

Drill Ground Activity 1: Call Mayday

Description	This skill station provides students with an opportunity to practice issuing a Mayday call.
Timeframe	5 minutes
Students	Individual
Materials	<ul style="list-style-type: none"> • Radio • Full turn out PPE • SCBA • Product to obscure vision (Glad® Press'n Seal® or equivalent)
Site Preparation	<ul style="list-style-type: none"> • Ensure site is free of all hazards.
Instructor Directions	<ol style="list-style-type: none"> 1. This skill should be demonstrated at every skill station but only needs to be evaluated once. <ul style="list-style-type: none"> • Different skill stations should present different challenges (heat, obscured vision, etc.) for students to work through during MAYDAY calls. 2. Adjust this activity as needed to meet AHJ policies and procedures. 3. Review the operation of the evolution and the desired outcome with participants. 4. Review safety considerations with participants. 5. Show participants starting and ending points of the course. 6. Ensure all participants are wearing full personal protective equipment. 7. Perform a final safety check prior to performing the evolution.

Student Directions	
1.	Identify the need to call Mayday
2.	Initiate the Mayday <ul style="list-style-type: none"> • Locate radio or mic • Depress Push to Talk (PTT) button • Depress Emergency Activation Button (EAB) if unable to access radio/mic or verbalize Mayday
3.	State "MAYDAY! MAYDAY! MAYDAY!" <ul style="list-style-type: none"> • Pause for acknowledgement of the Mayday
4.	If no response, repeat "MAYDAY! MAYDAY! MAYDAY!" <ul style="list-style-type: none"> • Pause for acknowledgement of the Mayday
5.	If no response, transmit a MAYDAY using appropriate AHJ emergency activation protocols
6.	Transmit "Who, What, Where, Air" information
7.	Activate PASS device
8.	Initiate self-survival skills

Drill Ground Activity 2: Troubleshoot SCBA Problems

Description	This skill station provides students with an opportunity to practice successfully identify and resolve SCBA problems.
Timeframe	1 hour and 15 minutes (for Drill Ground Activities 2, 3, 4, and 5)
Students	Individual
Materials	<ul style="list-style-type: none">• Full turn out PPE• SCBA• Product to diminish visibility (Glad[®] Press'n Seal[®] or equivalent)• Furniture/obstacles to maneuver• TIC (to see students) (optional)
Site Preparation	<ul style="list-style-type: none">• Set up in a space that limits mobility.• Ensure that site is free of all hazards.
Instructor Directions	<ol style="list-style-type: none">1. Review the operation of the evolution and the desired outcome with participants2. Review safety considerations with participants.3. Show participants starting and ending points of the course.4. Increase the complexity of scenarios as appropriate (no air, on air, decreased visibility, no visibility, etc.)<ul style="list-style-type: none">• Students should practice this in a diminished visibility environment.• Intentionally institute problems for student breathing apparatus.5. Ensure all participants are wearing full personal protective equipment.6. Perform a final safety check prior to performing the evolution.

Student Directions
1. Check cylinder
2. Check mask
3. Check hoses and connections
4. Check remote gauge
5. Check harness

Drill Ground Activity 3: Partially Remove SCBA

Description	This skill station provides students with an opportunity to practice successfully change SCBA profiles using the partial removal method.
Timeframe	1 hour and 15 minutes (for Drill Ground Activities 2, 3, 4, and 5)
Students	Individual
Materials	<ul style="list-style-type: none"> • Full turn out PPE • SCBA • Personal hand tools • An obstacle (prop or furniture) for students to travel through
Site Preparation	<ul style="list-style-type: none"> • Ensure that site is free of all hazards.
Instructor Directions	<ol style="list-style-type: none"> 1. Review the operation of the evolution and the desired outcome with participants 2. Review safety considerations with participants. 3. Show participants starting and ending points of the course. 4. Increase the complexity of scenarios as appropriate (no air, on air, decreased visibility, no visibility, etc.) 5. Ensure all participants are wearing full personal protective equipment. 6. Perform a final safety check prior to performing the evolution.

Student Directions	
1. Call MAYDAY!	
2. State your personal procedures. (GRABLIVES) <ul style="list-style-type: none"> • Monitor and control your air. • Turn on your flashlight. • Make some noise. • Look for exits (windows, doors, light from the outside). 	
3. Undo chest strap (if applicable).	

Fire Fighter Survival
Drill Ground Activity 3: Partially Remove SCBA

4. Loosen and then remove the shoulder strap opposite regulator.



5. Loosen the waist strap (if needed).



6. Grip shoulder strap and regulator hose to protect regulator and mask.

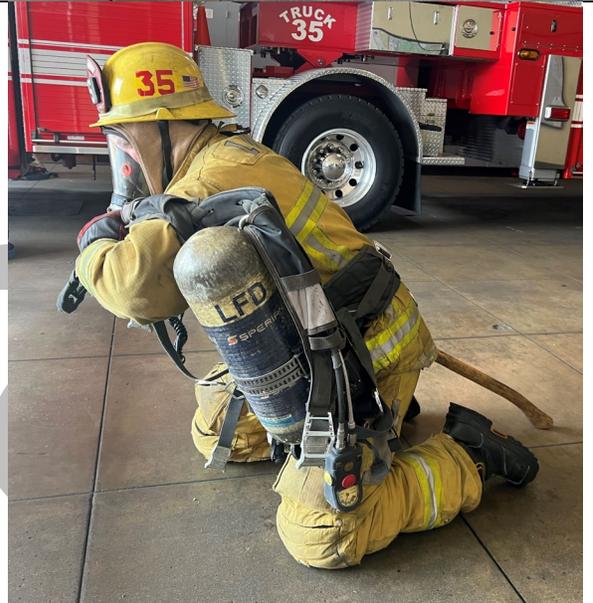


Fire Fighter Survival
Drill Ground Activity 3: Partially Remove SCBA

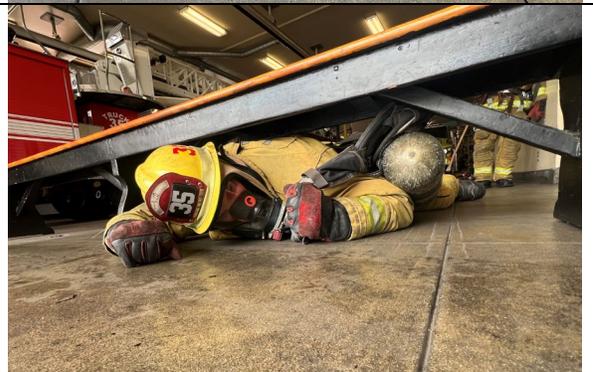
7. Raise regulator arm to elevated elbow (chicken wing) position.



8. Shift harness assembly so cylinder is almost parallel with body (touching arm).



9. Proceed through space or obstacle.



Fire Fighter Survival
Drill Ground Activity 3: Partially Remove SCBA

- 10. Re-orient SCBA to normal position.
- 11. Adjust and don.



- 12. Tighten shoulder, chest (if applicable) and waist straps.



Fire Fighter Survival
Drill Ground Activity 3: Partially Remove SCBA

13. Reorient SCBA to normal operational position.



Drill Ground Activity 4: Fully Remove SCBA

Description	This skill station provides students with an opportunity to practice successfully change SCBA profiles using the full removal method.
Timeframe	1 hour and 15 minutes (for Drill Ground Activities 2, 3, 4, and 5)
Students	Individual
Materials	<ul style="list-style-type: none">• Full turn out PPE• SCBA• Personal hand tool• An obstacle (prop or furniture) for students to travel through
Site Preparation	<ul style="list-style-type: none">• Ensure that site is free of all hazards.
Instructor Directions	<ol style="list-style-type: none">1. Review the operation of the evolution and the desired outcome with participants2. Review safety considerations with participants.3. Show participants starting and ending points of the course.4. Increase the complexity of scenarios as appropriate (no air, on air, decreased visibility, no visibility, etc.)5. Ensure all participants are wearing full personal protective equipment.6. Perform a final safety check prior to performing the evolution.

Student Directions

1. Call MAYDAY!
2. State your personal procedures.
(GRABLIVES)
 - Monitor and control your air.
 - Turn on your flashlight.
 - Make some noise.
 - Look for exits (windows, doors, light from the outside).



Fire Fighter Survival
Drill Ground Activity 4: Fully Remove SCBA

3. Undo chest strap (if applicable).
4. Loosen and both shoulder straps.



5. Grip shoulder strap and regulator hose to protect regulator and mask.

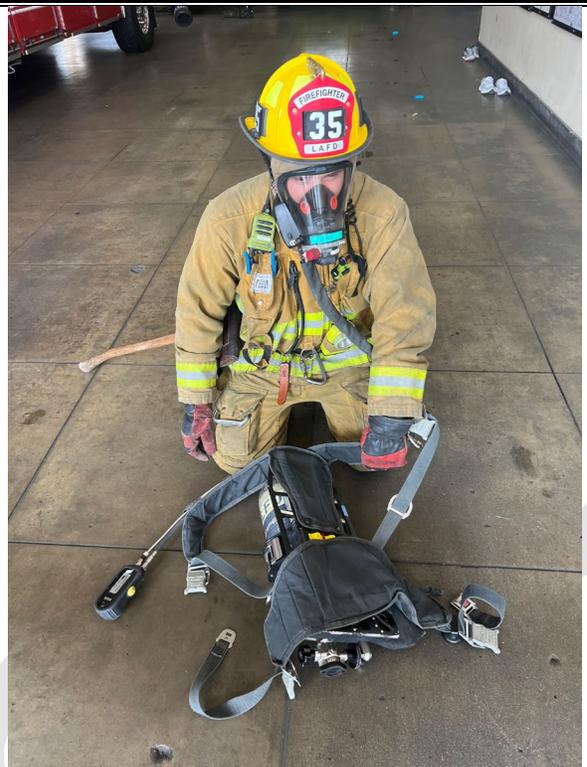


6. Loosen the waist strap (if needed).
7. Unbuckle waist strap.

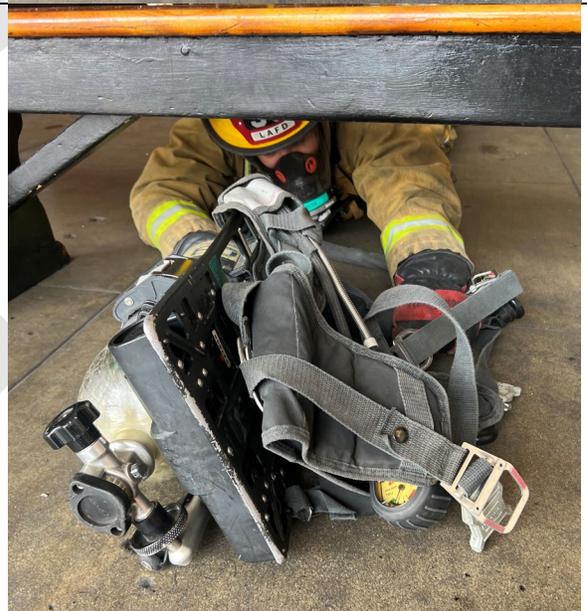


Fire Fighter Survival
Drill Ground Activity 4: Fully Remove SCBA

8. Remove non-regulator shoulder strap.
9. Rotate cylinder to front and remove regulator shoulder strap.
10. Never release regulator strap grip.

