

International Rescue Challenge

21st -22nd October, 2024

INSTRUCTION MANUAL

Fire-Fit
Challenge



Trauma
Challenge



Height Rescue
Challenge



Deep Well Rescue
Challenge



FOUNDER'S MESSAGE

Pakistan is the 5th most populous country in the world with diverse topography having the highest mountain ranges in the North and Arabian Sea in the South, as a result of which we face diverse nature of emergencies and disasters. This led to the development of integrated Emergency Services in Pakistan, because of which millions of emergency victims have been provided with the right to timely professional emergency care without discrimination.

In order to share this diverse experience, knowledge, best practices and to improve coordination amongst international emergency services, the International Rescue Challenge & Conference is being organized in the Emergency Services Academy, Lahore - Pakistan from 21-22 October 2024.

This event is a testament to our commitment to enhance international cooperation and knowledge exchange amongst emergency services. It is also an opportunity for firefighters, Paramedics, and Urban Search and Rescue (USAR) Teams from around the world to exhibit their professional skills, share innovative practices in search and rescue, trauma management, firefighting, and collectively advance our understanding and implementation of best practices.

We look forward to welcoming the emergency services in the centrally located historic city of Lahore, Pakistan, where we can unite our efforts to enhance global emergency response capabilities.

Dr. Rizwan Naseer, SI

Secretary, Emergency Services Department/
Commander Pakistan Rescue Team

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1. Introduction

As natural disasters, accidents, and humanitarian crises become more common and severe, the need for skilled emergency response teams is greater than ever. The Emergency Services Academy Lahore Pakistan is organizing the International Rescue Challenge to enhance the professional competencies of rescuers to cope with emergencies and disaster challenges, through healthy competition.

At the International Rescue Challenge, teams from all over the world will come together to compete in different rescue scenarios. The teams will participate in different competitions that reflect real emergencies, giving them a chance to demonstrate their professional knowledge & skills in the field of search & rescue and emergency management.

More than just a competition, the International Rescue Challenge serves as a platform for knowledge exchange, networking, and collaboration among rescue professionals, government agencies, NGOs, and other stakeholders involved in emergency response. It provides a unique opportunity for participants to learn from each other's experiences, share best practices, and build long-lasting partnerships that go beyond geographical boundaries.

In short, the International Rescue Challenge is not just a competition—it's a chance for people from all over the world to learn from each other, work together, and make the world safer in times of crisis.

2. Purpose

The purpose of organizing the International Rescue Challenge in Pakistan is to improve emergency response capabilities, encourage collaboration among global stakeholders, and strengthen resilience in confronting disasters. Concurrently, the event serves as a pivotal opportunity to spotlight Pakistan's strengths and substantive contributions to the global humanitarian efforts.

3. Objectives

- i. **Enhancing Emergency Response Skills:** To provide a platform for international rescue teams to demonstrate and improve their skills in various emergency scenarios, including height rescue, well rescue, trauma management and firefighter’s fitness competition.
- ii. **Fostering Collaboration:** Facilitate collaboration and knowledge exchange among rescue professionals from different countries, promoting mutual learning and cooperation in the field of emergency response.
- iii. **Promoting Innovation:** Showcase innovative technologies, tools, and strategies used in emergency response operations.
- iv. **Capacity Building:** Strengthen the capacity of local rescue teams by exposing them to international standards and best practices.

4. The Challenge

All international USAR Teams, firefighters and paramedics can participate to showcase their professional knowledge & skills, and physical fitness required to deal with the following scenarios:

1. **Height Rescue Challenge**
2. **Deep Well Rescue Challenge**
3. **Confined Space Extrication Challenge**
4. **Trauma Challenge**
5. **Fitness Challenge**

5. Composition of Teams

A team comprising of maximum **9 members** as per the following:

- Height Rescue Challenge 06 Rescue Technicians
- Deep Well Rescue Challenge 06 Rescue Technicians
- Confined Space Extrication Challenge 06 Rescue Technicians
- Trauma Challenge 02 Emergency Paramedics
- Fitness Challenge 01 Firefighter/ Rescue Technician

Note: The teams may participate in all events or any single event of the challenge as per their expertise or choice.

