



# SOUTH BAY REGIONAL FIRE FIGHTER ACADEMY PREPARATION CLASS

## CLASS DESCRIPTION:

The Fire Academy Prep Course will prepare potential fire academy students with success in the Fire Academy. The preparation course will include lecture, reading assignments, homework assignments, student presentations, physical fitness training, and fire fighter skills hands on training. All prep course assignments will support the South Bay Regional Fire Academy curriculum.

## COURSE OBJECTIVES:

- 1) Introduce students to the fire service employment hiring process
  - a. Application Process
  - b. Written Exam Testing
  - c. Physical Agility Testing
  - d. Resume Preparation
  - e. Fire Service Interview
  - f. Background Investigation
  - g. Fire Service Organization
  - h. Fire Service Diversity
  - i. Station visits and agency research
  
- 2) Describe expectations for students attending Fire Academy
  - a. Academy Daily Routine
  - b. Physical Fitness Training Program
  - c. Uniform and Grooming Standards
  - d. Academy Policies, Procedures and Protocols
  - e. Fire Academy and Recruit Etiquette
  - f. Platoon drills, customs and courtesies
  
- 3) Introduce Fire Service Standards for a Fire Academy
  - a. State Fire Training Fire Fighter Course Curriculum
  - b. Learning Management Systems
  - c. Personal Protective Equipment
  - d. Firefighter Wellness, Healthy, and Safety
  
- 4) Introduction and demonstration of Fire Fighter Skills
  - a. Ropes and Tying Knots
  - b. Fire Hose, Rolls, and Loads
  - c. Donning Personal Protective Equipment
  - d. Self-Contained Breathing Apparatus and Fit Testing
  - e. Firefighter Fitness Conditioning
  - f. Fire Apparatus Familiarization
  - g. Site and Facility Orientations

## CLASS GENERAL INFO.

### DATES:

- 08/10/2024
- 08/11/2024
- 08/17/2024
- 08/18/2024
- 08/24/2024
- 08/25/2024

### COURSE:

- Amount of sessions will vary (approx.. 6-8 sessions) held Saturday – Sunday *\*Must attend all sessions*

### COST:

- \$199.00 (estimate only)  
*\*Fees are subject to change*



**REQUIRED ITEMS NEEDED:**

*(These items will be addressed at the information meeting prior to the start of the preparation class)*

- 1) Firefighter Candidate Exams (Barrons)
- 2) The Future Firefighter's Preparation Guide (Chief Steven Pziborowski)
- 3) Firefighter Functional Fitness (Dan Kerrigan & Jim Moss)
- 4) Other reading assignments as required
  - a. Must pass all assigned quizzes with 80% or greater

**TYPICAL OUT OF CLASS ASSIGNMENT:**

- 1) Students will be required to prepare a fire service employment resume in preparation for mock employment interviews
- 2) Students will be required to complete a sample background investigation packet consistent with a fire department employment hiring process

**TYPICAL READING ASSIGNMENT:**

- 1) Students will be required to complete a written report on a firefighter fatality investigation conducted by National Institute on Safety and Health (NIOSH) summarizing lessons learned and conduct class presentations
- 2) Students will be assigned class reading assignments to familiarize themselves with fire academy course content and taking quizzes
- 3) Students will be required to memorize and present the "Firefighter Code of Ethics", "10 Standard Fire Orders", "18 Wildland Watch-outs"

**TYPICAL HANDS-ON TRAINING AND SKILLS:**

- 1) Students will be required to participate in fire academy preparation drills, customs, and courtesies such as; recruit uniform inspections, flag etiquette, and daily academy ceremonies.
- 2) Students will be required to participate in physical fitness sessions. The fitness sessions will focus on job performance functions of a fire fighter. Sessions will include injury, prevention, proper body mechanics, flexibility, mobility, strength, and endurance building activities.
  - Examples:
    - 1.5 mile run in under 12 minutes
    - Stair climbs with 50lb gear, as required
    - Pushing, pulling or dragging 100-200 lbs of weight within a distance of 200 feet
    - Lift and carry 180lb dummy within a distance of 100 feet
    - Pushups, pullups, planking, squats, and body weight exercises
    - Other team building physical fitness activities
    - Lift/carry/move specified Fire Equipment
- 3) Students will be required to participate in mock fire department interviews. They will be expected to dress in "Business Attire", provide a resume, and perform an interview while being video recorded. This is intended to provide feedback for the students on interview skills required for being successful in a fire department hiring process.
- 4) Other related assignments required.