

Firefighter Minimum Standards Course Candidate Application

To: Tomorrow's Firefighter;

It gives me great pleasure to welcome you to the application process for our next Firefighter Minimum Standards class here at Valencia College's School of Public Safety. On behalf of our President Dr. Kathleen Plilnske, Vice President of Global, Professional and Continuing Education Mr. Joe Battista, Executive Dean for the School of Public Safety Dr. Jeffery Goltz, our amazing staff of professionals, and the world's best fire instructors, I want to welcome you to our Applicant selection process and thank you for choosing Valencia for your education.

Valencia College prides itself on putting the student first. Our educational offerings are packaged to give you the greatest opportunity for success. The Firefighter Minimum Standards program is no different, our staff and instructors are here for one purpose; to see you succeed and become tomorrow's firefighters for central Florida.

As your application is processed you will see that this specific program is structured to prepare you for taking the state of Florida's Firefighter Minimum Standards certification tests. We continue to develop the program using the latest in training methods and techniques. You can be assured, that while we are preparing you specifically for the state certification exam, you will also learn what is expected from an individual in today's demanding fire service profession.

Once again, thank you for choosing Valencia College to pursue your career in the fire service. My staff and I look forward to processing your application and seeing you out on the drill ground very soon.

Be safe,



James E. White, EFO, CFO, MiFireE
Director - Fire Rescue Institute
Valencia College School of Public Safety

FIREFIGHTER MINIMUM STANDARDS COURSE CANDIDATE SELECTION PROCESS & APPLICATION

The Fire Rescue Institute at Valencia College offers the required training classes for those individuals interested in becoming a certified firefighter in the state of Florida. The Fire Rescue Institute is certified by the Florida State Fire Marshall, Bureau of Fire Standards and Training, and is subject to all of the policies, procedures, rules and regulations set forth in Florida Statute 633.

Successful completion of both the Firefighter I and Firefighter II curriculum, as well as successful completion of the Bureau of Fire Standards and Training written and practical skills test, is required in order to be certified as a firefighter by the state of Florida.

Upon completion and submission of this application package, Valencia College reserves the right to select those individuals for each program. It is the intent of the college that successful applicants will be placed in a cohort group as seats in the class are available. Basically, if you desire to take this curriculum and you successfully apply through this process, you will attend the Firefighter Minimum Standards program.

The following are the basic requirements for acceptance into the Valencia College - Firefighter Minimum Standards program:

- Be at least 18 years of age at the time of application.
- Hold current certification as an Emergency Medical Technician (EMT) or Paramedic in the state of Florida. *Students awaiting final medical certification may be accepted on a case by case basis.*
- Submit a copy of a high school diploma, GED, or a college transcript (official).
- Provide a completed copy of *Form DFS-KS-1022*, signed by a licensed physician, demonstrating successful completion of a complete medical screening. All medical testing must have been completed within six months of the date of the application submittal to be considered current.
- Submit to a 10-panel drug screening showing Valencia College as a recipient for the results.
- Provide proof of personal health insurance prior to participation in the "Fit for Fire" pre-course physical testing.
- Submit a signed affidavit stating that as an applicant, you have not used **any** tobacco products during the twelve months from the date of the application. (See Included Form)
- Provide a current Florida Driver's record with no more than three moving violations in the previous five years from the date of application.
- Submit to fingerprinting as part of a complete criminal background investigation. The criminal history may not contain any felony or misdemeanor convictions, per Florida Statute 633-412.

With regards to any criminal background issues, a person making application for certification as a firefighter in the state of Florida is considered ineligible if:

You have been convicted of a misdemeanor relating to the certification, to perjury, false statements, or a felony or a crime punishable by imprisonment of one year or more under the law of the United States or of any state thereof or under the law of any other country, or dishonorably discharged from any of the Armed Forces of the United States.

Convicted means a finding of guilt, or the acceptance of a plea of guilty or nolo contendere, in any federal or state court, or a court in any other country, without regard to whether a judgment of conviction has been entered by the court having jurisdiction of the case.

In completing this application, honesty is a very important factor. If you have been arrested at any time, you must indicate it in this application. If it is determined that at any point an applicant's information is found to be anything truthful, the student will be removed from the program with the details reported to the Florida State Fire Marshal and the Bureau of Fire Standards and Training.

