



## 11. Berlin Firefighter Stairrun

06.05.2023



The Berlin Firefighter Stairrun is a completely new and different challenge for all firefighters!

Here you don't need any special technique, extreme strength or insane speeds. You only need a good partner, a portion of courage and the absolute will to go through to the end!

The "end" is the 39th floor of the Park Inn Hotel, about 110 m above Berlin, whoever stands up here on the viewing platform has made it.





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## TENDER

### organizer

BSG Berlin Fire Brigade e.V., Dept. TFA

### competition

The start is on Saturday, May 6th, 2023 at 11 a.m. sharp (according to the radio clock, due to the timing system) at the Park Inn Hotel Berlin-Alexanderplatz. All teams must register by 10:00 a.m.

### registration

The online registration opens on two days, about 8 weeks before the competition. Half of the total number of available starting places will be released on both days. Duplicate registrations will be deleted immediately, as will empty or incomplete registrations. You have 7 days from receipt of the registration to pay the entry fee

€35.00 per team for the fire brigade

€15.00 per team for the police

to remit. If no money has been received by the deadline, you will be deleted from the starter list. Since we only have a limited number of starting places available, the vacant places will be filled immediately from the waiting list. Due to the limited starting places it is not possible to start twice. No late registrations will be accepted on the day of the competition !! After registration has closed, there will be a waiting list that will be processed in chronological order if a team that has already registered cannot start or does not transfer the registration fee in time.

If a registered participant does not appear, there is no entitlement to a refund of the entry fee.

Due to the excessive amount of time and work involved, it is NOT possible on the day of the competition to fill free places for teams that have not come at short notice.

### registration confirmation

You will automatically receive a confirmation of your registration, including your account details, by email (check your spam folder if necessary).

If you do not receive a confirmation of registration in a timely manner, your registration has failed !!

Please enter a valid and working email address for each team when registering !!





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## data collection

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

## Extra starting block

The fastest 20 teams from 2022 start in an extra starting block. They must also register via the online registration in the original line-up from 2022 and then start in an extra block - "Fire Fly".

So: The 20 fastest teams from 2022 who register start in this starting block !!

## Important information

**Please read carefully to avoid unnecessary questions !!**

### A

#### Accessories

- Accessories such as wedges, FireFly, carabiners, tally for respiratory protection monitoring, etc. must be removed !!
- All "attachments" are checked prior to launch...if they fail the "wobble test" they must be removed!

### C

#### changing rooms

- The changing rooms are on the 2nd floor from 9.00 am in the "Virchow 1" salon.

#### Certificates

- Certificates are available online for every two days afterwards ... to download and print out
- The link will be sent as soon as everything is entered online.

#### Clothing (fire brigade)

- You start with combat boots (according to DIN EN 345-2 / S3).
- Combat trousers and jacket (fire protection clothing according to DIN EN 469, suitable for indoor attacks).
- Gloves (according to DIN EN 659, no TH gloves).
- Fire brigade helmet and connected container device.





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- the equipment will be checked before the start !!
- Flame protection hood, "Holland cloth", etc. do not have to be worn !!

### Clothing (Police)

- Duty boots
- Combat trousers and jacket
- T shirt
- Helmet (visor can remain open)
- Combat gloves
- KSA

### competition rules

- Only active firefighters may start (professional fire brigade, volunteer fire brigade, company and plant fire brigade) who have a valid G26.3 (show it is enough / NO G26.3 = NO START !!) and hand in the signed disclaimer.
- Starting area: Alexanderplatz
- Target area: Viewing platform of the Hotel Park Inn at a height of approx. 110 m
- Each participant must carry his own equipment (including breathing apparatus) independently.
- It is not allowed to carry the team partner. Pulling or pushing is allowed
- Faster teams must not be impeded and must be allowed past the inside of the railing
- It is not allowed to take off parts of the competition equipment during the competition. This includes fire brigade protective gloves !!
- Lost items of equipment must be picked up by the participant themselves, this also includes e.g. the music player
- It is not allowed to connect to the partner's breathing apparatus with the pressure line via the Y-piece.
- Spectators, family or team members, etc. are not allowed to enter the course and are also not allowed to walk in the stairwell.
- Both runners in a team must maintain visual contact in the stairwell (not through the stairwell), from the 35th floor (stainless steel steps) to the finish line, they must not be more than an arm's length apart.
- The slower runner must always be able to see his faster teammate !!
- Marshals on each floor control distance.
- The organizer assumes no liability for any damage to health or property. competition course
- We start at an interval of 30 seconds. ("Fire-Fly" = 60 sec.) in the middle of Alexanderplatz and you first have to walk approx. 200 m to the side of the hotel to the hotel entrance, there you go through the foyer to the second floor directly into the stairwell to the 20th floor, there we leave the stairwell and, to the cheering applause of the cheerleaders from the "Diamonds Berlin", will walk across the hotel corridor to get back into the stairwell at the other end and climb the remaining 19 floors ... our goal, the viewing platform with View of the TV Tower !!





