



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	Matthew Baker	Matthew Baker	Matthew Baker	
	Jason Hensell	Jason Hensell	Jason Hensell	Jason Hensell	Jason Hensell	Jason Hensell	Jason Hensell	
	Kelly Whitacre	Kelly Whitacre	Kelly Whitacre	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 Expectations / Measurements and Group Activities	0700	Station Tours	0700	Station Tours
	0800	HR Orientation & Benefits Meeting						
	1100	Fire and Rescue Staff Welcome						
AFTERNOON SESSION	1300	Recruit Class Overview / Distribution of Course Materials	1300	Administrative Matters			1400	EMT Course Registration
							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	
INSTRUCTOR(S)	May 12, 2025	May 13, 2025	May 14, 2025	May 15, 2025	May 16, 2025	May 17, 2025	May 18, 2025
LOCATION	Training Annex		Training Annex		Training Annex		Training Annex
MORNING SESSION	0900 American Heart Association - BLS Providers Course	0900 LECTURE : Wprforce Safety and Wellness, Infection Control Policy and Procedures	0900 PRACTICAL : Infection Control * Donning / Doffing Gloves and Handwashing	0900 LECTURE : Communications and Documentation	0900 LECTURE : Human Anatomy and Physiology	0900 LECTURE : Life Span Development	1000 LECTURE : Medical, Legal and Ethical Issues of EMS
AFTERNOON SESSION	1400 LECTURE : EMS Systems	1300 Cont. LECTURE : Communications and Documentation	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	1300 Cont. LECTURE : Human Anatomy and Physiology	1500 LAB : Physiology of Heart and Lungs	1300 LECTURE : A Team Approach to Healthcare	1430 LECTURE : Patients with Special Challenges
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	
INSTRUCTOR(S)	May 19, 2025	May 20, 2025	May 21, 2025	May 22, 2025	May 22, 2025	May 22, 2025	May 22, 2025
LOCATION	Winchester / Frederick County Training Center	Training Annex		Winchester / Frederick County Training Center	Training Annex		Training Annex
MORNING SESSION	0900 PRACTICAL : Lifting and Moving	0900 MODULE EXAM : Preparatory	0900 EVALUATIONS : Airway Management,	0900 LECTURE : Patient Assessment -			
	Patients	1000 LECTURE / PRACTICAL : Airway	Lifting and Moving Patients	Primary Assessment, Vital Signs			
	* Using a patient stretcher	Management		Assessment			
	* Performing the extremity carry	* Opening the airway (head - tilt / chin lift and modified jaw thrust)		1030 PRACTICAL : Patient Assessment			
	* Positioning an unconscious patient on the floor	* Inserting an oral airway		* Obtaining a Blood Pressure using a stethoscope (Auscultation method)			
	* Restraining a patient	* Inserting a nasal airway		or by palpating a pulse (Palpation method)			
	* Transferring patient to the hospital stretcher	* Inserting an i-Gel supraglottic airway		* Obtaining a patient's pulse and respiratory rate			
	* Immobilizing a patient to a long backboard	* Suctioning the patient's airway		* Checking a patient's pupils			
	* Rapidly extricating a patient and immobilizing them a long backboard	* Performing ventilations using a bag - valve mask		* Performing pulse oximetry			
	* Urgent and emergency moves	* Managing the airway of a child		* Performing capnography			
AFTERNOON SESSION	* Operating loading system of ambulance	* Setting up an oxygen cylinder and placing a patient on oxygen	1300 LECTURE : Patient Assessment - Station to Scene	* Assess blood glucose level			
				* Performing primary assessment			
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
INSTRUCTOR(S)	County Holiday - Memorial Day		12 Hour Day	
LOCATION		Training Annex	Training Annex	Training Annex
MORNING SESSION		0900 LECTURE : ImageTrend Incident Documentation Software 1100 LECTURE : Patient Assessment - Secondary Assessment and Reassessment	0900 PRACTICAL : Medical Patient Assessment	0900 PRACTICAL : Trauma Patient Assessment
AFTERNOON SESSION		1300 PRACTICAL : Patient Assessment <ul style="list-style-type: none">* 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		
INSTRUCTOR(S)	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				
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 Patient Assessment		Management, Patient Assessment		* Medical Patients	1100	PRACTICAL : Medical and Trauma Patient Assessment
				EVALUATIONS :		* Trauma Patients		
				* Airway Management				
				* Lifting and Moving Patients				
				* Communications and Documentation				
AFTERNOON SESSION				* CPR Skills				
					1300	LECTURE / PRACTICAL : Principles of Pharmacology		
						* Metered dose inhaler		
						* Nebulized medication		
