Spring Semester 2018

To: Registered Fire Academy Students

From: Tony Osa, Director
Fire Technology and EMS Program

Re: Fire Academy Orientation Information (Spring 2018)

Welcome and thank you for registering for Shasta College’s 58th Regionally Accredited Firefighter 1 Academy. Dates for the Academy are Monday through Friday, January 16 – May 4, 2018. This letter addresses many issues, so please be sure to read it thoroughly. The required class FIRS 398 Fire Academy Orientation is on Tuesday and Wednesday, January 2 -3, 2018, 8:00 a.m. to 5:00 p.m., Room 5006. Enrollment in this class is mandatory if you plan to attend the Fire Academy.

DO NOT SHOW UP LATE. This is a required prerequisite for the Firefighter 1 Academy.

You need to bring the following to this class:

1. Paperwork from Admissions and Records showing you are enrolled or waitlisted in the class.
2. Copies of current CPR and EMR (or EMT) certificates (or verification of current enrollment).
3. Paper and writing instruments for note-taking during meeting.
4. Bottle of water (no other drinks are allowed in the academy classroom).
5. Sack lunch or snacks.

TEXTBOOK INFORMATION

1. Essentials of Firefighting, IFSTA, 6th Edition
2. DOT Emergency Response Guidebook, 2016 Edition
3. Fire Fighter Survival Student Guide, State Fire Training, June 2010
4. Firefighter 1 Skill Sheet Booklet, Shasta College
5. Manipulative Performance Test Booklet, Cal Fire, 2011
6. Wildland Firefighting Package (IRPG, L-180, S-130, S-133, S-190, S-212), NWCG

Bookstore Hours: Please call for store hours during semester break.
Telephone: (530) 242-7574
Website: www.shasta.bkstr.com

follett.com
First Day of Fire Academy (FIRS-104)

The first day of class begins at 6:00 a.m. on Tuesday, January 16, 2018. Most of the first week will deal with PT testing, rules, regulations, paperwork, required equipment, etc. You will get a complete run-down regarding course requirements and time commitments on the first day of class. The job of a firefighter requires paying close attention to following procedures, directions, and orders. Consequences for not doing so can adversely affect your success in this field. Therefore, you must be prepared for the first day of the academy by adhering to the following requirements or be subject to dismissal from the class.

**DO NOT** purchase any materials except those described in this letter.

**On the first day of the Academy you MUST have the following:**

1. **Emergency Medical Information Form** completed and signed by a physician. Students who do not have a completed form that is checked as “full participation” and signed by a licensed physician may be dropped from the course.

2. **Respiratory Medical Evaluation Questionnaire** cleared by ROMC.

3. **Current Fit Test** for Interspiro SCBA (We will schedule this as a group. Do not make your own arrangements).

4. **Physical Training uniform** as listed below under Uniform Components.

5. **Fire Academy uniform** as listed below under Uniform Components (You must be in uniform the first day).

6. **Structure PPE** as listed below under Structure Fire PPE.

7. **Required Materials** as listed below under Enrollment Notes.

8. **Textbooks:** Approximately $300.00 (College Bookstore prices).

9. **Receipt for payment of Optional Certificate Fees** as listed below under Enrollment Notes.

10. **Copies of Certificates:**
    *Or verification of current enrollment, or approved equivalent. Courses must be completed by Jan. 16, 2018.

    a. *FAID 133 CPR for the Professional Rescuer (or equivalent)
    b. *FAID 132 Emergency Medical Responder (EMR), or
    c. *FAID 75 Emergency Medical Technician (EMT)
    d. *FIRS 398 Fire Academy Orientation
    e. I-100 - Introduction to the ICS
    f. I-200 Basic Incident Command System
    g. I-700.a - NIMS, an Introduction

**Enrollment Notes**

1. Students wishing to register in more than 18 units must obtain a counselor’s permission before registration.

2. **Prerequisite:** Students must have completed FAID 132 EMR or FAID 75 EMT (formerly FAID 175), or the equivalent; FAID 133 CPR, or the equivalent; and FIRS 398 Fire Academy Orientation prior to enrolling in FIRS 104 Firefighter 1 Academy.
3. Students who plan to seek employment with CalFire must have a current EMR card and be registered with the local EMS agency. Students who attempt to satisfy these prerequisites with courses from another institution must provide transcripts that verify a minimum grade of B (80%) has been met.

4. The California State Fire Marshal's Office requires that all Firefighter I summative tests be completed with a minimum score of 80% (a grade of B or higher). Any student who does not meet this standard will have failed FIRS 104 and will not receive credit for the course, nor will the student receive a course completion certificate.

5. **Required Materials**: Approximately $330.00 per semester. Required materials include items such as safety glasses, safety vest, rope and webbing, ID card, local certificates, name tag, water bottle, flash drive, maps, etc. To ensure consistency, please order only the exact items listed below. You must have all required materials, equipment, and uniforms in your possession on the first day of class. If you are missing anything, you will be sent home (see list below).

   a. Igo Map  
      - [https://store.usgs.gov](https://store.usgs.gov)  
      - USGS Topo Map Number 44309  
      - 14.00*

   b. Bella Vista Map  
      - [https://store.usgs.gov](https://store.usgs.gov)  
      - USGS Topo Map Number 43369  
      - 14.00*

   c. Whiskeytown Map  
      - [https://store.usgs.gov](https://store.usgs.gov)  
      - USGS Topo Map Number 45870  
      - 14.00*

   d. Tie Rope (1/2” Red 1.61/ft)  
      - 11 Feet  
      - 20.00

   e. Tubular Web (Blue .49/ft)  
      - 10 Feet  
      - 10.00

   f. Safety Glasses (Clear)  
      - [https://www.life-assist.com/Product/SCORPION-Protective-Eyewear/673](https://www.life-assist.com/Product/SCORPION-Protective-Eyewear/673)  
      - 10.00*

   g. Reflective Vest  
      - 20.00

   h. Rite in the Rain Note  
      - [http://www.riteintherain.com/lces-wildland-fire-notebook-3-x-5](http://www.riteintherain.com/lces-wildland-fire-notebook-3-x-5)  
      - 7.00*

   i. Rite in the Rain Pen  
      - 13.00*

   j. PT Helmet  
      - 50.00

   k. Water Bottle  
      - Shasta College Bookstore  
      - 11.00

   l. Lanyard  
      - Shasta College Bookstore  
      - 6.00

   m. College ID Card  
      - Shasta College Student Services Office  
      - 10.00

   n. Flash Drive  
      - 8.00

   o. SCFA Binder (2 ea.)  
      - 14.00

   p. Scantron Forms  
      - 5.00

   q. Structure Gloves  
      - Your Choice  
      - 80.00*

   r. Wildland Gloves  
      - Your Choice  
      - 30.00*

**Total Required Materials Cost**: 335.00
6. **Enrollment fees:** Resident students; $1,006.50 ($46.00 per unit [21 units]; and $40.50 Student Services fee).

7. **Optional Fees:** Approximately **$200.00.** The State of California Community College Chancellor’s Office has determined that certification fees are optional in nature and cannot be collected at the time of registration. Cadets who do not have any existing course completion certificates and want those end of course documents will be required to pay the optional certification fees. Fees vary according to the certificates being sought. This fee covers certificates from the California State Fire Marshal’s Office, Cal-OES, CSTI, or similar agencies that have certification fees attached to their courses. Graduates of the academy will receive additional certificates that do not have optional fees attached. A complete listing of certificates with or without optional fees is available from the Fire Technology Office. Unused paid fees will be refunded to the student. **Due date for payment of optional fees is January 16, 2018.**

8. **Emergency Medical Information Form:** An Emergency Medical Information Form must be completed and signed by a licensed physician. If a full physical has been completed within the last six months, bring a copy of that physical to the class. (See Medical Information below).

9. **Respiratory Medical Evaluation Questionnaire Fee:** Approximately **$30.00** (subject to change). Students must complete this questionnaire and submit it for review to Redding Occupational Medical Center (ROMC). This evaluation is mandatory to help determine the student’s ability to wear a respirator. In some cases, ROMC may recommend an additional physical exam to complete the evaluation.

10. **Fit Test fee:** Currently **$25.00** (subject to change). Once the student receives medical clearance through ROMC, the student will receive notification of approval to be fitted for a respirator. We will schedule a time to complete the fit test as a group. Please **DO NOT** make individual arrangements to complete a fit test.

11. This course is currently scheduled to meet on the days and times set forth above. While the Fire Academy meets Monday through Friday, students should anticipate schedule changes based on weather, facilities use, mass illness, job interviews, instructor availability, etc. This may involve scheduling occasional evening or weekend class meetings. In addition to class hours, students will be expected to complete an extensive amount of homework, meet in study groups and, if needed, come in on their own time to practice technical skills and improve physical conditioning. In short, this is a full time commitment for the semester.

12. Fire Academy students will be required to purchase mandatory equipment and supplies for this class. Several weeks prior to the orientation meeting, registered students will receive a pre-letter which lists all required equipment/supplies for both the pre-meeting and the first day of class. If you have not received this letter by the Monday prior to the orientation, please contact Liz Ault at (530) 242-7563.

13. Students taking the Fire Academy must have a valid email address and reliable internet access throughout the semester (computers are available on a first-come/first served basis at the college library). Students will need effective computer skills.

14. Fire Academy students must be medically cleared for rigorous physical activity prior to the first day of class. The required medical forms can be picked up in room 2800 or 2208 M-Th, 8:00 a.m. to 4:00 p.m. Students who do not have full medical clearance on the first day of class will not be allowed to participate in any Fire Academy activities and will be dropped from the class by the Director. Students should anticipate a very demanding, yet highly rewarding semester while completing this course.

15. A Physical Fitness Assessment will be administered during the first week of class to establish a baseline for tracking progress throughout the semester.
Medical Information:

Enclosed with this letter is an Emergency Medical Information Form. The form must be completed and signed by a licensed physician. This form must be completed and turned in by the first day of class. **If you do not turn in this form, you will not be allowed to complete the Physical Fitness Assessment and will be dropped from the course.** If you have completed and passed a full physical within the last six months, you can use a copy of that physical for the class. Some examples include; DMV class A driver license physical, FAA flight physical, military discharge, Guard or Reserve physical, athletic physical, Shasta County Fire Department physical, etc. The form must be signed by a licensed physician, and stamped or printed with the office name and phone number. If you cannot get in to see your regular doctor, you may choose to visit one of several walk-in clinics in the area: Hilltop Medical Clinic, 1093 Hilltop Drive; Hilltop Medical Clinic West, 2123 Eureka Way; Everyday Family Medical Clinic, 3270 Churn Creek Road; Prestige Urgent Care, 3689 Eureka Way; Crossroads Family Urgent Care, 1710 Churn Creek Road; Anderson Walk-In Medical Clinic, 3082 McMurray Drive; and Redding Occupational Medical Center, 1710 Churn Creek Road, are all located in the Redding area and are familiar with these pre-screening exams.

Also enclosed with this letter is a Respiratory Medical Evaluation Questionnaire which must be evaluated by Redding Occupational Medical Center (ROMC). ROMC can also complete your Emergency Medical Information Form as well as your Respiratory Medical Evaluation Questionnaire review for **$85.00** ($55.00 Medical; $30.00 Respiratory).

Dress and Grooming Standards

You will attend the first day of class in the approved **PT uniform** (described in the Uniform Components section below). The components should be clean, dark navy blue sweatpants and a long-sleeve, dark navy blue sweatshirt (without a hood). The weather is not an issue; if it is 110° or 10° below zero, you show up in sweats. Both the sweatpants and sweatshirt are to be free of any logos and symbols, except for your last name stenciled on the front and back of the t-shirt and sweatshirt.

You will also need dark blue running shorts or sweat shorts. You should have two (preferably three) full sets of sweats. One pair will get wet every morning during physical training (PT). After PT and showers, you may be wearing sweats for up to the first two weeks of the academy. If you only have one pair, you will be sitting in wet clothing for 12 hours every day.

You will need a pair of good running shoes for PT. Buy a pair that is designed for cross training. You will be running on the track, in the dirt, and on pavement. Good shoes are one of the best ways to prevent shin splints and injuries to your legs and feet. They do not have to be the most expensive. Go to a store that specializes in running shoes. Fleet Feet will analyze your running style and recommend the appropriate type of shoe. Each semester, students quit the academy because of shin-splints or similar running-related problems. Many problems can be prevented if the student wears good running shoes.

Purchase at least two pairs of dark blue or black gloves for the morning workouts. Physical training is conducted in rain, snow, and heat. The gloves that work best are made from thin wool, polypropylene or similar material.

Grooming standards will be explained at the pre-meeting, but keep in mind this is a **paramilitary academy**—that means no beards, mustaches, goatees, sideburns, etc. Men’s hair should be cut in a short military style. Women’s hair must be short enough to completely fit comfortably in a bun inside the helmet lining. No earrings/nose rings, etc. With the exception of Medic-Alert tags, do not wear bracelets, necklaces, etc.

Uniform Components: 3G Uniforms, (530) 655-1113.
The number indicated is the minimum number required. You may order additional components if you choose. Costs are approximate and subject to change. You must be in full dress uniform on Tuesday, January 16, 2018.

A representative from 3G Uniforms will be at the Fire Academy Orientation to take uniform orders. Come to the orientation class prepared with sizing information and a method of payment. Payment must be made at the time the order is placed.

- Uniform shirt (with academy patch and American flag) – minimum of 2  
  60.00
- Uniform Pants – minimum of 2  
  50.00
- Uniform Belt – 1  
  29.00
- Academy t-shirt – minimum of 2  
  32.00
- Academy sweatshirt – minimum of 1  
  30.00
- PT sweatshirt – minimum of 2  
  44.00
- PT sweat pants – minimum of 2  
  50.00
- PT t-shirts – minimum of 4  
  48.00
- PT running shorts – minimum of 2  
  40.00
- Name Pin  
  18.00
- US Flag Patch  
  3.50
- Sewing charge  
  3.00
- SCFA Patch  
  6.75
- Sewing charge  
  3.00

**Total Uniform Cost:** 420.00

**Structure Fire PPE:** ALL EQUIPMENT MUST BE NFPA COMPLIANT

Shasta College will not provide structure PPE components. You must use one of the options described below.

If your Fire Chief approves the use of department PPE, you must inform him/her that the equipment will be damaged and may not be serviceable after the academy. Shasta College is not responsible for any damage. A signed letter from your Chief authorizing the use of department PPE must be returned to the Fire Academy Director.

You MUST have the items listed below by January 16, 2018. You will not be able to continue in the academy without these items. You have several options for acquiring the required structure PPE components. You can purchase your own structure PPE ensemble, but this is the most expensive of the options. You may use agency/department provided PPE with permission of the department chief. Or, the preferred option, for those who are not able to use department provided PPE, is to rent them from a vendor that provides this service. We have negotiated a special price with the vendor listed below. See attached flyer. **We encourage you to use the rental option from 911 Safety Equipment so that the academy looks professional in standardized PPE.** An inspection of all turnout gear will be conducted during the first two weeks of class.

911 Safety Equipment  fireacademyrentals.com
329 E. Main Street
Norristown, PA 19401 USA
866-370-7800, or 610-279-6808

The three month rental period from 911 Safety Equipment should cover the amount of time you will need the structure ensemble for the academy.

