

Training

WHAT TO EXPECT DURING FIREFIGHTER/EMT- ENHANCED RECRUIT TRAINING
FF/EMT-E recruits participate in the Tidewater Regional Fire Academy. Training is conducted to successfully complete the certification courses of EMT-Basic, EMT-Enhanced, Firefighter I and II, as well as additional specialized courses to prepare each recruit for extra ordinary situations. Academy training lasts approximately 7 months and consists of classroom, physical fitness, practical exercises, and field fire and medical experience. Recruits attend the academy Monday - Friday 7a.m. till 5 p.m. The hours may be altered as necessary, to facilitate training needs. Recruits commute daily between their residence and the training center.

CLASSROOM - Recruits receive quality classroom instruction in areas of EMT-B, EMT-E, Firefighter I, Firefighter II, Hazardous Materials Awareness and Operations, Vehicle Rescue, Rope Awareness, May Day Firefighter Down, Confined Space, Communicating with Children, Mass Casualty Incident and Emergency Vehicle Operation. Recruits receive weekly testing to assess their success in learning classroom materials. Recruits must meet or exceed minimum standards established by the academy, the Virginia Department of Fire Programs, and Virginia Office of EMS.

PHYSICAL FITNESS – Recruits begin every morning with intense and rigorous physical training related to fitness and health standards needed to perform the physically demanding aspects of fire suppression and emergency medical care. Daily exercise training includes both strength and aerobic conditioning: running, abdominal crunches, push-ups, mountain climbers, biceps and triceps exercises, and stretching. A physical fitness test is conducted three times over the span of the academy. The test involves a 1.5 mile timed run, maximum number of sit-ups in one minute, and maximum number of push-ups to exhaustion.

PRACTICAL EXERCISES -Recruits receive supervised practical instruction in the areas of medical and fire. On-site training with medical and trauma patient scenarios, intravenous therapy, airway techniques, medication administration, and off-site training in fire suppression activities including hose deployment, water supply, ladder operations, forcible entry, foam application, vehicle extrication, rope rescue and ventilation. Recruits are put in environments that test them mentally and physically to include working at heights above ground level to include roofs of varying pitches, fully extended aerial ladders that equal between an 8 and 10 story building, as well as environments that test claustrophobic reactions and limit classic sensory functions including restricted visibility and freedom of movement. Recruits receive weekly testing to assess their ability to successfully perform the required skills. Recruits must meet or exceed minimum standards established by the academy, the Virginia Department of Fire Program, and Virginia Office of EMS

FIELD EXPERIENCE - The recruits receive field experience within local emergency rooms, regional burn buildings and acquired structures. In the emergency room, patient assessments and advanced medical care to the EMT-Enhanced level is closely supervised by a Field Training Instructor. Valuable realistic fire evolutions take place under close supervision of fire officers and master firefighters.