

Course: Response to Crisis / Critical Incident Stress:

The course is dedicated to Front Line Personnel and Professionals who want to elevate their knowledge regarding mental health issues in first responders, peer support, and the latest in mental health and wellness initiatives. Those who attend and participate will realize why so many people are so out of control of their happiness. Life is just more complex. We're looking at a complex family structures that we would never have envisioned. These stressful complexities are more commonly working their way into workplaces which is all the more reason for employees to help workers any way they can. An important factor on maintaining balance in one's life is need for pre-incident education. Occasionally the traumatic event is so painful that professional counseling may be necessary. The course offers six (6) stages of "**Emotional Reaction**" to stress that occur at the point of **impact**, and the understanding of Crisis behavior. "**POINT of IMPACT**"... 1) High Anxiety..... 2) Denial.....3) Anger.....4) Remorse.....5) Grief.....6) Reconciliation.

" With understanding and support of loved ones, stress usually passes much more quickly. We all have within us all that is necessary to heal ourselves"

Instructor: William Timmons t.p.i. / c.f.i.

Prerequisites: None

Equipment: None

Course: Electric Vehicle Awareness & Operations

As the number of electric vehicles on the roadways increases, it is important for first responders to understand how a response involving these types of vehicles is different than those with an internal combustion engine. This 3.5 hour awareness course, followed by the hands-on Operations level portion of the course, equips first responders with the knowledge, skills and tools to respond more safely and efficiently when a hybrid or electric vehicle is involved in an incident. Students will receive tools and job aids that they can use in their departments to help ensure responder safety and effective on-scene operations.

Instructor: Tom Miller

Prerequisites: None

Equipment: None

Course: Engine Company Operations

The engine company is the basic operational unit of every fire department and provides the primary extinguishing agent, water, and personnel; and delivers it to the fire. To supply and use of water properly the firefighter must have considerable knowledge and skills.

This course will include: the basic mission of engine companies, engine company operations, strategies and tactics for engine companies, size up and smoke signals, and operational pointers for engine companies.

Practical & skills sessions will include: hose loads and deployment, hose advancement and nozzle skills, engine company hose team skills and practice.

**Practical sessions require physical exercise and only firefighters physically capable of demanding physical effort should participate. PPE is required.*

Instructor: Green Mountain Associates

Training Prerequisites: None.

Equipment: None

Saturday Courses- April 15, 2023

1-Day Course

Course: Bringing Calm to the Chaos-Managing the Mayday

This Command level class will prepare the incident commander to better manage a firefighter in distress. Regardless of your department size the words "Mayday - Mayday - Mayday" have challenged many good incident commanders. Maydays create more workplace stress than anything on the fire ground. Bringing Calm to the Chaos will look at the human body's response to acute stress and how it can affect the commanders cognitive thought processing. Come learn how to identify your command strengths and weaknesses on a new level. This class will show the attendees how to build a better command team, provide greater oversight on firefighter accountability and how smaller rural fire departments can increase the manpower needed before the Mayday occurs. During this full day class, we will review the leading causes of a Mayday and make you think tactically on how to manage each of them differently. We will listen to radio communications that helped (or) hindered rescue efforts. Discuss monitoring (EDS) emergency distress signals, the need for multiple radio frequencies to properly manage the fire and a Mayday operation. Learn how to preplan positional assignments for not only the Rapid Intervention Crew (RIC) but the Incident Command Team for greater success.

Instructor: Billy Greenwood

Training Prerequisites: None.

Equipment: None

Sunday Courses- April 16, 2023

1-Day Course

Course: Firefighting on Site/Strategy and Tactics

The Federal Government has enacted training requirements for volunteers through the (OSHA) and US Environmental Protection Agency (EPA) The (OSHA) requirements apply only in certain states, where the (EPA) requirements apply to all volunteers. In order to respond to the public's expectations firefighters must attend a wider variety of training courses. Today many fire departments have assumed the role of first responder on incident calls, and some have incorporated ambulances into their fleets. Whenever an emergency occurs, the fire service is one of the first to be called upon for assistance. To bring an emergency to a safe conclusion requires "**Knowledge**" - "**Ability**" and "**Many Skills**" In order to respond to the public's expectations, fire fighters are required to attend a much wider range and variety of fire and emergency response training. By their example, Volunteer Fire Fighters who serve their communities provide protection as well as inspiration. Following the request to hold such a program, it became readily apparent that there was a desire and need to provide such a program to prepare and encourage our future firefighters. "**Learning and sharing of Strategy and Tactics** "

Instructor: William Timmons t.p.i. / c.f.i.

Training Prerequisites: None.

