



**TWENTY-SIXTH  
COLLEGE OF THE SISKIYOU  
FIREFIGHTER I ACADEMY  
COURSE SYLLABUS  
SPRING 2012**

**January 20 to May 24, 2012**

**Fire Program / Academy Coordinator:** Tony Osa, College of the Siskiyou  
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**Lead Instructional Aide:** Brian Black, Firefighter  
CalFire, Siskiyou Unit  
(530) 938-5573 Office  
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[bblack@siskiyous.edu](mailto:bblack@siskiyous.edu)

**Location of Class:** Friday thru Monday - TTC 101  
Other locations as necessary

**Physical Fitness Training:** 7:00 a.m. – 9:00 a.m.; TTC (unless otherwise instructed).  
Students must wear fire academy t-shirt/sweat shirt, available at  
the bookstore.

**Text: Required:** Firefighter's Handbook: Firefighter 1, College of the Siskiyou,  
Delmar, 3rd Edition. Available in bookstore.

Firefighter's Handbook: Study Guide, College of the Siskiyou,  
Delmar, 3rd Edition. Available in bookstore.

Other student workbooks and material will be provided.

**Required Prerequisite:**

EMT 1 or First Responder Medical, and pass the physical agility test.

**Course Description:**

This is the basic Firefighter I Academy course. Students successfully completing the class will be eligible for California State Fire Training Certification as a Firefighter I and will be qualified for entry-level firefighter positions in federal, state, county, and municipal fire departments. CSFM Certified.

**Student Learning Outcomes:**

Upon successful completion of this course, the student will be able to:

1. Demonstrate the skills, knowledge, and abilities required in routine and emergency firefighting operations for both structure and wildland.
2. Execute the skills necessary to perform basic rescue operations including auto extrication, confined space, and first responder.
3. Operate, inspect, and maintain firefighting and rescue equipment.
4. Perform the necessary skills to execute basic fire prevention and fire investigation tasks.
5. Participate in daily Physical Training in preparation for successful performance in the 8 elements of the Physical Efficiency Battery (PEB).
6. Perform station maintenance duties by providing basic cleaning of the fire training facilities as directed by assigned personnel.

**Uniform:**

Students must be in uniform during class and during work experience duties at fire halls. (See uniform requirements on COS Fire Technology website). The uniform shirt will be removed when dressing in PPE, during clean-up, or when otherwise instructed. Official academy T-shirt will always be worn under the uniform shirt.

Students will be issued wildland and structure PPE and equipment which must be brought to school and available for immediate use at all times.

The academy uniform must only be worn during academy instructional days. If the student leaves campus for lunch, the entire uniform must be worn, not just the T-shirt. However, the uniform, including T-shirts, sweatshirts and hats, must not be worn at any time outside of academy hours. If the student must take care of personal business immediately after class, they may do so in uniform as long as it is for a reasonable amount of time. However, at no time should the student appear in uniform in locations that could be construed as inappropriate, or for questionable reasons, i.e. bars, liquor stores, pizza parlors, restaurants, etc. Students violating the uniform policy will be considered to have violated the terms of the Code of Conduct and may be dismissed from the academy.

Uniform components must only be worn by current academy students or graduates of the COS Fire Academy. Components should not be purchased for anyone who is not an academy student. The wearing of the academy uniform is a privilege and is a reflection of the pride and professionalism of the College of the Siskiyou Fire Academy. The Fire Academy, and its students, is well respected in the local communities and your behavior while in uniform is a direct reflection on the integrity of the program. Any behaviors by academy students that tarnish that reputation are a violation of the Student Code of Conduct and will be handled as disciplinary actions, up to and including dismissal from the academy.

**Protocol:**

Students will address instructors by their official position title, i.e. Lieutenant, Engineer, Captain, or Chief, followed by their last name. Retired instructors will be addressed by their official active-duty title prior to retirement, unless they request to be addressed by some other means.

In the classroom, at the beginning of each lesson, students will stand behind their chairs when the instructor enters the room, and will remain standing until instructed to be seated. This protocol will also be followed after every break, and when returning from lunch.

**Cell Phone Policy:**

Students will have cell phones turned off, or placed in a silent mode that will not disturb the class when receiving a call or text message. Phones will not be answered, and calls or texting will not be made during instructional time. Check your messages and make calls during breaks, at lunch, or after class. Violation of this policy may result in confiscation of the cell phone. The phone will be returned at the end of class. Repeated violations will be treated as any other violation of the code of conduct.

**Grading Policy:**

Written Tests/Skills Tests - 60%	A = 90-100%
Physical Efficiency Battery (PEB) - 20%	B = 80-89%
Structure Final – 10%	
Wildland Final – 10%	

**NOTE:** Students must successfully complete the written and skills competency test for each module with an 80% or better. NWCG, FSTEP, and CSTI courses must be passed with a 70% score or better.

The first graded PEB must be passed with a 70% overall score, or better. The final PEB must be passed with an 80% overall score, or better. Students who fail to achieve a minimum score on either of the two graded PEB tests will have failed the academy.

