

HAF Inspection
Tuesday 16th August 2022

Cumbria Fire and Rescue Service



Cumbria Fire and Rescue Service HAF inspection

- Date- Tuesday 16th August 2022
- Time – 12 noon to 3pm
- Young Inspectors – Jozsef, Jessica and Charlie
- Setting – Kendal Fire Station
- Activity – 4 days of fun and excitement at the local fire station! Learn about the work of firefighters, get up close and hands on with the equipment and discover how firefighters work as a team. The course is all about participation and you will take part in a range of activities using real fire service equipment.
- 12 young people – 7 male and 5 female.
- Leader – Jason Ferguson

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HAF inspection criteria

- **The criteria we will be using :**
- *Healthy Food* – is a healthy meal being provided
- *Nutritional education* – Are nutritional education activities available today?
- *Enriching activities* – Are enriching activities being offered today?
- *Physical activities* – Are physical activities being offered today?
- *Food education for families and carers* – is weekly training / advice being offered to families?
- *Signposting and referrals* – is the club providing information/signposting/referrals?
- *Policies and procedures* – Are procedures in place to operate the holiday provision safely?

Healthy Food is a healthy meal being provided

- The lunch today was Hot Pot with cheese. A lactose free portion was also available.
- Dessert was lemon or chocolate cheese-cake or fruit.
- Different menu each day but not known in advance
- Bottled water for drinks throughout the day
- Fruit snacks also available



Nutritional education

Are nutritional education activities available today?

- Leaflets and work-books issued first day.
- Throughout week importance of healthy food and especially eating breakfast is emphasized.
- Talking about good food choices and how this helps with energy levels in the physical and mental role of a fire fighter.



Enriching activities

Are enriching activities being offered today?

- First day getting to know you activities, working as a team, listening skills and following instructions.
- Throughout the week opportunities are provided for friendship groups to develop .
- Developing leadership roles, listening to others and helping each other through tasks.



Physical activities

Are physical activities being offered today?

- Each day there is a new physical skill task on offer.
- First day included hose running and hose and pump drill. The work of the fire service is very physical and in addition to learning the skills.
- All activities are interspersed with physical activities developing both gross and fine motor skills and co-ordination skills.
- Activities are carried out while wearing fire fighter kit including PPE footwear.
- Safety is paramount with risk assessments in place for each activity.

| Timings | Activity | Resources |
|--------------------------|--------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| 30 min 10.00 to 10.30 | 10 min - Meet and greet / introductions ✓ 10 min - Station familiarisation, H&S ✓ 10 min - Turn out procedure - safety ✓ | Consent forms / register Anti-bac wipes Hand sanitiser Pip chart |
| 30 min 10.30 to 11.00 | 15 min - Group contract & agreement ✓ 15 min - Personal evaluation sheet start ✓ | Pre-prepared rules sheets Blank evaluation sheets, Pens |
| 0 min 11.00 to 11.30 | 10 min- Work of the service- what CFRS does & why ✓ 20 min- Fire appliance talk - equipment & use ✓ | Station appliance BA set Firekit |
| mins 11.30 to 12.00 | 15 min - kit issue ✓ 15 min- Icebreaker (individual Monkey Football) ✓ | YFF fire kit Boots, gloves, helmets Soft-balls |
| min 12.00 to 12.30 | Lunch Break | |
| min 12.30 to 13.00 | 20 min -Communication activity- egg run ✓ 10min - Group photo ✓ | Gloves Plastic guttering / Rubber e Buckets |
| min 13.00 to 13:30 | 30 min - Hose running basics - demo & explanation, running out / under-running, make-up practical drill ✓ | YFF kit / PPE 10mtr YFF hose, h/h bran s/pipe, key & bar |
| min 13:30 to 14:00 | 30 min - Hydrant use and practical hose & pump basic drill (connecting hose / FF stance / safety) ✓ | YFF kit / PPE 10mtr YFF hose, h/h bra s/pipe, key & bar, applia |
| min 14:00 to 14:30 | 30 min - Hose & pump drill continued ✓ | YFF kit / PPE 10mtr YFF hose, hh bra s/pipe key & bar / appl |
| 15:00 | 20 min - Firefighter safety / PPE / Intro to the BA set 10 min - Dangers of smoke Q&A | YFF kit / PPE 10mtr YFF hose, hh b pipe, key & bar / appl |
| 15:30 | 15 min - Fire-fighter skills Q&A 15 min - Kit off & housekeeping | |
| 16:00 | 15 min - Session reflection & debrief ✓ 15 min - Evaluation and log books ✓ | Log books pens |



Food education for families and carers is weekly training / advice being offered to families?

Jason explains to the Young Inspectors during the lunch break how the service works with the families to provide information on healthy eating.

A survey monkey questionnaire is also completed by the young people and their parent /carer on changes they have made over the week.

Great example is on how young people start on day one being non breakfast eaters and finish the week recognizing the benefits to their energy level and mental alertness and now eat breakfast.



Signposting and referrals
is the club providing
information/signposting/referrals?

- Throughout the week there is information available for parents and carers for other services which they may wish to access for support or advice. This includes food banks.

Policies and procedures

Are procedures in place to operate the holiday provision safely?

- All young people are involved in developing a contract for the week outlining the course expectations and everyone's behaviour
- Risk assessments are in place for all the activities
- Food is supplied from a reputable source ensuring food standards are adhered to.
- Consent for photographs, safeguarding concerns, allergies and any special educational needs are all recorded on the application forms which are kept electronically on file and also a paper copy with the course leader, Jason.
- All support staff are made aware of any issue which may affect the delivery of the course to that young person.

Comments from the young people

I came last year on the course because my mum made me. This year I have come because I enjoyed it so much last time. C14

I'm really looking forward to cutting the car up. L12

This is the first time I have eaten sweet potato and it is really nice. J14

I didn't know any of the others before I came here today but have already made friends C12

I would like to be a fire fighter in the future so this is a good way to see what is involved. T14

Holiday Activities Food Programme Rating

- The overall score for the Cumbria Fire and Rescue Service Project is GOOD



Celebrations and suggestions from Young Inspectors and HAF participants

Great physical accessibility of spaces enabling everyone to be involved.

For inclusivity colour filters or printing on red or yellow paper for handouts to ease reading would be useful.

Loved that parents/ carers are invited to a presentation ceremony to see skills developed and the awarding of certificates.

For young people on autistic spectrum a weekly meal menu would be useful so they know what to expect and to reduce anxiety.

Great idea to have a detailed weekly programme so participants can ask questions.

Loved the environmental awareness demonstrated by reusable water bottles and restricting hose use to conserve water during this dry period.

Maybe some basic sign language skills could be learnt but great that fire fighters use their own sign language for instructions, as distance and noise can prevent instructions being heard.