



Fire Service Women of NYS, Inc.
20th ANNUAL TRAINING PROGRAM
September 29-October 1, 2023

2023 Program Overview

See Class Schedule for Details

Seminar

- Haz Mat: Battery Emergencies & Electrical Storage Systems*
- Crucial Conversations+

Classes

- Cancer Awareness
- Stop the Bleed
- Yoga for First Responders
- CME Class for EMS Providers – Student Request+

Hands On Training

- Forcible Entry#
- Ground Ladders#

**NYS Certificate*

+Eligible for CME

#NYS Certificate TBD

Social Activities

- Social Meet and Greet – Friday Evening
- Game Night – Friday Evening
- Crafts – Saturday Evening
- Silent Auction going on all weekend; ends Saturday Evening
- FSWNYS Annual Meeting – Saturday Evening following dinner
- Door prizes to be given out during the FSWNYS Annual Meeting

Application deadline is August 30, 2023

Please forward all training documentation including registration form, course checklist, t-shirt order, payment, and all copies of pre-requisites to: Mary Wrobel

**Fire Service Women of NYS
3842 US 20
Nassau, NY 12123**

Training Program Class Schedule

Pre-Registration is required for ALL courses

*NY State Certificate course
+Eligible for CME credits

#NY State Certificate (TBD) (depending upon material covered in this program)

September 29 – October 1, 2023 Friday - Sunday	Hours	Course Time	Prerequisites or Additional Information	Student Limit
HazMat: Battery Emergencies & Electrical Storage Systems *	2	Saturday 8am – 10 am		None
Crucial Conversations+	2	Saturday 10 am - Noon		None
Forcible Entry#	4	Saturday 1 pm – 5 pm	Essentials of Firefighting, <u>or</u> Basic Firefighter Training, <u>or</u> Basic Exterior Firefighting Operations, <u>or</u> Firefighter I.	Min. 10 Max. 24
Stop the Bleed	2	Saturday 1 pm – 3 pm		None
Cancer Awareness	2	Saturday 3 pm – 5 pm	Class has not been finalized as of printing of these materials	None
Ground Ladders#	4	Sunday 8 am – Noon	Essentials of Firefighting, <u>or</u> Basic Firefighter Training, <u>or</u> Basic Exterior Firefighting Operations, <u>or</u> Firefighter I.	Min 10 Max 24
Yoga for First Responders	2	Sunday 8 am – 10 am		None
CME Class for EMS Providers+	2	Sunday 10 am- Noon		None

~There are student minimums for all classes. You should encourage others to attend so that all the classes can be offered~

Please forward all training documentation including registration form, course checklist, t-shirt order, payment, and all copies of pre-requisites to:

Mary Wrobel
Fire Service Women of NYS
3842 US 20
Nassau, NY 12123

Training Details

Course Descriptions & Event Details

Haz Mat: Battery Emergencies and Electrical Storage Systems

The course gives the students information on the dangers associated with lithium-ion battery emergencies. Students are given knowledge on the uses, construction and hazards associated with lithium-ion battery storage systems. Students are also advised on firefighter personal protective equipment (PPE) needed to safely respond to these incidents as well recommendations to coordinate the incident and mitigate the hazards. The students are also given an overview on lithium-ion battery vehicle emergencies and recommendations to handle them.

Designed for: All emergency response personnel

Course Length: 2-3 hours (depending upon audience questions and participation)

Maximum participants: None

State Credit Course: Yes

Crucial Conversations

As first responders, we find ourselves responding to unpredictable and varying situations on a regular basis. Constructive communication in particularly intense and emotional scenarios can make a tremendous difference in day to day operations and can increase wellness for firefighters and EMS providers. This session aims to help responders “set the tone” on scene AND in quarters, de-escalate already volatile situations and increase our capacity for compassionate interpersonal relations within agencies.