Students must maintain an 80%, or better, overall average score on all academic, skills, and physical fitness tests throughout the academy. If at any time the overall average score falls below 80%, the student will have failed the academy.

There will not be a grade of “Incomplete” assigned for failure to satisfactorily complete any unit or portion of the academy. As stated above, any student who does not meet the minimum standard for any component is considered to have failed the academy. The student must initiate his or her own withdrawal. The instructor cannot remove a student for academic failure. Certificates earned prior to failing the academy will be awarded to the student. If the student decides to continue in the class, they will not be awarded any further certificates, even if the coursework is completed. The student may continue to participate in classroom lectures, but because of safety concerns, will not be allowed to participate in any manipulative instruction, practice, or testing, and may not participate in daily physical training or testing.

(See Retest Policy below)

#### **Written Retest Policy:**

Students are allowed to retest one time per exam. Students may only retest on three exams. Failing any retest will result in failure of the academy. If all retests are successful, failing a fourth exam will result in failure of the academy.

**If a student passes the retest they will only receive an 80% grade for that unit (70% for NWCG, FSTEP, and CSTI courses). There will be no retest on the Structure Final Exam, or the Wildland Fire Final Exam.**

#### **Skills Retest Test Policy:**

Students are allowed to retest one time per skills test. Students may only retest on three skills. Failing any retest will result in failure of the academy. If all retests are successful, failing a fourth test will result in failure of the academy.

**If a student passes the retest they will only receive an 80% grade for that skills test. There will be no retest on the Physical Fitness Test.**

**Exam Policy:**

The following is a list of written exams to be administered during the Fire Academy that must be passed with a minimum score of 80%:

<u>Topic</u>	<u>Chapter</u>
1. Fire Service History, Tradition, and Organization	1 & 2
2. Prevention and Communication	3
3. Fire Behavior	4
4. Firefighter Safety and PPE	5, 6 & 23
5. SCBA	7
6. Hose, Nozzles, and Appliances	10 & 11
7. Building Construction	13
8. Ladders	14
9. Ropes and Knots	15
10. Rescue	16
11. Forcible Entry and Ventilation	17 & 18
12. Fire Suppression	19
13. Salvage and Overhaul	20
14. Structure Final Exam	No retest allowed

The following is a list of written exams to be administered during the Fire Academy that must be passed with a minimum score of 70%:

1. Hazardous Materials First Responder Operational	CSTI
2. I-200 Basic Incident Command System	NWCG
3. Ten Standard Fire Orders and 18 Watch-out Situations	NWCG
4. S-130 Firefighter Training	NWCG
5. S-190 Wildland Fire Behavior	NWCG
6. S-212 Wildland Fire Chain Saws	NWCG
7. S-215 Fire Operations in the Wildland/Urban Interface	NWCG
8. Basic Land Navigation	NWCG
9. Wildland Fire Final Exam	No retest allowed

## Pre-course Assignments:

In addition to the regular reading/homework assignments prior to each scheduled unit, there are several outside of class assignments that students must complete prior to the date when the specific unit material will be covered. It is the student's responsibility to ensure they complete the pre-course work on time. There may be quizzes given to assess student's knowledge of the pre-course material. The units with required pre-course work are:

<u>Unit</u>	<u>Pre-course Assignment</u>
I-200 Basic Incident Command System	I-100 - Introduction to the ICS (Online) Due: <b>February 3, 2012</b> I-700.a - NIMS, an Introduction (Online) Due: <b>February 3, 2012</b>
S-212 Wildland Fire Chain Saws	S-212 Wildland Fire Chain Saw Glossary Due: <b>March 31, 2012</b> (Hardcopy).

How to find the ICS online pre-course work:

- ✓ fema.gov
- ✓ Training
- ✓ National Training Program
- ✓ Emergency Management Institute
- ✓ Emergency Management Institute
- ✓ FEMA Independent Study
- ✓ NIMS Courses
- ✓ IS-100.b Introduction to Incident Command System
  - or
- ✓ IS-700.a NIMS An Introduction
- ✓ Take This Course
  - Interactive Web-based Course

Pre-course work must be turned in prior to the I-200 course on **February 3, 2012**. To verify that you have successfully completed the courses, you must turn in a copy of your Certificate of Completion.

## Firefighter 1 Training Record:

Students must successfully complete, with an 80% or better, the skills competency test for each module as listed in the Firefighter 1 Training Record, as well as other skills required by the instructor. Any student who is unable to complete all skills tests as required will have failed the academy. It is the student's responsibility to ensure that the instructor signs off on the training record upon completion of each unit. This document must be completed satisfactorily in its entirety to be able to apply for Firefighter 1 certification through the California State Fire Marshal's Office.

**Attendance:**

In order to meet the required number of hours for certification, students must attend all class sessions and physical training sessions as scheduled. Students who are late for/absent from a class will receive a written warning. A student may be dismissed from the academy if late/absent a second time.

