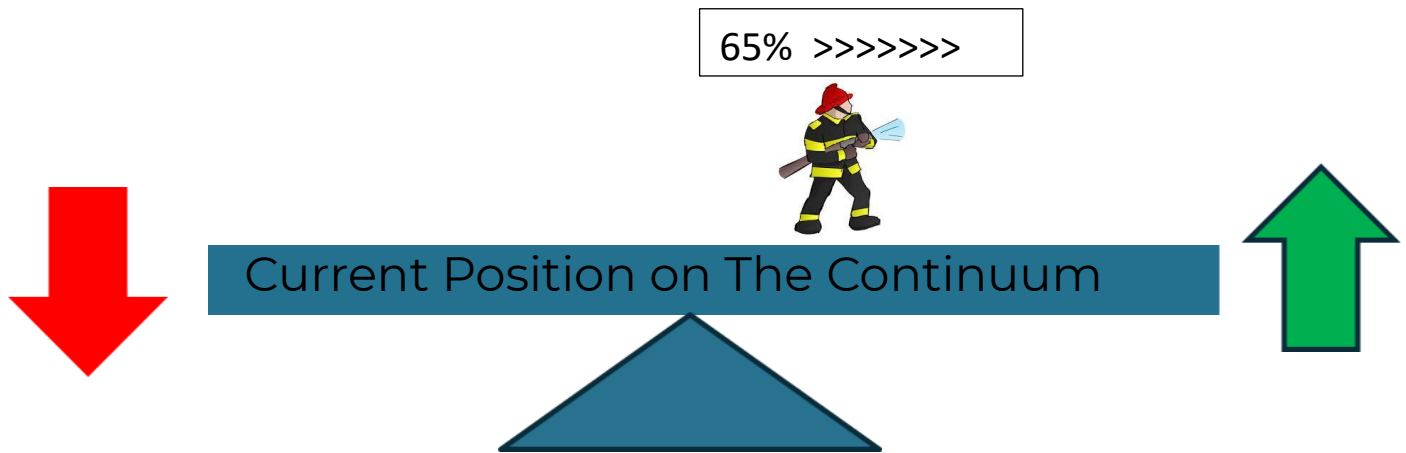
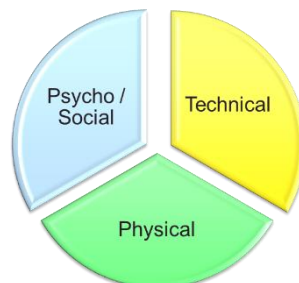


Fire Ground Performance Defined

Firefighter drill is a practice in advancing fireground performance, but often only encompasses an advance in the technical portion of human performance. Performance can and should be viewed on a continuum.



The continuum is not a static measure of where you are, rather it trends with your current state in each of the three influential domains. Here you can see an example, we'll consider this firefighter to be at 65% of his total potential. Where he may be considered a novice but fit firefighter. We would estimate his physical potential to be currently at 75%, his technical abilities to be at 50% and his psycho / social skills at 70%. For an overall rating at 65%. These are the domains that make up the High-Performance Continuum.



Technical can be thought of as our tactical capabilities and I have provided an annual drill schedule for you that should get you above 80% of your capabilities over time to any tactical situations you may encounter on the fire ground. The unknown 20% of performance can be enhanced by bolstering your physical and mental/moral game. Moral factors of cohesion, initiative, and adaptability ensure competent outcomes in uncertainty. Mastery of the basics is the focus of the drill plan, for mastery also empowers positive adaptation.

The technical domain for firefighters is often the most tangible domain to develop. However, I would be doing you a disservice if I did not mention the relevance of the psycho / social domain. As I have progressed throughout my career, I have noticed its relevance to my performance. First in recognizing my negative adaptations to stress, mostly anxiety in execution. Creates a sporadic movement at best and at worse passive nature in uncertainty. At the very least focus is interrupted, and focus is the father of flow. I have also noticed the need to recover from mental issues is found in the psycho / social domain. PTSD is a well-known issue in our ranks, we are just now paying credence to its impacts on our well-being. Imagine if we used the constructs of well being to thrive on the fire ground and bolster performance. Consider the opposite side of the spectrum, positive adaptations to stress.... increasing focus and leading to action-biased behaviors. These could be characterized as aggressive. A more resilient response would manifest and shaping opportunities realized. Resilience can be measured and grown with its positive adaptations being a skill found in human behavior. Firefighters can build these skills and should for we all see fire ground behavior opposite of resilient. Those behaviors can strip you of performance no matter how tactically sound your technical drill has led you. Whereas superior physical attributes coupled with psycho / social capabilities can unlock your next level of performance.