Moreno Valley College conducts a full-time (12 week) Basic Firefighter Academy during the Spring and Fall semester of each year. Upon completion, students earn 19 college units and receive a total of 19 certifications from the California State Fire Marshal’s Office, California State Fire Training Institute, the National Wildland Coordinating Group, CalFIRE and FEMA.

Important Dates

**Application Submission**
May 1, 2019 - May 31, 2019
Monday-Friday 0800-1600
*Late applications will not be accepted*

**Delivered in person or Certified mail to:**
Ben Clark Training Center
Fire Technology Office
16888 Bundy Avenue
Riverside, California 92518

**Application review and email notification of acceptance**
June 1, 2019 – June 14, 2019

**FIT S3A Intro to Fire Academy & Physical Conditioning**
July 1, 2019 - August 5, 2019 (Mondays 0800-1700)

**Basic Fire Fighter Academy 40**
August 26, 2019 – November 15, 2019

**Graduation**
Saturday, November 16, 2019
Basic Fire Academy Application Instructions

1. *Handwritten applications will not be accepted.* Download the form fillable application from the website below and TYPE your information. Prior to submission please review your application to ensure it is legible and error free. Ensure it is filled out completely & includes all required documents listed in the application checklist located on the front page of the application packet. The application can be found at [http://www.mvc.edu/files/fire-academy-application.pdf](http://www.mvc.edu/files/fire-academy-application.pdf)

2. You may still apply if you have prerequisites in progress however:
   a) All prerequisites must be completed prior to the end of FIT S3A
   b) Applicants with completed prerequisites will be given priority

   **Basic Firefighter Academy Prerequisites:**
   All prerequisites must be complete prior to the end of FIT S3A

1. **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. 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.

2. **EMT Certification**
   A current copy of a California State EMT or NREMT card must be provided. For information on how to obtain your California EMT certification, please visit: [http://www.emsa.ca.gov/EMT](http://www.emsa.ca.gov/EMT)

3. **Physical Abilities Test**
   Students must pass a CPAT or BIDDLE which must be valid within 12 months prior to the start of the Fire Academy. Test information can be found at the following links:

   a) **CPAT**

   b) **BIDDLE**
      [http://www.riohondofire.com/biddle-physical-agility](http://www.riohondofire.com/biddle-physical-agility)

      [https://www.mtsac.edu/kinesiology/pat/](https://www.mtsac.edu/kinesiology/pat/)

      [http://www.sac.edu/AcademicProgs/HST/FireTech/Pages/Physical-Ability-Test.aspx](http://www.sac.edu/AcademicProgs/HST/FireTech/Pages/Physical-Ability-Test.aspx)
4. **Physical/Medical Exams**

MVC requires all cadets participating in Intro to Fire Academy & Physical Conditioning for Fire Academy (FIT S3A), and the Basic Firefighter Academy (FIT-S3) to complete a physical/medical exam prior to starting FIT S3A. This exam must be complete and submitted with the initial academy application. Applicants may obtain their physical at Moreno Valley College Health Services for a $25 fee. For more info: [www.mvc.edu/services/hs/](http://www.mvc.edu/services/hs/)

*Medical clearance documentation must be received by the Fire Technology Office prior to the start of FIT S3A to be eligible for enrollment in the Basic Firefighter Academy (FIT S3)*

5. **FIT–S3A Intro to Fire Academy & Physical Conditioning for Fire Academy**

This physical conditioning and orientation program prepares students for the physical and emotional demands of the Basic Firefighter Academy by including muscular strength development, cardio-respiratory endurance training, body composition assessments, physical agility, and flexibility training. Additionally, students will be introduced to the paramilitary format and behavioral norms associated of the Basic Firefighter Academy.

a. **Physical Fitness Assessment (PFA) Guidelines**

While enrolled in FIT-S3A Introduction to Fire Academy and Physical Conditioning, students will be required to participate in physical conditioning (PC) activities and must pass a Physical Fitness Assessment (PFA) consisting of push-ups, crunches, and a 1.5 mile run. *Fitness Charts for your age and gender can be found on our website.*

1. Students must be adequately prepared for the PFA on the first day of FIT S3A to remain enrolled in the course.

2. Students must achieve a minimum composite score of 75 points to successfully complete FIT S3A and be enrolled in FIT S3 Basic Fire Academy.

