



Fire up
your
potential

FIREBREAK

Teamwork | Ambition | Achievement



CAMBRIDGESHIRE
FIRE & RESCUE SERVICE
Working together to improve community safety





What is **FIRE**BREAK?

Firebreak aims to promote a culture of safety and team work and citizenship by teaching a range of vital life skills whilst undertaking the various disciplines of the Fire Service.

The course provides a learning environment that combines practical skills and scenario based training, with classroom centred theory/discussion workshops.

During the intensive week long fire station based course, the students gain confidence and develop vital life skills, while experiencing the techniques used by fire-fighters in their working lives.

It aims to reduce the risky choices made by young people, and reduce Anti Social Behavior by bringing awareness of the consequences of actions.



What will it offer you?

- Supports individuals to reach their full potential.
- Builds self-esteem and confidence.
- Excellent introduction to uniformed or public service.
- Re-engages children and young people who are not in Education, Employment or Training.
- Teach core skills for the world of work and independent living.
- Addresses the consequences of certain life choices.
- Benefits of community engagement.
- AQA Qualification in Community Firefighting Skills.



Who can take part?

The course is suitable for:

- Those who have demonstrated risky behaviours.
- Individuals who would benefit from building their self-esteem and confidence.
- As a reward for good behaviour.
- Gifted and talented.
- Those with an interest in public services.



FIREBREAK Programme

The Firebreak programme delivers a different message daily, and through the week aims to promote a change in mindset and behavior. Firebreak promotes self worth and actively encourages the students to look at their future and fulfill their potential.

Throughout the programme the emphasis is on punctuality, discipline, teamwork, responsibility and communication.

The students will work together as a 'Watch' and will participate in and ensure the following;

- Participate in structured meal times (breakfast and lunch), where the students will be responsible for washing up and overall cleanliness of the mess room/classroom.
- To take personal responsibility for their Fire kit, to ensure that it is worn correctly whilst

on the drill yard and that it is stowed correctly when not in use.

- To ensure that Station areas used by Firebreak are maintained to an acceptable standard.
- To play an active role in Parade and drill yard sessions, where they will receive instructions for the session and participate in activities that include;
 - Hose Running
 - Manual Handling
 - Dam Building
 - Ladder Pitches
 - Breathing Apparatus (Search and Rescue)

All students will participate in a Passing Out Parade on the Friday afternoon, where family, friends and teachers are invited to watch a demonstration of the skills

that they have gained and to celebrate their success.

On successful completion of the Firebreak course students will receive a certificate for their participation and they will also have the opportunity to receive 2 further records of achievement should they complete the necessary criteria in the following; 1) Firefighting skills and active citizenship and 2) Basic life support and CPR.

See **page 8** for an example of the 5 day programme.





5 Day Programme based on a Fire Station

MONDAY

After introductions and housekeeping and ground rules its straight into uniform fitting and out on the parade ground for manual handling, hose management and words of command.

TUESDAY

Day two starts with basic life saving skills including the recovery position and hands only CPR. Its then into groups to learn about Dam building, ladder climbs and hauling aloft. After lunch its out onto the parade ground practicing words of command and hose running.

WEDNESDAY

Wednesday is a favorite day for most of the students as we venture into smoke and darkness in full Breathing Apparatus. All day is spend practicing Search and Rescue, Breathing Apparatus familiarisation.



THURSDAY

Thursday is a day of reflection and some classroom discussions of consequences of action. Every action has a reaction and its those reactions that can affect others. Very much like a ripple effect.

We then allocate the roles for the Pass Out Parade and start to practice for Friday.

FRIDAY

Friday starts with a couple of Pass out practices.


The students help set up for friends, families and local community to arrive and watch all the skills they have learnt. All students get presented with a certificate and progress booklet.

What do young people get from **FIREBREAK?**

FIREBREAK aims to help young people;

- Work effectively as part of a team.
- Challenge themselves and overcome fears.
- Build confidence, discipline and self-esteem.
- Develop life skills.
- Understand and experience a disciplined environment.
- Respect the differences between themselves and others.
- Develop worthwhile relationships.
- Play an active role within the community.





“I loved Firebreak
and wanted to stay
for another week”

JN - Jack Hunt School

“It benefited me a
lot because now I
feel more confident”

BT - Jack Hunt School

“

Firebreak was amazing! It made me feel more confident and I feel like I can open up more to be able to talk about how I am feeling. It has helped me to calm down and understand when I need time out instead of lashing out and getting into a fight, which I did before.