						* Nitroglycerin tablets / paste		
						* Baby aspirin		
HW / QUIZ	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		
INSTRUCTOR(S)	GROUP B : STATIONS / GROUP A : GYM		GROUP B : STATIONS / GROUP A : GYM					
LOCATION	Training Annex		Training Annex		Training Annex		Training Annex	
MORNING SESSION	0900	MODULE EXAM : Airway		0900	EVALUATION : Patient Assessment		0900	LECTURE : Medical Emergencies
		Management, Patient Assessment			* Medical Patients			Overview
		EVALUATIONS :			* Trauma Patients			LECTURE : Respiratory Emergencies
		* Airway Management						* CPR and LUCAS Skills
		* Lifting and Moving Patients						* 12 Lead ECG Lead Placement
		* Communications and						* Mega - code / Team Response
		Documentation						* Medication review :
		* CPR Skills						- Metered dose inhaler
AFTERNOON SESSION			1300	LECTURE / PRACTICAL : Principles		1300	Cont. LECTURE : Respiratory	
				of Pharmacology			Emergencies	
				* Metered dose inhaler			1400	LECTURE : Cardiovascular
				* Nebulized medication			Emergencies	and Treatment
				* Nitroglycerin tablets / paste				
				* Baby aspirin				
				* Oral glucose				
				* Glucagon				
				* Zofran				
				* Epi - Pen				
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	
INSTRUCTOR(S)	June 16, 2025	June 17, 2025	June 18, 2025	12 Hour Day		June 19, 2025	County Holiday - Juneteenth
LOCATION	Training Annex		Training Annex		Training Annex		
MORNING SESSION	0900 MODULE EXAM (Cardiovascular and Shock / Resuscitation)	0900 LECTURE : Allergy and Anaphylaxis 1030 LECTURE : Behavioral Health	0900 PRACTICAL : Obstetrics and neonatal care <i>* Normal delivery</i> <i>* Abnormal delivery</i> 1030 PRACTICAL : Medication review - Oral glucose - Zofran - Epi - Pen - Narcan				
AFTERNOON SESSION	1300 LECTURE : Gastrointestinal and Urological Emergencies 1500 LECTURE : Endocrine and Hematological Emergencies	1300 LECTURE : Toxicological Emergencies 1430 LECTURE : Gynecological Emergencies 1530 LECTURE : Obstetrics and neonatal care	1300 PRACTICAL : Medical Patient Assessment and Treatment				
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

	Monday	Tuesday	Wednesday	Thursday
	June 23, 2025	June 24, 2025	June 25, 2025	June 26, 2025
INSTRUCTOR(S)	GROUP B : STATIONS / GROUP A : GYM	GROUP B : STATIONS / GROUP A : GYM	GROUP B : STATIONS / GROUP A : GYM	GROUP A : STATIONS / GROUP B : GYM
LOCATION	Training Annex	Training Annex	Training Annex	Training Annex
MORNING SESSION	0900 PRACTICAL : Medical Patient Assessment and Treatment	0900 EXAM : Medical Emergencies, Obstetrics 1000 PRACTICAL : Medical Patient Assessment and Treatment	0900 PRACTICAL : Medical Competencies	0900 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	
INSTRUCTOR(S)	June 30, 2025	July 1, 2025	July 2, 2025	July 3, 2025	County Holiday - Independence Day		
LOCATION	Training Annex		Training Annex		Training Annex		
MORNING SESSION	0900 EXAM : Medical Emergencies, Obstetrics	0900 PRACTICAL : Medical Competencies	0900 LECTURE : Trauma Overview	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 * Control facial bleeding injury * Caring for burns * Control bleeding neck wound * Treating open chest wound * Treat abdominal wound * Treat amputated body part				
HW / QUIZ			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 * Spinal immobilizing a patient found in a sitting position * Removing a helmet from a patient	0900 EVALUATION : Orthopaedic Injuries	0900 EXAM : Trauma Emergencies 1000 PRACTICAL : Trauma Patient Assessment and Treatment
AFTERNOON SESSION	1300 LECTURE : Face, Neck, Head and Spine Injuries 1500 LECTURE : Chest, Abdominal and Genitourinary Injuries	1300 Cont. LECTURE / PRACTICAL : Orthopaedic Injuries	1300 LECTURE : Environmental Emergencies	1300 PRACTICAL : Trauma Patient Assessment and Treatment
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

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		
INSTRUCTOR(S)								
LOCATION		Training Annex		Training Annex		Training Annex		
MORNING SESSION	0900	PRACTICAL : Trauma Patient Assessment and Treatment	0900	EVALUATION : Orthopaedic Injuries	0900	EXAM : Trauma Emergencies PRACTICAL : Trauma Patient Assessment and Treatment	0900	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	
INSTRUCTOR(S)	July 21, 2025	July 22, 2025	July 23, 2025	July 24, 2025			
		NO GYM					
LOCATION	Training Annex		Training Annex		Training Annex		Training Annex
MORNING SESSION	0900	LECTURE : Vehicle Extrication	0700	LECTURE : Advanced Law Enforcement Rapid Response (AAIR) Course	0900	EMT Course Review	0900 EVALUATION : Trauma Patient Assesment and Treatment
