

PLAISTOW JUNIOR FIREFIGHTERS

40-Week Comprehensive Training Program

2025-2026 Training Year

Training Location:	Plaistow Fire Station, 27 Elm Street, Plaistow, NH 03865
Training Schedule:	Sundays 2:00 PM - 6:00 PM (40 weeks, 160 contact hours)
Program Coordinator:	Christopher Nesbitt, Lead Instructor
Contact:	(603) 362-8507 c.nesbitt@plaistow-junior-firefighters.org
Age Range:	14-18 years old

PROGRAM MISSION & OVERVIEW

The Plaistow Junior Firefighters program provides comprehensive firefighter training to youth ages 14-18, preparing them for lifelong careers in emergency services while developing leadership, character, and community commitment through professional standards and board-governed excellence. Our program follows National Volunteer Fire Council (NVFC) Junior Firefighter Program core competencies, utilizes New Hampshire Fire Academy (NHFA) curriculum, and meets National Fire Protection Association (NFPA) 1001 Firefighter Professional Qualifications standards.

PROFESSIONAL STANDARDS & COMPLIANCE

NVFC Core Competencies:

Our curriculum is built upon the National Volunteer Fire Council's Junior Firefighter Program core competencies, ensuring comprehensive foundation training in: Fire & Life Safety Education, Emergency Scene Safety, Firefighting Operations, Emergency Medical Skills, Leadership Development, and Physical Fitness. These nationally recognized competencies provide a structured pathway for youth development in the fire service.

NFPA 1001 Standards:

This program follows NFPA 1001: Standard for Fire Fighter Professional Qualifications, covering both Firefighter I and Firefighter II levels. Students will learn according to nationally recognized professional standards, preparing them for future certification opportunities. Training includes all required knowledge and skills outlined in NFPA 1001, adapted appropriately for junior firefighters.

NH Fire Academy Integration:

Our curriculum utilizes the New Hampshire Fire Academy's Firefighter I and II modules, textbooks, and online learning portal. Students study from Fire Engineering's Handbook for Firefighter I & II (1,200+ pages) and complete NHFA online modules through nhfaemslearning.org. This ensures alignment with state standards and prepares students for future professional certification through the 'On My Time' (OMT) program.

HYBRID LEARNING MODEL

Our program uses a three-phase learning approach each week:

Study Phase	Students prepare at home using Fire Engineering Handbook and NHFA online modules
Classroom Discussion	Didactic review of concepts, Q&A, and knowledge reinforcement
Practical Training	Hands-on skills practice in apparatus bays and training grounds

TECHNOLOGY-ENHANCED LEARNING PLATFORM

Plaistow Junior Firefighters utilizes cutting-edge educational technology to deliver a modern, 21st-century learning experience that prepares students for the technologically advanced fire service. Our program integrates professional learning management systems with official Fire Academy curriculum.

NH Fire Academy Online Portal	Google Classroom LMS
nhfaemslearning.org	Google Classroom platform
Official NHFA Firefighter I & II curriculum modules	Assignments, resources, and communication hub
State certification-aligned professional training	Supplementary materials and instructor collaboration

Google Classroom Features & Resources:

Assignments & Assessments: Weekly reading assignments from Fire Engineering Handbook, NHFA online module completion tracking, knowledge checks and skill reinforcement exercises, homework submissions and instructor feedback.

Communications & Announcements: Weekly training schedules and updates, weather cancellations and schedule changes, important program announcements, instructor-student messaging.

Training Resources Library: Instructional training videos and demonstrations, skill evolution video reviews, guest instructor presentations, reference materials and study guides. **Professional Development Content:** NIOSH Line of Duty Death (LODD) investigation reports, after-action reviews and lessons learned, industry best practices and case studies, discussion forums and peer collaboration.

Next-Generation Firefighter Training:

By integrating professional learning management systems with official Fire Academy curriculum, we provide students with the same technological tools used in modern fire departments and training academies. This forward-thinking approach ensures our junior firefighters are not only learning essential firefighting skills, but also developing digital literacy and professional communication skills that are increasingly vital in today's fire service.

