Sample Recruit Lesson Plan: STOP, DROP and ROLL
Preschool – Kindergarten / Ages 3-5

Objective:
Introduce young children to the firefighter and the topic of fire safety in a method that they can relate to. The student will identify the procedure, Stop, Drop, and Roll if their clothes catch on fire.

- The Company Officer may delegate the “Show and Tell” to a member of their crew.
- After the children have assembled at your location, start your show and tell.
- Introduce yourself and your crew. State your names, ranks and what station you represent.

Background Information:
- The Stop, Drop, and Roll procedure is used when clothing catches fire. Immediate action should distinguish flames and lessen the burn injury.
- Discuss why it is important not to run if their clothes are on fire. They should STOP, cover their face with their hands. DROP to ground, and ROLL until the fire is out. Tell how rolling “smothers” fire and makes it go out.
- The correct procedure, according to the National Fire Protection Association is to; Recruits will explain/demonstrate STOP, DROP and ROLL procedure.

  “Stop, drop, and roll” is used when clothing catches fire.
  Teach students to stay away from fire.

  If clothes catch fire:
  - Stop where you are.
  - Drop to the ground and cover your eyes and mouth with your hands.
  - Roll over and over and back and forth until the flames are out.
  - Get help from a grown-up who will cool the burn and get medical help.

- Children often get confused about when to stop, drop, and roll. Stress the importance of knowing when to do this behavior. Only do it when clothing catches fire. Children who do not have a good understanding of stop, drop, and roll will sometimes do this if they burn a finger or need to get outside if the smoke alarm sounds. Using stop, drop, and roll under the wrong circumstances could be very dangerous.

- Children should stay away from things that can catch clothing on fire, such as matches, lighters, fireplaces, heaters, grills, or gasoline.

Materials:
- Paper flame
- STOP, DROP, AND ROLL worksheet
Introduce yourself:
- Introduce yourself and your crew. State your names, ranks and what station you represent.
- Explain to the children the plan for the program.
  “Good Afternoon, I am Firefighter Smith from the Center Fire Station”
  “Today we will teach you”
  “What to do if your cloths are on fire and”

Procedure:
- Explain that now that we know that fire can burn, what we should do if our clothing catches on fire.
  - Tell them that the procedure is to STOP, DROP, and ROLL.
  - We stop because if we run the air will make the fire grow.
  - If we STOP, DROP (covering our face with our hands if our hands aren’t on fire) and ROLL over and over this will put the flames out.
- Demonstrate the procedure.
  - First put the paper flame on your clothing.
  - Explain that this is pretend.
    - Paper flames do not hurt, real ones do.
- Ask for volunteers to also perform the procedures.
  - Take turns so that each student can perform the procedure.
- Give each student a sticker after they have had a turn to insure that everyone gets a chance to perform the procedure. Recruit Stickers NOT Included.
- Using a battery operated smoke detector, set the detector off, and ask the children if they should STOP, DROP, AND ROLL.
  - Explain that they should not, that alarms are a signal to get out.
  - They should only STOP, DROP, and ROLL when their clothing is on fire.
Stop, Drop and Roll Worksheet

What will we learn today?

• Today we will learn about how we can protect ourselves if our clothes, or someone else’s clothes, catch on fire.

What can happen if we stand too close to an open flame, such as a campfire, candle or grill, or something very hot, like a space heater?

• Our clothes can catch on fire

What should we do?

STOP - where you are - never run

DROP - to your hands and knees, lie on the ground with your hands covering your face

ROLL - over and over, back and forth, until the fire is out

• If the fire is on your sleeves, put your arms down by your side and roll over and over, back and forth, until the fire is out

• If someone else is on fire:
  o make sure they don’t run
  o use a blanket to smother the fire
  o put water on them to put out the fire

• REMEMBER - you can prevent your clothes from catching on fire by not getting too close to fire or playing with things like matches, lighters, campfires or candles.
Sample Recruit Lesson Plan: **FIREFIGHTER GEAR and EQUIPMENT**

**Preschool – Kindergarten / Ages 3-5**

**Objective:**
Introduce young children to the firefighter and the topic of fire safety in a method that they can relate to. The student will identify the procedure, Stop, Drop, and Roll if their clothes catch on fire.

- The Company Officer may delegate the “Show and Tell” to a member of their crew.
- After the children have assembled at your location, start your show and tell.
- Introduce yourself and your crew. State your names, ranks and what station you represent.
- Before you guide the kids around the apparatus, allow them to see a firefighter in all of their firefighting gear.
- Be sure to kneel and get down to the children’s level when the firefighters DON their gear.
  - Standing could be intimidating.

**Tips:**
Do not use the word **SCARED**. *Studies show using the word scared will triple the number of kids that are truly scared.*

Do not use jargon or acronyms. These terms do not mean anything to kids or in most cases to their leaders.

Anyone can modify this lesson plan at anytime. Relax, these kids and leaders adore you. Do not be intimidated by them because they are intimidated by you and are in awe of you. You are next to a pro athlete or real life hero in their eyes.

Most of all smile and have fun.
Introduce yourself:
- Introduce yourself and your crew. State your names, ranks and what station you represent.
- Explain to the children the plan for the program.
  - “Good Afternoon, I am Firefighter Smith from the Center Fire Station”
  - “Today we will”
  - “Show you our Firefighting gear and our Engine”.