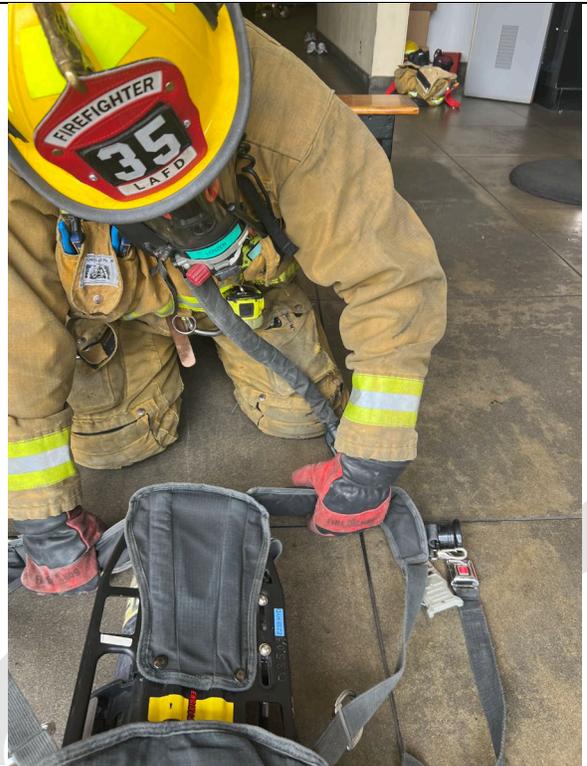


11. Push SCBA ahead of body through space or obstacle.



Fire Fighter Survival
Drill Ground Activity 4: Fully Remove SCBA

12. Re-orient SCBA to normal position (regulator strap first).



13. Adjust and don.



Fire Fighter Survival
Drill Ground Activity 4: Fully Remove SCBA



14. Tighten shoulder, chest (if applicable), and waist straps.



Drill Ground Activity 5: Convert SCBA for Rescue

Description	This skill station provides students with an opportunity to successfully transition their SCBA for use during rescue.
Timeframe	1 hour and 15 minutes (for Drill Ground Activities 2, 3, 4, and 5)
Students	Individual
Materials	<ul style="list-style-type: none"> • Full turn out PPE • SCBA • Personal hand tools • An obstacle (prop or furniture) for students to travel through
Site Preparation	<ul style="list-style-type: none"> • Ensure that site is free of all hazards.
Instructor Directions	<ol style="list-style-type: none"> 1. Review the operation of the evolution and the desired outcome with participants 2. Review safety considerations with participants. 3. Show participants starting and ending points of the course. 4. Increase the complexity of scenarios as appropriate (no air, on air, decreased visibility, no visibility, etc.) 5. Ensure all participants are wearing full personal protective equipment. 6. Perform a final safety check prior to performing the evolution.

Student Directions	
<ol style="list-style-type: none"> 1. Call MAYDAY! 	
<ol style="list-style-type: none"> 2. State your personal procedures. (GRABLIVES) <ul style="list-style-type: none"> • Monitor and control your air. • Turn on your flashlight. • Make some noise. • Look for exits (windows, doors, light from the outside). 	

Fire Fighter Survival
Drill Ground Activity 5: Convert SCBA for Rescue

3. Assess downed fire fighter's breathing, air, medical situation.



4. Undo chest strap (if applicable).
5. Loosen and both shoulder straps (if needed).



6. Position between downed fire fighter's legs and raise one leg, held up by rescuer's shoulder.



Fire Fighter Survival
Drill Ground Activity 5: Convert SCBA for Rescue

7. Loosen the waist strap.
8. Unbuckle waist strap.



9. Re-buckle waist strap between legs and tighten.



10. Tighten shoulder straps.



Drill Ground Activity 6: Air Management

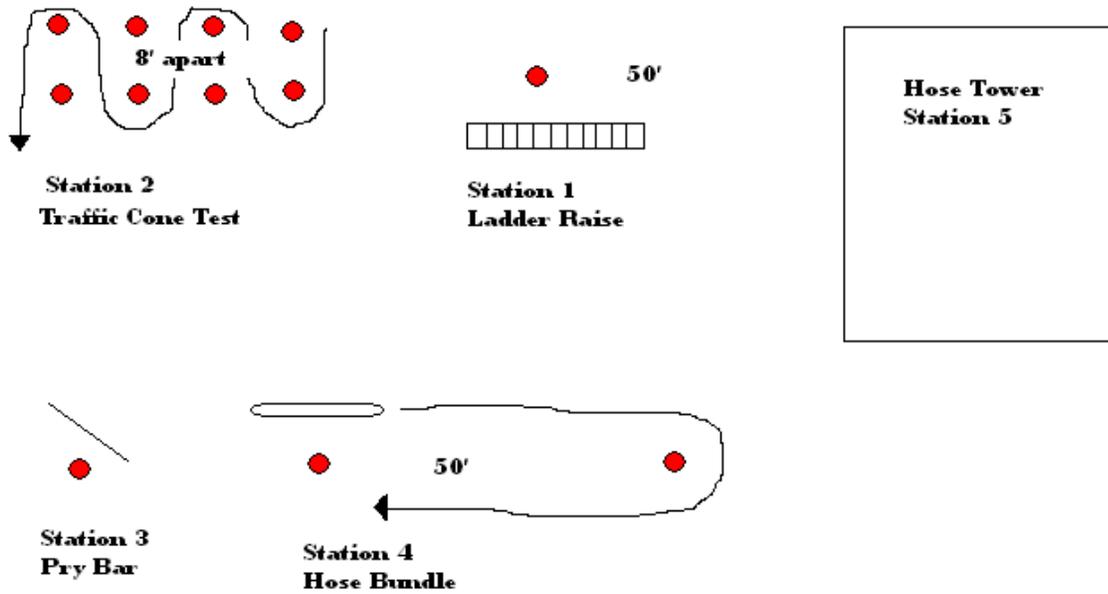
Description	This skill station provides students with an opportunity to practice air management techniques.
Timeframe	1 hour 15 minutes
Students	Groups of up to 10 students
Materials	<ul style="list-style-type: none"> • Full turn out PPE • SCBA with one cylinder filled to capacity • Rehabilitation station/supplies (water, cups, shade, seating) <p>Station 1: Ladder Raise/Lower</p> <ul style="list-style-type: none"> • Roof ladder • One traffic cone (set 50' from hose tower wall) <p>Station 2 – Traffic Cone Fatigue Test</p> <ul style="list-style-type: none"> • Eight (8) 24" traffic cones (spread out in two rows of four (4), 8' apart) • Two (2) softballs • Two (2) baseballs placed on top of the cones <p>Station 3 – Pike Pole / Ceiling Pull Simulation</p> <ul style="list-style-type: none"> • One (1) pry bar <p>Station 4 – Hose Bundle Carry</p> <ul style="list-style-type: none"> • One (1) "Metro" pack • One (1) High Rise Bag • Two (2) traffic cones (set 50' apart) <p>Station 5 – Ascend the Tower</p> <ul style="list-style-type: none"> • Training tower or four (4) flights of stairs
Site Preparation	<ul style="list-style-type: none"> • Ensure that site is free of all hazards.
Instructor Directions	<ol style="list-style-type: none"> 1. Review the operation of the evolution and the desired outcome with participants 2. Review safety considerations with participants. 3. Show participants starting and ending points of the course. 4. Increase the complexity of scenarios as appropriate (no air, on air, decreased visibility, no visibility, etc.) 5. Ensure all participants are wearing full personal protective equipment. 6. Perform a final safety check prior to performing the evolution. 7. Medically screen and document participants before the evolution. <ul style="list-style-type: none"> • Need one copy of evaluation per student 8. Instruct participants to begin the course at a comfortable pace (no running). 9. Instruct participants to complete as many tasks/stations as possible without stopping. 10. Document when participants' low-pressure alarm activates.

Fire Fighter Survival
 Drill Ground Activity 6: Air Management

	11. Instruct participants to continue through the course until they reach exhaustion or run out of air. 12. Document participants' stop time. 13. Provide a one-minute rest period. 14. Complete a second medical screening. 15. Provide a 15-minute break for rehabilitation and hydration. 16. Complete a third medical screening.
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Student Directions	
Station 1: Ladder Raise/Lower	
1. Simulate the task of raising and lowering a ladder to perform a task on a roof or upper levels during a firefighting operation. <ul style="list-style-type: none"> • Shoulder carry the roof ladder and proceed to the hose tower wall. • Perform a one-person ladder raise. • Lower the ladder and carry back to traffic cone. • Rest the ladder next to the cone. 	See site set-up below.
Station 2 – Traffic Cone Fatigue Test	
2. Evaluate early fatigue and coordination compromise. <ul style="list-style-type: none"> • Pick up a softball/baseball and carry it over to the next cone (walking in a figure 8 or “S” formation). • Continue this process until all the balls are moved to the opposite side. 	See site set-up below.
Station 3 – Pike Pole / Ceiling Pull Simulation	
3. Replicate the actions necessary to perform overhaul (i.e., ceiling pull) or check for spot fires in the overhead. <ul style="list-style-type: none"> • Raise and lower a pry bar simulating the action of pulling a ceiling – (15) times. 	See site set-up below.
Station 4 – Hose Bundle Carry	
4. Simulate the action of picking up a hose bundle and transporting it to a desired location. <ul style="list-style-type: none"> • Pick up the Metro Pack and High Rise Bag and walk out to the traffic cone. • Navigate around cone and return to original traffic cone. 	See site set-up below.
Station 5 – Ascend the Tower	
5. Simulate ascending to the fourth floor of a building. <ul style="list-style-type: none"> • Walk up to the fourth floor of the tower and return to the ground floor. 	See site set-up below.

Skill Station Set Up



DRILL

Air Management Medical Evaluation

Name: _____ Date: _____

Vitals	Initial	1 Minute After	15 Minutes After
Blood Pressure			
Respiration			
Pulse			

Starting SCBA Pressure: _____

Time of Low-Activation Alarm: _____

Time of Completion: _____

Number of Stations Completed: _____

DRIFT

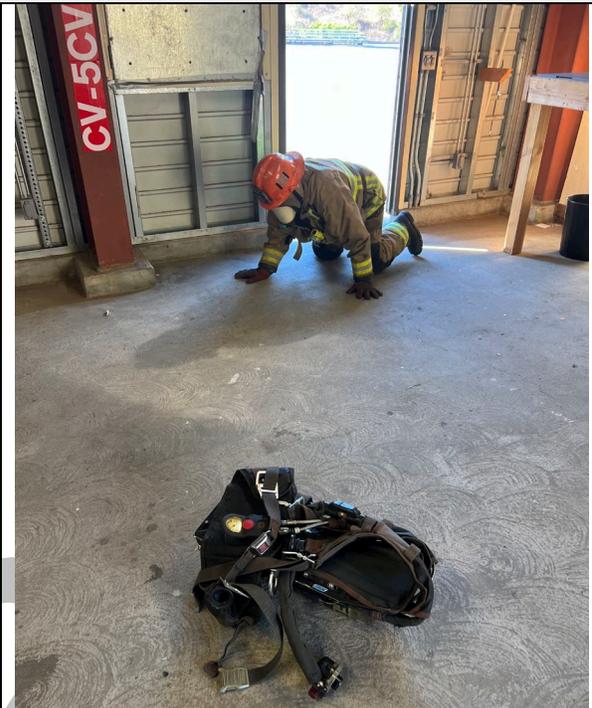
Drill Ground Activity 7: Use SCBA in a Rescue Environment

Description	This skill station provides students with an opportunity to practice using SCBA in a simulated rescue environment.
Timeframe	1 hour 30 minutes
Students	Groups of up to 10 students
Materials	<ul style="list-style-type: none"> • Appropriate training structure • Full turn out PPE • SCBA with one cylinder filled to capacity
Site Preparation	<ul style="list-style-type: none"> • Ensure that site is free of all hazards. • Training structure or prop should simulate an actual interior working environment. • Obscure student view with simulated smoke or equivalent. • Student starts outside of building. Instructor will take SCBA, activate PASS device, and place it in the structure.
Instructor Directions	<ol style="list-style-type: none"> 1. Demonstrate and explain the expectation of each part of the drill. <ul style="list-style-type: none"> • Ask students why we don't train with gloves on if they are worn on the job. • Reinforce how important SCBA orientation is when working in limited visibility. • SCBA straps – run them out all the way so it is easier to put on. • Waist belt – hold at the buckle and run out prior to unclipping, otherwise it's hard to find. • SCBA donning with overhead method – difficult in low profile environments and made challenging by the facepiece, helmet, and potential entanglement above. • SCBA donning with coat method – low profile, won't dislodge helmet or face piece. If you swing around the right shoulder, you will "horse collar" yourself. 2. Review common SCBA malfunctions and troubleshooting techniques. 3. Review safety considerations with participants. 4. Show participants the starting and ending points of the course. 5. Ensure all participants are wearing full personal protective equipment. 6. Perform a final safety check prior to performing the evolution. 7. Debrief with participants: <ul style="list-style-type: none"> • Was this difficult? Which parts? Why? • What issues did you encounter in each step? • Emphasize consistency: Practice the way you play – same steps in same order every time. • Emphasize of importance of leaving the way you go in and letting someone know if you do not exist the same way. • Canceling the MAYDAY – Did anyone do this? Why is this important?

