

37TH CITA — KIRKWOOD FIRE SCHOOL

KIRKWOOD COMMUNITY COLLEGE | CEDAR RAPIDS, IOWA

Sept. 23 and 24, 2023



WWW.KIRKWOOD.EDU/FIRESCHOOL



Kirkwood
COMMUNITY COLLEGE

CONTENTS

Learning Seminars	1
One-Day Classes	6
Two-Day Classes	12
Pertinent Fire School Information	14
Registration/Location/Campus Map	16
Sponsorship Billing Authorization Form	17

LOCATION

Kirkwood Continuing Education Training Center
(KCETC)
101 50th Ave. SW, Cedar Rapids, Iowa 52404



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CITA – KIRKWOOD FIRE SCHOOL

Since 1986, the Central Iowa Training Association (CITA) and Kirkwood Community College have partnered together to bring you the CITA – Kirkwood Fire School. As one of the largest fire schools in the state, the CITA – Kirkwood school efficiently uses resources to meet fire service personnel needs in Iowa and nearby states.

2023 FIRE SCHOOL SCHEDULE

Saturday, Sept. 23, 2023

7:30 – 8:45 a.m.

Participant Check-In and Vendors Open

9 a.m. – Noon

Classes in Session and Vendors Open

11:30 a.m. – 1:30 p.m.

Lunch (staggered schedule) and Vendors Open

Noon – 1 p.m.

Check-In for Afternoon Learning Seminars and Vendors Open

1 – 4 p.m.

Classes in Session and Vendors Open

Sunday, Sept. 24, 2023

7:30 – 8:30 a.m.

Check-In

8:30 – 11:30 a.m.

Classes in Session

11 a.m. – 1 p.m.

Lunch (staggered schedule)

Noon – 3:30 p.m.

Classes in Session

Kirkwood Community College shall not engage in nor allow unlawful discrimination against individuals involved in its educational programs and activities on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, religion, age, disability, or actual or potential parental, family, or marital status. If you have questions or complaints related to compliance with the policy, please contact the Vice President of Human Resources at Kirkwood Community College, 313 Kirkwood Hall, 6301 Kirkwood Blvd. SW, Cedar Rapids, IA 52404, Telephone: 319-398-5572, Email: equity@kirkwood.edu, or the Director of the Office for Civil Rights U.S. Department of Education, John C. Kluczynski Federal Building, 230 S. Dearborn Street, 37th Floor, Chicago, IL 60604-7204, Telephone: 312-730-1560, Fax: 312-730-1576, Email: OCR.Chicago@ed.gov.

LEARNING SEMINARS



Calling All Fire Instructors: ResourceOne Utilization Training

This informational session allows fire service instructors to understand the ins and outs of ResourceOne through IFSTA. With ResourceOne, you will create a better learning experience with face-to-face, blended, and online training. Learn how to advance your Firefighter 1 and 2 classes with ResourceOne through effective, cost-efficient tools and techniques to better assist your students in understanding the course materials.

This session is offered to all certified fire instructors in Iowa at no charge and will be held on **Friday, Sept. 22, from 6 – 9 p.m.** at the Kirkwood Continuing Education Training Center in Cedar Rapids. **Please sign up in advance to receive instructions prior to the training date.**

ETFR-5700 / 1 session /
Free to certified fire instructors.
>137884 F 6-9pm Sep 22

Anatomy of a Disaster: The Risk of Modern Building and Maintenance

New construction pitfalls, remodel cost savings, poor upkeep and maintenance practices — what do they have in common? All can spell disaster when a fire breaks out both for the occupants and the responders. This class will look at several cases where decisions made, from modern home construction to the upkeep in large multi-residential unit buildings, led to disaster. By looking at these events, we might better prepare for our own responses.

All Fire and Rescue Service Personnel.

ETFR-5700 / 1 session / \$30

>137530 Sat 1-4pm Sep 23

Brian Freese, Centralia - Peosta/National Education Center for Agricultural Safety

Basic Electric Vehicle Safety for 1st Responders

NEW This program will help firefighters and other first responders prepare for the growing number of electric and hybrid vehicles on the road. This course will provide first responders with basic information they need to effectively identify and deal with emergency situations involving electric and hybrid vehicles.

All Fire, EMS, and Rescue Service Personnel.

ETFR-5700 / 1 session / \$30

>137556 Sat 9am-12pm Sep 23

Joe Zittergruen, Fire Chief, Guttenberg Fire Department and FSTB Instructor

>137889 Sun 8:30-11:30am Sep 24

Joe Zittergruen, Fire Chief, Guttenberg Fire Department and FSTB Instructor



Being an Effective Leader in the Fire Service

NEW This course is designed to provide a basic introduction to leadership by focusing on what it means to be a good leader. Emphasis in the course is on the practice of leadership. The course will examine topics such as: understanding leadership, recognizing leadership traits, engaging people's strengths, understanding philosophy and styles, attending to tasks and relationships, developing leadership skills, creating a vision, establishing a constructive climate, listening to out-group members, handling conflict, and addressing ethics in leadership and overcoming obstacles. Students will assess their leadership traits and skills to improve their own leadership performance.

All Fire and Rescue Service Personnel.

ETFR-5700 / 1 session / \$30

>**137562** Sun 8:30-11:30am Sep 24

Professional Rescue Innovations Staff

Does Flow Matter?