I think I am more understanding towards others and it has made me appreciate what goes into being a firefighter. ”

Scott - Voyager Academy

“It got me more
motivated and I get up
quicker out of bed”

**MP - St John Fisher
Catholic High School**

“It was the best
week ever”

**AP - Ormiston
Bushfield Academy**

FIREBREAK

Timetable

DAY/TIME	09:00 – 10:30		10:45 – 12:30		13:15 – 15:00
MON	Breakfast Introductions Manual handling	BREAK	Introduction to parade Introduction to Hose; Run out, Under run, Make up	BREAK	Parade Drills; Hose drill, Ladder drill, Dam building
TUE	Breakfast First Aid/CPR		Parade Drills; Warm up drill (water tower)		Parade Drills
WED	Breakfast BA sets / Search & Rescue		BA sets / Search & rescue Search & rescue drill		Parade Search & Rescue in full BA
THU	Breakfast Consequences		Consequences Parade drills; Main drill practice		Parade Put together main drill for pass out parade
FRI	Breakfast Parade Pass out practice		Parade Pass out practice		Pass out parade

Words of command

Words of command are vital for communication and teamwork while on the parade ground. The students will learn six basic commands used in everyday Firefighting.

WORD OF COMMAND	ACTION
STILL	A command given by anyone on the parade ground in order to prevent an accident occurring. All personnel must remain still where they are.
REST	'Rest' is given by the instructor in charge of the parade ground, when carrying out a drill to point out a mistake or learning curve. The crew are to remain still until the command 'carry on' is given.
WELL	A command that is given to stop an action.
STAND FROM UNDER	This command is used when any thing is being lowered or dropped from above, or where a building is showing signs of falling masonry or collapse. Personnel should remove themselves from under to a place of safety without looking up.
HEAD TO THE BUILDING	'Head to the building' or 'Head in' is given when handling a ladder in an upright position and needs to be presented to the building.
CARRY ON	'Carry on' is used to counter the commands 'rest' and 'still' once the mistake or danger has been removed.



Safety **code**

All the students follow strict safety guidance. This is for their own safety while working on the parade ground and moving about the Fire Station.

- All participants must wear correct PPE for the task being performed. This is provided by Cambridgeshire Fire and Rescue.
- All personnel must take responsibility for their Fire Kit, to ensure that it is worn correctly whilst on the drill ground and that it is stowed correctly when not in use.
- All personnel to ensure that the Station areas used by Firebreak are maintained to an acceptable standard and items used cleared after use.
- All personnel to participate in a structured meal time (breakfast and lunch), where the students will be responsible for washing up and overall cleanliness of the mess room/classroom.
- Good behavior must be followed at all times while attending FireBreak to ensure the safety of the students and staff. We operate a yellow and red card system. Yellow card for a warning, however two yellow warnings will result in a red card. Red cards are an instant removal from the course.



Further information

Attendance

To be awarded the AQA certificate the students must pass all parts of the course and attended every day.

Things do happen though, and if for any reason a child is unable to attend an emergency number will be provided before the course.

Getting to and from FIREBREAK

Firebreak is run from a local station and therefore transport would need to be arranged either by the individuals or the referring agent. The cost of this will not be covered by the course. We will endeavor to get the closest station to the school/ organisation.

What to wear

The students will all be provided with the relevant PPE to be worn throughout the course. The students should wear home clothes underneath the Fire Kit provided.

It is advisable that students DO NOT wear the following;

- Jeans - once wet do not dry quickly.
- Hoodies - The hoods of the jumpers cause a hazard in training.
- Designer wear - Cambridshire Fire and Rescue can not take responsibility for expensive items damaged or lost.
- Crop tops or items of clothing showing excessive skin.

Food and drink

An important aspect of FireBreak is the opportunity for the Firefighters to engage with the young people and form relationships in an informal setting such as over breakfast and lunch, therefore both are provided for the duration of the week.

Students do not need to provide food as there will be adequate food and drinks throughout the day. Any special dietary requirements can be catered for.

We aim to provide a balanced diet that meets all individual needs.



What is included in the course?

- The standard course cost per student is between £350-500.
- All lead-in/support time with referring agency or establishment.
- Full 5 day programme delivery.
- Food and refreshments throughout including breakfast and lunch for each attendee.
- Pass Out Parade (invited friends/family).
- Record of Achievement Award scheme certification.
- 12 month follow up programme designed to have continued engagement and support of the pupils.
- A full evaluation of each cohort is completed Pre and Post course.



FIREBREAK Accreditation

On successfully completing a Firebreak course, students have the opportunity to gain 2 Record of Achievement awards from the Assessment and Qualifications Alliance (Unit Award Scheme).





Further information

For more information on **FIREBREAK** email us at:
firebreakinfo@cambsfire.gov.uk

www.cambsfire.gov.uk