	1000	LECTURE : Incident Management, Virginia Mass Casualty Incident Management Level I Course					
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
INSTRUCTOR(S)			NO GYM	
LOCATION	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		
INSTRUCTOR(S)	August 4, 2025		August 5, 2025		August 6, 2025		August 7, 2025	
			NO GYM					
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
							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
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

Monday		Tuesday		Wednesday		Thursday			
INSTRUCTOR(S)	August 11, 2025	August 12, 2025	August 13, 2025	August 14, 2025	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	0700	PRACTICAL : Personal Protective Equipment / Self - Contained Breathing Apparatus * Donning and doffing PPE * Donning and doffing SCBA * Maze trailer (no lights) * Air consumption drill (Dodge ball)	0900	LECTURE : Hazardous Materials Regulations, Standards and Laws	
							1100 LECTURE : Recognizing and Identifying the Hazards		
AFTERNOON SESSION							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
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 1100 PRACTICAL : Using 4 - gas meter	0900 REVIEW : Hazardous Materials Awareness and Operations Course
AFTERNOON SESSION	1300 LECTURE : Understanding the Hazards 1500 LECTURE : Estimating Potential Harm and Planning a Response	1300 LECTURE : Hazardous Materials Responder Personal Protective Equipment 1500 LECTURE : Product Control	1300 PRACTICAL : Hazardous Materials Operations * <i>Identifying Potential Hazards</i> * <i>Identifying Action Options</i> * <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> * <i>Product Control - Storm and Box</i> Drain	1300 EVALUATION : Hazardous Materials Awareness and Operations Course EXAM : Hazardous Materials Awareness and Operations Course
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

Monday		Tuesday		Wednesday		Thursday	
INSTRUCTOR(S)	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 1100 DEMONSTRATION : Fire Behavior	0900 LECTURE / PRACTICAL : Ropes and Knots * Clove hitch * Half hitch * Figure 8 * Bowline * Sheet bend	0900 EVALUATIONS : Ropes and Knots, Portable Fire Extinguishers * Knot tying * Portable fire extinguishers * Telephone communications			
AFTERNOON SESSION	1300 LECTURE : Fire Behavior 1530 LECTURE : Firefighter Tools and Equipment	1300 LECTURE : Portable Fire Extinguishers 1530 LECTURE : Firefighter Tools and Equipment	1300 PRACTICAL : Ropes and Knots, Portable Fire Extinguishers * 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	1300 LECTURE : Forcible Entry			
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
INSTRUCTOR(S)				
LOCATION	Training Annex	Winchester / Frederick County Training Center	Winchester / Frederick County Training Center	
MORNING SESSION	0900 LECTURE : Ladders 1100 PRACTICAL : Forcible Entry , Ladders * Forcible entry of doors (inward / outward) * Forcible entry using A - tool / K - tool * Forcile opening of a padlock * One firefighter ladder carry / raise * Two firefighters ladder carry / raise * Ladder inspection * Carrying tools on a ladder	0900 EVALUATION : Forcible Entry, Ladders * Forcible entry of doors (inward / outward) * Forcible entry using A - tool / K - tool * Forcile opening of a padlock * One firefighter ladder carry / raise * Two firefighters ladder carry / raise * Clean and inspect ladder * Placing a roof ladder onto a roof by means of an extension ladder	0900 PRACTICAL : Search and Rescue * One - person walking assist * Two firefighter assist * Cradle in arms carry * Drags * Rescue from 2nd floor using a 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
INSTRUCTOR(S)				
LOCATION	Winchester / Frederick County Training Center	Training Annex	Winchester / Frederick County Training Center	Training Annex
MORNING SESSION	0900 PRACTICAL : Search and Rescue * Primary search * Vent, Enter, Isolate, Search * Victim rescue from window * Rescuing bariatric victim	0900 LECTURE : Ventilation 1100 PRACTICAL : Ventilation * Performing operational readiness check on a chainsaw * Vertical ventilation * Horizontal ventilation * Hydraulic ventilation	0900 EVALUATIONS : Section 1 * SCBA inspection * Radio communications * Air monitoring * Telephone communication * Clean and inspect ladder * Exterior ventilation / tool carry * Vent, Enter, Isolate, Search * Vertical ventilation * Victim rescue from window * Roof ladder deployment * Primary search / restricted space * Forcible entry / horizontal vent	0900 Section 1 Review 1000 EXAM : Section 1
