




Recruit Class # 18 Schedule

Week # 2
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							
MORNING SESSION	0900	American Heart Association - BLS Providers Course (All Instructors)	0800	Turkey Run				
AFTERNOON SESSION			1400	LECTURE : EMS Systems				
			1500	LECTURE : Transportation Operations				
HW / QUIZ								



Recruit Class # 18 Schedule

Week # 3
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		Winchester / Frederick County Training Center	
MORNING SESSION	0900	LECTURE : Wortforce Safety and Wellness, Infection Control Policy and Procedures	0900	LECTURE : Human Anatomy and Physiology	0900	LECTURE : Life Span Development	0900	PRACTICAL : Lifting and Moving Patients
					1000	LECTURE : Medical, Legal and Ethical Issues of EMS		* Using a patient stretcher
	1030	PRACTICAL : Infection Control * Donning / Doffing Gloves and Handwashing						* Performing the extremity carry
	1100	LECTURE : Communications and Documentation						* Positioning an unconscious patient on the floor
								* Restraining a patient
								* Transferring patient to the hospital stretcher
								* Immobilizing a patinet to a long backboard
								* Rapidly extricating a patient and immobiizing them a long backboard
								* Urgent and emergency moves
								* Operating loading system of ambulance
AFTERNOON SESSION	1300	Cont. LECTURE : Communications and Documentation	1300	Cont. LECTURE : Human Anatomy and Physiology	1300	LECTURE : A Team Approach to Healthcare		
	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 : Lifting and Moving Patients		
HW / QUIZ								

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



Recruit Class # 18 Schedule

Week # 4
December 8, 2025 to December 11, 2025

		Monday		Tuesday		Thursday		Friday	
		December 8, 2025		December 9, 2025		December 11, 2025		December 12, 2025	
INSTRUCTOR(S)									
LOCATION		Training Annex		Training Annex		Training Annex		Training Annex	
MORNING SESSION		0900	MODULE EXAM : Preparatory	0900	EVALUATIONS : Airway Management,	0900	LECTURE : Patient Assessment -	0900	LECTURE : ImageTrend Incident
		1000	LECTURE / PRACTICAL : Airway Management		Lifting and Moving Patients		Primary Assessment, Vital Signs Assessment		Documentation Software
			* Opening the airway (head - tilt / chin lift and modified jaw thrust)					1100	LECTURE : Patient Assessment -
			* Inserting an oral airway					Secondary Assessment and	
			* Inserting a nasal airway					Reassessment	
			* Inserting an i-Gel supraglottic airway						
			* Suctioning the patient's airway						
			* Performing ventilations using a bag - valve mask						
			* Managing the airway of a child						
			* Setting up an oxygen cylinder and placing a patient on oxygen	1300	LECTURE : Patient Assessment - Station to Scene			1300	PRACTICAL : Patient Assessment
AFTERNOON SESSION							* 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									



Recruit Class # 18 Schedule

Week # 5
December 15, 2025 to December 18, 2025

	Monday		Tuesday		Wednesday		Thursday	
	December 15, 2025		December 16, 2025		December 17, 2025		December 18, 2025	
					GROUP A : STATIONS / GROUP B : GYM		GROUP A : STATIONS / GROUP B : GYM	
INSTRUCTOR(S)								
LOCATION	Training Annex		Training Annex		Training Annex		Training Annex	
MORNING SESSION	0900	PRACTICAL : Medical Patient Assessment	0900	PRACTICAL : Trauma Patient Assessment	0900	LECTURE : Shock Management	0900	MODULE EXAM : Airway
					1100	PRACTICAL : Medical and Trauma Patient Assessment		Management, Patient Assessment
								EVALUATIONS :
								* Airway Management
								* Lifting and Moving Patients
								* Communications and
								Documentation
								* CPR Skills
AFTERNOON SESSION								
HW / QUIZ								




Recruit Class # 18 Schedule

Week # 6
December 22, 2025

to

December 25, 2025

	Monday		Tuesday		Wednesday		Thursday	
	December 22, 2025		December 23, 2025		December 24, 2025		December 25, 2025	
	GROUP A : STATIONS / GROUP B : GYM		GROUP B : STATIONS / GROUP A : GYM		County Holiday - Christmas			
INSTRUCTOR(S)								
LOCATION	Training Annex		Training Annex					
MORNING SESSION	0900	EVALUATION : Patient Assessment	0900	LECTURE : Shock Management				
		* Medical Patients	1100	PRACTICAL : Medical and Trauma				
		* Trauma Patients		Patient Assessment				
AFTERNOON SESSION	1300	LECTURE / PRACTICAL : Principles of Pharmacology						
		* Metered dose inhaler						
		* Nebulized medication						
		* Nitroglycerin tablets / paste						
		* Baby aspirin						
		* Oral glucose						
		* Glucagon						
		* Zofran						
		* Epi - Pen						
		* Narcan						
HW / QUIZ								