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### D

#### Disclaimer

- The liability waiver must be signed by each team (i.e. one liability waiver with both names per team).

#### Disqualification

- Failure to comply with the competition rules
- Unsportsmanlike Conduct
- Hindering of the other participants / teams
- Tampering with protective equipment, respirator or mask
- If the breathing air does not reach the target
- If the distance between the starters of a team is more than visual contact or an arm's length
- If lost equipment is not picked up independently
- If you deviate from the specified competition course
- If a team reaches the 20th floor after more than 10 minutes.

#### Distance

- Both runners in a team must maintain visual contact in the stairwell (not through the stairwell), from the 35th floor (steps made of stainless steel/checker plate) to the finish line, they must not be more than an arm's length apart.
- The slower runner must always be able to see his faster teammate !! • Marshals on each floor control distance.

### G

#### G26.3 (applies to fire service teams only)

- When registering on the day of the competition, you only have to show the G26.3
- NO G26.3 = NO start

### H

#### helmet cams

- Helmet cameras may only be used if they are attached to the helmet with the appropriate holder so firmly that they are secured against "falling off".
- "Do-it-yourself" brand mounts are not permitted.
- Cameras with a chest strap (e.g. GoPro) may be used, but must also be secured against "falling off" e.g. with a short sling!!
- All "attachments" are checked prior to launch...if they fail the "wobble test" they must be removed!





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## helmet lamps

- Helmet lamps are not permitted under any circumstances !! (You don't have to - the stairwell is well lit ...)

## M

### Music

- If you want to listen to music through headphones while running, you can do so...
- Please stow the playback device in such a way that it cannot fall out !!

## O

### Overtake

- Faster teams must not be impeded and must be allowed past the inside of the railing.
- This will be controlled by the marshals.

## P

### parking spaces

- On the day of the event, it is NOT permitted to park directly ON Alexanderplatz or directly IN FRONT OF the hotel, even for fire engines!!
- This parking ban applies to vehicles of any kind !!
- There are sufficient parking spaces around the hotel, some of which are subject to a charge. The multi-storey car park directly in front of the hotel can also be used for vehicles up to 2.10 m in height for a fee.

### Prices

- There is a trophy for the first 3 teams in each category and for the overall fastest.
- Each finisher also receives a prize.

### Press

- Press representatives please register at our press stand !!
- With the "press card" every press representative and photographer can move freely on the competition course, of course without hindering the teams. The "press card" does NOT entitle you to access the competition course from the 35th floor and the roof terrace or the finish area !!
- The "press card" is issued in limited numbers and against a deposit at our press stand.
- With the "roof authorization card" you have the opportunity to enter the competition course from the 35th floor, of course without hindering the teams. You can also use it to go to the roof terrace or the finish area to take photos there.





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- The "roof authorization card" is issued in a strictly limited edition on the 35th floor in the hotel at the elevators against a deposit.

### R

#### race numbers

- This year, the start numbers will be handed out the evening before the competition at the "Come-Together-Party" from 7.30 p.m. and on the day of the competition between 8.00 a.m. and 10.00 a.m. at the registration desk.
- The number of the starting block from the start list is also the number of the table where you can pick up your starting documents on the day of the competition !! (e.g. start in block 3 = starting documents at table 3).
- It is completely sufficient if only one team member picks up the starting number for the whole team and shows or hands in all necessary documents, thus we prevent unnecessary "crowds of people" !!
- The bib number **MUST** be attached to the right side of the jacket !!

