



virtual Berlin Firefighter Stairrun 08.05.2021

Competition

The competition will take place virtually on Saturday, May 8th, 2021 from 8 a.m. to 6 p.m.

Registration

No registration is required for the **virtual** Berlin Firefighter Stairrun. All teams, anywhere in the world, who have the time and inclination, can take part.

Data acquisition

By participating, the participants agree that their details for the creation of lists of results will be recorded in a file.

Important information

Please read through carefully to avoid unnecessary questions !!

C

Clothing

- You start with combat boots (according to DIN EN 345-2 / S3).
- Trousers and jacket (fire brigade protective clothing according to DIN EN 469, suitable for internal attacks).
- Fire brigade protective gloves (according to DIN EN 659, no gloves for technical rescue)
- Fire brigade helmet and connected breathing apparatus.

Competition course

- You have to walk 40 floors (similar to the Hotel Park Inn) !!
- Here it doesn't matter whether 1 x 40 floors or 2 x 20 floors, or 4 x 10 floors etc. ... In the end, 40 floors are important.

Competition rules

- Only active firefighters (professional fire brigade, voluntary fire brigade, company and plant fire brigade) who are suitable for respiratory protection are allowed to start.
- Both participants of a team must run the course together at the same time and in the same place.
- Each participant must carry his / her equipment (including breathing apparatus) independently.
- It is not allowed to wear the team partner. Pulling or pushing is allowed.
- It is not allowed to take off parts of the competition equipment during the competition. This also includes fire brigade gloves !!
- Lost equipment must be picked up again by the participant, including e.g. the music player.



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- It is not permitted to connect to the partner's breathing apparatus with the pressure line via the Y-piece.
- Both runners of a team must not be more than an arm's length apart to the finish.
- **The hygiene guidelines of your region must be observed !!**

H

Helmet cameras

- Helmet cameras may be used.
- Cameras with a chest strap (e.g. GoPro) may also be used.

M

Music

- Anyone who wants to listen to music while walking can do so.

P

Prices

- There is a trophy for the first 3 teams in each rating class.

R

Rating classes

- *YOUNGSTER* two men - both starters together younger than 80 years
- *OLDIES* two men - both starters together older than 80 years
- *OLDIES XL* two men - both starters together are more than 100 years old
- *MIX* one woman and one man (total age is not relevant)
- *LADIES* two women (total age is not relevant)

Respirators

- All teams start with attached breathing apparatus.
- It does not matter whether normal or positive pressure or steel or composite containers.

Result lists

- Only one result per team may be entered online (<https://www.berlin-firefighter-stairrun.de/index.php/virtual>) in our result list.



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Time schedule

- 8 am to 6 pm

Timing

- Each team can start between 8 am and 6 pm.
- When going down or going down, the time must be stopped.
- After going down or going down, start up again immediately and without delay.
- The competition time is to be documented by means of a stopwatch and photo and / or video.
- Please be fair and sporty to each other.

Questions & contact

- by mail: info@berlin-firefighter-stairrun.de
- by phone: +49 177 33 69 151