

# First Responders Fitness Challenge

## Rules:

- All teams are required to wear BDU style pants, sneakers, and t-shirts.
- Teams will not be allowed to have a change of clothes or sneakers during the challenge.
- During the swim portion of the competition all team members must wear a life jacket.
- Life jackets will be provided, but teams are allowed to provide their own life jackets which must be checked in at the time of registration.
- Volunteers are allowed to travel with the team for the duration of the competition.
- Volunteers must remain approximately ten (10) yards away while team members are running the course.
- When the team approaches an event the volunteer can provide water to the team but cannot help or assist in the events.
- If knee braces, gloves, or other supportive equipment is needed by a team member the volunteer can hand those specific items to the team member without interfering with the event.
- The volunteer is not required to run with the team but is allowed under the above circumstances.
- All teams will be given one sandbag after the completion of a designated event.
- The sandbag must remain with the team until the swim portion of the competition.
- At no time during the duration of the competition can the sand bag be placed in any type of bag to help with carrying the sand bag throughout the duration of the competition.
- The sandbag must be held/carried by one team member throughout the duration of the competition and can be passed along to another team member when a team member becomes fatigued.
- While the team is attempting to complete an event, the sandbag must remain with a team member and cannot be placed down. Placing the sandbag down during an event will result in a 1:00 minute penalty which will be added to the final time. This penalty will be relayed to the main starting line.
- A team must complete the entire course together and finish together. The time does not stop until the last person of that team crosses the finish line.
- If a member of the team sustains an injury or can not finish the race, they may drop out of the race and that team may finish the race but their final time will not be ranked with the other four-man teams.

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## Events Description

### **1. Vehicle Push**

- Once all competitors are in the start station box on the command of "go" the teams will push the vehicle a designated distance across a designated end line. The event will finish when all the team members feet are across the marker line. Team members must remain behind the vehicle until it crosses the finish line. Once the team has completed the designated push distance, they may move on to the next event.

### **2. Sandbag Toss/Wall Jump**

- Once all members are in the starting box, one member will grab the sandbag and run to the wall tossing the sandbag over the wall and then proceeding to climb over the wall. Each competitor will be required to complete (4) four sandbag tosses/wall jumps. On the final rep the competitor must return the sandbag to the starting box allowing the next competitor to start his/her reps. Once all reps have been completed for a total of (16) sixteen and the sandbag is back in the starting box, the team can move onto the next event.

### **3. Deadlift**

-Once all competitors are at the event, each team will be required to complete 50 deadlifts at the designated weight. Only one competitor at a time. A rep will only count when the barbell is picked up from the ground to above the knee, locking out both your hips and knees and returning to the ground without dropping the bar. If a competitor drops the barbell from waist height without returning the bar to the ground that rep will not count. A judge will designate if a full rep has been complete. After completing the 50 reps as a team, the team can move onto the next event.

### **4. Ground to Overhead**

- Once all team members have entered the starting box, one (1) competitor will pick up the barbell at the designated weight and perform a ground to overhead movement. The competitor must pick the barbell up and press the barbell over their head locking out their arms. This movement can be done by performing a deadlift, into a clean and press, or a deadlift into a power snatch. After the barbell is pressed above the head and the arms are locked out, the barbell must return to the ground before starting the next rep. The team will be required to complete fifty (50) reps as a team. Once all fifty (50) reps have been completed the team can move onto the next event.

### **5. Yoke Carry**

- Once all team members have entered the starting box, one (1) competitor will get under the yoke placing the crossbar across their shoulders as if they were going to squat the crossbar. The competitor will then pick up the yoke and begin to walk a designated distance. Once the competitor reaches the designated distance they will place the yoke down and sprint back tagging the next team member. If at any point a team member cannot complete their required rep they will place the yoke down and sprint back tagging the next team member who will complete their rep and continue onto the next rep. The next member will complete the same process returning it to the starting point. A total of (4) four reps will be completed per team. The final rep should end at the starting box will the team members will be waiting.

### **6. Kettlebell Swings/Burpees**

- Once all team members have entered the starting box, they will be required to complete 100 American kettlebell swings, between the legs and to eye level. Each team will pick up (1) one designated weight kettlebell and begin their required reps. Once all reps have been completed, they can move onto the burpees. Each team will be required to complete 100 Burpees. The form for the burpee will be as follows, bend your knees and reach forward to place your hands on the floor, kick your legs straight out

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behind you and immediately lower your entire body down to the ground, bending at the elbows, use your arms to quickly push your body back up and hop your legs back under your body, jump straight up into the air, reaching your arms overhead, and ending with your knees slightly bent, and go directly into the next rep. The reps can be broken up between competitors but only one competitor can be doing the exercise at a time. Once all 100 reps have been completed the team can then move on to the next event.

## **\*\*\*Pick up sandbag after 6<sup>th</sup> Event\*\*\***

\*\*\* One sandbag will be given to each team. The sandbag must be carried throughout the entirety of the competition until the swim portion or unless specifically told by a judge to drop the sand bag. A judge will tell each team to prior to the bear crawl to drop the sandbag in a designated area before starting the team bear crawl. The sandbag cannot be placed in any type of book bag and it must always be carried by one team member at all times. When each team approaches an event, the sandbag must remain with a team member and cannot be placed on the ground.

