



Conducted annually during the third full week of July at the Utica Fire Academy, Phoenix Firecamp is the first such program in the Northeast.

Phoenix was established in 2007 in partnership with the City of Utica Fire Department.



"Camp has impacted my life greatly... now I know that I'm not the only one out there... I have people to back me up and help me to achieve my dreams."

Firematic games at social events teaches campers the importance of teamwork.

Fire Service Women of New York State, Inc. (FSWNYS) is a non-profit membership organization of women involved in career and volunteer fire and emergency services from throughout New York and other states.

The concept of **FSWNYS** arose in 2002 during the first annual training weekend for women firefighters held at the NYS Academy of Fire Science under the auspices of the NYS Office of Fire Prevention and Control; never before had New York career and volunteer women come together for training and socializing. It was such an enriching, energizing experience that the women decided to form a group dedicated to the needs, interests and aspirations of female firefighters—for now and into the future.



A unique program for teenage girls to explore opportunities for women in fire and emergency services.



Campers

Phoenix Firecamp applicants do not need any prior experience with the fire service.

The majority of the attendees live in New York State, but residents of other states may attend. Up to 24 campers are selected annually for this once in a lifetime opportunity.

To qualify, candidates must:

- ✚ Be in good physical condition
- ✚ Be covered by medical insurance
- ✚ Be 14 to 19 years of age
- ✚ Have a positive attitude
- ✚ Complete the application
- ✚ Write a 500 word essay
- ✚ Agree to follow all rules and regulations
- ✚ Participate in all activities and classes
- ✚ Submit materials by May 1st deadline

Staff

The instructors and team leaders are all experienced female members of career and volunteer fire departments in New York State and elsewhere, who donate their time and pay their own travel and lodging expenses.

These dedicated female firefighters want to instill the concept that women have the opportunity to pursue active roles in public service and to give campers a chance to explore those possibilities. The ratio of staff to campers is one-to-one.

Should a camper decide this is an area of interest, the staff provides direction, guidance and the basic tools to succeed. Many Phoenix graduates stay in touch with their instructors and team leaders via email. The Utica Fire Department supports the camp with apparatus, equipment, lodging, training sites, EMS coverage, personnel and logistics.

Westmoreland Volunteer Fire Department donates transportation, hosts social events, secures area business support and coordinates the participation of other volunteer fire departments. The Frankfort Fire Department contributes its mobile flashover simulator for forcible entry and search and rescue exercises.



"The staff is amazing. They created an environment that is perfect for developing new skills."

The curriculum is designed to help campers develop confidence, enhance leadership skills and broaden their problem solving abilities.

The Phoenix staff works to foster friendly competition, nurture community spirit and promote inclusiveness in a positive and safe environment.

FSWNYS was incorporated September 10, 2004 as a not-for-profit corporation 501(c-3) in the State of New York and was granted tax-exempt status by the Internal Revenue Service from that date. It is governed by a twelve member board of directors elected at large by the membership at the annual meeting. The board elects the officers and may, at its discretion, appoint individuals to serve in a non-voting advisory board capacity. Financial support comes solely from membership dues, contributions and fundraising events.

Our Mission:

- ✚ To encourage the participation of women in the career and volunteer fire service of the State of New York;
- ✚ To disseminate pertinent fire service information to the members;
- ✚ To provide a supportive network and communication among women in the fire service;
- ✚ To conduct an annual training weekend for fire service women;
- ✚ To annually hold Phoenix Firecamp, a week-long residential firematic camp for teenage girls.

Membership is open to all who support the goals of **FSWNYS**.
www.fswnys.org

Contact: president@fswnys.org



Phoenix Firecamp

A weeklong overnight firematic camp for girls ages 14-19.

Phoenix Firecamp

"I went to camp thinking I might make a friend or two; instead, I left with a family."

"Camp made me feel confident in myself and boosted my self esteem."

Phoenix Firecamp was created by Fire Service Women of New York State, Inc (FSWNYS), a non-profit, statewide association of women who are members of career and volunteer fire departments.

A primary mission of the organization is encouraging young women to become involved in fire and emergency services, either as a career, or as a community volunteer.

I learned that I am capable of doing tasks that I didn't think I had the strength to do.



Campers practice unfamiliar tasks and build confidence in their ability to meet new challenges.



The application package is available at: www.fswnys.org

Firehouse Living

Phoenix Firecamp offers an authentic experience in the life of a firefighter because campers are housed at the Utica Fire Academy, a former firehouse.

They share a large bunk room and are responsible for making their beds, keeping belongings in order and doing housekeeping chores, such as sweeping and dishes.

Meals are a highlight; the food is ample, varied, nutritious and prepared by a professional chef who is hired for the week.

The day begins at 6 a.m. and lights-out comes at 10:30 p.m. Personal time for relaxation is built into the program.

In the course of the week, many new friendships blossom. Campers say that getting to know girls from different backgrounds is one of Phoenix's greatest experiences.

"I made friends for a lifetime."



"The experience is awesome... be strong, have respect and learn well."

Curriculum

The classroom and hands-on curriculum, an abbreviated version of a recruit class, introduces campers to basic aspects of fire and emergency services. Exercises include:

- ✦ Donning gear
- ✦ Use of SCBA (Self Contained Breathing Apparatus)
- ✦ Search and rescue skills
- ✦ Basics of engine/ladder company operations
- ✦ Aerial ladder climb
- ✦ Auto extrication and disentanglement
- ✦ Peaked roof ventilation
- ✦ Portable ladders
- ✦ Forcible entry
- ✦ CPAT Familiarization
- ✦ Tools, ropes and knots
- ✦ Snorkel operations
- ✦ Nozzles/fittings/hydrants
- ✦ Standpipes/hose roll/fold
- ✦ Medical scenarios
- ✦ Ambulance familiarization
- ✦ Fire behavior/fire safety
- ✦ Introduction to hazardous materials
- ✦ PT classes and fitness information
- ✦ CPR training and certification