



NORTH KING COUNTY TRAINING CONSORTIUM TRAINING BULLETIN

3Q NED



3rd quarter NED's have been completed! We got hands-on experience with the Elkhart kit. The West End finished those drills with a Bothell Engine pumping a Woodinville Ladder Truck, and a Woodinville Engine pumping to a Bothell Ladder Truck.

On two engine days we double tapped the hydrant and worked on getting maximum flow for defensive operations.

Thanks to all those that participated.

4Q 2021



Do you need to renew your EMT Cert in 2022?

Be sure to use the checklist in FireTrex to make sure everything is complete.

In-house TRT dates will not be assigned in 2022.

We love feedback!
Email us at
info@nkctc.org

Key Takeaways

Engines - When you are pumping to a ladder truck, get it flowing then double tap the hydrant. Make sure our extended attacks with solid bore nozzles use a reducer for a single line. (Don't flow a 2 ½ to a Y and two 1 ¾. Nozzle reaction will be unsafe).



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Bothell Fire | Northshore Fire | Shoreline Fire | Eastside Fire & Rescue

Enhance regional training by improving operational consistency and interoperability

NKCTC 2021 Recruit Academy

NKCTC is running our first Recruit Academy with participation from Northshore, Bothell, Kirkland, Shoreline and Eastside Fire Departments. Each department is represented by an instructor who brings passion and experience to help build a foundation for our next generation of firefighters.

This Academy will travel between Stations 51, 31, 61, 26, North Bend, the PSE facility, Renton Station 14, and the Fremont Fire prop. They will have a minimum of eight days of live fire to help them prepare for service to their communities.

The Academy started August 30, with fire ground subjects and the Recruits will transition to EMT school on December 6. The Class will graduate on January 20, 2022 and be in a station near you soon.

BULLDOG AWARDS

A cartoon illustration of a grey bulldog's head in the center, facing forward with its mouth open, showing its tongue and teeth. It is holding a silver barbell with two weights in its mouth. The barbell is positioned horizontally, passing through the bulldog's mouth.

As I am sure you all remember, the Bulldog Award has been a long standing tradition in recruit academies. This coveted award is given to a recruit each week that displays the Desire, Dedication & Determination to excel as a Recruit Firefighter.

Here are the recipients from the first 4 weeks.



Week 1
Recruit Stephens
Kirkland Fire



Week 2
Recruit Noel
Shoreline Fire



Week 3
Recruit Parkhouse
Shoreline Fire



Week 4
Recruit Vidito
Bothell Fire

Acquired Structure Shoreline Pool

The City of Shoreline was generous enough to donate the use of the Shoreline Pool for destructive training.

The large building gave us the opportunity to practice long hose lays with several doors and corners. Crews also practiced cutting from their aerial devices.



The Zone 1 HazMat team also made use of the structure to run a scenario-based HazMat drill that included cooperation with the Army. Thanks to everyone who participated in this acquired structure training!

Got Stress?

The Washington Fire Chiefs Administrative Support Conference took place earlier this month and one of the stand out presenters was Kathy Gruver. Kathy has her PhD in Natural Health and has been studying psychology and human behavior all of her adult life. Kathy spoke to us about managing stress. Here are a few takeaways:

Signs of Stress – Headaches, dizziness, racing heart, restlessness, insomnia, bossiness, teeth grinding, crying, anxiety, boredom, anger, road rage, memory loss, loss of humor, forgetfulness, thoughts of running away, lack of joy in activities, addiction, compulsive eating, over drinking and drug use.



It is important to recognize the signs, but more important is how to deal with it. Kathy recommends meditating, taking a walk, getting a massage, playing games, spending time with friends, visualizing, doing affirmations, exercising, practicing mindfulness and learning to relax (in whatever way it works for you). Here are some pointers on how to get started:

Affirmations – Make them short, positive, put them in the present and repeat! ("I am healthy and well." NOT, "I am not getting sick." Write on Post-It Notes and stick them on your bathroom mirror so you start each day with that visualization.

Meditation – Focus on something repetitive like your breath, a word, a sound or a mantra. When your thoughts stray (and they will!), just dismiss them without judgment and go back to your focus. Start with three minutes and work your way up to as long as necessary.

There was a lot of information, too much to share here, but if you are interested in learning more visit her [YouTube Channel](#). Danielle has the presentations if you are interested!

Electricity Makes the Wheels Go 'Round



- Northshore School District has a number of fully electric and fully LPG (propane) buses
- Diesel buses are “full-size” and have the black bird
- Fully electric buses have a green bird with a power cord
- LPG buses have a green bird
- Orange cable or orange loomed cable are HIGH voltage/high power cables — in excess of 600V DC current. AVOID AND DO NOT CUT OR COMPROMISE in any way



- Batteries on these fully electric buses are cooled by coolant — coolant systems and things like power steering fluids are in the rear of the buses. Even fully electric buses still use conventional fluids and systems in some parts
- On electric buses: (1) 12V DC system powering lights, wipers, other normal systems; (2) 600V DC power system for powertrain

Review the full presentation [here](#).

STAY TUNED...

NEDs this quarter are Company Officer led. October is Firefighter Survivability and December is a Night Drill. IAPs for both have been posted to Trex.

