

**Falls Church
Volunteer
Fire Department**



Annual Report – CY 2006

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EXECUTIVE SUMMARY

The mission of the Falls Church Volunteer Fire Department (FCVFD) is to aid in the preservation of life and property. This mission is completed in cooperation with the City of Falls Church government and the Arlington County Fire Department. During the calendar year 2006, the volunteers participated and contributed in a myriad of functions related to the public safety of the citizens of the greater Falls Church community. This report provides an overview of these incidents and events as well as a summary of training and other activities that FCVFD members have completed in order to continue to provide a high level of professional emergency response and public education services.

The report is organized as follows:

- **MEMBERSHIP STATISTICS**
Provides summary data of the personnel strength and hours contributions during incidents, events and training.
- **MAJOR INCIDENTS – EMERGENCY OPERATIONS**
Provides a summary of the major incidents and apparatus staffed by volunteer personnel to supplement the Arlington County Fire Department
- **PUBLIC EVENTS**
Identifies public gatherings where FCVFD personnel provide fire and medical support or participation
- **FIRE PREVENTION AND PUBLIC EDUCATION**
Overview of interactions with the citizens of the Greater Falls Church area to promote fire and life safety
- **TRAINING**
Highlights the fire, rescue, hazardous materials, and emergency medical training activities of the membership throughout the year
- **PRESENTATIONS**
Honors and awards received by members from outside agencies and organizations
- **APPARATUS AND EQUIPMENT**
Acquisitions and contributions of station equipment, apparatus, and other tangible goods that enhance service delivery to the citizens

MEMBERSHIP STATISTICS

Hours and Emergency Responses

For the third consecutive year, the total number of hours contributed by FCVFD members increased. Overall, the FCVFD increased hours contributed to the community during 2006 by 27% over 2005. Contributions generally fit into three major categories, Apparatus Staffing, Training, and Administration.

Apparatus Staffing

Members of the FCVFD contributed over 7,300 hours staffing volunteer units and supplementing the career staff during 2006, equating to nearly 4 full time equivalent positions. These hours included:

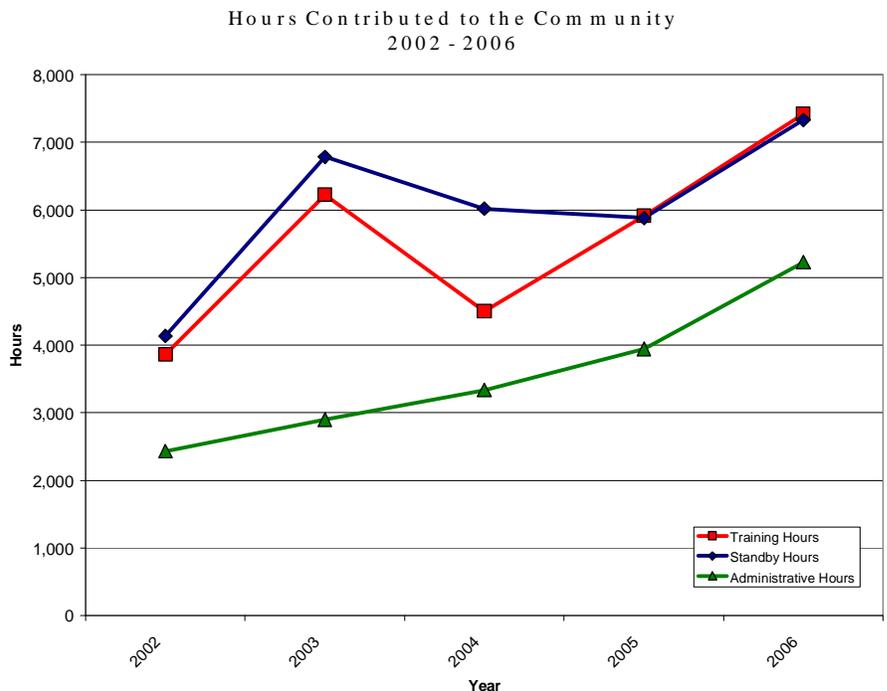
- o Participation in 1,994 calls for assistance
- o 153 unique days of supplemental staffing for Engine and/or Truck 106. Some days included multiple personnel and apparatus.
- o 73 unique days of supplemental staffing for Medic 106

Training

In preparation for fire department activities, members participated in over 7,400 hours of fire and emergency medical services training. This training is both in-station and from outside resources. These accomplishments are outlined in the Training area of this report.

