Dear Prospective Fire Academy Student,

Thank you for your interest in the Fire Training Academy at Cuyahoga Community College. The Fire Academy was established in 1971 at the Western Campus in Parma, and currently is one of the largest Fire Training Programs in Northeastern Ohio. The Fire Academy is chartered by the State of Ohio, Department of Public Safety, Division of EMS, Charter Number 003. Our program encompasses both academic testing and practical skills training for the entry level firefighter position.

1. **The application process:**
   * College application - Submit a TRI-C General Application for Admission or Readmission, if you have not applied to the college in the past. Online admission application is available at [http://www.tri-c.edu/apply/index.html](http://www.tri-c.edu/apply/index.html).

**STEP 1 MUST BE COMPLETE BEFORE APPLICATION PACKETS WILL BE ACCEPTED.**

Enclosed is your application for the Firefighter I & II Program.

2. Please review all forms in the application packet. There is a checklist of required materials for your use. Complete and return all appropriate forms, the College Application for Admission, and Physical Agility Registration form (if applicable) to:
   Cuyahoga Community College
   Fire Training Academy – PSTC 124
   11000 Pleasant Valley Road
   Parma, OH 44130

* ALL APPLICATION FORMS MUST BE TURNED IN NO LATER THEN TWO WEEKS BEFORE ORIENTATION DAY. * FINANCIAL AID AND PAYMENT PLANS MUST BE IN PLACE NO LATER THAN DAY ONE OF THE ACADEMY.

3. Please be advised that Academies are filled on a first-come, first-served basis for unattached students. Priority is given to appointed firefighters. Acceptance letters are mailed out two weeks prior to the class start date. **Financial Aid may be utilized for the Fire Academy for those who qualify.** A payment plan must be set up if financial aid is not in place before day one of the Academy.

4. Anticipated Academy Expenses: (Tuition & Costs are subject to change.)

   - **Tuition**
     Cuyahoga County Residents - $2,689.02
     Out of County Residents - $3,073.04

   - **Equipment Rental and Uniform Fees**
     Bunker Gear & SCBA - $500.00
     SCBA only - $350.00
     One Academy Polo Required for Classroom, Two T-Shirts, Two Sweatshirts, P.T. Shorts-$60.00

   - **Required Books**
     Fundamentals of Fire Fighter Skills Preferred Package-$212.95
     ISBN #13: 9781284030594
     BLS for Healthcare Providers - $15.00
     Lab Fees-$105.00

5. There will be written exams and practical drills. You must be able to satisfactorily complete all daily practical drills. A passing grade of 70% is the required grade on all written exams, the final practical test day exam, and State Firefighter 2 exam.

6. Protective clothing must conform to latest NFPA standards. A complete SCBA and spare tank will be required on practical drill days. Four tanks are required for Live Burn Training days. If you do not have access to this equipment, complete the Protective Clothing and SCBA Rental form.

7. The Fire Academy is a physically demanding program. You must have a certificate showing successful completion of Cuyahoga Community College’s Firefighters’ Agility Test or submit verification from your Fire Chief (on Department Letterhead) if you are currently employed by a fire department stating that you have passed the Department’s physical agility test. It is recommended that a comprehensive physical training program be undertaken prior to the start of the Academy. An example fitness training program is included in the information packet to assist you in this effort. Physical Agility Prep Courses also are offered for more extensive training.

Questions can be directed to the Fire Training Academy Office, 216-987-5078 or 216-987-5429. Fire Academy fax number: 216-987-5468.

Sincerely,

Ted Huffman
Director, Fire Academy

Revised: 10/16/2018
FIREFIGHTER I AND II

Course meets and exceeds the certification requirements established in the Ohio Revised Code for Career Firefighters and the training and educational standards identified in NFPA 1001 (Firefighter Professional Qualifications Current Edition). Classes are held at the Western Campus of Cuyahoga Community College.

Successful completion earns:
(a) Certificate of Completion for 260 Hours of Firefighter Training from Cuyahoga Community College
(b) Certification in Hazardous Materials/WMD – Awareness level
(c) Certification in Hazardous Materials/WMD – Operations level
(d) Twelve (13) College credits towards a two-year Associate of Applied Science Degree in Fire Technology

**Thirteen credits are considered full-time student status**
- FIRE 1100 - Principles of Emergency Services (3 credits)
- FIRE 1200 - Principals of Fire and Emergency Services Safety and Survival (2 credits)
- FIRE 1500 - Fire Behavior and Combustion (2 credits)
- FIRE 2321 - Fire Protection Systems (2 credits)
- EMT 1310 - CPR
- EMT 1320 - Heavy Rescue (2 credits)
- EMT 1330 - Defensive Driving-EMT (1 credit)

(e) Pro Board Practical Skills training required for firefighter certification (non-credit)

The student will take the State Firefighter 2 Exam which is administered on the last day of class and is required for State of Ohio certification for Level 2 Firefighter.

Successful completion includes course work and completion of a Practical Skills Booklet in its entirety as well as successful completion of all State required Pro Board Skills Testing 100% attendance is required.

**Subjects covered:**

- Firefighter Organization
- Hazardous Materials
- Fire and Emergency Medical Care
- Fire Behavior
- Portable Extinguishers
- Firefighter Personal Protective Equipment
- Ropes and Knots
- Rescue and Rappelling
- Forcible Entry
- Ventilation
- Ground Ladders
- Water Supply
- Organization
- Foam Streams
- Three-Days of Live Burn Training
- Firefighter Life Safety Initiatives
- Water Streams
- Fire Hose
- Fire Control Automatic Sprinkler Systems
- Salvage and Overhaul
- Building Construction
- Fire Alarms and Communications
- Protecting Fire Scene Evidence
- Fire Prevention & Public Education
- Fire Inspections Public Fire Education
- Firefighter Safety and Survival
- Primary and Secondary Search/
- Ventilation, Enter, and Search
- Vehicle Extrication
- Emergency Driving
- CPR
- Pro Board Skills
Unattached Students

Return the following forms to the address listed on the cover page in order to reserve a spot in the Academy of your choice:

* ALL APPLICATION FORMS MUST BE TURNED IN AT LEAST TWO WEEKS PRIOR TO THE START OF THE ACADEMY*

☐ Cuyahoga Community College Application for Admission/Readmission. Selective Service Number can be obtained by calling 1-847-688-8888 or by logging on to www.sss.gov.

