

Course: Firefighter Health & Safe

This comprehensive training course is designed to address the critical health and safety challenges faced by firefighters, focusing on cancer prevention, cardiac health, and maintaining fit-for-duty readiness. Participants will explore the latest research and best practices related to occupational cancer risks, the leading cause of firefighter deaths—cardiac-related incidents—and strategies to promote physical and mental fitness.

Through interactive discussions, real-world case studies, and practical applications, firefighters will learn to identify risk factors, implement decontamination protocols, adopt heart-healthy habits, and develop personal fitness plans. The course emphasizes early detection, behavioral changes, and departmental culture shifts that prioritize long-term health and operational readiness.

Instructor: Kevin Quinn

Prerequisites: None

Equipment: None

Course: Railroad Emergency Response Training**I. Classroom Training**

- VRS Dispatcher Notification
- Trains may run in any direction at any time.
- Signalized and non-signalized railroad crossings.
- Safety considerations when responding to a railroad incident
- Communication with the Dispatcher and train crew.
- Rail car Reporting Marks,
- Types of railcars on the VT Rail System
- Hazardous Materials and Tank cars.
- Diesel-Electric Locomotives.

II. Field Training

- Hands-on training with railroad equipment:
 - Vermont Rail System Locomotive
 - Freight cars
- Locomotive cab and engine room orientation
- Locomotive fuel cut-off buttons
- Railcar braking systems.
- Freight car valves and doors.
- Freight car stencils

Instructor: VT Rail System

Prerequisites: None

Equipment: PPE

Saturday Courses- April 12, 2025

1-Day Course

Course: Alternative Fueled Vehicle Identification & Awareness

Your Alternative Fueled Vehicle course covers the basics of identification, proper response, types of steel, dangers associated with these and the newer vehicles and basic extrication locations (no hands-on as we do not have people willing to give up their new vehicles). It is a one-day course with both classroom and outside vehicle familiarization (bunker gear is not required). We would recommend the course for fire officers from Lieutenant to Chief as they will be making the decisions on how to safely deal with these types of vehicles.

Instructors: Green Mountain Associates

Prerequisites: None

Equipment Required: None

Sunday Courses- April 13, 2025

1-Day Course

Course: Railroad Emergency Response Training

I. Classroom Training

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- Railcar braking systems.
- Freight car valves and doors.
- Freight car stencils

Instructor: Vermont Rail Systems

Prerequisites: None

Equipment: PPE

Sunday Courses- April 13, 2025

1-Day Course

Course: Firefighter Life Safety: Implementing the 16 Life Safety Initiatives

This dynamic course is designed to help fire service personnel integrate the National Fallen Firefighters Foundation's (NFFF) 16 Life Safety Initiatives into their department's safety programs. These initiatives serve as a comprehensive framework to reduce firefighter line-of-duty deaths and injuries while fostering a culture of safety, accountability, and continuous improvement within the fire service.

Participants will engage in interactive discussions, case studies, and scenario-based learning to understand how each initiative applies to real-world operations. The course emphasizes leadership, risk management, mental health, training excellence, and the importance of personal responsibility in creating a safer work environment.

Instructor: Kevin Quinn

Prerequisites: None

Equipment: None

Course: Alternative Fueled Vehicle Identification & Awareness

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Instructors: Green Mountain Associates

Prerequisites: None

Equipment Required: None

Register on -line this year! Go to www.svrfs.com

Payment on-line with credit card

One day courses: \$110.00

Two day courses: \$220.00

Lunch available each day included in registration price.

Snacks and drinks available all day.

Saturday & Sunday Courses- April 12 & 13

2-Day Course

Course: Initial Fireground Decision-Making/The Sixth Minute

Decisions that are made in the initial phases of an emergency will impact the overall operations and the eventual outcome.

Initial Fireground Decision-Making is a course that covers the concepts of: size up, command, control & communications and determining initial strategies and tactics. It also covers leadership and command presence. The course will also cover operational modes and engine and ladder company operations. This material is covered with the underlying theme of firefighter safety.

Instructor: Green Mountain Associates

Training Prerequisites: None.

Equipment: None

Course: Advanced Pumps

This course expands on earlier course on pumps and pump operations.

Students will continue their development of their understanding of pumps and priming and have an opportunity to put theory into practice.

Maintenance, trouble shooting and pump damage control and avoidance will be emphasized throughout the course.