#### 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 older than 100 years
- MIX a woman and a man (total age is not relevant)
- LADIES two women (total age is not relevant)
- POLIZEI guest starter (age and gender is not relevant)

#### Respirators

- Breathing apparatus will be provided for all teams from Berlin (Berlin fire brigade), if you have breathing masks, please bring them with you.
- All other teams must bring their own respirators and masks, regardless of whether they are normal or positive pressure, or steel or composite canisters.
- Breathing air tanks cannot be filled on site !!

#### result lists

- Due to the timing system, it is not possible to find out your final time during the competition.
- This is only available when the last team has crossed the finish line ... "old hands" already know this from the past years ...







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### roof / target area

- On the 35th floor, from the transition from the hotel to the stairwell to the finish area, only strictly limited "roof authorization cards" are issued against a deposit. These authorize access to the roof or the target area.

## S

### Shower

- Showers are located on the 3rd floor in the wellness center.
- Due to internal restructuring measures in the Park Inn and external rental of the wellness area by the Park Inn, €2.00 must be paid directly in the wellness area for the shower.

### starting blocks

- 11.00 am - Block 1, starts every 30 seconds.
- 11.45 am - Block 2, starts every 30 seconds.
- 12.30pm - block 3, departures every 30 seconds.
- 1:15 p.m. - block 4, departures every 30 seconds.
- 2:00 p.m. - Block 5, starts every 30 seconds.
- 2:45 p.m. - block 6, departures every 30 seconds.
- 3.30pm - "Fire Flys", start every 60 sec. (the 20 fastest teams from 2022)

### supporting program

We have an exciting and interesting supporting program ... so bring your family, friends, acquaintances, fans and comrades or colleagues with you !! e.g. • the height rescuers (HRD) of the Berlin fire brigade rappel down from the hotel roof all day long • the application office of the Berlin fire department is represented • etc.

## T

### team changes

- Team changes are no longer possible on the day of the competition !!

### Timing

- The teams start according to the start list and the block point at 11:00 a.m. at intervals of 30 seconds. Each team is responsible for appearing at the start on time. Shifts in the start order or changes to the start times are not possible.
- If a team misses the start, a late start is possible, but the start time according to the start list remains the same.
- The second competitor on a team to finish presses the buzzer (**big + red = conspicuous**) to stop the competition time.







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### Time schedule

- 08.00 am - Registration opens - collection of bib numbers / presentation of the G26.3
- 10.00 a.m. - registration closes - all documents **MUST** have been collected by then !!
- 10.15 am - official opening with race briefing
- 10.45 a.m. - Entry of the 1st starting block
- 11.00 am - Start of the 1st starting block - every 30 seconds
- 11.30 am - entry of the 2nd starting block
- 11:45 am - Start of block 2 - every 30 seconds
- 12:15 p.m. - Entry of the 3rd starting block
- 12.30pm - Start of block 3 - every 30 seconds
- 1:00 p.m. - Entry of the 4th starting block
- 1.15pm - Start of block 4 - every 30 seconds
- 1.45 pm - Entry of the 5th starting block
- 2:00 pm - Start of the 5th starting block - every 30 seconds
- 2.30 pm - Entry of the 6th star block
- 2.45pm - Start of block 6 - every 30 seconds
- 3.15 p.m. - Entry of the "Fire-Fly" starting block
- 3.30pm - Start of the "Fire-Fly" starting block - every 60 seconds
- approx. 4.15 p.m. - award ceremony

### training dates

- The "competition staircase" is available to us for training for 2 hours on the following days:
  - **Sunday, 16.04.2023, from 11 a.m**
  - **Sunday, 23.04.2023, from 11 a.m**
  - **Sunday, 30.04.2023, from 11 a.m**

- Changing facilities are available.
- Everyone will receive a separate email for the training dates in good time !!

### Our code of honor

On behalf of all participants, we promise that we will prove to be loyal participants in the competition. We will respect the rules and participate in a chivalrous spirit. For the glory of the sport and the honor of our teams.

### Questions & Contact

- by mail: [info@berlin-firefighter-stairrun.de](mailto:info@berlin-firefighter-stairrun.de)
- by phone: +49 177 33 69 151 (call, SMS, WhatsApp, Signal, Telegram)
- Registrations by mail or telephone are **NOT** possible !!