Procedures:
Explain the following:
- Have the firefighter dress slowly in their gear.
- Point out the boots are to protect their feet from stepping on nails.
- Point out the pant’s big kneepads help protect their knees because they will be crawling on the floor looking for you.
- Their coat is to protect them from getting cut on anything that may be low to the ground and protect them from the heat.
- Their hood is to prevent their ears and neck from burning.
- Their air pack is to help them breathe while in the poisonous smoke.
  - They take the air we breathe and squeeze it into this little bottle.
  - The mask keeps the space around the eyes clear for them to see you.
- Their helmet is to protect their head from falling bricks and boards.
  - Their helmet protects their heads like the football players who wear a helmet to protect their head.
  - Young children should not put helmets on their heads because their necks may not support the weight of a fire helmet.
- Now you have a friendly firefighter in all his gear.
  - Allow the kids to touch the firefighter and tell them this is the uniform they use in a building fire.
  - If you see one of them in a fire go to them.
  - They are there to help you.
  - Do not hide under a bed or in the closet.
- Next, show the group your apparatus and equipment.
  - Axe
  - Ladder
  - Hose with Nozzle
  - Medical Bag
  - Pike Pole
- Have kids back away from the fire truck and warn them that you will be turning sirens and lights on.
- If you have time and the group is not too large, let the kids sit in the apparatus
- Encourage the Leader of the group to gather their kids up near the Fire Engine for a picture if they have a camera.
Sample Recruit Lesson Plan: CONDUCTING FIRE STATION and FIRE ENGINE TOURS
All Ages / Use information where appropriate

The “public use” areas of your firehouse.
- Due to security, safety and liability issues, FD personnel should limit their interaction with the public to only a few areas in the firehouse.
- Fire Stations are designed and intended for the sole purpose of housing Firefighters and their equipment.
  - Although fire stations are funded with public tax dollars, they are not intended for public use.
- With this in mind, when you are conducting a station tour, public safety precautions must be taken.
- Tours should be limited to public areas, i.e., Apparatus Bay, Day Room, and the Kitchen area.
- Restricted areas should include the weight room, employee restrooms/showers, offices and dorm rooms.
- It goes without saying that any time a civilian or public group requests a tour of the facility, all visitors must be accompanied by a department representative.

Establish a Safe Area
- After you welcome the class and introduce yourselves, immediately establish a safe area.
- Explain what happens when an alarm comes in (tones, bells, etc.).
- Stress how important it is that everyone remains calm (remember, you’re dealing with children) as they walk over to the safe area.
- Some departments temporarily take a company out of service when conducting a fire station tour and fire safety lecture.
  - This may or may not be possible, but the time and location of a working fire cannot be pre-determined, so a safe area should be established before beginning the tour.
- Make sure the area is clean, easy to access, and away from any danger.
- Hopefully, you will be in a situation where at least one member will be able to stay behind and continue the tour if an alarm comes in.
- If not, provide the teacher with instructions before beginning the tour.

Tour the firehouse
- Every kid wants to see the big red fire engine and the pole and the Dalmatian (c’mon, we both know there’s a department out there that still has a Dalmatian).
- Giving a tour of the firehouse is not much different than giving a tour of your own home.
- One of the first things you could do is walk them through the station and show them where the firefighters work and train.
  - It goes without saying that any “questionable” items hanging on lockers or around the firehouse should be removed.
  - Firefighters like to play jokes on each other, and although my department has a zero tolerance policy against posting offensive things on lockers, not every department (or individual) has enough sense to refrain from doing so.
- Take a walk around the station before the kids arrive and make sure the place is clean, and the floor is clear of debris.
- You may choose not to take the children through certain rooms, but the apparatus floor, day room and kitchen are great places to start.
Kitchen - Is This Hot?
- Every child is familiar with a kitchen.
- If they are old enough to know that a toaster heats up their bread, they should also know this appliance is dangerous.
  - An effective lesson you can teach is to have them sit or stand in a safe location as one firefighter walks around the room and asks, “Is this hot?”
  - The firefighter should point to appliances like the oven, the coffee pot, and the toaster.
- This is where you talk to them each item and explain why they shouldn’t touch them.
- This is also a good time to point at an outlet, talk briefly about electricity, and explain why they shouldn’t stick items into the slots.
- If nobody teaches them this, they may end up learning the hard way.

Let them sit in the Engine
- Seriously, what kid doesn’t dream of sitting in a fire engine?
  - Although this may be the highlight of the tour for a youngling, this is strictly up to your departmental policies.
  - If you choose to do this, and there are more than ten children, it may be advisable to make two lines, on each side of the apparatus.
- Many times, the parents or teachers like to take photos of the children sitting in the apparatus.
  - Make sure the child is secure in the seat and one hand is always in contact.
  - This will help ensure there isn’t an accident, but don’t lose sight of the society we live in today.
  - Don’t do anything without the parent’s or teacher’s permission, and understand the reason why many departments prefer not to let the children sit on the apparatus - simply to avoid injury and potential litigation.
- Whether you do or don’t allow them to sit in the Engine, it can also be fun to open a couple apparatus doors and show them some of the tools you use.
  - Disclaimer: Do not let them hold or handle any firefighting tools, except maybe a low pressure booster line.

Hold booster line
- Again, this is dependent upon your departmental policies, but most children find this to be the absolute highlight of their tour – hands down.
- Stretch a booster line and flow the minimum amount of water.
- Let the children hold it, one at a time.
  - When doing this, the firefighter should control the nozzle and never let go of the line.
  - Some departments create props to simulate a structure fire.
    - Then, they help the child aim the hose stream at the fire.
- If you flow water, be sure to address the issue of water runoff in advance so you don’t disrupt nearby residents or cause any damage, or pooling of water.