



Recruit Class # 17 Schedule

Week # 1
May 5, 2025 to May 8, 2025

	Monday		Tuesday		Wednesday		Thursday	
	May 5, 2025		May 6, 2025		May 7, 2025		May 8, 2025	
INSTRUCTOR(S)	Matthew Baker		Matthew Baker		Matthew Baker		Matthew Baker	
	Jason Hensell		Jason Hensell		Jason Hensell		Jason Hensell	
	Kelly Whitacre		Kelly Whitacre		Kelly Whitacre		Kelly Whitacre	
LOCATION	Training Annex		OneLife Fitness		Training Annex		Training Annex	
MORNING SESSION	0700	Meet the Training Staff	0700	Physical Fitness Expectatons /	0700	Station Tours	0700	Station Tours
	0800	HR Orientation & Benefits Meeting		Measurements and Group Activities				
	1100	Fire and Rescue Staff Welcome						
AFTERNOON SESSION	1300	Recruit Class Overview /	1300	Administrative Matters			1400	EMT Course Registration
		Distribution of Course Materials					1430	Competency and Clinical Rotations
								Documentation Training
HW / QUIZ								

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 2
May 12, 2025 to May 15, 2025

	Monday		Tuesday		Wednesday		Thursday	
	May 12, 2025		May 13, 2025		May 14, 2025		May 15, 2025	
INSTRUCTOR(S)								
LOCATION	Training Annex		Training Annex		Training Annex			
MORNING SESSION	0900	American Heart Association - BLS Providers Course	0900	LECTURE : Wprlforce Safety and Wellness, Infection Control Policy and Procedures	0900	LECTURE : Human Anatomy and Physiology	0900	LECTURE : Life Span Development
			1030	PRACTICAL : Infection Control * Donning / Doffing Gloves and Handwashing			1000	LECTURE : Medical, Legal and Ethical Issues of EMS
			1100	LECTURE : Communications and Documentation				
AFTERNOON SESSION	1400	LECTURE : EMS Systems	1300	Cont. LECTURE : Communications and Documentation	1300	Cont. LECTURE : Human Anatomy and Physiology	1300	LECTURE : A Team Approach to Healthcare
	1500	LECTURE : Transportation Operations	1430	PRACTICAL : Communications and Documentation * Using a mobile radio * Report to medical staff at receiving facility * Report to an ALS provider * Written Patient Care Report	1500	LAB : Physiology of Heart and Lungs	1430	LECTURE : Patients with Special Challenges
			1530	LECTURE: Medical Terminology			1530	LECTURE : Lifting and Moving Patients
HW / QUIZ			Quiz # 1 (due 1700 - May 18, 2025)		Quiz # 2 (due 1700 - May 18, 2025)		Quiz # 3 (due 1700 - May 18, 2025)	

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 3
May 19, 2025 to May 22, 2025

	Monday		Tuesday		Wednesday		Thursday	
	May 19, 2025		May 20, 2025		May 21, 2025		May 22, 2025	
INSTRUCTOR(S)								
LOCATION	Winchester / Frederick County Training Center		Training Annex		Winchester / Frederick County Training Center		Training Annex	
MORNING SESSION	0900	PRACTICAL : Lifting and Moving Patients <i>* Using a patient stretcher</i> <i>* Performing the extremity carry</i> <i>* Positioning an unconscious patient on the floor</i> <i>* Restraining a patient</i> <i>* Transferring patient to the hospital stretcher</i> <i>* Immobilizing a patient to a long backboard</i> <i>* Rapidly extricating a patient and immobilizing them a long backboard</i>	0900	MODULE EXAM : Preparatory	0900	EVALUATIONS : Airway Management, Lifting and Moving Patients	0900	LECTURE : Patient Assessment - Primary Assessment, Vital Signs Assessment
			1000	LECTURE / PRACTICAL : Airway Management <i>* Opening the airway (head - tilt / chin lift and modified jaw thrust)</i> <i>* Inserting an oral airway</i> <i>* Inserting a nasal airway</i> <i>* Inserting an i-Gel supraglottic airway</i> <i>* Suctioning the patient's airway</i> <i>* Performing ventilations using a bag - valve mask</i> <i>* Managing the airway of a child</i>			1030	PRACTICAL : Patient Assessment <i>* Obtaining a Blood Pressure using a stethoscope (Auscultation method) or by palpating a pulse (Palpation method)</i> <i>* Obtaining a patient's pulse and respiratory rate</i> <i>* Checking a patient's pupils</i> <i>* Performing pulse oximetry</i> <i>* Performing capnography</i>
		<i>* Urgent and emergency moves</i> <i>* Operating loading system of ambulance</i>		<i>* Setting up an oxygen cylinder and placing a patient on oxygen</i>	1300	LECTURE : Patient Assessment - Station to Scene		<i>* Assess blood glucose level</i> <i>* Performing primary assessment</i>
AFTERNOON SESSION								
HW / QUIZ	Quiz # 4 (due 1700 - May 25, 2025)		Quiz # 5 (due 1700 - May 25, 2025)					

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule


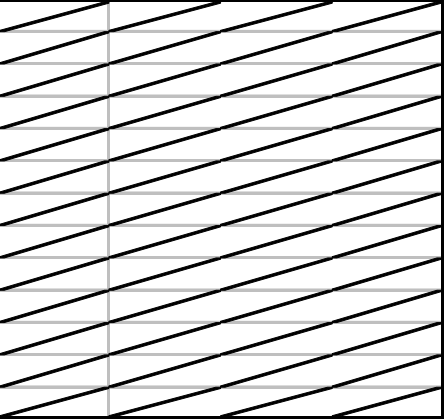
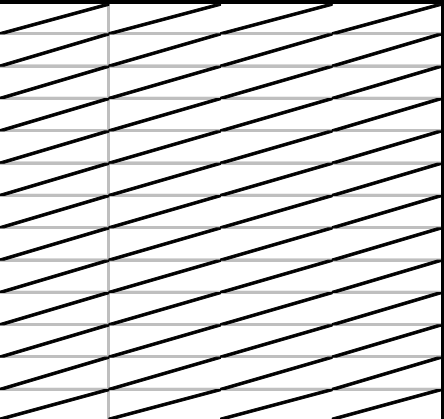
Week #