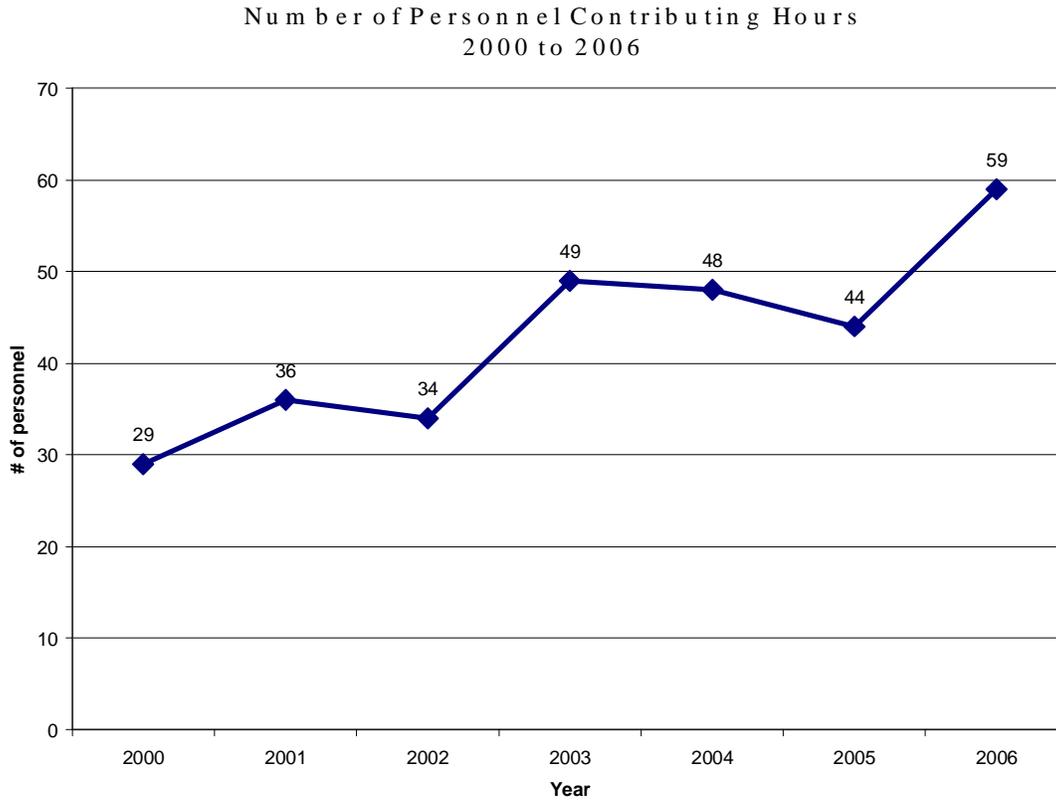
Administration

In addition to the actual emergency operations and service delivery aspects of the Department, members spent over 5,200 hours completing the necessary administrative functions to deliver fire prevention information, raise funds, maintain facilities, and perform other basic business tasks.



Membership

The FCVFD ended the year with 87 members on the rolls, including 10 members of the Auxiliary. Forty-nine of these individuals are operational members serving as firefighters and emergency medical technicians.



MAJOR INCIDENTS – EMERGENCY OPERATIONS

Snow Storm – February 11-12

As eleven inches of snow fell on Arlington, six FCVFD members staffed a basic life support ambulance, utility vehicle, and augmented the career staff on Truck 106. During the storm, the ambulance responded to twelve emergencies in a 21-hour period.

Record Rainfall – June 25-27

In the course of three days, 15 inches of rain fell on the Falls Church area. Fourteen personnel staffed the FCVFD utility vehicle and the Cherrydale VFD Light and Air unit for a period of nearly two days. During that time, volunteer apparatus handled approximately 40 responses for flooding in structures.

Tropical Storm Ernesto – August 31

During preparation and responses, FCVFD members contributed over 120 hours staffing the FCVFD utility, an ambulance, and the Cherrydale VFD Light and Air Unit. These units responded to ten incidents during the storm. In addition to the emergency responses, personnel were requested to assist an Arlington Engine Company with a water pressure problem at the Arlington pumping station on North 24th Street. A full after-action report was completed to assess activities and provide recommendations for future planning.

Construction Accident – December 8

Following a major collapse of a floor slab under construction on the 24th floor of a building at 1919 North Lynn Street, the majority of units in Arlington County were committed to the rescue effort. At the request of the North Battalion Chief's Office and the Emergency Communications Center, two volunteer personnel placed a basic life support ambulance in service and backfilled Fire Station 5 in Crystal City. Additionally, the canteen unit was requested and two members responded to the station to support that function. The Chief's vehicle was borrowed by the ACFD and placed into service as an Emergency Medical Services Supervisor unit by a Paramedic Captain.

106 West Greenway Boulevard – December 25

In the early morning hours of Christmas Day, a fire destroyed a significant portion of a Falls Church VFD member's home in the City of Falls Church. Five personnel responded to the scene and assisted the family for approximately 5 hours salvaging their belongings and securing the home. There were no injuries and the family was relocated to a relative's residence in Fairfax.

Structure Fires

Throughout 2006, FCVFD firefighters responded with the career staff to numerous working fire incidents. During these incidents, members performed a

variety of functions with the career crews, including placing ladders, ventilating structures, hoseline management, breathing air replenishment, investigation support, and overhauling fire areas. FCVFD members responded to incidents that included:

- 2nd alarm fire – 225 East Broad Street, Falls Church, 8 members
- 2nd alarm fire – 1218 South Buchanan Street, Arlington, 4 members
- 2nd alarm fire – Crystal Drive, Arlington, 3 members
- 2nd alarm fire – 103 West Columbia Street, Falls Church, 3 members
- 3rd alarm fire – 2000 Westmoreland Street, Arlington, 3 members

Arlington – Falls Church Volunteer Rescue Squad

The Arlington-Falls Church Volunteer Rescue Squad is an organization formed as a subsidiary to the Arlington County Firemen's Association. The Volunteer Rescue Squad owns and maintains a basic life support ambulance that is staffed on weekends by fire department volunteers from throughout Arlington County. In addition to the normal weekend shifts, the ambulance was placed in service on a callback basis during a snow storm in February, a tropical storm in August, and during a period of high call volume following a construction accident in December. During 2006, Falls Church volunteers performed nearly 2,200 hours of service on the Arlington-Falls Church Volunteer Rescue Squad unit. During those hours, the ambulance responded to nearly 400 calls for emergency assistance. This unit supplements the career advanced life support ambulances by handling less serious emergencies, thus freeing the advanced life support units to respond to more life threatening situations. In addition to staffing the unit, the President, Vice President, Treasurer, Chief, Deputy Chief, and all five members of the Board of Directors of the Volunteer Rescue Squad are FCVFD personnel. In September 2006, the base of operations for the ambulance changed from Fire Station 2 in Ballston to the Falls Church Station due to space limitations in Ballston.



