Week 1 – Tue Jan 06
Cycle 1: Response Fundamentals

Topic(s): Fireground Basics, ICS basics, PPE (for all disciplines)

References
RVFRSO response & ICS standards
NFPA 1001/1021 (company officer & firefighter prof. quals)
Agency SOGs on PPE & initial attack

Training Objectives:
• Describe the basic ICS structure used on first-alarm incidents and correctly identify their role and radio designator per RVFRSO standards.
• Demonstrate proper donning, doffing, and inspection of required PPE for fire, EMS, and support roles, consistent with RVFRSO and NFPA guidance.
• Apply response fundamentals (size-up, crew briefing, task-location-objective) during simple scenario walk-throughs.

Lesson Outline (1800–2100)
1800–1815 – Welcome & Safety Briefing
Roll call, expectations, accountability.
Review PPE policy and “zero tolerance” on minimum PPE for tasks.

1815–1845 – Classroom: Response & ICS Basics
First-due priorities, CAN reports, and initial size-up.
ICS roles for typical structure fire, MVC, and wildland responses.

1845–1915 – Classroom: PPE Basics
PPE components by discipline (structural, wildland, EMS, traffic).
Inspection points, contamination concerns, replacement criteria.

1915–2045 – Practical Stations
Station 1: ICS tabletop – run-through of assignments on multiple incident types.
Station 2: PPE inspection & donning drills (timed benchmarks).
Station 3: Front-yard briefing drills (TLO format).

2045–2100 – Debrief & Documentation
Group debrief; capture attendance and skill completion.

Evaluation: Instructor questioning, PPE skills sign-off, ICS communication accuracy.
Safety / Logistics: Full PPE use, hydration, clean-cab practices.

Week 2 – Tue Jan 13
Cycle 1: Response Fundamentals

Topic(s): SCBA Familiarization & Safety Checks

References:
RVFRSO respiratory protection standards
NFPA 1404 (SCBA Use), NFPA 1500 (Safety)

Training Objectives:
• Perform a full pre-use SCBA inspection following RVFRSO and manufacturer requirements.
• Don and doff SCBA efficiently while maintaining situational awareness and crew coordination.
• Accurately record SCBA use, cylinder pressures, deficiencies, and maintenance needs.

Lesson Outline (1800–2100)
1800–1820 – Intro & Safety
Respiratory hazards, entanglement risks, emergency procedures.

1820–1850 – Classroom: SCBA Policy & Failures
Review RVFRSO respiratory protection policy.
Case studies: near misses and LODDs tied to SCBA failures.

1850–1920 – Hands-On Familiarization
Components: regulator, harness, cylinder, HUD, PASS.
Cylinder swaps, donning adjustments, pre-use inspections.

1920–2045 – Practical Stations
Station 1: Donning/doffing time standards.
Station 2: Low-visibility movement (search lanes or blackout masks).
Station 3: Documentation and defect reporting practical.

2045–2100 – Debrief
Review common errors, reinforce emergency procedures.

Evaluation: SCBA checklists, donning performance, documentation accuracy.
Safety / Logistics: Controlled “low-air” simulation only; cylinder checks prior to training.

Week 3 – Tue Jan 20
Cycle 1: EMS Dedicated

Topic(s): BLS Airway Management & BVM Fundamentals

References:
JC EMS Standing Orders: Airway management, arrest care
AHA BLS guidelines

Training Objectives:
• Select and size OPA and NPA adjuncts per JC EMS SOs.
• Demonstrate effective BVM ventilation (rate, seal, volume) on adult, child, and infant manikins.
• Integrate airway management into team-based cardiac arrest operations using closed-loop communication.

Lesson Outline (1800–2100)
1800–1815 – Intro & Infection Control
Standard precautions, sharps, suction hygiene.

1815–1845 – Classroom Review
Airway Standing Orders: indications, contraindications, troubleshooting.
Importance of avoiding hyperventilation.

1845–1930 – Skills Stations
Station 1: OPA/NPA sizing and insertion.
Station 2: One-person BVM with proper mask seal.
Station 3: Two-person BVM (E-C clamp technique).

1930–2045 – Team-Based Scenarios
Arrest simulations: adult arrest, overdose respiratory failure, pediatric distress.
Assignments: compressor, airway, meds, recorder.

2045–2100 – Debrief & Cleanup
Scenario review referencing JC EMS SOs.

Evaluation: Skills sheets for adjunct placement and ventilation quality.
Safety / Logistics: Disposable training masks; disinfect equipment after use.

Week 4 – Tue Jan 27
Cycle 1: Response Fundamentals

Topic(s): Hydrant Familiarization & Water Supply Support

References:
RVFRSO water supply SOGs
NFPA 291

Training Objectives:
• Identify hydrant components and demonstrate safe flowing, flushing, and shutdown procedures.
• Establish water supply from hydrant to engine using forward and reverse lays.
• Support hydrant firefighter functions including communication, line management, and traffic control.

Lesson Outline (1800–2100)
1800–1815 – Safety Review
Traffic hazards, pinch points, hand signals, hose handling.

1815–1845 – Classroom Concepts
Hydrant types, seasonal considerations, pressure issues.

1845–1930 – Hydrant Operations
Cap removal, operating stems, flushing, flowing, steamer use.