Effective supply hoseline operations are essential to firefighter operations. While some operations will be performed through drafting, water shuttles, or relay pumping, the most common and basic water supply operation is through a fire hydrant and fire pumps. When evaluating the effectiveness of a supply line setup, firefighters must evaluate each factor that affects the operation: water quantity, friction loss, and distance. Water quantity refers to the amount of water that a supply line contains when charged. Friction loss refers to the amount of pressure that is lost due to friction within the hoseline. Distance refers to the distance that the water must be transported from the water supply source to the fire scene.

All Fire and Rescue Service Personnel.

ETFR-5700 / 1 session / \$30

>**137531** Sat 9am-12pm Sep 23

Sandry Fire Supply & Staff, DeWitt, Iowa

Engine of Intent

NEW This class will focus on designing your fire suppression apparatus to be most effective in your environment. We will focus on making deliberate and conscious decisions about the equipment on your engine, designing attack packages to meet your needs, and formulating training and drill plans to ensure readiness.

All Fire and Rescue Service Personnel.

ETFR-5700 / 1 session / \$30

>**137561** Sun 8:30-11:30am Sep 24

Lance Rouston, Altoona Fire Department

>**137544** Sun 12:30-3:30pm Sep 24

Lance Rouston, Altoona Fire Department

Human Trafficking for First Responders

First responders are essential in expanding the local fight against sex and labor trafficking. Human trafficking occurs in all 50 states and it is imperative to know the signs and what to look for. This course will provide an overview of human trafficking, information on how to recognize human trafficking, as well as how to identify potential victims and/or traffickers. This class will also discuss how to respond to potential human trafficking situations and the proper way to report suspicious activity.

All Fire, EMS, and Rescue Service Personnel.

(3.0 CEHs Pending Approval)

ETFR-5700 / 1 session / \$30

>**137552** Sat 1-4pm Sep 23

Ray Fiedler, Iowa Office to Combat Human Trafficking

**“The laid-back, honest instructors
made it very comfortable and
a better learning environment.
Looking forward to coming back!”**

Mental Health for First Responders

First responders may be at elevated risk for suicide because of the environments in which they work, their culture, and stress, both occupational and personal. This stress can be acute (associated with a specific incident) or chronic (an accumulation of day-to-day stress). Occupational stress in first responders is associated with increased risk of mental health issues, including hopelessness, anxiety, depression, post-traumatic stress, as well as suicidal behaviors such as suicidal ideation (thinking about or planning suicide) and attempts. This course will provide training on how to recognize mental health and substance abuse within our own departments. You will gain knowledge on signs to look for when a firefighter may be dealing with a mental health crisis or substance abuse crisis.

All Fire, EMS, and Rescue Service Personnel.
(3.0 CEHs Pending Approval)

ETFR-5700 / 1 session / \$20
>137554 Sat 1-4pm Sep 23
Tiffany Regenwether, Kirkwood Community College

New Training Officer

NEW The training officer plays an integral part in the success and safety of everyone in the department. Continuing education is of paramount importance to today's responder, and the training officer is responsible for making sure that all members know the responsibilities that each of them play in the emergency scene. There are certain points of consideration that aid the training officer in developing a successful training program for their departments. This course will be a discussion-type format on the roles and responsibilities of the training officer. Topics covered include: laws, standards, SOPs, and how a training officer can improve a training program.

All Fire and Rescue Service Personnel.

ETFR-5700 / 1 session / \$30
>137555 Sat 1-4pm Sep 23
Professional Rescue Innovations Staff



Running a Risk: Emergency Vehicle Operations and the Law

NEW Did you know that Iowa law requires emergency vehicle training for every driver of an emergency vehicle? Every time an emergency response vehicle rolls out the door there is a chance that something bad will happen. Collisions involving emergency vehicles have resulted in injuries, deaths, criminal charges, and costly insurance claims. The course will discuss emergency vehicle driver training, emergency warning equipment requirements, NFPA standards, and best practices, as well as recent legislation and Iowa Bureau of EMS administrative code rules. This course should help fill a gap in emergency vehicle training by providing an overview of emergency vehicle operations statutes and cases with videos to improve responders' critical thinking skills and decision making when responding to incidents. It will also give responders ideas on how to manage risks associated with emergency vehicle operations, fire operations, and EMS operations from the perspective of a practicing Iowa defense attorney who also serves as a volunteer Fire Captain/EMT. This training session is open to police officers, firefighters, and emergency medical providers of all ranks and any experience level from any department.

All Fire, EMS, and Rescue Service Personnel.
(3.0 CEHs Pending Approval)

ETFR-5700 / 1 session / \$30
>137951 Sat 9am-12pm Sep 23
Skylar Limkemann, Public Safety Consultants, LLC / Tiffin Fire Dept.

Trauma in Agriculture

NEW Accidents in agriculture happen in the blink of an eye. What are common injuries and how can first responders prepare for them? This course is going to look at various types of injuries, how we deal with them in the prehospital setting, and some of the considerations we must make for the best interest of our patients.

*All Fire, EMS, and Rescue Service Personnel.
(3.0 CEHs Pending Approval)*

ETFR-5700 / 1 session / \$30

>137553 Sat 9am-12pm Sep 23

Brian Freese, Centralia - Peosta/National Education Center
for Agricultural Safety

>137536 Sun 12:30-3:30pm Sep 24

Brian Freese, Centralia - Peosta/National Education Center
for Agricultural Safety

What are the Risks to Your Fire Department?

Some things like lack of training, lack of daytime coverage, and recruitment/retention are at the top of most Fire Chiefs' lists. We will discuss those along with plenty of other risks that are not always considered. Come prepared to share your experiences and concerns. We will talk about the risks, discuss some solutions, and see how other departments are dealing with these issues.

All Fire and Rescue Service Personnel.

ETFR-5700 / 1 session / \$30

>137529 Sat 9am-12pm Sep 23

Shawn Fluharty, Marion Fire Department

**“Instructor had relevant, knowledgeable experience.
Did very well at welcoming multiple perspectives.”**





ONE-DAY CLASSES

“9”

This course is an in-depth case study review of the Charleston, South Carolina, sofa superstore fire that resulted in the loss of nine firefighters. We will discuss the building where the fire occurred, contributing factors, and lessons learned from this tragic event. Participants will listen to actual fireground audio and review photos from the scene. To conclude, we will discuss the things we can take away from this event to improve our performance and continue to honor the Charleston 9.

All Fire and Rescue Service Personnel.

ETFR-5800 / 1 session / \$60

>**137427** Sat 9am-4pm Sep 23

Lance Rouston, Altoona Fire Department

Fire Investigation for First Responders

This course will examine the fundamentals of basic fire investigation for responding firefighters and fire officers. Participants will discuss the information and observations that need to be collected to establish the basis for a thorough fire investigation. The State Fire Marshal's response policy and areas of coverage will also be provided. Basic terminology and burn pattern analysis will be provided and re-enforced through multiple case studies with special emphasis on the investigation of fatality fires.

All Fire and Rescue Service Personnel.

ETFR-5800 / 1 session / \$60

>**137565** Sat 9am-4pm Sep 23

Lucas Ossman, Special Agent, State Fire Marshal Office

EMS Boot Camp: Back to the Basics

NEW Treat the patient, not the monitor is what EMS providers have been told since day one of EMS training. Over the years, technology in EMS has providers focusing on the “bells and whistles” — have we lost that edge of actual patient assessment and treatment? In this session, EMS providers will go back to the basics and focus on patient assessment, using differential diagnosis, and spend time with basic treatment skills that we may be a bit rusty on. Be ready for an interactive day of EMS discussions, and skills. *Bring BP Cuff and Stethoscope.*

*All Fire, EMS, and Rescue Service Personnel.
(6.0 CEHs Pending Approval)*

ETFR-5800 / 1 session / \$60

>**137535** Sat 9am-4pm Sep 23

Emergency Training Center, LLC

Reading Buildings Before Smoke

This class is designed to provide detailed training and exercises to improve the effectiveness of first-arriving officers and firefighters with a simple four-step method at residential and commercial buildings to assist in fire location and verifying building integrity. The class will also provide you with an excellent opportunity to enhance your decision-making skills in determining the primary factors of strength, weakness, collapse hazards, new construction features, and evaluating the fire behavior effects on building structures. Wouldn't it be great when you arrive on the scene of a structure fire to be able to know how much fire you have, the layout of the building, and where to draw your line in the sand to contain the fire?

All Fire and Rescue Service Personnel.

ETFR-5800 / 1 session / \$60

>**137509** Sun 8:30am-3:30pm Sep 24

Professional Rescue Innovations Staff

**“Keep doing what you’re doing;
this fire school and courses are great!”**

Ventilation Tactics (Hands-On)

NEW Tactical ventilation encompasses those ventilation techniques necessary to make initial firefighting operations safer, more effective, and more efficient. Some areas that will be covered are controlling the flow path (how outside air is entering the structure and finding its way to the seat of the fire); improving the tenability for trapped occupants (reducing heat and smoke conditions, particularly from the floor to a height of approximately four feet — the “survivability zone”); and improving operating conditions for firefighters. Students will practice cutting on a pitched roof and understanding how to correctly utilize the saw and its components, as well as the do’s and don’ts of ventilation. **Full NFPA-compliant protective clothing and SCBA will be required for all students involved in the hands-on portion of this course.**

All Fire and Rescue Service Personnel.

ETFR-5800 / 1 session / \$60

>**137546** Sun 8:30am-3:30pm Sep 24

PRI Staff Instructors and FSTB Field Instructors

Auto Extrication

This course provides basic hands-on training for fire and rescue personnel in size-up, stabilization, hazard control, patient access, disentanglement, and scene control techniques at automobile accidents involving one or two vehicles remaining on their wheels. Emphasis is placed on proper choice, placement, and use of equipment available locally. The tools and techniques used in vehicle extrication are applied to any situation where a patient must be removed from an area of entrapment. This class will especially focus on the use of cribbing, lifting airbags, and struts. **Full NFPA-compliant protective clothing and safety glasses will be required for all students involved in the hands-on portion of this class.**

All Fire and Rescue Service Personnel.