6. Logistics Arrangements

All the teams are encouraged to bring their personal protective equipment, fire suits, and essential equipment especially used in rope rescue according to the scenario. However, a fully equipped ambulance with standard supplies including all types of stretchers, complete SCBA sets, Full Body Harness, Static Ropes, Carabiners, Figure of Eight, Ascender, Descender, Tripods & Pulleys, and communication devices, etc. shall be provided by the Emergency Services Academy.

7. Description of the Event

A. Height Rescue Challenge

i. Sample Scenario

The fire broke out in the 10th storey of Red Tower, Lahore at 10:00 AM dated 21st October 2024. According to the initial Information, 02 watchmen are trapped in the building, 01 of them is alive on the 08th floor and the other one is dead on the 07th floor. Stairways and Entry Points of the building are blocked due to fallen debris. Improvised entry methods may be adapted to approach and conduct rescue operations.

ii. How to Perform

- The team leader shall briefly assign tasks to the members.
- The team members shall externally approach the building up to the 2nd floor of the fire tower using standpipes/ extension ladder. Afterward, the staircase is intact and team members shall climb the tower's top (10th floor) using stairs.
- The team shall make appropriate anchors on the 10th floor and establish rope lines:
 - At least one team member to ascend from the ground floor to the 7th floor.
 - One team member to rappel from 10th floor to 8th floor.
 - The live victim on the 8th floor shall be secured and safely lowered using the belay technique on the adjacent building.

- The Team shall search for the dead body, properly secure on a basket stretcher, and safely belay it to the ground floor using rope work.
- All team members shall reach the ground floor along with all gear and conduct a hot debrief.

iii. SOPs & Ground Rules

- The total time to perform for a given scenario is 35 minutes.
- The participating team (maximum of 06 members) shall arrive and assemble at the designated area along with all necessary equipment and PPE.
- Scenario assessment will be according to the Checklist Attached
- Proper communication devices will be used during scenario performance.
- The team should be well-versed with safety signals.
- Throwing ropes (Lines) and equipment from height is strongly discouraged.
- The Scenario will be the same for all participating teams.

B. Deep Well Rescue

i. Sample Scenario

A person fell in the open abandoned well which is approximately 20 feet deep. Certain hazards i.e. smoke: heat, bushes, toxic gases, smell, darkness unstable walls, etc. may be present in the cavity (Deep Well). The victim may be trapped in bushes, injured, and suffocated. Local people surrounded the place and demanded immediate evacuation of the trapped victim to save human life.

ii. How to Perform

- The participating team (maximum of 06 members) shall assemble at the designated area along with all necessary gear and equipment.
- The team members shall make contact with the victim and reassure the victim.
- The team shall approach the victim using rescue tripod/Ladder method and double pulley rope work.

- The rescuer shall extricate the victim from the deep well after properly securing the victim with all necessary measures and provide Basic Life Support if necessary.
- All team members shall rehab the equipment, and place and conduct a hot debrief.

iii. SOPs & Ground Rules

- The total time to perform for a given scenario is 35 minutes.
- The participating team (maximum of 06 members) shall arrive and assemble at the designated area with all necessary equipment and PPE.
- Scenario assessment will be according to the Checklist Attached
- Proper communication devices will be used during scenario performance.
- The team should be well-versed with safety signals.
- Throwing ropes (Lines) and equipment from height is strongly discouraged.
- The Scenario will be the same for all participating teams.

C. Confined Space Extrication Challenge

i. Sample Scenario

A victim trapped inside a pancake type collapsed structure. The place is a confined space with partial or unstable structure surrounding it. Various potential hazards including ambient noise, visual barriers, lack of oxygen and contaminated air etc. Local people surrounded the place and demands immediate evacuation of the trapped victim to save a human life.

ii. How to Perform

- The participating team (maximum of 06 members) shall assemble at the designated area along with all necessary gear and equipment.
- The team will conduct a rapid assessment of the site, identify and mitigate the potential hazards to conduct safe operation.
- Determine the victim's location, condition and injuries.

