



# SMOKE DIVER COURSE

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**Course Location:** Florida State Fire College

11655 NW Gainesville Road, Ocala, FL 34482

**Course Dates:** January 3<sup>rd</sup> – 8<sup>th</sup>, 2022      **Course Cost:** \$330

**Course Hours and Times:** A forty eight-hour training program, 'Smoke Divers' is taught over a full week at the Florida State Fire College training facility. Course instruction will necessitate full days on both Sunday through Friday 7am – 5pm.

**Course Description:** This course is designed to take an experienced firefighter and teach him/her practical advanced survival skills in full gear with SCBA. The course is extremely challenging, intensely physical, and will take the student to his/her limit. Because of the difficulties some may experience, paramedics are on hand to monitor students before, during, and after each exercise. An ambulance is also on standby during the live burn. Smoke Divers' training consists of some classroom, but mostly practical scenarios that will culminate in a final exercise that requires the use of all skills taught in the course. Within the course curriculum are skill objectives that must be accomplished by the student, in order to graduate. The objectives cannot be waived.

**Prerequisites:** Competency in personal protective equipment, SCBA, and fire ground practices.

**Registration Info:** Applicants are required to be a certified firefighter. This program is not for inexperienced firefighters. The application also includes a medical form that the individual applicant completes regarding his or her current and past medical conditions. Completion of the medical registration form completely and accurately is on an honor system. The medical form is required to be signed by the student's medical physician (MD's only). Physical exams must be within one (1) year of the start of class. The physical exam has a list of required examinations with required copies that must be provided with the application prior to class for review by program medical oversight. Copies that must be provided are stress tests and 12 lead ekg and blood lab work with minimums. Please see attachment of all other medical assessments required to be signed off by the primary physician.

**Instructor/Staff Info:** Cadre staff are all EMT's and/or paramedics. Medical equipment on hand is an AED and BLS first aid equipment oxygen, hemorrhage control, blood glucose monitoring, tympanic thermometer and rapid cooling capabilities. We have a large cow watering trough that is staged each day in the area of the burn exercise that is filled with water and ice in case of a heat related emergency. The dedicated paramedic closely monitors the first day of activities for any potential medical issues with students.

**Medical Oversight:** The Smoke Diver program has taken medical oversight seriously. The program has an emergency room certified physician as a consultant to review applications and to be available for medical consultation. The smoke diver program has a dedicated paramedic assigned for the entire program to monitor student medical throughout the course. At the start of the day, we get base line vitals BP, pulse, O2 saturation, weight and water intake estimation. Vitals are then repeated at lunch and at the

end of the day. The first day of class we get a base line lactic acid measurement. The paramedic keeps a medical form on each student with emergency medical contact and history at all times during training. Smoke diver students are required to reside in campus dorms for the entire program and must have a roommate. There is always a smoke diver instructor staying in the dorms with emergency contact documents on each student.

**Day One Info:** The first day is a physical fitness test that will decide if they are physically fit to continue on with the program on Monday. The location of the test will be in the Apparatus Bay. Please bring all PPE and stage it neatly on the front ramp of the bay. **The fitness test will start promptly at 0700. All candidates must have their equipment down at the bay and be ready to begin by 7:00am. Any late arrivals will result in an automatic disqualification.**

The fitness test consist of 50 push-ups in 2 minutes, 70 sit ups in 2 minutes, 1.5 mile run under 11 minutes and 15 seconds. Part two of the PT test is the obstacle course in full PPE. This consists of chopping wood, 5 pull-ups, stair climb, hose hoist, ladder raise, and a hose drag. Students at that time will break for lunch then return for a safety briefing on all our training structures. The last portion of the PT test is the air consumption. The student will don their PBA in less than sixty seconds, announce their air pressure and run a half a lap, call out their air consumption, take a five-minute cool down, and then repeat two more times. This will complete the PT test for the start of the course.

**Course Dress Code:** **Students will arrive to the fitness test in a blank white t shirt, black shorts, sneakers and grey sweatshirt (if needed).** Students will be issued a uniform shirt once accepted into the class and will wear black shorts every day.

### **What to bring:**

1. Helmet
2. Gloves
3. Full set of bunker gear (2 recommended)
4. SCBA Mask (Optional)
5. One gallon hydration container
6. Cooler with needed snacks
7. Black shorts (multiple)
8. Grey Sweatshirt
9. Sneakers

**Lodging:** Call (352) 369-2818 for dormitory registration on campus just \$25/night. You will need to reserve your room no later than **two weeks before the first day of class.** You may also reserve your room online at [www.floridastatefirecollege.org](http://www.floridastatefirecollege.org) Click on the green “Submit Dormitory Reservation” button. Have your FCIDCE #.

**Questions:** Call Marion Technical College at the FSFC at (352) 369-2875 or contact your instructor George Vazoulas at 352-812-1582