Moreno Valley College Fire Technology  
Basic Firefighter Academy  
16888 Bundy Ave  
Riverside, CA. 92518  
951-571-6315

**Academy 37 Information**

- **Applications Due:** Monday – Friday, October 16th-November 17th 8:00 am – 4:00 pm
- **Notification Date:** (Via email) Beginning December 1st, 2017
- **FIT S3A - Pre-Academy Fitness Class:** January 9th, 2018 – February 8th, 2018  
  (Tuesday Jan 9th and all Thursdays, 8:00 am – 5:00 pm)
- **Basic Fire Fighter Academy:** February 26th, 2018 – May 18th, 2018

The Moreno Valley College conducts two full time Basic Firefighter Academies every year. The Academies begin in the spring and fall and are 12 weeks in length. The Basic Fire Fighter Academy is 19 units, and upon successful completion, the student will receive 19 certificates of achievement/completion through the California State Fire Marshal’s Office, California State Training Institute, the National Wildland Coordinating Group, CalFire and FEMA.

Before submission, please review your application and make sure it is legible and completely filled out with all the appropriate paperwork attached. You may still apply if your prerequisites are in progress. All prerequisites must be completed prior to the end of the pre-academy S3A (February 8th, 2018).
Must provide proof or explanation letter! Explanation must be business style format with your name, date, to whom it is addressed and signed in ink by applicant. No proof or explanation is considered incomplete.

Prerequisites for the Basic Firefighter Academy:

- **Fire Protection Organization (FIT 1) or equivalent.**
  Proof of successfully completing “Fire Protection Organization” (FIT 1) or an equivalent course can be done by submitting unofficial transcripts. Most community colleges in California that have a Fire Technology program offer this class. Classes taken out-of-state or with an ROP will need to be reviewed by our Department Chair to determine if it meets equivalency. If this is the case, a copy of the course syllabus will need to be submitted. You should do this as soon as you decide to apply to the Basic Firefighter Academy and not wait until applications are due.

- **Current California State EMT certification.**
  A current copy of a California State EMT card must be provided. A school’s Course Completion certificate or National Registry EMT card does not replace this requirement. Applications will be accepted without proof of certification, but you must provide proof of certification prior to the end of the Pre-Academy FIT-S3A. For information on obtaining your California EMT certification, please visit: [http://www.emsa.ca.gov/EMT](http://www.emsa.ca.gov/EMT)

- **Physical Abilities Test**
  CPAT or BIDDLE must be completed within nine (9) months prior to the start of the Fire Academy. Physical abilities test can be found at the following links:
  - BIDDLE - [http://www.riohondofire.com/biddle-physical-agility](http://www.riohondofire.com/biddle-physical-agility)
  - [http://www.sac.edu/AcademicProgs/HST/FireTech/Pages/Physical-Ability-Test.aspx](http://www.sac.edu/AcademicProgs/HST/FireTech/Pages/Physical-Ability-Test.aspx)

- **FIT–S3A Introduction to Fire Academy and Physical Conditioning for Fire Academy Students.** This course is a six-week (six Thursdays) physical conditioning and orientation program that prepares future cadets for the physical and emotional demands of the Basic Firefighter Academy. Students will participate in muscular strength development, cardio-respiratory endurance training, body composition assessment, physical agility and flexibility training. Additionally, students will be introduced to the paramilitary format of the Basic Firefighter Academy, and the expectations that are placed on Academy cadets.

*FIT-S3A is not an open class. Only candidates that are accepted to attend the Basic Firefighter Academy will be enrolled by the college into this course.*
Financial Aid:

Some costs for the Basic Firefighter Academy may be waived, such as unit fees, by applying for financial aid now at www.fafsa.gov. When applying, use the Moreno Valley College Code # 041735. For further information, contact Student Financial Services at (951) 571-6139 or StudentFinancialServices@mvc.edu

Physical/Medical Exams:

In order to participate in the Basic Firefighter Academy (FIT-S3), all cadets must complete a physical/medical exam prior to starting the Basic Firefighter Academy. Once you are accepted into the Academy, you will receive a packet to complete and take to your physician, clinic or designated health care provider. You may obtain your physical at Moreno Valley College Health services for a $25 fee. For further www.mvc.edu/services/hs/. You must return your paperwork by the end of the Pre-Academy (FIT S3A) to continue to the Basic Firefighter Academy.

Selection Process:

The Basic Fire Academy is open to 40 students who meet the prerequisites. Priority will be given to applicants with COMPLETE packets sponsored or nominated by a participating Riverside County Training Officers’ Association (RCTOA) Fire Agency. The remaining spots will be given to students with COMPLETE packets. If there are more qualified students than openings, students will be chosen via a lottery, and an alternate list may be developed. These applicants will be allowed to participate in the Pre-Academy Fitness class (FIT-S3A), and if a spot in the Basic Firefighter Academy (FIT-S3) is available, applicants will be chosen from the alternate list.
Sponsorships & Nominations:

1. Candidates submitting applications will be given higher priority if they are sponsored or nominated by a participating Riverside County Training Officers’ Association (RCTOA) Fire Agencies. However, applications must be complete in order to be considered. Obtaining a sponsorship or nomination varies with each department.

2. Sponsorship: If a Department is sponsoring a cadet, they should provide the cadet with N.F.P.A. compliant safety gear/equipment and accepts responsibility for replacement or repair of such gear/equipment as necessary. Any financial support given to a cadet is at the agency’s discretion.

