

October 12, 2009

Dear Potential Student:

Thank you for your interest in the Firefighter I Academy. Enclosed, please find the following forms:

- *Informational flyer
- *Clothing Order Forms/information sheet
- * Personal Information Form
- *Assessment Test informational sheet
- *Physician's Clearance letter
- *Field Trip Waiver Form

All applicants are required to take the Yuba College Placement Exam. If you possess a Bachelor or higher degree you do not have to take placement test, but must turn in proof. A sample test is available on the Yuba Community College District web site (www.yccd.edu, click on "Students" and "Sample Test"). **Please contact the Yuba College Assessment Center at (530) 741-6864 if you have not taken this exam within six (6) months of the start of the academy. The test results cannot be more than 6 months old when the academy starts.**

All pre-requisites (application packet) may be turned in beginning **October 12, 2009**. We will accept the first 40 applicants who turn in: **1) Completed Personal Information Form, 2) Copy of Yuba College Placement Exam scores or proof of Bachelor or higher degree, 3) Check or money order for \$415, made out to Yuba College (Fire Firefighter I Academy Fees), (Your check/money order will be held until after the first week of the academy.) Non-Refundable after 1st week of academy.) 4) Physician's Release form. 5) Field trip waiver form.** Return prerequisites by mail to: Yuba College Public Safety Center, Attn: Judy Huff, 2088 N. Beale Rd., Marysville, CA 95901. Applicants will be accepted on a first come, first served basis. If any of the above named requirements cannot be met at the time you apply, we will not be able to accept you into the academy. If you are accepted into the academy, you will be notified by mail.

Please Note: Academy Fees and Registration Fees are two different items. Academy fees (\$415.00) are due with your application packet. Registration fees are for units(26) you take with the Fire Academy (\$676.00 plus \$40.00 parking and \$6.00 student service fee). The registration fees are payable before the Fire Academy begins.

The academy is scheduled to begin on Tuesday, January 19, 2010. **A mandatory orientation date is Saturday, January 16, 2010.** If you have any questions, please call (530) 749-3895.

Thank you for your interest in the Yuba College Firefighter I Academy.

Sincerely,

Rolfe Appel, Director
Public Safety Center

RA/jh



Yuba College Firefighter I Academy #27

Accredited by the California State Fire Marshal's Office

Prerequisite: All applicants must meet the following requirements and provide proof of completion **PRIOR** to acceptance into the academy and to be eligible to register:

1. Provide completed Physical Clearance form authorizing medical clearance by a physician. **Cannot be more than 6 months from academy start date.**
2. Must complete the Yuba College Assessment Exam. If you possess a Bachelor or higher degree you do not have to take the test, but must turn in proof with prerequisites. You must call the Testing Office at **530-741-6864** for an appointment. See attached informational sheet.
3. Submit a check or money order for \$415.00 payable to Yuba College (material fees, certificates, equipment) - No cash please. **(Nonrefundable after first week of Academy)**. **Checks are held until end of first week of academy.**
4. Personal information sheet.
5. Field trip/Excursion Form Waiver Statement. **(Fill in only middle and bottom).**

Orientation Date: **Saturday, January 16, 2010; 9:00 a.m-1:00 p.m.; Room 1708; Marysville Campus**
(Mandatory Attendance) (Street Clothes)

Academy Dates: **Tuesday, January 19, 2010 to Friday, May 7, 2010**
Monday through Friday, 8 a.m. to 5 p.m. daily (possibly some Saturdays)

College Code: **FIRTC-64; M *******
26 semester units/620 hours

Course Location: **Marysville Campus; 2088 North Beale Road; Marysville CA 95901**
Room 1708

Fee: **Costs are subject to change. This is to assist you only, in regards to expenses and required material fees needed for the academy.**

Registration Fees (California Residents): **722.00**
(26 un @ \$26/un; \$6 student fee; \$40 parking)

Material, Equipment, and Certificate Fees: **415.00**
(Non Refundable after 1st week of Academy)

Books, supplies and physical fitness clothing **(estimated) 400.00**

Uniforms **(estimated) 450.00**

Special Notes:

1. **You must be 18 years of age by start of academy to enroll.**
2. **Financial Aid (530) 741-6781 and/or Veteran's benefits (530) 741-6822** may be available through Yuba College to qualified students. Please apply for grants and loans as soon as possible.