☐ Tri C Math and English Assessment Test Results

☐ Current CPR/BLS Card (If you do not hold one, a course will be offered through the Fire Academy before the first day of class)

☐ Fire Academy Payment form. Indicate on the Payment Form if you prefer to take advantage of the CCC Installment Payment Plan (review enclosed information). Full payment or completion of Installment Payment Plan and first payment is required no later than day 1 of class start date. Please be aware that a $25 service fee is assessed by the Business Office for the IPP. Credit Card, money order, or check payable to Cuyahoga Community College is the preferred method of payment.

☐ Assumption of Risk and Agreement form to hold harmless Cuyahoga Community College and its representatives.

☐ Prerequisites for Basic Firefighter Training form. If you meet all the criteria, please sign and date.

☐ Protective Clothing/SCBA Rental form.

☐ Withdrawal/Refund Policy form.

☐ Copy of valid drivers license.

☐ Academy Shirt Order Form

☐ IEP Acknowledgement Form

☐ *** Online Title IV Form (Must be filled out by students utilizing financial aid)

The following forms must be returned no later than one week prior to the start of the Academy:

☐ Physical Exam form signed and stamped by your physician. UrgiCare and MedGroup are several choices in addition to family physician. (physical exam form is required no later than one week prior to start of Academy)

☐ Copy of medical coverage card. For those who do not have medical insurance, enclosed is an informational sheet regarding temporary health coverage. (proof of coverage is required no later than one week prior to start of Academy)

☐ Copy of current Cuyahoga Community College’s Firefighter’s Physical Agility Certification. Agility test dates and registration form are included in this packet. (copy of certificate is required no later than one week prior to start of Academy)
Attached Students  
(Employed by Fire Department)

Return the following forms to the address listed on the cover page in order to reserve a spot in the Academy of your choice:

* ALL APPLICATION FORMS MUST BE TURNED IN TWO WEEKS PRIOR TO THE START OF THE ACADEMY*

- Cuyahoga Community College Application for Admission/Readmission. Selective Service Number can be obtained by calling 1-847-688-6888 or by logging on to www.sss.gov.

- Tri C Math and English Assessment Test Results

- Fire Academy Payment form. (1) If Department is responsible for payment, attach a copy of the Department Purchase Order or a Letter of Intent signed by the Chief on Department letterhead. (2) If student is responsible for payment, enclose a $200 non-refundable deposit for the Academy. Indicate on the Payment Form if you prefer to take advantage of the CCC Installment Payment Plan (review enclosed information). Full payment or completion of Installment Payment Plan and first payment is required one week prior to the class start date. Please be aware that a $25 service fee is assessed by the Business Office for the IPP. Credit Card, money order, or check payable to Cuyahoga Community College is the preferred method of payment.

- Assumption of Risk and Agreement form to hold harmless Cuyahoga Community College and its representatives.

- Prerequisites for Basic Firefighter Training form. If you meet all the criteria, please sign and date.

- Protective Clothing/SCBA Rental form.

- Enclose letter on Department letterhead confirming that a physical exam and medical insurance coverage have been provided by the Department. If not provided by the Department, then Physical Exam form and proof of medical insurance coverage are required no later than one week prior to start of Academy.

- Copy of current Cuyahoga Community College’s Firefighter’s Physical Agility Certification or letter from Fire Chief (on Department letterhead) stating that you have passed the Department’s Physical Agility Test. (copy of CCC agility certificate is required no later than one week prior to start of Academy)

- Review with Chief and sign Withdrawal/Refund Policy form.

- Copy of valid drivers license.

- Academy Shirt Order Form with Payment
CUYAHOGA COMMUNITY COLLEGE

Installment Payment Plan

* Gear and uniform fees cannot be included in Payment Plan. These fees must be paid prior to the start of the Academy.

An Installment Payment Plan makes it easy for you to pay your course fees.

If you are in good financial standing with Cuyahoga Community College, you are eligible to participate. Students who have an outstanding or a past due debt to the College or who are not in good financial standing will not be permitted to participate in the Installment Payment Plan.

Seven-Week Day Academy - a (4) Four-payment plan with the first payment due one week prior to the start of the Academy.

Ten-Week Day Academy – a (4) Four-payment plan with the first payment due one week prior to the start of the Academy.

Sixteen-Week Night Academy - a (4) four-payment plan with the first payment due one week prior to the start of the Academy.

A $25 non-refundable service fee must be added to the first payment.

Payment types accepted:
- Cash
- Money Order/ Check (made payable to Cuyahoga Community College
- Major Credit Card (American Express, Discover, MasterCard, or Visa)

If you fail to pay the amounts due by the due dates indicated on the Installment Payment Plan, the College will initiate collection procedures. The following actions may be taken by the College:

- Charge a $15 late payment penalty for each late payment.
- Prohibit registration for subsequent terms.
- Refuse to issue transcripts.
- Prohibit use of the Installment Payment Plan for subsequent terms.
- Assign accounts to the Ohio Attorney General for collection and possible litigation.
Health Care Shopper

Health Care Shopper provides affordable rates for individuals seeking medical coverage. If you do not have coverage, you must have it for the Fire Academy please review contact information below in order to get a rate quote.

Health Plan Comparisons

Health insurance shoppers need to be able to compare health plan benefits and health insurance rates among several insurance companies on an apples-to-apples basis. We help people by providing easy to use online tools to allow them to narrow their health plan choices and then compare them side-by-side.

Medical Insurance Rates

Our medical insurance rates are the same as if you were to purchase your medical insurance directly from the health insurance companies. Medical insurance rates are set by the insurance companies, then approved and regulated by your state insurance department. You will not find a more affordable medical insurance rate for any of the individual medical plans quoted on our website. We think that makes choosing just the right medical health plan as easy as it can be.

Qualified for Medicare?

We'll provide you with the MediGap health insurance information you need to make an informed decision. Medicare Supplement plans must have a specific list of benefits. That makes them easy to compare. Depending on when you enroll, you may be able to choose from 10 to 12 different standardized MediGap plans. MediGap insurance rates do vary by insurance company though, so be sure to get a quote for your area.

Apply Online Today!

Complete a secure online health insurance quote in the privacy of your own home. If you want help completing a healthcare insurance application, or have questions about health insurance coverage or rates, call us at 800-557-5693. We are here to help 8 AM to 8 PM Pacific time.
Students with Disabilities or needing Accommodations due to previous IEP

ACCESS Programs coordinate services with disabilities at Tri-C and help to ensure that College programs and activities are accessible to qualified individuals with disabilities, as mandated by Federal Law.

To receive services, schedule an appointment with an ACCESS student advisor eight weeks before classes start.

Contact Number: 216-987-5077 or 216-987-5078

Frequently Asked Questions – Students with Disabilities

Are services confidential?
Yes. Your disability will not be discussed or released without your written permission. Information on your disability is not included with any of your other academic records.

What type of documentation do I need?
Documentation requirements vary based on the disability. This will be discussed during your first meeting with the ACCESS student advisor.

Will I get the same services I got in high school?
• Some of the services you received in high school may still be provided; however, post-secondary institutions have different requirements for providing disability services than at the high school level.
• For example, attendant services, homework assistance, tutoring, and other personal services are not required at the post-secondary level.

Please answer the following questions:

Yes   No   Have you ever had an IEP?

  ___  I have scheduled my Access Appointment
        Appointment Date ________

  ___  I do not require an IEP or Special Accommodations

________________________
Signature

***Please fax this form immediately to 216-987-5468***
CUYAHOGA COMMUNITY COLLEGE

FIREFIGHTER I & II ACADEMY

PREREQUISITES:
*Tri-C Firefighter’s Physical Agility Test/or Letter from Fire Chief (On Department Letterhead) stating that the student has passed the Department’s Physical Agility Test.
*Tri-C Math & English Placement Test
*Current CPR/BLS Card

LOCATION: Tri-C, Western Campus.
Select your County status:

☐ Cuyahoga County Resident: $2,689.02
☐ Out-of-County Resident: $3,073.04

Select the box below if you require rental of protective clothing and/or SCBA:
**Equipment Charges are due before Orientation Day.

☐ Rental of full protective clothing and SCBA: $500.00**
☐ Rental of SCBA only: $350.00**

SPRING SEMESTER ACADEMIES:

☐ TEN-WEEK DAY ACADEMY:

CLASS: 19-01 - Monday, February 25, 2019 – Friday, May 10, 2019
Class meets Monday, Wednesday and Friday from 8:45am to 5:30pm.

***Mandatory Orientation Day – Wednesday, February 20, 2019 – 8:45am – 5:30pm

☐ SIXTEEN WEEK NIGHT ACADEMY

CLASS: 19-N1 – Tuesday, February 12, 2019 – Saturday, June 1, 2019
Class meets Tuesday & Thursday from 6:00pm – 10:00pm and Saturdays from 8:45am-5:30pm

***Mandatory Orientation Day – Saturday, February 9, 2019 – 8:45am – 5:30pm

**Fees are subject to change.

__________________________
Name and Date
FIRE ACADEMY PAYMENT FORM

NAME ____________________________

SS # ______________________________

Please indicate your residency and your gear preference:

____ Cuyahoga County Residents: $2,689.02
____ Out-of-County Residents: $3,073.04
____ Rental of Bunker Gear and SCBA: $ 500.00
____ Rental of SCBA only: $ 350.00

____ Veteran’s Assistance (Please contact, Matthew Miller, VA Coordinator, located at
Western Campus Student Services Building, G220, 216-987-5204, or
Matthew.miller@tri-c.edu as soon as you decide to apply to the Fire
Academy)

____ Installment Payment Plan (Review Installment Payment Plan information included in
packet.)

____ Department Purchase Order or Letter of Intent signed by Fire Chief
(Department must submit original purchase order)

______________________________ ________________
Fire Department Name Phone Number

______________________________ ________________
Address City/State/Zip Code

______________________________ ________________
Phone Number Purchase Order Number

Revised: 6/11/2018
ASSUMPTION OF RISK AND AGREEMENT TO HOLD HARMLESS
CUYAHOGA COMMUNITY COLLEGE DISTRICT, ITS EMPLOYEES, AGENTS AND
REPRESENTATIVES

CUYAHOGA COMMUNITY COLLEGE-WEST (herein training facility)

in making available its or other selected facilities, training ground, equipment, and its staff, to provide an
opportunity to learn on the part of its students and other invitees, makes no representation of and assumes no
liability for the suitability or condition of its or other selected facilities, training grounds, or equipment.

In consideration for my participation in this program, I agree to assume all risk associated with the program and
to hold Cuyahoga Community College District, its employees, agents, and representatives harmless from all
liability which may result from my participation in the program including but not limited to any claims, demands, or
suits of any nature, kind or description whatsoever, including costs and expenses, for or on account of any loss
or damage to property owned or possessed by me or by any student or other invitee or any death or injury to
which may result from any cause, including but not limited to, the condition and operation of training facility,
facilities, training grounds, and equipment, or the condition and operation of any other selected facilities, training
grounds and equipment, and the acts or omissions of members of their staff.

I also agree to indemnify and hold harmless the instructors who are independent contractors with the state, in
their personal and representative capacity, from suit of any nature, kind, or description whatsoever, including
costs and expenses for or on account of any loss or damage to property owned or possessed by me or by any
student or other invitee or any death or injury which may result from my participation in this program.

I also authorize the College to seek emergency medical assistance on my behalf, as necessary, and agree to pay
for any and all medical expenses incurred on my behalf.

______________________________  __________________________
Student or Invitee                                      Date

TO BE COMPLETED BY STUDENT OR INVITEE (Please Print) * = indicates require field

* __________________________________________________________________________
Name

* __________________________________________________________________________
Fire Department (if applicable)

* __________________________________________________________________________
Street Address    Apt. No.           City            State            Zip Code

* __________________________________________________________________________
Last Four Digits of Social Security No. (required)

* __________________________________________________________________________
"Home Phone Number

* __________________________________________________________________________
"Cell Number

* __________________________________________________________________________
Chief's Signature (if applicable)

* __________________________________________________________________________
Date

\Fire\FIRE ACADEMY\Academy Packet Form\AssumptionRiskForm.doc

Revised: 11/3/2014
PREREQUISITES FOR BASIC FIREFIGHTER TRAINING

1. Must be 18 years old before the first class date and is not, or no longer is, attending high school.

2. Must not be convicted of, under indictment for, pled guilty to, had a judicial finding of guilt for any of the following:
   a. fraud or material deception in applying for, or obtaining a certificate issued in accordance with this chapter
   b. a felony
   c. a misdemeanor involving moral turpitude
   d. a violation of any federal, state, county, or municipal narcotics law.
   e. any act committed in another state that, if committed in Ohio, would constitute a violation set forth in this paragraph

3. Must not be adjudicated mentally incompetent by a court of law.

4. Must not be currently engaged in the illegal use of controlled substances, alcohol, or other habit forming drugs or chemical substances to an extent that it impairs the ability to perform the duties of a firefighter or safety inspector.

5. Must not have a beard as prescribed in the Ohio Administrative Code, Chapter 4121:1 - 21.

6. Must provide evidence of a physical exam as required by the Ohio Revised Code prior to the first class date.

7. Must wear all NFPA approved turn out gear as prescribed in the Ohio Administrative Code, Chapter 4121:1 - 21.


9. Unattached student must, prior to the first class date, provide a copy of Cuyahoga Community College's Firefighter's Physical Agility Certification or, Attached student must provide a letter from the Fire Chief (on Department letterhead) stating that the student has passed the Department's Physical Agility Test.

10. Attached student must, prior to the first class date, provide an official letter from the appointing department authority accepting responsibility for all actions taken, injury, or liability incurred.

11. Must provide proof of health and accident insurance coverage prior to first class date.

12. Must read and sign the attached waiver of liability (Assumption of Risk form).

13. Call 1-847-688-6888 if a Selective Service number is required on the College Admission Application.

14. I.E.P. Acknowledgement Form

15. Must Hold a Current CPR/BLS Card

I hereby state that I have read, understand, and will comply with all of the above listed fire training prerequisites as they affect either a volunteer or career basic training course.

PRINT NAME ___________________________ SIGNATURE ___________________________ DATE ___________________________

I:\Fire\FIRE ACADEMY\Academy Packet Forms\PrerequisiteForm.doc

Revised: 10/27/2017
The Ohio Department of Public Safety requires Firefighter students to meet the medical requirements of NFPA 1582 (National Fire Protection Association).

NFPA 1582 Chapter 6

6.1: A medical evaluation of a candidate shall be conducted prior to the candidate being placed in a training program or fire department emergency response activities.

6.2.2: Candidates with category A medical conditions shall not be certified as meeting the medical requirements of this standard.

If a candidate answers yes to any of the medical conditions, they will not be permitted to attend firefighter training.

<table>
<thead>
<tr>
<th>6.3 Head and Neck</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you have any defect of skull preventing helmet use or leaving underlying brain unprotected from trauma?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you have any skull or facial deformity that would not allow for a successful fit of a respirator?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>6.4 Eyes and Vision</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Far visual acuity less than 20/40 binocular corrected, or less than 20/100 binocular uncorrected?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you have Monochromatic vision?</td>
<td></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>6.5 Ears and Hearing</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you have chronic vertigo or impaired balance?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you have hearing loss in the unaided better ear greater than 40 decibels (dB) at 500 Hz, 1000 Hz, 2000 Hz, and 3000 Hz when the audiometric device is calibrated to ANSI Z24.5?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you require a hearing aid or cochlear implant?</td>
<td></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>6.6 Dental</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you have any dental conditions that would inhibit the use of a respirator?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you have any dental conditions that would inhibit your ability to communicate effectively?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>6.7 Nose, Oropharynx, Trachea, Esophagus, and Larynx</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you have a tracheostomy?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you have aphonia?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you have any nasal, oropharyngeal, tracheal, esophageal, or laryngeal conditions that would inhibit the use of a respirator?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>6.8 Lungs and Chest Wall</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you have any of the following conditions?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Active hemoptysis</td>
<td></td>
<td></td>
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<tr>
<td>Current empyema</td>
<td></td>
<td></td>
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<tr>
<td>Pulmonary hypertension</td>
<td></td>
<td></td>
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<tr>
<td>Active tuberculosis</td>
<td></td>
<td></td>
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<tr>
<td>Obstructive lung disease</td>
<td></td>
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<tr>
<td>Lung transplant</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>6.9 Aerobic Capacity</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you have an aerobic capacity less than 12 metabolic equivalents (METs) (1 MET = 3.5 ml/kg/min)?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>6.9.1 Heart</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you have any of the following conditions?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coronary heart disease</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cardiomyopathy or congestive heart failure</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Acute pericarditis, endocarditis, or myocarditis</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>6.10.1 Heart</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you have any of the following conditions?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recurrent syncope</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Third - Degree atrioventricular block</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cardiac pacemaker</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hypertrophic cardiomyopathy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heart transplant</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A medical condition requiring an automatic implantable cardiac defibrillator</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Section</td>
<td>Question</td>
<td>Yes</td>
</tr>
<tr>
<td>---------</td>
<td>----------</td>
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</tr>
<tr>
<td>6.10.2 Vascular System</td>
<td>Do you have any of the following conditions?</td>
<td></td>
</tr>
<tr>
<td>6.16 Extremities</td>
<td>Do you have any of the following conditions?</td>
<td></td>
</tr>
<tr>
<td>Hypertension</td>
<td>Joint replacement. See addendum for exceptions</td>
<td></td>
</tr>
<tr>
<td>Thoracic or abdominal aortic aneurysm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carotid artery stenosis or obstruction resulting in greater than or equal to 50% reduction in blood flow</td>
<td>Amputation or congenital absence of upper extremity</td>
<td></td>
</tr>
<tr>
<td>Peripheral vascular disease</td>
<td>Amputation of either thumb proximal to the meproximal phalanx</td>
<td></td>
</tr>
<tr>
<td>6.11 Abdominal Organs and Gastrointestinal System</td>
<td>Presence of uncorrected inguinal / femoral hernia</td>
<td>Yes</td>
</tr>
<tr>
<td>6.12 Metabolic Syndrome</td>
<td>Metabolic syndrome with aerobic capacity less than 12 METs</td>
<td>Yes</td>
</tr>
<tr>
<td>6.13 Reproductive System</td>
<td>Are you pregnant?</td>
<td>Yes</td>
</tr>
<tr>
<td>6.14 Urinary System</td>
<td>Do you have renal failure or insufficiency requiring continuous ambulatory peritoneal dialysis (CAPD) or hemodialysis?</td>
<td>Yes</td>
</tr>
<tr>
<td>6.15 Spine and Axial Skeleton</td>
<td>Do you have any of the following conditions?</td>
<td>Yes</td>
</tr>
<tr>
<td>6.17 Neurological Disorders</td>
<td>Do you have any of the following conditions?</td>
<td>Yes</td>
</tr>
<tr>
<td>Scoliosis of thoracic or lumbar spine with angle greater than or equal to 40 degrees</td>
<td>Ataxias of heredo-degenerative type</td>
<td></td>
</tr>
<tr>
<td>History of spinal surgery with rods still in place</td>
<td>Cerebral arteriosclerosis as evidenced by a history of transient ischemic attack, reversible ischemic neurological deficit, or ischemic stroke</td>
<td></td>
</tr>
<tr>
<td>Any spinal or skeletal condition producing sensory or motor deficit or pain due to radiculopathy or nerve root compression</td>
<td>Hemiparesis or paralysis of a limb</td>
<td></td>
</tr>
<tr>
<td>Any spinal or skeletal condition causing pain that frequently or recurrently requires narcotic analgesic medication</td>
<td>Multiple sclerosis with activity or evidence or progression within previous 3 years</td>
<td></td>
</tr>
<tr>
<td>Cervical vertebral fractures with multiple vertebral body compression greater than 25%</td>
<td>Myasthenia gravis with activity or evidence or progression within previous 3 years</td>
<td></td>
</tr>
<tr>
<td>Thoracic vertebral fractures with vertebral body compression greater than 50%</td>
<td>Progressive muscular dystrophy or atrophy</td>
<td></td>
</tr>
<tr>
<td>Lumbosacral vertebral fractures with vertebral body compression greater than 50%</td>
<td>Uncorrected cerebral aneurysm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Any single unprovoked seizures and epileptic conditions, including simple partial, complex partial, generalized, and psychomotor seizure disorders. See addendum for exceptions</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dementia (Alzheimer's and other neurodegenerative diseases) with symptomatic loss of function or cognitive impairment</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Parkinson's disease and other movement disorders resulting in uncontrolled movements, bradykinesia, or cognitive impairment</td>
<td></td>
</tr>
<tr>
<td>Condition</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>---------------------------------------------------------------------------</td>
<td>-----</td>
<td>----</td>
</tr>
<tr>
<td>Metastatic or locally extensive basal or squamous cell carcinoma or melanoma</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Any dermatologic condition that would not allow for a successful fit test for a respirator</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hemorrhagic states requiring replacement therapy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sickle cell disease (homozygous)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clotting disorders</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Type 1 diabetes mellitus</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Insulin-requiring Type 2 diabetes mellitus</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Malignant disease that is newly diagnosed, untreated, or currently being treated, or under active surveillance due to the increased risk of recurrence</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you require chronic or frequent treatment with any of the following medications or classes of medications?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Narcotics, including methadone</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sedative-hypnotics</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Full-dose or low-dose anticoagulation medications or any drugs that prolong prothrombin time (PT), partial thromboplastin time (PTT), or international normalized ratio (INR)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Respiratory medications; inhaled bronchodilators, inhaled corticosteroids, systemic corticosteroids, theophylline, and leukotriene receptor antagonists</td>
<td></td>
<td></td>
</tr>
<tr>
<td>High-dose corticosteroids for chronic disease</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anabolic steroids</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Evidence of illegal drug use detected through testing, conducted in accordance with Substance Abuse and Mental Health Services Administration (SAMHSA)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Evidence of clinical intoxication or a measured blood level that exceeds the legal definition of intoxication</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

This is to certify that the above named student had a physical exam on __________ (date) and is in apparent good health, has no condition that would endanger the health and wellbeing of students or College staff, has met the requirements of this form, and is physically / mentally able to participate in the Firefighter program at Cuyahoga Community College.

Healthcare Provider Printed Name: ____________________________

Healthcare Provider Signature: ____________________________

Office Stamp Area
ANNEX

6.13 a
Heavy physical exertion has been associated with spontaneous abortions. Lifting heavy objects should be avoided during pregnancy. Excessive heat, toxic chemicals and catecholamine surges have the potential for fetal harm.

A “YES” answer does not indicate non-compliance. Further documentation concerning pregnancy and NFPA 1582 is available upon request.
PROTECTIVE CLOTHING & SCBA RENTAL

Full protective clothing and SCBA are required and must be provided by the student and/or department.

Protective clothing is defined as coat, pants with suspenders, boots, helmet, hood, gloves and a pass device. All items must conform to the latest NFPA standards.

SCBA is defined as a Self Contained Breathing Apparatus unit complete with two air tanks. Both tanks are to be full at the beginning of every practical drill. Four tanks are required on Live Burn Training days. It is the student's responsibility to clean and refill the tanks as necessary.

There are a limited number of protective clothing and SCBA units available for rental. The availability of rental units will be on a first-come, first-serve basis providing all other requirements are met. For further information, call the Fire Academy Office at 216-987-5076.

Rental fee for full protective clothing and SCBA is $500.00; SCBA rental only is $350.00.

Check the appropriate boxes below:

☐ Student requests use of Fire Academy protective clothing and SCBA ($500).

☐ Student requests use of Fire Academy SCBA only ($350).

☐ Student or Department will provide his or her own protective clothing and SCBA.

PRINT NAME: __________________________________________________________

DATE:  ________________________________________________________________

ACADEMY CLASS NUMBER:  ____________________________________________

COMMENTS:  All issued equipment must be returned at time of withdrawal or end of Academy.
CUYAHOGA COMMUNITY COLLEGE
WITHDRAWAL/REFUND POLICY
FOR FIREFIGHTER I AND II ACADEMY

<table>
<thead>
<tr>
<th></th>
<th>IN COUNTY</th>
<th>OUT COUNTY</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACADEMY TUITION</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>$2,689.02</td>
<td>$3,073.04</td>
</tr>
</tbody>
</table>

**DAY ACADEMIES**

<table>
<thead>
<tr>
<th>Credit Portion of Tuition</th>
<th>IN COUNTY</th>
<th>OUT COUNTY</th>
</tr>
</thead>
<tbody>
<tr>
<td>100% day 1 thru 2</td>
<td>$1,489.02</td>
<td>$1,873.04</td>
</tr>
<tr>
<td>70% day 3 thru 5</td>
<td>$1,042.31</td>
<td>$1,311.13</td>
</tr>
<tr>
<td>50% day 6 thru 7</td>
<td>$744.51</td>
<td>$936.50</td>
</tr>
<tr>
<td>25% day 8 thru 9</td>
<td>$372.55</td>
<td>$468.26</td>
</tr>
</tbody>
</table>

**NON-CREDIT PORTION OF TUITION:**

<table>
<thead>
<tr>
<th>Description</th>
<th>IN COUNTY</th>
<th>OUT COUNTY</th>
</tr>
</thead>
<tbody>
<tr>
<td>100% prior to start of academy</td>
<td>$1200.00</td>
<td>$1200.00</td>
</tr>
<tr>
<td>0% after 2nd day</td>
<td>$0.00</td>
<td>$0.00</td>
</tr>
</tbody>
</table>

