



Summer 2017

Fire Protection Technology – Suppression Program



Lane/Eugene



Accredited by the International Fire Service Accreditation Congress

Chemeketa Community College
Emergency Services
PO Box 14007
Salem, OR 97309
(503) 399-5163

www.chemeketa.edu/programs/fireprotection

Programs

Fire Suppression – Chemeketa/Lane Community Colleges

Chemeketa Community College and Lane Community College offers one of the most modern training programs on the west coast. Students in the Fire Suppression Program will take fire and EMT classes their first year and will have intensive hands on opportunities to become proficient with their skills. As a second year student, technical courses will continue for the suppression degree and the student will be on shift every sixth day for nine months with Eugene/Springfield Fire where they will intern with staffed engines on real life calls and situations. The Fire Suppression Program operates on an 18-month continuous program and accepts new applicants every nine months. The program includes academic and professional technical courses.

Fire Prevention – Chemeketa Community College

Students may earn an Associate of Applied Science Degree upon successfully completing the required courses and electives. In our Cooperative Work Experience courses, students earn credits for working on a job related to their studies.

Paramedic/Firefighter – Chemeketa and Lane Community Colleges

Students may receive two degrees in nine to eleven terms by taking courses in writing, mathematics, and speech as well as technical fire protection and emergency medical technology courses. Students interested in obtaining both of these degrees need to obtain an individual course schedule from the Fire Protection staff. Paramedic/firefighter students work a 24-hour shift weekly, as described in “Fire Suppression” above. Students earn an Associate of Applied Science degree in Fire Protection Technology after successfully completing the 6 terms.

Terms 7, 8, and 9 are devoted to Emergency Medical Technology Paramedic courses. Work experience classes, in hospitals and with ambulance services provides hands-on EMS experience. Students earn an Associate of Applied Science degree in Emergency Medical Technology after successfully completing the last three terms. Paramedic/Firefighter students apply for admission to the Fire Suppression program.

Advanced Fire Officer Certificate – Chemeketa Community College

The Advanced Fire Officer Certificate program can help you prepare for promotion to officer positions, or, if you are already a fire officer, you can gain valuable new skills. The program meets or exceeds National Fire Protection Association and Oregon standards for Fire Officer 1 and 2. To be admitted, you must be certified as Firefighter 1 or equivalent, and actively pursuing Firefighter 2, or have an associate degree in fire protection or possess professional certificates and have experience or equivalent credentials in fire prevention, fire training, or public fire education.

IMPORTANT DATES

Summer Term 2017
(Tentative)

Spring Term 2018
(Tentative)

December 1, 2016 March 3, 2017	Information Sessions Lane CC 30/213	August 25, 2017 October 18, 2017
January 3, 2017	Applications Available	September 25, 2017
March 25, 2017	Application Close	December 15, 2017
April 21, 2017	Written Examination & Oral Board Interviews	February 2, 2018
May 9, 2017	Physical Ability Test Orientation, <u>Mandatory</u>	February 20, 2018
May 10, 2017	Physical Ability Test, <u>Mandatory</u>	February 21, 2018
May 12, 2017	Orientation & Registration, <u>Mandatory</u>	February 23, 2018
June 26, 2017	All Medical Exam Results & Immunizations Due	April 1, 2018
June 26, 2017	Class Begins	April 1, 2018

Chemeketa and Lane Community Colleges are equal opportunity/affirmative action employer and educational institutions.

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WHO MAY APPLY

The Fire Protection Program is a limited enrollment program. Thirty to fifty positions in class are available each nine months. Applicants must meet the following criteria in order to be placed in the program.

18 Years Of Age

Applicant must be 18 years of age by the end of the first term. This will enable them to enroll in an EMT Basic course their first term in accordance with state rules.

High School Graduate Or GED

High School diploma or GED required and verified through transcripts.

Academic Preparedness

Unless you have completed the equivalent courses shown below with a “C” grade or higher, you must take the Lane Community College or Chemeketa Placement Exam. **The following minimums must be met prior to submitting this application packet:**

Placement in WR121 or completion of WR115 or equivalent.

Placement in MTH070 or completion of MTH060 or equivalent.

Placement in RD115 or completion of RD090 or equivalent

Placement testing is administered by Lane Community College or the Chemeketa Community College Testing Center (503) 399-6556.

Driving Record

A valid driver's license is required. Applicants must be able to furnish a certified copy of their driving record showing not more than two convictions for moving violations or two chargeable accidents or any combination of two thereof in past three prior years and no conviction of a moving violation which is alcohol or drug-related in the prior five years. All periods are calculated from the date of the first scheduled class in the beginning term.

