

**CRAFTON HILLS COLLEGE
REGIONAL FIRE ACADEMY #88
APPLICATION - SPRING 2018**



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

PREREQUISITES 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)

DESERIBLE CONSIDERATIONS

1. Crafton Hills College Fire Technology Club Members in good standing
2. Veterans of the Armed Forces (Financial Aid possibly available through Veteran's Affairs)

INSTRUCTIONS FOR SUBMITTING THE APPLICATION

Please follow the step by step process in order to be accepted into 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. All applications are to be submitted in person to the Fire Technology Secretary, Andrew Gebara, located in PSAH-203. Applications may also be submitted via email to agebara@sbccd.org. If submitting via email, be sure to scan and attach all required documents (see page 2). If you have any questions, please call Andrew Gebara at (909) 389-3408.
2. We encourage you to complete and submit your application even if you are in the process of completing the necessary prerequisites. **However, it is your responsibility to make sure that the remaining prerequisites are completed and submitted prior to the application deadline.**
3. The application deadline is **January 11, 2018** at 1700 hrs.

APPLICATION PACKET REQUIREMENTS

- 1. TRANSCRIPTS** – If you completed coursework at CHC, submit unofficial transcripts. If you completed coursework at any other institution, you will need to submit official transcripts. (It is preferred that you have the official transcripts sent to your home address and then hand-deliver them to PSAH-203)
- 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.** Once the completed application is turned in, you will receive an acceptance letter into the Fire Academy. If you have yet to complete all of your prerequisites, you may still turn in your application and receive acceptance into the Academy, so long as you show proof of prerequisite completion prior to the application deadline of January 11, 2018. Failure to complete your prerequisites by the deadline will result in a termination of acceptance.
- 6.** All of those accepted will be **required to attend** a five-day pre-academy program (Enhanced Skills and Performance Program). This program is designed to better prepare you to enter the rigorous Academy program, and will be conducted from January 29, 2018 through February 2, 2018 from 0800-1700 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. Tuesday thru Friday, and occasional Saturdays, for 15 weeks. The SPRING 2018 Fire Academy starts on Tuesday, **February 6, 2018** and ends Friday, **May 18, 2018**.

The 16 Unit Fire Academy includes; FIRET 115 (Firefighter I, Basic Training Academy) and the CAL FIRE Basic Wildland Fire Academy. The corequisite KIN/F 049 ("Basic Firefighter Physical Fitness") will account for two of these units. In addition to the above certifications, you will also earn certificates in; Auto Extrication, Confined Space Awareness, Firefighter Safety & Survival, Low-Angle Rescue, Hazardous Material FRO, Fire Control 4, 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
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

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 4 months of application deadline. Requires signature & stamp from physician's office.

FIRE EXPERIENCE SUMMARY

Please summarize the length of time and type of actual fire experience you have, if any. NO PRIOR EXPERIENCE IS NECESSARY TO ENROLL IN THE FIRE ACADEMY.

List any prerequisites that still need to be completed and the approximate completion date. Leave blank if this section does not apply to you.

Prerequisite: _____	Expected Date of Completion: _____
Prerequisite: _____	Expected Date of Completion: _____
Prerequisite: _____	Expected Date of Completion: _____
Prerequisite: _____	Expected Date of Completion: _____

Important Dates

January 11, 2018- 1700 hrs..... Application deadline

January 12, 2018..... You will receive an email with directions and information pertaining to Vendor Day, which takes place on January 16th

January 16, 2018- 0800 - 1100 hrs..... Vendor Day

- **The total cost of items purchased on Vendor Day typically ranges from \$1,000 - \$1,500**
- **You will need to bring the following information with you (the following forms will be sent to you prior to Vendor Day):**
 - **911 Safety Equipment Rental Agreement**
 - **Domco (P.T uniforms) cost sheet (accepts cash only)**
 - **EVALS Registration Form**
 - **Gear Up Uniforms cost sheet**

January 29 - February 2, 2018..... Enhanced Skills and Performance Program (ESPP)

- **Dress code for the first day (1/29/18) mandates that you dress in a professional manner**

February 6..... First day of the Academy

- **If you have any questions or concerns, call or email the Fire Technology Secretary, Andrew Gebara, at (909) 389-3408 or email at agebara@sbccd.cc.ca.us. You may also contact Chief Alder at (951) 972-7878 (Cell) or (909) 389-3418 (Office) or email at malder@craftonhills.edu.**