ETFR-5800 / 1 session / \$60

>**137425** Sat 9am-4pm Sep 23

Sandry Fire Supply & Staff, DeWitt, Iowa

Basic Vehicle Firefighting (Hands-On)

In this class, students will learn to recognize the hazards associated with vehicles, such as bumpers, driveshafts, passive restraint detonation systems, and various kinds of fuel systems. Identification of scene safety concerns, engine placement, and recognizing the challenges of compartment forcible entry to affect extinguishment are discussed. The class also covers line selection, operation, and assembly. Methods to gain entry to engine compartments and trunks for more rapid-fire suppression are also presented. This course is a combination of classroom and hands-on exercises. **Full NFPA-compliant protective clothing and SCBA will be required for all students involved in the hands-on portion of this course.**

All Fire and Rescue Service Personnel.

ETFR-5800 / 1 session / \$60

>**137423** Sat 9am-4pm Sep 23

Randy Thompson, Grundy Center Fire Department

>**137439** Sun 8:30am-3:30pm Sep 24

Randy Thompson, Grundy Center Fire Department

Fire Ground Support (Hands-On)

NEW This class covers the many duties of truck company operations. A classroom session covers the tasks that must be conducted in order to be an effective truck company, the riding assignments, and how they can work for your department. Also covered is apparatus positioning and apparatus operations at a fire scene. The bulk of the program is conducted using hands-on training on mobile forcible entry and ventilation simulator trailer. Topics covered are forcible entry, vent enter search, search, peak and flat roof ventilation, horizontal ventilation, and company officer tactics. **Full NFPA-compliant protective clothing and safety glasses will be required for all students involved in the hands-on portion. No SCBA required.**

All Fire and Rescue Service Personnel.

ETFR-5800 / 1 session / \$60

>**137545** Sun 8:30am-3:30pm Sep 24

PRI Staff Instructors and FSTB Field Instructors



Firefighter Rehab at the Fire Scene (Hands-On)

This course aims to educate emergency services personnel about the importance of rehabilitation and information that will help you and your department implement a successful rehab program. Rehabilitation is the rest, rehydration, nutritional support, and medical monitoring of emergency responders and fire department members during emergency incidents. This course will cover the following: define firefighter rehab; identify the purpose of firefighter rehab; describe the physiological threats to firefighters; describe the primary components of firefighting; set up a rehab area; conduct rehab operations. After some classroom information, students will be working in the rehab units for the live fire classes going on at Fire School. ***If possible, students should bring stethoscope and pulse oximeter for the hands-on portion of the class.***

All Fire, EMS, and Rescue Service Personnel.
(6.0 CEHs Pending Approval)

ETFR-5800 / 1 session / \$60

>137438 Sun 8:30am-3:30pm Sep 24

Tracey Tope, EMT Captain (Ret.), Nevada Fire Department

Forcible Entry for Firefighters (Hands-On)

This class is designed to allow participant an opportunity to perform forcible entry techniques on door and window props using cut-off saws, pry bars, and other appropriate tools. As the class progresses, the skill level will move from basic to more intermediate and advanced levels.

Full NFPA-compliant protective clothing and safety glasses will be required for all students involved in the hands-on portion. No SCBA required.

All Fire and Rescue Service Personnel.

ETFR-5800 / 1 session / \$60

>137433 Sun 8:30am-3:30pm Sep 24

FSTB Field Instructors



**Handling Liquid Propane Emergencies
(Hands-On)**

Handling Propane Emergencies is designed for all firefighters who may be called upon when propane is inadvertently released from its container. The course will have classroom discussion on the physical properties and characteristics of propane followed by hands-on evolutions demonstrating the proper offensive and defensive techniques for a propane device-leaking product. **Full NFPA-compliant protective clothing and SCBA will be required for all students involved in the hands-on portion of this course. All Fire and Rescue Service Personnel.**

ETFR-5800 / 1 session / \$60
>137424 Sat 9am-4pm Sep 23
FSTB Field Instructors

Law Enforcement Operations on the Fireground
Fires today are burning faster, hotter, and are more dangerous than ever before. The simple acts of breaking a window or forcing open a door can immediately impact fire growth and make interior conditions untenable. When confronted with incidents when law enforcement arrives ahead of the fire department, your safety could be compromised quickly due to modern fuels and changes in building construction. Police officers on patrol in their communities are in the best position to limit the oxygen available to fires inside compartments like residential and commercial structures. It makes sense to instruct them on how to control the flow path during a search or when locating the fire and, in turn, limiting the extent of the fire and protect any occupants prior to the fire department arrival. This class is appropriate for law enforcement professionals as well as fire service professionals who are looking for resources to improve fireground safety. **All Fire and Rescue Service Personnel.**

ETFR-5800 / 1 session / \$60
>137750 Sun 8:30am-3:30pm Sep 24
Al McCune, Hawkeye Fire Department

**Live Mobile Flashover (Fire Behavior/Control)
(Hands-On)**

You will spend time in the classroom discussing vital lifesaving topics such as: modern fire dynamics from the latest NIST and UL studies, transitional attack, and SLICE-RS Instructors will utilize the most current research to assist in developing basic fire attack skills. Participants will then witness this training in action by entering the flashover trailer. This trailer lets the firefighter witness the awesome life cycle of an unfriendly fire from ignition to flashover. Learn to recognize the conditions leading to flashover — how it happens, and how to recognize the rapidly developing fire, dense smoke, high heat, and rollover, all of which are present in the unit. Learn to use defensive techniques. Who would send a firefighter to face a situation in the real world that he has not seen in training? Students must be Firefighter 1 certified to take this course. **Full NFPA-compliant protective clothing and SCBA will be required for all students involved in the hands-on portion of this course. All Fire and Rescue Service Personnel.**

