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FDNY Hosts Firefighter Outreach Event



Aspiring FDNY Firefighters were able to discuss Firefighter training with Chief of Probationary Firefighter School David Morkal during the Recruitment Outreach Event on July 18.

The FDNY's Office of Recruitment and Diversity hosted another Outreach Event on July 18 at the Fire Academy on Randall's Island in Manhattan.

Aspiring FDNY Firefighters from around New York City were able to participate in evolutions, physical training sessions, meet and greets with

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Aspiring Firefighters Participate in Outreach Event

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FDNY Firefighters and much more throughout the day to learn about serving as one of New York's Bravest.

In addition, the participants were able to learn about the FDNY's Affinity Societies, which included presentations from members of the Vulcan Society, the United Women Firefighters, the Hispanic Society and the Phoenix



#FDNYfit

Society.

This latest event marked the fourth time this year that the FDNY has held an Outreach Event for Firefighter hopefuls at the Academy.

#FutureFirefighters



Meet 'Probie' Gregory Jones



FDNY Probationary Firefighter Gregory Jones was one of 305 “Probies” to graduate from the Fire Academy on May 5.

Join FDNY first met Probationary Firefighter Gregory Jones in August 2014 during the Firefighter Candidate Mentorship Program Mentor-Mentee Day in the Park. He was a Firefighter Candidate working to complete the hiring process and he dedicated his time that day to learn more about the job from his Mentor Lieutenant Robert Dixon and other veteran Firefighters in the Department.

That experience, he explained, inspired him even more to pursue a career as one of New York’s Bravest. Flash forward almost year later and Jones is now saving lives as a New York City Firefighter at Engine 277 in Brooklyn.

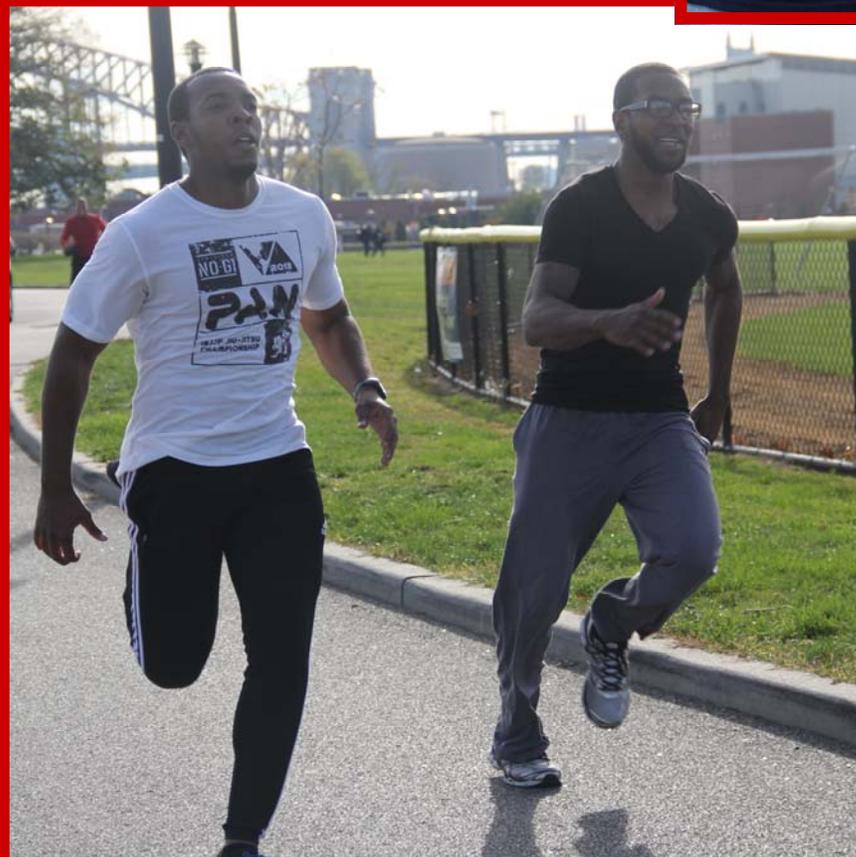
Even more interesting is that Jones made it a priority to participate in all of the free FDNY programs offered to Firefighter Candidates during their hiring process. In addition to the FFCMP, he completed Join FDNY’s Candidate Physical Ability Test (CPAT) Training and Fitness Aware-

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Meet 'Probie' Gregory Jones

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Probationary Firefighter Gregory Jones enjoyed some FDNY family fun with his Mentor, Lieutenant Robert Dixon, left, in August 2014 during the Inaugural Mentor-Mentee Day in the Park at Randall's Island. The event is one of the many that Firefighter Candidates participate in as Mentees in the Firefighter Candidate Mentorship Program (FFCMP).