The 2022 training calendar is almost finalized. Once final, it will be posted on FireTrex. Some dates to keep in mind:

- 2022-1 Recruit Academy – February 2 to June 30
- Pump Academy – May 9 to May 20



Signs of Fall

This is just for fun!

O K C A C T X K T U A Z K H H
P S H A P A A A E K G L B A F
U W F W R P N I O J O K O Y O
M E Q A X A L D L F P X O R O
P A J S L J M E Y G G Q T I T
K T Q Q W L B E C C A J S D B
I E C F C E I W L I O T O E A
N R O Z A H A N I A D R I K L
Q S O A M K G T G N P E N N L
E G L R P K H V S L P P R U G
Z Y T A F R D V F H E G L P E
L W E I I K X B Z A I A W E A
I Y M N R U X Q G U R R V K S
K K P A E K V R X I D D T E X
Z F S R S P K P C Z F U M S S

Caramel Apples

Campfires

Candy Corn

Boots

Falling Leaves

Tailgating

Football

Rain

Sweatshirts

Sweaters

Pumpkin

Apple Cider

Cool Temps

Hayride

Be Prepared...ALWAYS!

We practice the fundamentals, because they are fundamental to getting the job done. They are the things we hold on to when the tactical situation goes south and we no longer have time to think.



You often hear the phrase, “Train like you fight, fight like you train.” It’s an expression to remind you to train with that same game-day intensity to maximize your preparation for real incidents. Likewise, our “routine” AFAs and the like should be treated as if you are expecting to find a real problem. That includes wearing all your PPE and safety equipment.

Below is a link where a gas explosion led to four firefighters being injured (three critically). It’s easy to second guess what happened on this call, but the reality is we don’t know. However, when reviewing injuries of at least two of the critically injured, had they been wearing the proper PPE (structural gloves and bunker pants), perhaps these injuries would have been avoided.

One can predict that this assertion is incorrect, but you get the point. When we’re responding on calls, please expect to find a problem until you confirm whether or not you have a true emergency.

- One firefighter has severe burns on her hands. She has no other injuries or inhalation concerns.
- One firefighter has a fracture to his leg, with 25% burns. He is in the ICU as of Thursday morning.
- One firefighter has leg injuries, 30% burns and will be in the burn ICU Wednesday night. He will likely need surgery and has been intubated as a precaution.

View Article [here](#).

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2021 Annual Battalion Chief Training

Your training division is happy to announce our 2021 Annual Battalion Chief training in November. Our historical schedule of separate BC Refresher Training and BC Academy is now combined into one training event.

The 2021 Annual Battalion Chief Training is intended for anyone who “sits in the seat” of a BC unit responsible for commanding incidents; Company Officers acting as BCs and Promoted BCs.

This year we are excited to host two key speakers in conjunction with regional updates and Mayday management:

Don Abbot from *Project Mayday* ([Project Mayday](#)) will be on site to deliver his presentation offering insight to the statistical causes of Maydays in the Fire Service through incident review, audio and case studies.

George Healy (FDNY BC) from the UL / NIST Board ([Fire.Gov | NIST](#)) will be on site to deliver his presentation on Coordinated Fire Attack and Coordinated Ventilation.

Details				
Dates	November 1 st , 2 nd , 3 rd , 4 th - Attend All 4 Dates for Full Training			
Times	0830 – 1700 Daily			
Locations:				
<ul style="list-style-type: none">• Project Mayday Presentation @ SKCFTC New Multi-Purpose Room #701• UL / NIST Presentation @ RRFA Station 14 1900 Lind Ave SW, Renton• Mayday Prevention and Management @ SKF&R Station 68 1405 SW 312th St, Federal Way• Regional Updates (BC Coordinator, LMS, Blue Card Updates, Tablet Command) @ SKCFTC Auditorium Room #108				
Schedule				
Day 1		Day 2	Day 3	Day 4
ALL ATTENDEES: Project Mayday (Attendees will be split into 3 groups for Day 2 – 4)	Group A	UL / NIST	Mayday Management	Regional Updates
	Group B	Regional Updates	UL / NIST	Mayday Management
	Group C	Mayday Management	Regional Updates	UL / NIST

Registration*: Submit training requests to: firetrainingrequests@skcftc.org

- *Please follow your department's training request policy.

Class size is limited to 60 attendees.

Please contact BC Erik Hammes (ehammes@skcftc.org) for any questions.

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Fire Service-Instructor 1

November 4th-5th, 2021-- In-person (Kirkland)

\$400-Book not included (IFSTA 8th Edition)

Register- <https://firetechacademy.com/fire-service-instructor-1/>

This Fire Instructor 1 course will be delivered fully in-person. You will need access to your own technology to create teaching/presenting tools. Each day will run from 0900-1700 with a 45 minute lunch. Instructors reserve the right to dismiss class early.

The final day is testing and presenting.

The curriculum is designed to provide students with the knowledge and ability to deliver instruction effectively from a prepared lesson plan. Instructional theory and practice will also be a focus. This program covers all necessary curriculum requirements of NFPA 1041: Standard for Fire Service Instructor Professional Qualifications.

FIRE Tech Academy-PO Box 31481- Spokane, WA 99223

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