

5<sup>th</sup> ANNUAL JERRY FICKES MEMORIAL TRAINING  
**MOVEMENTS w/ MAYDAYS**

**&**  
**RAPID INTERVENTION TEAMS**  
**A LIVE FIRE TRAINING EVENT**



We can find ourselves in bad spots very quickly on the fireground, while trying to execute our initial tasks. The onus to be able to identify, react and execute a safe self-extrication procedure only comes from good training. This class focuses on the basic self-survival practices that firefighters need to know to get themselves free from inside a deteriorating structure. During this class students will execute situations to save themselves followed by tactics to save their brothers and sisters. This class duplicates real world obstacles all while mitigating real world scenarios.

DATE: 09/21 & 9/22 2024

TIME: 8AM-4PM

Cost: \$225-2 days HOT (Live Fire Day #2)  
Admission Fee is Fundraiser for AHH&L Memorial Training Event

LOCATION: West Chester Fire Dept

Training Center (351 Snyder Ave, West Chester PA)

**HANDS ON TOPICS:**

- Declaring A Mayday
- Single & Team Based Window Hangs
- Ladder Bails
- Organizing & Deploying Your Bailout KIT
- Understanding The RIT Bag
- FF Lifts/Drags & Carries
- SCBA Confidence Course
- FF Removal Options & Operations

**\*\*ALL LIVE FIRE SCENARIOS\*\***



Sta. 7-8-9-10



**ALL STUDENTS INTERESTED IN TAKING THE CLASS MUST REGISTER ONLINE AT CAPITOL FIRETRAINING LLC [www.capitolfiretraining.com](http://www.capitolfiretraining.com) . THIS CLASS IS A PHYSICALLY DEMANDING CLASS THAT REQUIRES PARTICIPANTS TO MENTALLY AND PHYSICALLY SOUND. STUDENTS ARE REQUIRED TO BRING FULL PPE & SCBA, WITH 1 SPARE CYLINDER AND MUST BE 18 YOA AT MINIMUM w/ FF1 or EQUIVILENT. FOR QUESTIONS CONTACT AJ @302-893-2512.**