4

May 26, 2025

to

May 29, 2025

	Monday		Tuesday		Wednesday		Thursday	
	May 26, 2025		May 27, 2025		May 28, 2025		May 29, 2025	
	County Holiday - Memorial Day				12 Hour Day			
INSTRUCTOR(S)								
LOCATION			Training Annex		Training Annex		Training Annex	
MORNING SESSION		0900	LECTURE : ImageTrend Incident Documentation Software	0900	PRACTICAL : Medical Patient Assessment	0900	PRACTICAL : Trauma Patient Assessment	
		1100	LECTURE : Patient Assessment - Secondary Assessment and Reassessment					
AFTERNOON SESSION		1300	PRACTICAL : Patient Assessment * Performing a secondary assessment on a medical patient (conscious and unconscious) * Performing a secondary assessment on a trauma patient (conscious and unconscious) * Performing a reassessment on a medical patient (critical and non - critical) * Performing a reassessment on a trauma patient (critical and non - critical)					
HW / QUIZ							Quiz # 6 (due 1700 - June 1, 2025)	

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week #

5

June 2, 2025

to

June 5, 2025

	Monday		Tuesday		Wednesday		Thursday	
	June 2, 2025		June 3, 2025		June 4, 2025		June 5, 2025	
	GROUP A : STATIONS / GROUP B : GYM		GROUP A : STATIONS / GROUP B : GYM		GROUP A : STATIONS / GROUP B : GYM		GROUP B : STATIONS / GROUP A : GYM	
INSTRUCTOR(S)								
LOCATION	Training Annex		Training Annex		Training Annex		Training Annex	
MORNING SESSION	0900	LECTURE : Shock Management	0900	MODULE EXAM : Airway	0900	EVALUATION : Patient Assessment	0900	LECTURE : Shock Management
	1100	PRACTICAL : Medical and Trauma		Management, Patient Assessment		* Medical Patients	1100	PRACTICAL : Medical and Trauma
		Patient Assessment		EVALUATIONS :		* Trauma Patients		Patient Assessment
				* Airway Management				
				* Lifting and Moving Patients				
				* Communications and				
				Documentation				
				* CPR Skills				
AFTERNOON SESSION					1300	LECTURE / PRACTICAL : Principles		
						of Pharmacology		
						* Metered dose inhaler		
						* Nebulized medication		
						* Nitroglycerin tablets / paste		
						* Baby aspirin		
						* Oral glucose		
						* Glucagon		
						* Zofran		
						* Epi - Pen		
HW / QUIZ						* Narcan		
	GROUP B : Quiz # 7 (due 1700 - June 8, 2025)				GROUP B : Quiz # 8 (due 1700 - June 8, 2025)		GROUP A : Quiz # 7 (due 1700 - June 8, 2025)	

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week #

6

June 9, 2025

to

June 12, 2025

	Monday		Tuesday		Wednesday		Thursday	
	June 9, 2025		June 10, 2025		June 11, 2025		June 12, 2025	
	GROUP B : STATIONS / GROUP A : GYM		GROUP B : STATIONS / GROUP A : GYM					
INSTRUCTOR(S)								
LOCATION	Training Annex		Training Annex		Training Annex		Training Annex	
MORNING SESSION	0900	MODULE EXAM : Airway Management, Patient Assessment	0900	EVALUATION : Patient Assessment	0900	LECTURE : Medical Emergencies Overview	0900	PRACTICAL : Respiratory and Cardiovascular Emergencies
		EVALUATIONS :		* Medical Patients	1030	LECTURE : Respiratory Emergencies		* CPR and LUCAS Skills
		* Airway Management		* Trauma Patients				* 12 Lead ECG Lead Placement
		* Lifting and Moving Patients						* Mega - code / Team Response
		* Communications and Documentation						* Medication review :
		* CPR Skills						- Metered dose inhaler
								- Albuterol / Atrovent
								- Nitroglycerin tablets
								- Nitroglycerin paste
								- Baby aspirin
AFTERNOON SESSION			1300	LECTURE / PRACTICAL : Principles of Pharmacology	1300	Cont. LECTURE : Respiratory Emergencies	1300	PRACTICAL : Respiratory and Cardiovascular Patient Assessment and Treatment
				* Metered dose inhaler	1400	LECTURE : Cardiovascular Emergencies		
				* Nebulized medication				
				* Nitroglycerin tablets / paste				
				* Baby aspirin				
				* Oral glucose				
				* Glucagon				
				* Zofran				
				* Epi - Pen				
				* Narcan				
HW / QUIZ			GROUP A : Quiz # 8 (due 1700 - June 15, 2025)		Quiz # 9 (due 1700 - June 15, 2025)			

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 7
June 16, 2025 to June 19, 2025

	Monday		Tuesday		Wednesday		Thursday	
	June 16, 2025		June 17, 2025		June 18, 2025		June 19, 2025	
					12 Hour Day		County Holiday - Juneteenth	
INSTRUCTOR(S)								
LOCATION	Training Annex		Training Annex		Training Annex			
MORNING SESSION	0900	MODULE EXAM (Cardiovascular and Shock / Resuscitation)	0900	LECTURE : Allergy and Anaphylaxis	0900	PRACTICAL : Obstetrics and neonatal care		
	1000	LECTURE : Neurological Emergencies	1030	LECTURE : Behavioral Health		* Normal delivery		
						* Abnormal delivery		
					1030	PRACTICAL : Medication review		
						- Oral glucose		
						- Zofran		
						- Epi - Pen		
						- Narcan		
AFTERNOON SESSION	1300	LECTURE : Gastrointestinal and Urological Emergencies	1300	LECTURE : Toxicological Emergencies	1300	PRACTICAL : Medical Patient Assessment and Treatment		
	1500	LECTURE : Endocrine and Hematological Emergencies	1430	LECTURE : Gynecological Emergencies				
			1530	LECTURE : Obstetrics and neonatal care				
HW / QUIZ	Quiz # 10 (due 1700 - June 22, 2025)		Quiz # 11 (due 1700 - June 22, 2025)					

