



Firefighter for a Day Toolkit

Timetable

This timetable has been created to assist you with running a 1 day Fire fighter for a day course.

- 09.00 Students arrive at station.
- 09.00 – 0920 Introduction to the fire-fighters, H&S brief and the location of the station amenities – toilets, rest room for breaks etc. Set out the ground rules
- 09.20 – 09.45 Ice Breaking Exercise to give the students a chance to get to know each other by name.

Ice Breaking Exercises

Game 1 - Get the students in a circle, and throw a ball to one of them, and ask them to tell the group 4 things about themselves E.g. Name, hobbies, pets name, where they live, get them to throw the ball to someone else until everyone has done the same thing twice, then ask them to throw the ball to another person but this time they have to say at least two things about that person they have thrown the ball to. By the end they should have a good idea of the names of other students, and so should you.

Game 2 - Get them to pair up and tell the other four things about themselves, and then get the group back together and get them to tell the others in the group about that person.

This should only take about 10 minutes, as a bit more team building gets them to do a task.

Game 3 - Get 1 bucket with some water in it and one long GP line. Split the group into two. Put the bucket in the middle and ask the group to imagine that the bucket is in the middle of a deep ravine balance on a pillar. They must get it to the side without spilling it. This is done by throwing the line across then back again, so the line is on either side of the bucket, it then just needs twisting until its tight around the bucket so it can be lifted.

Game 4 - Take the long line and put in knots at equal distances if you have a team of six put in six knots.

Ask the students to all hold one knot, now they have to undo all of the knots without any of them letting go of the line.

These are only suggestions you may have better ones!



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Team Building Exercises

- 09.45 – 1015 Kit Up Blindfolded

A fun way to do this is to pair up the students give out the kit and place the kit at 3 different stages on the ground in a straight line, boots and leggings together, tunic, helmet and gloves, so if you have 8 students you will have 4 lines of kit and one line of paired up students. One person will wear a flash hood backwards as a blindfold, and the other person will lead, the aim is for the person in a blindfold to be led by their partner, to try and be the first one to be kitted up, then repeat the process so everyone is ready and in their kit.

- 10.15 – 1040 Knots and Lines

Split the group into two teams, and teach the basic knots, clove hitch round turn and two half hitches, and a bowline on themselves.

- 10.40- 11.00. Break time.

- 11.00 – 11.25 Knots and lines competition

Get the teams in two lines and tell them it's a competition, as each person comes forward ask them to tie a knot, as soon as they have done it correctly they go to the back of the line and the next person takes a turn, until everyone in one team has finished and have won the competition.

- 11.30 – 12.30 BA and Hose Running

Keep the students in their teams. This can only be done with 12 ½ meter 45mm Dutch rolled hose!

Team 1 - Hose running. Show the students how to roll out the hose, under run it, and make it up - then get the students to do two dry runs as practice. Build on this and next get them to do one delivery of two lengths with a branch, again as a dry run, and demonstrate how to hold the branch. This should be followed by a wet drill, preferably using a pump but a hydrant can be used if a pump is not available. A fire fighter must be in charge of the pump or hydrant but let everyone have a go on the branch.

Once this has been done do a timed run, and set up a target time to finish in with all the gear made up. If time is available show the students round the appliance, concentrating on the RTC equipment.

Team 2 - BA. Give an explanation of the BA set, and explain and demonstrate search procedures. Let the students put the face mask on to check they don't have a problem with it. The drill will be to find a



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baby casualty dummy whilst wearing a BA set (not under air) and blindfolded. Get them to work in pairs and change over as the BA teams come out.

If time is available get them to do a further team building exercise. Lay out a salvage sheet and get the students to all stand on it and see how many times they can fold it in half without getting off.

- 12.30 - 13.15 Lunch. Use the break to play fire safety videos - Hoax calls etc.
- 13.15 – 14.15 Swap team 1 and team 2 around and complete the second exercise from the morning session.
- 14.15 14.40 Break
- 14.40-15.20 RTC Drill

Place a dummy under a car and place a cup of water on the roof, the aim is to raise all four wheels off the ground and rescue the casualty without spilling the water. This is to be a fully assisted drill with Fire-Fighters giving one to one instruction. Get the students to set up an equipment dump, talk them through the reason for stabilisation and assist them in setting up the air bags. Get all of the chocks and blocks ready and start to lift the car with one team to do each side of the car and then swap them over. Pay special attention to where fingers are at all times and ensure that visors are down. As soon as all the wheels are off the ground the drill is complete. Everyone should assist in making up the equipment.

NB. If the operational crew are being used on this drill and they get called away, leaving insufficient supervision, the drill must be stopped and an alternative activity arranged.

- 15.20 – 15.30 The students to change into their own clothes.
- 15.30 The students to be presented with their certificates. Parents (etc.) can be invited to this part of the day to recognise fully the efforts that the students have put into the day

It is important to get feedback from students to see how future events can be improved. Evaluation sheets should be provided (and preferably collected) before the students depart. In addition a brief report on the day could be prepared to ensure information on the activities being undertaken by the Service is available as required.

N.B. The skills learnt at events like FF4AD are intended to help steer young people away from activities such as starting deliberate fires. However the above programme can be tailored according to each FRS needs. It may be that additional input can be provided in the lunch break about the particular issues caused to the Service / Community / Environment by accidental / deliberate fire setting or one of the activities substituted for a more suitable one.