



# TFA SLOVAKIA 2011

## TOUGHEST FIREFIGHTER'S ALIVE

# BANSKÁ BYSTRICA

## INSTRUCTIONS

### Organizer:

- District Directorate of Fire and Rescue Department in Banská Bystrica

in cooperation with:

- Fire brigade Florián Banská Bystrica
- Technical University in Zvolen – Institute of Physical Education and Sport
- Europa Shopping Center Banská Bystrica
- Europa Business Center Banská Bystrica

### Date and place of the contest:

18<sup>th</sup> June 2011 (Saturday)

Europa Shopping Center and Europa Business Center,  
Na Troskách 25, Banská Bystrica, Slovakia



**Starting fee:**

- 20 €/person. The registration fee payments are to be made to the Fire brigade FLORIAN bank account:
  - Slovak competitors shall do so by 5<sup>th</sup> June 2011. The bank account number is: 4008012215/7500. Contestant's name and surname must be given in the comment.
  - Competitors from abroad shall do so by 5<sup>th</sup> June 2011. The bank account number is: SK 75 7500 0000 004008012215. Contestant's name and surname must be given in the comment.

**Accommodation:**

- Not provided by the organiser!

**Registration:**

- By 5<sup>th</sup> of June 2011, a registration form sent by e-mail to: juraj13@post.sk
- The list of participants will be presented on [www.firecontrol.sk/tfa](http://www.firecontrol.sk/tfa) and continuously updated upon received registrations.
- Only those competitors that will pay the registration fee on time will be enrolled in the list of participants.

**Prizes:**

- Every contestant that will successfully finish all disciplines will receive a participant certificate, medallists (1<sup>st</sup> – 3<sup>rd</sup> places) in individual categories will receive cups, and overall medallists (irrespective of the categories) will receive financial prizes:

First place	<b>300 €</b>
Second place	<b>200 €</b>
Third place	<b>100 €</b>

**Timetable:**

<u>18 June 2011</u>	- Presentation (Europa Shopping Center)	6.30 am – 7.30 am
	- Track viewing	7.30 am – 8.45 am
	- Opening ceremony	9.00 am – 9.15 am
	- Contest - TFA Slovakia 2011	9.30 am – 3.30 pm
	- Lunch (Europa Shopping Center)	12.00 am – 3.00 pm
	- Results announcement	4.00 pm – 4.30 pm

**Categories:**

- Women (one age-category)
- Men **M (18)** 19–29 years
  - M (30)** 30–34 years
  - M (35)** 35–39 years
  - M (40)** 40–44 years
  - M (45)** 45 and over

**Organizing committee:**

- Director of the contest: **LTC. Ing. Dušan Špúka** – Director of KR HaZZ (District Directorate of Fire and Rescue Department) in Banská Bystrica,
- Secretary of the contest: **LTC. Ing. Ján Záchenský, CSc.** – Director of OR HaZZ (Regional Directorate of Fire and Rescue Department) in Zvolen
- Technical director: **LTC. Ing. Martin Gazdík** – Director of OR HaZZ (Regional Directorate of Fire and Rescue Department) in Banská Bystrica,
- Main referee: **PaedDr. Peter Polakovič, PhD.** – Director of Institute of Physical Education and Sport at Technical University in Zvolen.

## Participation conditions and contest rules:

- TFA – Toughest Firefighter's Alive – is a contest simulating fire-fighters' action activities. The contest is open for members of voluntary and professional fire brigades from Slovakia as well as abroad. It is an individuals contest divided into six age-categories for men and one age-category for women.
- With regard to the physical intensity of the contest, presuming high physical performance of contestants, only physically capable fire-fighters are recommended to participate.
- Should the interest in the contest be excessively high, the organiser reserves the right to select the contestants (max. limit 80 contestants, 50 of which professional and voluntary fire-fighters from the Slovak Republic, and 30 professional as well as voluntary fire-fighters from abroad).
- Registering organisations shall be liable for health conditions of the contestants; each contestant shall participate at their own risk and is responsible for injuries occurring during the contest!
- Cancellation of registration must be made 24 hours before the registration completion at the latest, i.e. before 8.30 am on 17<sup>th</sup> June 2011, to: juraj13@post.sk. After this deadline the list of competitors shall be closed.
- The starting fee will only be refunded to those competitors that will cancel their participation in the competition before 13<sup>th</sup> June 2011 (12 am). This can be done by sending an e-mail to: juraj13@post.sk. The starting fee shall not be refunded to those that will fail to meet the above-mentioned deadline.