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



Recruit Class # 18 Schedule

Week # 7
December 29, 2025

to

January 1, 2026

	Monday		Tuesday		Wednesday		Thursday	
	December 29, 2025		December 30, 2025		December 31, 2025		January 1, 2026	
	GROUP B : STATIONS / GROUP A : GYM		GROUP B : STATIONS / GROUP A : GYM		12 Hour Day		County Holiday - New Year's Day	
INSTRUCTOR(S)								
LOCATION	Training Annex		Training Annex		Training Annex			
MORNING SESSION	0900	MODULE EXAM : Airway Management, Patient Assessment EVALUATIONS : * Airway Management * Lifting and Moving Patients * Communications and Documentation * CPR Skills	0900	EVALUATION : Patient Assessment * Medical Patients * Trauma Patients	0900	LECTURE : Medical Emergencies Overview		
					1030	LECTURE : Respiratory Emergencies		
AFTERNOON SESSION			1300	LECTURE / PRACTICAL : Principles of Pharmacology * Metered dose inhaler * Nebulized medication * Nitroglycerin tablets / paste * Baby aspirin * Oral glucose * Glucagon * Zofran * Epi - Pen * Narcan	1300	Cont. LECTURE : Respiratory Emergencies		
					1400	LECTURE : Cardiovascular Emergencies		
HW / QUIZ								

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



Recruit Class # 18 Schedule

Week # 8
January 5, 2026 to January 8, 2026

	Monday		Tuesday		Wednesday		Thursday	
	January 5, 2026		January 6, 2026		January 7, 2026		January 8, 2026	
INSTRUCTOR(S)								
LOCATION	Training Annex		Training Annex		Training Annex		Training Annex	
MORNING SESSION	0900	PRACTICAL : Respiratory and Cardiovascular Emergencies	0900	MODULE EXAM (Cardiovascular and Shock / Resuscitation)	0900	LECTURE : Endocrine and Hematological Emergencies	0900	LECTURE : Toxicological Emergencies
		* CPR and LUCAS Skills	1100	LECTURE : Neurological Emergencies				
		* 12 Lead ECG Lead Placement						
		* Mega - code / Team Response						
		* Medication review :						
		- Metered dose inhaler						
		- Albuterol / Atrovent						
		- Nitroglycerin tablets						
		- Nitroglycerin paste						
		- Baby aspirin						
AFTERNOON SESSION	1300	PRACTICAL : Respiratory and Cardiovascular Patient Assessment and Treatment	1300	LECTURE (cont.) : Neurological Emergencies	1300	LECTURE : Allergy and Anaphylaxis	1300	LECTURE : Gynecological Emergencies
			1430	LECTURE : Gastrointestinal and Urological Emergencies	1430	LECTURE : Behavioral Health	1400	LECTURE : Obstetrics and Neonatal Care
HW / QUIZ								



Recruit Class # 18 Schedule

Week # 9
January 12, 2026

to

January 15, 2026

	Monday		Tuesday		Wednesday		Thursday	
	January 12, 2026		January 13, 2026		January 14, 2026		January 15, 2026	
			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		Training Annex	
MORNING SESSION	0900	PRACTICAL : Obstetrics and neonatal care	0900	PRACTICAL : Medical Patient Assessment and Treatment	0900	EXAM : Medical Emergencies, Obstetrics	0900	PRACTICAL : Medical Competencies
		* Normal delivery			1000	PRACTICAL : Medical Patient Assessment and Treatment		
		* Abnormal delivery						
	1030	PRACTICAL : Medication review						
		- Oral glucose						
		- Zofran						
		- Epi - Pen						
		- Narcan						
AFTERNOON SESSION	1300	PRACTICAL : Medical Patient Assessment and Treatment	1300	PRACTICAL : Medical Patient Assessment and Treatment	1300	PRACTICAL : Medical Patient Assessment and Treatment	1300	PRACTICAL : Medical Competencies
HW / QUIZ					Quiz # 12 (due 1700 - July 6, 2025)			

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




Recruit Class # 18 Schedule

Week # 10
January 19, 2026

to

January 22, 2026

		Monday		Tuesday		Wednesday		Thursday	
		January 19, 2026		January 20, 2026		January 21, 2026		January 22, 2026	
		County Holiday - Martin Luther King Day		GROUP A : STATIONS / GROUP B : GYM		GROUP A : STATIONS / GROUP B : GYM		GROUP A : STATIONS / GROUP B : GYM	
INSTRUCTOR(S)						12 Hour Day			
LOCATION				Training Annex		Training Annex		Training Annex	
MORNING SESSION				0900 PRACTICAL : Medical Patient Assessment and Treatment		0900 EXAM : Medical Emergencies, Obstetrics		0900 PRACTICAL : Medical Competencies	
						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	
HW / QUIZ									