Upon completion of this session, participants should be able to:

Communicate more clearly, decreasing misunderstandings and potential for conflict with patients and colleagues
Develop coping strategies for stress to increase healthy interactions with coworkers
Relate knowledge of disruptive workplace behavior and how effectively managing said behaviors can reduce an agency’s exposure to risk and provide a safer environment for all.

Designed for: All emergency response personnel

Course Length: 2 hours

Maximum participants: None

NYS EMS CEU certificate for NYS NON-Core CME (2 hours)

Forcible Entry

Instructors: NYS Academy Staff

Designed for: Firefighters that may have responsibility for assessing the need for forcible entry as well as firefighters responsible for performing or assisting with forcible entry on emergency and non-emergency scenes.

Length: 4 hours

Minimum or Maximum participants: 10 minimum/24 maximum

State Credit Course: (TBD) (depending upon material covered in this program)

Prerequisites: Essentials of Firefighting, or Basic Firefighter Training, or Basic Exterior Firefighting Operations, or Firefighter I.

Required Equipment: Complete set of structural firefighting turnout gear including eye protection. SCBA is not required.

Stop the Bleed

Instructor: NYS Academy Staff

The person next to a bleeding victim may very well be the one who's most likely to save him or her from bleeding to death. By learning how to Stop the Bleed, you'll gain the ability to recognize life-threatening bleeding and act quickly and effectively to control bleeding once you learn three quick techniques. Take the Stop the Bleed course and become empowered to make a life-or-death difference when a bleeding emergency happens. Instructors will teach you using training materials specially developed to teach bleeding control techniques and will keep working with you until you demonstrate the correct skills to stop bleeding and save a life.

Designed for: All emergency response personnel

Course Length: 1- 2 hours

Maximum participants: None

State Credit Course: No

Cancer Awareness

Instructor: Firefighter Cancer Support Network

Awaiting Speaker confirmation as of printing of this material.

Designed for: All for all emergency personnel

Course Length: 2 hours

Minimum participants: None

Maximum participants: None

State Credit Course: No

Prerequisites: None

Ground Ladders

Instructor: NYS Academy Staff

Designed for: Firefighters that may have responsibility for moving and deploying ground ladders on emergency and non-emergency scenes.

Length: 4 hours

Minimum or Maximum participants: 10 minimum/24 maximum

State Credit Course: (TBD) (depending upon material covered in this program)

Prerequisites: Essentials of Firefighting, or Basic Firefighter Training, or Basic Exterior Firefighting Operations, or Firefighter I.

Required Equipment: Complete set of structural firefighting turnout gear including eye protection. SCBA is not required.

Yoga for First Responders: Lecture and Mat Class

Instructor: Wendi Wetzell

This presentation addresses common misconceptions about yoga, cites research that shows the benefits of yoga for firefighters specifically and introduces job-specific and culturally-informed exercises and techniques that have made yoga successful in firefighter settings. Through tactical breath work, physical drills/mobility training, and mindfulness techniques, Yoga For First Responders teaches a tangible skill set to proactively protect from Post Traumatic Stress, sleep disorders, and common injuries, as well as how to effectively process stress, build resilience and enhance performance. Proven benefits include reducing physiological and psychological stress in firefighters, as well as increasing Heart Rate Variability, resilience, and overall performance.

Following the presentation, participants will put theory into action with a 1 hour mat class, which will incorporate tactical breath work, mindfulness techniques, physical drills, and conclude with a neurological reset.

Mats are not required but you can bring your own.

EMS CME:

Instructor: Maria Walker

Topics to be determined by the students in the class based on recertification needs. Certifications will be emailed to participants.

Designed for: All first responders

Course Length: 2 hours

Maximum participants: None

State Credit Course: No

CME credits: Yes

Prerequisites: None

Social Events:

Friday Evening:

Social Meet and Greet

This event is held after dinner on Friday evening and includes a variety of beverages, snacks, and music. This event is an opportunity to meet other attendees of the weekend, as well as enjoy the company of female fire service members. The FSWNYS Board, would like to take this opportunity to introduce themselves, and go over any Academy changes that maybe in place.