Probationary Firefighter Gregory Jones, right, also participated in the Fitness Awareness Program (FAP) as a Firefighter Candidate, where he was able to train for the Fire Academy with other Candidates including Randy Meredith, left. Shortly after, the two trained in the same Academy squad together and then graduated together on May 5 as members of Academy Class 3 of 2014.

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Meet ‘Probie’ Gregory Jones

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ness Program (FAP) at the Fire Academy.

During CPAT Training, which allows candidates to practice the exam’s eight evolutions each week to help them prepare for the Department of Citywide Administrative Services (DCAS) CPAT, Jones said he learned more about the muscles he needed to strengthen to fulfill the duties of a Firefighter. During FAP, where candidates complete Fire Academy-style physical training under the tutelage of the Academy’s fitness instructors, Jones noted that he adjusted his personal workout routine to mirror the Academy’s training.

“Every day on this job is a learning experience and you have to value learning to be successful at this job,” said the 27-year-old “Probie.” “The programs really helped me to learn more about this job and improve the skills that are needed to get this job. I listened to what my Mentor and the instructors at the Academy recommended about training for this job and it made a huge difference when I was in the Academy.”

Jones graduated from the Academy on May 5 alongside 304 “Probies” in Class 3 of 2014. In addition to serving the city, you can now find him working to inspire the next generation of leaders to work for the Department. In June, he visited his former elementary school, P.S. 235 in East Flatbush, Brooklyn, to help educate the youth about being a New York City Firefighter.

“Our kids are the future and it’s important that they know about the important role Firefighters play in keeping the city safe,” he said.

“Teaching the kids about this job whenever I can is another way that I can give back to the community.”

Visit Join FDNY at the FDNY 150 Block Parties



The celebration of the FDNY's 150th Anniversary continued throughout July with block parties in the Bronx and Staten Island. Don't forget to attend one this summer and visit the Join FDNY table to learn more about our amazing careers. To view the remaining block party dates, visit the Community Calendar on our website. on.nyc.gov/1C9hxGV

Follow Join FDNY



YouTube



Firefighter 101: Hydration

New York City Firefighters are required to maintain an adequate level of hydration throughout the workday. At a moments notice, members may be called to engage in very strenuous activity in a hot environment. Maintaining hydration throughout the tour is the only way to ward off dehydration later. Pre-hydrating begins the day before a tour. Normally, water is appropriate for hydration. Members should drink water everyday, but water can quench thirst without providing needed carbohydrates and electrolytes. When activities are of moderate to high intensity, sports drinks should be considered for re-hydration and caloric and electrolyte replacement. Want to read more about this topic? Check out the “Probie” Manual on our website. [http:// on.nyc.gov/ 1Kea0tF](http://on.nyc.gov/1Kea0tF) ■

Join FDNY Has Videos

Don't forget to watch the videos on the Firefighter Candidate Resources Page on our website. These important videos will help you become a step closer to serving as a New York City Firefighter. [http:// on.nyc.gov/ 1qKedxu](http://on.nyc.gov/1qKedxu)



UWF to Host Training for Candidates

The United Women Firefighters (UWF) is scheduled to host physical fitness training for women firefighter candidates in August at the New York Sports Club on Wall Street in New York City. The club is located at 30 Wall Street, New York, NY 10005. To be eligible to participate, every candidate must bring a gym lock, at least a 50



pound vest, fitness clothes and sneakers, water and a medical waiver. In addition, every candidate should attend the training properly hydrated and fueled and ready for an intense workout. Please note that these workout sessions are designed to prepare candidates for the physical training at the Fire Academy. To register for the sessions, please e-mail UWF President Sarinya Srisakul at sarinyyya@yahoo.com.

August 2015 UWF Training Schedule

August 2, 9, 16, 23 and 30 at 12 p.m.

August 6, 13, 20 and 27 at 7:30 p.m.

RECRUITMENT CORNER

FDNY HS Freshmen Train at the Fire Academy

Incoming FDNY High School for Fire and Life Safety ninth-graders learned more about serving as one of New York's Bravest at the FDNY Fire Academy in Manhattan on June 23 as part of the school's Summer Bridge Program.

During the visit, the students learned about the challenging training that New York City



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RECRUITMENT CORNER

FDNY HS Freshmen Train at the Fire Academy

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Firefighters have to complete at the Academy. In addition, the high schoolers were able to participate in different Firefighter evolutions including Extinguishing a Car Fire and Forcible Entry. The event culminated with the students competing in the Hose Hockey Relay.

The visit marked the third field trip that the students attended in this



year's program. Earlier this month, they also visited the FDNY EMS Academy at Fort Totten in Queens and the Aviator Sports and Event Center at Floyd Bennett Field in Brooklyn.

The school, which is housed in the Thomas Jefferson High School Campus in Brooklyn, is a small thematic school that educates students from 9th to 12th grade while introducing them to careers as Firefighters, Paramedics and EMTs. It is largely funded by the FDNY Foundation, the official non-profit organization of the FDNY. ■