Student Directions

Find Downed Fire Fighter

1. Locate backpack/SCBA (simulating a downed firefighter) by following the sound of the activated PASS device.



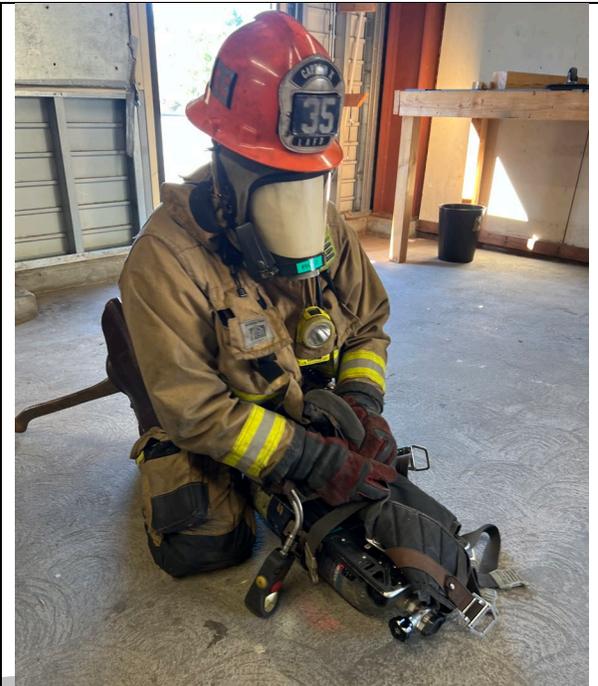
2. Turn off PASS device.



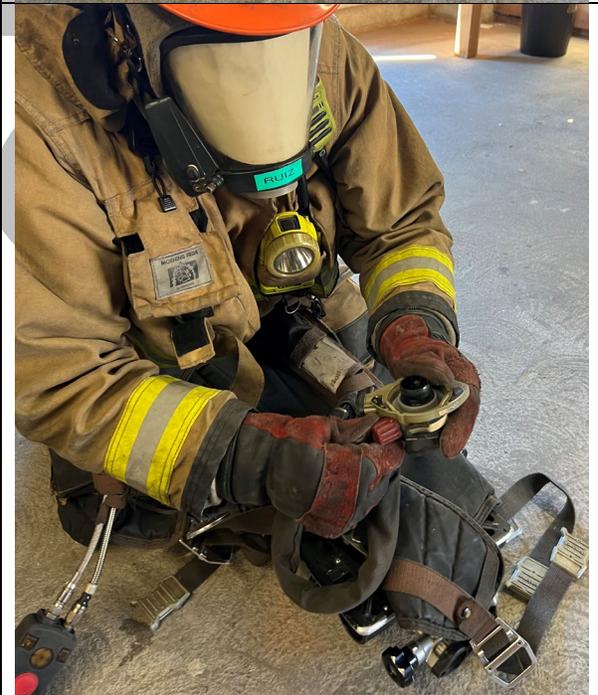
SCBA Orientation/Familiarization

Fire Fighter Survival
Drill Ground Activity 7: Use SCBA in a Rescue Environment

3. Orient SCBA (which will be disheveled) by putting cylinder between legs, cylinder down.

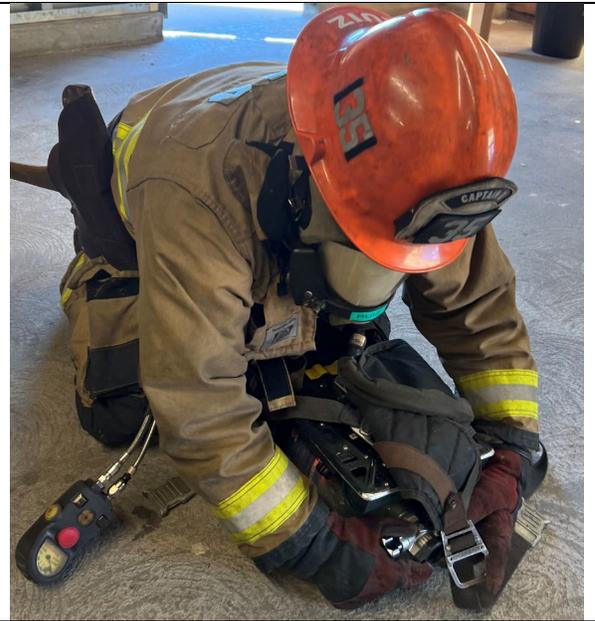


4. Orient regulator shoulder strap and locate low-pressure regulator.



Fire Fighter Survival
Drill Ground Activity 7: Use SCBA in a Rescue Environment

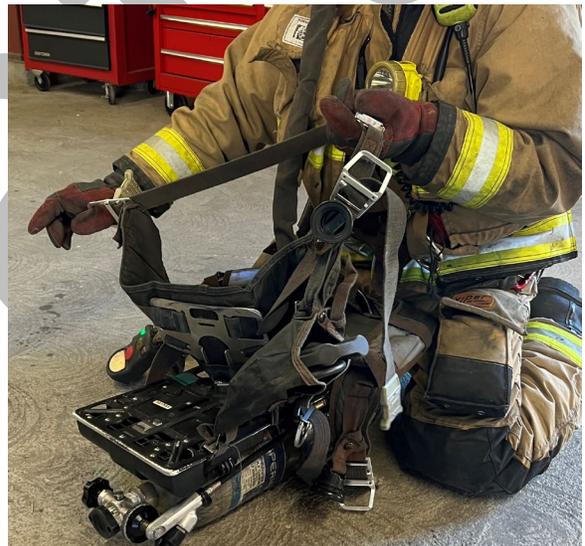
5. Close the bypass, open cylinder, and go on air.



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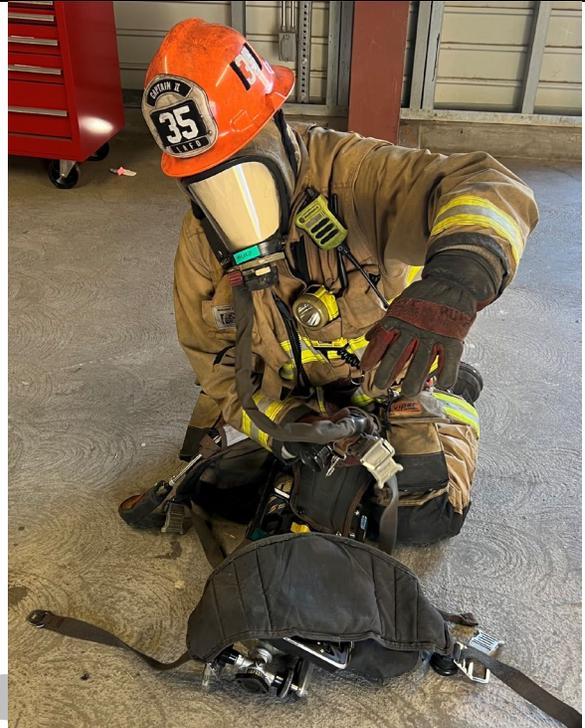
Fire Fighter Survival
Drill Ground Activity 7: Use SCBA in a Rescue Environment

6. Negotiate SCBA: loosen both shoulder straps, unbuckle chest strap (if applicable), loosen waist strap, and disconnect.



Fire Fighter Survival
Drill Ground Activity 7: Use SCBA in a Rescue Environment

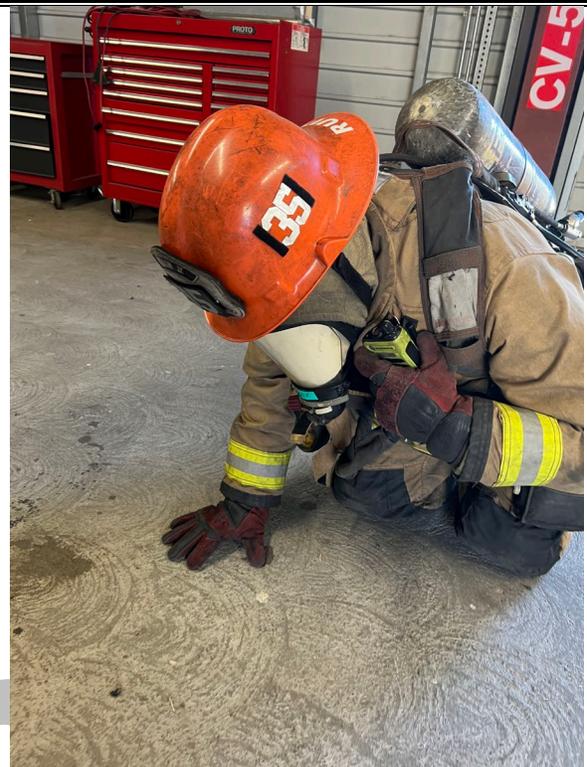
7. Don SCBA: grasp both shoulder straps (reaching OVER the low-pressure regulator side before grasping the shoulder strap), don SCBA, secure all straps.



Call the MAYDAY

Fire Fighter Survival
Drill Ground Activity 7: Use SCBA in a Rescue Environment

8. Instructor will describe a MAYDAY scenario (collapse/lost and disoriented, etc.) and role play as the IC.



9. Student will call a MAYDAY using Who, What, Where, Air.



10. When MAYDAY is acknowledged, turn on all personal lights and activate PASS device.

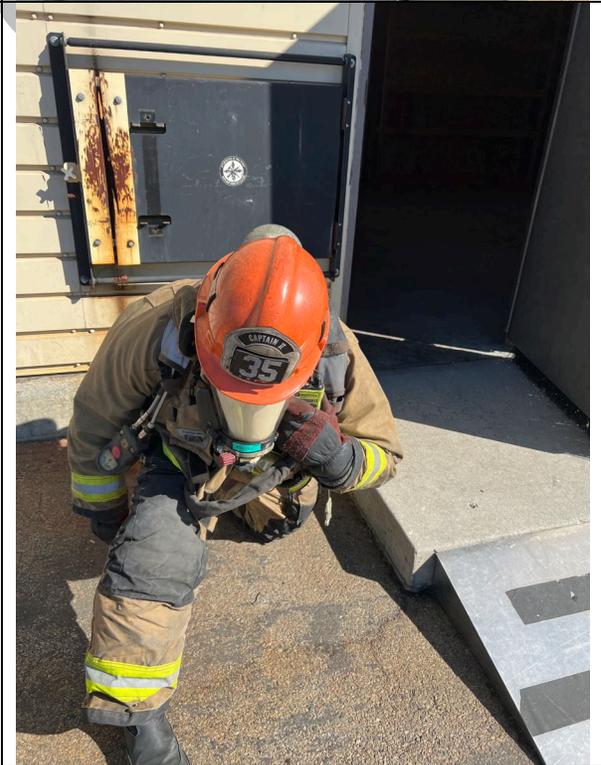


Find Your Way Out/Exit

11. Find a way out of structure via find a door, window, hose line etc.



12. After successfully reaching the exterior, notify I/C of exit, condition, and location.



If sending two (2) students in at the same time, they will use two (2) SCBAs and work as a team. They will complete the same steps above, but only one member will give the MAYDAY. Upon exiting they may encounter a hose line and will need to work as a team to find a coupling, identify the proper direction by reading the couplings, and continue to a safe exit. As they near the exit, the instructor identifies one of the two members as low on air. The team will need to use the buddy breathing technique to exit safely.

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Drill Ground Activity 8: Navigation

Description	This skill station provides students with an opportunity to navigate a room using navigation skills and proper body positioning, and effectively manage air while locating an exit.
Timeframe	1 hour 15 minutes
Students	Groups of up to 10 students
Materials	<ul style="list-style-type: none"> • Appropriate training structure • Full turn out PPE • SCBA with one cylinder filled to capacity • 200' of 1¾" hoseline (preferable charged with water) • Common firefighting tools (at least one of the following: axe, Halligan, pike pole)
Site Preparation	<ul style="list-style-type: none"> • Ensure that site is free of all hazards. • Training structure or prop should simulate an actual interior working environment. • Obscure student view with simulated smoke or equivalent.
Instructor Directions	<ol style="list-style-type: none"> 1. Review the operation of the evolution and the desired outcome with participants. 2. Review safety considerations with participants. 3. Show participants the starting and ending points of the course. 4. Increase the complexity of scenarios as appropriate (no air, on air, decreased visibility, no visibility, etc.) 5. Ensure all participants are wearing full personal protective equipment. 6. Perform a final safety check prior to performing the evolution.

Student Directions
1. Size-up the structure.
2. Enter the structure under instructor guidance.
3. Re-orient.
4. Locate a hoseline and/or wall of the structure to determine and communicate room/building orientation. If a hoseline is located, follow the appropriate steps: <ul style="list-style-type: none"> • Locate the hoseline. • Using your hands, search the hoseline until a coupling is located. • Find the male coupling. <ul style="list-style-type: none"> ○ Lugs on the male coupling are larger. ○ Lugs on the male coupling run the entire length. ○ Follow the hoseline attached to the male coupling until you safely exit the structure.
5. Stay low.
6. Transmit a Mayday (who, what, where, air).