Certification: **Conforms to standards for certification by the California Board of Fire Service. Upon successful completion, the student is eligible for certification as an EMT-I and is academically qualified for state certification as a Firefighter I. Students completing the program are still required to complete either one-year as a volunteer firefighter or six months as a paid firefighter with a California fire department to be certified as a Firefighter I. Students will be required to take all portions of the Firefighter I Academy even though they may be EMT I certified.**

IMPORTANT REVISED INFORMATION! PLEASE READ

Yuba College
Placement Exam
Information

***All applicants** are required to take the Yuba College Placement Exam, unless you possess a Bachelor or higher degree. You must submit a copy with your prerequisites. This exam provides our academy facilitators, instructors and you information about your current level of academic success. If you fall below the norm for your scores, in any of the three (3) subjects, English, Math, or Reading. You will be sent a letter asking if you wish to continue with the academy. You are to check yes or no, and send the letter back. After the letter is returned and you answered yes that you would like to continue in the Firefighter I Academy, an acceptance letter will be sent to you. If you have taken the Yuba College Placement exam less than six (6) months prior to the start of the academy, you do not need to take a new one. Bring, mail or fax your test results to Yuba College, Fire Technology, Attn: Judy Huff, 2088 N. Beale Rd. Marysville, CA 95901.*

A sample test is available on the Yuba Community College District web site (www.yccd.edu, click on "Students" and sample test.")

Students who live out of the Yuba Community College area may take the placement exam through their local High School or Community College. The following guidelines should be followed:

1. BEFORE YOU TAKE THE PLACEMENT EXAM YOU MUST APPLY ON-LINE! THIS IS NOT REGISTRATION, ONLY APPLYING TO GET A COLLEAGUE ID NUMBER SO YOU ARE ELIGIBLE TO TAKE THE PLACEMENT EXAM. ONCE YOU HAVE BEEN ACCEPTED YOU WILL BE ELIGIBLE TO REGISTER FOR THE FIRE ACADEMY.
2. Find a local high school or community college that is willing to administer an online test, that will include: Reading, Math, and English. (There may be a fee for this, which will be your responsibility).
3. After you find a facility that will administer the exam, contact Yuba College Assessment Center at (530) 741-6864, and provide the assessment center with the name and contact information for the person who will proctor the test. A proctor can be a teacher, counselor, testing center personnel, or clergy if necessary.
4. The Assessment Center will arrange for your proctor to have a temporary password to access the test. This will only happen after the assessment center has an agreement with the proctor that he/she will administer the test according to our rules.
5. After you (student) have been identified as one of ours, the exam scores will be transferred to the Public Safety Center.

PHYSICAL TRAINING ADVISEMENT

Dear Recruit:

As part of your training, you will be required to participate in the Firefighter I Academy physical performance program. You will also need to demonstrate acceptable physical readiness by successfully completing a job-related physical agility test at the conclusion of the physical conditioning program.

The Firefighter I Academy physical performance program is designed to develop an enhanced level of physical fitness. The program will both prepare you to perform physically demanding firefighting tasks and instill a desire to maintain a high level of fitness throughout your career. To meet these goals, we have enclosed a copy of the components for you and your physician to review.

MEDICAL CLEARANCE

Prior to participating in the program it is necessary for you to get a medical clearance from your physician. The medical clearance is required to provide reasonable assurance that there is no medical reason why you should not participate in the program, and must be obtained at your own expense.

Attached is a letter of explanation to your physician and a Physical Clearance form. **READ THIS LETTER!**

PHYSICAL PERFORMANCE TESTS

The program of physical conditioning involves exercise focusing on cardio respiratory endurance (Aerobic), strength, power, speed, and neuromuscular coordination (agility), balance, etc. The intensity of the various exercised is individualized to the extent possible and is gradually increased throughout the course of the conditioning. Each exercise session lasts a minimum of 30 minutes and consists of a warm-up period, a conditioning period focusing on a primary training objective, and a cool-down period.

The Physical Training Program of the Firefighter I Academy has two purposes:

A) Lifetime Fitness

B) Job-related Fitness

- A) Lifetime Fitness: This segment includes classroom lectures on the primary physical disabler of firefighters, basic nutrition and exercise program design. Physical workouts concentrate on aerobic fitness as well as upper body and abdominal conditioning.
- B) Job-related Fitness: The physical fitness curriculum includes a fire-part physical agility final that must be successfully completed to graduate. These five areas include:
 - 1) Charge Hose Pull - Pull a 1 $\frac{3}{4}$ " charge hose line through a 75 foot marked corridor.
 - 2) Dry Hose Pull - Pull a 1 $\frac{3}{4}$ " dry hose line 150 feet.
 - 3) Simulated Ventilation - Using a Kaiser Sled, the cadet must be able to make 30 swings or move the block the full length of the sled.
 - 4) Ladder Raise and Carry - Raise a stationary 24 foot ladder to full extension and remove a 14 foot ladder off of a fire engine and replace it.
 - 5) Dummy Drag - Drag a dummy weighing approximately 150 lbs 30 feet.
 - 6) 4 Story Stair Climb and Hose Heist - Climb a four story building with a 50 foot 2 $\frac{1}{2}$ " hose pack to the top, then return to the bottom. Set the hose pack down and pick it back up and return to the third floor, set the hose bundle down and hoist a 1 $\frac{3}{4}$ " hose line into the third story window. The hose pack is then picked up again and returned to the bottom floor.

To effectively prepare for the Firefighter I Academy physical fitness program, students should concentrate on 20-30 minute jog/runs, bleacher running, push-ups, abdominal crunches, pull-ups and upper body strength training with weights.

TO: PHYSICIAN

FROM: DIRECTOR
 PUBLIC SAFETY CENTER

RE: MEDICAL CLEARANCE

The individual you are examining has been requested to obtain a medical clearance to participate in the physical conditioning program for the Firefighter I Academy at Yuba College. The physical conditioning program consists of certain physical performance tests and a program of physical conditioning.

Physical conditioning occurs a minimum of five (5) hours per week, for at least 15 weeks. Attached are descriptions of both the physical performance tests and the content of the physical conditioning program.

Jh

PHYSICAL CLEARANCE

Medical Clearance to participate in the Physical Conditioning Program for:

(Print Name of Individual)

Having reviewed the above named individual's medical history and having read the description of the physical performance tests and the physical conditioning and having personally examined the above named individual, it is my professional opinion that:

_____ The above named individual may participate in the physical conditioning program which is unlikely to pose a significant medical risk to the above named individual.

_____ The above named individual should not participate in the physical conditioning program.

Physician's Signature

Date

Physician's Printed Name

Address

Phone Number

Physician's Stamp-Required

**YUBA COLLEGE FIRE ACADEMY
UNIFORM & EQUIPMENT INFORMATION**

The uniform specifications listed below are to be met by all students attending the Yuba College Fire Academy. You are to appear in uniform, in the short sleeve shirt, on the first day of class.

Academy Uniform

Shirt	Manufactured two pockets, sewn military creases, with scalloped flaps with Velcro epaulets and front placket. Fabric-65% Dacron polyester, 35% cotton. Must have creases front and back. Color- L.A.P.D. blue/midnight blue Model 35 W 5456 L/S flying cross male or 85 R 5456 S/S Flying cross male. Two Short sleeved and one long sleeved shirt minimum for each student.
Trousers	Must have a plain front with quarter topside pockets. 1 ¾” belt loops and two rear pockets. Fabric- 65% Dacron polyester, 35% cotton, fine line twill 6.8ozs. Color- midnight navy. Model 650 M.N.V (Male) by Liberty Uniform Manufacturing Co. Inc. Two pair of trousers minimum for each student
Belt	1 ¾” black basket weave, silver color buckle. Minimum one for each student
Boots	Black leather, plain finish with steel safety toe and steel shank. 8” high ankle support, needs to be able to be polished and take a shine. Cal-OSHA approved. Minimum one pair for each student
Hat	Navy blue with Yuba College Fire Academy Logo. Minimum one for each student
Gloves	Structural firefighter gloves that are Cal-OSHA approved. Minimum one pair for each student
Hood	Fire protection, Nomex or PBI with MNB. Cal-OSHA approved Minimum one for each student
Necktie	Dark Navy, also purchase a silver tie bar. Minimum one for each student
Nametag	Silver, minimum two for each student

*Turn-out clothing will be provided by Yuba College, or you may use your own if you have them.

**Yuba College Fire Academy
Physical Training Uniform and Bookstore Purchases**

PHYSICAL TRAINING UNIFORM AND EQUIPMENT SPECIFICATIONS

T-SHIRT	Navy blue with Yuba College Fire Academy Logo Minimum of three (3) for each student
SWEATSHIRT	Navy blue with Yuba College Fire Academy Logo Minimum one (1) for each student
SWEATPANTS	Navy blue with Yuba College Fire Academy Logo Minimum one (1) for each student
SHORTS	Navy blue with Yuba College Fire Academy Logo Minimum one (1) for each student
JACKET	Navy blue with Yuba College Fire Academy Logo Minimum one (1) for each student
SHOES	Appropriate running shoes from vendor of your choice

Physical Training Uniforms are available at:

Sport-T's, 765 Sutter St., Yuba City, CA 95991 (530) 673-6783

YUBA COLLEGE FOLLETT BOOKSTORE PURCHASES (530) 741-6998

- * *Delmar Firefighters Handbook and Workbook*
- * *Pre-Hospital Emergency Care textbook and workbook*
- * *One EMS Protocols Book*
- * *One Blue Binder (EMS) with Yuba College Fire Academy Logo*
- * *One Hazardous Material FRO-Operational and one FRO Decon workbook*
- * *One Wildland Firefighting Performance Exam Booklet and workbook*