



Fire & Rescue New South Wales Station Fitness Drill

The FRNSW Station Fitness Drill will use operational equipment. The objective of the drill is to enable firefighters (FFs) to self-benchmark their functional capacity as it relates to their role as a firefighter.

Equipment	Qty
38mm hose (7.5kg)	3
70mm hose (15.0kg)	2
Foam drums full of water (19.5kg)	2
Stokes litter (10.5kg)	1

Firefighter Attire (approx. 20kg)

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

Facilitation

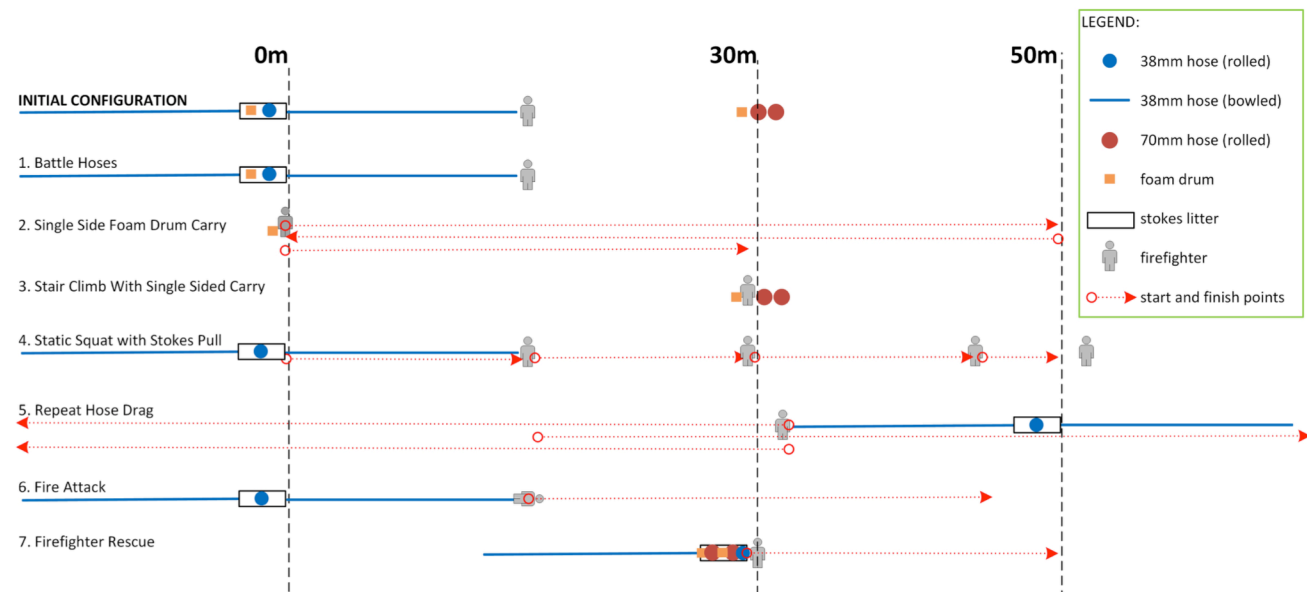
Firefighters will complete the drill one at a time, with the assistance of at least one other crew member.

Location

The Station Fitness Drill has been designed to be completed at a council maintained field. The minimum area required is 80m x 10m.

Course layout

(A3 version also available)



Station Fitness Drill

Demonstration

BATTLING HOSES

- **Load:** 1 x 38mm hose
- **Equipment:**
 - 1 x stokes litter
 - 1 x foam drum
 - 3 x 38mm hose
- **Length:** 20 total repetitions each task

Facilitation

- Anchor 1 x 38mm to each end of the stokes litter (only one side is required for this task)
- place 1 x foam drum and 1 x 38mm rolled-hose in stokes litter to weigh it down
- Complete alternating single sided hose slams for 20 total, continuous repetitions (10 each arm) at FF's own pace
- Complete double arm (simultaneous) hose slams for 20 total, continuous repetitions at FF's own pace
- Recommendation to raise hose to shoulder height (parallel to ground) during action. This may be increased if FF feels comfortable and demonstrates adequate shoulder mobility)



Suggested anchoring method



SINGLE SIDED FOAM DRUM CARRY

- **Load:** 19.5kg
- **Equipment:**
 - 1 x foam drum full of water
- **Distance:** 130m. FF completes 2 x 50m and 1 x 30m laps

Facilitation

- FF will start at 0m mark and pick up foam drum (which should be in the stokes from the last task) and walk to the 50m mark.
- Turn around and walk back to the 0m mark.
- Turn around and walk out to the 30m mark

