

PRACTICE 1: FIRE
READINESS. WALKING
ENDURANCE

**ANJ FIRE FIGHTER
TRAINING**



Objectives

- Review of Readiness concepts
- Review the importance of physical fitness
- Familiarization with teams, structure, tools, environment



Materials

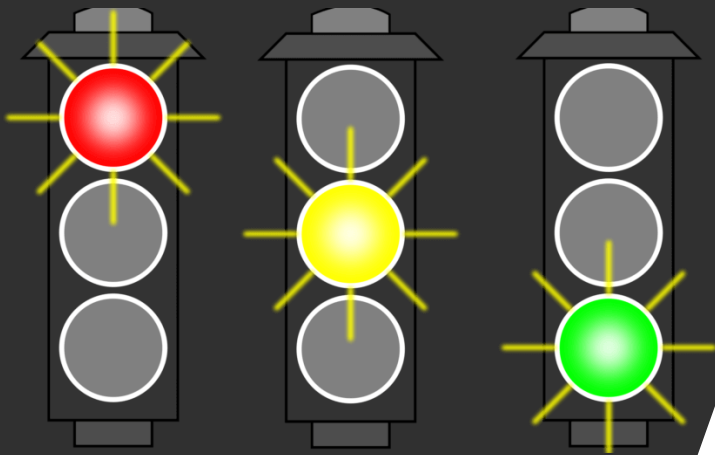
- Fire Fighters with full P.P.E. (Personal Protective Equipment).
- Tools for every single fire fighter
- Water
- Circuit for the whole time planned (1h30')



Procedures

- Introduction to the practice with Objectives
- Review the importance of physical fitness
- Review basic safety concepts when marching
- Separate in Crews
- Warm Up (5')
- Proceed with the endurance walk (1h30')
- Cool down and stretch (10')
- A.A.R. (After Action Review) with review of Fire Readiness concepts.

Assessment



- Fire Readiness, including PPE
- Safety concepts
 - Safety Distance, tools,...
- Communication
- Physical fitness
- Attitude
- Teamwork



Questions?