3. 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.

4. Students will receive a score on a 0 - 100-point scale based on the following maximum component scores:
   a) 50 points for aerobic fitness assessment (1.5 mile run)
   b) 25 points for push-ups
   c) 25 points for crunches

b. **Physical Fitness Assessment (PFA)**

1. **Crunches**
   a) Arms folded across chest
   b) Feet flat on the ground – no wider than hips
   c) Touch both elbows to their respective leg at the top of each repetition
   d) Both shoulder blades must touch ground
   e) Rest in “up” position for up to 5 seconds (don’t touch legs with arms)
2. Push-ups
   a) Hands should be shoulder width apart or narrower
   b) Keep body straight throughout exercise (except during rest periods)
   c) Arms must bend to minimum of 90 degrees at the bottom of each repetition
   d) Rest in “up” position

3. 1.5 mile run (timed)

c. Fitness Recommendations for Potential Applicants

1. Crunches & 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.

2. Aerobic Running: The minimum recommendation is to 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.

*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

All applicants are encouraged to apply for financial aid as early as possible at www.fafsa.gov and use Moreno Valley College Code # 041735. For further information, contact Student Financial Services at: (951) 571-6139 or StudentFinancialServices@mvc.edu

Applicant Selection Process

The Basic Fire Academy is open to 40 students who meet the program prerequisites listed above. Priority will be given to applicants based on the following precedence:

1. Applicants with complete applications who are sponsored or nominated by a participating Riverside County Training Officers Association (RCTOA) Fire Agency and have met all prerequisites. Obtaining a sponsorship or nomination varies with each department.

2. Applicants with complete applications who have met all required prerequisites

3. If there are more qualified students than openings, students will be chosen via a lottery, and resume information may also be considered to formulate a list of alternates. 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. Sponsorship: If a Department is sponsoring a cadet, they should provide the cadet with NFPA compliant safety gear/equipment and accept responsibility for replacement or repair of such gear/equipment as necessary. Any financial support given to a cadet is at the agency’s discretion.

2. Nomination: Department’s recommending an applicant may provide equipment or financial support for the cadet at the agency’s discretion.

3. The Sponsoring or nominating Department’s *Training Chief, Training Captain or designee*, must submit a letter of sponsorship or nomination on 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)
- Hemet F.D. (allotted 2 spots)
- Morongo F.D. (allotted 2 spots)
- Palm Springs F.D. (allotted 2 spots)
- Riverside City F.D. (allotted 2 spots)
- Corona F.D. (allotted 2 spots)
- Idyllwild F.D. (allotted 2 spots)
- Murrieta F.D. (allotted 2 spots)
- Pechanga F.D. (allotted 2 spots)
- CalFIRE RivCo (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 Breakdown

1. 19 units at $46.00 per unit $874.00
2. Certificates $329.60
3. Health Fees $18.00
4. Student Activities Fee $10.00
5. IFSTA, 6th Ed. (Enhanced) ISBN: 978-0-13-314080-4 $100.00
7. Physical Fitness Equipment and Miscellaneous Uniforms $150.00
   a) Water bottle 1 Gallon $9.99
   b) Navy Shorts w/ logo $6.99
   c) Tee Shirt S/S with logo and name $13.50
   d) Tee Shirt L/S with logo and name $16.25
   e) PT Sweatshirt with logo and name $19.75
   f) PT Sweat pant with logo $16.75
8. Fire Academy Uniforms $330.00
   a) Dickies Navy Blue Pant $22.99
   b) Liberty LB LS Shirt - $21.99
   c) UBELT CO. 1½” Plain Belt $15.99
   d) 1½” Nickel Square Belt Buckle $2.99
   e) Black Clip Tie $5.99
   f) Silver Tie Bar #4009N $4.49
   g) 5/8” Silver Name Plate $6.00
   h) MVC Fire Academy Patch (2 Per Shirt) $2.99ea
   i) Black Station Boots $179.99
9. Leather Class Shield & Structure Helmet (Multiple options) $150.00
10. Structural firefighting boots, Flash hood, goggles, gloves $250.00
11. NFPA Structural/Wildland firefighting Safety gear N/C

Total $2251.60