station number 3.

Purpose of Event:

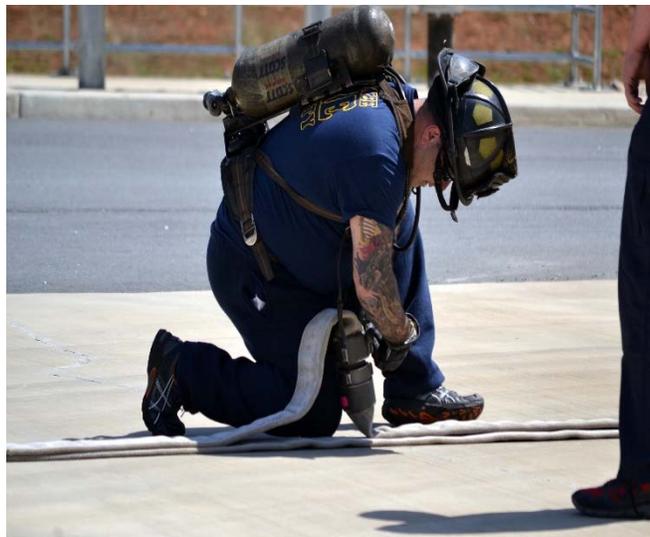
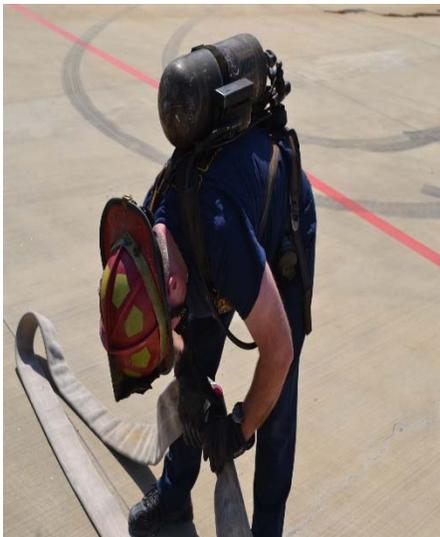
This event is designed to simulate the task of joining additional sections of fire hose to an already established dry hose lay.

Primary Muscles Utilized:

This event challenges the muscles of the wrist, forearms, upper arms, chest and shoulders.

Preparation Exercise:

Take a male and female threaded 3 inch PVC coupling, Practice screwing the together until they are hand tight. Repeat until you have completed 8 to 10 repetitions.



Station #3 - Equipment Carry/Stair Climb/Forced Entry

The individual will pick up and carry a power saw to the fourth story of the Cherokee County Fire Training Tower, simulated cuts will be made and the saw will be returned to the start position.

Directions:

The individual will pick up and carry a power saw (weighing less than 30 pounds) to the 4th story of the Cherokee County Fire Training Tower. Two simulated cuts will be made by placing the blade of the saw onto a plywood sheet at a height of 5 feet and moving the saw in a downward direction while maintaining contact with the board during each simulated cut. The saw will then be carried down to the starting position. Then place the saw on the ground and continue to station number 4

Note: When the individual is ascending and descending the stairs they must step on every step. The saw may not be rested on the floor or ground during the entire task.

Purpose of Event:

This event is designed to simulate removing equipment from a fire apparatus and carrying it to the top floor of a 4 story building. Then using the tool to force your way through a locked door for emergency response actions. Then returning the equipment to the fire apparatus.

Primary Muscles Utilized:

This task challenges the aerobic and anaerobic energy systems and lower body muscular strength and endurance. The major muscle groups used are the lower back stabilizers, gluteal, hamstrings and calves.

Preparation Exercise:

Carry a 30 pound dumbbell up 4 flights of steps, then lift the dumbbell over your head and back down to your waist 4 times. Then descend the steps back to the ground. Repeat 2 times allowing 2 minutes between repetitions for recovery.



Station #4 - The Line Crawl

The individual will ascend steps to the second floor of the Cherokee County Fire Training Tower. On hands and knees in a crawling position, the individual will grasp a rope with one hand and an 8 pound sledge hammer with the other hand and crawl a distance of 75 feet.

Directions:

The individual will ascend exterior steps of the Cherokee County Fire Training Tower to the second floor. On hands and knees in a crawling position the individual will grasp a rope with one hand and an 8 pound sledge hammer with the other hand. The individual will then crawl a distance of 75 feet. The individual will then descend the steps back to the ground level. Then continue to station number 5.