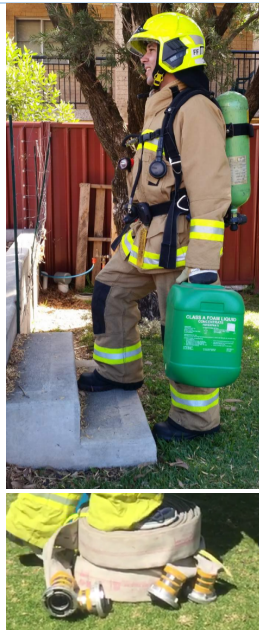


STAIR CLIMB WITH SINGLE SIDED CARRY

- **Load:** 19.5kg
- **Equipment:**
 - 1 x foam drum full of water
 - 2 x 70mm hose
- **Steps:** 36 step ups

Facilitation

- Step is created by stacking 2 lines of rolled 70mm hose on top of each other
- FF will perform 36 step ups, where one complete step up is *both feet up, both feet down*.
- NOTE: ensure the hose is well rolled to ensure a stable base on which to step

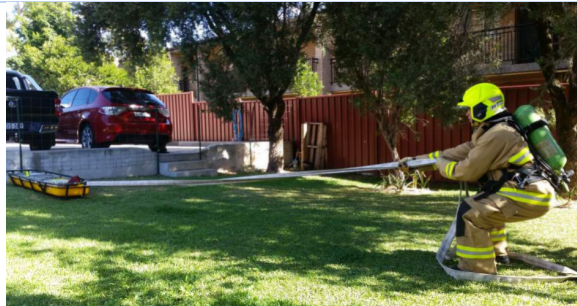


STATIC SQUAT WITH STOKES LITTER PULL

- **Load:** 33kg (total mass of equipment)
- **Equipment:**
 - Stokes litter
 - 3 x 38mm hose
 - 2 hoses should already be anchored to each end of the stokes
 - 1 rolled-hose should already be in the stokes
- **Distance:** 50m total
- **Volume:** 3-4 efforts, as required to advance the stokes litter 50m

Facilitation

- A 38mm hose is attached to each end of a stokes litter placed at the 0m mark
- FF stands the length of the doubled-over hose away and holds a squat position as they drag the stokes litter towards them
- Once they have dragged the stokes litter to their position, FF then walks with the ends of the hose towards the 50m (until tension returns to the hose) and repeats the static squat and drags the stokes litter towards them.
- This is repeated until the stokes litter is advanced 50m
- Recommendation for FFs 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 FF's mobility



Required configuration for all tasks with 33kg mass



REPEAT HOSE DRAG

- **Load:** 33kg (total mass of equipment)
- **Equipment:**
 - Stokes litter
 - 3 x 38mm hose
 - 2 hoses should already be anchored to each end of the stokes
 - 1 rolled-hose should already be in the stokes
- **Total distance:** 150m. FF completes 3 x 50m laps

Facilitation

- With the stokes litter on the 50m mark, FF advances hose attached to the other end of stokes until the stokes advances 50m (to the 0m mark)
- FF then places hose on ground and walks to the hose attached to the other end of stokes and advances the stokes another 50m (to the 50m mark)
- FF completes the task turning around and advancing the stokes litter another 50m (to the 0m mark)



FIRE ATTACK

- **Load:** 33kg (total mass of equipment)
- **Equipment:**
 - Stokes litter
 - 3 x 38mm hose
 - 2 hoses should already be anchored to each end of the stokes
 - 1 rolled-hose should already be in the stokes
- **Distance:** 30m

Facilitation

- With the stokes litter on the 0m mark, FF advances hose attached to the



stokes litter in a 3point crawl position

- FF stops once stokes litter advances 30m (to the 30m mark)

FIREFIGHTER RESCUE

- **Load:** 94.5kg (total mass of equipment)
- **Equipment:**
 - Stokes litter
 - 2 x 70mm hose
 - 2 x foam drum (full)
 - 2 x 38mm
- **Distance:** 20m (height restriction = half- squat position)

Facilitation

- With the stokes litter on the 30m mark, the assistant removes the 38mm rolled-hose and loads the stokes litter with 2 x full foam drums and 2 x 70mm hoses.
 - NOTE: the order of equipment placed in the stokes, from furthest to closest to the FF is 38mm (tail) > foam drum > 70mm > foam drum > 70mm > 38mm (bunched up)
- The FF bunches the 38mm hose they were using in the last task into end of the stokes litter closest to them.
- Once the assistant has added the full load, FF lifts one end of the stokes litter and moves backwards, in a half-squat position, to advance the stokes litter 20m (to the 50m mark)



Required configuration for all tasks with 94.5kg mass