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 8
June 23, 2025 to June 26, 2025

INSTRUCTOR(S)	Monday		Tuesday		Wednesday		Thursday	
	June 23, 2025		June 24, 2025		June 25, 2025		June 26, 2025	
	GROUP B : STATIONS / GROUP A : GYM		GROUP B : STATIONS / GROUP A : GYM		GROUP B : STATIONS / GROUP A : GYM		GROUP A : STATIONS / GROUP B : GYM	
MORNING SESSION	Training Annex		Training Annex		Training Annex		Training Annex	
	0900	PRACTICAL : Medical Patient Assessment and Treatment	0900	EXAM : Medical Emergencies, Obstetrics	0900	PRACTICAL : Medical Competencies	0900	PRACTICAL : Medical Patient Assessment and Treatment
			1000	PRACTICAL : Medical Patient Assessment and Treatment				
AFTERNOON SESSION	1300	PRACTICAL : Medical Patient Assessment and Treatment	1300	PRACTICAL : Medical Patient Assessment and Treatment	1300	PRACTICAL : Medical Competencies	1300	PRACTICAL : Medical Patient Assessment and Treatment
HW / QUIZ								

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 9
June 30, 2025 to July 3, 2025

	Monday		Tuesday		Wednesday		Thursday	
	June 30, 2025		July 1, 2025		July 2, 2025		July 3, 2025	
	GROUP A : STATIONS / GROUP B : GYM		GROUP A : STATIONS / GROUP B : GYM		12 Hour Day		County Holiday - Independence Day	
INSTRUCTOR(S)								
LOCATION	Training Annex		Training Annex		Training Annex			
MORNING SESSION	0900	EXAM : Medical Emergencies, Obstetrics	0900	PRACTICAL : Medical Competencies	0900	LECTURE : Trauma Overview		
	1000	PRACTICAL : Medical Patient Assessment and Treatment			1030	LECTURE : Bleeding and Soft Tissue Injuries		
AFTERNOON SESSION	1300	PRACTICAL : Medical Patient Assessment and Treatment	1300	PRACTICAL : Medical Competencies	1300	PRACTICAL : Bleeding and Soft Tissue Injuries		
						* Caring for external bleeding and treating for shock		
						* Wound packing		
						* Stabilizing an impaled object		
						* Controlling epistaxis		
HW / QUIZ						* Control facial bleeding injury		
						* Caring for burns		
						* Control bleeding neck wound		
						* Treating open chest wound		
						* Treat abdominal wound		
						* Treat amputated body part		
						Quiz # 12 (due 1700 - July 6, 2025)		

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week #

10

July 7, 2025

to

July 10, 2025

	Monday		Tuesday		Wednesday		Thursday	
	July 7, 2025		July 8, 2025		July 9, 2025		July 10, 2025	
INSTRUCTOR(S)					GROUP A : STATIONS / GROUP B : GYM		GROUP A : STATIONS / GROUP B : GYM	
LOCATION	Training Annex		Training Annex		Training Annex		Training Annex	
MORNING SESSION	0900	PRACTICAL : Trauma Competencies	0900	PRACTICAL : Face, Neck, Head and Spine Injuries	0900	EVALUATION : Orthopaedic Injuries	0900	EXAM : Trauma Emergencies
				* Spinal immobilizing a patient found in a sitting position			1000	PRACTICAL : Trauma Patient Assessment and Treatment
				* Removing a helmet from a patient				
			1100	LECTURE / PRACTICAL : Orthopaedic Injuries				
				* Applying a rigid splint				
				* Applying a Hare traction splint				
				* Splinting a hip fracture				
				* Immobilizing an infant or child				
				* Immobilizing a kyphotic patient				
AFTERNOON SESSION	1300	LECTURE : Face, Neck, Head and Spine Injuries	1300	Cont. LECTURE / PRACTICAL : Orthopaedic Injuries	1300	LECTURE : Environmental Emergencies	1300	PRACTICAL : Trauma Patient Assessment and Treatment
	1500	LECTURE : Chest, Abdominal and Genitourinary Injuries						
HW / QUIZ	Quiz # 13 (due 1700 - July 13, 2025)		Quiz # 14 (due 1700 - July 13, 2025)		GROUP B : Quiz # 15 (due 1700 - July 13, 2025)			

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 11
July 14, 2025 to July 17, 2025

INSTRUCTOR(S)	Monday		Tuesday		Wednesday		Thursday	
	July 14, 2025		July 15, 2025		July 16, 2025		July 17, 2025	
	GROUP A : STATIONS / GROUP B : GYM		GROUP B : STATIONS / GROUP A : GYM		GROUP B : STATIONS / GROUP A : GYM		GROUP B : STATIONS / GROUP A : GYM	
MORNING SESSION	Training Annex		Training Annex		Training Annex		Training Annex	
	0900	PRACTICAL : Trauma Patient Assessment and Treatment	0900	EVALUATION : Orthopaedic Injuries	0900	EXAM : Trauma Emergencies	0900	PRACTICAL : Trauma Patient Assessment and Treatment
					1000	PRACTICAL : Trauma Patient Assessment and Treatment		
AFTERNOON SESSION	1300	PRACTICAL : Trauma Patient Assessment and Treatment	1300	LECTURE : Environmental Emergencies	1300	PRACTICAL : Trauma Patient Assessment and Treatment	1300	PRACTICAL : Trauma Patient Assessment and Treatment
HW / QUIZ			GROUP A : Quiz # 15 (due 1700 - July 20, 2025)					