Equipment: None

Course: Lithium Batteries & Energy Storage Systems and Bread and Butter Hazmat

Part I:

The use of modern energy storage system (ESS) technology, including lithium-ion batteries, has exponentially increased over the last decade and is now in almost every facet of our daily lives. These ESSs pose new, and sometimes complex, challenges for first responders in terms of emergency planning and response. Their deployment and use directly impacts the entire emergency response spectrum from SOP/SOG development, to preplanning, to training, to response, to inspections, to public education, to cause and origin determination. This multi-

part webinar series from the NVFC will help emergency response agencies plan for, train, and effectively respond to emergencies involving ESSs.

(And)

Part II:

This course will address the key knowledge, strategies and tactics every fire department will need to handle 99% of the hazardous materials incidents they encounter. Topics to be covered include the NVFC B.E.S.T. Model, the A.P.I.E., decision making model, the Three "Rs" of Haz Mat Response, Incident Action Plans, ensuring scene safety, and knowing where the response ends and clean-up begins. You won't need Level A suits, fancy detecto-meters, nor a PhD in Chemistry to benefit from this class. This interactive course will provide your tools for on-scene success.

Instructor: Tom Miller

Training Prerequisites: None.

Equipment: None

Course: Extreme Leadership-Conflict Resolution and the Art of Dealing with Negativity

Target Audience: All Firefighters, Line Officers and Chief Officers

Class Description: Extreme Leadership is a FDIC International class that provides attendees with the three pillars of excellence. We will look at Intellectual Intelligence, Emotional Intelligence and Interpersonal Dynamics for a 360 degree look at yourself and those you lead. Understanding the science of leadership. We will look at the body's physiological response to high stress events and how to manage that stress for greater success. Attendees will have an opportunity to learn how to understand the why of undesirable behaviors. Challenging you to develop behavioral modification plans to establish positive change. We will provide a conflict resolution model that will take into consideration the person's personality, compensating behavior, underlying root cause and best practices for one-on-one communications. This full day class also includes a module on how to use progressive discipline for positive behavioral modification when a performance plan fails to create the changes you desire. This class has received incredible feedback with many stating this type of leadership program is much needed to properly prepare the leader for today's dynamic fire service.

Instructor: Billy Greenwood

Training Prerequisites: None.

Equipment: None

Saturday & Sunday Courses- April 15 & 16 2-Day Course

Course: Initial Fireground Decision-Making/The Sixth Minute

Decisions that are made in the initial phases of and emergency will impact the overall operation and the eventual outcome.

Initial Fireground Decision-Making is a course that covers the concepts of: size up, command, control & communications and determining initial strategies and tactics. It also covers leadership and command presence. The course will also cover operational modes and engine and ladder company operations. This material is covered with the underlying theme of firefighter safety.

Instructor: Green Mountain Associates

Training Prerequisites: None.

Equipment: None

Course: Flammable Gas Control

This course discusses the physical properties of flammable gases and the handling of flammable gas emergencies with a focus on propane. This course will provide the knowledge and skills to successfully mitigate flammable gas leaks and fires by discussing fire suppression and vapor control techniques and providing a familiarization to different gas systems components. Students will gain a knowledge base in the classroom and then conclude the course by participating in several live fire exercises.

Prerequisites: Minimum age is 18, Skill compliance NFPA1403 standard on live fire training. PPE and SCBA are required for each student.

Instructor: Vermont Fire Academy

Equipment Required: See Above

Course: Introduction to Pumps, Basic Pumps

This course is an introduction to pumps and pump operations. Building on basic pump theory the course will introduce firefighters to basic pump operation and maintenance. Priming & drafting will be explored in depth using both classroom theory and practical application. Pump problem troubleshooting and preventive maintenance will be covered. Practical sessions will include work with both portable and main fire pumps.

Instructors: Green Mountain Associates

Equipment Required: PPE

Course: Co. Officers 10 Foundations Stones of Knowledge: You Need to Know

This 12 - hour training class is designed to present skills, ideas and knowledge to assist the first due Volunteer Company Officer in better understanding their job, what is expected of them and how to achieve it. The class is aimed at those departments that are more rural or suburban in demographics and focuses on a realistic approach with the limited staffing found on such departments. The class is open to all firefighters regardless of rank. For those hoping to become a fire officer it will aid them in understanding the role, responsibilities and skills that a good Company Officer must possess. This class is a realistic approach to what skills are important on the fireground. The class is presented by Joe Nedder of Cross St. Associates, Uxbridge, MA , and is based upon the Volunteer Officers Program Nedder has presented at the Fire Department Instructors Conference FDIC, held in Indianapolis, IN. The 10 Foundation Stones include effective leadership, Fire Behavior, How to read smoke, Decision making, Strategies, Tactics and Tasks, The brief initial report, Size up, initial and on-going, Building construction for the fire service, Managing risk in the Volunteer fire service, and Accountability and crew integrity.