Please know that final determination of your eligibility for certification as a firefighter is solely at the discretion of the Bureau of Fire Standards and Training. If you have any question about your individual criminal history, you should contact the Bureau at 352-369-2800 or www.floridastatefirecollege.org prior to completing this application.

If your criminal history or driver's record is in question with regards to this application, you will be required to attend a meeting with the Director prior to being selected for participation in the program.

The Candidate Selection Process / Course Delivery / Certification / Cost:

1. Firefighter Minimum Standards Course Orientation Meeting:

All applicants are required to attend one of the Firefighter Minimum Standards Orientation meetings held monthly by Valencia College. Meetings are held on the Second Monday of each month at the School of Public Safety beginning at 3pm. You must attend an Orientation meeting within six months of making final application for the program. Your attendance at the mandatory Orientation meeting must be captured on the meeting roster to be considered as attending the meeting.

2. Submittal of the Firefighter Minimum Standards Course Candidate Application:

Candidates for the Firefighter Minimum Standards program must complete the **Candidate Application** included in this document. Applications will not be considered complete unless all supporting documents, and the \$100 application fee, are submitted by the deadline, which is specific for each session, and will be provided at the mandatory Orientation meeting.

Complete Candidate Applications, documentation, and the \$100 application fee must be submitted to the Business Office at the School of Public Safety, located at 8600 Valencia College Lane, Orlando, Florida 32825 by 3pm on the stated deadline. No exceptions are made to this policy so please be on time with your application, payment, and documentation.

NOTE: Agency Sponsorship Forms, if applicable, must also be submitted at the time of application.

Required Candidate Application Documentation:

The following list of required documents is offered to assist the applicant in the preparation of their complete Candidate Application package. All documentation must be current, complete, signed where necessary, legible, and only represent the actions or activity of the applicant. Any required documentation not included at the time of application will void the application package. Please take time now to be certain all of the required documentation is complete and included with your submission.

- A copy of your Florida Driver's License
- A copy of your Florida EMT/Paramedic certificate, or letter of successful completion of the course from the training institution if you have not completed the course at the time of application.
- A copy of your high school diploma, GED, or college transcript (official)
- Documentation confirming current personal health insurance coverage.
- A completed copy of the Medical Examination Form DFS-KS-1022.
- Confirmation of a clear 10-Panel drug test.
- A copy of the US Military form, DD 214 will be required if the applicant is claiming "veteran's preference" to obtain inclusion in the program.

3. "Fit for Fire" Candidate Fitness Assessment

Firefighting is a physically demanding career. The jobs routinely performed on the fire scene require strength, dexterity, and endurance. To assist the Candidate in making an educated decision on their personal fitness and capability to complete job tasks associated with firefighting, each Candidate will be required to complete the Valencia College's "Fit for Fire" Candidate Fitness Assessment.

Candidates are required to have completed the associated medical fitness evaluation and provide proof of personal health insurance prior to participating in the Fit for Fire assessment. Once a Candidate has completed their Application, including all related documentation, and paid their application fee, they will be scheduled for the Fit for Fire assessment. Candidates should bring their own water or drink for use after the assessment.

Please do not contact the staff after the assessment regarding the event or personal performance. All communication will be completed at the event.

The Fit for Fire assessment will be conducted at the Fire Rescue Institute Training Facility located at **2966 W. Oak Ridge Road, Orlando, FL 32809**. The facility is located behind the Orange Technical College, Mid- Florida Campus. The fire training facility is located inside of the fenced area. Candidates will need to park their vehicle in the parking lot adjacent to the fenced training facility and walk into the training grounds. Please assemble at the Training Tower (4 story white building) located in the center of the fire training area.

Candidates will need to wear comfortably fitting long pants, tee shirt, and athletic type shoes. No hard-soled or open-toed shoes will be allowed. You will be required to wear a weighted vest throughout the assessment. The vest is intended to simulate a self-contained breathing apparatus backpack and will weigh approximately 30 pounds.

Fit for Fire is a timed event. All portions of the assessment must be successfully completed within **ten minutes (10)** for the Candidate to be considered as successfully passing the assessment.

Fit for Fire Assessment events will include: Steps are subject to change.