Fire Fighter Survival
Drill Ground Activity 8: Navigation

7. State your personal procedures. (GRABLIVES) <ul style="list-style-type: none">• Monitor and control your air.• Turn on your flashlight.• Make some noise.• Look for exits (windows, doors, light from the outside).
8. Exit (navigate through) the structure. <ul style="list-style-type: none">• Use hoseline (if located) and/or walls.• Maintain room/building orientation.• Stay low.• Stay calm.
9. After exiting the structure, notify IC of exit, condition, and location.

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Drill Ground Activity 9: Disentanglement

Description	This skill station provides students with an opportunity to practice successfully transitioning an entanglement scenario using the sweep, swim, cut, and SCBA removal techniques.
Timeframe	1 hour 15 minutes
Students	Groups of up to 10 students
Materials	<ul style="list-style-type: none">• Appropriate prop to simulate disentanglement• Full turn out PPE• SCBA• Cutting tools (lineman tools – e.g., wire cutters, cable cutters, trauma sheers, etc.)
Site Preparation	<ul style="list-style-type: none">• Ensure that site is free from all hazards.
Instructor Directions	<ol style="list-style-type: none">1. Review the operation of the evolution and the desired outcome with participants2. Review safety considerations with participants.3. Show participants starting and ending points of the course.4. Increase the complexity of scenarios as appropriate (no air, on air, decreased visibility, no visibility, etc.)5. Ensure all participants are wearing full personal protective equipment.6. Perform a final safety check prior to performing the evolution.

Student Directions

Sweep and Swim

1. Enter the structure under instructor guidance.



2. Call MAYDAY! (who, what, where, air).



Fire Fighter Survival
Drill Ground Activity 9: Disentanglement

3. State your personal procedures.
(GRABLIVES)
- Monitor and control your air.
 - Turn on your flashlight.
 - Make some noise.
 - Look for exits (windows, doors, light from the outside).



4. Get as low to the ground as possible.



5. Roll SCBA cylinder toward ground away from hazard (puts you on your side).

Fire Fighter Survival
Drill Ground Activity 9: Disentanglement

6. Sweep outstretched arm to create largest possible opening.
7. Lead with head and arms.



8. Placed gloved hand over helmet "eagle" (if possible).



Fire Fighter Survival
Drill Ground Activity 9: Disentanglement

9. Propel body forward until hand resting on helmet encounters obstacles then repeat sweep.
- Avoid temptation to raise onto elbows (increase your profile).
10. Move safely through opening.



11. Free body and equipment from snags.
- Recognize resistance.
 - Stop forward progress to release tension.
 - Reach for entanglement.
 - Adjust to work equipment free from snag.



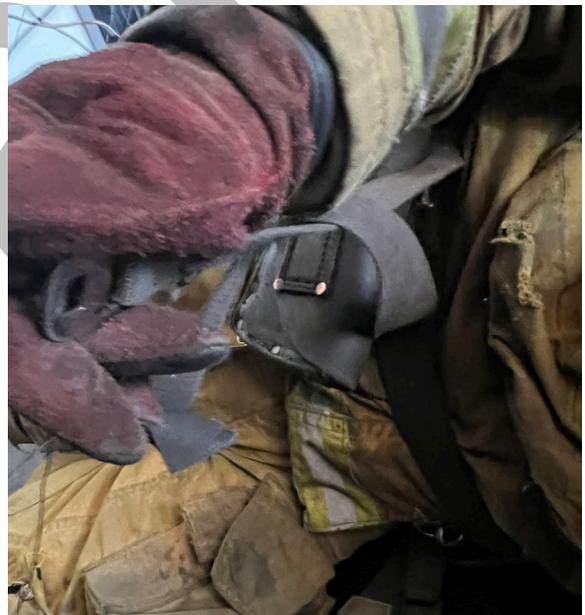
Cut	
<p>12. If snag cannot be cleared, cut.</p> <ul style="list-style-type: none">• Protect SCBA and communications equipment	
<p>13. Continue through entanglement.</p>	

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Remove SCBA

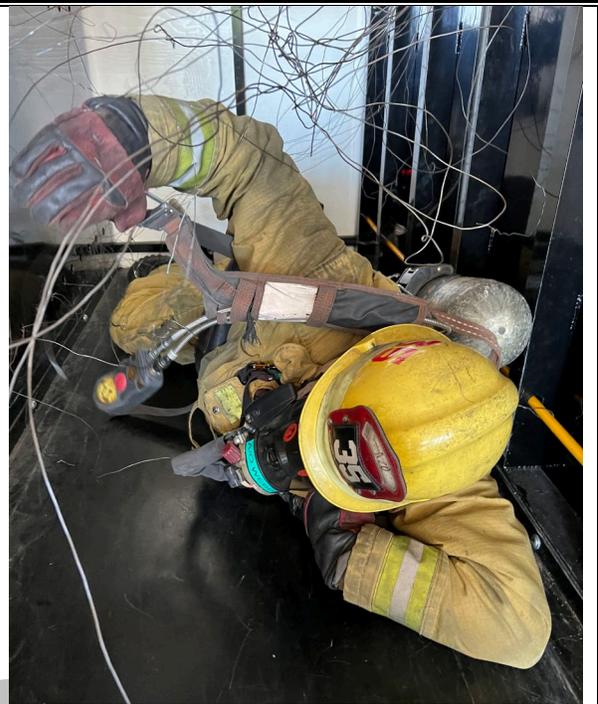


14. Undo chest strap (if applicable) and waist strap.

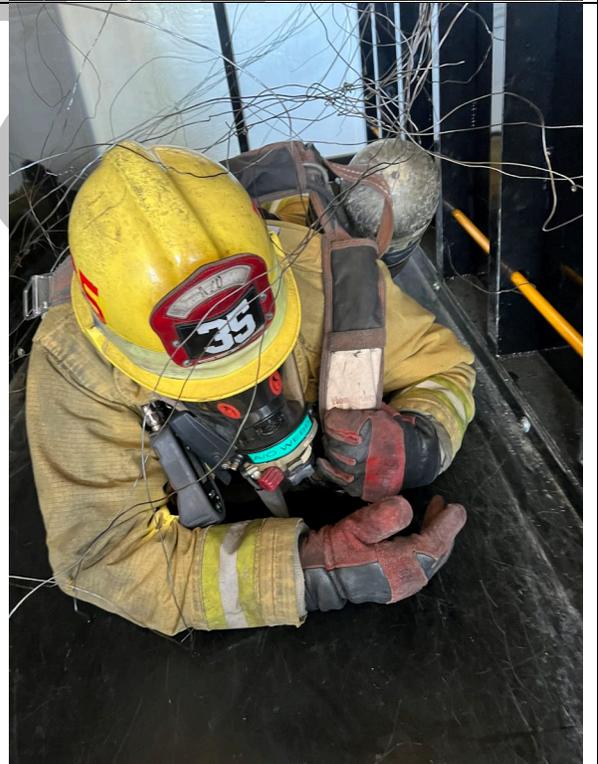


Fire Fighter Survival
Drill Ground Activity 9: Disentanglement

15. Remove shoulder strap opposite regulator.

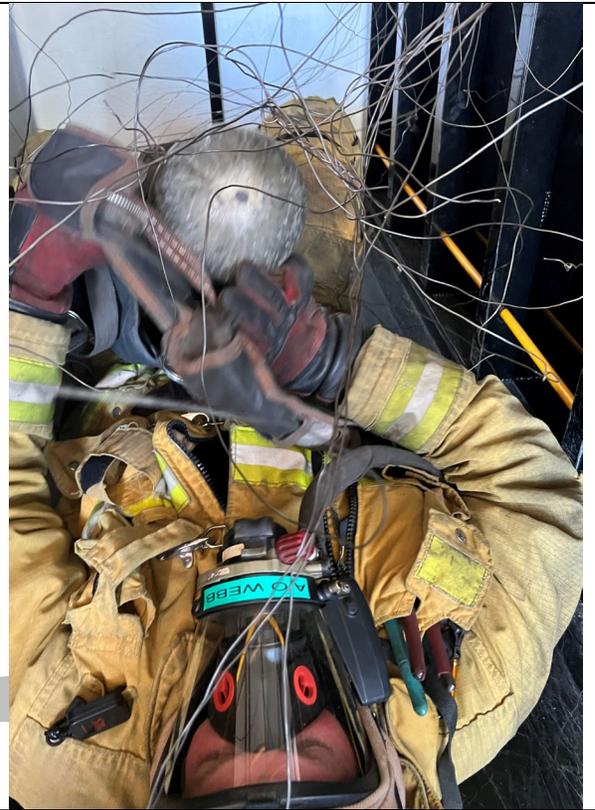


16. Grip shoulder strap and regulator hose to protect regulator and mask.
17. Turn body toward air supply shoulder strap and face SCBA while removing arm from shoulder strap.
- Always maintain grip on shoulder strap with regulator hose.

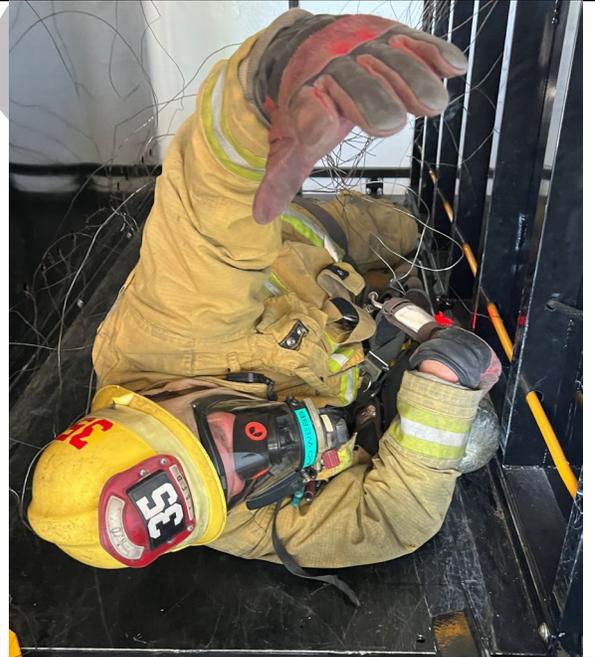


Fire Fighter Survival
Drill Ground Activity 9: Disentanglement

18. Tuck shoulder straps under the SCBA and clear all entanglement issues.



19. Roll to your side with arm that is down grab the opposite side shoulder strap (protecting the SCBA).
20. Holding harness and cylinder to chest, sweep with free hand to create largest possible opening.



21. Propel body forward through opening, sweeping with free hand.

Fire Fighter Survival
Drill Ground Activity 9: Disentanglement

<p>22. Re-orient SCBA to normal position (regulator strap first).</p>	
<p>23. Adjust and don SCBA.</p>	
<p>24. Tighten shoulder, chest (if applicable), and waist straps.</p>	
<p>25. Continue through entanglement.</p>	

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Drill Ground Activity 10: Wall Breach – Backwards Swim

Description	This skill station provides students with an opportunity to practice transitioning through a wall breach using the backwards swim technique.
Timeframe	1 hour 30 minutes (for Drill Ground Activities 10 and 11)
Students	Groups of up to 10 students
Materials	<ul style="list-style-type: none">• Appropriate prop to accomplish breach including simulated wall with studs• Full turn out PPE• SCBA• At least one hand tool (Halligan, axe, etc.)
Site Preparation	<ul style="list-style-type: none">• Secure an open area with appropriate space per student.• Set up training structure or prop to simulate a realistic interior working environment.• Obscure student view with simulated smoke or equivalent.
Instructor Directions	<ol style="list-style-type: none">1. Review operation of evolution and desired outcome with participants.2. Review safety considerations with participants.3. Show participants start and end points of course.4. Increase the complexity of scenarios as appropriate (no air, on air, decreased visibility, no visibility, etc.)5. Ensure all participants are wearing full personal protective equipment.6. Perform a final safety check prior to performing the evolution.

