



# **Firefighter Combat Challenge**

**Team Lang from Polk County Fire Department**

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**<http://www.firefighter-challenge.com/>**

## **What is the Firefighter Combat Challenge?**

The Firefighter Combat Challenge is an intense competition that encourages firefighter fitness and demonstrates the physical demands of the profession. The challenge started as a physical agility test to determine whether a job applicant had the capability to perform the essential job functions as a firefighter. This agility test was developed by Dr. Davis from the University of Maryland's College of Health and Human Performance department and funding for the agility test was received from the U.S. Fire Administration. Dr. Davis's research on the physiology of firefighting has earned him prestigious recognition as the nation's leading authority on public safety fitness and employment issues. Being a firefighter himself, Dr. Davis, observed the fierce competitive nature of firefighters, so he devised a competition that highlighted the unique nature of the fire service and showcased their talents and capabilities. Through the years, the competition has earned credibility by demonstrating the physical rigors required of firefighters. The challenge is a series of regional events with a nationally televised world final event held every November.

## **What happens at the Firefighter Challenge?**

Wearing "full bunker gear" and the SCOTT Air-Pak breathing apparatus, pairs of competitors race head-to-head as they simulate the physical demands of real-life firefighting by performing a linked series of five tasks including climbing the 5-story tower, hoisting, chopping, dragging hoses and rescuing a life-sized, 175 lb. "victim" as they race against themselves, their opponent and the clock.

## **What is needed from you?**

A group of your local firefighters have formed their own team. Team Lang, which consists of men and women was named to honor the fallen firefighter Ben Lang of Station 8. Ben was killed in the line of duty in August 2004. Practice began for this year's competition in January and we have participated in one competition in Kissimmee and the second we are preparing for in October in Indiana. Our final competition will be in November in Las Vegas and we are seeking sponsors to help with the expenses. Your contributions will be geared

toward entry fees and the cost of travel. All major sponsors will be recognized by having their names placed on the back of our team shirts. Please make checks payable to Scott Huff and mail to 185 3<sup>rd</sup> Street South Eagle Lake, Florida 33839. Along with your donation, please place the name you want place on the back of our shirts.

Anything you can do will help. We appreciate your donations and we look forward to continuing so serve you in the community. If there is anything we can do to be of assistance or if you have any questions please let us know.