Physical Ability

Applicants must pass a physical test of strength and ability. A description of that test together with a "Firefighting Skills Strength Improvement" workout program is enclosed. **You should consider this test to be challenging, please prepare for it.**

Criminal Conviction

If selected for a position in the program, you will be required to authorize a certified criminal history report from the state of your residence. Persons with a criminal record of crimes against people, violent crimes, or multiple convictions may be disqualified. If you have such a conviction, contact the Dean of Life Safety.

Medical Examination

If selected for a position in the program, you will be required to submit proof of a medical examination pursuant to NFPA standards for firefighters. Copies of these standards are available from program staff.

Immunizations

If selected for a position in the program, you must submit proof of immunization for measles, mumps, rubella, tetanus, chickenpox, TB test, and you must have at least the first in a series of immunizations for Hepatitis B.

HOW TO APPLY

Step 1	Submit an application at applyonline.chemeketa.edu . In two to three business days, you will receive an email that includes you're "My Chemeketa" user name, password and your student ID number (K#)
Step 2	View the new student orientation before registering for classes. Log on to my.chemeketa.edu with your username and password and click on the Student tab. Click on the New Student Orientation box to begin. Assistance is available at the Counseling Center in building 2, Salem campus.
Step 3	If you have not completed WR115 or WR121 and MTH060 or MTH070 with a "C" grade or higher, you need to take a Chemeketa or Lane College's Placement test , and attach the report to your application. Call (503) 399-6556 for testing location and times.
Step 4	Order your transcript , which must be sent directly to <u>Chemeketa Registrar's, Building 2, Room 200, PO Box 14007, Salem, OR 97309.</u> You must submit an official copy of your high school transcript showing graduation or photo copy of your diploma, or GED scores. If you have attended college, <u>official transcripts in a sealed envelope are required if your classes were not taken at Chemeketa.</u> Chemeketa classes may be submitted on an unofficial transcript
Step 5	Order a certified copy of your driving record from the Department of Motor Vehicles in the state or province of your residence. It needs be sent by DMV directly to the Chemeketa Admissions, Building 2, Room 200, PO Box 14007, Salem, OR 97309, <u>OR</u> with your application packet, <u>unopened in the original sealed envelope.</u>
Step 6	Obtain an application packet for admission to the class entering in Summer 2017 go online at www.chemeketa.edu/programs/fireprotection . (Applications are available January 3, 2017).
Step 7	Complete the application. Attach all required attachments. Note: If transcripts or driving records are not readily available, you must attach a proof, such as receipts, of having ordered them. See the checklist attached to the application. Completed applications need to be received by due date to the Enrollment Center, Building 2, Room 200, PO Box 14007, Salem, OR 97309.

Step 8	<p>Submit your application. It must be received or postmarked no later than March 25, 2017. Late applications will be returned unopened.</p> <p>If you meet the minimum requirements, you will be invited to test for a position in the program.</p>
Step 9	<p>FireTEAM Video-Based Human Relations Test: This test scheduled and given by program staff. (See additional information in the following pages)</p>
Step 10	<p>Oral Interview: Applicants interview before a board made up of Emergency Services Staff and fire protection professionals. You will be given the exact time and location for the interview.</p>
	<p style="text-align: center;">Selection Process</p> <p>Scores from the written examination and the oral board interview will be totaled. Applicants will be selected for positions in the program in descending order of their total scores. Weighting of scores is, FireTEAM Test - 40%, oral board - 40%.</p> <p>Certain information, including your high school or college GPA, completion of certain college courses, work experience, volunteer experience, and military experience will be evaluated to make up the remaining 20% of your score.</p> <p>Those who complete all portions of the testing process, but not selected for a position in the program may request an academic plan to help prepare for the next opening.</p>
	<p>Only those selected for a position in the Summer 2017 class, plus designated alternates, will complete steps 9, 10 and 11.</p>
Step 11	<p>Mandatory Orientation: At the orientation you will meet program staff, get information on the physical ability test, and be able to ask questions. You will be able to walk through the test and try out the equipment. Your attendance is required.</p>
Step 12	<p>Physical ability test: Those passing will pay a \$265 non-refundable deposit for protective clothing and background check fees. They will also attend the Mandatory Fire Protection Orientation. Participants will receive shift assignments, uniform specifications and additional information and instructions. They will also complete the form to request a criminal history report, and select program courses.</p>
Step 13	<p>Submit proof of the required immunizations.</p> <p>Submit proof of your medical condition, through the forms supplied in your “Medical Packet”. If you use your primary physician, they must examine you according to the “NFPA 1582” Fire Fighter Standards. Or you may be examined by a physician recommended by program staff.</p>

FireTEAM Video-Based Human Relations Test

There are four components to the FireTEAM Testing System: a video-based human relations test, a mechanical aptitude test, a math test and a reading ability test.

