

# Explorer Post 116

The only Fire-Rescue Explorer Post in South Hampton Roads is Explorer Post 116. This opportunity gives students a chance to interact with professional firefighters and paramedics while learning about a career in public safety and emergency services. Exploring is available to students between the ages of 14 (must have completed 8th grade) or 15 to 20 years of age. Current high school students must maintain a “C” average and older members must have graduated high school or completed their GED.

What to expect during your time as an Explorer:

- Receiving training and certification in first aid and CPR
- Receiving instruction in basic firefighting operations
- Assist and attend Fire/EMS instructional shows/demonstrations
- Assist with recruit academy training and testing
- Provide first aid and safety standby at various events
- Compete in skill challenges locally and within the state

Meetings are the 1st and 3rd Thursday of every month at 1900HRS at the Norfolk Fire-Rescue Training Center, 7120 Granby Street. If you are interested in learning more about this program or becoming a part of Explorer Post 116, please contact: Post Advisor Chief Dan Norville at [nfrecruitment@norfolk.gov](mailto:nfrecruitment@norfolk.gov)