Silent Auction

A silent auction is set up with unique items up for bid. The items are donated by weekend attendants, so bring an item with you if you would like to donate. The silent auction starts Friday evening and ends after the conclusion of the Annual FSWNYS meeting. Firm times will be announced upon at that time. All proceeds go to support FSWNYS.

Game Night

Have some laughs and enjoy games while getting to know your fellow attendees.

Saturday Evening:

Annual FSWNYS Meeting

Please attend the annual membership meeting of Fire Service Women of New York State, Inc. In this meeting topics affecting the organization are addressed. This is an open meeting following dinner on Saturday evening, and we encourage you to attend. Membership applications will be in your arrival packet for anyone who wishes to join or renewing members. Only current members of FSWNYS are eligible to vote and run for Board of Director positions.

Door Prizes

Gift certificates will be given out at the beginning and during the Annual FSWNYS meeting on Saturday evening. One free tuition to next year's FSWNYS Training Weekend will be awarded at the end of the meeting. If you bring a friend to attend the Training Weekend you will have two (2) chances to win the 2019 training weekend. Must be present to win.

The winner of the 50/50 Raffle will be picked at the conclusion of the Annual FSWNYS Meeting.

Crafts and Conversations

Have an entertaining night of crafting, beverages and good old-fashioned fun. No experience needed and supplies will be provided.

Biographies



Jenni Salomon is an EMS Training Specialist for the New York State Department of Health with the Bureau of EMS and Trauma Systems. Before joining the Bureau, Jenni served as a NYS EMT-paramedic, CIC, firefighter, and fire service instructor.

Jenni has been incredibly fortunate to contribute to EMS and fire service training nationally and regionally lecturing on the conference circuit, and through teaching and consulting for multiple EMS education programs. Ms. Salomon enjoys creating engaging, current and cutting-edge content for continuing education and conferences. She also fiercely believes that we can do better at our jobs and lives through education and activism.

Maria Walker: Retired Deputy Chief Maria Walker was a Firefighter/Paramedic with the Albany Fire Department (AFD) for almost 30 years. She is a NYS Certified Instructor Coordinator. She was introduced to the Niagara University's First Responder Disability Awareness Training (NUFRDAT) program in May of 2012 when Program Director Dave Whalen visited AFD. In August 2012, she became a trainer and a member of the Advisory Council to the program. In 2016, she was honored when Mr. Whalen offered her the opportunity to become a Master Trainer for the program. She has trained in New York, Massachusetts, and Virginia.



Wendi Wentzell: Wendi has been a student of the craft for 8 years and is currently a career firefighter/EMT at South Strabane Fire Department in Washington, PA. She is 200 hour registered yoga teacher and level 1 instructor with Yoga For First Responders. In her free time, she enjoys yoga, weight lifting, strongwoman completions, and spending time with her cats.

All other courses will be instructed by NYS Academy Fire Instructors to be announced by the Academy as their schedule is confirmed.

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Fire Academy Registration Form

Personal Information and Sponsoring Organization sections. Includes fields for name, training ID, social security, date of birth, home address, city, state, zip, phone, fax, email, and agency information.

Course Information section. Includes fields for course title (FSWNYS Training Conference), course code (01-14-0012), and dates (9/29 - 10/01/23).

Course Registration and Academy Meals & Lodging sections. Includes checkboxes for registration fees, materials, prerequisites, and meal/lodging options.

Registration, Material, Meals & Lodging Fees section. Includes a fee schedule table and a total enclosed/balance due section.

Payment Method section. Includes checkboxes for check, money order, signed voucher, purchase order, VISA, MasterCard, Discover, and fields for card number, expiration date, security code, and signature.

Please review the application to make certain it is complete and the required payment and prerequisite proof are to be uploaded to the lms portal when registering for a course. When uploading your registration form, to Secure your document, please check the Documentation Protection box.