Purpose of Event:

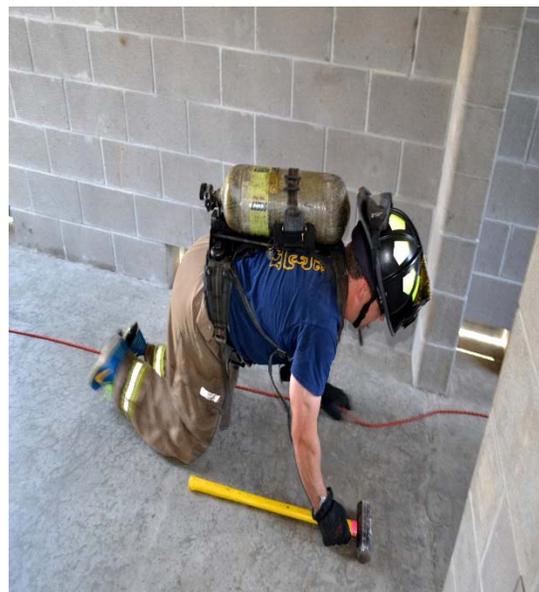
This event is designed to simulate searching for a victim in an area with limited visibility and unpredictable conditions.

Primary Muscles Utilized:

This task challenges the aerobic energy system and lower muscular endurance. The major muscles used are lower back stabilizers, gluteal, quadriceps, hamstrings and calves.

Preparation Exercise:

Climb 3 flights of steps, then while sliding a 10 pound dumbbell, crawl on your hands and knees a distance of 75 feet. Repeat 2 times allowing 2 minutes between repetitions for recovery.



Station #5 - Victim Rescue

An anatomically correct mannequin weighing 140 pounds is placed on the ground in a supine position. The individual will move the victim a distance of 100 feet.

Directions:

The individual will grasp a 140 pound rescue mannequin by the handles on the shoulders and drag it a distance of 100 feet to the finish line. You are permitted to release the mannequin and adjust your grip. The only acceptable method of dragging the mannequin is by both the handles. The entire mannequin must be dragged across the finish line. Then continue to station number 6.

Purpose of Event:

This event is designed to simulate the removal of an adult victim from a hostile environment.

Primary Muscles Utilized:

This task challenges the individual's aerobic capacity, Upper and lower body muscular strength and endurance as well as grip strength. The major muscles used are quadriceps, hamstrings, gluts, abdominal, torso rotators, lower back stabilizers, trapezius, deltoids, latissimus dorsi, biceps, forearms and hand grip.

Preparation Exercise:

Fill a duffle bag with 140 pounds of weight and, using the handles drag the bag a distance of 100 feet. Repeat the exercise 3 times allowing 2 minutes between repetitions for recovery.



Station #6 - Ladder Carry Raise & Mount

The individual will remove a 14 foot roof ladder from the ladder mounts and carry it a distance of 85 feet and place it on the ground in a designated area. The individual will then flat raise a prepositioned 24 foot extension ladder.

Directions:

The individual will remove a 14 foot roof ladder from the mounts at a height of 5 feet 8 inches and carry it a distance of 85 and place it on the ground in a designated area. The individual will then raise and lower a 24 foot extension ladder that is secured in an upright position using a hand over hand method. The fly section of the ladder shall be extended fully and retracted without losing control. The individual will then pick up the roof ladder and return it to its original site, placing it on the ground beneath the ladder mounts. Then continue to station number 7.

Purpose of Event:

This event is designed to simulate the task of removing a ladder from a fire apparatus, carrying it to a building that is involved and placing the ladder into service. Then returning the ladder to the fire apparatus after the incident is stabilized.

Primary Muscles Utilized:

This event challenges the individual's aerobic capacity, upper and lower body muscular strength, balance, grip strength and muscular endurance. The major muscles used are biceps, deltoids, upper back, trapezius, gluts, quadriceps and hamstrings.

Preparation Exercise:

Carry 2/25 pound dumbbells 85 feet and set them on the floor. Using a cable extension machine with 30 pounds of weight, perform 10 single hand triceps extensions, alternating hands with each repetition. Pick up the dumbbells and carry them back 85 feet.



