

# Fit To Fight Fire

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**Midvaal Fire Department – Fit To Fight Fire – Meyerton 27 May 2023**

## **EVENT PROGRAM for MIDVAAL FTFF COMPETITION**

### **Friday 26 May**

- Exhibitors arrive to prepare for Saturday Event
- Competitors arrive at their accommodation of choice
- Security will be arranged for both days at event site

### **Saturday 27 May**

- Opening of Event at 08:00
- Event start strictly at 09:00
  - Event ends at 16:00
- *Event close for the Community at 16:00*
- Awards and Closing 16:30 – 17:00
- Bring-and-Braai 17:00 – 20:00

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### Registration Details:

1. Participants need to provide proof of payment on the day of registration (NO Cash deals).
2. Participants need to provide a copy of ID or driver's license on the day of registration.
3. Midvaal will make every effort to ensure each teams safety during this day and each team compete voluntarily and need to complete a waiver of liability form.
4. All teams wishing to compete in the event must hand in 4 indemnity forms on registration before or on the day of the competition.
5. Cost per Team: R400-00

### Summary of Hybrid Team Event:

- Pay funds into account and provide proof of payment
- Provide indemnity forms with copy of ID's for team

### Bank Detail:

1. Details:

### Confirmation of account details

**1224797469**

Account number		1224797469	
Account holder	MIDVAAL LOCAL MUNICIPALITY	Account name	MIDVAAL LOCAL MUNICIPALITY
Registration number	Not Applicable	Branch code	198765
Account type	Current Account	Branch name	CENTRAL GAUTENG
Account opened	20/04/2022	SWIFT code	NEDSZAJJ

**Use the following reference: 55900031 and Name of Team as per application form**

### Hybrid Team Event:

**Please take note that this will be a Hybrid event, meaning a combination of individual and team efforts -**

1. The team can consist out of males only, or male and female, or just female and any age group.
2. Stickly adhere to the time given per team.
3. No other categories.

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### General Rules:

1. Compulsory Dress Code as per NFPA Standards
  - Fire Service Boots
  - Fire Service Jacket
  - Fire Service Trousers
  - Fire Service Helmet
  - Fire Service Gloves or Rescue Gloves
2. All team members need to ensure that they bring their own gear, no gear no participation.
3. To avoid unnecessary delays, the team need to be ready to participate a minimum of 15 minutes before the team starting time. Please adhere to the time schedule. If you miss the deadline your team automatically forfeit the position and will be disqualified.

### Description of Competition (Stages):

1. This will be a Hybrid competition and the competition will consist out of five (5) stages, 4 individual stages and one combined team stage. Each stage being timed separately for team member. The total time will consist of all five stages combined.
2. For a Team to participate all members must wear NFPA approved Helmet, Gloves, Boots, Jacket, and Trousers.

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### Hybrid Event Stages:

#### Stage 1: Hammer Drill (Max Time allowed = 5min)

1. Run 10m from start to hammer at Keiser Force Machine, pickup hammer and hit the block horizontally over the entire distance of platform (No pulling or dragging allowed by hammer. It must be a full clean solid hit). Put hammer down in demarcated area.
2. Pick up two by foam cans and run a distance of 40m and place back in demarcated area.
3. Run to second contender, hand over and make your way to the fifth stage and wait

#### Penalties:

1. Any hammer pulling or dragging (5sec)
2. Hammer not properly placed down (5sec)

#### Stage 2: Manikin Drag (Max Time allowed = 5min)

1. Pickup manikin from the ground (+- 80kg) and drag for 30m turning at the 30m mark and drag back over original starting point.
2. After dragging manikin over demarcating point, run towards third contender, handover and make your way to the fifth stage and wait.

#### Penalties:

1. Dummy not pulled to the end (disqualified of team)
2. Used of disallowed aids for example carrying loops (disqualified of team)
3. Straying off the track when dragging the manikin (10 sec)

#### Stage 3: Tower Run (Max Time allowed = 5min)

1. Pickup Hose Pack and run to top of Tower (May skip steps), place hose pack in demarcated area, and hoist hose to top of tower and place in demarcated area. Pickup hose pack and run downstairs (not allowed to skip any step). Place hose pack in demarcated area.
2. Run to fourth contender, handover, and make your way to fifth stage and wait for last team member.

#### Penalties:

1. Not placing hose pack in demarcated area (10sec)
2. Not pulling hose up (disqualified of team)
3. Not placing hose in demarcated area (10sec)
4. Skipping steps down (10sec)

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### Stage 4: Tyre Flip (Max Time allowed = 5min)

1. Flip tyre for a distance of +/-15m (must go completely over mark) and then flip it back to original starting point (must go completely over mark).
2. Make your way towards rest of the team waiting at the fifth stage.