FireTEAM Video-Based Human Relations Test

Part I

FireTEAM Video-Based Human Relations Test focuses on teamwork and human relations skills and was specifically designed for firefighters. Candidates watch a video segment, then choose the BEST course of action in a multiple-choice format. Once they have chosen the BEST possible course of action, they are asked to identify the WORST possible course of action. This test is presented on computer and the items play without stopping.

Part II

In addition to answering the Part I questions of FireTEAM Video-Based Human Relations Test, candidates are instructed to observe the behaviors of the individual firefighters portrayed. They have the opportunity to observe behavior on multiple occasions for many of the firefighters. Part II of FireTEAM Video-Based Human Relations Test consists of questions about these firefighters and their behaviors. Part II immediately follows Part I.

FireTEAM Animated Mechanical Aptitude Test

FireTEAM Animated Mechanical Aptitude Test is a multiple-choice mechanical aptitude test presented on video. Candidates see detailed introductions to an animated brick making factory, then are asked questions about the factory. Most of the questions are about basic mechanical objects such as valves and principles such as water pressure. They are also asked to answer trouble shooting type questions and observe system operations for problems. All of the questions can be answered based on common sense and observation of how everyday objects work.

FireTEAM Reading Test

This test is designed specifically for firefighters, a job requiring on-going study of difficult and technical materials. This test is based on training material and candidates are required to choose a word that best fits in the blank.

FireTEAM Math Test

This math test is designed specifically for firefighters. The questions are presented on video. Candidates must complete the calculations in their heads. No written calculation is permitted. Questions are based on the type of math that firefighters must use on a regular basis as part of the job. Basic areas covered include: addition, subtraction, multiplication, division and proportions.

FireTEAM Practice Test

There is no study guide for the FireTEAM Test, but for more detailed information and 30+ practice items with discussion, visit the FireTEAM Practice Test website at **www.fireteamtest.com**.

PHYSICAL ABILITY TESTING

The Candidate Physical Abilities Test (CPAT)

The CPAT was designed by fire fighters for fire fighters and endorsed by both the International Association of Fire Chiefs (IAFC) and the International Association of Fire Fighters (IAFF). The CPAT consists of eight events directly related to the job of fire fighter. Candidates complete each of the events in a predetermined path from one event to another. The events are placed in a sequence that simulates fire scene events. The events consist of:

The Events

1. Stair climb
2. Hose drag
3. Equipment carry
4. Ladder raise and extension
5. Forcible entry
6. Search
7. Rescue
8. Ceiling breach and pull

During the events, candidates wear a 50-lb vest to simulate the weight of self-contained breathing apparatus and firefighter protective clothing. An additional 25 pounds is added to the candidate's shoulders during the stair climb event to simulate carrying a high-rise pack. The CPAT Orientation sessions give candidates an opportunity to preview each event. They have the opportunity to try out the weighted vests, the individual events and ask questions.

Throughout all events, candidates must wear long pants, a hard hat with chinstrap, work gloves and appropriate footwear with no open heel or toe. Watches and loose or restrictive jewelry are not permitted. Candidates will not be allowed to participate in the testing process without the appropriate attire. The Chemeketa staff will provide the hard hat and work gloves for use during the test.

The Firefighter CPAT is very strenuous. If you have had a recent illness, injury, surgery or are under medication, consult with your healthcare provider to determine if you should participate in the CPAT.

On the following page, you will find an exercise program designed to help you do well in this test.

FIREFIGHTING STRENGTH IMPROVEMENT PROGRAM

Goal: Overall strength and conditioning for muscles used in firefighting.

Total Time Required: 70 minutes, including warm-up, strength, cardio + cool down.

WARM-UP: 5-minute jog or walk and joint preparation.

STRENGTH WORKOUT: Goal 45 minutes to complete.