**Medical Absence:**

Medical absences will be accepted only if documentation is provided that you are under a doctor's care with a statement from the doctor recommending that you do not attend class. It will be the student's responsibility to make-up missed classes and learn the material in order to pass the test. Many instructors come from outside the area so the student must realize that in some cases (i.e. manipulative skills classes) it may be impossible to make-up missed material because the instructor may not be available. In this case, the student may miss too much material to make-up may have to drop/retake the course.

**Cheating/Plagiarism Policy:**

As stated in the COS Student Code of Conduct, "Cheating, plagiarism (including plagiarism in a student publication), or engaging in other academic dishonesty" may subject the student to disciplinary action. Any student determined to be cheating will be dismissed from the academy.

**Make-up Policy:**

If a class is missed, it is the student's responsibility to learn the material. The instructor will not offer make-up sessions. Many instructors come from outside the area so the student must realize that in some cases (i.e. manipulative skills classes) it may be impossible to make-up missed material because the instructor may not be available. If a test is missed, it will be considered failed and the student may retest following the retest policy. Remember the attendance policy above.

**Late Assignment Policy:** Late assignments will not be accepted.

**Withdrawal Policy:**

The student has the right to withdraw from the academy at any time if he/she feels that they will not be successful in meeting the academy requirements. It is the student's responsibility to initiate their own withdrawal. If the student drops or fails the academy after the final drop date of **January 30, 2012** registration fees will not be refunded. The materials fee will be pro-rated for those materials returned unused. The last day to withdraw from class, with no record posted on transcript is **February 13, 2012**. **The last day to withdraw without receiving an A-F grade is April 27, 2012.** See the COS catalog for more information on withdrawing and possible refunds.

## **Graduation Policy:**

Only students who have successfully completed all the requirements of the academy will be allowed to participate with their class at the graduation ceremony and receive their certificates and pin. The graduation ceremony will be held on Thursday, May 24, 2012 at the Ford Theatre on the COS campus.

## **“3 Enrollments” Rule:**

1. Students may enroll in the same course a maximum of 3 times.
2. An “enrollment” is any attempt to pass a course in which a grade symbol, including “W”, is earned.
3. When a student attempts to register for a class a 3<sup>rd</sup> time, the student must obtain an Enrollment Limit Petition from Counseling Services and submit it to Enrollment Services when registering for the class. The credit and grade points earned from the repeated course will not count in the student’s cumulative GPA.
4. After three enrollments, a student may only request to audit a course.
5. The new enrollment rule applies retroactively to students’ COS enrollment history. There is no exemption from the new “3 enrollments” rule for students who already have three enrollments.
6. Students may enroll in a different community college district after 3 enrollments at COS; the “3 enrollments rule” currently only applies to 3 enrollments in the same community college district. However, students should be aware that this rule may be applied differently by other colleges.
7. This is a deliberate action by the State of California to reduce the amount of state funding being spent on multiple enrollments in the same course. Students are strongly encouraged to do their very best to succeed in every class they attempt and to not take withdrawal lightly.

## **Academic Success Center Services:**

The Academic Success Center (ASC) offers a variety of academic support services to all students. If you need a tutor or note taker, please contact the ASC at **938-5514**. Do not wait. Remember the make-up policy above.

The Academic Success Center houses COS’s Computer, Math, Reading and Writing Labs as well as our peer-tutoring program. In order to utilize these services, you must be enrolled in a “lab” class. EDUC 0670 is COS’s FREE lab class that offers you access to ASC services.

- EDUC 0670 is a zero unit course.
- In order to receive a “Pass” for the course, you only need to have logged 2 hours into the ASC timekeeping system throughout the entire semester.
- In order to enroll and stay enrolled in EDUC 0670, you must be concurrently enrolled in a for-credit COS course.
- You may register or drop the course at any point in the semester.
- You may register online, at Enrollment Services, or in the ASC.

Visit the ASC homepage at <http://www.siskiyous.edu/asc/> for links to the various labs and services available in the ASC. There, you will also find a handout about ASC hours, services, resources, and how to obtain them.

### **Tutoring Services:**

Tutoring is available to all students currently enrolled in and attending courses at COS. The benefits of receiving tutoring are numerous, and the service is free. The goal of tutoring is to guide students to independent learning. This is accomplished by providing tutees with the opportunity to be actively engaged in the discussion and manipulation of course material. As an active learner, the tutee accepts responsibility for their own learning, which results in increased self-confidence and steady progression towards educational and personal goals.

A few facts about tutoring:

- This supervised service is available at **no cost** to students currently enrolled in and attending courses at COS.
- Students may determine their need for a tutor or their instructor may recommend they seek tutorial services.
- Tutors are hired and based on student need. Interested students are encouraged to apply early in the semester.
- Applications to take advantage of free tutoring need to be completed each semester. Applications are available on the web as well as in the Academic Success Center Tutoring Office.

Coordinator: Denise Manion  
Phone: **938-5514**

### **Student Success Seminars and EDUC 0896:**

Our Student Success Seminars are back! These 50 minute skill-building seminars have been developed to help support and complement the learning our students do in our classrooms. All COS students, staff, and faculty members are invited to participate in these workshops which range in topics from Time Management to Math Anxiety, from Avoiding Plagiarism to Microsoft Word Basics and more. Most workshops are facilitated by members of our own faculty.