AFTERNOON SESSION			* Portable fire extinguisher * Knot tying * Tool hoist	1300 PRACTICAL : Fireground scenarios * Forcible entry and search of residential structure fire * 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
INSTRUCTOR(S)				
LOCATION	Training Annex	Training Annex	Winchester / Frederick County Training Center	Winchester / Frederick County Training Center
MORNING SESSION	0900 LECTURE : Water Supply 1100 LECTURE : Fire hose, Appliances, and Nozzles	0900 LECTURE : Fire Suppression	0900 PRACTICAL : Fire hose, Appliances, and Nozzles, Water Supply * Hose loads on apparatus (Minuteman, flat load, triple layer) * Hose drags and carries (Single and group) * Connecting to a hydrant * Connecting a hose to supply FDC * Setting up a portable tank * Replacing a burst hose section * Cleaning and inspecting fire hose and performing annual inspection	0900 PRACTICAL : Fire Suppression, Supply and Attack Line Evolutions * Fire Attack (Direct, Indirect, and Transitional) * Extinguishing an outside Class A fire * Deck gun operation * Extinguishing an indoor Class A fire * Operating a large diameter attack hose line * Extinguishing a vehicle fire * Operating a fire hose from a ladder
AFTERNOON SESSION	1300 Cont. LECTURE : Fire hose, Appliances, and Nozzles 1400 LECTURE : Supply and Attack Line Evolutions	1300 PRACTICAL : Fire hose, Appliances, and Nozzles * 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
INSTRUCTOR(S)	September 22, 2025 NO GYM	September 23, 2025 NO GYM	September 24, 2025	September 25, 2025 NO GYM
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 * Operating a fire hose from a ladder	0900 EVALUATIONS : Section 2 * Residential structure fire response
AFTERNOON SESSION			1600 Section 2 Review	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		
INSTRUCTOR(S)	September 29, 2025		September 30, 2025		October 1, 2025		October 2, 2025	
				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, Wildland Ground Cover Fires, Firefighter Survival, * Generator inspection and operation, * Sprinkler head control, * Water chute and catch - all, * Two firefighters salvage cover fold and toss, * Folding and rolling a salvage cover, * Pulling a ceiling with a pike pole, * Safely using a fire shelter, * Suppressing a ground cover fire	0800	EVALUATION : Residential Structure Fire * Single fire / 1st Floor * Search and rescue of building * Ladder deployment of building	0900	EVALUATIONS : Section 3 * Covering furniture * Water control and removal * Fire origin protection * Sprinkler system control * Rescue of downed firefighter * Alternate exit of disoriented firefighter * Hose / guideline exit of disoriented firefighter * Operating power supply and deploying scene lighting * Overhaul of structure fire
	1030	LECTURE : Salvage and Overhaul						
AFTERNOON SESSION	1300	Cont. LECTURE : Salvage and Overhaul		* Self - survival techniques, * Rescue of a downed firefighter			* Utility control of structure * Ground cover fire control	
	1400	LECTURE : Firefighter Rehabilitation		* Survival - alternate exit				
	1500	LECTURE : Wildland Ground Cover Fires		* Survival - hose / guideline exit				
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
INSTRUCTOR(S)	October 6, 2025 NO GYM	October 7, 2025	October 8, 2025	October 9, 2025
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 * Multistory residential structure fire, single fire on each floor * Search and rescue of building * Ladder deployment of building	0900 EVALUATIONS : VDFP Firefighter I Skills * SCBA inspection * Radio communications * Telephone communications * Salvage and cover furniture * Water chute and removal * Fire origin protection * Sprinkler control * Utility control * Operate generator and lighting * Overhaul	0900 EVALUATIONS : VDFP Firefighter I Skills * Primary search - restricted space * Forcible entry - horizontal vent * Ground cover fire control * Portable fire extinguisher * Air monitoring * Extending a hose line * Interior fire attack * Connecting to a hydrant * Field reduction of PPE contaminants	0900 EVALUATIONS : VDFP Firefighter I Skills * Rescue downed firefighter * Firefighter survival - alternate exit * Firefighter survival - hoseline exit * Knot tying and tool hoist * Exterior ventilation / tool carry * Operate hose line from ladder
AFTERNOON SESSION	1630 EVALUATION : General Skills * Field reduction of PPE Contaminants			1500 REVIEW : Firefighter I Curriculum