ETFR-5800 / 1 session / \$70
>137429 Sat 9am-4pm Sep 23
Customized Firefighter Training
>137440 Sun 8:30am-3:30pm Sep 24
Customized Firefighter Training

Pump Operations 101 (Hands-On)

Water continues to be the most practical and commonly used agent for extinguishing fires. This course deals with the actions required to effectively understand hoses, nozzles and appliances, pumps, as well as the delivery of water in an effective manner to mitigate incidents. Without question, fire department pumpers are the most important apparatus used for controlled application of water and other extinguishing agents. No fire department can operate without pumping apparatus. This course is one of the easiest methods to attempt to ensure that all pump operators perform properly and professionally. **Full protective clothing (turnout gear) and SCBA required. All Fire and Rescue Service Personnel.**

ETFR-5800 / 1 session / \$60
>137426 Sat 9am-4pm Sep 23
PRI Staff Instructors and FSTB Field Instructors

Rapid Intervention Techniques (Hands-On)

In this class, students will learn the hands-on techniques needed to survive when something goes wrong. Firefighters will learn to recognize situations where firefighters can become trapped and disoriented and will learn the proper techniques for self-rescue. Firefighters will also learn lifesaving techniques that can be used in the event that a rapid intervention team is needed. Students will learn how to search, find, and remove firefighters from life-threatening incidents. *Full NFPA-compliant protective clothing and SCBA will be required for all students involved in the hands-on portion of this course.*

All Fire and Rescue Service Personnel.

ETFR-5800 / 1 session / \$60

>137563 Sat 9am-4pm Sep 23

FSTB Field Instructors

Rogue Truck Company Operations – Safety and Survival (Hands-On)

NEW With RIT only being successful six percent of the time, Rogue’s Truck Company Ops understand that no one is coming to save us. It is on us as firefighters to get ourselves out. Safety & Survival explores the realities of Project Mayday and Project Impact. Students will practice safety and survival skills as well as search and forcible entry. Students will then be placed in critical situations where they will be forced to make lifesaving decisions. We are the Resilience Fire Company. This class will be held at the Coralville Fire Training Facility and you will need to provide your own transportation. *Full NFPA-compliant protective clothing and SCBA will be required for all students involved in the hands-on portion of this course.*

All Fire and Rescue Service Personnel.

ETFR-5800 / 1 session / \$60

>137560 Sun 8:30am-3:30pm Sep 24

Cody Nicely-Green, Resilience Fire Co. and Rogue Training Consulting

SCBA Confidence Course: The Point of No Return — Do You Have What it Takes to Get Back? (Hands-On)

This class is designed for both the new and experienced firefighter. We utilize a short amount of classroom time to cover important aspects of the training but put most of the focus of the class into the hands-on portion. By incorporating several props, we can create an SCBA course that will challenge the experienced firefighter and build confidence in the new firefighter. As you maneuver through the course, you will be challenged to work on air conservation, disorientation, mayday, communications, and other tactical functions used during interior operations. You will not be sitting around when not in the SCBA course; you will be put through several other skills utilizing tools, webbing, and teamwork. The goal of this class is to have participants walk away feeling challenged and possess more confidence in their ability to function in an SCBA during a stressful situation. This class will start at Kirkwood and move over to Monroe Township Fire Department, 3421 Midway Rd., Toddville.

Full NFPA-compliant protective clothing and SCBA will be required for all students involved in the hands-on portion of this course.

All Fire and Rescue Service Personnel.

ETFR-5800 / 1 session / \$60

>137422 Sat 9am-4pm Sep 23

Monroe Township Fire Department Personnel



Structural Firefighting (Hands-On)

If you want to get HOT “Hands On Training,” this class is for you! You will spend time in the classroom discussing vital lifesaving topics such as: Modern Fire Dynamics from the latest NIST and UL studies, Transitional Attack, and SLICE-RS. Instructors will utilize the most current research to assist in developing basic fire attack skills. Participants will then witness this training in action by entering Customized Firefighter Training’s live fire simulation trailer. It simulates a house fire with propane burners and the use of class A materials. Who would send a FF to face a situation in the real world that he has not seen in training? **Full NFPA-compliant protective clothing and SCBA will be required for all students involved in the hands-on portion of this course.**

All Fire and Rescue Service Personnel.

ETFR-5800 / 1 session / \$60		
>137430	Sat 9am-4pm	Sep 23
Customized Firefighter Training and FSTB Field Instructors		
>137441	Sun 8:30am-3:30pm	Sep 24
Customized Firefighter Training and FSTB Field Instructors		



Vehicle Extrication — Big Rig Rescue (Hands-On)

NEW Accidents involving tractor-trailers and other large vehicles call for specialized knowledge and skills on the part of emergency responders. This course is designed for emergency response personnel who have technician-level training as well as prior experience in vehicle extrication. Explore hands-on scenarios that rescuers might face in their work: fully loaded tractor-trailers and cars under trailers, etc. This course provides emergency responders with extensive hands-on and classroom training in the use of tow trucks, rescue struts, cribbing, and airbag systems to lift and stabilize heavy vehicles during realistic vehicle extrication scenarios. Personnel will operate in realistic conditions using the latest equipment available for vehicle rescue operations. **Participants must furnish approved helmet, turnout gear, eye protection, gloves, and boots for this class.**

All Fire and Rescue Service Personnel.