- Goal 45 minutes to complete! Short or no rests increases intensity.
- Do exercises in this order (center of body outward; large to small muscles.)
- Superset: perform 2-4 exercises back to back; rest briefly; and repeat for sets 2+3; then move on to next superset.
- Do 3 sets of 6-10 repetitions of each.
- Intensity: approx. 75-85% (Heavy weight so you can't complete the reps by set 2 + 3.)
- Do "Forced Reps" (repetitions beyond failure with spotter's help) 1 X week.
- Remember: The magic is not in which exercises you do but how you do them.
- Partners: Use a partner to encourage compliance and to achieve forced reps.

3 sets x 10 reps Hang Cleans (Optional)

Set Set Set

1 2 3

Hip Flexors
Leg Press or Squat
Leg Curl

Set Set Set

1 2 3

Front Lat Pull Close Grip
Seated Row
Upright Row
Incline Row

Set Set Set

1 2 3

Hammer Curls
Overhead Triceps Press or French Curl

Set Set Set

1 2 3

Heel Raise (3-ways)
Forearm Curls/Extensions
+Pronation/Supination

CARDIOVASCULAR: Alternate with one of the following at least 3 X week.

15 Wind Sprints or
15 Stair Climbs or
15 + Minutes of nonstop jogging or running.

COOL DOWN: Walk 2-5 minutes.

Stretch warm muscles 5+ minutes



CHECKLIST FOR A.S. DEGREE IN FIRE SUPPRESSION BY TERM Lane Program

FIRST YEAR

<u>Term 1</u> (<i>Summer 2017</i>) (<i>Spring 2018</i>)	<u>Course Number</u>	<u>Term Units</u>
Intro. to Emergency Services	ES172	4
Health & Fitness for Life	HPE295	3
Intro. To Microcomputer Applications	CIS101 or higher	3
English Composition-Exposition	WR 121 or higher	4
Intro to Intercultural Communications	COMM115	<u>4</u>
		Total 18
 <u>Term 2</u> (<i>Fall 2017</i>) (<i>Summer 2018</i>)		
*EMT Basic - Part 1	EMT151	5
*EMT Basic - Part 2	EMT152B	5
General Sociology - Introduction	SOC204, 205 or 206	<u>4</u>
Intermediate Algebra	MTH095 or higher	4
Emergency Services Rescue Practices	FRP256	4
		Total 22
 <u>Term 3</u> (<i>Winter 2018</i>) (<i>Fall 2018</i>)		
Fire Incident Related Experience 1	FRP151	3
Fire Incident Related Experience 2	FRP152	3
Fire Incident Related Experience 3	FRP153	3
Hazardous Materials Operations	FRP157	3
Found. of General, Organic & Biochemistry	CH110	5
		Total 18
 <u>Term 4</u> (<i>Spring 2018</i>) (<i>Winter 2019</i>)		
Building Construction for Fire Protection	FRP266	<u>3</u>
Fund. of Fire Prevention	FRP260	3
Fire Incident Related Experience 4	FRP261	3
Psychology of Human Relations	PSY101 or higher	4
Fire Behavior and Combustion	FRP159	3
Approved Elective		<u>3</u>
		Total 19

* Or possession of valid Oregon EMT Basic certification

Term 5 (Summer 2018) (Spring 2019)

Fire Incident Related Experience 5	FRP262	3
International Fire Codes	FRP172	3
Law for Emergency Services	FRP173	3
Wildland Urban Interface	FRP179	3
Technical Writing	WR227	4
		Total 16

Term 6 (Fall 2018) (Summer 2019)

Fire Incident Related Experience 6	FRP263	3
Fire Protection Systems & Extinguishers	FRP171	3
Fire Department Leadership	FRP169	3
Water Supply Operations	FRP154	3
Fire Pump Construction & Operations	FRP158	3
		Total 15

Total: 107

APPROVED ELECTIVES (3 hours required)

Crisis Intervention	ES115	3
Elements of Supervision	BA255	3
Human Anatomy & Physiology	BI231	4
Human Anatomy & Physiology	BI232	4
Human Anatomy & Physiology	BI233	4
Building Codes 1	BLD151	3
Building Codes 2	BLD152	3
Fire Protection for Buildin	BLD260	3
EMT Intermediate Part 1	EMT167A	5
EMT Intermediate Part 2	EMT167B	5
Introduction to Emergency Medical Services	EMT175	4
Cooperative Work Experience	EMT280F	6
Fire Fighting Tactics & Strategy	FRP170	3
Law for Emergency Services	FRP173	3
Fire Investigation	FRP174	4
Crash/Rescue for Non-Commercial Aircraft	FRP175	1
Major Emergency Strategy & Tactics	FRP259	3
NFPA Fire Instructor 1	FRP277	3
NFPA Fire Instructor 2	FRP278	3
Advanced Detection & Protection Systems	FRP286	3
CPR Instruction	HE262	1
Medical Terminology/Systems I	HM120	3
Death and Dying	HUM259	3



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Emergency Medical Technology Program EMT Paramedic Prerequisites

The EMT-P prerequisites for the Associate Degree Program are listed below. These classes are available as regular college offerings and will be scheduled by the student at their convenience.

