

FirePower Training Firefighter Appreciation Day: Nov 14, 2009

Overview:

The Firefighter Appreciation Challenge is designed to be an enjoyable, challenging day for all involved. The day is meant to raise awareness and funds for the Canadian Fallen Firefighters Foundation. (And maybe to drag a bit of hose around)

What to Expect:

Parking:

Upon arrival, please park in front of the gym or at the very back parking lot. There will be signs indicating where you can park. If the parking lot is full you will need to cross the street and park at the shopping area located on South side of Main Street. You must access the gym through the front door.

Spectators:

All spectators must enter through the front door. There is a minimum \$5 donation required for spectators. Spectators will also be able to purchase breakfast on site (\$5) as well as lunch (\$10). Starbucks coffee will be available. A 50/50 draw will be available to all participants and spectators. There is no ATM machine located in the building.

Registration:

The registration process will be as follows:

- 1) **Sign the waiver form.** Each participant will be required to sign the waiver.
- 2) **Pick up your team's registration package.** This envelope will contain:
 - a) Breakfast and Dinner tickets (4 each)
 - b) WOD instructions
 - c) Rules and Regulations of both the gym and the event
 - d) Event schedule and Event heats
- 3) **It is VERY IMPORTANT** that if you have a teammate change on event day, and this changes your category (eg. co-ed to all male) you must make registration aware of the change. This will affect the equipment we have at each station and the overall results.

Bunker Gear:

Every participant will be wearing the same bunker gear for each event. Once you have registered please head to the gear area to find gear for your size. You can also bring your own gear if you have it. Air packs will be given out at the start of each heat. The packs are adjustable for size.

Note: The gear can become very hot. Prepare to wear thin breathable clothing. You will also want to bring a change of clothing as the bunker gear tends to trap heat and moisture.

Clothing:

You will need to bring your own shoes.

Gloves: Some people may find a pair of gloves or half gloves would be helpful for some of the events.

All events can be completed without gloves but if you want to bring them they will be allowed.

PLEASE REMOVE all jewelry including: necklaces, earrings and rings before arriving.

Weather:

The event takes place rain or shine. Some of the challenges will take place indoors, others outdoors and some a combination of both. Events will only be cancelled or changed if there is lightening or the conditions are deemed unsafe. Please prepare accordingly.

Challenges:

There will be three different Challenges. Each Challenge is detailed online. Please visit the website to see each challenge on video. Event rules will be included in your registration kit. The timeline for the day is very tight. Heats will go on schedule. Please review which heat you are in for each event and be prepared to move to the staging area when your Heat is called.