40-WEEK DETAILED CURRICULUM

Week 1	FF 1 Program Orientation	Week 21	Search and Rescue Blk 2 - Ch 10
Week 2	Health and Wellness	Week 22	FF Survival (Part 1) - Ch 8
Week 3	ECSI First Aid Practical	Week 23	FF Survival (Part 2) - Ch 8
Week 4	PPE and SCBA Lab - Ch 9 & 10	Week 24	Forestry - Ch 23
Week 5	PPE and SCBA Blk 1 - Ch 9 & 10	Week 25	Hose & Streams Lab - Ch 12
Week 6	Communications - Ch 4	Week 26	Water Supply - Ch 12
Week 7	Tools and Equipment - Ch 11	Week 27	Hose & Streams Blk 1 - Ch 12
Week 8	Building Construction/Utility - Ch 7	Week 28	Hose & Streams Blk 2 - Ch 12
Week 9	Fire Behavior - Ch 5	Week 29	Hose & Streams Blk 4 - Ch 12
Week 10	Vehicle Extrication Tools & Operations - Ch 17	Week 30	Hose & Streams Blk 3 - Fire Attack Integration
Week 11	Ropes & Knots Blk 1 - Ch 8	Week 31	Fire Suppression Blk 1 - Ch 15-16
Week 12	Ropes and Knots Blk 2 - Ch 8	Week 32	Skills Integration & Review
Week 13	Portable Extinguishers - Ch 6	Week 33	Acquired Structure / Fire II Topics
Week 14	Forcible Entry - Ch 6	Week 34	Acquired Structure / Fire II Topics
Week 15	Ladders Blk 1 - Ch 11	Week 35	Fire Suppression Blk 2 - Ch 15-16
Week 16	Ladders Blk 2 - Ch 11	Week 36	FF 1 Final Review
Week 17	Ladders Blk 3 - Ch 11	Week 37	FF 1 Competency Testing
Week 18	Salvage and Overhaul - Ch 21	Week 38	Leadership Development
Week 19	Ventilation - Ch 11	Week 39	Live Fire Training
Week 20	Search and Rescue - Ch 10	Week 40	Program Completion & Graduation

STUDENT EXPECTATIONS & CODE OF CONDUCT

Physical & Mental Preparedness:

Students are expected to arrive at each training session well-rested, properly hydrated, and mentally prepared to learn. Firefighter training is physically and mentally demanding. Students should eat a proper meal before training, bring water, and ensure adequate sleep the night before. If feeling ill or injured, students must notify instructors immediately.

Attitude & Participation:

A positive attitude and active participation are essential to success in this program. Students are expected to:

- Arrive on time (2:00 PM) and ready to train
- Treat instructors, fellow students, and equipment with respect
- Participate fully in all classroom discussions and practical exercises
- Ask questions when concepts are unclear
- Support and encourage fellow junior firefighters
- Demonstrate professional conduct at all times
- Follow safety protocols without exception
- Complete all assigned homework and online modules
- Maintain passing grades in school

Safety Culture:

Safety is our top priority. Students must follow all safety procedures, use equipment properly, and immediately report any unsafe conditions. The 'Everyone Goes Home' philosophy guides every training activity. Students who fail to follow safety protocols will be subject to disciplinary action, up to and including removal from the program.

Respect & Professionalism:

This program trains future firefighters and community leaders. Students are expected to demonstrate integrity, honesty, and professional conduct. Inappropriate language, bullying, harassment, or disrespectful behavior will not be tolerated. Students represent the Plaistow Junior Firefighters program both in and out of the fire station.

ATTENDANCE POLICY

Regular attendance is critical to student success. The 40-week curriculum builds progressively, with each session providing essential knowledge and skills for future training. Students are expected to attend all training sessions.

