

TEXAS FIRE ACADEMY FLAC EXERCISE

FLAC Exercises Used

1. Jug Hook
2. STEX
3. Ethical Dilemma
4. Board Walk
5. Tower

Standard Timeframes

- Five minutes for briefing
 - Two minutes for instructor brief
 - One minute for questions
 - Two minutes for leader to brief subordinates
- Fifteen minutes for team to accomplish task
- Five minutes for AAR
- Five minutes for Coaches Corner critique

FLAC STATION DESCRIPTIONS

Jug Hook – Station One

- Required Items
 - Hook with three ropes attached (six feet in length)
 - Four one gallon water jugs with handles
 - Three blindfolds
 - Flagging
 - Open area with no obstacles
- FLAC Description
 - Task:
 - The leader will communicate to their team how to transport four jugs to designated locations. Three team members will be blindfolded. One team member will assist without a blindfold. The three blindfolded teammates will use the hook attached by three ropes, under the leader's direction, to hook the four one gallon jugs (one at a time) and transport them to four identified flagging rings. The distance to the flagging rings should be approximately 20 yards. The only time the three blindfolded teammates can touch each other, or be touched, is when they are guided to the FLAC starting point after being briefed. They are guided to the starting point while blindfolded. They can be situated in any way the leader decides. The three ropes will be placed in the hands of the blindfolded players. After ropes are in hand, no more touching is allowed. At this point the leader will direct them in their attempt to hook

the jug handle and transport it to the flagging rings. The process continues until all jugs are transported or time runs out.

- Rules:
 - No touching is allowed
 - They can only hold the rope (at any length)
 - They cannot touch the hook
 - They cannot touch the jugs
- Purpose:
 - To clearly communicate to a small group your intent while working through visual barriers. To build an element of trust in a short amount of time. To identify what style of leadership that was used when faced with this situation.

STEX Brief – Station Two

- Required Items
 - Two Observer/Controllers
 - One to brief the team – one to observe and roll play at the table
 - One location to create two field expedient sand models or provide sandtables.
 - One shovel and one pulaski are required.
 - Weatherproof map set of what needs to be represented on the sand models
 - Extra radio for initial briefer
 - Flagging (helpful not required)
- FLAC Description
 - Situation:
 - During a time of record fire activity in your area, a heavy dose of lightning ignited numerous new fires. There are two very high priority fires. One is threatening a community, and one has potential for large growth due to fuels and terrain.
 - Task:
 - Urgently proceed to ICP, construct two properly oriented sand models, ensure they have legends, and brief a concerned Chief on the situation.
 - Purpose:
 - The Chief needs to brief incoming resource on terrain and conditions in the areas of the two high priority fires and immediately direct resources to the field.
 - End State:
 - To be prepared to brief the Chief on legend/orientation of sand models in the given amount of time from you initial briefing.

- Training Objectives:
 - Apply communication concepts delivered in classroom, teamwork, assign team in accordance with their abilities, and effectively deal with time pressure.

Ethical Dilemma – Station Three

- Reference standard course FLAC titled “Search and Rescue Station.”

Board Walk – Station Four

- Reference standard course FLAC titled “4 x 4 Board Walk.”

Toxic Barrel Lift – Station Five

- Required Items
 - One 30-gallon drum
 - Three sections of rope approximately 5 feet long
- FLAC Description
 - Task:
 - The dilemma of this FLAC is to transport the barrel from one place to another, while navigating an obstacle. The team is provided three sections of rope to complete the task. (The rope should be lengths that might create the perception that the team will have to tie at least two sections together.)
 - Rules:
 - Team members are only able to use one hand at any time during the exercise.
 - At no time can the barrel be touched or come in contact with team member’s body. (The observer controller will need to develop additional obstacle specific rules.)
 - Penalty:
 - An individual that comes in contact with the barrel or uses two hands is removed from the exercise for 60 seconds.

Weather Contingent FLAC

Jug Hook

- 4 – One gallon milk jugs
- 4 – Bandanas
- 1 – Hook w/ three 6' lines attached
- Flat area under cover

Structure Triage / SAR Dilemma

- Child dummy
- Structure to simulate a house
- Role player

Blind Walk

- 4 – Bandanas
- Room w/ tables

Spider Web

- Role of chute cord
- 2 sturdy posts or trees under cover

Shuttle Board Walk

- 2 – Boards 4-5' long w/ 4 rope handles
- (2x6 or 4x4)
- Covered area with flat surface or room with concrete floor
- Chairs/tables for obstacles

Cadre AAR

- Brainstorming the problems/stations and materials at initial cadre meeting and then having a full day free later for 2 individuals to setup FLAC was good. Could have used another half day to dial-in the course.
- Allow O/C choice to build their own problem
- Get a stop watch for the FLAC Coordinator
- Do a field radio check from all stations
- Have clipboards for O/C forms
- Get large Ziplocs for O/C/ forms in case of rain
- Continue w/ FLAC Coordinator time tags but O/Cs need to track and validate in case of comms glitch
- Establish a clear radio message protocol for time tags
- Keep the classroom cadre at 3 instructors
- Allow 15 minutes for task completion instead of 10 minutes
- Add 5 minutes after the team AAR period for immediate O/C feedback