



Firefighter I Course Syllabus - 2026

Overview

This course contains approximately 88 hours of self-paced online learning, and 112 hours of in-person skills-based instruction and certification evaluation. The course prepares the student to become certified as a Fire Fighter.

The tuition for this program must be paid as part of a certificate or diploma program. Individual enrollment in the Firefighter I course is not available at this time.

Course Prerequisites

- Legal Right to work in Canada (or [international student application](#))
- Proof of age (minimum 18 years of age or Junior Firefighter agreement signed by parent/guardian)
- English Language Proficiency (in accordance to the CFRC Language Proficiency Policy)
- Signed Medical Clearance form (filled out by physician)
- Valid Alberta Class 5 Drivers License with air brake endorsement (Or equivalent)
- High School Diploma, GED, or mature admission status
- Standard First Aid and CPR Level C (or equivalent)

All forms that are required can be found in the [Documents](#) section of the CFRC Website



Material Covered

1. Introduction to the Fire Service and Firefighter Safety.
2. Communications
3. Building Construction
4. Fire Dynamics
5. Firefighter Personal Protective Equipment
6. Portable Fire Extinguishers
7. Ropes and Knots
8. Ground Ladders
9. Forcible Entry
10. Structural Search and Rescue
11. Tactical Ventilation
12. Fire Hose
13. Hose Operations and Hose Streams
14. Fire Suppression
15. Overhaul, Property Conservation, and Scene Preservation

Outcome Objectives

After completing this course the student will have met the sections required for a Fire Fighter I in the NFPA 1001, 2019 edition, Standard for Fire Fighter Professional Qualifications. Students will not be eligible for certification testing unless they have first received their NFPA 470 (1072) Awareness and Operations certifications from IFSAC and/or the Pro Board.

Textbooks Required

The required text for the course is IFSTA's **Essentials of Fire Fighting**, Seventh Edition. Students are also required to purchase IFSTA's **Essentials of Firefighting, Seventh Edition Student Workbook**. This workbook is to be completed in the weeks proceeding a scheduled practical component, and throughout the practical component itself. Books can be ordered from the AFCA Bookstore. Click [here](#) to be taken to the Essentials Textbook paperback product page, and click [here](#) to be taken to the digital E-book product page. For the workbook (coiled book), click [here](#).

While not required, the **Essentials of Fire Fighting Exam Prep** is a valuable tool to help prepare for each lesson in the course and for the certification exam.



Course Evaluation Strategy

Students will be asked to complete a course evaluation form and an instructor evaluation form at the end of the course. These evaluations aid the college in improving course delivery for students.

Homework Assignment

Homework will be assigned on a case-by-case basis by the instructor. Students will be required to complete chapters in their **Student Workbook** as assigned by the instructor on evenings and on weekends during their practical component. This book should NOT be completed by the students in advance, and only chapters assigned by the instructor should be completed by set deadlines. Failure to complete homework assignments may result in disciplinary action, and or dismissal from the program at the discretion of the instructor.

Pre-Course Assignments

Students must complete the online course components (ICS 100, Firefighter I Online) prior to attending the practical component. Students who have not completed the online course work prior to the start date of the practical classes will be dismissed from the program.

Required Materials

- 1 Class B Uniforms (Navy blue button up collared shirt with CFRC or department issued patches affixed to each shoulder, Navy blue cargo pants, black belt) – *available for purchase through the college tuition payment portal.*
- 2 CFRC T-Shirts (*available for purchase via tuition payment portal*)
- 1 pair of CSA approved, black, 8" steel toed work boots
- 2 pairs of Navy Blue shorts or joggers
- 1 pair of running shoes
- IFSTA Essentials 7th Edition textbook and Student Workbook, note pads and writing instruments.

Instructor Information

Contact information for the instructor will be provided shortly after the enrollment deadline for the program. This information, as well as detailed information regarding dress, department, timings and schedule will be sent out via email in the class "Prep Letter". The goal of the instructor is to help you be successful during the course. Instructors are also available to assist you throughout your online course work. You should immediately contact the instructor if you have any questions about the course or course work.



Academic Dishonesty Policy

Academic misconduct includes cheating, plagiarism, falsification of records, unauthorized possession of examinations, intimidation, and any and all other actions that may improperly affect the evaluation of a student's academic performance or achievement; assisting others in any such act; or attempts to engage in such acts. Any incident of academic misconduct will result in the student being dropped from the course and the student's sponsoring agency being notified of the incident.

Course Participation

The course utilizes lecture, open discussions, and skills practice to achieve the learning objectives. Every student is expected to: come to course prepared to actively participate in discussions, read the text prior to the next class session, complete all homework assignments, respect the beliefs, opinions, and values of other students, and have an open mind about the issues being discussed.



Firefighter I Certification Process — General Information

Written Exam Information – Actual Examination may vary

Levels Tested:	NFPA 1001 Level I
# of Questions:	100
Type of Questions:	Multiple Choice
Minimum Score:	70%
Time Allowed for Exam:	2 Hours

Skills Exam Information

# of Skills Tested	Up to 159 skills may be tested during evaluation. The skills are randomly selected from 159 skills by the certifying agency. Each skill is pass/fail. One attempt to re-try a particular skill may be granted by the evaluator if deemed appropriate.
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All final examinations are proctored and evaluated by a third party who operates on behalf of an IFSAC or Pro-Board certified agency or association.

Certification Process Learning Activities

The skills that are eligible for evaluation are contained within the IFSTA Essentials of Firefighting 7th Edition Textbook. You should review each activity and use them to prepare for the skills portion of the certification process.