Academy of Fire Science • 600 College Ave • Montour Falls, NY 14865-9634 | Phone: (607) 535-7136

NOTE: While we urge registration as early as possible, the absolute deadline for all Academy course registrations is 14 days before the course start date. Fire Officer 3 has a 21 day registration deadline. If your complete registration is not received by this deadline, you will not be placed in the course. Call the Academy for further information

Please choose which class(es) you would like to attend

			Friday	Saturday	Sunday
<input type="checkbox"/>	HazMat: Battery Emergencies & Electrical Storage Systems *	2 hours		8:00-9:45 am	
<input type="checkbox"/>	Crucial Conversations +	2 hours		10:00-11:45 am	
<input type="checkbox"/>	Forcible Entry #	4 hours		1:00 – 5:00 pm	
<input type="checkbox"/>	Stop the Bleed	2 hours		1:00 – 3:00 pm	
<input type="checkbox"/>	Cancer Awareness	2 hours		3:00 – 5:00 pm	
<input type="checkbox"/>	Ground Ladders #	4 hours			8:00-Noon
<input type="checkbox"/>	Yoga for First Responders	2 hours			8:00 – 10:00 am
<input type="checkbox"/>	CME Class for EMS Personnel+	2 hours			10:00 – Noon

* Students who successfully complete these courses, including course examination, if applicable, will receive New York State certificates of course completion.
 + CME credits #NYS Certificate TBD

Friday Night Dinner Cost: \$9

Will you be arriving on Friday prior to 5:15 pm to be counted for dinner?

Yes

No

Cost Breakdown for the Weekend

Lodgers: Arriving Friday afternoon: Friday thru Sunday total fee for the weekend is \$110.00 which includes the \$25.00 in State registration fee and \$5.00 materials fee. (Out of state registrants add an additional \$25.)
Meals & Lodging: \$40 per night. If adding Friday Dinner please add a Commuter dinner on application for an additional \$9.00.

Commuter students: \$25 registration; Commuters meals only: \$8 per day for breakfast and lunch. In addition, dinner available to purchase at \$9/day.

Application deadline is August 30, 2023

Please forward all training documentation including registration form, course checklist, t-shirt order, payment, and all copies of pre-requisites to:

Mary Wrobel,
 Fire Service Women of NYS, Inc.,
 3842 US 20,
 Nassau, NY 12123



Training Authorization Letter

The student listed below is an active member of the agency indicated below, is at least 16 years of age, and is authorized to attend the course indicated below. I understand this training course may contain certain evolutions that simulate and/or create actual firefighting or rescue conditions. The Office of Fire Prevention and Control is not responsible and/or liable for any malfunction or damage to any equipment used during this training program.

PLEASE PRINT ALL INFORMATION

Course Information

Course Name
Course Number Location

Agency Authorization

Agency Name FDID # Date
Print Name of Authorized Rep. Original Signature

COMPLETE THE APPROPRIATE SECTION BELOW

ORIGINAL INITIAL

Two checkboxes for student authorization and medical clearance to use SCBA.

If you cannot answer the questions above because you do not know the requirements of 29 C.F.R. Part 1910 or do not know whether the firefighter listed below is authorized to use SCBA, please contact OFPC

Student Information

Last Name First Name MI
Address City State
New York Training ID Primary Phone Zip
Email Address

I, [PRINT NAME OF STUDENT], have read, fully understand and agree with the above information. I understand and acknowledge the importance of safety during the training course and further acknowledge that if an instructor believes that my behavior or abilities may cause a safety risk to myself or another, the instructor has the authority to remove me from the simulation or course.

ORIGINAL SIGNATURE OF STUDENT

DATE

16 or 17-year-old students must have the section below completed to participate in state fire training

The undersigned parent or legal guardian of [PRINT NAME OF STUDENT] consent to his/her participation in the training listed above. I have read, fully understand, and agree with the above information. I understand and acknowledge that safety is important during the training and further authorize the instructor to remove the student from the simulation or course if the instructor believes that his/her behavior or abilities may cause a safety risk to himself/herself or another.