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



Recruit Class # 18 Schedule

Week # 11
January 26, 2026 to January 29, 2026

	Monday		Tuesday		Wednesday		Thursday	
	January 26, 2026		January 27, 2026		January 28, 2026		January 29, 2026	
INSTRUCTOR(S)							GROUP A : STATIONS / GROUP B : GYM	
LOCATION	Training Annex		Training Annex		Training Annex		Training Annex	
MORNING SESSION	0900	PRACTICAL : Bleeding and Soft Tissue Injuries	0900	PRACTICAL : Trauma Competencies	0900	PRACTICAL : Face, Neck, Head and Spine Injuries	0900	EVALUATION : Orthopaedic Injuries
		* Caring for external bleeding and treating for shock				* Spinal immobilizing a patient found in a sitting position		
		* Wound packing				* Removing a helmet from patient		
		* Stabilizing an impaled object			1100	LECTURE / PRACTICAL :		
		* Controlling epistaxis				Orthopaedic Injuries		
		* Control facial bleeding injury				* Applying a rigid splint		
		* Caring for burns				* Applying a Hare traction splint		
		* Control bleeding neck wound				* Splinting a hip fracture		
		* Treating open chest wound				* Immobilizing an infant or child		
		* Treat abdominal wound				* Immobilizing a kyphotic patient		
		* Treat amputated body part						
AFTERNOON SESSION	1300	LECTURE : Trauma Overview	1300	LECTURE : Face, Neck, Head and Spine Injuries	1300	Cont. LECTURE / PRACTICAL : Orthopaedic Injuries	1300	LECTURE : Environmental Emergencies
	1430	LECTURE : Bleeding and Soft Tissue Injuries	1500	LECTURE : Chest, Abdominal and Genitourinary Injuries				
HW / QUIZ								



Recruit Class # 18 Schedule

Week # 12
February 2, 2026

to

February 5, 2026

	Monday		Tuesday		Wednesday		Thursday	
	February 2, 2026		February 3, 2026		February 4, 2026		February 5, 2026	
	GROUP A : STATIONS / GROUP B : GYM		GROUP A : STATIONS / GROUP B : GYM		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	EXAM : Trauma Emergencies	0900	PRACTICAL : Trauma Patient	0900	EVALUATION : Orthopaedic	0900	EXAM : Trauma Emergencies
	1000	PRACTICAL : Trauma Patient		Assessment and Treatment		Injuries	1000	PRACTICAL : Trauma Patient
		Assessment and Treatment						Assessment and Treatment
AFTERNOON SESSION	1300	PRACTICAL : Trauma Patient	1300	PRACTICAL : Trauma Patient	1300	LECTURE : Environmental	1300	PRACTICAL : Trauma Patient
		Assessment and Treatment		Assessment and Treatment		Emergencies		Assessment and Treatment
HW / QUIZ								

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



Recruit Class # 18 Schedule

Week # 13
February 9, 2026

to

February 12, 2026

	Monday		Tuesday		Wednesday		Thursday	
	February 9, 2026		February 10, 2026		February 11, 2026		February 12, 2026	
	GROUP B : STATIONS / GROUP A : GYM				NO GYM			
INSTRUCTOR(S)								
LOCATION	Training Annex		Training Annex		Training Annex		Training Annex	
MORNING SESSION	0900	PRACTICAL : Trauma Patient Assessment and Treatment	0900	LECTURE : Vehicle Extrication	0700	ALERTT Class	0900	EMT Course Review
			1000	LECTURE : Incident Management, Virginia Mass Casualty Incident Management Level I Course				
AFTERNOON SESSION	1300	PRACTICAL : Trauma Patient Assessment and Treatment	1300	PRACTICAL : Virginia Mass Casualty Incident Management Level I Course			1300	EXAM : Local Final Examination (All Chapters)
HW / QUIZ								




Recruit Class # 18 Schedule

Week # 14
February 16, 2026

to

February 19, 2026

	Monday			Tuesday			Wednesday			Thursday									
	February 16, 2026			February 17, 2026			February 18, 2026			February 19, 2026									
	County Holiday - President's Day									12 Hour Day									
INSTRUCTOR(S)																			
													LOCATION				Training Annex		
MORNING SESSION				0900	EVALUATION : Trauma Patient		0900	EVALUATION : Medical Patient		0900	PRACTICAL : Competencies								
					Assesment and Treatment			Assessment and Treatment											
							Trauma 1		Medical 1										
							Evaluator		Evaluator										
							Narrator		Narrator										
							Patient		Patient										
							Assistant		Assistant										
							Trauma 2		Medical 2										
							Evaluator		Evaluator										
							Narrator		Narrator										
				Patient		Patient													
				Assistant		Assistant													
AFTERNOON SESSION				Trauma 3		Medical 3													
				Evaluator		Evaluator													
				Narrator		Narrator													
				Patient		Patient													
				Assistant		Assistant													
				Trauma 4		Medical 4													
				Evaluator		Evaluator													
				Narrator		Narrator													
				Patient		Patient													
				Assistant		Assistant													
				HW / QUIZ							Dispatch			Dispatch					
											ER Comm			ER Comm					

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