

**CRAFTON HILLS COLLEGE  
REGIONAL FIRE ACADEMY #85  
APPLICATION - FALL 2016**



NAME: \_\_\_\_\_ DATE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ BIRTH DATE: \_\_\_\_\_  
CITY/ZIP: \_\_\_\_\_ PHONE Home #: \_\_\_\_\_  
PHONE Cell #: \_\_\_\_\_ E-MAIL: \_\_\_\_\_  
SOCIAL SECURITY #: \_\_\_\_\_

**PRE-REQUISITES FOR ACADEMY**

1. Fire Protection Organization – CHC FIRET 100 or Equivalent
2. Fire Prevention Technology – CHC FIRET 101 or Equivalent
3. EMT-I Emergency Medical Technician I certification. (Applicants must provide current National Registry card or local EMSA card.)
4. Completion of either a "CPAT" (Candidate Physical Ability Test) or the Biddle Physical Agility Test that is valid throughout the academy. Completed Medical Clearance for Firefighters (See Attached Form on page 5)

**INSTRUCTIONS FOR SUBMITTING THE APPLICATION**

Please follow the step by step process in order to be accepted to the Fire Academy. Recent Academy attendance has increased substantially. Therefore, it is preferred to complete the application process correctly and as early as possible

1. It is highly recommended that the applications be submitted in person to Chief Mike Alder during the dates that are listed below, in order meet the Chief with a pre-interview. This meeting is designed to further explain the Academy process and answer any possible questions that you may have directly from the Chief.
2. If you are submitting the application outside of the dates that you can meet with the Chief you can submit in person (recommended) or via email to the Fire Academy/EMS Secretary Naomi Lara in the Public Safety & Allied Health Building (PSAH) Monday through Thursday (Room#105) Please call to set up an appointment to submit the application. Chief Alder can be contacted at (909) 389-3418 (Office) 951-972-7878 (Mobile) or email at [malder@craftonhills.edu](mailto:malder@craftonhills.edu) Naomi Lara can be contacted at 909-389-3418 or email at [nlara@sbccd.cc.ca.us](mailto:nlara@sbccd.cc.ca.us)

It is highly recommended that you submit your application early and meet with the Chief for a pre-interview meeting. We also encourage you to complete and submit your application even if you are in the process of completing the necessary pre-requisites. **However, it is your responsibility to make sure that the remaining pre-requisites are completed and submitted prior to the application deadline.**

3. Applications can be submitted to the Chief through the SPRING 2016 semester up to **May 27, 2016**. Applications can be submitted to the Secretary from **May 30, 2016 through August 16, 2016**.
4. The application deadline is **August 16, 2016** at 1700 hrs.
5. Upon successfully submitting the application and meeting all of the pre-requisites prior to the application deadline there will be a cadet interview process with the Chief. These interviews are scheduled for the following dates:
  - **August 17<sup>th</sup>** - 0800 – 1700 hrs.
  - **August 18<sup>th</sup>** - 0800 – 1700 hrs.
  - **August 19<sup>th</sup>** - 0800 – 1700 hrs.All potential applicants will have to interview with the Chief on one of the assigned dates. Interview times will be on a first come first serve basis.
6. After you have successfully interviewed with the Chief you will need to enroll with Crafton Hills College.

### **APPLICATION PACKET REQUIREMENTS**

1. TRANSCRIPTS – If you completed course work at CHC submit Unofficial Transcripts. If you completed course work at any other institution you will have to submit Official Transcripts. (It is preferred that you have the Official transcripts sent to your home address and then hand deliver them with your application)
2. Copy of EMT Course Completion and proof of National Registry card or local EMSA card
3. Copy of BIDDLE or CPAT Card that is current through the last day of the academy.
4. FIREFIGHTER PHYSICAL CLEARANCE FORM
5. If accepted to the Fire Academy, attendance is required at the following dates:
  - Cadet Orientation, Wednesday, **August 23rd** from 0800 – 1700 hrs.
  - Vendor Day, Thursday, **August 24th** from 0800 – 1500 hrs.
  - Kin-049 (physical training) will start the week of **August 29<sup>th</sup>**
  - Interpersonal Relations Seminar, Thursday **August 31st** from 0800 – 1900 hrs.

**\*All meetings will be held in the Public Safety & Allied Health (PSAH) building (#201)\***

## **OVERVIEW OF THE FIRE ACADEMY**

The Crafton Hills Regional Fire Academy is one of the premier Fire Academies in Southern California designed to meet the State Fire Marshal's Basic Skills requirements for Firefighter I Certification. In most cases, this certification is a requirement to apply for the position of Firefighter. CHC Fire Academy is accredited through the California State Fire Marshal's Office.

The Fire Academy is a Full-time Academy. The Academy starts at 0600 and ends at approximately 1730 hrs., Monday thru Friday, and occasional Saturdays, for 13 weeks. The FALL 2016 Fire Academy starts on Thursday, **September 01, 2016** and ends Wednesday – **November 30, 2016**.

The 16 Unit Fire Academy includes; FIRET 115 (Firefighter I, Basic Training Academy), KIN 049 ("Basic Firefighter Physical Fitness"), and the CAL FIRE Basic Wildland Fire Academy (formerly known as the CAL FIRE 67 hour Wildland Academy). In addition to the above certifications, you will also earn certificates in; Auto Extrication, Confined Space Awareness, Firefighter Safety & Survival, Low-Angle Rescue, Weapons of Mass Destruction, Hazardous Material FRO, Fire Control 4A & 4B, Fire Control 3B, ICS-200, IS-190, and IS-130.

The CHC Fire Academy is an extremely intensified training program with heavy emphasis on personal safety through self-discipline, teamwork and skills development. The goal of the Fire Academy is to provide the Cadet with the basic entry level skills of a firefighter in a positive learning environment.