The class is fast paced and fun! It encourages students to explore their own knowledge and realize areas that they can improve in.

Instructors: Joe Nedder

Equipment Required:

Southern Vermont Regional Fire School Committee Members

Bob Schlachter-Killington Fire Department, Kevin J. Goodhue-Bennington Rural Fire Department, Tim Burgess-Bennington Rural Fire Department, Bob Kilpeck-Brandon Fire Department, Don Howard-Fair Haven Fire Department, Steve Waters-Bennington Rural Fire Department, Mary Crawford-Bennington Fire Department, Norm Flanders-Clarendon Fire Department.

SOUTHERN VERMONT REGIONAL FIRE SCHOOL

CODE OF ETHICS

This code of ethics provides guidance to the instructors, students and staff {herein known as member}, of the Southern Vermont Regional Fire School {herein referred to as SVRFS}, in discharging their responsibilities.

Relationship to the Community

Each member of the SVRFS is expected to demonstrate the highest standard of personal integrity, truthfulness, honesty and fortitude in all activities.

Each member will consider every person at the SVRFS as a member/friend/customer/brother or sister.

Each member will be ever mindful that we are always in the eyes of the public and will conduct themselves so as to bring unwarranted credit to our host or the SVRFS.

Relationship to the SVRFS

In supporting the mission of the SVRFS, members abide by the ethics statements.

Members maintain high standards of professional competence and meet qualitative and quantitative standards of performance. They seek and participate in appropriate professional development activities.

Members seek to advance the welfare of the Department through accountability for the proper use of Town funds, personnel, equipment and other resources.

Relationship to Each Other

Each individual member is responsible and accountable for his/her own actions, and to some extent, for the well-being of other members. Remember these behaviors and practice them on a daily basis.

They are:

1. Consideration: be considerate of one another's values, ideals, possessions, feelings, etc.
2. Discretion: Be discrete when communicating with other members.
3. Tolerance: Be tolerant of our differences whether they are related to: color, gender and religious faith. These are the differences that make us stronger as a family and better able to serve the needs of our diverse communities.
4. Unity: During good times and in difficult times, the organization must continue to work together as a team. Remember individuals make up a team.

All members shall avoid any activity giving rise to conflict of interest, actual or perceived. In the event a situation should arise contact a staff member.

All members shall avoid exploitation, discrimination, abuse, harassment and insensitivity is always wrong. It is the responsibility of members to strive to eliminate them whether they are unconscious or conscious, covert or overt, while taking care to respect the rights of others.

All members shall show respect towards positions of authority and leadership.

All members shall practice safety in all aspects of SVRFS activities; safety is everyone's responsibility and shall be reported to the Instructor or SVRFS Staff immediately.

Discipline, up to and including discharge may be imposed for cause if a member (student) is found in violation of these articles.

Southern Vermont Regional Fire School 2023 Registration Application

Student Information (Please Print Neatly and Legibly)

Last Name	First Name	MI.
Mailing Address		
City/Town	State/Prov.	Zip Code
Day Phone	Evening Phone	
E-mail Address	Rank	

Department/Agency Information (Please Print Neatly and Legibly)

Department/Agency Name		
Department/Agency Mailing Address		
Town/City	State/Prov.	Zip Code

Waiver of Liability and Insurance Information

Whereas, I have been invited to attend, or observe, or participate in firefighting training exercises jointly sponsored and administered by the Rutland County Fire Mutual Aid Association, Inc. and the Bennington County Mutual Aid Association, Inc., in concert with various other public organizations, person and corporations; and

Whereas, such exercises often present hazards to the life and property of participants, observers and attendees; now **Therefore,** in consideration of being afforded the opportunity to observe, attend or participate in such firefighting training:

1. I acknowledge the inherent dangers in such training and assume the risk to my person and property, both personal and of others in my control and supervision.
2. I agree to hold harmless and waive all claims against the sponsors and/or their agents, arising from my participation, observation or attendance at said training.
3. Further, this waiver of liability and agreement to hold harmless extends to all claims that might devolve to the benefit of my heirs, assignees, administrators or agents or employees in both official and person capacities, who are assisting the above named sponsors in the presentation and conduct of this training.
4. Further, I certify that I am physically qualified and capable to pursue the courses that I will participate in.

Signed: _____ Date: _____
 _____ (Signature of applicant)

The above applicant appears to be physically capable and has successfully completed the necessary prerequisite training to participate in the course(s) applied for. The applicant is covered by department insurance for worker's compensation and personal injury.