PRINTED NAME OF LEGAL GUARDIAN

ORIGINAL SIGNATURE OF LEGAL GUARDIAN

DATE



Student Data Sheet

Requesting New Student ID

Update to Current Student ID

Student Identification # grid with N Y columns

Student Name

Student Name grid with Last Name, Suffix, First Name, M.I.

Primary Agency

Primary Agency grid with FD Identification #, Appt. Date, Primary Name

Secondary Agency

Secondary Agency grid with FD Identification #, Appt. Date, Secondary Name

Student Information

Student Information grid with Address, City, State, Zip

Primary Phone and Primary Email fields

Date of Birth grid

Last 4 of Social Security # grid

Gender (optional) Male Female

Education Level (optional)

Education Level checkboxes: High School / GED, Associates, Masters, Some College, Bachelors, Other

Submit Form

or print and email a scanned copy to: ofpc.training@dhSES.ny.gov

OFFICIAL USE ONLY

Data sheet processed by: _____

Date ID emailed to student: grid

Fire Service Women of NYS, Inc.

20th Annual Training Program

September 29-October 1, 2023



T-Shirt Order Form

DEADLINE FOR ORDERS: August 30, 2023

The 2023 shirt will be 100% cotton, tan shirt with light brown printing on front and back. (Think desert camo colors)

- They **MUST be ordered in advance** by completing this order form.
- Return this order form with your weekend registration form to **Mary Wrobel**.
- **DO NOT** send t-shirt money to the Academy. *Payment will be collected when you pick up your shirt.*

ONLY THE EXACT NUMBER OF SHIRTS ORDERED IN ADVANCE WILL BE PURCHASED, USING THIS FORM

NAME: Last _____ First _____

Please indicate the number and size of shirts (**Men's Sizes**)

	Short Sleeve \$15	Long Sleeve \$20
Small		
Medium		
Large		
Extra Large		
XX Large		
XXX Large		
Total #		

Total #of short sleeve shirts _____ x \$15 / **Total #of long sleeve** _____ x \$20 = **Total Due** _____

Payment will be at the T-Shirt table when you check into the Academy for the weekend.

Cash or check payable to:

Fire Service Women of NYS, Inc.

Important Information

EARLY REGISTRATION IS KEY

All courses have a minimum required number of students and a maximum number of students. Early submission of application provides greater chances for getting into desired courses, as well as a better room. If the minimum number of required students in a class is not met, the Academy will cancel the class. In this event you will be given the opportunity to be placed in another class. The Academy can only house 200 students, so rooms/dorms will be allocated based on the order in which applications are received.

DRESS CODE

Pack comfortable, casual attire, sensible footwear and a jacket. Late September weather in Montour Falls is unpredictable; could be warm and sunny, rainy, or windy and nippy, so think of layering clothes and bring night wear suitable for varying temperatures. No hats or tank tops are permitted in the cafeteria. The exercise room will be open throughout the weekend, so bring work-out clothes if you plan to use it. The social events are casual. **The FSWNYS Group Photo will be taken on the front entrance stairs at 7:45 am on Saturday morning.** Plan to wear your weekend t-shirt which is an optional item for purchase. See the order form for details.

MEDICATIONS

Bring all your medications – daily, urgent and emergency.

ACADEMY AMENITIES

The Academy provides: linens, one blanket & one pillow per bed. Additional blankets are available, but not pillows, so if you sleep with two, best bring one. Towels (not big fluffy ones) and soap (small bar) are provided. Alarm clock/radio in room. Room phones require a calling card for outgoing calls. Cell phone service in Montour Falls can be marginal.

The Academy does **NOT** supply: irons and ironing boards, laundry facility, hair dryers, toiletries.