## **WHAT ARE THE PHYSICAL TRAINING REQUIREMENTS**

Since Firefighting is an extremely physically demanding profession, strength and stamina are emphasized. It is strongly advised that you enter the Academy in top physical shape. If you cannot run effectively at an 8-9 minute-mile pace for extended periods, you will need to train hard between now and then. Get ready for the most challenging experience of your life!

Suggested Pre-Fire Academy Workout:

Run	= 3 miles within twenty-seven minutes
Push-ups	= 150 within five minutes (30 per minute)
Sit-ups	= 180 within four minutes (45 per minute)
Pull-ups	= 3 sets of 4 within three minutes

Do the above workout 5 times per week.

Weight lift 2 times per week on days you are not doing the above workout.

## **ESTIMATED FIRE ACADEMY EXPENSES**

Anticipated expenses are estimated from \$2,500 to \$2,900. This does not include Association Fundraising which can reduce the cost of fees considerably (Approximately \$1000.0)

## **PHYSICAL ABILITIES TEST CERTIFICATE INFORMATION**

### **CPAT INFORMATION**

(Candidate Physical Ability Test)

Testing Center  
626 N. Eckhoff Street  
Orange, CA 92868  
877-648-CPAT  
Email: [CPAT@cpf.org](mailto:CPAT@cpf.org)  
[www.CPATonline.org](http://www.CPATonline.org)

IF YOU NEED FINANCIAL ASSISTANCE TO TAKE THE CPAT,  
PLEASE CONTACT THE CALIFORNIA FIRE FOUNDATION.  
(800) 890-3213

### **BIDDLE INFORMATION**

Rio Hondo Regional Fire Training Center - 562-941-4082 x2  
Mt. San Antonio College - 909-274-5460

**If you are SPONSORED/NOMINATED by a FIRE DEPARTMENT,  
Fill out the information below**



WILL YOU BE SPONSORED BY A FIRE DEPARTMENT:

YES \_\_\_\_\_ NO \_\_\_\_\_

"Sponsorship" includes accepting responsibility to provide required safety, clothing and breathing apparatus.

WILL YOU BE NOMINATED BY A FIRE DEPARTMENT:

YES \_\_\_\_\_ NO \_\_\_\_\_

"Nominated" student is one in which the department has a specific interest in but is unable to provide the items required during the term of academy.

NAME OF SPONSORING/NOMINATING AGENCY: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

BUSINESS PHONE: \_\_\_\_\_

(REQUIRES LETTER OF SPONSORSHIP SIGNED BY FIRE CHIEF)

### **Nomination/Sponsor Checklist**

DEPARTMENT: \_\_\_\_\_

☐ NOMINATE

☐ SPONSOR

☐ EMT COURSE      COMPLETION DATE: \_\_\_\_\_

☐ CPAT OR BIDDLE      EXPIRATION DATE: \_\_\_\_\_

☐ FIRE PROTECTION ORGANIZATION (FIRET 100 OR EQUIVALENT)

☐ FIRE PREVENTION TECHNOLOGY (FIRET 101 OR EQUIVALENT)

Signed by Department Chief or Training Officer Only

PRINT NAME: \_\_\_\_\_ TITLE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

Please have student/nominee submit this letter with his/her Fire Academy Application.

**CRAFTON HILLS COLLEGE REGIONAL FIRE ACADEMY  
PHYSICIAN CLEARANCE FORM**

**Student Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

The Crafton Hills College Basic Firefighter Academy requires an individual to participate in activities which require the moving, lifting and maneuvering of heavy equipment such as ladders, bundles of hose, and other skills related to performing the functions of a firefighter.

This is to certify that the above named individual is medically clear to participate in the following physical requirements of the Crafton Hills College Basic Firefighter Academy.

1. Cadence marching and drilling.
2. Lift objects weighing a minimum of 50 lbs. from the ground to a minimum of shoulder height.
3. Participate in a physical fitness program including cardiovascular efficiency and endurance exercise.
4. Participate in exercise and activities requiring eye-hand coordination, leg strength and coordination, grip strength, arm and upper body strength, shoulder strength and correct body weight distribution.
5. Maneuver, balance and climb ladders.
6. Lift, pull and maneuver charged and uncharged hose lines.
7. Perform in situations requiring the use of a self-contained breathing apparatus (standing and crawling).
8. Climb in and out of and up and down into fire apparatus.
9. Cardio-vascular efficiency.
10. Respiratory compliance.

Physician's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Physician's Name: \_\_\_\_\_  
(Please Print)

Physician's ID#: \_\_\_\_\_

- This form must be submitted with the Academy application packet & Medical Clearance must be current within 3 months of application deadline. Requires signature & stamp from physician's office.

## **CLOTHING SIZES**

**Student Name:** \_\_\_\_\_

Hat Size: \_\_\_\_\_ S/M, L/XL

Glove Size: (circle one)

Small

Medium

Large

Extra Large

Jacket Size: \_\_\_\_\_

(suit coat size with arm length)

Pant Size: \_\_\_\_\_

(waist and inseam measurements)

Shoe/Boot Size: \_\_\_\_\_

(size and width)

Your Height: \_\_\_\_\_

## **FIRE EXPERIENCE SUMMARY**

Please summarize the length of time and type of actual fire experience you have, if any. Also, please list any certifications you currently hold.

NO PRIOR EXPERIENCE IS NECESSARY TO ENROLL IN THE FIRE ACADEMY.

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- If you have any questions or concerns, call or email Chief Alder at (951) 972-7878 (Cell) or (909) 389-3418 (Office) or email at [malder@craftonhills.edu](mailto:malder@craftonhills.edu).
- This form must be submitted with the Academy application packet.