1. **Ladder Climb Simulator:** Each Candidate will use a ladder climbing simulator machine and will climb an equivalent of fifty feet (50). This is a device that simulates climbing a ladder used by firefighters.
2. **Ceiling Breach Simulation:** Each Candidate will complete twenty simulated strikes (ten in each direction) with the ceiling breach device. This is a device that simulates a firefighter's work opening up a ceiling above their heads using a tool.
3. **Fire Hose Advance Simulation:** Each Candidate will advance/drag a simulated fire hose and nozzle attached to a sled device. This is advanced fifty feet (50). This event is followed by a short recovery walk of approximately eighty feet (80).
4. **Forced Entry Simulation:** Each Candidate will move a weighted metal beam from one end of a sled to the other and back by striking it with an eight-pound sledgehammer. The sled simulates working with tools firefighters would use in firefighting activities. The sled is mounted at waist height. This event is followed by a short recovery walk of approximately eighty feet (80).
5. **Simulated Ladder Carry:** Each candidate will carry a weighted simulated firefighting ladder during a walk of a short distance replacing it back in the holding rack.
6. **Simulated Downed Firefighter/Victim Drag:** Each Candidate will drag a device that simulates the weight of a downed victim a distance of fifty (50) feet. The sled is estimated to weigh 140 pounds.

4. Final Candidate Selection:

Once a Candidate has successfully completed the Fit for Fire Fitness Assessment, and has provided a

complete Candidate Application, with all the required documentation, and paid the associated \$100 application fee they can be considered for inclusion in an upcoming cohort of the Firefighter Minimum Standards Course. All Candidates will first be required to register with Valencia College (\$35) if not previously registered. A college "V#" is required.

It remains the goal of the Firefighter Minimum Standards Course to offer placement in the most desirable cohort for the student. Valencia College offers both day and night class offerings throughout the year. Each Candidate will indicate which offering they are requesting attendance in at the time of Application.

Selection for all successful Candidates for a particular cohort will be assessed based on following criteria:

- Candidates who are employed by any fire agency that is currently a member of the Central Florida Fire Consortium. *Documentation Required*
- Candidates who are employed by any other fire agency. *Documentation Required*
- Candidates with an AS degree in Fire Science.
- Military Veterans.
- Candidates who completed the Emergency Medical Services (EMS) AS degree program at Valencia College.
- Candidates who are currently enrolled in the Fire Science or EMS AS Degree program at Valencia College.
- Candidates who completed either the EMT or Paramedic Certificate with Valencia College.
- Candidates who are sponsored by any other fire agency (must submit sponsorship letter with the application).
- All other qualified Candidates.

Candidates who are not selected to attend their first choice of course offering may reapply for another offering within the next 12 months. All medical examination documentation, and the Fit for Fire assessment results must be current within a six month period from when the application is submitted to the Bureau of Fire Standards and Training for certification as a state firefighter.

5. Class Preparation & Requirements:

Candidates will be notified of their acceptance into a specific cohort for their Minimum Standards courses. Once notified the student will be responsible for obtaining the following items prior to the first day of class.

1. Text Book - *Essentials of Fire Fighting and Fire Department Operations, Seventh Edition by IFSTA – International Fire Service Training Association*. Text books are available for purchase at the Valencia College bookstore located on East Campus or from any vendor of your choice. It is highly suggested that you purchase the textbook in advance and begin reading ahead of the class.
2. Uniforms - All students will be required to be in uniform for all class functions. Your instructors will advise you what uniform will be required for each class session and activity.

Students are responsible for all costs related to the purchase of class uniforms. The following is a list of the minimum amount of items each student will need for the duration of the program.

A uniform vendor will meet with the class in time to gather sizes and deliver uniforms for the first class meeting.

The following items must be purchased from the provided vendor:

- a. 1 - Short sleeve uniform shirt (blue) with academy patches and logos.
- b. 2 - Pairs of uniform pants
- c. 2 - Uniform tee-shirts
- d. Belt: Solid strap, black, minimum of 1" wide

The following items may be purchased from any provider:

- a. Shoes: work or firefighter type, black, plain toe and free of any garnishes (no athletic shoes will be allowed)
- b. Blue or Black socks (calf length)

The preferred vendor for all uniform equipment is:

NAFECO
800-628-6233
www.nafeco.com

3. Personal Protective Clothing:

All students will be required to procure their own firefighter personal protective equipment. All equipment must meet National Fire Protection Association (NFPA) Standard 1971, there will be no exceptions made to the provision of specific personal protective equipment.