Student Directions

Create Opening

1. Locate the area to breach.
2. Close the door to the room to buy additional time (if possible).

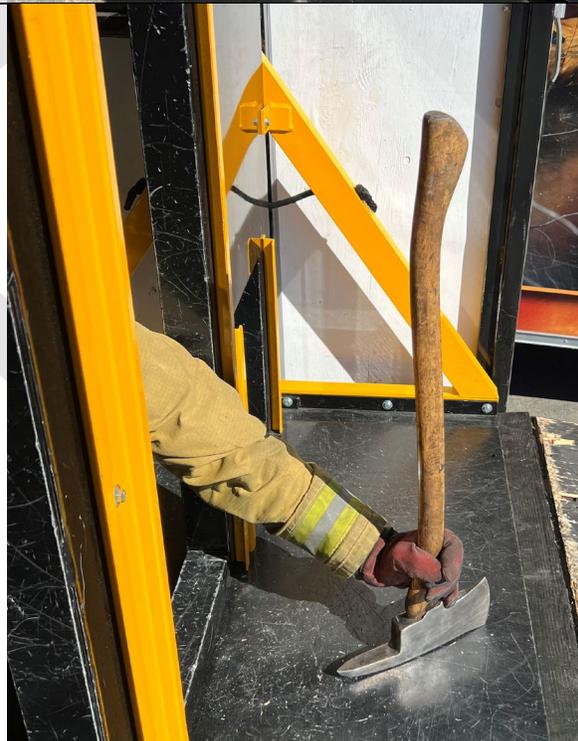


Fire Fighter Survival
Drill Ground Activity 10: Wall Breach – Backwards Swim

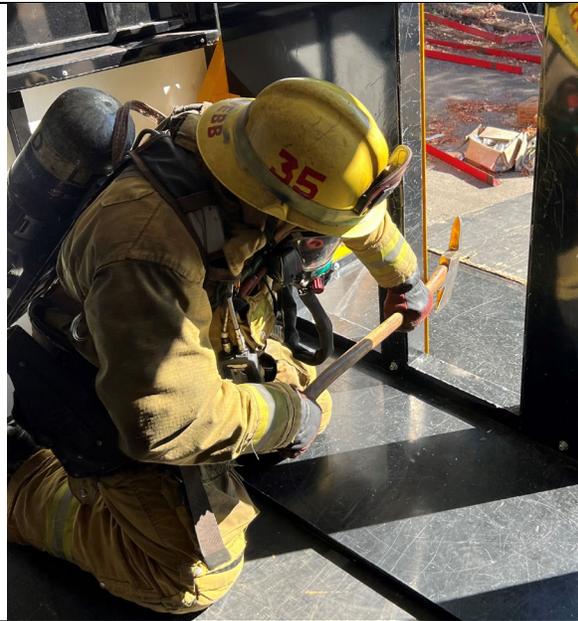
3. Identify the material to be breached.
 - Make a small opening and check environment.



4. Send a tool through the identified material.
5. Check the new area environment for obstacles and floor integrity.



6. Make the breach.
7. Ensure opening is large enough to exit quickly.
 - May need to knock stud at sole plate wider.
8. Sound floor on opposite side of opening.
 - Leave tool on opposite side to pick up after traveling through.

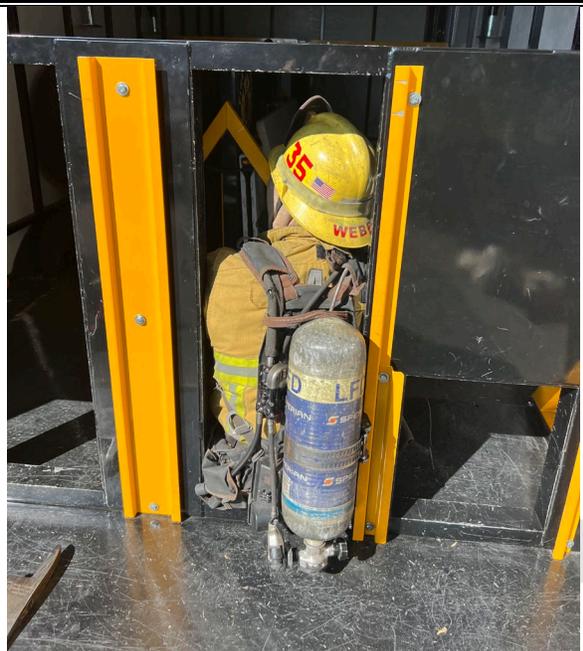
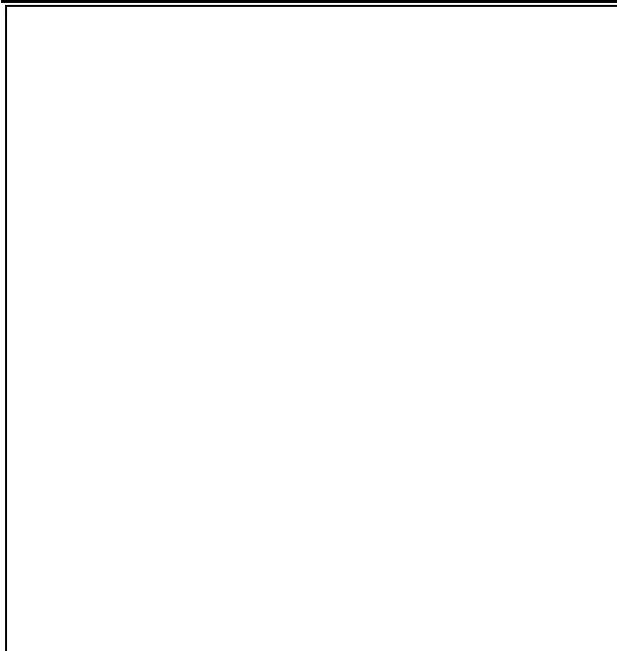


Backwards Swim Method to Travel Through

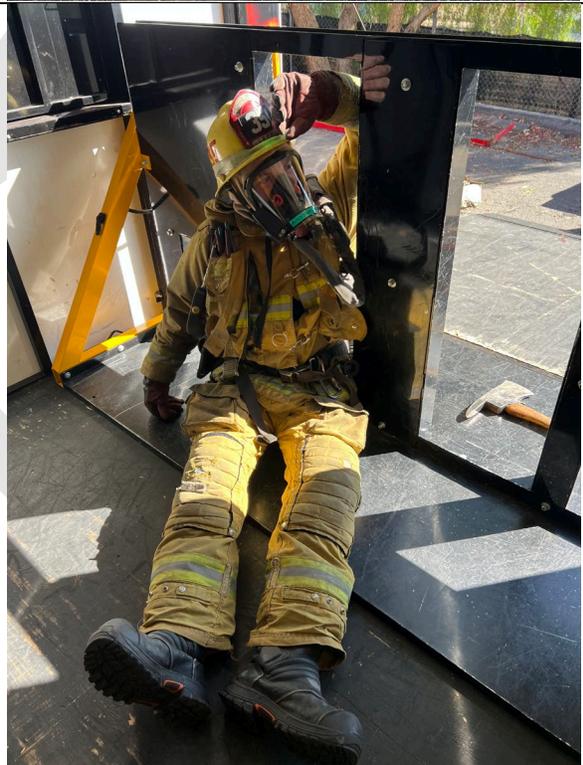
9. Sit with back and SCBA in the opening.
 - Make sure SCBA is in the opening, clear of baseboard or bottom plate (if necessary).
10. Position feet in front of you and lean back.
11. Lift buttock off ground.
12. Shift cylinder to right side of opening.



Fire Fighter Survival
Drill Ground Activity 10: Wall Breach – Backwards Swim

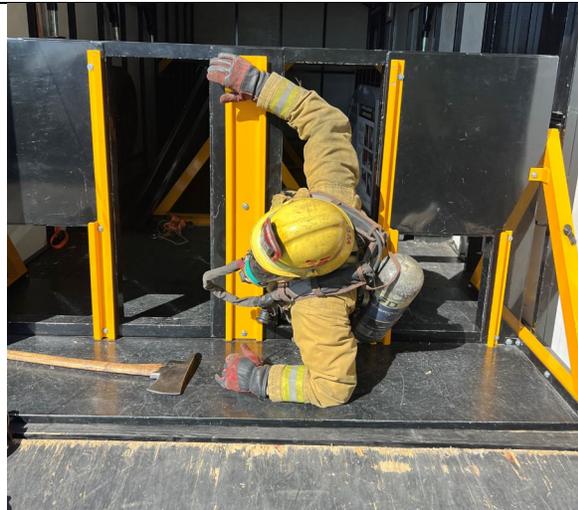


13. Rotate left arm over left shoulder through opening.



Fire Fighter Survival
Drill Ground Activity 10: Wall Breach – Backwards Swim

14. Lean back as arm passes through.
15. Rotate hips and body.
16. Repeat action with right arm to “swim” through opening.



17. Update the IC and exit the area.



Drill Ground Activity 11: Wall Breach – Head First

Description	This skill station provides students with an opportunity to practice transitioning through a wall breach using the head-first technique.
Timeframe	1 hour 30 minutes (for Drill Ground Activities 10 and 11)
Students	Groups of up to 10 students
Materials	<ul style="list-style-type: none">• Appropriate prop to accomplish breach including simulated wall with studs• Full turn out PPE• SCBA• At least one hand tool (Halligan, axe, etc.)
Site Preparation	<ul style="list-style-type: none">• Secure an open area with appropriate space per student.• Set up training structure or prop to simulate a realistic interior working environment.• Obscure student view with simulated smoke or equivalent.
Instructor Directions	<ol style="list-style-type: none">1. Review operation of evolution and desired outcome with participants.2. Review safety considerations with participants.3. Show participants start and end points of course.4. Increase the complexity of scenarios as appropriate (no air, on air, decreased visibility, no visibility, etc.).5. Ensure all participants are wearing full personal protective equipment.6. Perform a final safety check prior to performing the evolution.

Student Directions

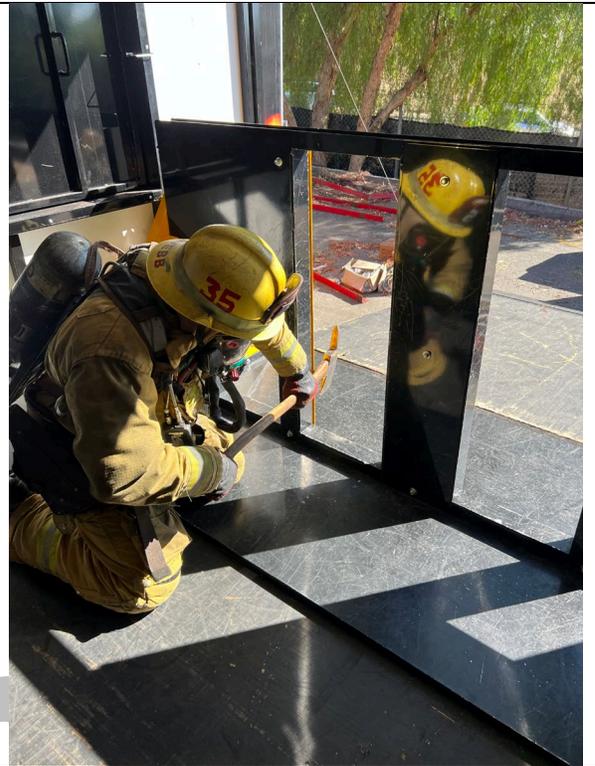
Create Opening

1. Locate the area to breach.
2. Close the door to the room to buy additional time (if possible).

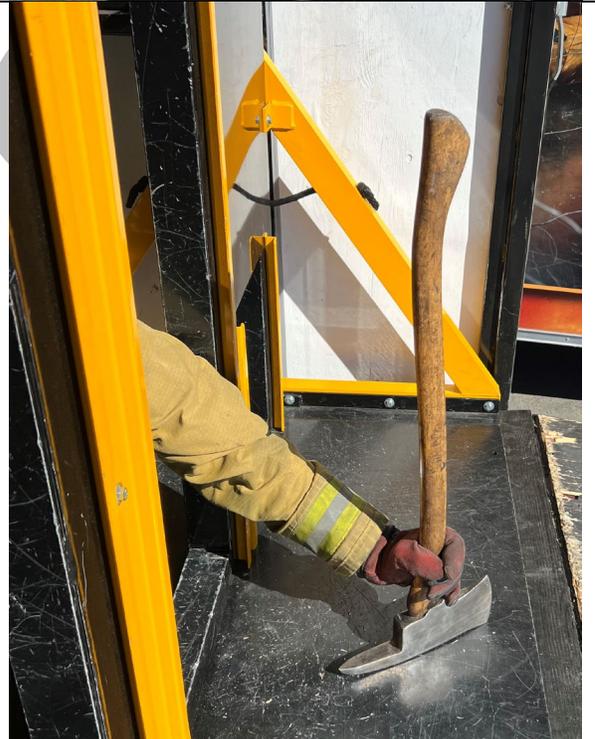


Fire Fighter Survival
Drill Ground Activity 11: Wal Breach – Head First

3. Identify the material to be breached.
 - Make a small opening and check environment.

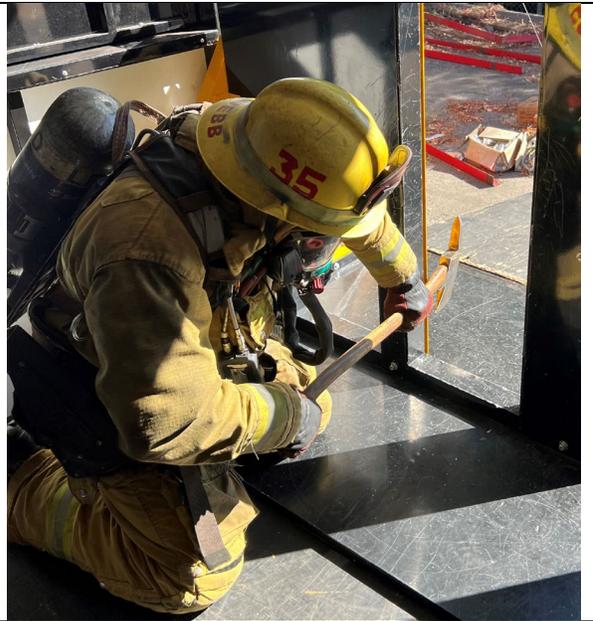


4. Send a tool through the identified material.
5. Check the new area environment for obstacles and floor integrity.



Fire Fighter Survival
Drill Ground Activity 11: Wal Breach – Head First

6. Make the breach.
7. Ensure opening is large enough to exit quickly.
 - May need to knock stud at sole plate wider.
8. Sound floor on opposite side of opening.
 - Leave tool on opposite side to pick up after traveling through.