**NIGHT ACADEMY**

<table>
<thead>
<tr>
<th>Credit Portion of Tuition</th>
<th>IN COUNTY</th>
<th>OUT COUNTY</th>
</tr>
</thead>
<tbody>
<tr>
<td>100% day 1 thru 4</td>
<td>$1,489.02</td>
<td>$1,873.04</td>
</tr>
<tr>
<td>70% day 5 thru 10</td>
<td>$1,042.31</td>
<td>$1,311.13</td>
</tr>
<tr>
<td>50% day 11 thru 14</td>
<td>$744.51</td>
<td>$936.50</td>
</tr>
<tr>
<td>25% day 15 thru 18</td>
<td>$372.55</td>
<td>$468.26</td>
</tr>
</tbody>
</table>

**NON CREDIT PORTION OF TUITION:**

<table>
<thead>
<tr>
<th>Description</th>
<th>IN COUNTY</th>
<th>OUT COUNTY</th>
</tr>
</thead>
<tbody>
<tr>
<td>100% prior to start of academy</td>
<td>$1200.00</td>
<td>$1200.00</td>
</tr>
<tr>
<td>0% after 2nd day</td>
<td>$0.00</td>
<td>$0.00</td>
</tr>
</tbody>
</table>

**EQUIPMENT RENTAL REFUND**

<table>
<thead>
<tr>
<th>Description</th>
<th>IN COUNTY</th>
<th>OUT COUNTY</th>
</tr>
</thead>
<tbody>
<tr>
<td>100% prior to start of academy</td>
<td>$500.00</td>
<td>$350.00</td>
</tr>
<tr>
<td>0% after 2nd day</td>
<td>$0.00</td>
<td>$0.00</td>
</tr>
</tbody>
</table>

**Non Refundable Required Uniform Fee- $60.00**

All withdrawals must be made in writing within 5 days from last day of attendance. Within 10 days, student must schedule exit counseling session with Academy Commander. Refund amount will follow college policy for credit and non-credit courses. See schedule above.

ALL ISSUED EQUIPMENT MUST BE RETURNED AT TIME OF WITHDRAWAL.

I agree with the above refund policy and conditions.

__________________________________________
Signature

__________________________________________
Date

Revised: 4/16/2014

I:FIRE/FIREACADEMY/AcademyPacketForms/FY05ARefund Policy.xls
**FIRE ACADEMY – 19—**  
**CADET SHIRT REQUIREMENTS- 1 POLO, 2 T-SHIRTS, 1 SWEATSHIRTS**  
*Academy Copy*

<table>
<thead>
<tr>
<th>NAME</th>
</tr>
</thead>
</table>

**TEE SHIRTS & POLO SHIRT**
- Medium
- Large
- XLarge
- XXLarge
- XXXLarge
- XXXXLarge

<table>
<thead>
<tr>
<th>PHYSICAL TRAINING SHORTS</th>
</tr>
</thead>
</table>
- Small (Waist Size 28-30)
- Medium (Waist Size 32-34)
- Large (Waist Size 36-38)
- XLarge (Waist Size 40-42)
- XXLarge (Waist Size 44-46)

**SWEATSHIRTS (Academy & P.T.)**
- Medium
- Large
- XLarge
- XXLarge
- XXXLarge
- XXXXLarge

**BOOT SIZE IF RENTING GEAR**

**Fees for Uniforms are included in Fire Academy Fees**
THE INFORMATION FOLLOWING THIS SHEET IS ABOUT THE FIREFIGHTER’S PHYSICAL AGILITY TESTING AND PREP COURSE
Cuyahoga Community College requires that all of the Tasks must be completed in (7) minutes or less for entrance into the Fire Academy. Check with each city you are applying for to find out their established times for the physical agility.

The firefighter’s physical agility test consists of the following tasks over a timed course:

**TASK 1 - Stair Climb with High Rise Pack**
Carry a high-rise standpipe pack (2-50 foot sections of 1 1/2-inch hose weighing 50 pounds) to the third floor of the fire tower. Deposit the hose in the designated location. After Task 2 is completed, this hose will be returned down the stairs to the starting location.

**TASK 2 - Hose Hoist**
From a third story window, using a hand motion hoist a 50-foot donut roll of 2 1/2 inch hose (about 50 pounds) connected by 5/8 inch rope. This task will be completed twice.

**TASK 3 - Forcible Entry**
Using the Keiser Force Machine, and a nine-pound hammer, drive a steel beam 5 feet.

**TASK 4 - Hose Advance**
Pick up the nozzle and move a 1 3/4-inch charged hose straightforward 75 feet.

**TASK 5 - Victim Rescue**
Drag a 175 pound dummy a distance of 100 feet.

Cuyahoga Community College will issue a certificate of completion indicating the time it takes to complete the tasks. The class participants will be responsible for taking their certificate of completion to the jurisdiction for which they are applying. The certificates will be valid for one year. Applicants must be sure that the fire departments where they are applying for a position will accept the certificate as their standard.

**Prerequisites for Firefighter Agility Testing**
1. Must show photo proof of identification after passing the test. An Ohio Drivers License or State Identification Card is acceptable.
2. Must read and sign a waiver of liability.
3. Must complete a college non-credit registration form and pay a $50.00 course fee prior to the test date.
4. Must be in excellent physical health. A physician's exam is not required but is highly recommended.

The firefighter's agility testing will be conducted outdoors. Applicants will be required to wear five-pound ankle weights to simulate the weight of firefighter turn out gear. An air tank will be worn during testing for weight only; it will not be used for breathing air. Applicants can furnish their own gloves or they will be furnished. A firefighter helmet must be worn. Helmets will be furnished. Applicants can furnish their own liner, if they prefer. A ball cap or skullcap will work. It is suggested that applicants wear physical training gear with long pants and athletic shoes with good traction.

Firefighting is physically demanding and at times extremely hazardous. Candidates are encouraged to do pretesting exercises that will assist them in completing the agility test.

Please note: Cuyahoga Community College does not assume any responsibility for any medical consequences that might arise from participating in physical agility testing. Students under the age of 18 must have an "Assumption of Risk" form signed by parent or guardian prior to testing. CALL FOR FORM.