For more information on these seminars including how students can earn credit by attending these seminars by enrolling in EDUC 0896, visit <http://www.siskiyous.edu/asc/seminars.htm>.

### **Students with Disabilities - Academic Accommodations:**

Students have the right to request reasonable modifications to college requirements, services, facilities or programs if their documented disability imposes an educational limitation or impedes access to requirements, services, facilities or programs. A student with a disability who requests a modification, accommodation, or adjustment is responsible for requesting necessary accommodations by identifying himself/herself to the instructor and, if desired, to the Disabled Student Programs and Services (DSPS) office Eddy Hall 1.

Students with a print disability-- a visual limitation or reading difficulty that limits access to traditional print materials-- may request printed materials in alternate media. Examples of alternate media formats include electronic format (e.g., text on CD), Braille, tactile graphics, audiotape, and/or large print. Students can make alternate media requests through the Disabled Student Programs and Services (DSP&S) Eddy Hall 1, **938-5297**.

Students who consult or request assistance from DSPS regarding specific modifications, accommodations, adjustments, alternate text or use of auxiliary aids will be required to meet timelines and procedural requirements established by the DSPS office.

“If you anticipate the need for reasonable accommodations to meet the requirements of this course, you must register with the Disabled Student Services (DSPS). If you qualify for services through DSPS, bring your official notification of your accommodation needs to me as soon as possible. Disabled Student Services is located in Eddy Hall or by calling Donna Farris or Linda Rogers at 938-5297.”

### **Personal Counseling Services:**

Confidential personal counseling is available by appointment to help students with their personal and psychological concerns that are affecting their academic success. Services include short-term individual counseling, crisis consultation, and referral to local social service and counseling resources. Contact Counseling Services at **938-5353** to make an appointment with a Personal Counselor.

## **Certificates Issued:**

Students successfully completing the course will receive certificates in:

1. Fire Control 1 – Basic Fire Chemistry (FSTEP)
2. Fire Control 2 – Basic Operations – Structural (FSTEP)
3. Fire Control 3B – Structural Firefighting in Live-fire Simulators (F-STEP)
4. Fire Control 6 – Wildland Firefighting Essentials (F-STEP)
5. Auto Extrication (F-STEP)
6. Confined Space Rescue Awareness (F-STEP)
7. Seasonal Wildland Firefighter (CalFire)
8. Firefighter Safety and Survival (CalFire)
9. FI-110 Wildland Origin Identification and Scene Protection (NWCG)
10. I-100 Introduction to Incident Command System (FEMA – Online)
11. I-200 Basic Incident Command System (NWCG)
12. I-700.a NIMS National Response Plan (FEMA – Online)
13. L-180 Human Factors in the Wildland Fire Service (NWCG)
14. S-130 Firefighter Training (NWCG)
15. S-133 Look Up, Look Down, Look Around (NWCG)
16. S-134 Lookouts, Communications, Escape Routes, & Safety Zones. (NWCG)
17. S-190 Introduction to Wildland Fire Behavior (NWCG)
18. S-212 Wildland Fire Chain Saws (NWCG)
19. S-215 Fire Operations in the Wildland/Urban Interface (NWCG)
20. Basic Land Navigation (NWCG)
21. Work Capacity Test – Arduous Level (USFS)
22. Hazardous Materials First Responder Operational (CSTI)
23. Flashover Recognition and Survival (COS)
24. Firefighter I (COS)
25. California State Fire Marshal Firefighter 1 (submit application to CSFM)

Students will receive wildland firefighter training which will qualify them for seasonal employment with USFS, CalFire, and other wildland fire agencies.

## **California State Fire Marshal Firefighter 1 Certificate:**

Students will be eligible for a Firefighter I Certificate from the California State Fire Marshal's Office upon completion of:

- Current EMT 1 or First Responder Medical
- Firefighter 1 Academy (FIRE 0950)
- 6 months full-time, paid firefighter,  
or
- 12 months volunteer or part-time paid firefighter,  
or
- Complete 8 units of Work Experience (FIRE 2949)

## **Physical Fitness Participation and Injury Treatment:**

Students are expected to participate in all physical training and manipulative skills activities. Excused absences or modifications to the regular training schedule will only be allowed for injuries following the process below:

1. If an injury is sustained during academy training activities, notify the instructor or instructional aide immediately. If possible, an Accident Report should be completed prior to the student seeking medical assistance, however, do not delay medical assistance while waiting for the Accident Report. We can follow up with the report, if necessary, after treatment.
2. If a minor injury is sustained during academy activities, an assessment will be made by a COS Athletic Trainer. Injuries occurring on weekends will be evaluated by a doctor or deferred until Monday. (Serious injuries will be handled through the local emergency response agency).
3. Athletic Trainer will describe, in writing, the limitations, if any, the student should follow.
4. Athletic Trainer will determine whether further medical assessment is needed.
5. If a medical assessment is needed, a written note from the doctor is required that describes the limitations, if any, the student should follow.
6. If an injury occurs that is not related to academy activities, a written statement from a doctor is required that describes the limitations, if any, the student should follow.
7. The student's personal insurance (generally under a parent's policy) is the primary coverage. College of the Siskiyous insurance is the secondary coverage. If the student has no personal medical insurance, the College insurance is the primary coverage.