ACADEMY RULES

- **All rooms MUST be vacated by 8:00 am on Sunday morning, no exceptions. Towels and sheets are to be placed outside of rooms.**
- **No alcoholic beverages permitted in the Academy.**
- **Photo ID is required for room keys and name tag.**

FSWNYS REGISTRATION TABLE: There will be a registration table open on Friday afternoon until 5:00 pm located in the main entrance of the Academy, during all meals in the cafeteria, and on Saturday morning at the back of the Auditorium.

Registration Checklist

Use this checklist to make certain that your registration package is complete.

Application deadline is August 30, 2023

ROOMMATE PREFERENCE: Rooms are allocated based on the order in which applications are received. If you want a specific roommate both persons must write the name on their application. No preference, write “no preference.” If requesting a dorm with other members of your FD, write “Dorm/FD Name”. (* At the time of this notice, due to COVID policy, all rooms will be assigned individually unless specifically requesting to be roomed with another individual.)

ARRIVAL DATE & TIME: This is essential information for those handling the check-in process and for the Academy housekeeping staff. If you arrive after the registration tables are closed, your badge and room key will be obtained from the Security Officer. PHOTO ID is required to receive your room key and/or your name tag. You will still need to go to the FSWNYS registration table when open to pick up information. The Academy front door is not locked overnight; however, security needs to know who is arriving after 10 pm. If you arrive prior to the date and time stated, your room may not be ready.

TOTAL DUE: Double check your lodging, meals and course fees for accuracy.

PAYMENT ENCLOSED or payment information provided.

Fire Academy Registration Form (EOSB-1220)

COURSES & WORKSHOPS: Checkmarks on back of Registration Form

DINNER REQUEST FOR FRIDAY EVENING: Checkmark on back of application and Commuter Dinner on Registration sheet for an additional \$9.00

TRAINING AUTHORIZATION LETTER ENCLOSED (EOSB-1654): Every individual attending the conference must submit a completed training authorization letter.

Student Data Sheet (EOSB-601)

T-SHIRT ORDER FORM: Do **not** send payment since **payment is due when you pick up** the T-shirt at registration.

Please forward all training documentation including registration form, course checklist, t-shirt order, payment, and all copies of pre-requisites to:

**Mary Wrobel
Fire Service Women of NYS
3842 US 20
Nassau, NY 12123**

FIRE SERVICE WOMEN
OF NEW YORK STATE



Join the fun... donate, bid & buy!

DO YOU HAVE...things stashed away that were presents you do not really like...nice stuff you have not used in years...art work or photography... neat handcrafted items...a vacation home you could donate for a weekend or a week...contacts in the hospitality industry (restaurants, hotels, resorts, attractions) who would contribute gift certificates, weekend packages, admissions...friends in a retail business???????

USE YOUR IMAGINATION...EVERY BIT HELPS

No item is too small...one woman's trash is another woman's treasure! Check your contact list, address book, holiday card list...ask friends, relatives, co-workers, business associates, casual acquaintances...anyone you can think of who might be willing to support Fire Service Women of New York State, Inc. & Phoenix Firecamp. If everyone brings one item, there will be a vast selection of good things to auction!

FIRE STUFF IS HOT!!!!

Fire service items are big sellers. Bring things from your own Department or reach out and find something from another part of the US - or around the world.

WHO BENEFITS?

The Board of Directors of Fire Service Women of New York State, Inc. decides how the proceeds will be used. Usually 50% is earmarked for the FSWNYS Annual Training Weekend. The other 50% is earmarked for FSWNYS Phoenix Firecamp.

DONATIONS ARE TAX DEDUCTIBLE

Fire Service Women of New York State, Inc. is a 501(C-3), not-for-profit corporation with IRS Tax-exempt status. Donations for the auction are tax deductible to the fullest extent allowed by law. So, if you buy something to contribute to the auction, or ask a business or corporation for a donation, there is the tax deduction advantage.

We accept cash, checks and credit cards as payment for items purchased at the Silent Auction.