For information: call 216-987-5429 or 216-987-5060

---

**FIREFIGHTER’S PHYSICAL AGILITY**

**PREP COURSE**

| FEE:       | $125.00   |
| TIME:      | 6:00 - 8:00 PM |
| LOCATION:  | Tri-C, West, Fire Tower |
| COURSE # TBA | January 3, 10, 17, 24, 31, 2018 |
| COURSE # TBA | February 14, 21, 28, March 7, 14, 2018 |
| COURSE # TBA | March 28, April 4, 11, 18, 25, 2018 |
| COURSE # TBA | May 2, 9, 16, 23, 30, 2018 |
| COURSE # TBA | June 6, 13, 20, 27, July 3 (Tuesday), 2018 |
| COURSE # TBA | July 11, 18, 25, August 1, 8, 2018 |
| COURSE # TBA | August 15, 22, 29, September 5, 12, 2018 |
| COURSE # TBA | September 19, 26, October 3, 10, 17, 2018 |
| COURSE # TBA | October 24, 31, November 7, 14, 21, 2018 |
| CLASS SIZE: | 6 Minimum/25 Maximum |

Cuyahoga Community College provides this 5 evening, 10 hour course to help train an Individual for the Firefighter’s Physical Agility Test. Participants will wear and use the same equipment that is required for the test. If insufficient enrollment, the course will be canceled. You will be notified by phone or postcard.

**FIREFIGHTER’S PHYSICAL AGILITY**

**TEST**

| FEE:       | $50.00   |
| TIME:      | Test time will be assigned when registering. |
| LOCATION:  | Tri-C, West, Fire Tower |
| COURSE # TBA | January 14, 2018 |
| COURSE # TBA | February 4, 2018 |
| COURSE # TBA | March 16, 2018 |
| COURSE # TBA | April 29, 2018 |
| COURSE # TBA | June 3, 2018 |
| COURSE # TBA | July 6, 2018 |
| COURSE # TBA | August 12, 2018 |
| COURSE # TBA | September 16, 2018 |
| COURSE # TBA | October 21, 2018 |
| COURSE # TBA | November 25, 2018 |

Registration must be completed and paid prior to the test as explained below. Applicants must sign-in prior to start of the test. Late arrivals will not be tested. If insufficient enrollment, the test will be canceled. You will be notified by phone or postcard.

**REGISTRATION INFORMATION**

All registrations will close 4 days prior to the start of the course. Applicants will be notified of testing time when registration and payment information are received.

To Register by mail: Complete the registration form enclosed. Make your check payable to and mail to Cuyahoga Community College, Fire Training Academy, 11000 Pleasant Valley Rd., PSTC Room 124, Parma, Ohio 44130.

To Register in person: Stop by the Fire Academy Office at the Western Campus, PSTC Office 124, Cuyahoga Community College.

To Register by FAX: Payment must be by credit card 216-987-5468

To Register by phone: Payment must be by credit card (2.4% processing fee is charged for all credit card transactions) 216-987-5429 or 216-987-5060

Registration Deadline: 5:00 p.m. the Wednesday prior to the test date.

Refund Policy: Participants will receive a 90 percent refund if they withdraw prior to the test, no refunds thereafter.

Parking: Park in the lot to the right of the Fire Drill Grounds.

Directions to Campus: Exit I-71 at Bagley Road and go East. Exit I-77 at Pleasant Valley Road and go West. Exit The Ohio Turnpike at Exit 10 to I-71 North. The Campus is located at the corner of Pleasant Valley and York Roads, 11000 Pleasant Valley Rd., Parma, OH.
Cuyahoga Community College requires that all of the Tasks must be completed in (7) minutes or less for entrance into the Fire Academy. Check with each city you are applying for to find out their established times for the physical agility.

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Please note: Cuyahoga Community College does not assume any responsibility for any medical consequences that might arise from participating in physical agility testing. **Students under the age of 18 must have an "Assumption of Risk" form signed by parent or guardian prior to testing. CALL FOR FORM.**

For information: call 216-987-5429 or 216-987-5060.
Fire Training Registration Form

I will be attending: Fall _____ Spring _____ Summer _____

Please Print and Complete All Items

☐ New Student ☐ Returning Student Last Attended: [Month] [Year]

Personal Information

SS# (ONLY last 4 digits required): ____________________________

Name ____________________________

Last       First       MI       Maiden

Address ______________________________________________

Number        Street       Apt. No.

City        State        Zip        County

Phone ____________________________

Area Code        Number

E-Mail ____________________________

E-mail ____________________________

Sex ☐ Male ☐ Female

Ethnic Code ☐ Black ☐ American Indian or Alaskan

☐ White (non-hispanic) ☐ Asian, Pacific Islander, Indian Subcontinent

☐ Hispanic ☐ Other ____________________________

Date of Birth (required) ____________________________

*************** Have you ever been convicted of a sexual related offense or violent crime against a minor?

☐ Yes ☐ No

Registration Information:

Please make checks payable to Cuyahoga Community College.

To register over the phone, please call (216) 987-5429 or 5060.

Mail registrations to Cuyahoga Community College; 11000 Pleasant Valley Rd.; Fire Academy, Public Safety Training Center Room 124; Parma, OH 44130.

Fax registrations to (216) 987-5468.

NOTE: If your dept. is paying, you must fax or include a copy of the purchase order.

<table>
<thead>
<tr>
<th>Course Reference Number</th>
<th>Course Title</th>
<th>Date</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Physical Agility Test</td>
<td></td>
<td>$60.00</td>
</tr>
<tr>
<td></td>
<td>Physical Agility Prep Course</td>
<td></td>
<td>$125.00</td>
</tr>
</tbody>
</table>
### Table 1
Categories for Aerobic Fitness
Based Upon 1.5 Mile Run Time

<table>
<thead>
<tr>
<th>Time Range</th>
<th>Fitness Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>≥ 14:00</td>
<td>Very Poor</td>
</tr>
<tr>
<td>13:00 - &lt; 14:00</td>
<td>Poor</td>
</tr>
<tr>
<td>12:00 - &lt; 13:00</td>
<td>Fair</td>
</tr>
<tr>
<td>11:00 - &lt; 12:00</td>
<td>Good</td>
</tr>
<tr>
<td>10:00 - &lt; 11:00</td>
<td>Excellent</td>
</tr>
<tr>
<td>≤ 10:00</td>
<td>Superior</td>
</tr>
</tbody>
</table>

Symbols:
- ≥ = Equal to or greater than
- < = Less than
- ≤ = Equal to or less than