Light and Air 103

The Cherrydale Volunteer Fire Department owns and maintains a unit to provide lighting, salvage, and air cylinder replenishment at the scene of major incidents. During an emergency, staffing is obtained by use of pagers to call in volunteer members, including firefighters from the FCVFD. FCVFD members responded to 39 significant incidents with Light and Air 103 spending over 150 manhours on emergency scenes in 2006. These incidents ranged from greater alarm fires to water leaks to police events. FCVFD members also contributed many hours to staff the unit during training exercises and public events.



Canteen 106

The Auxiliary to the FCVFD maintains a stepvan equipped to operate as a mobile kitchen during extended incidents. The unit is capable of preparing hot or cold food and drinks. It is staffed exclusively by volunteers alerted by pager during large incidents. The Auxiliary works in conjunction with the Arlington Chapter of the Red Cross to share staffing and supplies during responses. During 2006, the unit responded to five incidents and also assisted during two training events for a total of 111 man-hours.



PUBLIC EVENTS

New Year's Eve

Seven volunteers staffed an ambulance and a pumper in support of the New Year's Eve festivities in downtown Falls Church. One person was treated for injuries from a fall, however they did not require transport to a hospital. In addition to their emergency function, members provided tours of the fire engine and information about the Department.

Memorial Day 3k Fun Run and Parade

Twenty volunteers provided emergency medical services during the annual Falls Church Memorial Day festivities. Members staffed two utility vehicles, an ambulance, a pumper, and an EMS Bike Team throughout the day. Units handled numerous emergencies during the festival and parade, treating approximately 25 people. Incidents ranged from heat-related illness to a diabetic emergency to a pediatric trauma patient who fell from a float during the parade. A total of 8 people were transported to hospitals for further treatment.



Due to the unusual level of support required, a full after-action report was completed and submitted to the City of Falls Church Public Safety Director with recommendations to aid in planning for future events.

Independence Day – Falls Church Fireworks

Nine volunteer personnel staffed Reserve Engine and Ambulance 106 for the annual City of Falls Church Independence Day celebration at George Mason High School. Units remained at the school until released by the fireworks contractor following the display. Following the display, the ambulance crew assisted in locating a lost child. The engine responded to assist Medic 106 with a medical emergency at the front of the school.

Independence Day – George Washington Parkway

In addition to the City of Falls Church activities, eight FCVFD emergency medical technicians, along with one member each from the Ballston and Cherrydale VFD, assisted the ACFD with emergency medical services along the George Washington Parkway. These personnel staffed one basic life support ambulance and three bicycle EMS teams from 11am until 10pm.

Cub Scout Soapbox Derby

Two FCVFD volunteers provided emergency medical services during the festivities on South Oak Street in Falls Church.

Marine Corps Marathon

Twelve FCVFD members staffed two basic life support ambulances and four EMS bicycle teams in support of the Marine Corps Marathon. The ambulances remained at the event for 13 hours while the bicycle teams were released after 11 hours. Volunteer teams treated approximately 30 patients. One patient was transported to the hospital by a volunteer ambulance during the event.

Clarendon Cup Bicycle Race

Three FCVFD members staffed a basic life support ambulance to provide EMS support for the annual bicycle race in the Clarendon neighborhood of Arlington. The crew provided treatment to three significant injuries during the main race, and assisted approximately twenty minor injuries throughout the preliminary races.

Shenandoah Apple Blossom Festival Firefighter's Parade

Seven members represented the FCVFD with Old Tom, the reserve engine, and ambulance in the annual Apple Blossom Festival Firefighter's Parade in Winchester, Virginia. The FCVFD received a great honor as Old Tom was selected as the fire unit to be displayed on the trophy plaques and participation plaques presented to fire apparatus in the 2006 parade. This parade is one of the oldest and largest firefighter parades in the world.

EMS Week

In conjunction with National Emergency Medical Services Week in May, eight members contributed 33 hours staffing a booth for five days providing free blood pressure screenings to approximately 250 patrons of the Ballston Common Mall in Arlington.

High School Varsity Football Games

The FCVFD was requested to provide emergency medical services by Bishop O'Connell and Yorktown High School at their home football games. Members assisted two patients during the course of eleven games in 2006.

Following the season, Don Tillson, the head athletic trainer at Bishop O'Connell High School forwarded this message:

"I'd like to thank all the volunteer EMT's who came to the Bishop O'Connell High School varsity football games. Fortunately only one football player suffered a re-injured knee that needed transportation to the hospital. One parent that was ill from the heat and little food & water all day needed your attention and was eventually transported. It's still reassuring to know there is extra help behind me if needed. Special thanks to those who came back on a Sunday after the Saturday game was rained out. Also thanks to Dave Vilpors, an O'Connell graduate, for coordinating the FCVFD Football Standby."

Arlington Police/Fire 9-11 Memorial 5k Race

Two FCVFD personnel staffed a basic life support ambulance during this annual remembrance event in Pentagon City. In addition to staffing an ambulance, ten FCVFD personnel were among the over 2,500 runners who participated in the race. FCVFD Firefighter Sarah Greear placed 4th among female firefighter participants and the FCVFD placed 7th among fire department teams.

