



The Recruit Firefighter program is a 14 week resident course that focuses on developing the knowledge, skills and abilities needed for the newly hired career firefighter to perform entry-level tasks under direct supervision. The training consists of theory and practical skills development delivered on an incremental basis that will develop the maximum retention of job knowledge, skill competency, and safe practices. The recruit will establish a strong will for teamwork, company morale, self-discipline, and orderliness, precision and conduct to be a firefighter. Participation in daily Physical Fitness Training is required. Recruits will reside at the Connecticut Fire Academy weekdays throughout the course. The recruits are expected to satisfactorily perform both academically and physically to established standards while strictly adhering and maintaining decorum of conduct, discipline and mutual respect.

The Recruit Firefighter program at the Connecticut Fire Academy has been approved for Veterans educational benefits.

Course fee includes tuition, student manuals, lodging, required clothing, breakfast and lunch.

NFPA 1971 compliant Structural Firefighting Protective Clothing (PPE) with SCBA and 2 additional spare bottles is required.

Training prerequisites consist of:

- The applicant is at least 18 years of age, has a high school diploma or GED, and has the general capacity for adult learning.
- The applicant is an employee of the Fire Department or affiliated as a member or volunteer of the Fire Department for minimum of 6 months.
- The applicant has documented proof of meeting the fire department's Medical and Physical Fitness requirements.
- The applicant is emotionally fit to perform firefighting evolutions without special considerations, and where applicable, to meet the 29 CFR 1910.134 standard for the use of respirators (Self Contained Breathing Apparatus).

Recommended prerequisites:

- EMS training
- NIMS for the Fire Service
- NIMS 700

Medical training is offered at CFA if needed.

NIMS related courses can only be delivered online through the National Fire Academy web site.

Application for the Program is available on the Connecticut Fire Academy web site approximately one month prior to the scheduled start of the Recruit Class.

For application – go to:

Commission on Fire Prevention and Control web site:

<http://www.ct.gov/cfpc/site/default.asp>

Training and Education page

Recruit Application Package

For questions Email: CFPCRecruit@ct.gov



The Recruit Firefighter training program meets the following NFPA standards listed below:

NFPA 1001: Standard for Fire Fighter Professional Qualifications

- This standard identifies the minimum requirements for firefighter candidates, and for those at the Firefighter I and Firefighter II levels. It requires familiarity with specific procedures, equipment, and conditions outlined in the standard. This standard is used as the basis for the curriculum of the Recruit Firefighter Program that exceeds the minimum requirements of the **Firefighter I and Firefighter II levels**.

NFPA 472: Standard for Competence of Responders to Hazardous Materials/Weapons of Mass Destruction Incidents

- Recruits are trained to the competency requirements of this standard for responders to hazardous materials incidents at the **Operational level**.

After successful completion of the above requirements, the Recruit is tested and certified to NFPA 1001 Firefighter II level. After successful completion of the Recruit Firefighter Program requirements, the Recruit will receive a Recruit Firefighter Program course completion certificate.

Other NFPA related training

NFPA 1670: Standard on Operations and Training for Technical Search and Rescue Incidents

The standard outlines the level of “functional capability” for those who respond to technical search and rescue incidents. **Awareness level** training is delivered with the goal of teaching the recruits how to conduct operations safely and effectively while minimizing threats to rescuers. Awareness level training is delivered for Surface Water, Trench, Rope, Collapse and Wilderness Search and Rescue operations.

NFPA 1006: Standard for Technical Rescuer Professional Qualifications

Also known as **Rescue Technician CORE**, the course is designed to enhance the Recruit’s ability to perform critical skill sets to meet the intent of NFPA 1006 General Requirements (Chapter 5) in the field of technical rescue and is the starting point for the new rescue technician.

NFPA 1407: Standard for Fire Service Rapid Intervention Crews

The Recruit Firefighter Program’s **Firefighter Safety & Survival and Rapid Intervention Team** course is intended to develop the skills and knowledge to perform self-rescue and find and remove a trapped firefighter from a burning building. The course meets the Job Performance Requirements outlined in the standard.

Other courses delivered during the program:

- Diversity and Autism
- Basic Pump Operator
- Truck Company Operations
- Introduction to Fire Investigation
- Handling Elevator & Escalator Emergencies
- NFA - Courage to be Safe
- NFA - Calling the Mayday
- Handling Utility Emergencies
- CPR/AED (BLS for Healthcare Providers)
- Reading Smoke in Fire Buildings
- Introduction to Thermal Imaging Cameras
- So You’re in the Front Seat Today
- OSHA Complainant Confined Space Rescue
- Basic Report Writing / NIFRS
- Firefighter Nutrition & Motivation for a Healthy Career
- Basic First Aid (Heartsavers)



Physical Training Program Overview

Our Physical Training (PT) program is designed for firefighters and incorporates a range and continuum of job performance activities. It is a highly disciplined atmosphere that will prepare the recruit for both their academy and fire service responsibilities. The program begins with a general overview, in a classroom orientation fashion, and includes information pertaining to physical fitness, job stresses, health issues, and sports injuries. That initial orientation will also describe the base-line testing, the schedule, and how the program advances during the entire recruit PT program. All recruits will then be physically and mentally trained in a number of ways throughout the program to approximate the knowledge, skills, and abilities required of firefighters in the modern fire service.

PT Class Schedule

Daily Focus Areas:

Mondays & Thursdays

Predominantly Strength and Endurance

Tuesdays & Fridays

Predominantly Cardio Respiratory

Wednesdays

Functional Training or Aquatic program

Field-Level Testing (which is covered over a two day period)

1st week, 7th or 8th week (the middle of the schedule), and the 14th week

Daily Requirements:

This is a highly structured, well-developed, and rigorous component of the Recruit Program that requires strong effort. PT classes are generally scheduled for 60 minutes. They begin at 0800 hours, except for the week of Night Fire Training. During the first three nights of that week, which is usually around week 8 or 9, PT classes will begin at 1500. Recruits will be notified in advance of any other changes to the schedule, changes in the start times, or adjustments to the length of the delivery of the material.

Recruits are required to be prepared before the start of each class. The training day will begin with a Personnel Accountability Report (PAR) and a readiness check. The PAR and Readiness Checks confirm that all recruits are accounted for, are clean shaven, have full water bottles, and have prepared and staged all needed equipment.

- ❖ Advance preparation for the rigors of Physical Training is highly recommended. For information please refer to the Physical Training document provided in the Recruit Firefighter Program Application Packet or contact the Recruit Program Coordinators at the email listed above.