ETFR-5800 / 1 session / \$60		
>137548	Sun 8:30am-3:30pm	Sep 24
PRI Staff Instructors and FSTB Field Instructors		

Water Rescue (Hands-On)

This course is designed for agencies that have recognized the need to start a formalized water rescue team. Any agency that may at some time work around lakes, ponds, or flowing water will benefit from the course. This course is designed to assist your agency in meeting the Operations Level of the NFPA 1670 Standard for water incidents. Students are trained in hazard recognition; equipment use; and techniques necessary to conduct basic shore and boat-based rescue. This course can be held on a lake or a slow-moving river. **Bring lightweight water or climbing helmets, USCG Type III- or V-approved life jacket / PFD, water boots or tennis shoes, gloves, and optional wetsuit.**

All Fire and Rescue Service Personnel.

ETFR-5800 / 1 session / \$60		
>137558	Sat 9am-4pm	Sep 23
PRI Staff Instructors and FSTB Field Instructors		



TWO-DAY CLASSES

Advanced Rope Rescue (Hands-On)

NEW This course offers high- and low-angle rescue training. This course will give responders hands-on experience in rope rescue procedures and the content will adhere to NFPA 1006 and NFPA 1670. The purpose of this course is to explain basic strategies to safeguard responders' health and safety when dealing with potential dangers associated with high- and low-angle rope rescue emergencies. Individuals will gain basic knowledge in tying knots, new equipment, proper anchoring, and proper patient packaging. This course allows responders to work together to understand the patient needs. Students will demonstrate and perform hands-on skills in a mobile rope simulator trailer. ***Students in this class must bring a helmet (rescue style preferred), clean, tight-fitting leather gloves (no firefighting gloves), shoes with ankle support and nonslip soles (boots preferred), and coveralls.***

All Fire and Rescue Service Personnel.

ETFR-5900 / 2 sessions / \$110

>137549 Sat 9am-4pm Sep 23-Sep 24
& Sun 8:30am-3:30pm

PRI Staff Instructors and FSTB Field Instructors

Ag Rescue (Hands-On)

This course will cover: Grain Bin Rescue – Students will learn the 4 main causes of grain engulfments as well as how to rescue a victim from a partial or full entrapment, including treating patients with crush and compartment syndrome as well as airway obstructions. Students will get hands on with several grain rescue tubes on the market. Manure Pit Rescue – Students will work through several evolutions with an unconscious victim down in a pit. Students will learn how to check for oxygen content as well as pit gases, proper donning and doffing of SCBAs, harnesses, roping, and use of a tripod in a rescue situation. Anhydrous Ammonia – Firefighters will learn about anhydrous ammonia, environmental concerns, and associated health effects. Instructors also discuss responder safety and protection, including personal protection equipment (PPE) concerns and isolation or protect-in-place options. There is also a discussion on evacuation versus shelter-in-place tactics. ***Full NFPA-compliant protective clothing and SCBA will be required for all students involved in the hands-on portion of this course.***

All Fire and Rescue Service Personnel.

ETFR-5900 / 2 sessions / \$110

>137445 Sat 9am-4pm Sep 23-Sep 24
& Sun 8:30am-3:30pm

NECAS Staff (National Education Center for Agricultural Safety) and FSTB Field Instructors

Basic Firefighting (Hands-On)

Learn the necessary skills for basic firefighting operations. This class will be a blend of lecture with the majority of class time focused on practical skills and competency. Topics will include firefighter safety, use and care of SCBA, basic search and rescue techniques, use of fire extinguishers, fire behavior, and fire attack with water fire streams. This class is NOT a substitute for the Firefighter 1 class. **Full NFPA-compliant protective clothing and SCBA will be required for all students involved in the hands-on portion of this course.**

All Fire and Rescue Service Personnel.

ETFR-5900 / 2 sessions / \$110
>137446 Sat 9am-4pm Sep 23-Sep 24
& Sun 8:30am-3:30pm
John Zlabek, Hiawatha/Walker Fire and Kirkwood Fire
Instructors

The Rogue Engine 101 and 201 (Hands-On)

NEW In this two-day class format, students will take a “rig to door” approach toward engine company operations. Students will discuss and begin to master hose deployments for aggressive engine operations and will review fire ground dynamics, which impact the nozzle team. Then, students will get an in-depth understanding and practice with nozzle technique and mechanics before advancing to the interior. After the basics of hoseline advancements are covered, students will learn how to advance hose up and down stairs before putting their new skills to work. Once the skills are taught, it’s time to put all the skills together and perfect the craft through aggressive hoseline deployments and advancements while operating the nozzle inside a real structure. You will start at Kirkwood Cedar Rapids for check in, and then you will travel to the Coralville Fire Training Facility for the two-day course. Lunch will be served at that facility. **Full NFPA-compliant protective clothing and SCBA will be required for all students involved in the hands-on portion of this course.**

All Fire and Rescue Service Personnel.

