



## MIDVAAL LOCAL MUNICIPALITY TO HOST THE SECOND ANNUAL FIT TO FIGHT FIRE COMPETITION AND EXPO

Midvaal Local Municipality is proud to announce its second annual Fit to Fight Fire Competition and Expo set to take place on 25 May 2024, at the Meyerton Sports Club. Following the resounding success of last year's event, this year's competition promises even more thrills, as Fire and Rescue teams compete to become the fittest firefighting team in South Africa.

The competition, open to Fire and Rescue teams from across the country, will witness participants engaging in rigorous challenges that test their skills, agility, and teamwork. The competition consists of five challenging stages that will highlight the dedication and readiness of the firefighters who stand at the forefront of safeguarding communities:

Stage 1 – Hammer Drill (Sponsored by Industrial Fire and Hazard Control)

Stage 2 – Mannikin Drag (Sponsored by Survival Technology)

Stage 3 – Tower Run (Sponsored by Industrial Fire and Hazard Control)

Stage 4 – Tyre Flip

Stage 5 – Ladder Run (Sponsored by Industrial Fire and Hazard Control)

Furthermore, teams can enter an EMS patient simulation competition, hosted by EpicEM and North-West University as well as a Confined Space Rescue Simulation hosted by Dräger.

In addition to the competitions, the Fit to Fight Fire Expo will feature a myriad of industry exhibitions and demonstrations. Attendees can also witness displays of rescue equipment such as the jaws of life, K9 units in action, CPR demonstrations, fire extinguishing techniques, and expert snake handling.

The Fit to Fight Fire Expo offers something for everyone. Attendees can marvel at some of the country's finest emergency vehicles and fire engines on display, engage in interactive activities for kids, enjoy performances by local artists, and much more.

This event is not just a competition; it's a celebration of the unwavering commitment of our firefighting and emergency response teams. Midvaal Local Municipality extends a warm invitation to fire and rescue teams nationwide to join us for this experience.



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Entries for the Fit to Fight Fire Competition close on May 6, 2024. Fire and Rescue teams interested in participating are encouraged to contact us at [midfiresubs@midvaal.gov.za](mailto:midfiresubs@midvaal.gov.za). Teams who wish to participate in the EMS Patient simulation can contact Aldus Smith at 078 145 6208 and for the Dräger Confined Space Rescue Simulation teams can contact Wimpie van Onselen at 083 792 8147. A minimal entry fee is payable with registration.

As part of our dedication to serving the community, we're proud to announce that, like last year's event, the Fit to Fight Fire Competition and Expo will not have an entry fee. We believe in making this event accessible to all. Whether you're a firefighter, a community member, or simply someone who values safety and preparedness, this event will have something for you.

### ISSUED ON BEHALF OF THE OFFICE OF THE EXECUTIVE MAYOR:

Yours in Service Excellence, Ald. Peter Teixeira

#PeoplesMayor

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