- Develop an extrication plan considering the confined space limitations.
- Secure unstable structure (if any) to prevent further collapse.
- Provide medical care to the victim during extrication, if necessary.
- Prepare for immediate transfer to medical personnel once extricated.
- All team members shall rehab the equipment and conduct a debriefing session after the exercise to discuss successes, challenges, and areas for improvement.
- Correct procedure with minimum time shall be the decisive factor for evaluation.

iii. SOPs & Ground Rules

- Maximum time to perform for a given scenario is 25 minutes.
- The participating team (maximum of 06 members) shall arrive and assemble at the designated area with all necessary equipment and PPE.
- Appropriate equipment including breathing apparatus, multi gas detector, thermal imaging camera etc. for confined space entry and scenario shall be utilized.
- Scenario assessment will be according to the Checklist Attached
- Proper communication devices will be used during scenario performance.
- The team should be well-versed with safety signals.
- The Scenario will be the same for all participating teams.

D. Trauma Challenge

i. Sample Scenario

You are dispatched at 02:00 am to a car crash with possible injuries, a law enforcement agency is also en route. Upon arrival, you observe a mid-size sedan that crashed head-on into an oak tree on the shoulder of a poorly lit rural road. You approached the driver's side of the car to find a middle-aged man, unrestrained

complaining of a headache and not being able to find his Mobile phone. He does not recall accident how he got there. The last thing the patient can remember is being at the park with his friend, there is moderate front-end damage, and the windscreen is broken.

Information of injuries:

- Bleeding on the left side of the forehead
- CSF is leaking from the nose and left ear.
- Left shoulder is painful and swollen.
- Deformity and catastrophic bleeding at left leg distal to the knee joint.

Vital Signs:

- Blood pressure: 100/70 mmHg
- Respiratory rate: 22 rpm
- Pulse rate: 96 bpm.
- SpO₂ 90 %
- Cool clammy pale skin, patient is verbal and responsive.

ii. How to Perform

- Protect the personal safety and safety of the crew, the patient, and the Bystanders.
- Gaining access to the patient
- Assess the patient for life-threatening problems.
- Responsiveness, adequate airway, verifying breathing, assessing circulation.
- Head-to-toe examination
- Recording and monitoring vital signs
- Obtaining SAMPLE history
- Provide care based on assessment findings.
- Record-keeping and data collection
- Use the appropriate method for shifting.

iii. SOPs & Ground Rules

- 5 minutes will be given for briefing and 15 minutes for the preparation before the start of the scenario.
- Total time to perform is 12 minutes, no extra time would be given.

- The scenario shall be allotted through balloting.
- The allotted scenario shall not be changed or modified at any stage.
- Live or simulator casualties will be used in the challenge.
- All participants are responsible for bringing their own PPE.
- A fully equipped ambulance will be provided to all teams.
- Every team member will be responsible for his safety.

E. Fitness Challenge

i. Scenario

The scenario of the fire fit challenge focused on ascertaining the physical capability and alertness of the rescuers on a three-story fire fitness tower. The scenario will comprise of wearing complete fire turnout gear while carrying a fire hose and climbing the three-story fire fitness tower by stairs, pulling up the fire hose, returning to the ground floor to hit a metallic weight of approximately 80 Kg with a hammer, running to next point for dropping a target stand with the help of water jet and dragging a dummy of approximately 50 Kg to reach the finish point.

ii. How to Perform

- Two firefighters will take part in this competition team "RED" and team "YELLOW".
- As the whistle blows, both firefighters will start the competition from the starting point.
- The firefighters shall don the complete PPE. i.e. flash hood, fire turnout gear, fire safety helmet, SCBA set etc.
- The firefighters shall run towards the delivery hose which is placed at a distance of 5 meters from the starting point and carry the delivery hose to the top of Fire Fit Tower by climbing up the stairs.
- At the top of the fire fit tower, both rescuers shall put their delivery hose on the floor at their designated place.
- Both rescuers shall pull up their respective delivery hose with the help of a fire safety rope to the top fire fit tower.
- Next, both rescuers shall run down the stairs & reach the hammer-hit machine to strike an 80 Kg metallic block with a hammer.

