



Firefighter for a Day Toolkit

Overview

Firefighter for a day (FF4AD) is a one day intensive course where young people work as part of a team in a structured fire and rescue service environment.

These young people will learn new skills and put these into practice as a group and in small teams.

During the day the young people will develop their understanding of / skills in the following:

- Working together / teamwork
- Having respect for others
- The need for rules and adhering to them
- Leadership skills

They will also increase their self-esteem and self-confidence.

Course Content

Students may undertake any of the following activities:

- Hose running
- Use of water jets
- Road traffic collision (RTC) procedures
- Breathing Apparatus procedures
- Communication skills

The Instructors

The course is delivered by firefighters from the local Fire and Rescue Service. They will use their own skills to teach students how to use water jets, hose, breathing apparatus and RTC equipment as well as the potential consequences resulting from road traffic collisions.

The Instructors set ground rules for the day and ensure that all attendees are treated with fairness and dignity as per the Service's own policies. This promotes an environment of dignity and respect amongst staff and students.

Any instances of unacceptable, inappropriate or unsafe behaviour will be recorded and reported to the School Liaison officer / referring agency or partner.



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Location and timings

Courses can be run at any fire station. Services to enter the necessary contact details here.

The day should start at 9am prompt and finishes at approximately 3.30pm.

Personal Clothing

The day is very practical and at times students could be working quite hard therefore it is advised that students wear comfortable clothing i.e. jeans/joggers, T-shirt and a warm top. Training shoes are ideal footwear for moving around the communal areas of the station. A change of clothes may also be a consideration.

Safety Clothing

For the practical sessions the students should be issued steel toe capped fire boots, fire tunic, fire leggings, fire helmet, gloves and safety glasses (where appropriate). Services should stock a selection of sized clothing and to ensure that the right size is available for every child should ensure every student returns kit sizing form prior to the course.

Refreshments

Students should be asked to provide their own food. Most stations will have kitchen facilities to keep food safe and fresh and should also be able to provide tea, coffee, water etc. at a nominal cost to the Service.

Transport

Students should be dropped off at and picked up from the events location.

Other Considerations?

Services should determine where they wish to take nominations from and ensure that all the relevant paperwork is completed prior to starting the course.

For the day to be successful, and for everyone to enjoy and learn from it, each young person needs to feel able to be open and contribute fully without fear that what they are saying will be talked about outside of the room.



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Further, the students may hear things during the day about other people that are, and should always remain, confidential to the students and staff there unless it relates to child protection issues or to further offending – in which case there is a duty to pass that information on to the relevant agency.

Ground Rules

For everyone to feel safe to talk openly, and for the group to run smoothly, it is essential that each person who attends agrees and abides to a set of basic ground rules. These will be explained by the team when you meet to make sure you both understand and agree to keep to them. They are:

- Everyone to participate to the best of their ability
- Information is confidential to the group (see above)
- No mobile phones on during the day
- Use polite language – no discriminatory language, no abuse, no swearing
- Be as open and as honest as you can
- Let everyone have their say – don't talk over someone else
- Smoking is not acceptable in the building
- Drinking and eating is only permitted at break times
- No hoods or hats to be worn during the day
- No drugs, alcohol or weapons should be brought to the day (or this may result in the involvement of the police)
- Be respectful of everyone during the day

I understand the ground rules and am happy to abide by them in the Group

Signed (young person)

Signed (parent/guardian)

Signed (Firefighter for a Day Instructor)

Dated



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Parental Consent Form

Name:

Age & date of birth:

Date/s attending:

Please answer the following: Is the above named		YES	NO
a)	Currently taking any form of medication?		
	If YES , please give details:		
b)	Undergone surgery within the last year?		
	If YES , please give details:		
c)	Suffer from any complaint which may cause a hazard either to Him/herself or to those working with him/her?		
	If YES , please give details:		
d)	Suffer from any food allergy that may result in a severe reaction		
	If YES , please give details		
d)	Suffer from any respiratory condition? i.e. asthma		
	If YES , please give details:		
e)	Do you object for any photographs that may be taken of your child/children to be used for publicity purposes?		

In the event of an emergency, please state the name, address and telephone numbers of who should be contacted

Name:					
Address:					
Home No:		Mobile No:		Work No:	

Please confirm that you accept this statement by signing and returning this form immediately to your parent, guardian or youth worker

Name:		Date:	
Parent/Guardian:		Date:	



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Fire Kit Sizing Form

To assist the Instructors it is important to get kit sized and ready for the start of the course.

Please circle the required size for the various items and forward the form to Haslemere Fire station at least one week before the course begins.

Name: _____

Date/s attending: _____

Fire Tunic	Small (??)	Medium (??)	Large (??)		
Fire Leggings	Small (??)	Medium (77)	Large (82)		
Fire Gloves	Small	Medium	Large		
Fire Boots	3	4	5	6	6.5
	7	8	9	9.5	10
Fire Helmet	Size adjustable				