## **7. Sandbag Walking Lunges**

- Once all team members have entered the starting box, (1) one competitor using the sand bag they just acquired, will be required to do walking lunges for a designated distance around a cone and return to the starting box. This will be completed a total of four (4) times per team. If a team member is unable to complete the full rep and places the sand bag down, the competitor is required to run back to the starting box tagging the next team member to complete that rep. Once all four (4) reps (down/back) have been completed, the team can move onto the next event. \*\*The 1:00 minute penalty does not apply to this event, in the event a team member cannot finish his/her rep requiring him/her to place the sandbag down.

## **8. Telephone Pole Flip**

- Once all competitors are at the event, each team must complete a total of 20 (twenty) telephone pole flips. Only one competitor can perform the telephone pole flip while the other competitors wait in the starting box. Once all (20) twenty reps have been completed and the telephone pole has been returned to the starting position, all team members may move onto the next event. The sandbag must remain with one team member and cannot be placed on the ground.

## **9. Atlas Stone Carry**

- Once all team members have entered the starting box, (1) one competitor will pick up the atlas stone and carry it a designated distance, around a cone, and back to the starting position. This must be completed a total of (4) four times per team. If at any point the competitor cannot carry the atlas stone due to fatigue, the competitor must place down the atlas stone and is required to run back to the starting position allowing the next competitor to pick the atlas stone and continue that rep. After the completion of one (1) full rep the atlas stone can be passed off to the next team member. The atlas stone does not have to be placed back onto the ground and can be handed off to the next team member. Once (4) four full reps have been completed and the atlas stone is back in the starting position, the team can move onto the next event.

## **10. Tire Flip**

-Once all competitors are in the team tire flip station box, each team will be required to flip the tire a total (16) sixteen times. The reps can be broken up between team members. Once all (16) reps have been completed and the tire is back in its original position, they may move on to the next event.

## **11. Fire hose drag**

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- Once all members have entered the starting box, (1) one member will pick up the firehose and drag the firehose a designated distance, around a cone and back to the starting position. Each team member must complete this event (1) one time for a total of (4) four team reps. Once the final competitor has completed their rep and the firehose back in the starting position, the team can move onto the next event.

## 12. Farmer Walk

- Once all members have entered the starting box, (1) one member will pick up a shovel that will be provided and begin to fill (2) buckets with sand. Once the buckets have been filled to the designated line a team member will perform the farmers walk, one in each hand, and begin to walk/run the designated distance, around the cone and return to the starting point. If at any time the competitor places the buckets down due to fatigue they are required to run back to the starting point tagging the next team member to complete that rep. Once the buckets are filled they do not need to be filled again, unless a team member drops the bucket causing the bucket to lose the designated amount of sand. Each team is required to do (4) four total reps, one rep is consider to be down and back. Once all (4) four reps have been completed, and the team has emptied their two buckets the team can move onto the next event.

## 13. Push-up/Air Squat (Water Station)

- Once all members have entered the starting box, (1) one member will begin push-ups. Each team will be required to complete 100 push-ups. The proper form for the push-up will be lowering the upper body till the arms reach 90 degrees and then pressing up till the elbows are locked out. There can not be any bend or arch in the back. In proper form will result in a “no rep”. The reps can be broken up however the team would like to complete 100 reps. Once all 100 push-ups have been completed, one team member will begin to do air squats. The proper form for the air squat will be starting from a standing position and bending at the knees to a 90 degree angle then returning to the starting position. In proper form will result in a “no rep” call. The reps can be broken up however the team would like to complete the 100 reps. Only one (1) competitor can be doing the designated exercise at a time. Once both exercises have been completed the team can move onto the next event.

## 14. Rope Climb

- Once all competitors are in the rope climb station box, one competitor at a time will complete their rope climb. The team must complete four total rope climbs. The team can use one competitor or all four to complete the climbs, meaning one team member can complete all the climbs if they would like; so long as only one competitor is participating at a time. After the completion of the four rope climbs the team may move onto the next event.

## 15. Bear Crawl

-When all team members are in the starting box, the sandbag will be placed in a designated area. As a team, the team will perform a bear crawl a designated distance. Proper form requires that the competitor’s posterior be raised in the air while the event is performed. Knees are not permitted to touch the ground unless the competitor is in a stationary resting position. Once the entire team has crossed the designated finish line, the team may continue to the water crossing.

## 16. Water Crossing / Swim

- Competitors must don life vests prior to entering the water and will be required to wear them until they are on the other side. Competitors will swim from the beach area diagonally toward a floating dock located approximately 50 feet from the opposing shoreline. Competitors will then swim around the dock diagonally to the opposing shoreline where a judge will be positioned. (See image below) Once exiting the water, the competitors will proceed up to a cone where a judge will be

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waiting. At this location the competitors will remove their life vest and place it on the ground before proceeding to the finish line. (See attached picture)

## **17. Sprint to Finish.**

- Once all competitors remove their life jackets they will run/sprint along the shoreline to a designated cone at that cone the team will turn right heading towards the finish line. The time will stop once the last team member crosses the finish line.