ETFR-5900 / 2 sessions / \$110
>137551 Sat 9am-4pm Sep 23-Sep 24
& Sun 8:30am-3:30pm
Rogue Training Consulting

The Rogue Truck 101 and 201 (Hands-On)

NEW This two-day class will work with the truck - it doesn’t matter if you have one or not, the work needs to get done. This includes forcible entry, ventilation, search, and ladders. Students will begin to master the basics of truck work with an aggressive mindset and will be faced with victim-focused tactics to save lives. Students will first review ladder deployment for successful fire ground operations. Once ladders are completed, students will review V.E.S. and get to practice how to conduct entry and victim rescue from the window. In the afternoon, the class pivots to interior search tactics where students will discuss search tactics, data, and technique. Once the basics are taught, students will then learn how to move victims up and down stairs and proper victims drags. To ensure proper skill retention, students will finish the day by putting on their newly acquired skills to the test when they are challenged with performing search tactics in simulated environments. You will start at Kirkwood Cedar Rapids for check in and then you will travel to the Coralville Fire Training Facility for the two-day course. Lunch will be served at that facility. **Full NFPA-compliant protective clothing and SCBA will be required for all students involved in the hands-on portion of this course.**

All Fire and Rescue Service Personnel.

ETFR-5800 / 2 sessions / \$110
>137547 Sat 9am-4pm Sep 23-Sep 24
& Sun 8:30am-3:30pm
Rogue Training Consulting

“Knowledgeable
instructors, with
open and honest
question-and-answer
sessions.”

PERTINENT FIRE SCHOOL INFORMATION

PERSONAL PROTECTIVE EQUIPMENT

The following rules regarding personal protective equipment will apply for several hands-on classes at the CITA – Kirkwood Fire School. If “Personal Protective Equipment Requirements Apply” is indicated in the class description, students must provide the following equipment in order to participate. No exceptions will be made unless noted in the class description.

Personal protective equipment must include:

- Helmet (NFPA compliant)
- Protective hood
- Coat with liner (NFPA compliant)
- Pants with liner (NFPA compliant)
(Note: 3/4-length boots are not approved in place of pants.)
- Firefighting boots
- Gloves (Cal OSHA or NFPA compliant)
- Self-contained breathing apparatus (SCBA) with spare cylinder (Note: Cylinders under current hydrostatic test will be refilled at no cost.)

Exceptions to individual equipment items will be noted in the class descriptions. Individuals with beards, sideburns, or hairstyles that interfere with the proper seal of a breathing apparatus facepiece will not be allowed to participate in classes requiring SCBA use. Protective hoods over beards are not approved.

HEALTH WARNING

Certain programs offered require significant physical exertion and stamina. Persons with heart, respiratory, or other physical conditions that may be aggravated by this type of exertion, or that may hinder their participation, should not participate in the program. Please consult your physician regarding your participation.

AGE REQUIREMENT POLICY

The following policies were put into effect regarding minimum age requirements for courses at the CITA – Kirkwood Fire School.

All students must be at least 18 years of age and must be fully covered by insurance. This policy has been implemented to assure the safety of the students who attend classes at fire school.

DISCLAIMER

The 37th Annual Central Iowa Training Association and Kirkwood Community College Fire School, except as provided under Chapter 25-A of the Code of Iowa relating to tort claims, shall not be held liable for damages or injuries to students or persons participating in the school. Participants are advised to purchase individual insurance if their employer or fire department does not provide insurance coverage for injuries.

Kirkwood Community College is an equal access/equal opportunity institution in compliance with state and federal laws and does not discriminate on the basis of sex, race, color, creed, religion, national origin, age, disability, sexual orientation, or marital status.

CODE OF CONDUCT

Your conduct while attending out-of-town educational programs or other fire service events should be no different than it would be at home in front of your family. Wherever you travel, the FD license plate, the blue light, the window decal, the Maltese cross on your jacket or T-shirt identifies you as a member of an honorable and proud profession. Your actions reflect not only upon you as an individual, but also upon your fire department and the fire service as a whole. The public expects our actions to be above reproach on and off the emergency scene.



VOLUNTEER FIREFIGHTER TRAINING FUND CREDIT

Due to partial funding through the Volunteer Firefighter Training Fund and the Paul Ryan Training Fund, individuals registering for the following courses have already received a reduction in fire school tuition. You or your department are still responsible for the cost listed for each class, which includes the cost of your lunch and material fee(s), resource fees, etc.

Advanced Rope Rescue
Ag Rescue
Basic Electric Vehicle Safety for
1st Responders
Fire Ground Support
Forcible Entry for Firefighters
Handling Liquid Propane Emergencies
Pump Operations 101
Rapid Intervention
Reading Buildings Before Reading Smoke
Rogue Truck Company Operations – Safety
& Survival
Structural Firefighting
The Rogue Engine 101 and 201
The Rogue Truck 101 and 201
Vehicle Extrication – Big Rig Rescue
Ventilation Tactics
Water Rescue

FIRE SCHOOL COMMITTEE

Kim Fensterman, Kirkwood Community College
Brian Freese, Brotherhood First Training Group
Shawn Fluharty, Marion Fire Department
Richard Harman, Retired
Dave Hughes, Kirkwood Community College
Dustin Lux, Ryan Fire Department
Al McCune, Hawkeye Fire Department
Chuck Niehaus, Colesburg Fire Department
Matt Powers, Hiawatha Fire Department
Joe Wenndt, Lowden Fire Department
John Zlabek, Hiawatha Fire Department