- Then both rescuers shall run towards the fire hose point to hit a target stand and drop it to the ground with the help of a water jet.
- After this, they shall turn off the water, drop it to the ground, and pick up their respective mannequins/ dummies placed on both sides.
- They shall drag the mannequin/ dummy back towards their respective finishing point.
- The rescuer who reaches the finishing point first and consumes less time than other rescuer shall be the Winner of the Fire Fit Challenge.

iii. SOPs & Ground Rules

- Performance during the event will be assessed according to the Fire Fit Scenario checklist and “final time” will be the main decisive parameter, which shall be concluded after adjusting the penalties.
- A briefing will be given to the teams/ participants before the beginning of the challenge.
- Scenario will be briefed to all participants before the start of the competition.
- The Fire Fitness scenario will be the same for all teams and team members.
- No second chance will be provided to any team.

8. Team Position Criteria

Sr.	Position	Marks
1	1 st Position	10
2	2 nd Position	6
3	3 rd Position	3
4	4 th - 6 th Position	2
5	7 th - 10 th Position	1

Note: *The Team securing the maximum marks according to above-mentioned criteria shall stand the winner of the Rescue Challenge. Runner-up and subsequent positions shall also be decided according to the above-said criteria.*

9. General Instructions / Guidelines

All participating teams are representative of their organizations and are required to behave according to the highest standards of their organizations. All are requested to demonstrate professionalism, integrity, and a strong commitment to make this event fruitful.

i. Instructions

- Each team shall consist of a maximum of **9 team members** including the **Team Leader**.
- All teams shall bring their own Personal Protective Equipment (PPE).
- **Lunch and Tea Break refreshments** shall be provided to all teams by the Mess of Emergency Services Academy.
- All teams are required to submit the **Health & Safety Liability Release Form** (copy attached as **Annex-A**) along with their registration request.
- Use of any drug or medicine by any participating team/team member is strictly banned, the team shall be disqualified.
- Any unsafe act (causing near miss, injury, incident, or accident) can result in disqualification of the team.
- Any act of violence, misbehavior, and argument with any member of the assessment/ organizing committee can lead to disqualification of the team.
- The decision of the assessor/ evaluator will be final and unchallengeable.

ii. Dress Code

Both opening and closing ceremonies are formal events and appropriate uniform or dress code shall be followed. During competition/ challenge activities, working dress/ team uniform or tracksuit with required PPE shall be worn by all team members.

iii. Team Flag

All participating teams are required to bring the following flags (minimum size 2.5 feet Width, 4 feet Length) for identification:

- Country Flag 02 Nos.
- Organization/ Team Flag 1 No.

10. Annexure

A. Health and Safety Liability Release Form

INTERNATIONAL RESCUE CHALLENGE - 2024 REGISTRATION/ HEALTH & SAFETY LIABILITY RELEASE FORM	
Team Name: Organization: _____ Country: _____	
First Name: _____ Middle Name: _____ Last Name: _____	Picture
Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Transgender Rank: _____ Date of Birth: _____ Blood Group: _____ Passport No: _____ Nationality: _____	
Total No. of competition in which team participating: <input type="checkbox"/> Fire-fit Challenge <input type="checkbox"/> Height Rescue <input type="checkbox"/> Well Rescue <input type="checkbox"/> Trauma Management	
Home Country Address: _____ _____ Cell No. _____ Email. _____	In Case of Emergency: Name: _____ Relation: _____ Contact: _____ Name: _____ Relation: _____ Contact: _____
Are you allergic to any medicine or the Doctor has prohibited you from using anything? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If Yes, Please Explain: _____	
Are you undergoing any treatment using any medication or have any physical disability? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If Yes, Please Explain: _____	
Have you had any surgery or suffered from any serious illness in the last year? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If Yes, Please Explain: _____	
Do you use cigarettes, weed, snuff, or any other toxicants? <input type="checkbox"/> Yes <input type="checkbox"/> No If Yes, Please Explain: _____	
Do you have any food/diet restrictions? <input type="checkbox"/> Yes <input type="checkbox"/> No If Yes, Please Explain: _____	
Liability Release Statement:	
<ul style="list-style-type: none">• By participating in this Rescue Challenge, I affirm that I have thoroughly reviewed and understood the rules and regulations established by the organizers, as well as the safety standards outlined.• I pledge to adhere to these guidelines without exception, prioritizing the safety of myself, my teammates, and all others involved, both during practice sessions and the competition itself.• I am fully aware of the potential unforeseen hazards and the possibility of minor or major incidents or accidents that may arise during the challenge. Despite this awareness, I am confident in the safety precautions implemented by the Emergency Services Academy designed to mitigate any such risks.• In the unfortunate event of injury, disability, or fatality resulting from an accident during either practice sessions or the competition, I understand and accept that neither the organizers, evaluators, nor the management of the Punjab Emergency Service Department / Emergency Services Academy bear legal liability. Consequently, I waive any rights to pursue legal action in connection with such incidents.	
Note: I declare under oath that all the information provided in this form is complete and correct to the best of my knowledge and I will be responsible for the possible consequences in case of any kind of misrepresentation.	
Sign. (Participant): _____	Sign. (Team Leader) _____

