



# Red Rocks Community College

## Firefighter One Academy

Since 1971 Red Rocks Community College has offered a Fire Science program and Firefighter Academy. The Academy offers students the opportunity to learn from and network with instructors already on fire departments, as well as to receive hands-on training in preparation for becoming a Level One certified firefighter in Colorado.

### Firefighter One Academy Course Offerings

Fall semester 15 weeks, two Academies offered: mid-August through mid-December

Spring semester 15 weeks, two Academies offered: mid-January through mid-May

*Both semesters offer the following schedule:*

*Section 001 – Thursday (in the classroom) and Friday (on the drill ground)*

*Section 601 – Friday (in the classroom) and Saturday (on the drill ground)*

Please note that three classes actually comprise the RRCC Firefighter One Academy:

FST 100 - Essentials of Firefighting/Firefighter One Academy

FST 170 - Fire Academy Clinical (Ride Alongs)

FST 107 – Haz Mat Operations

***FST 170 is a required co-requisite for FST 100.***

***FST 107 is a required co-requisite for FST 100.***

### Firefighter Academy Tuition And Fees

Resident tuition and fees (with COF applied) for all three courses are approximately \$1,900\*.

Nonresident tuition and fees are approximately \$6,000\*. Included in these figures is a special Fire Science fee of \$345\* per student that covers:

- Equipment rental/cleaning (protective clothing/PPE)
- Fire academy t-shirts
- Rental of the drill ground facility

### Fire Academy Certificate

Each student who successfully completes all three required courses will receive a Firefighter One Academy certificate of completion.

### Additional Requirements

A current CPR card is required for students attending the Firefighter One Academy. It must be American Heart Association “BLS for Healthcare Providers” **or** American Red Cross “CPR for Professional Rescuers”. CPR courses are offered at RRCC as HPR 102. Please see current class schedule for offerings.

The student must provide proof of health insurance.

## ACCEPTANCE PROCESS

All students interested in attending the Firefighter One Academy at RRCC should attend an information session. A schedule of information sessions may be found at [www.rrcc.edu/fire](http://www.rrcc.edu/fire).

For admission to the program the student must meet with an academic advisor. The advisor will check for the following prerequisites:

- Documentation of ACCUPLACER scores within the last five years
  - Reading Comprehension – must score 80 or higher
  - Sentence Skills – must score 95 or higher
- Proof of age 18 by the first day of class (no exceptions)
- Completion of high school or a GED

## BEFORE THE FIRST DAY OF CLASS

Please provide the following items prior to the first day of class:

- Academy application
- Agreement For Cardiopulmonary Resuscitation Certification Between Red Rocks Community College Fire Academy/EMT Program
- Assumption of Risk and Release Form

## MANDATORY ORIENTATION

**ALL Red Rocks Fire Academy students must attend a mandatory Academy orientation that will be offered prior to the first day of class.** Because the Fire Academy training is physically and mentally rigorous and exacting, students are strongly encouraged to bring parents or spouses to this meeting so that they, too, may understand what will be asked of each Fire Academy student.

At the orientation, the Red Rocks Fire Academy Coordinator will explain the guidelines, procedures, and policies required to successfully complete the Academy and pass the Colorado State written and practical exams. RRCC Fire Academy instructors teach to NFPA Standard 1001, and all instruction is mandated according to this standard. Following the presentation in the auditorium there will be a tour of the Arvada Fire Department Training Facility.

**The orientation date will be provided to the student by way of mail and telephone two weeks prior to the first day of academy.** If you do not receive orientation information, please contact Art Gomez, Fire Academy Coordinator, at 303-914-6405 or [Art.Gomez@rrcc.edu](mailto:Art.Gomez@rrcc.edu).

## FOR THE FIRST DAY OF CLASS

Please bring the following items to the first day of class:

- Copy of Driver's License
- Copy of CPR card
- Copy of ACCUPLACER scores
- Copy of High School Diploma or equivalent
- Proof of registration
- Proof of health insurance

## WHAT TO EXPECT IN THE RRCC FIREFIGHTER ONE ACADEMY

### **Physical Demands:**

Firefighting is an extremely physically demanding profession. Each day on the drill ground begins with physical training, and students are expected to be physically fit. Students should have an exercise program prior to attending the academy, and start increasing their endurance and aerobic conditioning several months prior to the start of the academy. Students may want to consider taking FST 160, the Candidate Physical Ability Test prep class, the semester prior to attending the academy.