## Disciplines:

- The contestants start in pairs in two parallel tracks in each TFA discipline except the third and fourth disciplines for which one staircase for both contestants is available.
- Every contestant must be present at the start 5 minutes before the beginning of the 1<sup>st</sup> discipline, where equipment check will be carried out.
- The contestant has a 4-minute limit for fulfilling each discipline, and another 4 minutes for resting and transferring to another discipline (except after the third discipline, where there is a 6-minute limit for resting and transfer to the tower building).
- The result time will be a sum of times from all four disciplines and eventual penalisation. The time measurement will be carried out with electronic timing (KK Sporttiming).

### **First discipline (Hose)**

- After the start, the contestant shall run 5metres to a place where he/she connects two B Ø 75mm hoses with hose connectors to a pump, take the branches and unroll both hoses over the distance of 80metres, where he/she shall put them down (the hoses may be pulled either together or separately, and the branches must be laid on the ground and completely past a marked line).
- After putting down the branches, the contestant shall run around a cone, then roll two B Ø 75mm hoses and put them into a box placed 5metres away (the hoses may be rolled separately and also laid into the box separately; neither semiconnectors nor any part of the hoses may hang over the outer edges of the box).
- After placing the hoses the contestant shall run 50metres to the finish.

### **Second discipline (Obstacle track)**

- After the start, the contestant shall run 10metres, take a 6kg fire-fighting hammer and perform 100 blows in so called Hammerbox (50 blows to its bottom and 50 to its top part; the distance between the bottom and the top is 900mm).
- Upon an instruction of the referee counting the blows the contestant shall put down the hammer and leave the Hammerbox area, running over 6metres to a place where he/she takes a canister weighing 20kg and holding it he/she shall move through a

6m long tunnel (a pipe), run around a cone placed 3m away and return through the tunnel, putting the canister down on the original marked spot (the canister must be placed inside the marked area).

- Then the contestant shall move to a place with a dummy weighing 80kg (lying 10metres away), take the dummy and transfer it – howsoever – over the distance of 60metres, where he/she will put the dummy down on a marked spot.
- Then the contestant shall run 40metres and overcome a 3m high barrier from which he/she shall jump into a landing zone and then run 5metres to the finish (the barrier may be overcome either with or without the help of a rope).

#### **Third discipline (Tower)**

- After the start, the contestant shall run 5metres, take two multi-part wooden ladders (4.6m long, weighing 22kg) and erect them 10metres from a marked area.
- The contestant shall take two canisters (each weighing 20kg) and carry them along the staircase up to the tower (3 flights, 36 stairs 220x1240mm) into a marked area. Then he/she shall pull up with a rope two rolled B hoses weighing 25kg each, take them over a railing and place on the tower floor.
- Then the contestant shall take the two canisters, descend the stairs and place the canisters on the original spot (the canisters must be placed inside the marked area).
- Then the contestant shall run 5metres to a fire-engine, screw a nozzle onto a branch, and run 10metres to the finish.

#### **Fourth discipline (Stairs)**

- After the start, the contestant shall climb the interior emergency staircase of the Europa Business Center and overcome 22 floors of the building.

#### **Penalisation:**

- The contestants shall respect instructions of referees who control the observance of the contest rules. The referees signal whether barriers have been overcome and technical equipment placed into marked areas properly (white flag) or improperly (red flag). Breaching the rules will result in penalisation:
- 5 seconds for improper placing of technical equipment – outside the marked area;
- 5 minutes for unfinished transfer of hoses or other carried loads, and for not overcoming a barrier, which is considered as failing to complete a discipline within a given time limit.
- Disqualification – the contestant is disqualified, if he/she does not get to the start of any discipline, scratches from the contest because of an injury or any other unforeseen circumstances, or does not climb to the contest finish (on the 22<sup>nd</sup> floor of the tower building).
- Should a contestant, who has been penalised, reach with the sum of times a better position than a contestant with no penalisation, the non-penalised contestant shall finish before the penalised one.

#### **Contestant equipment:**

- Short/long-sleeved T-shirt, sport footwear, short/long sport trousers,
- Fire-fighter's coat and helmet,
- Breathing apparatus (supplied by the organiser, to be used only in disciplines 1, 3 and 4, serving as a load).

#### **Appeal commission:**

- The appeal commission is formed by members of the organising committee,
- When lodging a protest or appeal, the contestant must deposit 20 € in cash to the main referee of the contest. The appeal commission then shall review substantiation of the protest, and if the protest is accepted, the commission shall return the deposit to the contestant.

Annexes: Annex 1 Map of the contest site



Annex 2 Plan of the contest track with marked barriers