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 12
July 21, 2025 to July 24, 2025


	Monday		Tuesday		Wednesday		Thursday	
	July 21, 2025		July 22, 2025		July 23, 2025		July 24, 2025	
INSTRUCTOR(S)			NO GYM					
LOCATION	Training Annex		Training Annex		Training Annex		Training Annex	
MORNING SESSION	0900	LECTURE : Vehicle Extrication	0700	LECTURE : Advanced Law	0900	EMT Course Review	0900	EVALUATION : Trauma Patient
	1000	LECTURE : Incident Management, Virginia Mass Casualty Incident Management Level I Course		Enforcement Rapid Response (AAIR) Course				Assesment and Treatment
AFTERNOON SESSION	1300	PRACTICAL : Virginia Mass Casualty Incident Management Level I Course	1300	PRACTICAL : Advanced Law Enforcement Rapid Response (AAIR) Course	1300	EXAM : Local Final Examination (All Chapters)	1300	Cont. EVALUATION : Trauma Patient Assessment and Treatment
HW / QUIZ	Quiz # 16 (due 1700 - July 27, 2025)							

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 13
July 28, 2025 to July 31, 2025

	Monday		Tuesday		Wednesday		Thursday	
	July 28, 2025		July 29, 2025		July 30, 2025		July 31, 2025	
					NO GYM			
INSTRUCTOR(S)								
LOCATION	Training Annex		Training Annex		Training Annex		Training Annex	
MORNING SESSION	0900	EVALUATION : Medical Patient Assessment and Treatment	0900	PRACTICAL : Competencies	0900	EXAM : National Registry EMT Certification	0900	LECTURE : VDFP Emergency Vehicle Operator's Course
AFTERNOON SESSION	1300	Cont. EVALUATION : Medical Patient Assessment and Treatment	1300	Review Session				
HW / QUIZ								

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 14
August 4, 2025 to August 7, 2025

	Monday		Tuesday		Wednesday		Thursday	
	August 4, 2025		August 5, 2025		August 6, 2025		August 7, 2025	
			NO GYM					
INSTRUCTOR(S)								
LOCATION	Fire Station # 21 - Millwood Station Fire / Rescue		Fire Station # 21 - Millwood Station Fire / Rescue		Training Annex		Training Annex	
MORNING SESSION	0900	PRACTICAL : VDFP Emergency Vehicle Operator's Course	0800	EXAM : VDFP Emergency Vehicle Operator's Course	0900	LECTURE: The Fire Service	0900	LECTURE : Personal Protective Equipment / Self - Contained Breathing Apparatus
					1030	LECTURE : Firefighter Health and Safety		
AFTERNOON SESSION	1500	REVIEW : VDFP Emergency Vehicle Operator's Course	1300	PRACTICAL : Commentary Driving	1300	LECTURE / PRACTICAL : Fire Services Communications * Using a radio * Receiving a telephone call for non - emergency and emergency request	1300	PRACTICAL : Personal Protective Equipment / Self - Contained Breathing Apparatus
HW / QUIZ					Quiz # 17 (due 1700 - August 3, 2025)			

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week #

15

August 11, 2025

to

August 14, 2025

INSTRUCTOR(S)	Monday		Tuesday		Wednesday		Thursday	
	August 11, 2025		August 12, 2025		August 13, 2025		August 14, 2025	
	NO GYM		NO GYM		NO GYM		NO GYM	
LOCATION	Winchester / Frederick County Training Center		Winchester / Frederick County Training Center		Winchester / Frederick County Training Center		Training Annex	
MORNING SESSION	0700	PRACTICAL : Personal Protective Equipment / Self - Contained Breathing Apparatus * Donning and doffing PPE * Donning and doffing SCBA * SCBA inspection * Mounting / dismounting apparatus and donning SCBA from seat mount * Replacing a spent SCBA cylinder * Refilling a SCBA cylinder using a cascade system * Firefighter crawl * Diminished clearance / reduced profile	0700	PRACTICAL : Personal Protective Equipment / Self - Contained Breathing Apparatus * Donning and doffing PPE * Donning and doffing SCBA * SCBA inspection * Maze trailer (with lights) * Diminished clearance / reduced profile * Entanglement simulator * Crawl through stud - wall	0700	PRACTICAL : Personal Protective Equipment / Self - Contained Breathing Apparatus * Donning and doffing PPE * Donning and doffing SCBA * Maze trailer (no lights) EVALUATION : SCBA inspection * Air consumption drill (Dodge ball)	0900	LECTURE : Hazardous Materials Regulations, Standards and Laws
							1100	LECTURE : Recognizing and Identifying the Hazards
AFTERNOON SESSION		* Maze trailer introduction					1300	Cont. LECTURE : Recognizing and Identifying the Hazards
							1500	PRACTICAL : Hazardous Materials Awareness * Recognition and Identification * Initiate Protective Actions * Notification
HW / QUIZ					QUIZ # 18 (due 1700 - August 17, 2025)		QUIZ # 19 (due 1700 - August 17, 2025)	

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 16
August 18, 2025 to August 21, 2025