Head-first Method to Travel Through

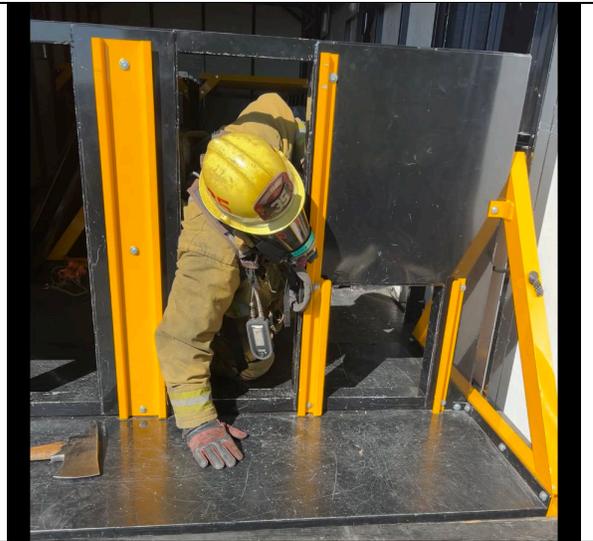
9. Kneel centered facing opening.
10. Place shoulders on either side of breach.



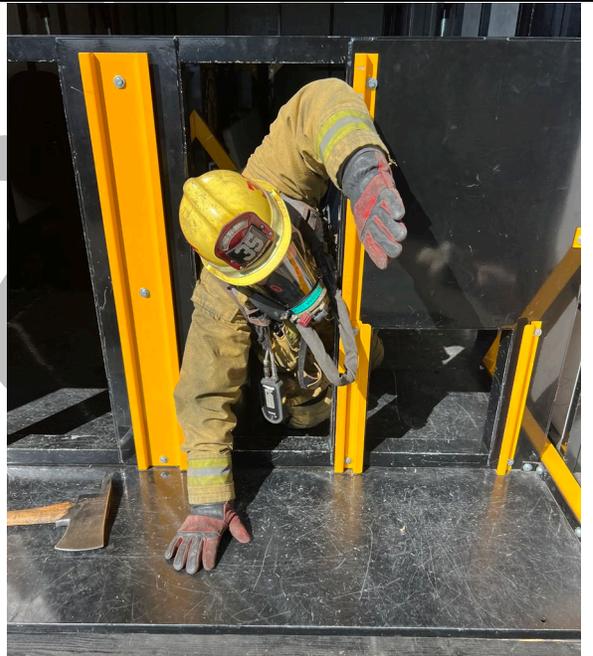
11.

Fire Fighter Survival
Drill Ground Activity 11: Wal Breach – Head First

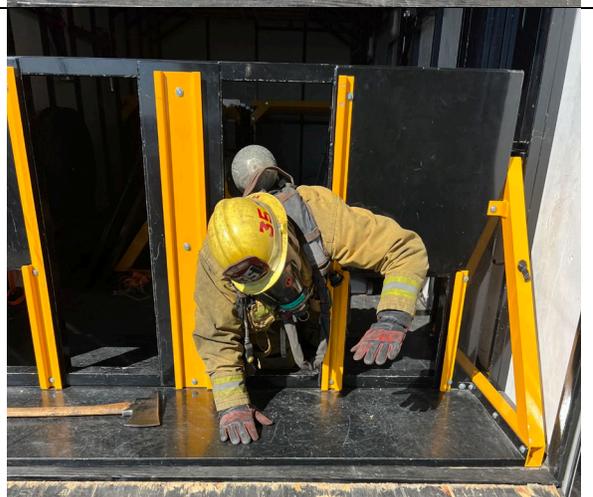
12. Rotate onto one hand and forearm, raising opposite arm to reduce SCBA profile.



13. Reach raised arm through opening.

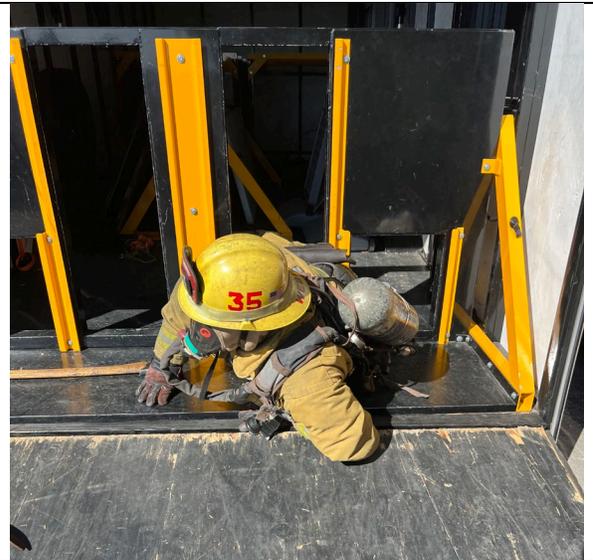


14. Crawl forward, rotated body to follow through.

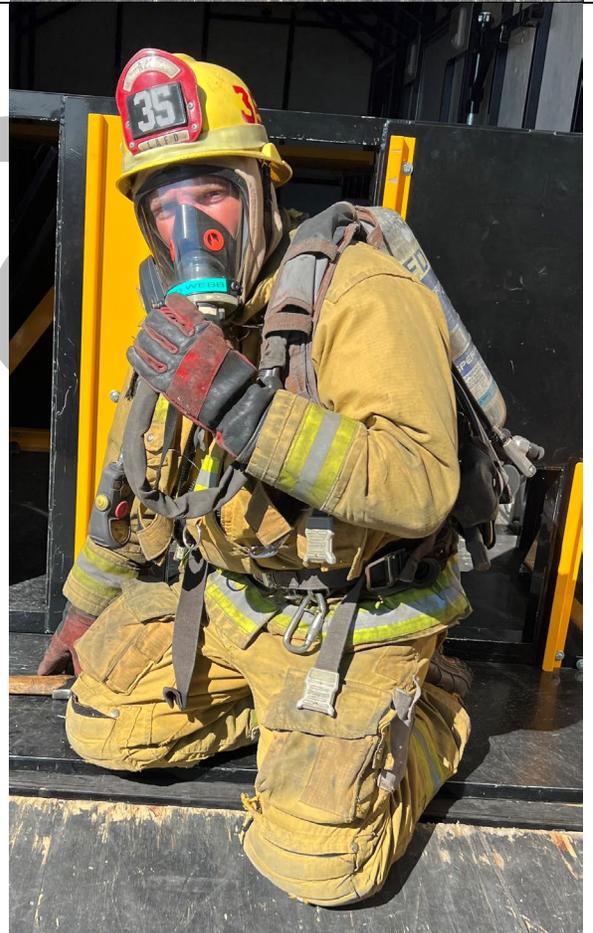


Fire Fighter Survival
Drill Ground Activity 11: Wal Breach – Head First

15. Rotate body and follow through.



16. Update the IC and leave the area.

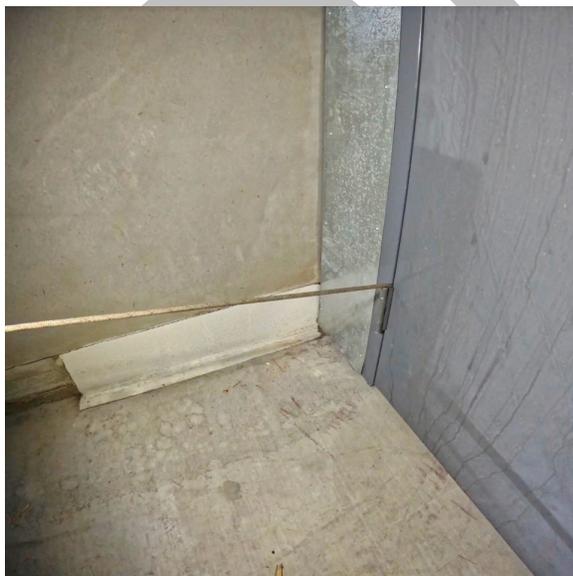


Drill Ground Activity 12: Anchor and Bail Out

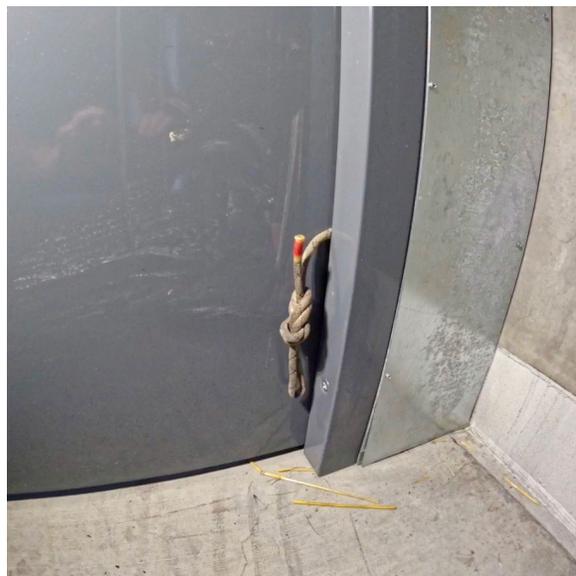
Description	This skill station provides students with an opportunity to practice creating an improvised anchor and exiting a structure in a safe and controlled manner.
Timeframe	1 hour 30 minutes (for Drill Ground Activities 12 and 13)
Students	Groups of up to 10 students
Materials	<ul style="list-style-type: none">• Above-ground prop area to execute a vertical bailout• Full turn out PPE• SCBA• Various anchor points (doors, windows, structural members, typical bedroom furniture, etc.)• Bailout kit (commercial or rope, webbing, carabiners, etc.)• Fall protection kit for student with anchor sufficient to meet expected load
Site Preparation	<ul style="list-style-type: none">• Ensure site is free of all hazards.• Required equipment for above-ground rope operations includes personal escape kits and safety systems for training.• Confirm that an appropriate anchor can be constructed in accordance with the fall protection system.
Instructor Directions	<ol style="list-style-type: none">1. Review the operation of the evolution and the desired outcome with participants<ul style="list-style-type: none">• Students are expected to perform a vertical egress bailout technique from an above-ground floor.• Students should complete the skill in an appropriate and safe manner with expediency under a fireground pace.• Assist students in preparing an anchor, creating a bailout system, and executing a bailout without dynamically loading the system, and performing a slow and smooth descent.2. Review safety considerations with participants.3. Review fall protection system with all personnel.4. Assign personnel/students to appropriate fall protection positions.5. Show participants starting and ending points of the course.6. Increase the complexity of scenarios as appropriate (no air, on air, decreased visibility, no visibility, etc.)7. Ensure all participants are wearing full personal protective equipment.8. Ensure all students are wearing a full-body harness attached to a safety line in accordance with fall protection system requirements.9. Perform a final safety check prior to performing the evolution.