B. Evaluation Checklist for Height Rescue

Total Marks: 100

Time Allowed: 35 Minutes	Team:	Date:		
Time Completion:	Officer In charge of Team (Name):	Signature:		
			Total Marks	Obtained Marks
1. INCIDENT MANAGEMENT <ul style="list-style-type: none"> • Safety briefing and Task Assignment. (2) • Cordon off the area. (2) • Use of Basic PPE (Elbow pad, Knee pad, Safety harness, Gloves) for all members. (6) 			10	
1. ASCENDING FROM GROUND TO 07th FLOOR(01 member only) <ul style="list-style-type: none"> • Safety Check. (2) • Use of Extension Ladder for external approach (4) • Attachment with rope for Ascending. (4) • Proper ascending of 01 members from the Ground to the 7th floor of the building. (5) 			15	
EXTRICATION OF DEAD BODY WITH BASKET STRETCHER FROM 7th FLOOR TO GROUND LEVEL <ul style="list-style-type: none"> • Proper use of TEA & safety check. (2) • Formation of Anchor Point on the 7th floor. (4) • Proper formation of Basket stretcher. (4) • Proper securing of the dead body using a Basket stretcher. (2) • Attachment of Basket stretcher with Rescuer & Mainline Rope. (3) • Proper Extraction procedure from the 7th floor to the ground. (5) 			20	
3. DESCENDING /RAPPELLING AND BELAY (Only 01 Member) <ul style="list-style-type: none"> • Proper use of TEA & safety check. (2) • Anchor point at the top of the building (3) • Attachment with ropes for rappelling from top to 8th floor. (5) • Rappelling procedure of 01 member from Tower top to 8th floor. (5) 			15	
4. VICTIM EXTRICATION FROM 8th FLOOR TO ADJACENT BUILDING'S ROOF <ul style="list-style-type: none"> • Proper use of TEA and Safety Check (04) • Formation of Anchor Point for belay. (5) • Proper extrication of 01 victim with Full Body Harness & Safety Line attachment.(7) • Extrication procedure (Belay) from the 8th floor to the Burn House roof. (3) • 1st Aid Provided to Injured (1) 			20	
5. LEADERSHIP AND TEAMWORK (At Ground) <ul style="list-style-type: none"> • Leadership. (2) • Coordination among the team members. (2) • Communication (4) • Rope Log (5) • Hot Debrief (2) 			15	
6. TIME <ul style="list-style-type: none"> <li style="width: 50%;">• ABOVE 35 MINUTES = 00 MARKS <li style="width: 50%;">• WITHIN 35 MINUTE = 01 MARK <li style="width: 50%;">• WITHIN 30 MINUTE = 03 MARKS <li style="width: 50%;">• WITHIN 25 MINUTE = 5 MARKS 			05	
TOTAL SCORE:			100	

Comments by Evaluator(s):

Signature:

C. Evaluation Checklist of Rescue from Depth

Total Marks: 100

Time Allowed: 20 minutes	Country / Team:	Date:
Time Completion:	Officer In-charge:	Signature:

1. SCENE SAFETY 1.1: Safety Briefing and Task Assignment. (4) 1.2: Scene Assessment & Cordon off the area. (3) 1.3: using their equipment (8)	15	
2. VICTIM EXTRICATION & EXTRICATION PROCEDURES 2.1: USE of mandatory PPE (05) 2.2: Formation of Ladder (10) 2.3: Formation of Anchor Point (05) 2.4: Use of pulleys(T. Marks- 10) Use of 01 pulley (03) Use of 02 pulleys (05) Use of 03 pulleys (07) Use of 04 pulleys (10) 2.4: Descending procedure into the Well (10) 2.6: Use of Safety equipment (SCBA, Fire Suit / Sludge suit, Torch, Gloves, Helmet, Gas Detector) (05) 2.7: Extrication and hoisting of patient with proper equipment (05) 2.8: Ascending Procedure from well (05)	55	
3. PATIENT ASSESSMENT 3.1: Check response (Airway, verify breathing & circulation. (3) 3.2: Check life-threat problems & monitor vital signs. (2) 3.3: Time of completion: (10 minutes) Within 10 minutes (1-10) 10 marks Within 12 minutes (10-12) 07 marks Within 15 minutes (13-15) 05 marks Within 20 minutes (15-20) 02 marks After 20 minutes (20 to above) 00 marks	15	
4. TEAMWORK 4.1: Leadership (4) 4.2: Performance of team members as to their respective roles and coordination among team members (6) 4.3: Debriefing (5)	15	
TOTAL SCORE:	100	
OTHER COMMENTS:		

D. Evaluation Checklist Confined Space Extrication

Total Marks: 100

Time Allowed: 25 minutes	Country / Team:	Date:
Time Completion:	Officer In-charge:	Signs:

Criteria	Marks	Obtained Marks
1. Pre-Operation Preparation 1.1. Team Briefing and Roles Assignment 1.2. Use of correct Equipment 1.3. Risk Assessment comprising: <ul style="list-style-type: none"> • Structural integrity • Environmental hazards • Confined space challenges 	30	
2. Operational Execution 2.1. Victim Assessment and Communication 2.2. Extrication Strategy and Plan 2.3. Patient Preparation and Packaging 2.4. Use of Proper Extrication Equipment 2.5. Team Coordination and Communication 2.6. Patient Care and Monitoring	40	
3. Safety and Incident Management 3.1. Adherence to Safety Protocols 3.2. Implementation of Incident Command System 3.3. Safety of Victim and Crew 3.4. Handling of Safety Hazards	15	
4. Teamwork and Leadership 4.1. Leadership 4.2. Performance of Team Members, Roles and Coordination	10	
5. Post-Operation Debriefing and Reporting 5.1 Debriefing 5.2 Documentation and Reporting 5.3 Equipment Rehabilitation	05	
Total Marks	100	

Comments : _____

Evaluators:

E. Evaluation Checklist for Trauma Challenge

Team Member Names:												Team ID:					
1:				2:				3:				Time Elapsed:					
GENERAL APPROACH																	
Approach	Scene size-up & Report to HQ.			Appropriate PPEs			Mechanism of Injury			Control of catastrophic hemorrhage			Consent			Score Obtained	
	0	1	2	0	1	2	0	1	2	0	1	2	0	1	2		
COMMENTS:																	
PATIENT ASSESSMENT																	
Airway	Responsiveness			Airway Maneuver			Check Mouth			Airway Status			Reassess			Score Obtained	
	0	1	2	0	1	2	0	1	2	0	1	2	0	1	2		
Breathing	Breathing assessment			Inspects Chest			Respiratory Effort/Depth/ Rhythm			Oxygen Therapy			Reassess				
	0	1	2	0	1	2	0	1	2	0	1	2	0	1	2		
Circulation	Hemorrhage Control			Skin (color, condition, temperature)			Pulses			Capillary Refill			Reassess				
	0	1	2	0	1	2	0	1	2	0	1	2	0	1	2		
Disability	Consciousness level			Assesses pupils			Sensory functions			Motor functions			Reassess				
	0	1	2	0	1	2	0	1	2	0	1	2	0	1	2		
Examine & Exposure	Head & Neck			Chest & Abdomen			Upper limbs & pelvis			Lower limb & back			Patient History				
	0	1	2	0	1	2	0	1	2	0	1	2	0	1	2		
Vital Signs	Pulse			Respiration			Pupils			BP			Reassess				
	0	1	2	0	1	2	0	1	2	0	1	2	0	1	2		
COMMENTS:																	
PATIENT CARE																	
Treatment of Injuries/ Fractures	Prioritization			The correct choice of equipment			Correct techniques			Care & protection of injuries			Reassess			Score Obtained	
	0	1	2	0	1	2	0	1	2	0	1	2	0	1	2		
Shock management	Oxygen administration/ flow rate & device			Prevent heat loss			Patient position			I.V Intervention			Reassess				
	0	1	2	0	1	2	0	1	2	0	1	2	0	1	2		
Management & Progression/BLS /AED	Time critical aspects			Treatment without delay			React to change			Use of appropriate resources			Equipment usage				
	0	1	2	0	1	2	0	1	2	0	1	2	0	1	2		
Spinal Care	Manual immobilization			Application of C-collar			Log roll			Loading to a spine board			Alignment of the body				
	0	1	2	0	1	2	0	1	2	0	1	2	0	1	2		
COMMENTS:																	
COMMUNICATION																	
With Team	Plan of action			Advance Help			Inform of Causality condition			Clear Instructions			Maintain			Score Obtained	
	0	1	2	0	1	2	0	1	2	0	1	2	0	1	2		
With Causality	Listen/ react			Appropriate Questions			Keep causality inform			Language (avoids jargon etc)			Maintain				
	0	1	2	0	1	2	0	1	2	0	1	2	0	1	2		
Hand over/ documentation	Incident & Mechanism of Injury			Injuries & Initial Status			Treatment/ intervention			Current status			Other appropriate information				
	0	1	2	0	1	2	0	1	2	0	1	2	0	1	2		
Overall discipline & Uniform	Supervision & leadership			Appearance			Attitude			Professionalism			Maintain				
	0	1	2	0	1	2	0	1	2	0	1	2	0	1	2		
COMMENTS:																	
ASSESSOR NAME & SIGNATURE:												Total Score Obtained:					
												Total Score Maximum: 150					

