

# Who We Are



**Frontline Females** is a two-day event that occurs in Alburgh, VT every summer to offer females, 14 years of age and older, the opportunity to experience aspects of the fire service such as live fire training, aerial ladder climbing, search and rescue, hose handling, use of portable fire extinguishers and more. We recognize that the fire service is a male-dominated field that can be intimidating for females to join. This camp aims to provide a **safe and inclusive environment** for females to experience the fire service for possibly the first time from the perspective of those who look and are built like them. Through these **hands-on experiences** with their teammates and mentors, campers gain strength and experience, develop their problem solving skills, and enhance their leadership skills. This can help them **build confidence** to take the next step in joining a local department, break down walls they built for themselves and open doors they may not have thought were possible. We have had over 40 females attend our camps over the last two years and push themselves out of their comfort zones and see themselves in roles they never imagined.



## Join us!

[Frontlinefemalesvt@gmail.com](mailto:Frontlinefemalesvt@gmail.com)

60 Firehouse Rd, Alburgh Vt  
05440



# Frontline Female Firefighters

Explore the Fire Service

# Camp topics

Topics may change slightly from year to year but we strive to offer a variety of essential skills to introduce women to the fire service.



## HOSELINE ADVANCEMENT AND HANDLING

Get a chance to work with charged hoselines in various different scenarios and get tips from fellow female firefighters!



## PRACTICE SEARCH AND RESCUE SKILLS

- entanglement props
- Draeger trailer
- courses to introduce different situations

## Introducing some of the basics

Everyone gets a chance to rotate through all of the stations during the weekend. Groups are small to accommodate for lots of personalized learning and exploring with your instructors.

Stations may include:

- Ladders
- PPE/SCBA donning and doffing
- Hoselines
- Search and rescue
- Extrication
- Live Fire

## Heavy Rescue and Extrication

- Use Heavy rescue tools to cut vehicles
- explore how different builds pose different problems and awareness



# Have we mentioned that camp is FREE!

## More about our Camp

Camp is run by women for women! If you want to learn about the fire service or are newer to joining a department we welcome you to come join us for the weekend. All of the instructors come from various different backgrounds in the fire service (career and volunteer). Everyone will rotate through all stations we have set up.



## Camp Includes:

Breakfast and Lunch each day

Certificate of completion and training hours on Sunday

Lots of time to network and meet people involved in the fire service all across Vermont

T-shirt and waterbottle