## **Physical Efficiency Battery:**

The **Physical Efficiency Battery (PEB)** is a fitness test consisting of eight components designed to measure the student's overall fitness.

The PEB will be administered once as a practice test, and twice for a grade. Failure to score at least 70% overall on the first graded test, and 80% overall on the final test, will result in the student having failed the academy. A student achieving the Gold Standard on every element of the PEB receives a Certificate of Distinguished Fitness and their name added to the Fitness Honor Roll. **There will be no retest on the Physical Efficiency Battery.**

**Illinois Agility Run** - This test measures the student's ability to get up from the ground and sprint while changing directions. The student will lie on the floor in a prone position. They will then get up and sprint 30 feet and return. They will then negotiate 4 obstacles covering a 30 foot

area and return through the obstacles. The test concludes with another 30 foot sprint and return. The test is measured in the hundredths of seconds.

**Sit and Reach** - This test measures the student's flexibility in the lower back, legs and shoulders. The student will sit on the floor in front of the measuring device. The student will bend at the waist and push a block along the device with their fingertips. The stretch must be a static stretch and the student's calves must remain in contact with the floor. The test is measured to the quarter inch.

**Bench Press** - This test measures the student's upper body strength. The student must bring the bar down to chest level and press the weight straight up until the arms are locked out. The test is measured using the One Repetition Maximum Equivalent (1RM/BM) method. To avoid injury, testing is done using a sub-maximal weight that allows 5 to 15 repetitions. The 1RM equivalent is calculated based on the student's body weight, weight lifted, and number of repetitions.

**1.5 Mile Run** - This test measures the cardio/respiratory fitness of the student. It is conducted on a quarter mile track. The student runs six laps. The test is measured in minutes and seconds.

**Work Capacity Test** - This test measures the cardio/respiratory fitness of the student with the added resistance of a 45 lb pack. The test is conducted on a quarter mile track. The student must **walk (no running)** 12 laps in 45 minutes or less. This test is the approved measure of physical ability to perform the duties of a federal wildland firefighter. The test is measured in minutes and seconds.

**Push-ups** - This test measures arm/chest strength and repetitive endurance. The student must complete as many repetitions as possible in one minute.

**Pull-ups** - This test measures arm/shoulder strength. The student must complete as many repetitions as possible without resting between repetitions. This is not a timed test.

**Sit-ups** - This test measures abdominal strength and endurance. The student must complete as many repetitions as possible in one minute.

## Fire Academy Physical Efficiency Battery Standards

### Male - Age 24 and under

%Score	Bench*	Agility	Flexibility	Pullup	Pushup	Situp	1.5 Mile	WCT
<b>Gold Level</b>	<b>175</b>	<b>15.3</b>	<b>25</b>	<b>13</b>	<b>55</b>	<b>50</b>	<b>9:00</b>	<b>39</b>
100%	165	15.5	24	12	50	45	9:15	40
80%	135	19.35	19.25	10	40	36	11:30	45
70%	115	22.1	17	9	35	32	13:10	N/A

### Male - Age 25-29

%Score	Bench*	Agility	Flexibility	Pullup	Pushup	Situp	1.5 Mile	WCT
<b>Gold Level</b>	<b>170</b>	<b>15.4</b>	<b>24.75</b>	<b>13</b>	<b>55</b>	<b>50</b>	<b>9:06</b>	<b>39</b>
100%	160	16	23.5	12	50	45	9:20	40
80%	130	20	19	10	40	36	11:30	45
70%	110	22.85	16.5	9	35	32	13:00	N/A

### Male - Age 30-34

%Score	Bench*	Agility	Flexibility	Pullup	Pushup	Situp	1.5 Mile	WCT
<b>Gold Level</b>	<b>160</b>	<b>15.75</b>	<b>24</b>	<b>12</b>	<b>55</b>	<b>50</b>	<b>9:15</b>	<b>39</b>
100%	150	16.5	23	11	50	45	9:30	40
80%	120	20.6	18.5	9	40	36	11:50	45
70%	105	23.57	16.25	8	35	32	13:30	N/A

### Male – Age 35-39

%Score	Bench*	Agility	Flexibility	Pullup	Pushup	Situp	1.5 Mile	WCT
<b>Gold Level</b>	<b>155</b>	<b>16.3</b>	<b>23.75</b>	<b>12</b>	<b>55</b>	<b>50</b>	<b>9:45</b>	<b>39</b>
100%	145	17	22.75	11	50	45	10:00	40
80%	115	21.25	18.25	9	40	36	12:30	45
70%	100	24.25	16	8	35	32	14:15	N/A