	Monday		Tuesday		Wednesday		Thursday	
	August 18, 2025		August 19, 2025		August 20, 2025		August 21, 2025	
INSTRUCTOR(S)								
LOCATION	Training Annex		Training Annex		Winchester / Frederick County Training Center		Winchester / Frederick County Training Center	
MORNING SESSION	0900	LECTURE : Properties and Effects	0900	LECTURE : Implementing the Planned Response	0900	LECTURE : Using 4 - gas meter	0900	REVIEW : Hazardous Materials
					1100	PRACTICAL : Using 4 - gas meter		Awareness and Operations Course
AFTERNOON SESSION	1300	LECTURE : Understanding the Hazards	1300	LECTURE : Hazardous Materials Responder Personal Protective Equipment	1300	PRACTICAL : Hazardous Materials Operations	1300	EVALUATION : Hazardous Materials Awareness and Operations Course
	1500	LECTURE : Estimating Potential Harm and Planning a Response	1500	LECTURE : Product Control		* <i>Identifying Potential Hazards</i>		EXAM : Hazardous Materials
						* <i>Identifying Action Options</i>		Awareness and Operations Course
						* <i>Action Plan Implementation</i>		
						* <i>Field reduction PPE contaminates</i>		
						* <i>Emergency Decontamination</i>		
						* <i>Progress Evaluation and Reporting</i>		
						* <i>Personal Protective Equipment</i>		
						* <i>Product Control - Cargo Tanks</i>		
						* <i>Product Control - Circle and V Dike</i>		
HW / QUIZ	QUIZ # 20 (due 1700 - August 24, 2025)		QUIZ # 21 (due 1700 - August 24, 2025)					

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 17
August 25, 2025 to August 28, 2025


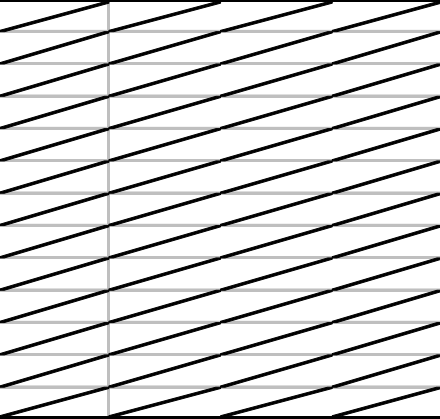
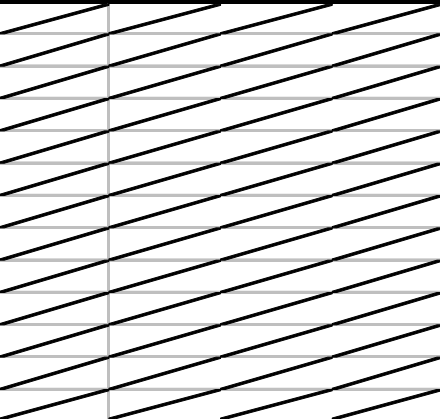
INSTRUCTOR(S)	Monday		Tuesday		Wednesday		Thursday	
	August 25, 2025		August 26, 2025		August 27, 2025		August 28, 2025	
	NO GYM							
LOCATION	Winchester / Frederick County Training Center		Training Annex		Training Annex		Winchester / Frederick County Training Center	
MORNING SESSION	0800	EXAM : VDFP Hazardous Materials Awareness and Operations Certification	0900	LECTURE : Building Construction	0900	LECTURE / PRACTICAL : Ropes and Knots	0900	EVALUATIONS : Ropes and Knots, Portable Fire Extinguishers
			1100	DEMONSTRATION : Fire Behavior		* Clove hitch		* Knot tying
						* Half hitch		* Portable fire extinguishers
						* Figure 8		* Telephone communications
						* Bowline		
						* Sheet bend		
AFTERNOON SESSION	1300	LECTURE : Fire Behavior	1300	LECTURE : Portable Fire Extinguishers	1300	PRACTICAL : Ropes and Knots, Portable Fire Extinguishers	1300	LECTURE : Forcible Entry
			1530	LECTURE : Firefighter Tools and Equipment		* Hoisting tools / ladders		
						* Hand tool raise using figure - eight on a bight and half - hitch with safety evaluation		
						* Hose line tool raise using a clove and half - hitch with safety		
						* Power tool raise using figure - eight on a bight with safety		
						* Using Class A - B - C extinguishers		
						* Using a portable water fire extinguisher / refilling		
HW / QUIZ	Quiz # 22 (due 1700 - August 31, 2025)		Quiz # 23 (due 1700 - August 31, 2025)		Quiz # 24 (due 1700 - August 31, 2025)		Quiz # 25 (due 1700 - August 31, 2025)	

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 18
September 1, 2025 to September 4, 2025

	Monday		Tuesday		Wednesday		Thursday	
	September 1, 2025		September 2, 2025		September 3, 2025		September 4, 2025	
	County Holiday - Labor Day						12 Hour Day	
INSTRUCTOR(S)								
LOCATION			Training Annex		Winchester / Frederick County Training Center		Winchester / Frederick County Training Center	
MORNING SESSION		0900	LECTURE : Ladders	0900	EVALUATION : Forcible Entry,	0900	PRACTICAL : Search and Rescue	
		1100	PRACTICAL : Forcible Entry , Ladders		Ladders		* One - person walking assist	
			* Forcible entry of doors (inward / outward)		* Forcible entry of doors (inward / outward)		* Two firefighter assist	
			* Forcible entry using A - tool / K - tool		* Forcible entry using A - tool / K - tool		* Cradle in arms carry	
			* Forcible opening of a padlock		* Forcible opening of a padlock		* Drags	
			* One firefighter ladder carry / raise		* One firefighter ladder carry / raise		* Rescue from 2nd floor using a ladder	
			* Two firefighters ladder carry / raise		* Two firefighters ladder carry / raise			
			* Ladder inspection		* Clean and inspect ladder			
			* Carrying tools on a ladder		* Placing a roof ladder onto a roof by means of an extension ladder			
AFTERNOON SESSION						1500	LECTURE : Search and Rescue	
HW / QUIZ			Quiz # 26 (due 1700 - September 7, 2025)				Quiz # 27 (due 1700 - September 7, 2025)	

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 19
September 8, 2025 to September 11, 2025