Drafting, portable pump operation and relay pumping will be explored and practiced.

Instructors: Green Mountain Associates

Prerequisites: Intro Pumps

Equipment Required: PPE

Course: Rookie Course

An Introduction to the Fire Service.

Welcome to the greatest fraternity on earth. Community service, selflessness & brotherhood are the hallmarks of firefighters. Firefighting has great rewards but it is also hazardous. New firefighters must learn the basic skill of the job and how to do the job safely. This course will give new firefighters an introduction to these basic skills on how to do firefighting safely.

Topics to be covered:

Orientation to and History of the Fire Service, Fire Department Organization & Chain of Command, Jobs & Tasks of Firefighters, Safety & Protective Equipment, Fire Service Terminology, Chemistry of Fire & Fire Behavior, Classes of Fires & Fire Extinguishers, Fire Apparatus Overview and Orientation, Hose & Appliances Orientation, Ground Ladders, Hand Tool Identification & Orientation, Ropes & Knots.

This class should be the first step in a firefighter's career and in a firefighter's progression of training.

Students should bring their Firefighter's protective clothing and be physically able to carry out the physical rigors of firefighting.

Instructors: Green Mountain Associates

Equipment Required: PPE

Saturday & Sunday Courses- April 12 & 13 2-Day Course

Course: R. I. T.

R.I.T. Rapid Intervention Teams or FAST, Firefighter Assistance Search Teams are designed to rescue and assist firefighters in trouble on emergencies scenes.

This course will address the fundamentals of R.I.T. operations in Mayday situations.

This course will provide firefighters with knowledge and training to organize and conduct R.I.T. or fast operations through both classroom and practical hands-on training.

Firefighters signing up for this course should be trained and capable of using self-contained breathing apparatus in a strenuous working environment.

Instructors: Green Mountain Associates

Prerequisites: SCBA

Equipment Required: PPE

Course: Firefighter Rehab

Exposure to heat, cold, dehydration & the physical rigors of firefighting operations have significant negative impact on the health, safety & effectiveness of firefighters & other emergency responders.

This course prepares responders to recognize & identify the signs and symptoms related to the toll on firefighters from the various physical and environmental aspects of emergency operations. The course also covers the setting up and operations of rehab operations.

Participants should be prepared to participate in rehab activities as part of this course.

Instructors: Green Mountain Associates

Prerequisites: None

Equipment Required: PPE

Register on -line this year! Go to www.svrfs.com

Deadline for registration is March 30, 2025

Saturday & Sunday Courses- April 12 & 13 2-Day Course

Course: Engine Company Operations

The engine companies are the basic operational units of every fire department and provide the primary extinguishing agent water, and personnel and delivers them to the fire. To supply water and use it properly the firefighter must have considerable skills and knowledge.

This course will include: the basic mission of engine companies, engine company operations, strategies and tactics for engine companies, size up and smoke signals, and operational pointers for engine companies.

Practical & skills sessions will include: hose loads and deployment, hose advancement and nozzle skills, engine company hose team skills and practice.

Practical sessions require physical exercise and only firefighters physically capable of demanding physical effort should participate. PPE is required.

Instructors: Green Mountain Associates

Prerequisites: None

Equipment Required: PPE

Southern Vermont Regional Fire School Committee Members

Bob Schlachter-Wallingford Fire Department, 1-802-342-0919

Kevin J. Goodhue-Bennington Rural Fire Department, 1-802-379-4001

Tim Burgess-Bennington Rural Fire Department, 1-802-738-9273

Bob Kilpeck-Brandon Fire Department, 1-802-342-0369

Don Howard-Fair Haven Fire Department.

Safety Officers: Tim Girard and Keith Ploof

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Register on -line this year! Go to www.svrfs.com

Visit our new website for SVRFS!

Deadline for registration March 30, 2025

SOUTHERN VERMONT REGIONAL FIRE SCHOOL

CODE OF ETHICS

This code of ethics provides guidance to the instructors, students and staff {herein known as member}, of the Southern Vermont Regional Fire School {herein referred to as SVRFS}, in discharging their responsibilities.

Relationship to the Community

Each member of the SVRFS is expected to demonstrate the highest standard of personal integrity, truthfulness, honesty and fortitude in all activities.

Each member will consider every person at the SVRFS as a member/friend/customer/brother or sister.

Each member will be ever mindful that we are always in the eyes of the public and will conduct themselves so as to bring unwarranted credit to our host or the SVRFS.

