



# Fire Service Women of NYS, Inc.

## **12th ANNUAL TRAINING PROGRAM**

September 13 - 15, 2013

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# Fire Service Women of NYS, Inc.

## **12th ANNUAL TRAINING PROGRAM**

September 13 - 15, 2013

### **2013 Program Overview**

*See Class Schedule for Details*

#### **Hands On Training**

- Firefighter Assist and Search Team (FAST)\*
- Accident Victim Extrication Training\*
- Rescue Technician – Basic\*
- Medium Structural Collapse Operations: Tools\*
- Self Defense / Defensive Tactics
- Pet Preparedness

#### **Classroom**

- Aircraft Rescue and Firefighting\*
- Fire Behavior and Arson Awareness\*

*\*Students who successfully complete these courses, including course examinations, if applicable, will receive a New York State certificate of course completion.*

#### **Social Activities**

- Scavenger Hunt
- Hike at the Watkins Glen State Park
- Wine tour at Fulkerson Winery

**Application deadline is August 19, 2013**

**Please forward all training documentation including registration form, course checklist, t-shirt order, payment, and all copies of pre-requisites to: Mary Wrobel**

**Fire Service Women of NYS**

**3842 US 20**

**Nassau, NY 12123**

# Training Program Class Schedule

Pre-Registration is required for ALL courses

\*= NY State Certificate issued with successful course completion

FFI=Firefighter I

FFS = Firefighter Survival

## Training

September 12 - 15, 2013 Thur-Sun	Hours	Course Time	Prerequisites	Student Limit
*Rescue Technician - Basic	24	Thursday 1 pm – 5 pm; Friday and Saturday 8 am – 5 pm Sunday 8 am – noon	Firefighter I	20

September 13 - 15, 2013 Fri-Sun	Hours	Course Time	Prerequisites	Student Limit
*Firefighter Assist and Search Team Tactics (FAST)	15	Friday 1 pm – 5 pm; Saturday 8 am – 5 pm & Sunday 8 am – noon	FFI, FFS and 4 years of fire-fighting experience	18

September 14 - 15, 2013 Sat - Sun	Hours	Course Time	Prerequisites	Student Limit
*Accident Victim Extrication Training	16	Saturday & Sunday 8 am – 5 pm	FFI; Basic Firefighter; or Firefighting Essentials; or Scene Support Operations; or Basic level EMS Training	24



*Medium Structural Collapse Operations: Tools	16	Saturday & Sunday 8 am – 5 pm	None	30
*Aircraft Rescue and Firefighting	12	Saturday 8 am – 5 pm Sunday 8 am - Noon	Firefighter I or equivalent	30
*Fire Behavior and Arson Awareness	12	Saturday 8 am – 5 pm Sunday 8 am - Noon	None	30

September 14, 2013 Sat	Hours	Course Time	Prerequisites	Student Limit
Pet Preparedness	2	Saturday 1 pm – 3 pm	None	25

September 15, 2013 Sun	Hours	Course Time	Prerequisites	Student Limit
Self Defense / Defensive Tactics	3	Sunday 9 am – noon	None	25

### Required Equipment

Course	Equipment
**Firefighter Assist and Search Team Tactics (FAST)	Full PPE & Air Pack w/Spare Bottle
Self Defense / Defensive Tactics	Gym Clothes (shorts, sweat pants, t-shirts, sweat shirts) SNEAKERS Absolutely NO jewelry and hair must be tied back.

**\*\*Note:** all personal protective equipment and air packs must be NFPA compliant. SCBA cylinders must be within their hydro date in order to be filled at the Academy.

#### Hydrostatic Testing Guidelines

Steel – every 5 years

Aluminum – every 5 years and visual inspection every year if made prior to 1989

Composite – every 3 years and w/a 15 year life span

Kevlar – every 3 years w/a 15 year life span

Fiberglass – every 3 years w/a 15 year life span

Carbon Fiber – every 5 years w/a 15 year life span

**Please forward all training documentation including registration form, course checklist, t-shirt order, payment, and all copies of pre-requisites to: Mary Wrobel, Fire Service Women of NYS, 3842 US 20, Nassau, NY 12123**

# Course Descriptions

## Credit Courses:

### **Rescue Technician – Basic**

Provides a base from which to prepare students for a wide variety of possible rescue operations. This course includes an overview in areas of specialized rescue, search, technical rescue management, risks and priorities; use of ropes, knots, and rope systems in a low angle environment, and establishment of landing zones for helicopter operations. Demonstrations, practice sessions and testing are included

Designated for: All emergency response personnel

Physical Demand: High

Class Length: 24 hours

State Credit Course: Yes

### **Firefighter Assist and Search Team Tactics (FAST)**

The firefighter as a member of a FAST operation will identify the tools and staffing requirements for a FAST operation, develop a rescue plan for a missing, lost, or trapped firefighter; demonstrate rope search techniques, and demonstrate removing a firefighter/victim up a stairwell, up or down through a hole in a floor/roof, moving a downed firefighter out of a window, and lowering a firefighter down a ladder. This course requires students to perform a number of practical evolutions with self-contained breathing apparatus (SCBA).

Designated for: All fire service personnel

Physical Demand: High

Class Length: 15 hours

Prerequisites: Firefighter Survival, Firefighter I and SCBA medical clearance, 4 years of fire-fighting experience

State Credit Course: Yes

### **Accident Victim Extrication Training**

Provides hands-on training in motor vehicle rescue and extrication techniques while stressing the need for scene safety and vehicle stabilization. It includes rescue theory, rescue life cycle, new technology in automotive design and rescue tools and their uses.

Designated for: All emergency response personnel

Physical Demand: High

Class Length: 16 hours

Prerequisites: Firefighter I; Basic Firefighter; or Firefighting Essentials, or Scene Support Operations, or basic level EMS training

Course Fee: \$60.00

State Credit Course: Yes

### **Medium Structural Collapse Operations: Tools**

This two-day program will familiarize the student with the tools used in structural and excavation collapse related incidents. This is an intensive hands-on course and the students will be evaluated on the proper use of the tools provided.

Designated for: All emergency response personnel

Physical Demand: High

Class Length: 16 hours

Prerequisites: Basic Structural Collapse Operations or Basic Trench Collapse Concepts

Materials Fee: \$45.00

State Credit Course: Yes



**Aircraft Rescue and Firefighting**

Covers specialized areas of the air transportation industry, such as airport and aircraft familiarization, firefighting agents, rescue, ventilation and forcible entry for both civilian and military aircraft.

Designated for: Fire service personnel

Physical Demand: None

Class Length: 12 hours

Prerequisites: Firefighter 1 or equivalent

State Credit Course: Yes

**Firefighter Behavior and Arson Awareness**

Trains firefighters to understand normal and predicted fire behavior. It enables students to understand the basic concepts of fire chemistry, the normal growth of fires, and to develop and apply observational skills that may be critical to a fire investigation. Using standard accepted procedures, students apply techniques fundamental to preserving the fire scene for further cause determination.

Designated for: All fire service personnel

Physical Demand: None

Class Length: 12 hours

Prerequisites: None

State Credit Course: Yes

**Non-Credit Courses/Workshop:****Self Defense / Defensive Tactics**

This awareness level course will cover self-defense tactics, break fall techniques, how to break out of holds and how to subdue an attacker. Arrest techniques will also be demonstrated. There are no medical restrictions for this class as every participant is not required to demonstrate every technique.

Designated for: All emergency response personnel

Physical Demand: Low

Class Length: 3 hours

Prerequisites: None – Gym clothes and sneakers required. Absolutely, NO jewelry and hair must be tied back.

**Pet Preparedness**

Our pets enrich our lives in more ways than we can count. They depend on us for their safety and well-being. The best way to ensure the safety of your family is to be prepared with a disaster plan that includes your pet. Learn what to put in your pet emergency supply kit and how to include your pet in our disaster plan. Basic dog CPR and First Aid training is also included.

Designated for: All emergency response personnel

Physical Demand: None

Workshop Length: 2 hours

Prerequisites: None

**Social Events:****Hike at the Watkins Glen State Park****Wine tour at Fulkerson Winery**

Join us in a tour of the Faulkerson Winery along with wine tasting. Transportation to and from the Winery is on your own. Additional Details will be available at the Academy.

**Scavenger Hunt**

Join in on the fun in finding items within the Academy and on the Academy Grounds.



# REGISTRATION FORM

## FIRE ACADEMY AND REGIONAL TECHNICAL RESCUE

New York State Academy of Fire Science  
600 College Ave., Montour Falls, NY 14865-9634  
(607) 535-7136; Fax: (607) 535-4841



### PERSONAL INFORMATION

### SPONSORING ORGANIZATION

NAME (Last, First, MI) \_\_\_\_\_

TRAINING IDENTIFICATION NUMBER \_\_\_\_\_

HOME ADDRESS (Street, PO Box) \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

☐ CHECK IF NEW ADDRESS    ☐ MALE    ☐ FEMALE

DAYTIME PHONE \_\_\_\_\_ EVENING PHONE \_\_\_\_\_

FAX # \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_

FIRE DEPARTMENT ID # \_\_\_\_\_ COUNTY \_\_\_\_\_

SPONSORING ORGANIZATION \_\_\_\_\_

STREET ADDRESS, PO BOX \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

FD PHONE# \_\_\_\_\_ FD E-MAIL or FAX \_\_\_\_\_

NAME/TITLE - HEAD OF THE SPONSORING AGENCY \_\_\_\_\_

SIGNATURE - HEAD OF THE SPONSORING AGENCY \_\_\_\_\_

Date \_\_\_\_\_

☐ FIRE ACADEMY

### Women's Weekend Training Program

DATES: 1st CHOICE    2nd CHOICE

☐ REGIONAL

COURSE CODE #

COURSE TITLE

DATES: 1st CHOICE    2nd CHOICE

### COURSE REGISTRATION - PAYMENT DUE WITH REGISTRATION FORM

Registration Fee is MANDATORY AND NONREFUNDABLE

- ☐ NYS Resident - \$25    ☐ Out-of State - \$50
- ☐ Materials Fee (if applicable) payable upon arrival  
See course description (may not include required text book)
- ☐ Prerequisite Proof (if applicable)  
Must accompany registration

### ACADEMY ACCOMMODATIONS - PAYABLE UPON ARRIVAL

- ☐ Resident - includes Meals & Lodging
- ☐ Commuter - includes breakfast & lunch
- ☐ Commuter dinner - \$9/day (optional)

### REGISTRATION, MATERIAL AND ACCOMMODATIONS FEES:

Registration Fee (include w/registration) \$ \_\_\_\_\_

Materials Fee (if applicable - payable upon arrival) \$ \_\_\_\_\_

Accommodations Fee (payable upon arrival) \$ \_\_\_\_\_

Optional commuter dinner(s) \$ \_\_\_\_\_

Total enclosed: \$ \_\_\_\_\_

Balance due upon arrival: \$ \_\_\_\_\_

Reasonable accommodation request:

Share room with: \_\_\_\_\_

### PAYMENT METHOD

Make checks, money orders & vouchers payable to:  
Academy of Fire Science

- ☐ Check    ☐ Money Order
- ☐ Signed Voucher    ☐ Purchase Order
- ☐ Bill Student    ☐ Bill Sponsoring Organization

☐ VISA    ☐ MasterCard    Total Charge: \$ \_\_\_\_\_

Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Signature \_\_\_\_\_

Please forward all training documentation including registration form, course checklist, t-shirt order, payment, and all copies of pre-requisites to: Mary Wrobel

Fire Service Women of NYS  
3842 US 20  
Nassau, NY 12123



**Check the course you wish to attend at this conference. Please note all prerequisites and requirements for each course as listed in the class schedule and class description.**

<input type="checkbox"/> *Rescue Technician - Basic	Thursday 1 pm – Sunday Noon
<input type="checkbox"/> *Firefighter Assist and Search Team Tactics (FAST)	Friday 1 pm – Sunday Noon
<input type="checkbox"/> *Accident Victim Extrication Training	Saturday - Sunday 8 am – 5 pm
<input type="checkbox"/> *Medium Structural Collapse Operations: Tools	Saturday - Sunday 8 am – 5 pm
<input type="checkbox"/> Aircraft Rescue and Firefighting+	Saturday 8 am – Sunday Noon
<input type="checkbox"/> Fire Behavior and Arson Awareness+	Saturday 8 am – Sunday Noon
<input type="checkbox"/> Pet Preparedness	Saturday 1 pm – 3 pm
<input type="checkbox"/> Self Defense/Defensive Tactics	Sunday 9 am – 11 am
<input type="checkbox"/> Hike at the Watkins Glen State Park	Friday 3:00 pm – 5:00 pm
<input type="checkbox"/> Wine tour at Fulkerson Winery	Saturday 2 pm – 5 pm

\* Students who successfully complete these courses, including course examination, if applicable, will receive New York State certificates of course completion.

+ Classroom only courses.

### **Cost Breakdown for the Weekend**

Rescue Technician - Basic	Lunch on Thursday thru lunch on Sunday and registration fee =\$149.00
Firefighter Assist and Search Team Tactics (FAST)	Lunch on Friday thru Sunday and registration fee = \$109.00
Accident Victim Extrication Training	Friday thru Sunday plus registration fee and \$60.00 materials fee =\$165.00
Medium Structural Collapse Operations: Tools	Friday thru Sunday plus registration fee and \$45.00 materials fee =\$150.00
All other classes	Friday thru Sunday plus registration fee = \$105.00

**Application deadline is August 19, 2013**

**Please forward all training documentation including registration form, course checklist, t-shirt order, payment, and all copies of pre-requisites to: Mary Wrobel, Fire Service Women of NYS, Inc.,  
3842 US 20,  
Nassau, NY 12123**





**New York State  
Department of State  
Office of Fire Prevention and Control  
Training Authorization Letter**

DOS-1654 (10/07)

To the Office of Fire Prevention and Control:

The firefighter listed below is an active member of \_\_\_\_\_ Fire Department, is at least 16 years of age, and is authorized to attend the course indicated below. I understand this training course may contain certain evolutions that simulate and/or create actual firefighting or rescue conditions. The Office of Fire Prevention and Control is not responsible and/or liable for any malfunction or damage to any equipment used during this training program.

**PLEASE PRINT ALL INFORMATION**

Fire Chief Authorization			
Fire Department	FDID #	Date	
Fill in YES or NO		YES	NO
The firefighter listed below has medical clearance to use Self Contained Breathing Apparatus, (SCBA), in accordance with 29 C.F.R. part 1910. 134.			
The firefighter listed below is authorized to use SCBA and participate in interior /exterior firefighting evolutions.			
If you cannot answer the questions above because you do not know the requirements of 29 C.F.R. Part 1910 or do not know whether the firefighter listed below is authorized to use SCBA, please contact your County Fire Coordinator or OFPC.			
Print Chief's Name	Chief's Signature		
Course Information			
Course Record #	Course Title		
Student Information			
Last Name	First	MI	
Address	City	State	
Home Phone (      )	Work Phone (      )	Zip	

I, \_\_\_\_\_, have read, fully understand and agree with above information. I understand and acknowledge the importance of safety during the training course and further acknowledge that if an instructor believes that my behavior or abilities may cause a safety risk to myself or another, the instructor has the authority to remove me from the simulation or course.

\_\_\_\_\_  
SIGNATURE OF FIREFIGHTER

\_\_\_\_\_  
DATE

And, if firefighter is 16 or 17 years old, the following consent must be provided:

I, \_\_\_\_\_, parent or legal guardian of \_\_\_\_\_, consent to his/her participation in the training listed above. I have read, fully understand, and agree with the above information. I understand and acknowledge that safety is important during the training course and further authorize the instructor to remove \_\_\_\_\_ from the simulation or course if the instructor believes that his/her behavior or abilities may cause a safety risk to himself/herself or another.

\_\_\_\_\_  
SIGNATURE OF AUTHORIZED LEGAL GUARDIAN

\_\_\_\_\_  
DATE

\_\_\_\_\_  
PRINTED NAME

\_\_\_\_\_  
RELATIONSHIP TO FIREFIGHTER

**Please Note:** No persons under the age of 16 may attend or participate in any training course delivered by the Office of Fire Prevention and Control. Additional copies of this form are available at <http://www.dos.state.ny.us/fire/pdfs/authorization.pdf>

# Registration Checklist

Use this checklist to make certain that your registration package is complete.  
**Application deadline is August 19, 2013**

- ☐ **ROOMMATE PREFERENCE:** Rooms are allocated based on the order in which applications are received. If you want a specific roommate both persons must write the name on their application. No preference, write "no preference." If requesting a dorm with other members of your FD, write "Dorm/FD Name".
- ☐ **ARRIVAL DATE & TIME:** This is essential information for those handling the check-in process and for the Academy housekeeping staff. If you arrive after the registration tables are closed, your badge, room key and meal ticket will be in an envelope with your name on it, located on the check-in board. You will still need to go to the registration table when open to pick up information. The Academy front door is not locked overnight; however security needs to know who is arriving after 10 pm. If you arrive prior to the date and time stated, your room may not be ready.
- ☐ **TOTAL DUE:** Double check your lodging, meals and course fees for accuracy.
- ☐ **PAYMENT ENCLOSED:** or payment information provided.
- ☐ **COURSES & WORKSHOPS:** Checkmarks on back of application.
- ☐ **MODEL & INFORMATION CONSENT:** Completely filled out on front of applications.
- ☐ **TRAINING AUTHORIZATION LETTER ENCLOSED:** Every individual attending the conference must submit a completed training authorization letter.
- ☐ **T-SHIRT ORDER FORM:** Do not send payment since payment is due when you pick up the T-shirt at registration.

**Please forward all training documentation including registration form, course checklist, t-shirt order, payment, and all copies of pre-requisites to:** Mary Wrobel

**Fire Service Women of NYS  
3842 US 20  
Nassau, NY 12123**



# Important Information

## **EARLY REGISTRATION IS KEY**

The Academy can only house 200 students, so rooms/dorms will be allocated based on the order in which applications are received. Early submission of application provides greater chances for getting into desired courses, as well as a better room.

## **DRESS CODE**

Pack comfortable, casual attire, sensible footwear and a jacket. A duty uniform or department shirt is likewise appropriate. Late September weather in Montour Falls is unpredictable; could be warm and sunny, rainy, or windy and nippy, so think of layering clothes and bring night wear suitable for varying temperatures. The exercise room will be open throughout the weekend, so bring work-out clothes if you plan to use it. The social events are casual. The group photo will be taken Saturday morning at 7:45 am. Plan to wear your Class A uniform, if you have one, or dressiest uniform available. The official week-end t-shirt is an optional item for purchase. See the order form for details.

## **MEDICATIONS**

Bring all your medications – daily, urgent and emergency.

## **ACADEMY AMENITIES**

**What the Academy provides:** linens, one blanket & one pillow per bed. Additional blankets are available, but not pillows, so if you sleep with two, best bring one. Towels (not big fluffy ones) and soap (small bar) are provided. TV in common areas, not in rooms. Alarm clock/radio in room. Room phones require a calling card for outgoing calls. Cell phone service in Montour Falls can be marginal.

**What the Academy does not supply:** irons and ironing boards, laundry facility, hair dryers, toiletries.

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**Fire Service Women of NYS  
3842 US 20  
Nassau, NY 12123**





# Fire Service Women of NYS, Inc.

## 12th ANNUAL TRAINING PROGRAM

September 13 - 15, 2013

### T-Shirt Order Form

DEADLINE FOR ORDERS: AUGUST 19, 2013

The 2013 shirt will be 100% cotton, purple, with the logo screened in white.

- The cost depends on the size of the shirt you order.
- They MUST be ordered in advance by completing this order form.
- Return this order form with your weekend registration form to **Mary Wrobel**.
- **DO NOT** send t-shirt money to the Academy. Payment will be collected when you pick up your shirt.

*ONLY THE EXACT NUMBER OF SHIRTS WILL BE ORDERED IN ADVANCE, USING THIS FORM, WILL BE PURCHASED*

NAME: Last \_\_\_\_\_ First \_\_\_\_\_

HOW MANY SHIRTS DO YOU WANT IN EACH SIZE? (Men's Sizes)

\$11 – Small

\$11 – Medium

\$11 – Large

\$11 – XL

\$13 – XXL

\$13 – XXXL

NUMBER OF SHIRTS \_\_\_\_\_ X \$ \_\_\_\_\_ COST OF SHIRT = TOTAL DUE \_\_\_\_\_

Payment will be at the T-Shirt table when you check into the Academy for the weekend.

Cash or check payable to:

**Fire Service Women of NYS, Inc.**

FIRE SERVICE WOMEN  
OF NEW YORK STATE



*You've heard it before, but this year it's true,  
the new and improved Auction Extravaganza!  
This year's Live Auction will be limited to the top 25 items.  
There will be a silent auction and raffle for all other donated items.  
Join the fun... donate, bid & buy!*

**DO YOU HAVE**...things stashed away that were presents you don't really like...nice stuff you haven't used in years...art work or photography... neat handcrafted items...a vacation home you could donate for a weekend or a week...contacts in the hospitality industry (restaurants, hotels, resorts, attractions) who would contribute gift certificates, weekend packages, admissions...friends in a retail business??????

#### **USE YOUR IMAGINATION...EVERY BIT HELPS**

No item is too small...one woman's trash is another woman's treasure! Pull out that rolodex, palm pilot, address book, holiday card list...ask friends, relatives, co-workers, business associates, casual acquaintances...anyone you can think of who might be willing to support Fire Service Women of New York State, Inc. & Phoenix Firecamp. If everyone brings one item, there will be a vast selection of good things to auction!

#### **FIRE STUFF IS HOT!!!!**

Fire service items are big sellers. Bring things from your own FD, or reach out and find something from another part of the US - or around the world.

#### **WHO BENEFITS?**

The Board of Directors of Fire Service Women of New York State, Inc. decides how the proceeds will be used. Typically 50% is earmarked for FSWNYS project Phoenix Firecamp: a Firecamp for Young Women. The other 50% goes into the organization's treasury for other FSWNYS projects and expenses as they occur.

#### **DONATIONS ARE TAX DEDUCTIBLE**

Fire Service Women of New York State, Inc. is a 501(C-3), not-for-profit corporation with IRS Tax-exempt status. Donations for the auction are tax deductible to the fullest extent allowed by law. So, if you buy something to contribute to the auction, or ask a business or corporation for a donation, there is the tax deduction advantage.



## **Fire Service Women of NYS, Inc.**

**Fire Service Women of New York State, Inc. (FSWNYS)** was formed as an outgrowth of the annual training weekend for women firefighters conducted by the NYS Office of Fire Prevention and Control at the NYS Academy of Fire Science in Montour Falls, NY. The career and volunteer women in New York State's fire service who attended the first weekend decided they should form an organization which addressed their needs and interests and brought together women firefighters from throughout the State. FSWNYS was incorporated September 10, 2004 as a not-for-profit corporation 501 (c-3) in the State of New York and was granted tax-exempt status by the Internal Revenue Service from that date. The first annual meeting of the membership was held September 26, 2004 during the Fire Academy training weekend. FSWNYS not only supports the Annual Fire Service Women of New York State Training Conference but also the Phoenix Firecamp where young women from around the state can experience life as a firefighter. You can find more information about FSWNYS at [www.fswnys.org](http://www.fswnys.org)

### **Mission:**

- To encourage the participation of women in the career and volunteer fire service of the State of New York;
- To disseminate pertinent fire service information to its members;
- To provide a supportive network and communication among women in the fire service;
- To conduct an annual training week for fire service women;
- To annually hold Phoenix Firecamp, a week-long residential summer camp for young women.