#### Penalties:

1. Not completing stage (disqualified of team)

### Stage 5: Surprise event (Max Time allowed = 10min)

1. Team will need to pick up an item (all four members need to participate in this event) and run over a distance and place item back at original starting point. Time will be stop on completion of this stage.

#### Penalties:

1. Team not working together (10 sec)
2. Team dropping item (20sec)
3. Team not completing fifth stage in allowed time (disqualified of team).

#### Reason for Disqualification:

1. Failing to appear at the start on time
2. Non-regularity outfit
3. Abandoning the complete content
4. Omission of an entire stage
5. Unsportsmanlike behaviour of team
6. Obstructing another competitor
7. Use of disallowed aids (carrying slings)
8. Loss of equipment, misuse of equipment
9. Disregarding any lawful instruction by a Judge
10. Time LIMIT is reach by an individual or team

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### Accommodation:

Within Midvaal you will be able to find accommodation and we suggest the following:

- Plaaskombuis Country Estate – 0163644144 or 0827421128  
([marisel@plaaskombuis.co.za](mailto:marisel@plaaskombuis.co.za))
- Merchant Hotel – 0163667878 or 0605034837  
([bookings@merchanthotel.co.za](mailto:bookings@merchanthotel.co.za))
- Lord's Signature Hotel – 0161005298  
([bookings@ls-hotel.co.za](mailto:bookings@ls-hotel.co.za))

# Fit To Fight Fire

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## Application Form

TEAM NAME	
MUNICIPALITY	

## Team Members

NO	Name & Surname	ID	M/F	Age
1				
2				
3				
4				

### Tick Box

- Copy of Id's
- Proof of Payment
- Completed Indemnity form
- PPE per team member
- Bag full of joy and sportsmanship to enjoy the day with Midvaal

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### Indemnity

I, the undersigned, \_\_\_\_\_

of (Municipality / Team) \_\_\_\_\_  
do hereby indemnify the **MIDVAAL FIRE DEPARTMENT**, and its employees, representatives, instructors or agents against any claim or claims for compensation or damage, loss or injury, fatal or otherwise, however arising including but not limited to any acts, omissions or default, sustained during the Fit To Fight Fire Competition on 27 May 2023, caused directly or indirectly to me or my belongings / properties, which indemnity shall extend to my dependants, estate or any person whomsoever, as well as against any damage which **MIDVAAL FIRE DEPARTMENT**, its members, servants, representatives or agents may suffer through any of my acts or omissions howsoever caused, and I hereby unconditionally waive any right that I may have against the **MIDVAAL FIRE DEPARTMENT** its members, instructors, servants, representatives or agents to claim damages of whatsoever nature however caused.

I accept that I will be undertaking any instruction, tasks or exercises at my own sole risk and peril.

This indemnity extending further to cover the re-imbusement for all legal and other expenses that may be incurred by **MIDVAAL FIRE DEPARTMENT**, in settling any such claim.

I understand that the Fit To Fight Fire competition I will be participating in will involve physically strenuous activities. I hereby declare that to the best of my knowledge I do not suffer from any medical conditions except for:

Specify Medical Condition \_\_\_\_\_

Furthermore, I understand that not declaring knowledge of the above medical conditions to Midvaal Fire Department may affect my participation in the event and / or place me at a high degree of risk.

I understand that payment of the event fee does not automatically guarantee a place at the culmination of the event.

I hereby acknowledge that I received the Program and rules to read, I realized that should I make myself guilty to any of the misconduct of the rules, that actions will be taken against me/team. This document was explained to me, and the team by the Team Leader and I understand the contents there off completely.

#### **SIGNATURE OF APPLICANT**

\_\_\_\_\_

#### **AS WITNESSES:**

1. \_\_\_\_\_

2. \_\_\_\_\_



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### To all Exhibitor:

1. The price per stand for any Exhibitor will be R800-00 for the day.
  - Banking Detail

### Confirmation of account details

**1224797469**

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Registration number	Not Applicable	Branch code	198765
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**Use following reference number: 55900031 and Company Name**

2. Midvaal would like to invite all Exhibitors and Teams to a Bring-and-Braai after the closing of the event.
  - Midvaal therefore, asking our Exhibitors in addition to sponsor the event with the following if possible: 2 x Bags of Charcoal per braai
  - 1 x Braai (build from a 210l oil drum) – Bragging Rights for BEST braai up for grabs. You are welcome to take the braai back after competition or you can sponsor the braai to Midvaal Fire Department for the next planned competition in 2024. Use your imagination...

# Bring-and-Braai



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