United States Army Ten-Miler

Two FCVFD members along with one Ballston VFD member staffed a basic life support ambulance in support of the Army Ten-Miler, an annual race sponsored by the U.S. Army Military District of Washington. In 2006, over 15,000 runners participated in the event. During the event, the crew treated several patients with minor injuries.

United States Air Force Memorial Dedication Ceremony

Three FCVFD members staffed a basic life support ambulance in support of the Dedication Ceremony for the United States Air Force Memorial at the Pentagon. During the event attended by an estimated 30,000 people, the crew treated several patients with minor injuries.

ACPD Sobriety Checkpoint

In January, the Arlington County Police requested assistance from the FCVFD to provide lighting in support of a sobriety checkpoint. The FCVFD Utility assisted the Cherrydale VFD Light and Air unit for six hours with four members participating.

Vienna Halloween Parade

Nine members represented the FCVFD with Old Tom, the reserve engine, and the AFCVRS ambulance in the annual Town of Vienna Halloween Parade. Sparky the Fire Dog also made a special appearance and delighted the crowd by shaking a few hands along the route.

Old Tom Activities

Throughout 2006, the 1918 Model T Chemical Fire Engine known as "Old Tom" represented the FCVFD at public events. Through the generosity of a private citizen, the unit continues to be housed in a garage in the City of Falls Church. Public events and awards included:

- Apple Blossom Festival Firefighter's Parade, Winchester, Virginia, May 5
- St. Patrick's Day Parade, District of Columbia, March 12
- Memorial Day Parade, City of Falls Church, Virginia Church, May 29
- Independence Day Parade, City of Fairfax, Virginia, July 4 –*Honorable Mention*
- Fire Prevention Week Open House, October 7
- Town of Vienna Halloween Parade, Vienna, VA, October 25

FIRE PREVENTION AND PUBLIC EDUCATION

Fire Prevention Week and Open House – October 7-14

Eight Falls Church volunteer firefighters visited Saint James, Mount Daniel, Mantua, and Thomas Jefferson Schools to teach approximately 600 children in grades K through 4 about fire safety. In addition to FCVFD personnel, ACFD Fire Prevention Division Chief Saulnier and ACFD Public Education Specialist Kara Vangraafeiland assisted Chief Clarke with the visit to Saint James.

The FCVFD hosted its annual open house on October 7 to kick off fire prevention week activities. Thirty-five members spent over 300 hours planning and executing this event. Citizens were invited to visit the fire station and obtain fire safety tips, learn about the equipment, and watch demonstrations of fire and rescue techniques. Volunteers conducted demonstrations that included fire extinguisher use, structure fire attack, vehicle rescue, aerial ladder operations, and emergency medical procedures. Displays of fire and EMS equipment were available for viewing. EMTs conducted blood pressure screenings and demonstrated the use of an automatic external defibrillator.



Also participating in the Open House were officers from the Falls Church Sheriff's Office assisting parents with child fingerprinting. The Sheriff's Office also provided the use of their traffic control trailer to assist in maintaining an orderly parking lot and traffic flow during the event. The National Poison Prevention Center also participated; staffing an information table, answering questions and providing literature to the public on the dangers of household poisons.

FCVFD Meeting Hall

Through a lease agreement with the City of Falls Church, the FCVFD manages a meeting facility on the second floor of the fire station. In addition to being a classroom and meeting room for the FCVFD, public safety agencies, private organizations, and individual citizens reserve the room throughout the year. During 2006, FCVFD members contributed over 560 hours hosting 68 birthday parties attended by approximately 930 children. The children's events included fire safety presentations and tours of the station facility. The Arlington County Fire Department scheduled the room for 60 events, Arlington County Police for 1 event, and the Falls Church Police for 12 events. Eight private groups rented the hall for their events, including one wedding.

Community Emergency Response Team (CERT)

During 2006, seventeen FCVFD personnel assisted the Arlington County Fire Department and Office of Emergency Management conduct four CERT courses involving approximately 60 participants. Personnel aided with teaching various topics to Arlington citizens, including fire suppression, emergency medicine, and search and rescue, for a total of 115 hours. An initiative of the Department of Homeland Security, CERT is a neighborhood based program that prepares citizens to augment first responders during a natural or manmade disaster.

Operation Enduring Claus – December 15-23

Annually the reserve engine is decorated and a chair prepared for Santa Claus to travel in atop the hosebed. Santa's travels encompassed the entire City of Falls Church and other neighborhoods on the fringes of the City as time permitted. During the trips, FCVFD members handed out candy canes and fire safety literature to citizens. Dog biscuits were provided for our four-legged friends who frequently come out to visit with Santa too. This year, the FCVFD purchased and distributed nearly 6,000 candy canes and 200 dog biscuits. Thirty-one FCVFD members donated approximately 285 hours of service during the operation.

Scout Troop Education – May 12

Cub Scout Pack #637 from Nottingham and Tuckahoe Elementary Schools visited the fire station to complete home safety education. Thirteen volunteers worked with approximately 40 scouts to teach fire prevention and poison awareness. Demonstrations of the aerial ladder, fire hose practices, firefighter protective clothing, as well as a tour of the fire station facilities were conducted.

Scout Troop Education – October 19

Seven firefighters worked with fifty scouts at Saint James School to review fire safety and the equipment used by firefighters. The experience was enhanced with the assistance of the McLean VFD safety trailer and six McLean personnel. The scouts toured the trailer to identify common hazards found in a home. They were also provided a tour of a fire engine, watched as firefighters demonstrated search and rescue techniques, and allowed an open question and answer session at the end of the evening.

Providence Elementary School

Three officers presented fire safety information to approximately 100 first graders at this Fairfax County Public School. They discussed exit drills, stop, drop, and roll, demonstrated firefighter protective clothing, and offered the children an opportunity to ask questions.

First Aid and CPR Classes

Deputy Chief Schloss instructed several cardiopulmonary resuscitation courses through Northern Virginia Community College, as well as courses for new FCVFD recruits attending Indoctrination, and an annual recertification class for the Arlington County volunteers. He also brought the volunteers up to date with a class highlighting the new CPR protocols and guidelines released by the American Heart Association and implemented in 2006.

Taste of Falls Church

On September 30, five FCVFD members staffed the reserve engine during this event at the State Theatre celebrating the variety of foods available in the Falls Church area. Members provided information to the public regarding fire department operations and fire prevention.

TRAINING

Fireground Operations Simulations

During the weekend of January 28, the owners of a vacant residence at 2019 Franklin Avenue in McLean granted the Falls Church VFD access to their property prior to demolition. This provided an opportunity for members to practice skills in a realistic setting and gain valuable practical experience through destructive exercises.

Evolutions on Saturday were attended by twenty-two members and included:

- exterior rapid size-up of the structure and attempt to develop an idea of the interior layout.
- review of basic victim removal techniques
- primary search and rescue of mannequins from the basement under zero visibility conditions
- hoseline advancement under limited visibility conditions
- positive pressure and fog ventilation tactics removing theatrical smoke
- building construction features typical of Type III construction



Evolutions on Sunday were attended by seventeen members and included:

- Mayday! scenarios and self-rescue techniques through wall breaches
- roof ventilation
- primary search and rescue of mannequins from the 1st floor
- hoseline advancement to the basement
- basement fire response simulation with crew assignments to fireground tasks such as hoseline management, search and rescue, forcible entry, overhaul, and utility control
- forcible entry on doors and windows
- overhaul techniques for opening walls and ceilings
- breaching operations for wood floors and masonry walls

Most evolutions were done under simulated fireground conditions created by a smoke generator loaned by the ACFD Training Division. Two mannequins were also loaned by the Training Division for rescue practice.

The Auxiliary to the FCVFD provided refreshments at the drill site as well as lunch both days at the fire station. Cherrydale VFD Light and Air 103 was utilized for power generation and breathing air replenishment at the site.

Saturday's evolutions were interrupted by a 2+ alarm fire in the City of Falls Church that required the response of Light and Air 103 along with Canteen 106. While the majority of the certified firefighters responded to the fire, the evolutions continued with the recruit firefighters practicing basic skills.

Flashover and SCBA Maze Training

On May 6, fifteen members along with four career firefighters from Station 6 visited the Montgomery County, Maryland Fire Training Center to experience their flashover simulator. Instructors from Montgomery County conducted a classroom discussion describing the warning signs of flashover, the causes of flashover, and how to protect crews against flashover. Flashover, an advanced fire condition where all surfaces of an area ignite simultaneously, has become more common due to the increased use of synthetic materials in furnishings and improved insulation of structures. Firefighters who become trapped in a flashover have approximately 2 seconds to escape before being burned to death, therefore it is critical to be able to identify the warning signs and control the conditions. The heat generated in the simulator, which reaches approximately 1,100 degrees, required members to don special protective helmets equipped with heat shields to avoid damaging their primary protective clothing.



In addition to the flashover simulator, members entered the SCBA maze to build confidence in their breathing apparatus skills. A number of members maneuvered through the confined space in zero visibility while others completed their practical exercises in the flashover simulator.

At the end of the day, members were given a tour of the incident simulator used to teach strategy and tactics to fire officers.

Live Fire Training – Donated Structure

On June 11, thirteen FCVFD members along with firefighters from Arcola-Pleasant Valley, Sterling, Middleburg, and Sheperdstown utilized a donated structure for live fire exercises. Members participated in fire attack, rapid intervention team, search and rescue, overhaul, fire ignition, pump operations, and safety duties throughout the day. The FCVFD reserve engine was utilized for attack lines. The Cherrydale VFD Light and Air unit was also staffed by Falls Church personnel to provide air replenishment for the self-contained breathing apparatus.



Many thanks to the Arcola-Pleasant Valley VFD for inviting our participation in this invaluable training. In addition to organizing the event, they provided food and beverages during the exercise.

Responders Scared Straight – December 2

Seven FCVFD members traveled to Spotsylvania, Virginia, to participate in a seminar by nationally recognized author Chief Billy Goldfeder. The presentation included video, audio, slides and "WAKE UP" lecture. The information included an in-depth review of specific, timely incident scene events and the lessons learned. The goal of this class is to have firefighters thinking about their role and the Department's responsibility in emergency responses. The lessons learned and related case studies help ensure that similar problems are not repeated.

The Art of Reading Smoke – November 16

Three officers attended this weekday program sponsored by the City of Fairfax. The course was designed to assist officers with evaluating smoke conditions during their size-up and before deciding on their strategy and tactics. The program included videos, visuals and exercises to illustrate how smoke color, density, movement and pressure signal the fire conditions being encountered.

