

WFX-FIT Circuit

The timed circuit involves 4 separate components performed in a continuous sequence over 40 m (131.2 ft) laps with cone markers at each 20 m (65.6 ft) end line.

1. Timing of the circuit begins when the participant cross the starting line while carrying the simulation pump (28.5 kg / 62.7 lb) from a 1m (3.3 ft) platform on their back. For safety purposes, the WFX-FIT Appraiser assists with the lifting and lowering of the medium pump onto and off the participant's back. The simulation medium pump is carried on the back for a total of 160 m (524.9 ft) (4 laps over the 40 m; 131.2 m course) traversing a ramp (35 degree pitch, 1.22 m; 4 ft high) every 20 m (65.6 ft), then the simulation medium pump is returned to the platform.
2. Next, the participant picks up the simulation medium pump from the platform in his/her hands and carries it for 80 m (262.4 ft) (2 laps of the 40 m; 131.2 ft course) without traversing the ramp.
3. The participant then places the simulation medium pump back onto the platform, picks up the WFX-FIT hose pack containing 4 lengths of hose (25kg; 55lb) from the ground and hoists it onto his/her back, then carries the hose pack 1 km (3281 ft) (25 laps of the 40 m; 131.2 ft course) traversing the ramp every 20 m (65.6 ft).
4. In the final component of the circuit, the participant drags a weighted sled 80 m (262.4 ft) (2 laps of the 40 m; 131.2 ft course) on level ground to simulate advancing a charged hose (pull force required to move sled = 18.5 kg; 40.7 lb). Turn lines are also marked 3 m (10 ft) beyond the end line so the participant knows when the sled has crossed the end line without looking behind.