Relationship to the SVRFS

In supporting the mission of the SVRFS, members abide by the ethics statements.

Members maintain high standards of professional competence and meet qualitative and quantitative standards of performance. They seek and participate in appropriate professional development activities.

Members seek to advance the welfare of the Department through accountability for the proper use of Town funds, personnel, equipment and other resources.

Relationship to Each Other

Each individual member is responsible and accountable for his/her own actions, and to some extent, for the well-being of other members. Remember these behaviors and practice them on a daily basis.

They are:

1. Consideration: be considerate of one another's values, ideals, possessions, feelings, etc.
2. Discretion: Be discrete when communicating with other members.
3. Tolerance: Be tolerant of our differences whether they are related to: color, gender and religious faith. These are the differences that make us stronger as a family and better able to serve the needs of our diverse communities.
4. Unity: During good times and in difficult times, the organization must continue to work together as a team. Remember individuals make up a team.

All members shall avoid any activity giving rise to conflict of interest, actual or perceived. In the event a situation should arise contact a staff member.

All members shall avoid exploitation, discrimination, abuse, harassment and insensitivity is always wrong. It is the responsibility of members to strive to eliminate them whether they are unconscious or conscious, covert or overt, while taking care to respect the rights of others.

All members shall show respect towards positions of authority and leadership.

All members shall practice safety in all aspects of SVRFS activities; safety is everyone's responsibility and shall be reported to the Instructor or SVRFS Staff immediately.

Discipline, up to and including discharge may be imposed for cause if a member (student) is found in violation of these articles.

Welcome!

This year the Southern Vermont Fire School continues the tradition of offering an excellent selection of courses featuring distinguished instructors. We are offering a few different courses this year and we hope that you will be pleased with the programs that we have available. We are very please to be offering the SVRFS once again at the Mill River School located at 2321 Middle Road off Rt. 7 in North Clarendon, VT . We look forward to seeing friends return and meeting new students attending the school.

Register on -line only this year! Go to www.svrfs.com

Registration Information:

Most class sizes are limited, and applications are processed on a first-come, first-served basis. Although we make every effort to see that you are registered in your first choice, **it is important that you provide us with alternative course selections**. If a course has to be canceled, you will be assigned to your second class choice and you will be notified. Registration deadline **March 30, 2025**. As always, we recommend early registration! **Course confirmations will be e-mailed to each student after applications are processed. Classes begin promptly at 8:00. Certificates will be presented at the completion of courses. Opening assembly daily at 7:45.**

Tuition is \$110.00 per day and includes lunch. Tuition is non-refundable, except in the case where a course is canceled, and you are unable to be placed in an alternative choice. Payment must accompany your registration. **Register on -line this year! Go to www.svrfs.com** Questions regarding application may be sent to admin@svrfs.com.

Driving Directions:

From the North:

Travel Route 7 South to Rutland

From the South:

Travel I-91 North; take Exit 6 (Rockingham/Rutland) onto VT Route 103 North. Take Route 7 North to Rutland.

From the East:

Travel Route 4 West until you reach Routes 4 & 7, then travel south on Route 7.

From the West:

Travel the Northway (I87) to Exit 20 (Fort Ann/Rutland). Take Route 149 East to Route 4 East. Then to Route 7 South.

To Mill River Union High School: Mill River Union High School is located on 2321 Middle Road, just off of Route 7. Turn onto Middle Road at the signal light in front of Alderman Chevrolet and travel straight through the intersections until you see the school on the right. (About two miles)

To the Best Western Inn: The Best Western Inn is conveniently located just off of Route 4 in Rutland at 5 Best Western Place.

Local Lodging:

Best Western Inn (The Official Fire School Motel) **Call 802-773-3200.**





Southern Vermont Regional Fire School
117 Jefferson Avenue
Bennington, VT 05201

Southern Vermont Regional Fire School

April 12 & 13, 2025

At

Mill River Union High School

2321 Middle Road

North Clarendon, Vermont

Sponsored by:

Bennington County Mutual Aid Association, Inc.

Rutland County Fire Mutual Aid Association, Inc.

Register on -line this year! Go to www.svrfs.com

2025 Course Offerings

Southern Vermont Regional Fire School



Join us for a weekend of training opportunities!

April 12 and 13

Mill River School

Clarendon, VT 05201

Registration: www.svrfs.com

Deadline to register March 30, 2025