	Monday		Tuesday		Wednesday		Thursday	
	September 8, 2025		September 9, 2025		September 10, 2025		September 11, 2025	
INSTRUCTOR(S)								
LOCATION	Winchester / Frederick County Training Center		Training Annex		Winchester / Frederick County Training Center		Training Annex	
MORNING SESSION	0900	PRACTICAL : Search and Rescue	0900	LECTURE : Ventilation	0900	EVALUATIONS : Section 1	0900	Section 1 Review
		* Primary search	1100	PRACTICAL : Ventilation		* SCBA inspection	1000	EXAM : Section 1
		* Vent, Enter, Isolate, Search		* Performing operational readiness		* Radio communications		
		* Victim rescue from window		check on a chainsaw		* Air monitoring		
		* Rescuing bariatric victim		* Vertical ventilation		* Telephone communication		
				* Horizontal ventilation		* Clean and inspect ladder		
				* Hydraulic ventilation		* Exterior ventilation / tool carry		
						* Vent, Enter, Isolate, Search		
						* Vertical ventilation		
						* Victim rescue from window		
AFTERNOON SESSION						* Roof ladder deployment		
						* Primary search / restricted space		
						* Forcible entry / horizontal vent		
						* Portable fire extinguisher	1300	PRACTICAL : Fireground scenarios
						* Knot tying		* Forcible entry and search of residential structure fire
						* Tool hoist		* Vertical ventilation of residential and commercial structure fires
								* VEIS and victim rescue
								* Horizontal ventilation with power fans
HW / QUIZ			Quiz # 28 (due 1700 - September 13, 2025)					

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 20
September 15, 2025 to September 18, 2025


	Monday		Tuesday		Wednesday		Thursday	
	September 15, 2025		September 16, 2025		September 17, 2025		September 18, 2025	
INSTRUCTOR(S)								
LOCATION	Training Annex		Training Annex		Winchester / Frederick County Training Center		Winchester / Frederick County Training Center	
MORNING SESSION	0900	LECTURE : Water Supply	0900	LECTURE : Fire Suppression	0900	PRACTICAL : Fire hose, Appliances, and Nozzles, Water Supply	0900	PRACTICAL : Fire Suppression, Supply and Attack Line Evolutions
	1100	LECTURE : Fire hose, Appliances, and Nozzles				* Hose loads on apparatus (Minuteman, flat load, triple layer)		* Fire Attack (Direct, Indirect, and Transitional)
						* Hose drags and carries (Single and group)		* Extinguishing an outside Class A fire
						* Connecting to a hydrant		* Deck gun operation
						* Connecting a hose to supply FDC		* Extinguishing an indoor Class A fire
						* Setting up a portable tank		* Operating a large diameter attack hose line
						* Replacing a burst hose section		* Extinguishing a vehicle fire
						* Cleaning and inspecting fire hose and performing annual inspection		* Operating a fire hose from a ladder
AFTERNOON SESSION	1300	Cont. LECTURE : Fire hose, Appliances, and Nozzles	1300	PRACTICAL : Fire hose, Appliances, and Nozzles				
	1400	LECTURE : Supply and Attack Line Evolutions		* One firefighter coupling / uncoupling hose				
				* Two firefighters coupling / uncoupling hose				
				* Hose rolls				
				* Hose drags and carries				
HW / QUIZ	Quiz # 29 (due 1700 - September 21, 2025)		Quiz # 30 (due 1700 - September 21, 2025)					

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 21
September 22, 2025 to September 25, 2025

	Monday		Tuesday		Wednesday		Thursday	
	September 22, 2025		September 23, 2025		September 24, 2025		September 25, 2025	
	NO GYM		NO GYM				NO GYM	
INSTRUCTOR(S)								
LOCATION	Shenandoah County Fire Training Center		Shenandoah County Fire Training Center		Winchester / Frederick County Training Center		Winchester / Frederick County Training Center	
MORNING SESSION	0800	PRACTICAL : Supply and Attack Line Evolutions * Hoseline deployment to 1st, 2nd, and 3rd floors	0800	PRACTICAL : Supply and Attack Line Evolutions * Hoseline deployment to 1st, 2nd, and 3rd floors * Connecting to a standpipe	0900	EVALUATIONS : Fire Suppression, Supply and Attack Line Evolutions * Hose load (Minuteman, flat loads) * Hose line deployment and advancement * Connect to a hydrant * Setting up a portable tank * Deck gun operation * Interior fire attack * Extending a hose line * Exterior Class A fire attack * Extinguishing a vehicle fire * Clean and inspect fire hose * Replacing burst fire hose	0900	EVALUATIONS : Section 2 * Residential structure fire response
AFTERNOON SESSION							1500	EXAM : Section 2
HW / QUIZ								

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 22
September 29, 2025

to

October 2, 2025

	Monday		Tuesday		Wednesday		Thursday	
	September 29, 2025		September 30, 2025		October 1, 2025		October 2, 2025	
INSTRUCTOR(S)					NO GYM			
LOCATION	Training Annex		Winchester / Frederick County Training Center		Winchester / Frederick County Training Center		Winchester / Frederick County Training Center	
MORNING SESSION	0900	LECTURE : Firefighter Survival	0900	PRACTICAL : Salvage and Overhaul,	0800	EVALUATION : Residential Structure	0900	EVALUATIONS : Section 3
	1030	LECTURE : Salvage and Overhaul		Wildland Ground Cover Fires,		Fire		* Covering furniture
				Firefighter Survival		* Single fire / 1st Floor		* Water control and removal
				* Generator inspection and		* Search and rescue of building		* Fire origin protection
				operation		* Ladder deployment of building		* Sprinkler system control
				* Sprinkler head control				* Rescue of downed firefighter
				* Water chute and catch - all				* Alternate exit of disoriented
				* Two firefighters salvage cover fold				firefighter
				and toss				* Hose / guideline exit of disoriented
				* Folding and rolling a salvage cover				firefighter
AFTERNOON SESSION	1300	Cont. LECTURE : Salvage and		* Self - survival techniques				* Operating power supply and
		Overhaul		* Rescue of a downed firefighter				deploying scene lighting
	1400	LECTURE : Firefighter Rehabilitation		* Survival - alternate exit				* Overhaul of structure fire
	1500	LECTURE : Wildland Ground Cover		* Survival - hose / guideline exit				* Utility control of structure
		Fires						* Ground cover fire control
			1600	Setup for structure fire practical			1400	Section 3 Review
							1500	EXAM : Section 3
							1600	Setup for structure fire practical
HW / QUIZ	Quiz # 31 (due 1700 - October 5, 2025)							