Student Directions
1. Verbalize intent to perform vertical bailout.
2. Consider flow path and try to isolate from IDLH environment.
3. Call Mayday.
4. State your personal procedures. (GRABLIVES) <ul style="list-style-type: none">• Monitor and control your air.• Turn on your flashlight.• Make some noise.• Look for exits (windows, doors, light from outside).
5. Find exit portal and prepare it for vertical bailout.
6. Create an anchor capable of holding expected load and force.
7. Deploy chosen vertical rescue kit. <ul style="list-style-type: none">• Attach to self• Appropriately prepare for use
8. Performs a SOFT START out of exit portal. <ul style="list-style-type: none">• Ensure anchor isn't dynamically loaded• Use bailout kit as intended
9. Perform slow and smooth decent. <ul style="list-style-type: none">• Do not bounce or jump while suspended from bailout kit
10. Once in a safe area, disengage from vertical bailout kit.
11. Radio situational update to appropriate Command.

Anchor and Bail Out Set Ups

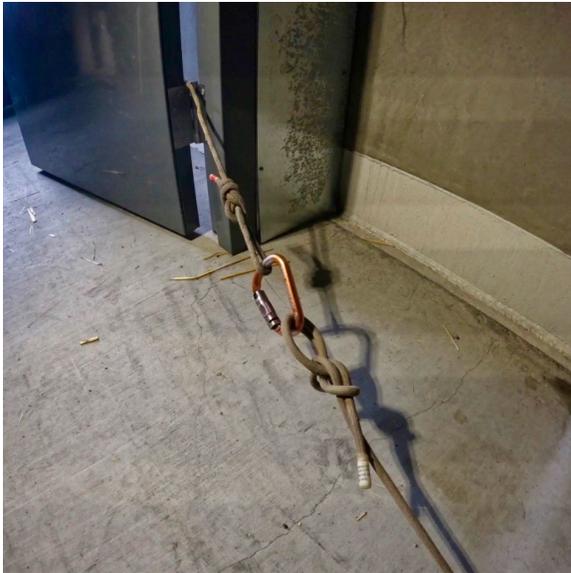


Anchor Rope in Closed Door

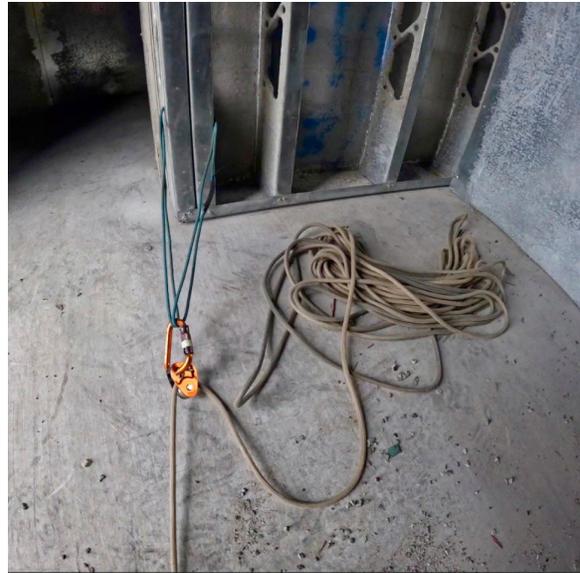


Bailout Rope Wedged in Door

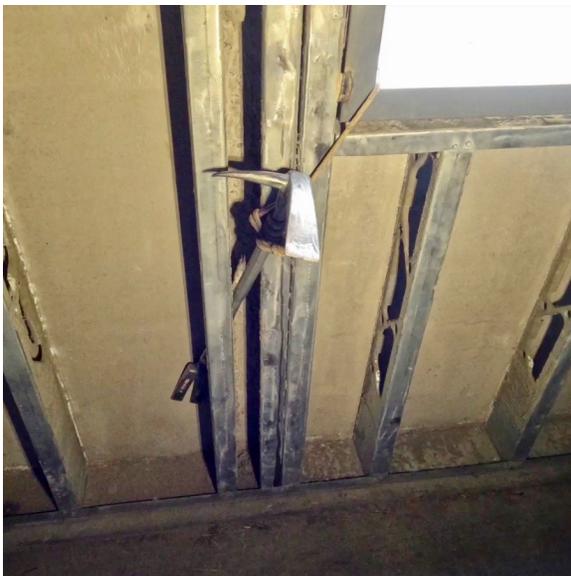
Fire Fighter Survival
Drill Ground Activity 12: Anchor and Bail Out



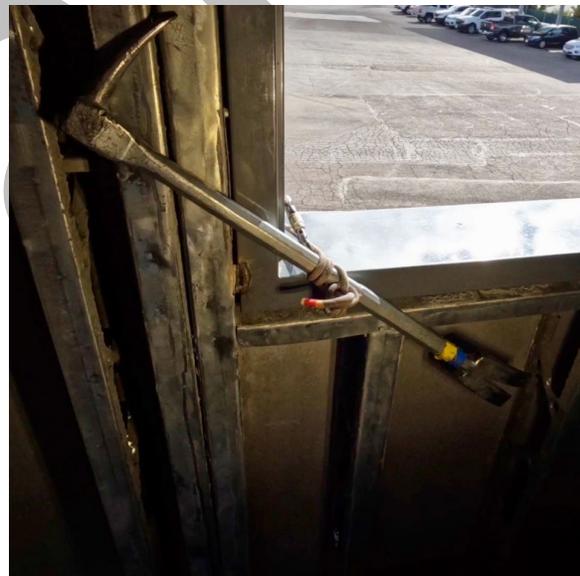
Bailout Rope Backed Up with 2nd Rope



Back-Up Anchor for Bail Rope w/ Tension System



Emergency Anchor Low in Wall



Halligan Emergency Anchor

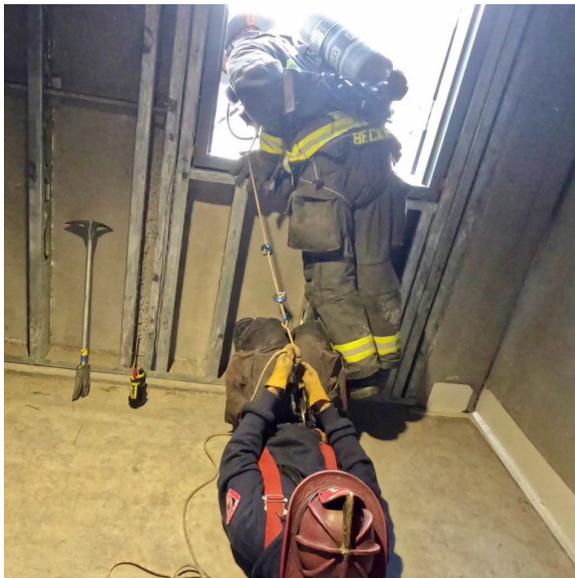
Fire Fighter Survival
Drill Ground Activity 12: Anchor and Bail Out



Bailout Munter Ring Set Up



Pre-Rigged Munter Ring



Meat Anchor (1)



Meat Anchor (2)

Fire Fighter Survival
Drill Ground Activity 12: Anchor and Bail Out



Meat Anchor (3)



Meat Anchor (4)

Exiting the Window



Prepare to exit – leg out, right arm reaching



Soft start with SCBA

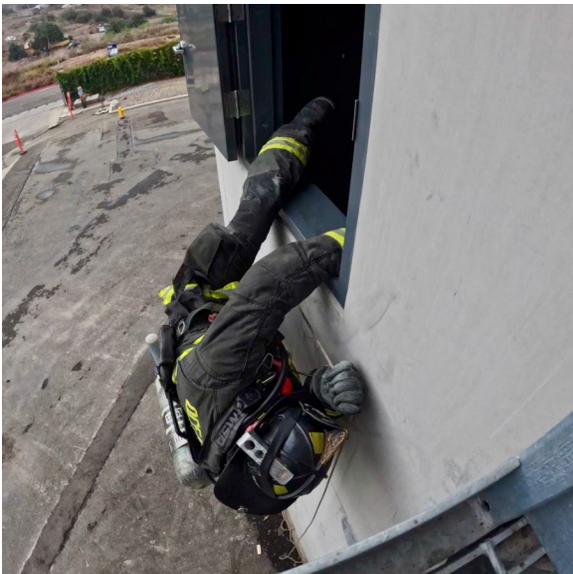
Fire Fighter Survival
Drill Ground Activity 12: Anchor and Bail Out



Soft Start – right arm reaching, head out, shoulder to sill



Soft Start – hand on top of anchor rope



Soft Start – left arm and leg holding weight



Prepare for descent

Fire Fighter Survival
Drill Ground Activity 12: Anchor and Bail Out



Smooth Lower – No L-Out

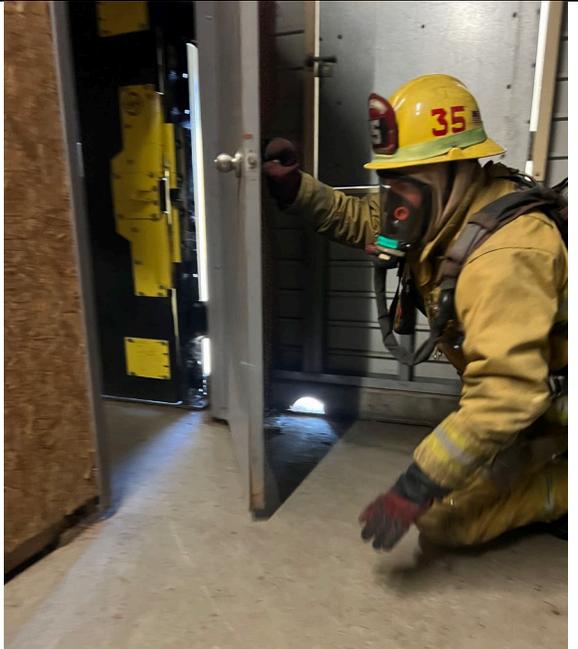


L-Out – Poor Rope Angle

Draft

Drill Ground Activity 13: Window Hang

Description	This skill station provides students with an opportunity to practice executing a window hang to prepare for rescue.
Timeframe	1 hour 30 minutes (for Drill Ground Activities 12 and 13)
Students	Groups of up to 10 students
Materials	<ul style="list-style-type: none"> • Window hang prop with enough clearance to successfully perform skill <ul style="list-style-type: none"> ○ High enough that a fire fighter can perform this skill, but close enough to the ground to mitigate fall/safety concerns • Full turn out PPE • SCBA
Site Preparation	<ul style="list-style-type: none"> • Ensure that site is free of all hazards.
Instructor Directions	<ol style="list-style-type: none"> 1. Review the operation of the evolution and the desired outcome with participants 2. Review safety considerations with participants. 3. Show participants starting and ending points of the course. 4. Increase the complexity of scenarios as appropriate (no air, on air, decreased visibility, no visibility, etc.) 5. Ensure all participants are wearing full personal protective equipment. 6. Perform a final safety check prior to performing the evolution.

Student Directions	
<ol style="list-style-type: none"> 1. Call Mayday. 	
<ol style="list-style-type: none"> 2. Isolate door to the room (if possible). 	

Fire Fighter Survival
Drill Ground Activity 13: Window Hang

3. Locate window.



4. Travel to window staying as low as possible.



Fire Fighter Survival
Drill Ground Activity 13: Window Hang

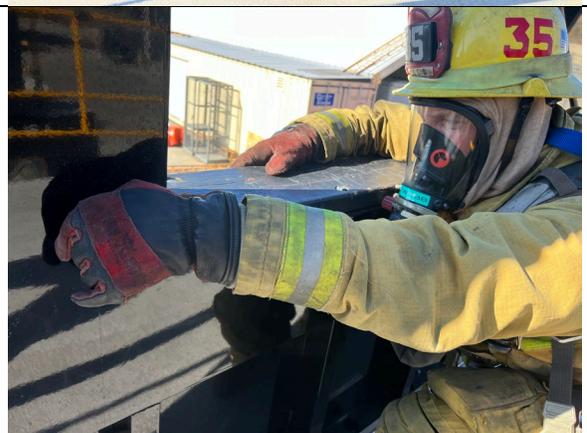
5. Clear window frame of glass, sash, screen, curtains, blinds.
- Start at top and force out.