Fire Attack – Integrated Fireground Operations

Seven officers and firefighters completed this 16-hour live fire course at the Central Shenandoah Regional Fire School in Harrisonburg, Virginia. Each student performed various duties such as interior fire attack, ventilation, rescue, safety officer and incident commander. The scenarios began at a staging area and carried through the fire scene to allow participants to size up the situation, formulate a strategy, and implement tactics in a safe manner. One set of evolutions was conducted at night

Instructor II

Two members completed the 32-hour course with career and volunteer firefighters at the Fairfax County Fire & Rescue Academy. The course required an extensive group project and homework to develop a training program that culminated in a presentation of a complete course package including lesson plans, budget, and student evaluations.

Instructor I

One member completed the 32-hour course with career and volunteer firefighters at the Arlington County Fire Training Academy. The course required an additional 16 hours of supervised internship during which the student had to lead actual training exercises at their home station. Instructor I prepares senior firefighters for conducting certification courses by providing information on teaching techniques, presentation skills, and audience identification.

EVOC Train-the-Trainer

One officer attended the Virginia Department of Fire Programs Instructor College in Roanoke, Virginia and obtained his credentials to administer the Emergency Vehicle Operator Course.

Emergency Vehicle Operator Course

Four members completed the 16-hour Emergency Vehicle Operator course. Two personnel attended the Fairfax County Fire & Rescue Academy and two participated at the Caroline County Regional Fire School in Milford, VA. The course teaches defensive driving tactics for fire department vehicles in both emergency and non-emergency travel. It consists of classroom materials followed by practical evolutions in an obstacle course and on the road.

Basic Pump Operations

Four members completed a 16-hour course at the Top of Virginia Regional Fire School in Winchester, VA that consisted of classroom theory and practical skills evolutions. Emphasis was on calculating proper pump pressures, monitoring multiple hoselines, and water supply when operating fire department pumpers.

Fire Officer II

Two officers completed the 40-hour class at the Top of Virginia Regional Fire School in Winchester, Virginia. Modules include Human Resource Management, Administration, Information Management, Planning Budgets, Community Awareness, Media Relations, Inspections, Investigations, and Emergency Service Delivery.

Fire Officer I

One member completed the 64-hour class designed for new officers and officer candidates to learn basic skills such as communication, effective supervision and resource management. The modules include the following topics: The Company Officer's Role in Challenges and Opportunities, Effective Communications, Organization, Management, Managing Resources, Leadership, Personal Safety, Leading Others, Fire Prevention, Building Construction, Fire Prevention and Investigation, Planning and Readiness, and Incident Management.

National Fire Academy (NFA) Incident Safety Officer

Two officers completed this 16-hour National Fire Academy course designed to familiarize students with performing the functions of a safety officer within the incident command system. One traveled to Winchester, Virginia while the other completed the course in Leesburg, Virginia.

NFA: Strategy and Tactics for Initial Company Officers

One officer completed this 16-hour National Fire Academy course at the Central Shenandoah Regional Fire School in Harrisonburg, Virginia. This course is designed for company officers responsible for managing the operations of one or more companies during structural firefighting operations. It aids in developing the management skills needed by company officers to accomplish assigned tactics at structure fires. The class also included 3-hours of instruction on the National Incident Management System (NIMS).

Emergency Medical Technician (EMT) - Instructor

One officer completed the Commonwealth of Virginia certification as an EMT-Instructor, and is now certified to schedule, coordinate and instruct initial EMS First Responder, EMT-Basic, and Basic Life Support Continuing Education courses. The Instructor program requires successful completion of both written and practical pre-tests, and an invitation from the Virginia Office of Emergency Medical Services, culminating in an intensive, 5-day Instructor Institute providing opportunities to learn and implement teaching techniques, presentation skills, and audience identification. The Institute also includes procedures for registering and coordinating courses with the Office of EMS.

Emergency Medical Technician

Five members completed the 141-hour Emergency Medical Technician – Basic course through the Fairfax County Fire & Rescue Academy, Northern Virginia Community College, and the Arlington County Career Center. This program provides general instruction in all areas of human body systems and initial care for a wide range of medical conditions. The course includes classroom, practical, and clinical rotations.

BLS Provider

Six personnel completed the 4-hour course required to qualify as an Attendant-in-Charge when staffing a basic life support ambulance. This course is a requirement associated with the volunteer-staffed ambulance that operates within Arlington County and is the adopted standard of the FCVFD for its own ambulance operations. It is in addition to the emergency medical technician curriculum offered by the local colleges and fire academies. Participants are also required to complete a supervised internship program to complete the process. During 2006, one FCVFD member completed the internship program to gain authorization as an Attendant-in-Charge while two additional personnel were authorized as vehicle operators for the BLS unit.

Advanced Cardiac Life Support

One emergency medical technician completed this 1-credit course at Northern Virginia Community College. Students of this course participate in simulations that reinforce the key concepts: proficiency in basic life support care; recognizing and initiating early management of peri-arrest conditions; managing cardiac arrest; identifying and treating ischemic chest pain and acute coronary syndromes; recognizing other life-threatening clinical situations (such as stroke) and providing initial care; ACLS algorithms; and effective resuscitation team dynamics.

EMT Evaluator

One officer completed a one-day course provided by the Northern Virginia EMS Council to serve as an evaluator during practical examinations of Emergency Medical Technician candidates in Northern Virginia. Since completion of the course, he has assisted with the administration of one exam in Fairfax County.

Emergency Medical Technician Recertification

Five members participated in the 36-hour EMT-Basic refresher class in order to recertify as Basic Emergency Medical Technicians. Two members attended two weekend sessions of training at the Top of Virginia Regional Fire School in Winchester, Virginia, one attended the Central Shenandoah Regional Fire School in Harrisonburg, Virginia, and two completed the class at the Fairfax County Fire & Rescue Academy.

