# **firefighter distress / down:**

Course work: Review Metro Zone Policy

Manipulative: Activation of PASS alarm/ EMER button

Manipulative: LUNAR

Manipulative: Self Rescue techniques- Following hose lines, Forcible Exiting techniques

Manipulative: Buddy breathing- Use of Bail out bags, Last Effort Skills

# **iric/ric:**

Course work: Review Metro Zone Policy

Course work: Define IRIC / RIC. Discuss the difference between the two. Who typically gets assigned, responsibilities required equipment for the position.

Course work: Radio frequencies to monitor / monitor operate on.

Course work: Discuss sizing up the building as it relates to RIC functions, potential hazards, communicating hazards and mitigating hazards.

Course work: what happens when RIC is activated? Who Does what? What does the rest of the Fire ground do?

# **Accountability:**

Coursework: Review Metro Zone Policy

Course work: Who assumes Accountability. Where is it located?

Course work: Discuss responsibilities of Accountability Officer

Course work: Discuss PAR’s, who does it and when?

# **Manipulative Drills:**

**Breathing Apparatus**

* Practice Naked SCBA Drill and Buddy Breathing .
* RIC bag components using UAC, replacing mask, replacing MMR, and rapid filling of bottles.
* Practice Firefighter removal, drags and carries, out windows, down ladders, down stairs

**Firefighter Confidence course**

* Follow Hose line out
  + Simulate entanglement, Debris covering hose line