6. On hands and knees, place one shoulder against wall below window.



7. Place inside hand on corner of windowsill for support.



Fire Fighter Survival
Drill Ground Activity 13: Window Hang

8. Rise enough to exit window.



9. Stay low and sniff the sill as you exit.



10. Lead with arm, then head, then leg.



Fire Fighter Survival
Drill Ground Activity 13: Window Hang

<p>11. Roll body over sill keeping as low as possible.</p>	
<p>12. Use interior arm and left to grip sill for support.</p>	
<p>13. Achieve final hang position with inside arm and leg hooking windowsill to keep most of body outside window away from heat.</p>	
<p>14. Radio situational update.</p>	

Draft

Drill Ground Activity 14: Ladder Escape - Hook Two / Slide to Four

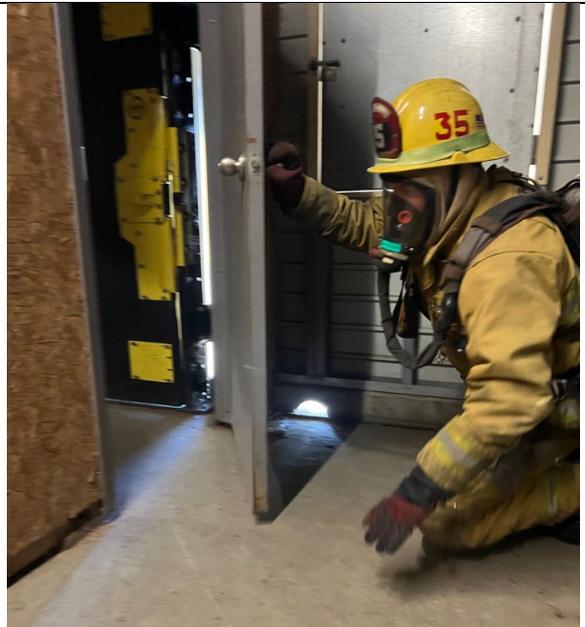
Description	This skill station provides students with an opportunity to practice exiting a structure using a hook two / slide to four ladder escape.
Timeframe	1 hour 30 minutes (for Drill Ground Activities 14 and 15)
Students	Groups of up to 10 students
Materials	<ul style="list-style-type: none"> ● Appropriate training structure with 2nd story window <ul style="list-style-type: none"> ○ 24" x 24" minimum (recommended) ● Fall protection system ● Full turn out PPE ● SCBA ● Two (2) 24-foot extension ladders
Site Preparation	<ul style="list-style-type: none"> ● Ensure that site is free of all hazards. ● Confirm that an appropriate anchor can be constructed in accordance with the fall protection system. ● Add and secure a parallel ladder for an instructor.
Instructor Directions	<ol style="list-style-type: none"> 1. Review the operation of the evolution and the desired outcome with participants 2. Review safety considerations with participants. 3. Review fall protection system with all personnel/students. 4. Assign personnel/students to appropriate fall protection positions. 5. Show participants starting and ending points of the course. 6. Increase the complexity of scenarios as appropriate (no air, on air, decreased visibility, no visibility, etc.) 7. Ensure all participants are wearing full personal protective equipment. 8. Ensure all students are wearing a full-body harness attached to a safety line in accordance with the fall protection system requirements. 9. Perform a final safety check prior to performing the evolution.

Student Directions	
1. Call MAYDAY!	
2. State your personal procedures. (GRABLIVES) <ul style="list-style-type: none"> ● Monitor and control your air. ● Turn on your flashlight. ● Make some noise. ● Look for exits (windows, doors, light from the outside). 	

Fire Fighter Survival

Drill Ground Activity 14: Ladder Escape – Hook Two / Slide to Four

3. Isolate door (if possible).



4. Locate window.



Fire Fighter Survival

Drill Ground Activity 14: Ladder Escape – Hook Two / Slide to Four

5. Travel to window staying as low as possible.



6. Clear window frame of glass, sash, screen, curtains, blinds.
 - Start at top and force out.



Fire Fighter Survival

Drill Ground Activity 14: Ladder Escape – Hook Two / Slide to Four

7. Locate the ladder.

- Feel for ladder.
- Lean over windowsill.
- When exiting, stay low as possible (sniff the sill).
- Lean over windowsill.
- Exit onto ladder.



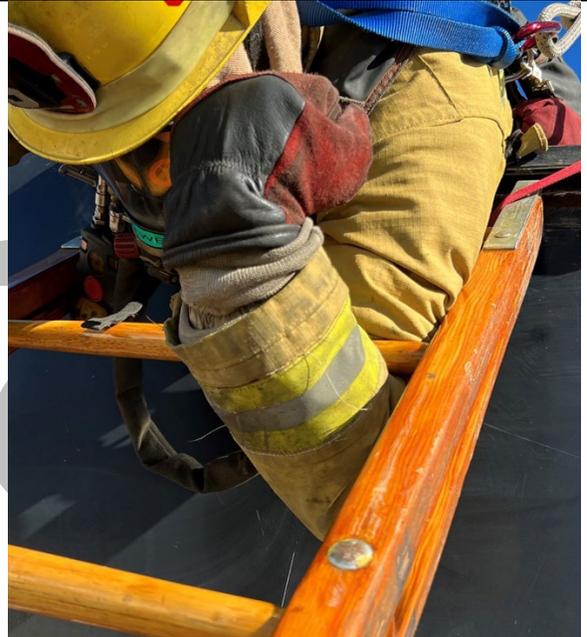
Fire Fighter Survival

Drill Ground Activity 14: Ladder Escape – Hook Two / Slide to Four

8. Place both hands on ladder beams.
9. Make a fist with one hand, place back of fist over rung 1 and hook under rung 2.



10. Secure inside of elbow around rung 2.
 - Maintain fist, DO NOT grab rung.



11. Slide opposite arm down beam to rung 4.



Fire Fighter Survival

Drill Ground Activity 14: Ladder Escape – Hook Two / Slide to Four

12. Slide hand across rung 4 to opposite beam and grasp rung 4.



13. Prepare to transition weight from rung 2 to rung 4.

- Bend knees and tuck feet.



14. Using elbow (rung 2) and gripped hand (rung 4) as pivot points rotate (pendulum) body over windowsill and out.



Fire Fighter Survival

Drill Ground Activity 14: Ladder Escape – Hook Two / Slide to Four

15. Descend ladder quickly.



16. Clear bottom of ladder quickly to allow for additional fire fighter to escape.



Drill Ground Activity: Ladder Escape – Head First

Description	This skill station provides students with an opportunity to practice exiting a structure using a head-first ladder escape.
Timeframe	1 hour 30 minutes (for Drill Ground Activities 14 and 15)
Students	Groups of up to 10 students
Materials	<ul style="list-style-type: none"> • Appropriate training structure with 2nd story window <ul style="list-style-type: none"> ○ 24" x 24" minimum (recommended) • Fall protection system • Full turn out PPE • SCBA • Two (2) 24-foot extension ladders
Site Preparation	<ul style="list-style-type: none"> • Ensure that site is free of all hazards. • Confirm that an appropriate anchor can be constructed in accordance with the fall protection system. • Add and secure a parallel ladder for an instructor.
Instructor Directions	<ol style="list-style-type: none"> 1. Review the operation of the evolution and the desired outcome with participants 2. Review safety considerations with participants. 3. Review fall protection system with all personnel/students. 4. Assign personnel/students to appropriate fall protection positions. 5. Show participants starting and ending points of the course. 6. Increase the complexity of scenarios as appropriate (no air, on air, decreased visibility, no visibility, etc.) 7. Ensure all participants are wearing full personal protective equipment. 8. Ensure all students are wearing a full-body harness attached to a safety line in accordance with fall protection system requirements. 9. Perform a final safety check prior to performing the evolution.

Student Directions	
1. Call MAYDAY!	
2. State your personal procedures. (GRABLIVES) <ul style="list-style-type: none"> • Monitor and control your air. • Turn on your flashlight. • Make some noise. • Look for exits (windows, doors, light from the outside). 	

Fire Fighter Survival
Drill Ground Activity 15: Ladder Escape Head First

3. Isolate door (if possible).



4. Locate window.



Fire Fighter Survival
Drill Ground Activity 15: Ladder Escape Head First

5. Travel to window staying as low as possible.



6. Clear window frame of glass, sash, screen, curtains, and blinds.
- Start at top and force out.

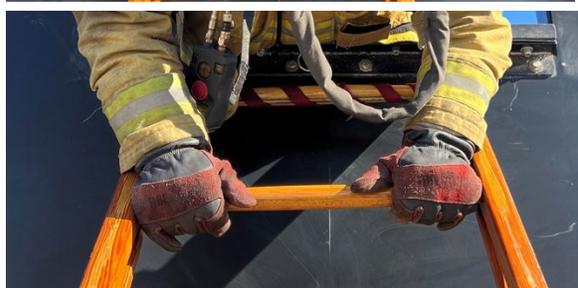


Fire Fighter Survival
Drill Ground Activity 15: Ladder Escape Head First

7. Locate the ladder.
- Lean over windowsill.
 - Stay as low as possible.
 - Feel for ladder.



8. Reach over windowsill and grab ladder rungs with both hands.
- DO NOT wrap thumbs around rungs.



Fire Fighter Survival
Drill Ground Activity 15: Ladder Escape Head First

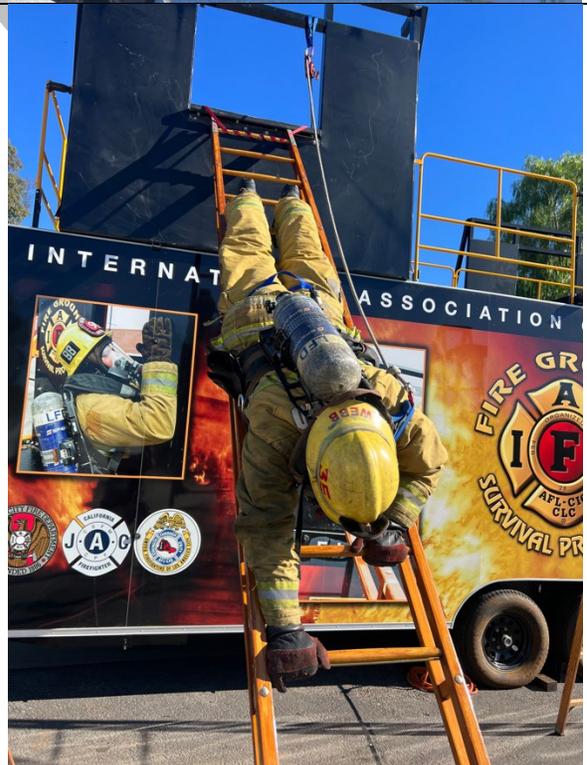
9. Pull body up and onto ladder maintaining low profile.
10. Pivot out of window on mid-section.
11. Reach and grab next rung, descending hand over hand.



12. As feet exit window, hook toes onto windowsill to control transition onto ladder.

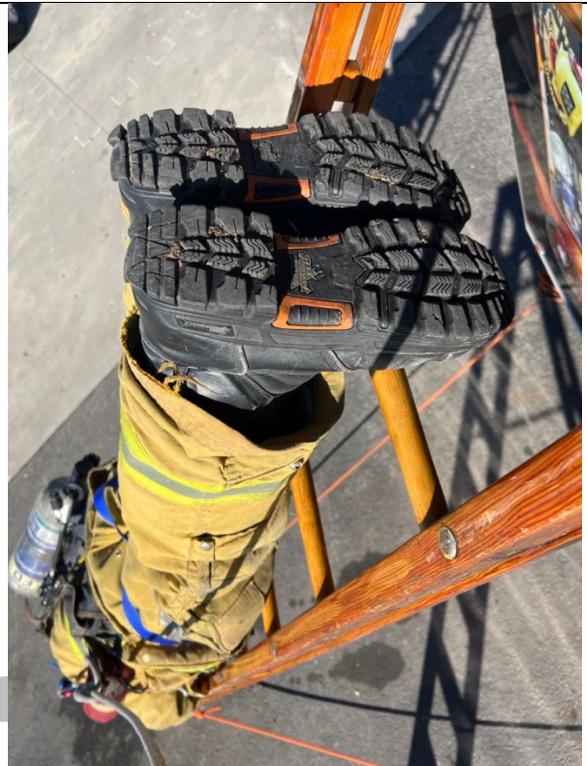


13. Reach and grab next rung, descending hand over hand.



Fire Fighter Survival
Drill Ground Activity 15: Ladder Escape Head First

14. Hook feet on each rung while descending to control speed.



15. At bottom of ladder, roll off by extending one arm underneath last rung to position body on side.

- Make sure shoulder is on the ground (DO NOT power drive it into the ground).



Fire Fighter Survival
Drill Ground Activity 15: Ladder Escape Head First

16. Clear bottom of ladder quickly to allow for additional fire fighter to escape.



Draft