



Florida Association of Fire Rescue Cadets



Rapid Dress - Team

2026 Summer Gator Fire Games

Objective:

The four (4) member team demonstrates their ability to correctly don personal protective equipment in a safe and timely manner.

Requirements:

- All PPE will be inspected at the Inspection Station prior to competing in this event.
- All PPE must be “as manufactured” and may not be altered or missing fasteners. Velcro fastening may be simulated if not working properly but must be identified prior to the start of event.
- Wristlets are the only part of PPE that is allowed to be altered or removed.
- If PPE is found to be altered or missing fasteners, that PPE will not be able to be used for this event.
- Each post can enter a maximum of three teams consisting of four Cadets/Explorers.
- No Cadet/Explorer can participate in this event twice.
- Equipment - Full structural PPE: helmet (no shield required), coat, pants, boots, structural firefighting gloves, flash hood and SCBA without mask.
- SCBA's will be available to use for groups that do not bring them
- This event has a 3-minute time limit for each member.

Rules:

- All team members will start by sitting in a chair wearing Cadet/Explorer Post T-Shirt, duty pants, belt, and socks. Shoes/boots will not be required. (uniform must be worn as if on duty)
- All Cadets on team will have 2 minutes to setup gear in any manner they prefer inside of a 5'x5' box. Once time is called, gear cannot be adjusted.
- All equipment must be opened, straps pulled out, and unfastened except for the helmet. Helmet strap may be loosened **or** unfastened.
- Any worn out Velcro that does not securely stick must be brought to the attention of the judges prior to the start of the event. The effort or motion to secure that part must be made. However, the judge will check that piece of equipment. If the Velcro works, the team member will get a penalty, even if the motion was made.
- On the “Go” Command, all team members will get out of the chair and enter 5'x5' gear area to don gear.
- When a team member finishes putting on **ALL** of their gear, they will be required to step forward outside of 5'x5' gear area.
 - All gear must be donned and secured prior to exiting gear area.
 - Time stops when both feet are completely outside of gear area.

Penalties

5 second penalty will be imposed for each of the following rule infractions:

- All snaps, hooks, zippers, Velcro, etc. must be fastened securely;
- All SCBA shoulder straps and waist belts must be fastened and pulled snug;
- Helmet straps must be fastened under the chin and snug;
- Collars on coats must be turned up and secured;
- Hoods must be on properly with NO hair showing;
- No lubricants are allowed
- Gloves must be all the way on and must be appropriate size for Cadet/Explorer.

15 second penalty will be imposed for each of the following rule infractions:

- Adjusting gear after exiting the gear area. (15 seconds for each article of gear adjusted)

Rapid Dress – Individual

1. Timing of the Individual Rapid Dress will be done during the Team Rapid Dress competition.
2. The three (3) fastest rapid dressers from the entire competition receive 1st, 2nd, and 3rd place trophies.

Starting side



5'x5' gear area

5'x5' gear area

5'x5' gear area

5'x5' gear area



Judge



Judge



Judge



Judge

Ending side