One member also completed recertification as an EMT-Intermediate through Northern Virginia Community College.

Heavy & Tactical Rescue: Confined Space Entry and Rescue

One member completed the 16-hour course at the Caroline County Regional Fire School. The course is designed to examine hazard recognition, victim access, and stabilization and retrieval. The curriculum closely follows Virginia Department of Labor and Industry guidelines with regard to definitions, equipment and rescue team preparation. Practical and classroom sessions focus on the three primary hazards associated with confined space entry: physical, atmospheric and physiological. Much effort is devoted towards realistic training evolutions using the latest equipment and techniques to assure student retention of the material.

Heavy & Tactical Rescue: Vehicle Rescue

Four members completed the 16-hour course at the Caroline County Regional Fire School that consisted of classroom and practical evolutions. The course familiarizes students to new hazards associated with today's vehicles. Time is spent on how the laws of physics affect the vehicle and its passengers and the outcome this has on tactical considerations. Emphasis is placed on the development of safe and proficient techniques for vehicle stabilization and lifting, and in the use of air bags and hydraulic systems.

Heavy & Tactical Rescue: Trench Rescue

One member completed the 16-hour Trench Rescue course at the Top of Virginia Regional Fire School in Winchester, Virginia. This class is a combination of classroom and practical evolutions teaching proper techniques to make open trenches and excavations safe for victim access and removal. Practical exercises included actual sheeting and shoring operations of "unsafe" trenches with shoring equipment as well as developing skills in lifting practices within the trench environment.

CDP Technical Emergency Response

Four members joined 28 first responders from the District of Columbia, Montgomery, Prince Georges, Loudoun, Fairfax, and Prince William Counties for a 3-day Center for Domestic Preparedness Weapons of Mass Destruction Technical Emergency Response Course in Montgomery County, Maryland. The training familiarized responders with the characteristics and procedures for handling a terrorist or criminal incident involving chemical, biological, radioactive, nuclear, or explosive materials (CBRNE). Topics included a briefing on the foreign and domestic terrorist threat, incident command and response, hazards specific to chemical, biological, and radioactive materials, mass casualty decontamination and management, scene survey and safety, and detection equipment for CBRNE incidents. The course included practical hands-on training in decontamination, sampling and monitoring, triage, and improvised explosive device recognition.



National Incident Management System (NIMS)

In accordance with the provisions of Homeland Security Presidential Directive (HSPD) – 5, the NIMS was developed and issued by the Department of Homeland Security (DHS) to provide a comprehensive national approach to incident management. Subsequently, HSPD-8 was issued that set forth requirements for certain training, including courses on the Incident Command System (ICS). Operational members completed the requisite courses primarily via self-study programs using the DHS online curriculum. These courses included ICS-100 Introduction to ICS for Operational First Responders, ICS-200 Basic ICS for Operational First Responders, and IS700 - National Incident Management System (NIMS), An Introduction. Additionally, several personnel completed advanced courses through the National Fire Academy in Emmitsburg, Maryland. These courses included ICS-300: Intermediate ICS for Expanding Incidents and ICS-400: Advanced ICS.

Lancaster Fire Expo

In May, ten members attended one of the largest fire department trade shows in the United States in Harrisburg, Pennsylvania. Members took the opportunity to research the latest technology in tools and fire apparatus.

Light and Air Unit Orientation

In 2006, officers of the FCVFD initiated a 12-hour course to ensure proficiency by personnel staffing the Cherrydale VFD Light and Air Unit. This training included a review of response procedures, typical response scenarios, and features of the unit. Students are required to pass a written and practical evaluation at the completion of the course. In 2006, seven FCVFD personnel became qualified to staff the Light and Air Unit.

Indoctrination and Orientation

During two 4-month sessions, FCVFD instructors conducted indoctrination and orientation training for recruits from Falls Church and the six other volunteer departments within Arlington County. Thirteen FCVFD recruits completed their indoctrination in 2006. Most of the training occurred at the meeting facility at Station 6 using Falls Church apparatus and equipment for practical evolutions. The orientation program consists of a comprehensive 2-tiered system that trains new volunteers in fire and rescue administration and operations. Topics range from cardiopulmonary resuscitation, cultural diversity, and Fire Department Organization to personal protective equipment, managing hoselines, and placing ground ladders. Recruits must pass both written and practical exams before being permitted to participate in emergency operations.

County Drills

In order to ensure proficiency and comply with government requirements for education, Countywide training is conducted on a monthly basis. FCVFD instructors organized and executed many of the drills. The drills in 2006 consisted of:

- January: 24Seven Incident Reporting System
ACFD Firefighter/Paramedic Brady reviewed the features and operating characteristics of the new automated incident documentation system.
- February: ALS Assist Skills
Basic life support personnel practiced skills needed to assist Paramedics with the provision of advanced life support interventions.
- March: Hose Loads
Firefighter Schomburg, with assistance from FCVFD members Greear, Davis, and Strickland, led a practical review of the storage, deployment, and characteristics of the various hose loads on a pumper.
- April: Firefighting Strategy & Tactics Challenge
Deputy Chief Schloss reviewed the basics of building construction, then asked questions and led discussions on the strategy and tactics that might be employed in a variety of building fire scenarios.
- May: CPR Update
Deputy Chief Schloss provided information on the updated procedures for cardiopulmonary resuscitation.
- June: Fire Scenarios
Firefighter Schomburg orchestrated a variety of practical scenarios for teams to practice skills, including structure fires, medical emergencies, and motor vehicle collisions.