Station #7 - The Charged Hose Advance

The individual will pick up the nozzle end of a fully charged 1.75 inch hose and pull it through the ground level of the Cherokee County Fire Training Tower.

Directions:

The individual will pick up the nozzle end of a fully charged 1.75 inch hose line and pull it through the ground floor of the Cherokee County Fire Training Tower. Starting at the door and advancing a distance of 65 feet through the ground floor where some minor obstacles will be encountered. The nozzle must clear the door on the opposite side of the tower to complete the task. Then continue to station number 8.

Purpose of Event:

This event is designed to simulate the task of advancing a charged 1.75 inch hoses line through a building in a hostile environment.

Primary Muscles Utilized:

This event challenges the individual's aerobic capacity, upper and lower body muscular strength. The major muscles used are: Deltoids, biceps, trapezius, upper back, forearms, abdominals, lower back stabilizers, gluts, quadriceps and hamstrings.

Preparation Exercise:

Tie a rope to a duffle bag and drag it a distance of approximately 75 feet through and around obstacles. Repeat exercise 4 times allowing 2 minutes between repetitions for recovery.



Station #8 - Hydraulic Tool

The individual will pick up the hydraulic spreader tool and carry it a distance of 25 feet to an extrication prop. The individual will then place the tip of each of the three notches on the extrication prop, this will be repeated 2 times. The individual will then return the tool to the start position.

Directions:

The individual will pick up the hydraulic spreader tool from the platform/start position and carry it a distance of 12 feet to the extrication prop. The individual will then tap the 3 designated areas on the prop, this will be repeated 2 times. The individual will then carry the hydraulic spreader tool back to the platform/starting point. Then continue to station number 9

Purpose of Event:

This event is designed to simulate the task of removing extrication tools from a fire apparatus and carrying them to the scene of a motor vehicle accident. Then simulating the use of the tool and returning it to the apparatus after the rescue is complete.

Primary Muscles Utilized:

This event challenges the individual's aerobic capacity, upper and lower body muscular strength. The major muscles used are: Deltoids, biceps, trapezius, upper back, forearms, abdominals, lower back stabilizers, gluts, quadriceps and hamstrings.

Preparation Exercise:

Pick up a 45 pound dumbbell of a 4 foot platform and carry it a distance of 45 feet. Set it down on the ground in with a squatting motion 9 times. Then return the dumbbell to the original platform.



Station #9 - Hose Uncouple

The individual will uncouple the male and female ends of two 3-inch hoses that were coupled together in station 2.

Directions:

The individual will grasp the male and female couplings of a single section of 3 inch fire hose that were coupled together at station number 2. The individual will then unscrew the couplings and place the hose on the ground and continue to station number 10.

Purpose of Event:

This event is designed to simulate the task of removing sections of fire hose from an already established dry hose lay.

Primary Muscles Utilized:

This event challenges the muscles of the wrist, forearms, upper arms, chest and shoulders.

Preparation Exercise:

Take a male and female threaded 3 inch PVC coupling, Practice unscrewing them until they are completely separated. Repeat until you have completed 8 to 10 repetitions.



Station #10 - Pike Pole

The individual will remove a pike pole from its mounting bracket, place the tip of the pike pole on the painted area of the hinged door in the ceiling. The individual will then push up the hinged door in the ceiling with the pike pole 3 times. Then, the individual will hook the pike pole to the ceiling device and pull the pike pole down five times. This set must be repeated 4 times.

Directions:

The individual will remove the pike pole from its mount on the ceiling prop. The individual will then place the tip of the pike pole in the painted v-notch on the hinged door of the prop. The individual must fully push the 60 pound hinged door up until it hits the stops on the prop 3 times. Then, the individual will hook the pike pole to the painted 80 pound loop on the prop and pull the pike pole down 5 times making sure that the weights hit the stops each time. Each set consist of 3 pushes and 5 pulls. This set must be completed 4 times. Then continue to station number 11.

Purpose of Event:

This event is designed to simulate the task of removing sheetrock from the ceiling of a structure with a fire in the attic space so as to expose this fire so it can be extinguished

Primary Muscles Utilized:

This event challenges the individual's aerobic capacity, upper and lower body muscular strength and endurance as well as grip strength. The major muscles used are: Trapezius, upper back, deltoids, biceps, triceps, latissimus, abdominals, lower back, gluts, quadriceps and hamstrings.