### Female – Age 24 and under

%Score	Bench**	Agility	Flexibility	Pullup	Pushup	Situp	1.5 Mile	WCT
<b>Gold Level</b>	<b>70</b>	<b>17</b>	<b>25.5</b>	<b>7</b>	<b>39</b>	<b>50</b>	<b>10:45</b>	<b>39</b>
100%	65	17.5	25	6	35	45	11:00	40
80%	55	22.5	20	5	28	36	13:45	45
70%	50	25.7	17.5	4	25	32	15:30	N/A

### Female – Age 25-29

%Score	Bench**	Agility	Flexibility	Pullup	Pushup	Situp	1.5 Mile	WCT
<b>Gold Level</b>	<b>60</b>	<b>17.2</b>	<b>25</b>	<b>7</b>	<b>39</b>	<b>50</b>	<b>11:00</b>	<b>39</b>
100%	55	17.8	24.5	6	35	45	11:15	40
80%	45	21.87	19.75	5	28	36	14:00	45
70%	40	25	17.25	4	25	32	16:00	N/A

\*Based on a 150 pound male benching indicated weight for 10 reps.

\*\*Based on a 130 pound female benching indicated weight for 10 reps.

## SAFETY EXPECTATIONS

The firefighting profession is one of significant risk – that is, one filled with the potential to result in serious injury or death. A study of firefighter injury and death statistics reveals that approximately one-half of all duty deaths and injuries occur at the incident scene. The other half is split between **training**, response to/returning from an incident, and “other” duties.

Accidents occur as a result of a series of events and conditions that lead to an unsafe situation and, if left uncorrected, lead to an accident. This series of events is called the accident chain and consists of 5 components:

1. **The environment:** Physical surroundings such as weather, surface conditions, access, lighting, and physical barriers.
2. **Human factors:** Human and social behaviors, **training (or lack of)**, fatigue, **fitness level**, and **attitude**.
3. **Equipment:** Apparatus, personal protective equipment, maintenance and serviceability, proper application, and equipment limitations.
4. **The event:** The intersection of the foregoing components. Something or someone had to bring those components together in such a way to create the unsafe situation.
5. **The injury:** The injury (or property damage) itself associated with the accident. A “near miss” or “close call” is an accident without injury or physical damage.

The College of the Siskiyous has established a policy “to provide an environment which ensures the safety and security of all members of the campus community”. As students in the College of the Siskiyous Firefighter 1 Academy, you are expected to listen to your instructors, follow their instruction and directions, and carry out every aspect of your training and instruction with the utmost attention to proper safety practices and procedures. Your life, the lives of your fellow firefighters, and the lives of the public are at stake. More so than many other professions, that of a firefighter carries with it the potential for serious consequences. Any student who does not adhere to these expectations, fails to follow directions, creates unsafe conditions, or does not demonstrate an attitude of safety throughout all their training, may be dismissed from the academy. Don’t be the one that sets up an accident chain, or doesn’t recognize the indicators, and fails to take action to break the chain before an accident occurs.

### Hydration

Water is necessary for optimum endurance, maintaining body temperature, removing waste products, and metabolism. When you lose as little as 2% of your body weight due to dehydration, your performance will decrease by 10-15%

As the heat index rises above 103°F, there is a **high risk** for heat-related illness, so additional measures to protect students are needed. Rest periods will be provided and the instructors and instructional aides (who are well-informed on heat-related illness) will monitor the training site to determine appropriate work/rest schedules and remind students to drink plenty of water every 15 to 20 minutes.

### **Drinking Water**

Water should have a palatable (pleasant and odor-free) taste and water temperature should be 50°F to 60°F, if possible. However, it is important to remember that water intake is the key, regardless of the water temperature.

**Drink small amounts of water often** (before you become thirsty). You should drink about **4 cups of water every hour** while the heat index is 103 to 115°F (see Heat Index chart below). You will need the greatest amount of water if you must work in direct sunshine, during peak exertion, and during the hottest part of the day.

### **Other Drinks**

Students should choose water over soda and other drinks containing caffeine and high sugar content. These drinks may lead to dehydration.

***Caution:** Under most circumstances extended hourly fluid intake should not exceed 6 cups per hour or 12 quarts per day. To maintain hydration, it is particularly important to reduce work rates, reschedule work for a time when the heat index is lower, or enforce work/rest schedules when work must continue during periods of extreme risk for heat-related illness.*

**Each student must have on their person, or immediately available at the worksite, a minimum of 64 ounces of drinking water in a container that can be easily refilled.**

Recommended source: WaterU Blue Plastic Water Bottle Jug, 64 oz., SKU 137007, Dollar Tree, (Yreka or Redding), \$1.00



## NOAA's National Weather Service

### Heat Index

Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	126	130					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution     
  Extreme Caution     
  Danger     
  Extreme Danger

The heat index is a simple tool and a useful guide for making decisions about protecting yourself in hot weather. It does not account for certain conditions that contribute additional risk, such as physical exertion, working in the direct sun, and wearing heavy clothing or protective gear (these can add up to 15°F to the heat index value).