CITA BOARD MEMBERS

Brian Courtney
Lisbon Fire Department, Linn County
Spencer Culver
Coralville Fire Department, Johnson County
Kim Fensterman
Kirkwood Community College, Linn County
Jeremy Hlas
Van Horne Fire Department, Benton County
Dan Miller
Marengo Fire Department, Iowa County
Chuck Niehaus
Colesburg Fire Department, Delaware County
John Novak
Tama Fire Department, Tama County
Mike Reuman
Tama Fire Department, Tama County
Kevin Wieser
Delaware Fire Department, Delaware County
John Zlabek
Hiawatha Fire Department, Linn County

EXHIBITOR TIMES

Manufacturers and dealers will be on hand this year to assist with the fire school and to answer your questions.

Saturday Only: 7:30 a.m. – 3 p.m.

MEALS

Lunch is included in the price of tuition and will be provided to all participants.

HOTELS

There are several accommodations available close to the Kirkwood campus. Please mention you are attending the CITA – Kirkwood Fire School, a Kirkwood Community College-sponsored event. Some suggested motels are:

The Hotel at Kirkwood Center	
7725 Kirkwood Blvd. SW	319-848-8700
AmericInn	
8910 Sixth St. SW	319-632-1800
Aspen Inn	
3233 S Ridge Dr. SW	319-363-9999
Econo Lodge	
622 33rd Ave. SW	319-363-8888
Fairfield Inn	
605 32nd Ave. SW	319-241-1000
Hampton Inn	
3265 Sixth St. SW	319-364-8144
Holiday Inn Express	
3320 Southgate Court SW	319-399-5025
Hometown Inn & Suites	
3315 Southgate Court SW	319-362-9012
Clarion Inn	
525 33rd Ave. SW	319-366-8671
Super 8	
400 33rd Ave. SW	319-363-1755
Howard Johnson	
616 33rd Ave. SW	319-366-2475
Comfort Inn South	
390 33rd Ave. SW	319-363-7934

REGISTRATION

Class sizes are limited — preregistration is required. To register, visit www.kirkwood.edu/fireschool, or call **319-398-1022**.

Inform the operator that you are registering for the CITA – Kirkwood Fire School. Please include your full name, address, phone number, social security number, course title, and course section number. Have alternative classes in mind in case the original class is full. You may pay by MasterCard, Visa, Discover, or American Express, or you can mail in a check.

If an individual's company is responsible for payment, the company must register each individual using the enclosed billing authorization form and Kirkwood will bill the company. Invoices will not be sent to individuals. Billing for all registered participants will be done regardless of attendance. *Please remember that lunch is part of your class cost.*

BILLING AND REFUND POLICY

Individuals may register and bill their departments (a billing authorization form must be filled out and returned). Invoices will not be sent to individuals. Billing for all registered participants will be done regardless of attendance.

Please remember that lunch cost is part of your tuition. Registrations canceled before 5 p.m. on Sept. 21, 2023, will receive a full refund. Cancellations made after Sept. 21, 2023, will not be eligible for refunds.

CONFIRMATION

All participants that are registered prior to Sept. 11, 2023, will receive a confirmation letter. Those that register after Sept. 11 will need to pick up their confirmation at check-in. The confirmation packet will include a confirmation letter, name tag, and check-in information.

LOCATION

The CITA – Kirkwood Fire School is held at the Kirkwood Continuing Education Training Center (KCETC), 101 50th Ave. SW, Cedar Rapids, Iowa.

North of main campus (.6 mile)





Sponsorship Billing Authorization:

Fill out the enrollment form below and
fax to **319-398-7185** or **319-398-5432**.

To: Continuing Education, Kirkwood Community College
Date: _____

We authorize Kirkwood Community College to bill our fire
department or entity listed below for the following listed
student and class(es). We will assume responsibility for
the cost of the course(s).

Kirkwood
COMMUNITY COLLEGE

Continuing Education
6301 Kirkwood Blvd. SW
Cedar Rapids, IA 52404

37TH CITA – KIRKWOOD FIRE SCHOOL 2023

PLEASE PRINT LEGIBLY:

Student Name _____
Student Address _____
City _____ State _____ ZIP _____
Phone _____ Email Address _____
SSN or ID # _____ Date of Birth _____

Course No.	Class Title and Dates	Class Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Contact numbers of student listed above:

Fire Station () _____ Home () _____
Work () _____ Cell Phone () _____

Please send the bill to the following name and address:

Fire Department Name _____
Attention _____
Address _____
City _____ State _____ ZIP _____
Phone _____
Approval Signature (required) _____
Print Authorized Name/Title (required) _____

Please note: If “NFPA-compliant equipment” is indicated in the class description, students must provide the listed equipment in order to participate. No exceptions will be made unless noted in the class description.

37TH CITA — KIRKWOOD FIRE SCHOOL

KIRKWOOD COMMUNITY COLLEGE | CEDAR RAPIDS, IOWA

Sept. 23 and 24, 2023



WWW.KIRKWOOD.EDU/FIRESCHOOL

Kirkwood
COMMUNITY COLLEGE

Continuing Education
6301 Kirkwood Blvd. SW
Cedar Rapids, Iowa 52404



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Cedar Rapids, Iowa 52406
Permit No. 94