



State of Connecticut  
Department of Emergency Services and Public Protection  
Commission on Fire Prevention and Control  
**Connecticut Fire Academy**



January 7, 2021

Chiefs and Training Officers,

The Recruit Firefighter Program - Class 67 Fire Department Registration packets now are available on the CFPC web site.

Please read and review all of the Registration and Applicant information carefully and thoroughly.

Cost of the program is now **\$6,685.00**

The **Fire Department Registration Packet** is required to be received at the Academy **no later than January 25, 2021.**

The seven pages of the Registration Packet are the only documents needed to be sent to the CFA five business days prior to the start of the class.

**Point of Contact Information**

In addition to contacting the department for routine and emergency issues, Point of Contact information is required for the purpose of providing feedback, requests and sharing of information regarding the Recruits participation and equipment. At no time can the Fire Academy provide information to anyone not listed on the Fire Department registration as the Chief of the department and Point of Contact or otherwise provided for with written permission from the Fire Chief.

Please provide Point of Contact Information of the person(s) that will have supervisory oversight of the Recruit during the Program.

**Chief and Training Officer Informational Meeting**

There will be a Virtual Meeting Monday, February 1, 2021 from the CFA for all **Fire Chiefs and the Point of Contact Person** of the impacted Fire Departments during the afternoon. A ZOOM Meeting invitation will be sent after processing the contact information from the Fire Department Registration.

**Recruit Orientation**

Starting Tuesday and Wednesday, February 2 and 3, 2021, Recruit applicants will be scheduled in groups of 10 to attend one of the four Recruit Orientation Sessions either AM or PM at the Connecticut Fire Academy.

Starting Thursday and Friday; February 4 and 5, 2021, Recruit applicants will be scheduled in groups of 10 to attend one of the four Physical Fitness Training Sessions either AM or PM at the Connecticut Fire Academy.

These sessions are mandatory for each Recruit and they will be scheduled as we process the information from the Fire Department Registration.

**Virtual Training**

Class 67 will begin with Virtual Training delivering the Presentations of the Program beginning Monday, February 8. Recruits will be issued DESPP/CFA laptops for their use during the class. The Program will continue to be supported by the Jones & Bartlett Navigate-2 LMS. Recruits are required to complete Homework and Quiz assignments during this period.

**Physical Fitness Training**

Physical Fitness Training is scheduled daily from 08:00 – 09:00. Recruits will be tested during Orientation and each will be required to complete a “Work Out Log” that will be signed off by the Department Training Officer.

**Practical Skills Training**

The Class is scheduled to report to campus for evening of March 7, 2021. The schedule will generally be filled with the Practical Skills, Company Operations, Live Fire and the Technical Rescue portion of the Program.



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## Connecticut Fire Academy

### CPAT and the Self-Administered Physical Fitness Test

Years ago the Recruit Firefighter Program had made CPAT a prerequisite to attend, and most recently the Program assisted with developing and implementing the Connecticut Firefighters Health and Safety Consortium's Physical Fitness Preparation Guide and Baseline Fitness Standards for candidates to prepare for a Recruit Program. These two initiatives ensure that candidates are physically capable to be trained as a firefighter and meet fitness standards that will prepare the candidates for the physical rigors of Recruit training and their career in the fire service.

#### Candidate Physical Abilities Test (CPAT)

The Recruit Firefighter Program Registration section requires a current CPAT card within two years of the start of the program. The Connecticut Fire Academy recognizes that some departments have extended that time to greater than two years as an application prerequisite in order to expand the pool of candidates. CPAT is required, but please contact the Program Manager in the event your candidate's CPAT card is older than two years.

Please provide a copy of the most current CPAT for the first day of the program.

#### Connecticut Firefighters Physical Fitness Assessment and Preparation Guide

Of the four main areas of training and testing, **Work Capacity** in the environmental circumstances in which they will perform has the most potential to undermine a Recruit's success.

Not being physically prepared for the rigors of the profession while acclimated to the environment always leads to poor academic performance (too tired to study), poor skill proficiency (too exhausted to concentrate and perform properly), and a poor attitude about the training program (too stressed to appreciate the importance of the program demands). These are minor in comparison, however, to how a lack of physical work capacity and physical readiness can contribute to injury and death on the training or fire ground.

Prospective Recruits must have a strong understanding of the demands of the Recruit Firefighter training program in its entirety, and prepare to arrive as the occupational athlete that the profession requires.

The Connecticut Firefighters Health and Safety Consortium's and the Physical Fitness and Preparation Guide and Self-Administered Physical Fitness Test has been included in the Recruit Firefighter Program application section for the past three classes with the intent of preparing the candidates for the obvious inherent physical risks of not being adequately prepared for both training and the beginning of a tremendously demanding profession.

Please have your candidate complete the Self-Administered Physical Fitness Test and document **prior** to the first day of the program.

### Acclimatization to the Training Environment

To perform firefighter training and work in the weather conditions at the start of a Recruit Class may require weeks of preparation depending on condition and acclimatization to the heat or cold of the recruit.

For the safety of the Recruit, any potential or new hire should be provided a copy of this document 6-8 weeks in advance to the start of a class.