**CODE OF CONDUCT  
FOR  
COLLEGE OF THE SISKIYOU'S FIRE ACADEMY STUDENTS**  
(Ref. 2011-2012 COS Student Handbook and references contained therein)

When you enroll in the College of the Siskiyou's Fire Academy you assume an obligation to conduct yourself in a manner compatible with the College's function as an educational institution. You may be subject to disciplinary action for any of the following categories, or any other category included in the COS Student Handbook (see attached) and the Firefighter 1 Academy Course Syllabus. Please review the 2011-2012 Student Handbook, Course Syllabus and Student Code of Conduct for your rights and responsibilities as a student.

**ALCOHOL:** (Ref. 2011-2012 Student Handbook)

*In accordance with the California Education Code, alcohol is not allowed on community college campuses at any time. Any student found under the influence of, consuming, or in possession of alcoholic beverages on the campus or at any College sponsored function is subject to disciplinary action.*

In accordance with the above policy, students shall not use, or be under the influence of, alcohol while on campus, including the lodges, or any other facility used for instruction or training, while enrolled in the College of the Siskiyou's Fire Academy.

Violation of this policy shall result in dismissal from the academy.

**DRUGS:** (Ref. 2011-2012 Student Handbook)

*According to the California Education Code, the use, sale, or possession on campus of, or your presence on campus under the influence of any controlled substance or illegal drug is forbidden. Anyone committing such an offense is subject to disciplinary action.*

In accordance with the above policy, students shall not use, sell, distribute, or be in the possession of, or be under the influence of, any controlled substance while on campus, including the dorms, or any other facility used for instruction or training, while enrolled in the College of the Siskiyou's Fire Academy.

Violation of this policy shall result in dismissal from the academy.

**TOBACCO:** (Ref. 2011-2012 Student Handbook)

*All buildings and grounds of the College are designated "clean air" facilities. Smoking and the use of smokeless tobacco are, therefore, prohibited in all campus buildings. Smoking is allowed inside personal vehicles and in designated smoking areas only.*

*Willful or persistent smoking in any area where smoking has been prohibited by law or by regulation of the College or the District.*

In accordance with the above policy, no tobacco product shall be used by any academy student during any instructional or training activity, or upon any instructional or training facility used by the College of the Siskiyou Fire Academy. This applies to tobacco in any form including cigarettes and smokeless tobacco.

First offense:            Verbal or written warning  
Second offense:        Dismissal from the academy

**CRIMINAL ACTIVITY:** (Ref. 2011-2012 Student Handbook)

*Committing or attempting to commit robbery or extortion.*

*Causing or attempting to cause damage to district property or to private property on campus.*

*Stealing or attempting to steal district property or private property on campus, or knowingly receiving stolen district property or private property on campus.*

In accordance with the above policies, any proven theft, receipt of stolen material, or other criminal activity, by a College of the Siskiyou Fire Academy student shall result in dismissal from the academy.

**BEHAVIOR:** (Ref. 2011-2012 Student Handbook)

*Causing, attempting to cause, or threatening to cause physical injury to another person.*

*Disruptive behavior, willful disobedience, habitual profanity or vulgarity, or the open and persistent defiance of the authority of, or persistent abuse of, college personnel.*

*Persistent, serious misconduct where other means of correction have failed to bring about proper conduct.*

*Engaging in harassing or discriminatory behavior based on ethnic group identification, race, color, ancestry, sex, (i.e., gender), sexual orientation, religion, age, national origin, physical or mental disability, or on the basis of these perceived characteristics or based on an association with persons with one or more of these actual or perceived characteristics.*

In accordance with the above policies, conduct not befitting a College of the Siskiyou Fire Academy student such as, but not limited to fighting; threatening or intimidating any student, instructor, aide, or anyone involved with academy activities; participating in verbal abuse; leaving or being absent from an instructional or training area without permission; failing to follow instructions; or behaving in any manner that disrupts instruction or the ability of other students to participate in a meaningful learning environment, shall result in disciplinary action.

Conduct not befitting a College of the Siskiyou Fire Academy student, on and off campus, which is detrimental to the integrity and professional image of the college and of a professional firefighter shall result in disciplinary action. This policy applies to any violation of the Uniform Policy as stated in the Course Syllabus.

First offense: Verbal warning to dismissal, depending on severity of offense  
Second offense: Dismissal from the academy

**SEXUAL HARASSMENT:** (Ref. 2011-2012 Student Handbook)

*Committing sexual harassment as defined by law or by District policies and procedures.*

Sexual harassment is an illegal form of sexual discrimination and a violation of professional ethics. Harassment is defined as verbal or physical conduct that has the intent or effect of unreasonably interfering with a student's or employee's educational or work performance. It is also defined as the creation of an intimidating, hostile, or offensive environment. Sexual harassment, whether subtle or blatant, is unacceptable at College of the Siskiyou. It is in violation of both District policy and civil law and will be addressed with quick and decisive action. College of the Siskiyou, in order to ensure an environment free from harassment, encourages any individual who believes that he or she has been sexually harassed to raise the issue and/or file a complaint according to established procedures. Allegations of inappropriate behavior will be handled confidentially and thoroughly, protecting the rights of all concerned. The Director of Personnel will investigate all allegations of sexual harassment when staff or faculty is involved. The Designated Administrator will investigate allegations when the harassment involves students only.