The list of required items will include

- a. Turn out coat, pants, and suspenders
- b. Firefighting Boots
- c. Firefighting Gloves
- d. Firefighting Helmet - Black Only
- e. Firefighting Hood
- f. 25 ft. of ½" kernmantle rope

Throughout the curriculum students will be required to maintain their personal protective equipment in ready condition. This means all gear must be kept clean and in good repair at all times. All protective clothing must be uniformed with the standards set by the college. Equipment, especially firefighting helmets, may not be adorned with stickers, etc. The only labeling allowed for a student's helmet will be what is provided by through the preferred vendor and the student's name, which will be displayed on the rear of the helmet.

Students are encourage to use the preferred vendor for the rental of this equipment. Discount packages have been established for Valencia students with the vendor. If a student chooses to provide their own protective clothing, all items must match those provided by the preferred vendor in style, color, and specification so that the class remains uniformed in their appearance.

The preferred vendor for personal protective equipment is:

Turnout Rental Inc.
866-887-6688
www.turnoutrental.com

A representative from the preferred vendor will be on site at our class orientation day. At that time they will take sizes and payment for the rental of your PPE and rope.

6. Class Locations and Attendance:

Valencia College utilizes two locations to complete the Firefighter Minimum Standards Course curriculum. Students should become familiar with these locations prior to the beginning of class.

Location #1:

Valencia College – School of Public Safety
8600 Valencia College Lane
Orlando, Florida 32825



The School of Public Safety campus will be the site for student orientation sessions as well as some classroom activities. Also located at this campus is the Office of the Director of the Fire Rescue Institute as well as the programs business offices. More information regarding the School of Public Safety campus can be found at:

<http://valenciacollege.edu/public-safety/fire-rescue-institute/>

Location #2:

Valencia College Fire Rescue Training Facility
2966 West Oak Ridge Road
Orlando, Florida 32809



The Fire Rescue Training Facility is located on the campus of Orange Technical College – Mid-Florida campus. For the past 40 years, the “fire academy” for central Florida firefighters has been in this location. The Fire Rescue Training Facility will be the location for all student field activities, exercises, and live fire training, as well as the Candidate “Fit for Fire” assessment.

Class attendance is critically important to individual student success in this program. Firefighting is a team sport that only succeeds with strong individual support. So while you might be an individual

student in the course, your attendance and participation is required to support your team. Therefore, students should plan ahead and make arrangements to be at every class session.

Attendance is mandatory for all class sessions. If a student misses a class for any reason a written report of the situation will be made to the Program Coordinator who will determine the worthiness of the reason and if the student may continue with the program. Attendance requirements are also mandated by the Bureau of Fire Standards and Training. Students who miss more than 10% of the curriculum, or any mandatory training event, will not be allowed to test for state certification.

7. Course Curriculum:

The Bureau of Fire Standards and Training has designated two course which are required prerequisites for taking the state Firefighter Minimum Standards examination. Firefighter I & II are the two required courses designated by the state for all candidates seeking certification. Valencia College has packaged those two courses into our Minimum Standards Course and run congruent with one another offering our students a seamless curriculum to best prepare them for the state certification examination. All course hours (492 as of July 1, 2020) and curriculum meet the requirements of the Bureau of Fire Standards and Training.

Firefighter I provides both practical applications and an orientation to the fire service. This course includes many functions required of a firefighter such as: firefighter safety, fire behavior, building construction, protective clothing, self-contained breathing apparatus (SCBA), portable extinguishers, ropes and knots, victim search and rescue. The course also includes Operations-Level Hazardous Materials Training. Upon successful completion of the course, and a written state certification examination, the student will receive a Certificate of Competency from the Bureau of Fire Standards and Training as a Firefighter I (volunteer fire fighter). The student must successfully complete the requirements and receive a Certificate of Competency for Firefighter I to move on to Firefighter II.

Firefighter II prepares the student to meet the requirements to become a state certified firefighter. Course content includes implementing the incident management system, construction materials and building collapse, rescue and vehicle extrication, and special rescue situations. Students must successfully complete this course to be eligible to test for certification with the Florida Bureau of Fire Standards and Training for a Firefighter II. The final exam encompasses both written and practical skills tests. Certification is required by the state of Florida for all career firefighters.

In addition to the standard MSC curriculum, Valencia College offers the opportunity for all MSC student cohorts to attend a certified Emergency Vehicle Operators Course (EVOC). This sixteen (16) hour course is designed to educate all emergency vehicles drivers on the legal aspects of emergency vehicle operation. The course will also train drivers in the techniques of accident avoidance and will identify those upgraded driver skills required for the safe and efficient operation of emergency vehicles. Participation in the offered EVOC course is not mandatory, but is highly recommended.

8. Student Conduct and Discipline:

The job of a career firefighter is one of the occupations in today's environment that has maintained a highly structured, para-military, decorum. Theories such as respect for rank and chain-of-command are extremely important to the overall mission and order of emergency scene operations.

To help students understand the importance of these concepts a strict adherence to the course curriculum and participation with the student's team activities will be closely monitored. A merit point system will be used to manage conduct and award discipline. Instructors will be designated to manage each student's merit point count. Merit points are collected for situations such as uniform violations, tardiness at any time, lack of teamwork, and poor attitude. A student must have one remaining merit point at the end of the Firefighter II course to be eligible for graduation.

9. Examinations and Certification:

As a Valencia College student each participant in the Firefighter Minimum Standards program will take multiple tests and examinations throughout the curriculum. Successful completion of each test and examination is critical to the overall success of the student.

Students who fail to maintain a proficiency of at least 80% on quizzes and test throughout the course may be considered for removal from the course. In addition, students who fail to score at least 80% on the Valencia College course Final Examination will not be considered as having graduated from the Minimum Standards course with the College. Students failing to achieve a passing score on the state written or practical test will be required to retake that portion of the exam. Students will be given one opportunity to retest. Failure to achieve a passing score after the retest will require the student to retake and successfully complete the Firefighter II class and take the state Firefighter certification examination again.

10. Tuition and Fees:

The tuition and fees for the Firefighter Minimum Standards Course, which includes Fire Fighter I and Fire Fighter II, are detailed on the attached fee schedule. These costs are subject to change without notice. The tuition payment can be made by cash, cashier's check, personal check or money order made payable to "Valencia College" or by credit/debit card. There will be additional fees that should be anticipated to cover the cost of uniforms, fire fighter clothing, equipment, books and other incidentals. These additional costs are payable to the individual vendors and suppliers directly by the students.

The Emergency Vehicle Operations Course (EVOC) is being offered as a separate course will be charged as a separate course if it is taken at Valencia College's Continuing Education program.

Payments:

Registrations will only be accepted on the designated registration dates. The full cost of the course and associated fees is due to the Fire Rescue Institute (FRI) at the time of registration. You will be required to present documented proof of acceptance for financial aid or other funding (FASFA, VA, Florida Pre-Paid or Bright Futures) at the time of payment for registration. FRI does not have a payment plan; payment in full is required.

Veteran's Benefits:

For qualified individuals, FRI is an approved training center. The application form can be obtained from the Valencia College Office of Veteran's Affairs, (407) 582-1159. This form, along with all supporting documents will have to be submitted and approved by the Veterans Administration.

Firefighter Minimum Standards Course

Estimated Tuition and Fees

Valencia student application fee - <i>If not a previous Valencia student</i>	\$ 35
Application fee, includes finger printing and Fit for Fire assessment	\$100
Required Textbook	\$ 97
Firefighter I and Firefighter II - Valencia College Tuition	\$3,000
EVOC (Continuing Education) Not Mandatory but Highly Recommended	\$ 69
<u>Personal Protective Equipment - Uniforms</u> PPE	
Rental (\$529 - day class) (\$589 - night class)	\$529-\$589
Uniforms	\$150
Florida Firefighter Certification exam(s)	\$77
Total Estimated Costs	\$4,057 - \$4,107*

*Prices are estimated as of July 2020.



TURNOUT RENTAL

(866) 887 6688 | www.TurnoutRental.com | info@TurnoutRental.com

TURNOUT GEAR RENTAL INFORMATION

Fire Rescue Institute at Valencia College

TurnoutRental is pleased to offer a complete turnout gear rental ensemble to students enrolled in the Fire Rescue Institute at Valencia College. **The ensemble includes all of the structural firefighting equipment you'll need for your training.**

Turnout Gear Rental Ensemble includes:

- Bunker Coat & Pants with Suspenders
- Firefighter Helmet with Face Shield
- New Firefighter Boots
- New Firefighter Gloves (cadet retains)
- New Nomex Hood (cadet retains)
- 25' Nylon Utility Rope (1/2" dia)
- Gear Bag

All gear is compliant with NFPA 1971 and NFPA 1851.

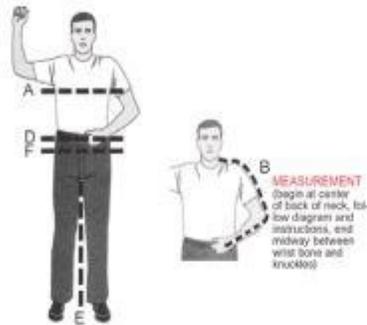
December 2018



TURNOUT RENTAL

(866) 887 6688 | www.TurnoutRental.com | info@TurnoutRental.com

Measuring Instructions



Cadet: _____

Height: _____ Weight: _____

MALE

FEMALE

IMPORTANT: Turnout Gear sizes differ from street clothes. Extra care in measuring is needed to assure accurate fit. PLEASE USE ACTUAL MEASUREMENTS AS INDICATED BELOW.

- Do not take your own measurements.
- Stand straight but relaxed, feet about 12" apart.
- Wear identical clothing and accessories that will be worn under turnout gear.
- Use a high quality non-stretch tape, holding it straight and snug so that it lies smooth without indenting the body. Be sure you start with low end of numbers.

A. Chest – Take and hold a deep breath; measure under arms and around fullest part of chest (bust). Chest: _____

B. Sleeve – Bend elbow and hook thumb under belt buckle, and, beginning at center of back of neck, measure across top of shoulders, around point of elbow to midpoint from wrist bone to knuckles. Sleeve: _____

D. Waist – Measure loosely over belt. Be sure tools (knives, belt buckles, beepers, etc.) are taken into consideration when applicable. Waist: _____

E. Inseam – Wearing normal station wear, measure from crotch inner seam to ankle bone. Inseam: _____

F. Hips (Women Only) – Measure around fullest part of hips. Hips: _____

Gloves – Refer to sizing chart. Gloves: _____

Boots – Sized to fit like street shoes. Boots: _____

GLOVES	
Measurement	Size
7"	XS
7.5"	S
8"	M
8.5" - 9"	L
9.5" - 10"	XL

December 2018



THE DEPARTMENT OF FINANCIAL SERVICES
Division of the State Fire Marshal

MEDICAL EXAMINATION TO DETERMINE FITNESS FOR FIREFIGHTER TRAINING
BUREAU OF FIRE STANDARDS AND TRAINING

Please print legibly.

NAME: LAST	FIRST	MI	STUDENT ID
TRAINING CENTER	E-MAIL ADDRESS	CONTACT PHONE NUMBER	

For the medical professional conducting the examination: The purpose of this examination is to ensure that the physical, physiological, intellectual, and psychological health of the applicant is suitable for the environment and functions of a firefighter as described on page 2. Authority for this examination is FS 633.34 and is required before an individual starts firefighter training.

This medical examination must be completed by a physician, surgeon, or physician's assistant per ch. 458; or an osteopathic physician, surgeon, or physician's assistant per ch.459; or an advanced registered nurse practitioner per ch. 464.

Examination should include but is not limited to:

- | | |
|--|--|
| Dermatological system, Cardiovascular system | Ears, eyes, nose, mouth, throat |
| Clinical evaluation of 12 lead EKG | Auditory hearing in the pure tone |
| Systolic and Diastolic Blood pressure | Far visual acuity corrected or uncorrected |
| Respiratory system | Peripheral vision |
| Gastrointestinal system | Genitourinary system |
| Endocrine and metabolic systems | Musculoskeletal system |
| Neurological system | |

For the medical professional conducting the examination to complete: (Sign in appropriate box)

Based on the results of this medical evaluation, the applicant:

<p>Has no pre-existing or current condition, illness, injury or deficiencies. <u>The applicant is medically fit to engage in firefighter training.</u></p> <p>Signature _____</p>	<p>Has a pre-existing or current condition, illness, injury or deficiency that presents a safety or health risk in the environment or job functions of a firefighter. <u>The applicant is not medically fit for firefighter training.</u></p> <p>Signature _____</p>
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Completion Required (please print)

Name of signature: _____ Date signed: _____

Office Telephone number: _____

Office address: _____

Essential Job Tasks and Descriptions from NFPA 1582, 2007 edition

1. Performing firefighting tasks (e.g., hose line operations, extensive crawling, lifting, carrying heavy objects, ventilating roofs or walls using power or hand tools, and forcible entry), rescue operations and other emergency response actions under stressful conditions while wearing personal protective ensembles and self-contained breathing apparatus (SCBA), including working in extremely hot or cold environments for prolonged time periods.
2. Wearing an SCBA, which includes a demand valve–type positive-pressure face piece or HEPA filter masks, which requires the ability to tolerate increased respiratory workloads.
3. Exposure to toxic fumes, irritants, particulates, biological (infectious) and nonbiological hazards, and/or heated gases, despite the use of personal protective ensembles and SCBA.
4. Climbing six or more flights of stairs while wearing fire protective ensemble weighing at least 50 lbs. or more and carrying equipment/tools weighing an additional 20 to 40 lbs.
5. Wearing fire protective ensemble that is encapsulating and insulated, which will result in significant fluid loss that frequently progresses to clinical dehydration and can elevate core temperature to levels exceeding 102.2°F (39°C).
6. Searching, finding, and rescue-dragging or carrying victims ranging from newborns up to adults weighing over 200 lbs. to safety despite hazardous conditions and low visibility.
7. Advancing water-filled 2 ½ diameter hose lines from fire apparatus to occupancy [approximately 150 ft.], which can involve negotiating multiple flights of stairs, ladders, and other obstacles.
8. Climbing ladders, operating from heights, walking or crawling in the dark along narrow and uneven surfaces, and operating in proximity to electrical power lines and/or other hazards.
9. Unpredictable emergency requirements for prolonged periods of extreme physical exertion without benefit of warm-up, scheduled rest periods, meals, access to medication(s), or hydration.
10. Operating fire apparatus or other vehicles in an emergency mode with emergency lights and sirens.
11. Critical, time-sensitive, complex problem solving during physical exertion in stressful, hazardous environments, including hot, dark, tightly enclosed spaces, that is further aggravated by fatigue, flashing lights, sirens, and other distractions.
12. Ability to give and comprehend verbal orders while wearing personal protective ensembles and SCBA under conditions of high background noise, poor visibility, and drenching from hose lines and/or fixed protection systems (sprinklers), hear alarm signals, hear and locate the source of calls for assistance from victims or other firefighters.
13. Functioning as an integral component of a team, where sudden incapacitation of a member can result in mission failure or in risk of injury or death to civilians or other team members.



Advent Health and the School of Public Safety at Valencia College are excited to be partners providing you an opportunity to receive your required medical physical, EKG, and drug screening at a discounted rate at any Advent Health Centra Care location.

When completing all forms with Centra Care please use the following account number:

Fire Rescue Institute Account # - 24480499

<u>Description</u>	<u>Cost</u>
Physical	\$50
EKG	\$60
Drug Screening (10 Panel)	\$35

For locations/directions, hours of operation, and/or to schedule a **No Wait Reservation:** visit www.centracare.org.

You may also call (407) 200-CARE Option # 9.

Four (4) centers open until Midnight:
Waterford Lakes, Winter Park, Lake Buena Vista & Sanford.

Please be sure to bring with you the following information:

- The medical physical forms included with this application
- Photo identification
- Method of payment



School of Public Safety
Fire Rescue Institute

Helpful Information

If you have additional questions, please feel free to contact the Coordinator for the Firefighter Minimum Standards Program:

Danissa Joyce

School of Public Safety, Valencia College
8600 Valencia College Lane, Orlando, FL 32825
407-582-8223 (direct line) ♦ 407-582-8200 (main line)
djoyce2@valenciacollege.edu

If ordering transcripts please have them mailed to:

School of Public Safety, Valencia College
Danissa Joyce, Firefighter Program Coordinator
8600 Valencia College Lane
Orlando, FL 32825