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 23
October 6, 2025 to October 9, 2025


	Monday		Tuesday		Wednesday		Thursday	
	October 6, 2025		October 7, 2025		October 8, 2025		October 9, 2025	
	NO GYM							
INSTRUCTOR(S)								
LOCATION	Winchester / Frederick County Training Center		Winchester / Frederick County Training Center		Winchester / Frederick County Training Center		Winchester / Frederick County Training Center	
MORNING SESSION	0800	EVALUATION : Residential Structure Fire	0900	EVALUATIONS : VDFP Firefighter I Skills	0900	EVALUATIONS : VDFP Firefighter I Skills	0900	EVALUATIONS : VDFP Firefighter I Skills
		* Multistory residential structure fire, single fire on each floor		* SCBA inspection		* Primary search - restricted space		* Rescue downed firefighter
		* Search and rescue of building		* Radio communications		* Forcible entry - horizontal vent		* Firefighter survival - alternate exit
		* Ladder deployment of building		* Telephone communications		* Ground cover fire control		* Firefighter survival - hoseline exit
				* Salvage and cover furniture		* Portable fire extinguisher		* Knot tying and tool hoist
				* Water chute and removal		* Air monitoring		* Exterior ventilation / tool carry
				* Fire origin protection		* Extending a hose line		* Operate hose line from ladder
				* Sprinkler control		* Interior fire attack		
				* Utility control		* Connecting to a hydrant		
				* Operate generator and lighting		* Field reduction of PPE contaminants		
AFTERNOON SESSION	1630	EVALUATION : General Skills					1500	REVIEW : Firefighter I Curriculum
		* Field reduction of PPE Contaminants						
HW / QUIZ								

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 24
October 13, 2025 to October 16, 2025


	Monday		Tuesday		Wednesday		Thursday	
	October 13, 2025		October 14, 2025		October 15, 2025		October 16, 2025	
	County Holiday - Columbus Day		12 Hour Day		NO GYM			
INSTRUCTOR(S)								
LOCATION			Winchester / Frederick County Training Center		Winchester / Frederick County Training Center		Training Annex	
MORNING SESSION			0900	EVALUATIONS : VDFP Firefighter I Skills	0800	EXAM : VDFP Firefighter I Course	0900	PRACTICAL : Establishing and Transferring Command
				* Exterior Class A fire extinguish			1100	LECTURE : Advanced Fire Suppression
				* Portable water tank setup				
				* Vehicle fire				
				* Clean / inspect hose				
				* Clean / inspect ladder				
				* Vent - Enter - Isolate - Search				
				* Vertical ventilation				
				* Rescue civilian				
				* Roof ladder deployment				
AFTERNOON SESSION			1500	EXAM : Firefighter I	1400	LECTURE : Establishing and Transferring Command	1300	Cont. LECTURE : Advanced Fire Suppression
					1600	PRACTICAL : Incident Documentation	1500	LECTURE : Vehicle Extrication
HW / QUIZ					Quiz # 32 (due 1700 - October 19, 2025)		Quiz # 33 (due 1700 - October 19, 2025)	

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 25
October 20, 2025 to October 23, 2025

	Monday		Tuesday		Wednesday		Thursday	
	October 20, 2025		October 21, 2025		October 22, 2025		October 23, 2025	
					NO GYM		NO GYM	
INSTRUCTOR(S)								
LOCATION	Winchester / Frederick County Training Center		Training Annex		Fire Station # 15 - Round Hill Fire and Rescue		Fire Station # 15 - Round Hill Fire and Rescue	
MORNING SESSION	0900	PRACTICAL : Advanced Fire Suppression * Suppressing flammable gas cylinder fire * Using firefighting foam * Knot review	0900	LECTURE : Assisting Special Rescue Teams	0700	HTR Low Angle Rescue Course	0700	HTR Low Angle Rescue Course
			1100	LECTURE : Swift Water Rescue Awareness				
AFTERNOON SESSION			1300	PRACTICAL : Swift Water Rescue Awareness				
HW / QUIZ			Quiz # 34 (due 1700 - October 26, 2025)					

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 26
October 27, 2025 to October 30, 2025


	Monday		Tuesday		Wednesday		Thursday	
	October 27, 2025		October 28, 2025		October 29, 2025		October 30, 2025	
	NO GYM		NO GYM					
INSTRUCTOR(S)								
LOCATION	Frederick County Public Safety Building		Frederick County Public Safety Building		Training Annex		Winchester / Frederick County Training Center	
MORNING SESSION	0700	HTR Passenger Vehicle Extrication	0700	HTR Passenger Vehicle Extrication	0900	LECTURE : Fire Detection, Suppression and Smoke Control Systems	0900	PRACTICAL : Fire Detection, Suppression and Smoke Control Systems, Fire and Life Safety Initiatives
					1100	LECTURE : Fire and Life Safety Initiatives		* Fire alarm panel review
								* Public education presentation
								* Protecting evidence
								* Home fire safety survey
								* Pre-incident survey
AFTERNOON SESSION					1300	Cont. LECTURE : Fire and Life Safety Initiatives		
					1500	LECTURE : Fire Origin and Cause		
HW / QUIZ					Quiz # 35 (due 1700 - November 2, 2025)			

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 27
November 3, 2025 to November 6, 2025