For a complete copy of the Policy Prohibiting Sexual Harassment, please contact:

Nancy Miller  
Director of Human Resources  
(530) 938-5317

First offense: Verbal warning to dismissal, depending on severity of offense  
Second offense: Dismissal from the academy

College of the Siskiyous  
Student Code of Conduct  
2011-2012 Student Handbook

1. When you enroll in the College you assume an obligation to conduct yourself in a manner compatible with the College's function as an educational institution. You may be subject to disciplinary action for any of the following categories: Assault, battery, or attempted assault or battery, or any threat of force or violence upon a student or District personnel. Causing, attempting to cause, or threatening to cause physical injury to another person.
2. Possession, sale or otherwise furnishing any firearm, knife, explosive or other dangerous object, including but not limited to any facsimile firearm, knife or explosive, unless, in the case of possession of any object of this type, the student has obtained written permission to possess the item from a district employee, which is in concurrence with the College President.
3. Unlawful possession, use, sale, offer to sell, or furnishing, or being under the influence of, any controlled substance listed in Chapter 2 (commencing with Section 11053) of Division 10 of the California Health and Safety Code, or an intoxicant of any kind; or any poison defined in Business and Professions Code section 4240, or unlawful possession of, or offering, arranging or negotiating the sale of any drug paraphernalia, as defined in California Health and Safety Code Section 11014.5.
4. Possession or under the influence of an alcoholic beverage.
5. Committing or attempting to commit robbery or extortion.
6. Causing or attempting to cause damage to district property or to private property on campus.
7. Stealing or attempting to steal district property or private property on campus, or knowingly receiving stolen district property or private property on campus.
8. Willful or persistent smoking in any area where smoking has been prohibited by law or by regulation of the District.
9. Committing sexual harassment as defined by law or by District policies and procedures.
10. Engaging in harassing or discriminatory behavior based on ethnic group identification, race, color, ancestry, sex, (i.e., gender), sexual orientation, religion, age, national origin, physical or mental disability, or on the basis of these perceived characteristics or based on an association with persons with one or more of these actual or perceived characteristics.

11. Willful misconduct which results in injury or death to a student or to college personnel or which results in cutting, defacing, or other injury to any real or personal property owned by the District or on campus.
12. Disruptive behavior, willful disobedience, regular profanity or vulgarity, or the open and persistent defiance of the authority of, or persistent abuse of, college personnel.
13. Cheating, plagiarism (including plagiarism in a student publication), or engaging in other academic dishonesty. For purposes of this provision, the term “cheating” includes, but is not limited to:
  - Use of any unauthorized assistance in taking quizzes, tests, or examinations;
  - Use of sources beyond those authorized by the instructor in writing papers, preparing reports, solving problems, or carrying out other assignments;
  - The acquisition, without permission, of tests or other academic material belonging to the College. The term “plagiarism” includes, but is not limited to, the use, by paraphrase or direct quotation, of the published or unpublished work of another person without full and clear acknowledgment. It also includes the unacknowledged use of materials prepared by another person or agency engaged in the selling of term papers or other academic materials.
14. Dishonesty; forgery; alteration or misuse of college documents, records or identification; or knowingly furnishing false information to the District.
15. Unauthorized entry upon or use of college facilities.
16. Lewd, indecent or obscene conduct on District-owned or controlled property, or at
17. District sponsored or supervised functions.
18. Engaging in expression which is obscene; libelous or slanderous; or which so incites students as to create a clear and present danger of the commission of unlawful acts on college premises.
19. The violation of lawful District administrative procedures, or the substantial disruption of the orderly operation of the District.
20. Persistent, serious misconduct where other means of correction have failed to bring about proper conduct.
21. Unauthorized preparation, giving, selling, transfer, distribution, or publication, for any commercial purpose, of any contemporaneous recording of an academic presentation in a classroom or equivalent site of instruction, including but not limited to handwritten or typewritten class notes, except as permitted by any district policy or administrative procedure.

22. Violation of the District's computer use policy or any conduct that constitutes a computer related crime under Penal Code, section 502.
23. The use by a student of any electronic listening or recording device in any classroom without the prior consent of the instructor, except as necessary to provide reasonable auxiliary aids and academic adjustments or accommodations to a student with a disability.
24. Solicitation or acceptance of money or other thing of value as an inducement, encouragement, or reward for intercollegiate participation in violation of Education Code, section 67361 or false declarations regarding eligibility for participation in intercollegiate athletics under Education Code, section 67362.

COLLEGE OF THE SISKIYOU  
FIREFIGHTER I ACADEMY  
SPRING 2012

CONTRACT OF AGREEMENT

The 2011-2012 College of the Siskiyou Student Handbook, Code of Conduct is incorporated into this agreement with all expectations, policies, and procedures contained therein and become part of this Course Syllabus and Code of Conduct for College of the Siskiyou Fire Academy Students.

I have received my copy of the College of the Siskiyou Firefighter I Academy Course Syllabus and Code of Conduct. I have read, understood, and agree to all conditions therein.

Student's Name:

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Printed

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Signature

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Date