F. Evaluation Checklist for Fitness Challenge

Name _____

Designation: _____

Team/ Color: _____

Country/Team: _____

Date: _____

Time: _____

No.	Areas to be checked	Status	Remarks / Observation		
1. Personal Protective Equipment					
	Turnout Gear (Helmet, Gloves, Fire Suit & Flash Hood)				
2. SCBA & Hose Lifting					
	Donning SCBA (O/H)				
	Hose lifting & running				
3. Hose Pull Up Station					
	Position & Method of drag				
	Completed the task				
4. Hammer Hit Station					
	Proper position & Hammer Hitting				
	Block moved up to the mark				
5. Delivery Hose Charging & Target Station					
	Reached the mark to hit the target				
	Hit and knock down the target				
6. Casualty Evacuation					
	Position of lifting dummy				
	Proper drag				
	Cross the finish point				
7. Other					
8. Result					
No.	Time of Task completion	Compensation Time Deducted	Penalty Time Added	Total Time= Actual Time +/-Penalty Time	Final Time

F. 1 Checks/Penalties of Fitness Challenge

Sr.	Offense / Mistake	Penalty Time
1	Loose Straps of Face Mask, SCBA Harness, or Fire Suit	+05 Seconds
2	Loose / Detached LDV Connection	+10 Seconds
3	Cylinder Pressure <200 bar	+05 Seconds for each 10-bar deficiency
4	Fallen Helmet	+10 Seconds
5	The nozzle does not Shutoff	+05 Seconds
6	The weight of the Hammer Hit Machine does not Cross the Line	+05 Seconds
7	Causality / Dummy does not Cross the Finish Line	+10 seconds
8	On missing PPE	+20 seconds
9	On Dropping Nozzle	+05 seconds
10	Dragging of Weight (Hammer Hit Machine)	+05 seconds
11	The zipis not closed properly	+10 seconds
12	Leaving the waist strap of SCBA open/ unsecured	+07 seconds
14	Not closing Velcro/sticking of fire turnout coat	+02 seconds
15	Flash hood not pulled up on face mask	+03 seconds
16	A flash hood is worn inside the face mask	+05 seconds

Note:

1. The penalties to be imposed on violations shall include all above but not limited to.
2. The Evaluation Committee may refer to or consult video/ pics/ any other evidence in case of any dispute, complaint, or unseen conditions faced during the challenge while compiling the final result.

Marking Criteria:

- 0 = Not done, done incorrectly or an unsafe practice demonstrated.
- 1 = Performed out of sequence or at a basic standard.
- 2 = Performed in sequence and at the appropriate time.