3. Nomination: If a Department is recommending a cadet for the Basic Firefighter Academy, the nominating Fire Department may provide equipment or financial support for the cadet.

4. The Sponsoring or nominating Department’s Training Chief, Training Captain or designee, must submit a letter of sponsorship or nomination on a Department letterhead to MVC Fire Technology, Attn: Fire Academy Coordinator. A copy must be included in the application packet.

 Participating Riverside County Training Officers’ Association (RCTOA) Fire Agencies:

- Cathedral City F.D. (allotted 2 spots)
- Corona F.D. (allotted 2 spots)
- Hemet F.D. (allotted 2 spots)
- Idyllwild F.D. (allotted 2 spots)
- Morongo F.D. (allotted 2 spots)
- Murrieta F.D. (allotted 2 spots)
- Palm Springs F.D. (allotted 2 spots)
- Pechanga F.D. (allotted 2 spots)
- Riverside City F.D. (allotted 2 spots)
- Riverside County / CAL Fire (allotted 4 spots)

*Sponsored applicants must have all academy requirements completed at time of application*
*Please contact the above Agencies individually for further information*
*Estimated Cost for the Basic Firefighter Academy* $1500.00 - $2800.00
**Basic Firefighter Academy Fees**

$ 874.00  19 units at $ 46.00 per unit
$ 329.60  Certificates
$ 20.00   Health Fees
$ 15.00   Student Activities Fee


$ 40.00+-  IFSTA 6th Edition Essentials of Firefighting Course Workbook
           ISBN: 978-0879395-4

$150.00+-  Physical Fitness Equipment and Miscellaneous Uniforms
           • Water bottle 1 Gallon- $9.99
           • Navy Shorts w/ logo- $6.99
           • Tee Shirt S/S with logo and name- $13.50
           • Tee Shirt L/S with logo and name- $16.25
           • PT Sweatshirt with logo and name- $19.75
           • PT Sweat pant with logo- $16.75

$330.00+-  Fire Academy Uniform
           • Dickies Navy Blue Pant $22.99
           • Liberty LB LS Shirt - $21.99
           • UBELT CO.  1 ½” Plain Belt- $15.99
           • 1 ½” Nickel Square Belt Buckle- $2.99
           • Black Clip Tie-$5.99
           • Silver Tie Bar #4009N- $4.49
           • 5/8” Silver Name Plate- $6.00
           • MVC Fire Academy Patch (2 Per Shirt)- $2.99ea
           • Black Station Boots- $179.99

$ 60.00 - $300.00  Leather Class Shield & Structure Helmet- (Multiple options)
$ 250.00  Structural firefighting boots, Flash hood, goggles, gloves
$ No charge NFPA Structural/Wildland firefighting Safety gear (MVC will pay the rental fee)

***Academy will provide vendor information for all uniforms and accessories***

**All costs are estimated, and subject to change due to amount of items needed and purchased**

*Financial Aid available*
Physical Fitness Program for S3A

While assigned to the Moreno Valley College’s Introduction to FIT S3A, Introduction to Fire Academy and Physical Conditioning for Fire Academy Students, students will be required to participate in the physical conditioning (PC) activities and must pass a Physical Fitness Assessment (PFA). Physical Conditioning activities will entail aerobic, anaerobic, and flexibility training.

It is mandatory that all students achieve a minimum composite score of 60 on the first day of FIT S3A to continue with the class. Students must achieve a minimum composite score of 70 points to successfully complete FIT S3A.

The PFA consists of three events: crunches, push-ups, and a 1.5 mile run. All events are timed and/or monitored. **Students will have one minute to complete as many correct repetitions as possible for push-ups and crunches. Points will vary according to age and gender.**

Students will receive a score on a 0 – 100 point scale based on the following maximum component scores:

- 50 points for aerobic fitness assessment (1.5 mile run)
- 25 points for push-ups
- 25 points for crunches

**PFA GUIDELINES:**

**Crunches:**
- Arms folded across chest
- Feet flat on the ground – no wider than hips
- Touch both elbows to their respective leg at the top of each repetition
- Both shoulder blades must touch ground
- Rest in “up” position for up to 5 seconds (don’t touch legs with arms)

**Push-ups:**
- Hands should be shoulder width apart or narrower
- Keep body straight throughout exercise (except during rest periods)
- Arms must bend to minimum of 90 degrees at the bottom of each repetition
- Rest in “up” position

**1.5 mile run:**
- Once the time has started it will not be stopped
*Suggested Guidelines to Prepare for FIT S3A and the Firefighter Academy*

**CRUNCHES**

Take the self-test score and multiply it by three. This number will be the total number of repetitions that should be performed every other day. Perform as many repetitions as physically able, resting for one minute between each set. Continue this process until the total goal as determined above is met.

**PUSH-UPS**

Take the self-test score and multiply it by three. This number will be the total number of repetitions that should be performed every other day. Perform as many repetitions as physically able, resting for one minute between each set. Continue this process until the total goal as determined above is met.

**AEROBIC RUN**

The minimum suggestion from MVC instructors is running 20 minutes per day, three days per week for three weeks. After three weeks, increase your time to 30 minutes per day. It is strongly recommended that the MVC Fire Academy Training Plan is started as early as possible prior to arrival into the S3A and Basic Firefighter Academy.