



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



July 26, 2018

Chiefs and Training Officers,

The Recruit Firefighter Program - Class 62 Fire Department Registration and Recruit Application packets now are available on the CFPC web site.

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 August 20th. The seven pages of the Registration Packet are the only documents needed to be sent to the CFA by 8/20.

The **Recruit Applicant Packet** is required to be completed and brought in with the Recruit along with documents listed below on the first day, August 27th.

- Copy of CPAT (Candidate Physical Ability Test) Certification
- Copy of EMS training Certification/License (EMR/EMT/EMT/P)
- Copy of CPR/AED Certification
- Copy of Fit Testing Information (if available)
- Self-Administered Physical Fitness Test

Explanations of sections in the packets:

SCBA Fit Testing

Please check the appropriate box regarding Quantitative SCBA Mask Fit Testing. In the event the Fire Department cannot administer their Fit Test the CFA will test your Recruit.

A copy of the Fit Test results should be brought in with the Recruit on the First Day.

Attendance Requirements

Past classes have been challenging when a Recruit request time away from the program to attend personal events and professional appointments. Although some events cannot be avoided or scheduled around the program, others have severely interfered with the continuity of the Recruit's training. Please be advised that absences from the Program may prevent the Recruit from receiving the Recruit Firefighter Program certificate. Approved requests for excused absences will be rare.

Contact Program Manager Eric Munsell if there is a known event that may interfere with a recruit's ability to meet the Recruit Firefighter Program's contact hour requirements.

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 Recruits. 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.



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.

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** has the most potential to undermine a Recruit's success.

Not being physically prepared for the rigors of the profession 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 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 two 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.

Checklists are provided on the CFPC website to assist the department with completing the Fire Department Registration, and the Recruit Application. These checklists will ensure that the Recruit arrives with the necessary equipment and items.