

CAMP FFIT MASTER SCHEDULE - FRIDAY October 14 (A on shift)

Time	Activity/Evolution	Resources	Instructor	Notes
08:30:00	Welcome, check-in, safety briefing		Chief, Association rep, introduction all staff/volunteers; safety briefing by Chief of Training	
9:00	Warm-up and icebreakers			
09:30:00	PE FireFit session	Stair tower		
10:30:00	Break			
10:45:00	Distribution of PPE and “how to don” session.	Bunker gear		
12:00:00	Lunch	Speaker		
01:00:00	1) Hydrant catch (Platoons A&B) 2) Ropes and knots (Platoons C&D)			
01:45:00	1) Hydrant catch (C&D) 2) Ropes and knots (A&B)			
02:30:00	Intro to SCBA; SCBA familiarization	Whole group. Indoor stair tower, small obstacle course		
04:00:00	Debrief and clean-up, cylinder fill			

SATURDAY October 15 (C on shift)

Time	Activity/Evolution	Resources	Volunteers	Notes
08:30:00	Welcome and rules reminder			
08:45	1) 7m Ladder Carry/Raise (B) 2) Search and Rescue (C) 3) Aerial Ladder Climb (D) 4) Hose Advance (A)			
10:00:00	Break			
10:15:00	1) 7m Ladder Carry/Raise (C) 2) Search and Rescue (D) 3) Aerial Ladder Climb (A) 4) Hose Advance (B)			
11:30:00	Medical call demonstration – patient removal from MVA			
12:00:00	Lunch			
01:00:00	1) 7m Ladder Carry/Raise (D) 2) Search and Rescue (A) 3) Aerial Ladder Climb (B) 4) Hose Advance (C)			
02:15:00	Break			
02:30:00	1) 7m Ladder Carry/Raise (A) 2) Search and Rescue (B) 3) Aerial Ladder Climb (C) 4) Hose Advance (D)			
03:45:00	Break: Group photo op			
04:00:00	Debrief and clean-up, participants to be picked up by 4:30			

SUNDAY October 18 (A platoon on shift)

Time	Activity/Evolution	Resources	Volunteers	Notes
08:30:00	Check-in and rules reminder			
08:45	Speakers: Fire Prevention and Communications	Classroom, Dispatch control room.		Divid into 2 groups for 30 min each; each speaker goes twice
09:30:00	Visit by Rescue 4			
10:00:00	1) Auto Ex demo (C&B) 2) Confidence Maze and Firefighter Survival (A&D)			
11:15:00	1) Auto Extrication demo (A&D) 2) Confidence Maze and Firefighter Survival (C&B)			
12:30:00	Lunch			
01:30:00	Fitness and wellness speaker			
02:30:00	Break			
02:45:00	Evaluation of program			
03:00:00	Presentation of photos and congratulations, family members invited to see facility, return bunker gear			
04:00:00	Participants go home			