1930–2045 – Water Supply Evolutions
Evolution 1: Forward lay to engine.
Evolution 2: Reverse lay to hydrant.
Evolution 3: Hydrant firefighter workflow simulation.

2045–2100 – Debrief
Review communication efficiency and safety.

Evaluation: Hydrant operation checklist and instructor observation.
Safety / Logistics: High-visibility vests and cones.

Week 5 – Tue Feb 03
Cycle 1: Response Fundamentals

Topic(s): Hose Rolls, Carries, Deployment, Rebed

References:
RVFRSO engine company operations
NFPA 1410

Training Objectives:
• Demonstrate standardized hose rolls and carries used in district operations.
• Deploy preconnected lines and supply lines meeting quality and time expectations.
• Rebed hose properly according to apparatus-specific loads.

Lesson Outline (1800–2100)
1800–1820 – Intro & Overview
Hose types, lengths, loads, and deployment strategies.

1820–1900 – Rolls & Carries
Straight roll, donut roll, twin donut, shoulder loads, drag techniques.

1900–2030 – Deployment Drills
Front-door stretch, courtyard stretch, long lays, supply lay operations.

2030–2100 – Rebed & Inspection
Crews rebed loads; instructors check for correctness and neatness.

Evaluation: Timed evolutions and load-quality inspection.
Safety / Logistics: Avoid overexertion; monitor footing.

Week 6 – Tue Feb 10
Cycle 1: EMS Dedicated

Topic(s): High-Performance CPR Refresher

References:
JC EMS Standing Orders: Cardiac arrest
AHA resuscitation guidelines

Training Objectives:
• Describe JC EMS Standing Orders for adult cardiac arrest and rhythm-specific interventions.
• Perform high-performance CPR with high compression fraction and minimal interruptions.
• Conduct full pre-response equipment checks (monitor/defib, airway kit, suction, meds).

Lesson Outline (1800–2100)
1800–1830 – Classroom Review
Shockable vs non-shockable pathways; early defibrillation; teamwork.

1830–1900 – Equipment Readiness
Crew-based check of arrest bag, monitor, airway equipment.

1900–2030 – Skills Stations
Station 1: Compression practice with feedback devices.
Station 2: Airway/BVM integration.
Station 3: Full pit-crew cycles with roles.

2030–2100 – Full Scenarios & Debrief
Run complete scenarios with emphasis on transitions and communication.

Evaluation: CPR quality metrics, adherence to orders.
Safety / Logistics: Monitor fatigue; disinfect equipment.

Week 7 – Tue Feb 17
Cycle 1: Response Fundamentals

Topic(s): Radio Updates (2026) & ICS Communications

References:
RVFRSO radio SOGs
ICS/NIMS guidance

Training Objectives:
• Configure and operate radios using updated 2026 zones and interoperability channels.
• Deliver clear arrival, CAN, and PAR reports.
• Demonstrate disciplined radio traffic and ICS terminology during simulations.

Lesson Outline (1800–2100)
1800–1830 – Classroom
New talkgroups, emergency button, channel plan updates.

1830–1900 – ICS Messaging Review
Arrival report components; CAN format; PAR triggers.

1900–2045 – Radio Scenarios
Dispatch-style drills with units giving reports under evolving conditions.

2045–2100 – Debrief
Identify clarity issues and fix terminology errors.

Evaluation: Clarity, accuracy, brevity of radio messages.
Safety / Logistics: Use training channels only.

Week 8 – Tue Feb 24
Cycle 1: Response Fundamentals

Topic(s): Full Refresh & Drill Preparation

Training Objectives:
• Demonstrate retained competency in PPE, SCBA, hose deployment, water supply, radios, and basic EMS skills.
• Identify individual/crew gaps prior to Saturday's regional drill.
• Perform integrated fire/EMS sequences under ICS direction.

Lesson Outline (1800–2100)
1800–1830 – Drill Preview
Expectations, assignments, safety processes, ICS structure to be used.

1830–1930 – Rotating Refresher Stations
PPE/SCBA checks; hose deployment quick hits; airway/BVM review; radio practice.

1930–2045 – Integrated Mini-Scenarios
Multi-discipline evolutions blending fire attack, search, water supply, EMS tasks.

2045–2100 – Debrief
Identify gaps and finalize drill-day assignments.

Evaluation: Readiness indicators per instructor checklist.
Safety / Logistics: Low-stress polish; ensure apparatus readiness.

Week 9 – Sat Feb 28
Cycle 1: Regional Response Fundamentals Drill

References:
RVFRSO regional drill guidelines
JC EMS Standing Orders
NFPA 1410

Training Objectives:
• Operate within full regional ICS structure including Divisions, Groups, Safety, and Accountability.
• Execute hose deployment, water supply, and initial attack tasks with multi-agency crews.
• Integrate BLS skills (CPR, airway, trauma care) into fireground operations.

Drill Outline (0900–1300)
0900–0915 – Briefing & Safety
Review ICS chart, assignments, comms plan, rehab process.

0915–1030 – Rotating Skill Stations
Water supply, hose deployment, EMS care adjacent to fireground.

1030–1230 – Full-Scale Evolutions
Multi-company scenarios using realistic ICS roles and cross-agency teamwork.

1230–1300 – Hotwash
Cross-agency improvement discussion; after-action capture.

Evaluation: ICS evaluator notes, skills performance, communication quality.
Safety / Logistics: Rehab, EMS coverage, clear traffic control plan.