Preparation Exercise:

Utilizing a triceps extension rope machine, perform shoulder flexion with 4 sets of 5 repetitions with a weight of 80 pounds. Utilizing a triceps extension rope machine, perform shoulder extension with 4 sets of 3 repetitions with a weight of 60 pounds.



Station #11 - Hose Roll

The individual will roll a 3-inch section of rolled hose, four 50 foot laps for a total of 200 feet. Advance hose using a hand over hand motion while straddling the hose.

Directions:

The individual will roll a 3 inch section of fire hose with the couplings removed and the hose secured together with duct tape a distance of 100 feet using a hand over hand method straddling the hose. The individual will then turn and roll the hose back to the starting position crossing the start line. The individual must keep at least one hand in contact with the hose at all time when the hose is in motion. This station will complete the PPST.

Purpose of Event:

This event is designed to simulate the task of rolling fire hose after completion of a fire scene operation and returning to service.

Primary Muscles Utilized:

This event challenges the individual's aerobic capacity, upper and lower body, muscular strength and endurance. The major muscles used are: deltoids, pectorals, trapezius, upper back, abdominal, gluts and quadriceps.

Preparation Exercise:

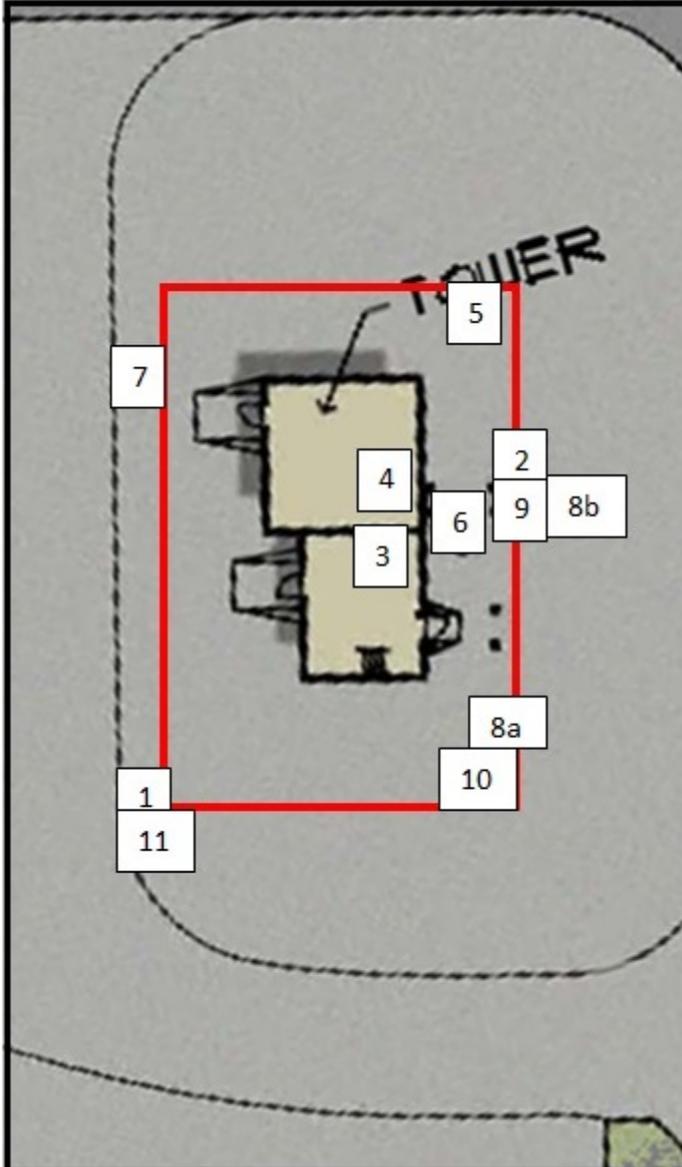
Rolling a ball or a wheel with approximately a 53 inch circumference. Using a hand over hand method a distance of 100 feet repeating this exercise 2 times for a total of 200 feet.





Cherokee County Fire & Emergency Services

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Tower

1	The Dry Hose Advance
2	The Hose Couple
3	Equipment Carry/Stair Climb/Forced Entry
4	The Line Crawl
5	Victim Rescue
6	Ladder
7	Charged Hose Advance
8	Hydraulic Tool Pick up tool at 8a Perform skill at 8b
9	The Hose Uncouple
10	Pike Pole
11	Hose Roll