	Monday		Tuesday		Wednesday		Thursday	
	November 3, 2025		November 4, 2025		November 5, 2025		November 6, 2025	
	NO GYM		County Holiday - Election Day		NO GYM 12 Hour Day			
INSTRUCTOR(S)								
LOCATION	Winchester / Frederick County Training Center				Winchester / Frederick County Training Center		Winchester / Frederick County Training Center	
MORNING SESSION	0800	EVALUATION : Residential Structure Fire			0800	EVALUATION : Residential Structure Fire	0900	EVALUATION : VDFP Firefighter II Skills
		* Multistory residential structure fire, single fire on each floor				* Multistory residential structure fire, single fire on each floor		* Assume / transfer command
		* Differed entrance to side C				* Basement fire, entry using stairs on side B		* Ignitable liquid fires
		* Search and rescue of building				* Search and rescue of building		* Coordinated fire attack
		* Ladder deployment of building				* Ladder deployment of building		* Flammable gas fire
								* Protecting evidence
								* Vehicle extrication
AFTERNOON SESSION								
HW / QUIZ								

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 28
November 10, 2025 to November 13, 2025

	Monday		Tuesday		Wednesday		Thursday	
	November 10, 2025		November 11, 2025		November 12, 2025		November 13, 2025	
			County Holiday - Veteran's Day		NO GYM 12 Hour Day		NO GYM	
	INSTRUCTOR(S)							
LOCATION	Winchester / Frederick County Training Center				Winchester / Frederick County Training Center		Winchester / Frederick County Training Center	
MORNING SESSION	0900	EVALUATION : VDFP Firefighter II Skills			0800	EXAM : VDFP Firefighter II Course	0700	PRACTICAL : VDFP Firefighter Survival and Rescue
		* Home fire safety survey						* Calling a Mayday
		* Life safety education						* Review of SCBA functions and air emergencies with RIT pack
		* Pre-incident survey						* Downed firefighter assessment and packaging, drags
		* Power tool / generator use					0830	(3 groups - 1 hour per rotation)
		* Fire hose service testing						* Ladder bail
		* Incident report						* Basement prop
AFTERNOON SESSION	1400	REVIEW : Firefighter II Course			1300	LECTURE : VDFP Firefighter Survival and Rescue	1300	(3 groups - 1 hour per rotation)
	1500	EXAM : Firefighter II Course						* Rope bails (rope and department issued equipment)
								* Hose bail and Window hang
								* Room orientation, Search line - Tagline movement)
							1600	Protective Task, Air Emergencies
HW / QUIZ								

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 29
November 17, 2025 to November 20, 2025

INSTRUCTOR(S)	Monday		Tuesday		Wednesday		Thursday	
	November 17, 2025		November 18, 2025		November 19, 2025		November 20, 2025	
	NO GYM		NO GYM		NO GYM			
LOCATION	Winchester / Frederick County Training Center		Winchester / Frederick County Training Center		Fire Station # 14 - Gore Fire and Rescue		Training Annex	
MORNING SESSION	0700	PRACTICAL : VDFP Firefighter Survival and Rescue (2 groups - 2 hours per rotation) * Rescue firefighter from a hole in the floor, Rescue firefighter trapped in a floor * Rescue a downed firefighter from 1st and 2nd floor windows	0700	EVALUATION : Firefighter Survival and Rescue * Scenarios	0800	Tuscarora Trail Hike	0900	Lord Fairfax EMS Council BLS Protocols Class
							1100	EMS Skills Review
								* Airway Management
								* CPR / LUCAS Skills
								* Patient Assessment
								* Medication Review
AFTERNOON SESSION	1200	(2 groups - 1 hour per rotation) * Aerial Rescue * Firefighter CPR review	1530	Tuscarora Trail Hike Prep				
	1500	(2 groups - 1 hour per rotation) * Disorientation drill * Air emergencies drill						
HW / QUIZ								

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 30
November 24, 2025 to November 27, 2025

	Monday		Tuesday		Wednesday		Thursday	
	November 24, 2025		November 25, 2025		November 26, 2025		November 27, 2025	
			No Gym		County Holiday - Thanksgiving			
	INSTRUCTOR(S)							
LOCATION	Training Annex		Frederick County Public Safety Building					
MORNING SESSION	0900	EMS Skills Review	0800	Turkey Run				
AFTERNOON SESSION			1300	EMS Skills Review				
HW / QUIZ								

All classes start at 0700 and end at 1700, unless otherwise listed



Recruit Class # 17 Schedule

Week # 31
December 1, 2025 to December 4, 2025

	Monday		Tuesday		Wednesday		Thursday	
	December 1, 2025		December 2, 2025		December 3, 2025		December 4, 2025	
INSTRUCTOR(S)								
LOCATION	Training Annex		Training Annex		Training Annex		Training Annex	
MORNING SESSION	0900	Fire Manager Software Training	0900	Station Responsibilites and Planning	0900	Station Responsibilites and Planning	0900	Station Responsibilites and Planning
	1100	Local 4145 Membership Meeting						
AFTERNOON SESSION	1300	Check - It Software Training						
HW / QUIZ								

All classes start at 0700 and end at 1700, unless otherwise listed

Recruit Class # 17 Schedule

Week # 32
December 8, 2025 to December 11, 2025

	Monday		Tuesday		Wednesday		Thursday	
	December 8, 2025		December 9, 2025		December 10, 2025		December 11, 2025	
			NO GYM	24 Hour Day				
INSTRUCTOR(S)								
LOCATION	Training Annex		Training Annex				Training Annex	
MORNING SESSION	0900	Set up for Day In The Life	0700	Day In The Life			1000	Clean up from Day In The Life
AFTERNOON SESSION							1630	Set up for Graduation
							1830	Recruit Class # 17 Graduation Ceremony
HW / QUIZ								

All classes start at 0700 and end at 1700, unless otherwise listed