

Vision Statement

To be the most fire-safe community in Canada.

Mission Statement

Halifax Regional Fire & Emergency will strive to create a safe community through protection of life, property and environment through education, leadership, partnerships and effective response to emergencies.

Values

Accountability:

Encourage individual and collective responsibility for behaviours and actions.

Communication:

Open, honest and timely.

Diversity:

Respect and appreciate differences.

Integrity:

Demonstrate trustworthiness and reliability



Contact:

halifax.ca/fire
902.490.5530
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Volunteer Recruit Training: Training Expectations

Learn what it takes to become a
Volunteer Firefighter

What do you need to apply?
Find out at halifax.ca/fire



HALIFAX

The Physical Assessment

A key component to the Volunteer Recruit Training process is the **successful completion of a physical fitness test**. The test consists of eight task-related performance tests designed to simulate the physical demands of a firefighter which requires both muscular strength and endurance.

The test includes:

- Ladder Climb
- Searching an enclosed area
- Hose carry
- Rope pull
- Hose drag
- Ladder lift
- Victim drag and;
- Forced entry

Passing the physical indicates you have the abilities required to be a volunteer firefighter.

Learn how to prepare for the fitness test: halifax.ca/fire/documents/volunteer_intakefitnessstest/preparationguide.pdf



What is Volunteer Recruit Training?

Volunteer Recruit Training (VRT) provides you with all the training you need to safely and effectively provide firefighting services to the residents of Halifax Regional Municipality.

The program is offered twice a year, in the spring and fall.

The spring session starts early March and ends late June.

The fall session starts early September and ends mid-December.

Each session typically has two (2) groups, and each group can have up to 22 recruits.

The program consists of two main parts:
- Medical First Responder (MFR) Training
- Level 1 Equivalent Firefighting Training (Hands on and Online Learning)

In total, you must complete 14 days (seven weekends) of training.

We outfit you with all the gear and clothing you need and also provide lunch each day.

What if I have previous training?

We will evaluate any certificates submitted with your application and may grant equivalency for some parts of our program. It is important to note regardless of any equivalency granted, you will be **required to complete all hands-on Firefighter training** and some online courses specific to HRFE.

The Hands on Training

Medical First Responder is a **four day program** taught by St. Johns Ambulance where you will learn to handle medical and trauma-related emergencies as a first responder.

The Level 1 Firefighting training consists of **10 full days of practical training** grouped into five sequential weekends called Blocks. Recruit groups attend Blocks on alternating weekends. You'll be taught all the essential firefighting skills in small groups, with a 1:4 instructor/recruit ratio.

If you cannot attend a weekend with your group, upon request, you may be granted a temporary switch between groups to accommodate your schedule.

Online Learning

As a recruit, you will be assigned approximately **50 hours of self-paced, online learning** spaced over the 5 Blocks of the program. Participants will be expected to complete certain modules by their assigned deadline. Our eLearning centre can be accessed 24/7 from any computer with **internet connection**. If you do not have a computer we can provide you with access to one at one of our Fire Stations.