---

### Table 2
Jogging and Running Programs

**VERY POOR CATEGORY**

<table>
<thead>
<tr>
<th>Age Range</th>
<th>IF YOU ARE</th>
<th>THEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>You are under age 30</td>
<td>Start jogging 2 miles in 32 minutes; reduce time by 2 minutes each week for 8 weeks.</td>
<td><strong>GOAL</strong> Maintain 2 mile run in 16 minutes. Continue running a minimum of 3 times per week.</td>
</tr>
<tr>
<td>You are age 30-39</td>
<td>Start jogging 2 miles in 32 minutes; reduce time by 1 1/2 minutes each week for 10 weeks.</td>
<td><strong>GOAL</strong> Maintain 2 mile run in 18 minutes. Continue running a minimum of 3 times per week.</td>
</tr>
<tr>
<td>You are age 40-49</td>
<td>Start jogging 2 miles in 32 minutes; reduce time by 1 1/4 minutes each week for 10 weeks.</td>
<td><strong>GOAL</strong> Maintain 2 mile run in 20 minutes. Continue running a minimum of 3 times per week.</td>
</tr>
<tr>
<td>You are age 50-59</td>
<td>Start jogging 2 miles in 32 minutes; reduce time by 1 minute each week for 10 weeks.</td>
<td><strong>GOAL</strong> Maintain 2 mile run in 22 minutes. Continue running a minimum of 3 times per week.</td>
</tr>
</tbody>
</table>

**POOR CATEGORY**

<table>
<thead>
<tr>
<th>Age Range</th>
<th>IF YOU ARE</th>
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</tr>
</thead>
<tbody>
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<td>You are age 40-49</td>
<td>Start jogging 2 miles in 32 minutes; reduce time by 1 1/4 minutes each week for 10 weeks.</td>
<td><strong>GOAL</strong> Maintain 2 mile run in 20 minutes. Continue running a minimum of 3 times per week.</td>
</tr>
<tr>
<td>You are age 50-59</td>
<td>Start jogging 2 miles in 32 minutes; reduce time by 1 minute each week for 10 weeks.</td>
<td><strong>GOAL</strong> Maintain 2 mile run in 22 minutes. Continue running a minimum of 3 times per week.</td>
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</table>
THE INFORMATION FOLLOWING THIS SHEET IS ABOUT THE FIREFIGHTER'S FITNESS INFORMATION PACKAGE
Cuyahoga Community College welcomes all qualified applicants to the Firefighter Academy. In order to better prepare for a position in this demanding occupation, we have provided you with a self-testing fitness package to determine your readiness for taking the entry level physical performance testing in the Fire Academy.

Firefighting is an exciting and rewarding career. However, it is one of the most physically demanding in America. Unlike other manual labor jobs that are designed around the capabilities of the workforce, firefighters must respond to the demands of the situation. This means that physical fitness is an important component of job performance. The duties of a firefighter are many and varied. The work environment can be hot, smoky and extremely hazardous. Protective equipment worn by firefighters is heavy but essential, and severely limits performance. On the job, firefighters carry heavy objects, including litters that weigh well over 200 pounds. Being in top physical condition is a prerequisite for employment and the best possible protection against on the job injuries and the key to staying on the job.

Much of what firefighters do in emergency situations requires both muscular as well as aerobic fitness. A commitment to lifelong fitness is an essential part of being a firefighter. Said another way, while it is important to have a high level of fitness to complete the Academy, it is even more important to maintain fitness once on the job.

One purpose of this self-testing package is to provide an overview of the entry test to better help you prepare for a challenging career in the fire service. Considerable research has been conducted to accurately measure the physical demands necessary to safely perform the duties of a firefighter. High levels of anaerobic and aerobic fitness have been consistently identified as one of the most important determinates of job performance.

The physical test is designed to provide cadets with their probability of success as a firefighter. While it may be difficult to practice exactly the test items, maintaining a high level of conditioning by training with weights and cardiovascular conditioning will increase your likelihood of passing.

Note of Caution
Cuyahoga Community College does not assume any responsibility for any medical consequences that may arise from participating in the physical fitness process. The firefighter physical training evolutions performed during the Fire Academy Program require the cadet to wear full fire gear including an SCBA and breathing air through SCBA while performing the tasks.
Prior to entering the academy, it is advisable to check with your personal physician should you have any questions regarding your current health status. Firefighting requires that you be in top physical shape; an existing medical condition might preclude your appointment as a firefighter. A physical exam is required prior to entry into the Firefighter Academy. If, for any reason, you feel that there might be a pre-existing medical condition that might cause injury, illness or lead to a health emergency as a result of participating in the applicant physical performance testing, you are strongly urged to see your physician. If while performing the applicant testing programs you experience shortness of breath, dizziness, nausea, vomiting or chest pain, you should stop all activity immediately and seek medical advice before continuing any physical activity.

1.5 Mile Run Self-Test
A good test to determine if you have an adequate level of cardiovascular fitness is to test yourself on the 1.5 mile run. Use the scoring in Table 1 below to rate your performance on this test and enter a structured running program designed to help you improve your performance on this very critical dimension of fitness.

Physical Agility Test
The Physical Agility Test was designed after an exhaustive job task analysis conducted by ARA/HUMAN FACTORS, the nation's leading authorities on public safety job standards development. The test accurately reflects the physical demands of a number of fire suppression activities. You might think of the test as a "sample" of a number of fireground tasks necessary for the safe and effective performance of firefighters. You should pace yourself as you move from test event to test event. However, firefighters need to move with dispatch, so it is advisable to perform the evolutions as quickly as possible, since your score will be affected by your standing on the test based upon your time.

The test requires no skills and has been specifically designed to only test for necessary firefighting physical capacities.

Conditions (In Fire Academy Class)
Each applicant will be outfitted with a helmet, bunker coat and pants and SCBA that firefighters routinely wear (=52 pounds) while participating in fire suppression activities. The test is a timed event. You may rest at any time during the performance of the test, however, the clock continues to run. A cut-off time (failure) will be established. Research has shown that more fit individuals can perform the tasks faster than less fit individuals with a greater cardiovascular reserve. Since time is critical in firefighting, faster individuals will be considered over those who take longer.

Task 1 - Stair Climb with High Rise Pack
Carry a high-rise standpipe pack (2-50 foot sections of 1 1/2 inch hose weighing 50 pounds) to the third floor of the fire tower. Deposit the hose in the designated location. After Task 2 is completed, this hose will be returned down the stairs to the starting location.

Task 2 - Hose Hoist
Using a hand over hand pulling motion, hoist the 1 1/2 inch donut roll (=50 pounds) with the aid of a rope to the third storey of the drill tower. This task will be completed twice.