Signed: _____ Date: _____
 (Signature of Chief or authorized department officer)

Officer's Name
 (Print) _____ Phone Number _____

Student Name:		
_____	_____	_____
Last	First	Middle Initial

2023 Course Selections

1 st Choice	2 nd Choice	3 rd Choice	Course Name	Cost
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Saturday One-Day Courses

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|--------------------------|--------------------------|--------------------------|---|----------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Response to Crisis Critical Incident Stress | \$100.00 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Electric Vehicle Awareness & Ops. | \$100.00 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Bringing Calm to Chaos/Managing Mayday | \$100.00 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Engine Company Operations | \$100.00 |

Saturday and Sunday Two-Day Courses

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|--------------------------|--------------------------|--------------------------|--|----------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Initial Decision Making/The 6 th Minute | \$200.00 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Flammable Gas Control | \$200.00 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Pumps | \$200.00 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 10 Foundations Stones of Knowledge | \$200.00 |

Sunday One-Day Courses

- | | | | | |
|--------------------------|--------------------------|--------------------------|---|----------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Firefighting on Site/Strategy and Tactics | \$100.00 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Lithium Batteries/B & B Hazmat | \$100.00 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Extreme Leadership-Conflict Resolution | \$100.00 |

All checks for registration must be made out to:

Southern Vermont Regional Fire School or SVRFS.

***All checks or signed purchase orders must accompany applications.**

*** No credit cards are accepted.**

*** No applications will be processed until payments are received.**

SVRFS Lunch orders: Saturday and Sunday
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Lunch will be served each day as a bagged lunch order. **All lunches must be ordered for each day with your mailed in registration form.** Sub choices will be (roast beef, turkey, baked ham, with cheese) includes chips, cookie, condiments and bottled water. Please make choices for each day below.

*Coffee/water and donuts/snacks will be available in the morning and during breaks.

Saturday: beef _____ turkey _____ ham _____

Sunday: beef _____ turkey _____ ham _____ Choices must be selected prior to April 15 & 16.

Welcome!

This year the Southern Vermont Fire School continues the tradition of offering an excellent selection of courses featuring distinguished instructors from across the northeast. We are offering a few new courses this year and we are sure that you will be pleased with the programs that we have available. We are very pleased to be offering the SVRFS after a three year absence due to Covid. We look forward to seeing friends return and meeting new students attending the school.

Driving Directions:

From the North:

Travel Route 7 South to Rutland

From the South:

Travel I-91 North; take Exit 6 (Rockingham/Rutland) onto VT Route 103 North. Take Route 7 North to Rutland.

From the East:

Travel Route 4 West until you reach Routes 4 & 7, then travel south on Route 7.

From the West:

Travel the Northway (I87) to Exit 20 (Fort Ann/Rutland). Take Route 149 East to Route 4 East. Then to Route 7 South.

To Mill River Union High School: Mill River Union High School is located on 2321 Middle Road, just off of Route 7, south of the old Diamond Run Mall and Route 4. Turn onto Middle Road at the signal light in front of Alderman Chevrolet and travel straight through the intersections until you see the school on the right. (About two miles)

To the Best Western Inn: The Best Western Inn is conveniently located just off of Route 4 in Rutland at 5 Best Western Place.

Local Lodging:

Best Western Inn (The Official Fire School Motel) **Call 802-773-3200.**

Best Western Inn	5 Best Western Place off of Route 4	802-773-3200
Ramada Inn	753 S Main St.	802-773-3361
Travel Inn	125 Woodstock Ave.	802-775-4348
Econo Lodge	238 S Main St.	802-773-2784
Hampton Inn	47 Farrell Dr.	802-773-9066
Comfort Inn	19 Allen St.	802-775-2200
Quality Inn	253 South Main	802-733-3361

Registration Information

Most class sizes are limited, and applications are processed on a first-come, first-served basis. Although we make every effort to see that you are registered in your first choice, it is important that you provide us with alternative course selections. Registration applications must be received by **March 30, 2023**. As always, we recommend early registration! **Course confirmations will be mailed or e-mailed to each student after April 1, 2023**

Tuition is \$100.00 per day and includes lunch. Tuition is non-refundable, except in the case where a course is cancelled, and you are unable to be placed in an alternative choice. Payment (Southern Vermont Regional Fire School) or a signed purchase order must accompany your registration application, or it will not be processed. Mail or e-mail registration applications to Southern Vermont Regional Fire School 117 Jefferson Avenue, Bennington VT 05201

Registrar: Kevin J. Goodhue

Phone: 802-447-0778

Cell: 802-379-4001

E-Mail kg1956@yahoo.com





Southern Vermont Regional Fire School
117 Jefferson Avenue
Bennington, VT 05201

Southern Vermont Regional Fire School

April 15 & 16, 2023

At

Mill River Union High School

2321 Middle Road

North Clarendon, Vermont

Sponsored by:

Bennington County Mutual Aid Association, Inc.

Rutland County Fire Mutual Aid Association, Inc.

2023 Course Offerings