- Excused absences: Medical emergencies, family emergencies, school obligations (notify instructors in advance)
- Unexcused absences: Failure to notify instructors, non-emergency absences
- Make-up work: Students must coordinate with instructors to make up missed material
- Attendance requirement: Minimum 85% attendance (34 of 40 sessions) required for program completion
- Chronic absenteeism: More than 6 unexcused absences may result in dismissal from the program
- Tardiness: Repeated late arrivals will be addressed on a case-by-case basis

ACADEMIC STANDARDS

Education is a priority. Students must maintain passing grades in school to remain in the program. Report cards may be requested periodically. Students struggling academically should communicate with instructors to adjust training schedules if needed. Academic success comes first.

PROGRAM HISTORY

The Plaistow Junior Firefighters program began as a grassroots initiative to provide local youth with comprehensive fire service training and mentorship opportunities. In October 2025, the program was officially incorporated as a 501(c)(3) nonprofit organization (NH Business ID #1007936), establishing formal governance through a five-member Board of Directors.

This transition marks the program's evolution from informal instruction to a structured, curriculum-based training program following professional standards. We are proud to offer New Hampshire's youth a pathway to fire service careers through rigorous, professional training that meets national and state standards.

PLAISTOW FIRE DEPARTMENT HISTORY

The Plaistow Fire Department has served the Town of Plaistow and surrounding communities with distinction for decades, providing fire suppression, emergency medical services, technical rescue, and hazardous materials response. The department operates from the fire station at 27 Elm Street, responding to hundreds of emergency calls annually.

While the Plaistow Junior Firefighters program is an independent 501(c)(3) nonprofit organization, we are graciously hosted by the Plaistow Fire Department, which provides access to training facilities, fire apparatus, and equipment. This partnership enables hands-on training in a professional fire station environment while maintaining the program's independent governance and curriculum development.

BOARD OF DIRECTORS & PROGRAM LEADERSHIP

Christopher Nesbitt	Chairman of the Board & Lead Instructor	NH Certified Firefighter EMT
Doug Thompson	Treasurer	CPA, Community Member
Daniel Ricker	Secretary & Instructor	Meeting Minutes & Agenda
David Florin	Board Member & Instructor	NH Certified Firefighter Paramedic
Robert Tuttle	Board Member & Instructor	NH State Fire Instructor

All board members participate in curriculum development, policy decisions, and program oversight. Four of the five board members serve as active instructors, bringing decades of combined fire service experience to student training.

'ON MY TIME' CERTIFICATION PATHWAY

The New Hampshire Fire Academy's 'On My Time' (OMT) program allows students to work toward Firefighter I and II certification at their own pace. Through our partnership with the NHFA, senior students may have the opportunity to complete practical skills evaluations with state-certified instructors.

The OMT program enables students to:

- Complete certification requirements on a flexible timeline
- Work with NH State Fire Instructors for skills sign-offs
- Earn official NHFA Firefighter I & II certifications
- Graduate high school with professional fire service credentials
- Enter fire service careers with advanced standing

Eligibility for OMT participation will be announced once program criteria are finalized with the New Hampshire Fire Academy.

EDUCATIONAL PARTNERSHIP

Through our partnership with Timberlane Regional High School, Timberlane students participating in this program can earn Extended Learning Opportunity (ELO) credits toward graduation requirements. This recognizes the educational value and academic rigor of our comprehensive firefighter training curriculum.

PROGRAM COMPLETION & CERTIFICATION

Students who successfully complete the 40-week program will receive:

- Plaistow Junior Firefighters Program Completion Certificate
- Documentation of completed NVFC core competencies
- Training records detailing completed NFPA 1001 objectives
- Completed NHFA online learning modules
- ECSI First Aid & CPR certification (if applicable)
- Recommendation letters for future fire service employment

PROGRAM PHILOSOPHY

We are excited to have you as part of the Plaistow Junior Firefighters program. This training year represents our transition to a structured, curriculum-based program that meets professional standards. You are part of building something special - a program that will serve future generations of junior firefighters.

Success in this program requires dedication, commitment, and a strong work ethic. Come to training ready to learn, support your fellow juniors, and embrace the challenges ahead. The fire service needs dedicated, professional individuals - we look forward to helping you develop into tomorrow's firefighting leaders.

Welcome to the team. Let's get to work.

Christopher Nesbitt, Chairman & Lead Instructor

Plaistow Junior Firefighters Board of Directors