- July: Accident Investigations
Cherrydale VFD Chief Pardi discussed the details of an emergency vehicle accident and the consequences to the operator.
- August: Public Relations
Personnel interacted with the public at the Arlington County Fair under the supervision of senior members.
- September: Terrorism and Mark I Kits
ACFD Lieutenant Salameh discussed the response to terrorism incidents, standard operating procedures, response equipment, antidote kits, and potential types of incidents responders could face.
- October: Emergency Communications Center
Members received a tour of the Arlington Emergency Communications Center to better understand how 911 calls are processed and resources dispatched.

Company Drills

The FCVFD conducts monthly training meetings to assist members with fire and EMS topics. The drills in 2006 consisted of:

- January: Search and Rescue
Assistant Chief Evinger reviewed the strategies and tactics of performing search and rescue in residential structures.
- February: EMS Skills Stations
Deputy Chief Schloss and EMT Byron led members in a series of skills stations to review basic life support procedures.
- March: Ropes and Knots
Deputy Chief Schloss instructed and led practical exercises utilizing fire service ropes and knots.
- April: Mass Casualty Operations and Triage
Deputy Chief Schloss provided updates on standard operating procedures during incidents involving large numbers of patients.
- May: Weapons of Mass Destruction
Assistant Chief Evinger shared many of the concepts learned during the CDP Technical Emergency Response Course he completed.
- June: Safety Stand-down
In accord with a national initiative, Assistant Chief Evinger presented information on emergency vehicle safety and hose testing procedures.

- August: Sports Injuries
In preparation for high school football season, Deputy Chief Schloss and Yorktown High School Athletic Trainer Bruce Ferratt reviewed basic life support procedures for traumatic injuries encountered at sporting events. Personnel practiced removal of protective sports equipment to facilitate treatment of an injured player.
- September: Fire Prevention and Safety Education
Firefighter Schild organized mock presentations of fire safety information for the variety of audiences members encounter.
- October: EMS Skills
EMT Instructor Parker organized skills stations to review patient assessment, splinting and bandaging, spinal immobilization, and removal of crash victims from an automobile.
- November: Firefighter Skills
Assistant Chief Evinger coordinated skills stations that included power saws, self-contained breathing apparatus emergencies, refilling of breathing air cylinders, and deployment of hoselines.

Arlington-Falls Church Volunteer Rescue Squad Drills

The AFCVRS conducts training meetings to keep members updated on developments in delivery of emergency medical services in Arlington County. The drills in 2006 consisted of:

- January: Basic Life Support Skills
Members participated in skills stations to refresh their basic skills.
- February: Stryker Stair Chair
Personnel trained on a new patient transport device.
- September: Territory Familiarization
Deputy Chief Davis organized a “snipe hunt” that required personnel to traverse Arlington County and Falls Church locating addresses within the area of the operation of the basic life support unit.
- October: Marine Corps Marathon Preview
Members completed an orientation to the organization of the event and a review of the potential emergencies crews could encounter.
- November & December: emsCharts Training
ACFD personnel provided instruction on the new automated patient care reporting system.
- December: ACFD Medical Protocols
ACFD personnel updated members on a series of new protocols governing emergency medical services in Arlington.

PRESENTATIONS

Arlington County Volunteer Appreciation Reception

FCVFD Captain Steve Sisler was selected as one of Arlington County's Outstanding Volunteers for 2005. The ceremony was held at the National Rural Electric Cooperative Association building in Ballston. In addition to Steve, several volunteers from the Department of Human Services, Police Auxiliary, Sheriff's Office, and Department of Parks and Recreation were recognized. County Board members presented the awards with approximately 200 people on hand. Twenty-eight FCVFD members contributing over 250 hours of volunteer service to Arlington County also received certificates recognizing their participation. This was an increase of ten personnel over 2005.

Arlington County Fire Department Award

FCVFD Deputy Chief Tony Schloss received the Partnership Award from the Arlington County Fire Department in recognition of his support and service to the ACFD. Chief Schloss was unable to attend the daytime ceremony due to a work commitment, however Chief Jim Clarke accepted the award in his stead.

APPARATUS AND EQUIPMENT

SCBA Fill Station

The FCVFD coordinated replacement a 20-year old breathing air system with a Scott Revolv-Air compressor and fill station. This update standardized the equipment for filling breathing apparatus cylinders with the other Council of Governments agencies. The old breathing air system was sold to a fire department in Georgia for use at a fire training academy.

1989 Seagrave Pumper

The FCVFD sold its 1989 Seagrave pumper to the Sophia Volunteer Fire Department in Clarksburg, West Virginia in September. The transaction was completed with the assistance of apparatus broker FireTec. The unit was sold after the FCVFD assumed ownership of the 1996 Seagrave pumper originally purchased by the City of Falls Church.

Fire Station Gymnasium

The FCVFD coordinated the acquisition of new fitness equipment valued at over \$6,000 donated by a private citizen. This equipment enhances the capabilities of the workout facility at Station 6, and allows firefighters to exercise while remaining in their response area. Members transported the equipment and performed the installation in second floor workout facility in the fire station. Additionally, at a cost of approximately \$500, the FCVFD purchased new foam mat flooring for the facility, as well as some additional fitness equipment to further augment the facility's capabilities.

Dayroom Television

Following a request by the career staff, the FCVFD purchased a 52-inch television for the day room in the fire station at a cost of \$2,400. The day room television offers personnel a source of entertainment during the evenings and slow periods during the shift.