



FIRE SPORT II

Sřední průmyslová škola Hranice

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16_Fire sport II

CZ.1.07/1.5.00/34.0608

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MINISTERSTVO ŠKOLSTVÍ,
MLÁDEŽE A TĚLOVÝCHOVY



OP Vzdělávání
pro konkurenceschopnost

INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

FIRE SPORT II

Předmět: Anglický jazyk

Ročník: Požární ochrana – 1. ročník

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Škola: SPŠ Hranice



Anotace: Reading and speaking activities about TFA and Fire sport. Comparing these two competitions.

Klíčová slova: fire, firefighters, firefighting, fire sport, hurdles

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- **Instructions for teachers** -

First, ask your students:

- What does the abbreviation TFA stand for? What does TFA mean?
- If they have knowledge about TFA, ask them about their knowledge and information about this sport.

Read the text about TFA and then discuss the following questions:

- Have you ever participated in TFA?
- Which discipline do you find most difficult and why?
- Which discipline is (should be) the least difficult for you and why?
- Why is the competition called Toughest Firefighter Alive? What do you think?
- Do you do fire sport? (*almost all my students do fire sport every weekend, so the following questions are common for them*)
- Try to compare fire sport and TFA. How do these two competitions differ?
- Try to compare the disciplines of these two competitions.
- Which of these two competitions is more challenging for you and why?
- Which of these two competitions is more interesting for you and why?
- Would you like to try TFA? Why?/Why not?

Toughest Firefighter Alive (firefighter challenge)

Toughest Firefighter Alive (TFA) is competition which takes place in many countries around the world (Germany, Austria, France, UK, Czech Republic, Brazil and other countries). It is considered as hardcore firefighter challenge only for the toughest firefighters. The competition can be held at national, European and international level. The competition was developed in the United States and was named the Ironman Competition of the Fire.

The competition is divided into several disciplines which resemble those which are used in fire-fighting operation. And the competing firefighters carry out typical fire department equipment. All the competing firefighters should wear combat boots, gloves, turnout gear, helmet and breathing apparatus.

Examples of disciplines

Pulling and rolling hose(s) up

One of the disciplines in TFA is hose pulling. Firefighters have to pull up two B hoses which weight 17 kilograms and are 80 meters long) and then roll them up.

Dummy

In this station 80kg dummy should be dragged 60 or 80 metres.

Floor running

The firefighters should run 15 floors with 17 kilograms of equipment. 15 floors are about 60 meters but some participants are able to reach the 15th floor in less than two minutes.

Wall overcoming

The competitors should overcome the wall which is 3 metres height.

Hammer

In this station, the weight should be struck with a hammer. They beat the weight to move.

Weights in the second floor

Two heavy canisters are carried to the second floor with the use of two ladders. There are two B hoses which are supposed to be pulled up. Then the two canisters should be worn down again.

All the disciplines are in full suit with breathing apparatus. The maximum time for the race is specified. The maximum times differ according to the categories (men and women). If the participant deviates from the task, penalty minutes are written down. The winner is the competitor with the lowest total time 😊



Použité zdroje:

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Obrázky

Fotky autora DUMu.

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