If you do not have agency issued turnouts, you will be required to rent or purchase the following items. **If you purchase, get basic equipment—you do not need top-of-the-line equipment (unless you want it).**

Your structure PPE ensemble must include:
a. Structure firefighting helmet with a full visor
b. Structure firefighting turnout pants (with suspenders)
c. Structure firefighting turnout coat
d. Structural firefighting gloves
e. Nomex or PBI structural fire hood (shock hood)—the long style works better, but it is more expensive
f. Structure (bunker) boots—these are the boots that are worn with structural firefighting gear
g. Gear Bag

PPE Ensemble Rental Cost through 911 Safety Equipment (See attached flyer): 475.00
Shipping: 85.00
Refundable Deposit: (100.00)
Total PPE Rental Cost: 560.00

Wildland Fire PPE:

Wildland fire pants and shirt will be provided by the college for your use during academy training. You are responsible for acquiring the following items. Costs listed are approximate and can vary by vendor.

1. Station boots 150.00
   a. Wildland boots will NOT work; you MUST get a pair of black work boots that can be polished to a “military spit shine” standard. They need to be at least 8-inches high. This type of boot can be found at any boot store—you do not need to go through the vendors listed below.
2. Approved wildland goggles and shroud 55.00
   a. Purchase the most economical model available.
3. Approved wildland firefighting boots 350.00
   a. Nicks, Whites, Wesco, etc.
   b. Station boots will NOT work for wildland training.
4. Approved wildland gloves 30.00
   Total Wildland PPE Cost: 555.00

The fastest shippers of these items are:

a. All Star Fire Equipment; 1-800-200-2334, info@allstarfire.com

e. L.N. Curtis and Sons Fire Equipment; 1-800-443-3556, oaksales@lncurtis.com
f. Drew’s Boots; 1-800-722-0393, orders@drewsboots.com (Boots only)

You may use agency-issued or personal safety clothing if it meets all current standards with permission of your agency/department chief.

If you are on the waitlist, you do not need to bring these items; if you get in the class, you will be given a couple of weeks to acquire needed items.

A money-saver note: If you are going to buy a full set of structural gear you may want to think about driving to Cascade...
Fire in Medford (assuming you live in Northern California). They are typically less expensive, it’s a nice drive, and they will measure and fit you at their office. You can also drive to the other vendors, but Medford is closer. These equipment suppliers will NOT allow returns on any items that have been worn or custom-ordered; in addition, they may charge you a re-stocking fee for any returned equipment.

If you do not have these items, and are unable to obtain them, you will not be allowed to continue in the class.

The college does not provide personal lockers for your academy equipment. You are responsible for transporting your gear to school every day, and having it available at all times. DO NOT leave equipment visible in your vehicle. Lock items in your trunk. We have had several break-ins and thefts from personal vehicles, on and off campus.

**Physical Conditioning:**

Daily physical fitness participation is mandatory during the academy. If you are not actively engaged in a well-rounded fitness routine that includes strength training, cardiovascular conditioning and flexibility, it is strongly recommended that you do so immediately.

**Miscellaneous:**

All personal vehicles are to be parked in the lot west of the fire station, near the swimming pool.

The Fire Academy will break for 60 minutes at, or around, 1:00 p.m. each day. Lunch breaks may be reduced to 30 minutes based on the needs of the instructors. You will be much better off if you bring your lunch with you. Water is the only item allowed in the classroom. Bring your academy water bottles every day and stay hydrated.

Do not make any assumptions about information contained in this letter. **Read it thoroughly.** If anything is unclear, or if you have any questions, contact the Fire Technology Office before proceeding.

This academy is a very demanding course, but for those with the desire and determination, you can succeed and the rewards are great. Come prepared, and stay motivated!

“Shasta College employs policies and procedures to strengthen and guarantee the premise of equal opportunity for all. The College practices nondiscrimination in academic programs, employment, promotion, transfer and assignment on the basis of color, ethnic group identification, race, religion, national origin, gender, sexual orientation, age, physical and mental disability, veteran and/or marital status.”

TO: la
Enclosures:  
Academy Requirements Checklist  
Structure PPE Rental Agreement  
Emergency Medical Information Form  
Shasta Lake FPD Sleeper Program Information  
Shasta Lake FPD Sleeper Application  
Respirator Medical Evaluation Questionnaire  
Certificate Fees Payment Form
## Academy Requirements Checklist

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<th>ITEMS TO COMPLETE</th>
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<th>REQUIRED MATERIALS</th>
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<tr>
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