

## Skills USA Firefighter skills,

I am excited to be a part of this opportunity for you to compete in your firefighter skills and for you to be able to take the things you learn with you in your future endeavors.

First of all, a couple of things that you will need to bring. A set of bunker gear. This includes a jacket, pants, boots, hood, helmet and gloves. A set of comfortable workout type clothes and shoes for the physical agility test. And a nice shirt and pants for the interview process. The nice clothes are not mandatory, but will go a long way in the interview.

The plan will be to start at 08:00AM on Friday April 12th, 2024, at fire station one in Grand Island. The location is 409 East Fonner Park Rd, Grand Island 68801. We will start with a walk through of the physical test promptly at 8:00, so don't be late. We will follow that with the written test. The college exam will be approximately 100 questions and the high school one will be about seventy five questions long. Wear your comfortable workout clothes out of the gate for the written exam, because as contestants finish the written, we will get them going through the physical agility test right away. Fair warning, this entire contest will be at a working fire station. That means there could be some distracting noises during all the test portions. We will do things such as turn off the speakers in the classroom, but just a fair warning.

The physical agility test will start with a timed donning of bunker gear. There will be a five second penalty added for any incorrect or missed items. High school contestants will then be able to get out of their gear before completing the physical agility test. College contestants will keep their gear on and put on an air pack provided by us. College contestants will not be on air, just wearing the pack for the remainder of the physical test. So, no face piece is expected or needed. We will start with a stair climb with a highrise pack. Three flights up and down. The highrise pack will then be dropped. We will then move to a tool carry. One tool in each hand. Next will be the ladder raise. The contestant will raise, extend, retract, and lower the ladder. The next station will be a wall breach. Simply hitting a wall mounted pad with a sledgehammer until the buzzer goes off. After the wall breach prop, we will drag a section of charged 1 3/4" hose approximately 100 feet. If weather permits us to squirt water, we will shoot at a cone to make this a bit more fun. The sixth station will be a dummy drag. The mannequin weighs approximately 150 lbs. We will move him about 25 feet around a cone and back. About 50 feet total. The mannequin will have webbing strapped around him to make this a bit easier. The final station will be a simulation of overhaul after a fire. It is a push pull station with a pike pole. Six pushes, six pulls. Two rounds of this station. Each station will be a pass/fail grade. We will not time this event for safety reasons. We will do a quick walk through of the physical test before starting the written test to make sure there are no lastminute questions. We will also have a proctor walking with contestants to remind them which station is next and to watch for any safety issues. We will also obtain a set of vitals (BP and SpO2 reading) before and after the physical exam.

We will have each contestant tie three knots of our choosing that day. Everyone will tie the same knots. Knots to choose from will include the family of figure 8's, clove hitch, single hitch and the bowline. We will provide the rope that day and a tool such as a fan or ax to tie the knot to. Representing lifting a tool to the roof at a fire.

Finally, we will end with an interview process. Contestants will be given an opportunity to change clothes if they choose to bring other clothes. The interview board will be off duty Grand Island Fire Department members helping out that day. Each contestant will be given the same questions for the interview. I will have the judges give a score for each question. I will send out copies of the scoring sheet at a later date. Through the process of this day you will be completing a representation of what actual testing is like for a paid department. I hope that this is a fun learning experience and a valuable asset if you plan to apply to a full time department someday.

There will be differences at different departments, and at almost all you will have to do a couple different interviews if you apply in the fire service. The goal is to give you a taste, so you are able to succeed down the road, if it is in the fire service or not. We want you all to succeed at this competition and in your bright futures. Our goal is to help guide and set you up for success. So again, if you have any questions whatsoever, please don't hesitate to reach out to me.

Thanks, and good luck!

Harvey Langrehr

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