### **Instructors:**

The Academy faculty is composed of firefighters from many departments in the Denver metropolitan area, which enables students to interact with instructors who are active in the field of firefighting and to network concerning future job prospects.

### **Instructional Material:**

The Red Rocks Firefighter Academy bases all its instruction upon the textbooks Fundamentals of Firefighting Skills, Second Edition, and Fundamentals of Hazardous Materials Operations (both published by Jones and Bartlett). Please check with the college bookstore for current books and prices.

The Academy is geared toward producing high standard firefighter candidates for the fire service. At the end of the academy, students are prepared to take the State of Colorado Firefighter Level One Exam.

FST 100, Essentials of Firefighting/Firefighter One Academy, includes both classroom and drill ground instruction.

In the classroom, students study 19 chapters in the textbook, which cover all aspects of firefighting, including:

- Safety
- Personal protective equipment
- All aspects of maintaining ropes, as well as tying knots
- Ladders, including proper ladder raises, ladder maintenance, and the proper use of ladders
- Occupational safety for firefighters and other individuals involved with fire scenes

The drill ground portion of the Academy is held at the Arvada Fire Department Training Center and provides hands-on training for the theory taught in the classroom. Included in the Fire Academy are five different training stations:

- SCBA station. Use self-contained breathing apparatus.
- Tool station. Learn to use the K12, a giant circular saw used to cut holes in roofs and concrete, as well as the chain saw, forcible entry equipment, and ventilation equipment.
- Ladder station. Practice the use of ladders according to information given in the classroom.
- Ropes and knots station.
- Hose station. Practice proper hose lays and fire department connections, i.e., hooking up to a pumper truck or fire hydrant.

### **Final Exams And Firefighter Level One Certification**

Red Rocks Firefighter Academy students must pass the Red Rocks Academy final written exam with a score of at least an 80% in order to take the State of Colorado Firefighter Level One Certification exams, both written and practical. Please note that the state exam is *not* part of the RRCC Firefighter One Academy.



**Agreement  
For  
Cardiopulmonary Resuscitation Certification  
Between  
Red Rocks Community College  
Fire Academy/EMT Program**

**AND**

Printed Name:

The above named student agrees to have completed and carry on his/her person one of the following CPR cards on the final day of State/National testing for Certification as a Fire Fighter One or EMT-Basic:

American Heart Association ~ Health Care Provider  
American Red Cross ~ CPR for the Professional Rescuer

**Certification must be current (Valid).**

Signature:

Date:

Red Rocks Community College – Fire Academy  
*Assumption of Risk and Release Form*

*It is recommended that you consult your physician prior to engaging in any physical activities.*

I, \_\_\_\_\_, acknowledge that I have either: *(please check response)*  
*Print Name*

Had a physical examination and have been given permission by my physician to participate in the RRCC Fire Academy. If you need the Standard for Fire Fighter Professional Qualifications (NFPA 1001) or Standard on Fire Department Occupational Safety and Health Program (NFPA 1500), please consult [www.nfpa.org](http://www.nfpa.org).

Have decided to participate in the RRCC Fire Academy without the approval of a physician.

The undersigned hereby agrees to and acknowledges the following:

1. For my own safety, I will be given strict guidelines, concerning conduct and procedures on the RRCC Fire Academy drill ground and the proper use of all equipment and machinery. I understand that it is my responsibility to see a qualified instructor (Safety Officer) on the proper usage of any of the equipment or machinery which I have not been shown or have forgotten how to use.
2. In consideration of the above factors, I, being 18 years of age or older, acknowledge the existence of risks associated with exercise programs and activities at the RRCC Fire Academy drill ground.
3. I acknowledge the existence of need for certain rules and procedures concerning the use of equipment, facilities chosen by, and activities of the RRCC Fire Academy. I agree to read and abide by the rules and regulations of the RRCC Fire Academy and shall make every effort to assure that the equipment and facilities are used safely and properly.
  - I have read the foregoing carefully and understand its content.
  - Any questions I have had regarding the informed consent have been answered to my complete satisfaction.
  - I hereby acknowledge my understanding of the risks set forth above.

Signature:

Date: