

**2023 SkillsUSA Arkansas Fire Fighting Competition**

This is the SkillsUSA Arkansas Firefighting Competition, is based on five categories that will be judged by judges who currently work in the field of Fire-Fighting.

1. Judges Interview
2. Timed Candidate Physical Ability Test (CPAT)
3. Efficiency of technical knots
4. Timed Rapid Dress
5. Written Test

***Please refer to the SkillsUSA Official Contest Standards for detailed instructions on www.skillsusa.org.***

**Clothing Requirements** SkillsUSA official dress is required for State Competition.

Official Attire Includes:

1. light blue official SkillsUSA shirt
2. Blue Pants Slacks/Work Pants (no jeans) (dickies or any blue pants are acceptable, no jeans)
3. Black Shoes
4. Black Socks
5. Black Belt

Students will wear this uniform while interviewing with judges and completing their written test. After students complete the interview and written test they will change into CPAT clothing.

CPAT Clothing official attire includes:

1. Solid shirt that may be long or short sleeved (long sleeves are recommended)
2. Long pants (jogging pants are recommended for maneuvering and flexibility)
3. Any closed toe shoe (Sneakers with a good sole are recommended)
4. Any color sock

CPAT Clothing must be unbranded with no words, images, or logos. A solid color shirt without any words or logos is required for the physical component. All fire department names, school names, and city must be removed or covered prior to the competition. Failure to do so will result in a 10 point clothing penalty.

**See the SkillsUSA website for official clothing requirements.**

**Student Materials List:**

1. One-page Resume (**please bring four, so the judges will all have a copy**)
2. Official SkillsUSA Dress
3. CPAT clothing no brands and no logos

There are several sections that students have to master in the Fire Competition:

1. Don Structural PPE: Rapid Dress

This includes being fully donned in

* Don Trousers and Boots
* Don Coat
* Nomax Hood over head
* Gloves are secure and on hands completely
* Don Helmet adjust chin strap
* Secure Face Shield under Nomax hood without any skin showing
* Airpack (Scotts will be provided)
* Ensure all fasteners, snaps, buckles etc. etc. are fastened and secure.

The contestant will hear a count from five to one, at one the contestant will begin to don, as soon as the contestant touches any PPE, the stop watch will begin the timed event. When the contestant is completely donned, they will clap their hands, and the designated Evaluator will stop the stopwatch. The contestant **will NOT remove anything**, the Evaluator will inspect the PPE for accuracy.

**\*If the contestant exceeds 2 minutes and 30 seconds, they will receive a score of 0/100 points!**

**Students will keep on all PPE, except the head gear, and tie knots with gloves on, after knots are tied, then the student will remove PPE and prepare for the CPAT.**

1. Ropes and knots
2. A table with a rope and an ax with two ropes will be available for each contestant.

Tying Ropes and Knots is a skill to test the candidates’ ability to tie and dress useful Fire Service knots. Students will be asked to choose three cards, the student will tie the selected knot, they will be timed. Students will be given 3 minutes to tie the knots. Exceeding 3 minutes will result in a 50 point deduction.

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See technical standards to determine the knots required.

A great website to study these knots is [www.animatedknots.com](http://www.animatedknots.com) click on the Rescue Knots or look them up by name. A 33.33 point deduction will be issued for each incorrect knot!

**PPE WILL BE REMOVED FOR CPAT!**

The next sections of the competition will be timed and must be completed in 10 minutes and 20 seconds to earn full credit. (Review time chart below for point value).

**Contestants will wear a 25lb vest during the following stations**

1. Stair Climb 4 mins 30 seconds (contestants will be given 30 seconds to adjust their pace)
2. Hose Drag
3. Force Entry Door Breach (Contestants must make the buzzer sound to complete section)
4. Ladder Raise
5. Ceiling Breach (4 up and 4 down)
6. Equipment Carry
7. Rescue Drag (Manikin)
8. Search and Rescue

Once the Search and rescue is complete, the stop watch will be stopped; this will complete the course.

The points for the completion will be calculated based on:

1. Judges Interview points
2. Rapid Dress Time and Accuracy
3. Ropes and Knots Time and Accuracy
4. Candidates Physical Time (CPAT)

The time for Rapid Dress, Ropes & Knots, and the Physical Time will be added together, and the points will be calculated using the scale below:

Below is the breakdown for times/points for the timed CPAT skills:

00:00 – 10:20: 100 points

10:21 – 10:40: 90 points

10:41 – 11:00: 80 points

11:01 – 11:20: 70 points

11:21 – 11:40: 60 points

11:41 – 12:00: 50 points

12:01 – 13:00: 40 points

13:01 – 14:00: 30 points

14:01 – 15:00: 20 points

15:01 & over: 10 points

Each section of the competition will be scored:

|  |  |  |  |
| --- | --- | --- | --- |
| **Fire Fighting Score Card** | | | |
| **Donning and Structural PPE Essentials** | Time | Pass or Fail | Points  /100 pts |
| |  |  | | --- | --- | | **2 Rope and Knots** | **Pass or Fail** | | **Rope 1**  33.33 pts |  | | **Rope 2**  33.33 pts |  | | **Rope 3**  33.33 pts |  | | Total Time | Pass or Fail | Points  /100 pts  /200 pts Total |
| **PHYSICAL AGILITY SECTION** |  |  |  |
| Stair Climb | N/A |  | /100pts |
| Hose Drag | N/A |  | /100pts |
| Door Breach ( 15 hits) | N/A |  | /100pts |
| Equipment Carry | N/A |  | /100pts |
| Ladder Raise | N/A |  | /100pts |
| Ceiling Breach | N/A |  | /100pts |
| Rescue Drag | N/A |  | /100pts |
| **Total Time for Candidate Physical Agility Sections** | /900pts | | |
| **Written Exam Results** | /100pts | | |
| **Oral Interview Points** | /100pts | | |
| **Resume Points** | /100pts | | |
| **Clothing Penalty** | /-10 Penalty | | |
| **Rapid Dress Donning Bonus 1:00 or less** | /30 Bonus Points | | |
| **10 minutes or less Physical Time** | /30 Bonus Points | | |
| **Combined Total Points**  **(for each area successfully completed)** | /1200 | | |

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| **Judges Oral Interview Total Points** | | | | | |
| **Contestant Number** | **Resume**  **20 points** | **Professional Official Dress**  **20 Points** | **Candidates**  **Answers**  **20 points** | **Overall Impression**  **20 points** | **Total Points** |
| **All judges scores for each contestant will be collected, calculated and recorded on this form.** | | | | | |
| Candidate 1 |  |  |  |  |  |
| Candidate 2 |  |  |  |  |  |
| Candidate 3 |  |  |  |  |  |
| Candidate 4 |  |  |  |  |  |
| Candidate 5 |  |  |  |  |  |
| Candidate 6 |  |  |  |  |  |
| Candidate 7 |  |  |  |  |  |
| Candidate 8 |  |  |  |  |  |

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| **Judges Score Card for the Oral Interview** | | | | |
| In each section below you will rate each candidate’s performance based on the scales provided below. (1 is low 5 is excellent) | | | | |
| **Candidate Number** | **Resume**  Score 1-5 points | **Professional Official Dress for Interview**  Score 1-5 Points | **Candidate Answers**  Score 1-5points | **Overall Impression**  Score 1-5 points |
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| **Possible Sample Questions**: Judges may ask other additional questions:   1. Why do you want to become a Firefighter? 2. What are your future plans or goals? 3. What are your views on education? | | | | |