

Fire & Rescue New South Wales Station Fitness Drill

The FRNSW Station Fitness Drill is for Station Commanders to facilitate with their crews utilising operational equipment. The objective of the drill is for firefighters to enhance their personal understanding of their functional capacity as it relates to their role as a firefighter.

Facilitation

Firefighters will complete this drill in pairs.

Equipment Required

- 2x 38mm hose
- Stokes litter
- 2x 70mm hose
- 2x carabiner
- 2x foam drums (full)



Participant Attire

- Turn jacket & pants
- Helmet
- Airset (no mask required)
- Boots
- Gloves

Location

The Station Fitness Drill has been designed to be completed at a council maintained field



| Station Fitness Drill | Demonstration |
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| <p>Battling Hoses</p> <ul style="list-style-type: none">● Load: 2 x 38mm hose (attach one hose at each end of stokes litter)● Length: 20 total repetitions each task <p>Facilitation</p> <ul style="list-style-type: none">● Anchor 38mm hose through carabiner● FF1 & FF2 will simultaneously complete alternating single sided hose slams for 20 total, continuous repetitions at individuals own pace● Complete double arm (simultaneous) hose slams for 20 total, continuous repetitions at individuals own pace● Recommendation to raise hose to shoulder height (parallel to ground) during action. This may be increased if individual feels comfortable and demonstrates adequate shoulder mobility) |   |



Single sided foam drum carry

- **Load:** 20kg
- **Distance:** 200m

Facilitation

- FF1 & FF2 will pick up foam drum each and walk 2 laps of the 100m football field



Stair climb with single sided carry

- **Load:** 20kg
- **Distance:** 36 step (1 step is both feet up, both feet down)

Facilitation

- FF1 & FF2 will perform 36 step ups on their respective steps
- Note: step could be gutter, grandstand step etc

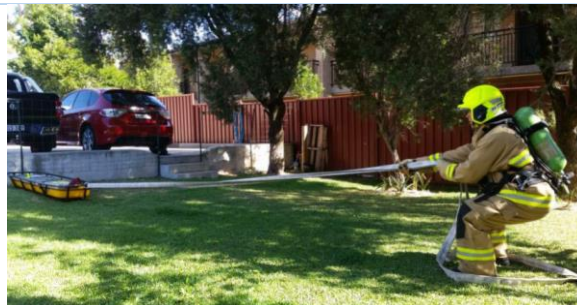


Static squat with stokes litter pull

- **Load:** 49kg (stokes litter total weight)
- **Distance:** 15m
- **Volume:** 3 efforts

Facilitation

- Anchor 38mm hose through carabiner at either end of stokes litter (2 hoses used)



- Individual holds a squat position as they drag the stokes litter towards them self, pulling on a 38mm hose attached to the stokes litter
- Their partner then drags the other end of the stokes litter towards them self, using another 38mm hose
- This is repeated until both individuals have completed 3 efforts
- Recommendation for individuals to hold static squat position of thighs parallel to the ground (90 degree at knee) with a neutral lower back position
- This may vary depending on individuals mobility

Repeat hose drag

- **Load:** 49kg
 - Stokes litter
 - 2 x 70mm hose
 - Pulled by a line of 38mm
- **Total distance:** 300m. Each FF completes 6 x 50m shuttles (3 loaded and 3 unloaded)

Facilitation

- FF1 advances hose for 50m (FF2 walks 50m without load)
- FF2 takes hose from FF1 and advances 50m (FF1 walks 50m without load)
- Repeat 2 additional times



Fire Attack

- **Load:** 49kg
 - Stokes litter
 - 2 x 70mm hose
 - Pulled by a line of 38mm
- **Distance:** 60m 2 by 30m: 1 loaded, 1 unloaded recovery walk



Facilitation

- FF1 advances 30m in a 3point crawl position (FF2 walks 30m unloaded)
- Working together FF1 & FF2 turn stokes litter around
- FF2 advances 30m in a 3pt crawl position (FF1 walks back to start unloaded)

Firefighter rescue

- **Load:** 90kg
 - Stokes litter
 - 2x70mm hose
 - 2xfoam drum
 - 2x38mm
- **Distance:** 10m (height restriction half squat)

Facilitation

- FF1 pulls stokes backwards for 10m in a half squat position.
- Working together FF1 & FF2 turn stokes litter around
- FF2 pulls stokes backwards for 10m in a half squat position