The following or equivalent courses must be completed with a minimum of a "C" grade. These are considered the "core" courses.

BI 231, 232, 233	Human Anatomy & Physiology (Chemeketa and some other colleges require basic Chemistry as prerequisite for BI231)
HM120	Medical Terminology
EMT151 & 152B	EMT Basic, part I & II
ES172	Intro. to Emergency Services
or	or
EMT175	Intro. to Emergency Medical Services
FRP256	Fire Service Rescue Practices
or	or
EMT169	EMT Rescue
EMT176	Emergency Response Patient Transportation
or	or
FRP153	Fire Incident Related Exp.
EMT177	Emergency Response Communication/Documentation
ES115	Crisis Intervention

The following or equivalent courses must also be completed with a minimum of a "C" grade and transcribed.

WR121	English Composition (or higher)
MTH 095	Intermediate Algebra (or higher)
PSY101	Psychology of Human Relations (or higher)
SP111	Fundamentals of Public Speaking (or higher)

Additional points will be awarded in the admission process for those students who have completed the following courses before the application process. A course is considered completed once a grade has been transcribed and/or accepted for transfer.

CS101	Introduction to Microcomputer Applications (Credits by college vary) Or pass competency test.
HPE295	Health and Fitness of Life (Credits by college vary)

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Sociology/Humanities Elective (Credits by college vary)

Fire Protection – Lane/Eugene Area

Summer 2017

FIRE SUPPRESSION Estimated Program Costs 2014-2015

<u>TERM 1</u>	<u>Texts</u>	<u>Lab Fee</u>	<u>Other</u>	
	596.00	176.00	Mask (Hepa)	8.00
			Goggles	12.00
			Uniform	285.00
			Helmet	100.00
			Firefighter Gloves	35.00
			Firefighter Badge	42.00
			Turnout Boots	90.00
			Physical	100.00
			Passport System	12.00
			EMT-Basic Test	95.00
			Measles Shot	75.00
			Hepatitis B Inoculation	90.00
			TB Test	30.00
			Flashlight	23.00
			Fire Hood	18.00
			Non-Refundable Turnout Use Fee	150.00
			Criminal History Check	100.00
			Name Tag	7.00
			Chicken Pox Shot	110.00
			Graphing Calculator	100.00
			Parking Permits (annual)	40.00
			Sub Total	1522.00
			In-State Tuition	1674.00
			Text/Lab Fees	772.00
			<u>Term Total</u>	<u>\$3,968.00</u>
<u>TERM 2</u>	<u>Texts</u>	<u>Lab Fee</u>	<u>Other</u>	
	413.00	126.00	In-State Tuition	1767.00
			Text/Lab Fees	539.00
			<u>Term Total</u>	<u>\$2,306.00</u>
<u>TERM 3</u>	<u>Texts</u>	<u>Lab Fee</u>	<u>Other</u>	
	652.00	124.00	In-State Tuition	1860.00
			Text/Lab Fees	776.00
			<u>Term Total</u>	<u>\$2,636.00</u>

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Fire Protection – Lane/Eugene Area

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<u>TERM 4</u>	<u>Texts</u>	<u>Lab Fee</u>	<u>Other</u>	
	461.00	104.00	In-State Tuition	1581.00
			Text/Lab Fees	565.00
			<u>Term Total</u>	<u>\$2,146.00</u>

<u>TERM 5</u>	<u>Texts</u>	<u>Lab Fee</u>	<u>Other</u>	
	353.00	101.00	In-State Tuition	1302.00
			Text/Lab Fees	454.00
			<u>Term Total</u>	<u>\$1,756.00</u>

<u>TERM 6</u>	<u>Texts</u>	<u>Lab Fee</u>	<u>Other</u>	
	329.00	93.00	In-State Tuition	1581.00
			Text/Lab Fees	422.00
			<u>Term Total</u>	<u>\$2,003.00</u>

TOTAL ESTIMATED PROGRAM COST **\$14,825.00**

*Check Lane or Chemeketa Schedule of Classes for current term tuition cost

7/19/2016