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
INSTRUCTOR(S)				
LOCATION	Winchester / Frederick County Training Center	Winchester / Frederick County Training Center	Training Annex	
MORNING SESSION		0900 EVALUATIONS : VDFP Firefighter I Skills <ul style="list-style-type: none">* Exterior Class A fire extinguish* Portable water tank setup* Vehicle fire* Clean / inspect hose* Clean / inspect ladder* Vent - Enter - Isolate - Search* Vertical ventilation* Rescue civilian* Roof ladder deployment	0800 EXAM : VDFP Firefighter I Course	0900 PRACTICAL : Establishing and Transferring Command 1100 LECTURE : Advanced Fire Suppression
AFTERNOON SESSION		1500 EXAM : Firefighter I	1400 LECTURE : Establishing and Transferring Command 1600 PRACTICAL : Incident Documentation	1300 Cont. LECTURE : Advanced Fire Suppression 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
INSTRUCTOR(S)	October 20, 2025	October 21, 2025	October 22, 2025	October 23, 2025
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 1100 LECTURE : Swift Water Rescue Awareness	0700 HTR Low Angle Rescue Course	0700 HTR Low Angle Rescue Course
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
INSTRUCTOR(S)	October 27, 2025 NO GYM	October 28, 2025 NO GYM	October 29, 2025	October 30, 2025
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 1100 LECTURE : Fire and Life Safety Initiatives	0900 PRACTICAL : Fire Detection, Suppression and Smoke Control Systems, 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
INSTRUCTOR(S)	November 3, 2025 NO GYM	November 4, 2025 County Holiday - Election Day	November 5, 2025 NO GYM	November 6, 2025 12 Hour Day
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 * Multistory residential structure fire, single fire on each floor * Differed entrance to side C * Search and rescue of building * Ladder deployment of building		0800 EVALUATION : Residential Structure Fire * Multistory residential structure fire, single fire on each floor * Basement fire, entry using stairs on side B * Search and rescue of building * Ladder deployment of building	0900 EVALUATION : VDFP Firefighter II Skills * Assume / transfer command * Ignitable liquid fires * Coordinated fire attack * 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
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	<p>0900 EVALUATION : VDFP Firefighter II</p> <p>Skills</p> <p>* Home fire safety survey</p> <p>* Life safety education</p> <p>* Pre-incident survey</p> <p>* Power tool / generator use</p> <p>* Fire hose service testing</p> <p>* Incident report</p>	<p>0800 EXAM : VDFP Firefighter II Course</p>	<p>0700 PRACTICAL : VDFP Firefighter</p> <p>Survival and Rescue</p> <p>* Calling a Mayday</p> <p>* Review of SCBA functions and air emergencies with RIT pack</p> <p>* Downed firefighter assessment and packaging, drags</p> <p>0830 (3 groups - 1 hour per rotation)</p> <p>* Ladder bail</p> <p>* Basement prop</p> <p>* Stair movements</p>	
AFTERNOON SESSION	<p>1400 REVIEW : Firefighter II Course</p> <p>1500 EXAM : Firefighter II Course</p>	<p>1300 LECTURE : VDFP Firefighter Survival and Rescue</p>	<p>1300 (3 groups - 1 hour per rotation)</p> <p>* Rope bails (rope and department issued equipment)</p> <p>* Hose bail and Window hang</p> <p>* Room orientation, Search line - Tagline movement)</p> <p>1600 Protective Task, Air Emergencies</p>	
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

	Monday	Tuesday	Wednesday	Thursday
INSTRUCTOR(S)	November 17, 2025 NO GYM	November 18, 2025 NO GYM	November 19, 2025 NO GYM	November 20, 2025
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 1500 (2 groups - 1 hour per rotation) * Disorientation drill * Air emergencies drill	1530 Tuscarora Trail Hike Prep		
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
INSTRUCTOR(S)	November 24, 2025	November 25, 2025 No Gym	November 26, 2025	November 27, 2025 County Holiday - Thanksgiving
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
INSTRUCTOR(S)				
LOCATION	Training Annex		Training Annex	
MORNING SESSION	0900 Fire Manager Software Training 1100 Local 4145 Membership Meeting	0900 Station Responsibilites and Planning	0900 Station Responsibilites and Planning	0900 Station Responsibilites and Planning
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
INSTRUCTOR(S)	December 8, 2025	December 9, 2025 NO GYM	December 10, 2025 24 Hour Day	December 11, 2025
LOCATION	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			