



Arvada Fire Protection District

6503 Simms Street, Arvada, CO 80004 • 303/424-3012 • 303/432-7995 fax

Citizen's Academy participant

Welcome to the Arvada Fire Protection District's 2009 Citizen Academy. We hope that you are as excited about the weekend of May 30th – 31st as we are. It promises to educate, inform, and, for some of you, push you farther than you thought that you could ever go. I can guarantee you that by Sunday night, you will be exhausted and energized at the same time.

Before you come to the Training Center located at 6651 Indiana Street on May 30th at 8 a.m., you have a few homework assignments to complete.

1. Print and fill out the three forms that you will need to have completed by the first morning. Also, print the **Reminder** and post it on your refrigerator.
2. Continuing this year is the opportunity to participate in a ride-along with AFPD firefighters on the fire truck before the academy starts. Don't miss this chance to meet your local firefighters and ask questions you may have about the apparatus, equipment, and structure of the Arvada Fire Protection District. This unique experience allows you to learn about the various services AFPD provides to your community. If you want to participate in this program, contact headquarters at 303-424-3012 to set a time and download the three additional ride-along forms from the website. Rides can be set for any day of the week. Make sure that you let them know that you are part of the Citizen's Academy.
3. Stop by Station 6, located at 6503 Simms Street, during the week of May 25th – 29th from 8 a.m. – 7 p.m. to pick up your gear. If you are not able to make it during that time, please call the station at 303-424-0403 to set an appointment. We will not be able to issue gear during the weekend. Make sure that you let them know that you are part of the Citizen's Academy.
4. Make sure that you drink plenty of water in the days leading up to the academy as well as during the academy. Hydration is very important during this weekend.

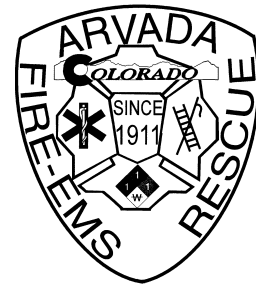
If you have problems downloading any of the forms, let me know and I will "snail mail" them to you or I will leave them at Headquarters for you to pick up. Also, if you have any questions, please feel free to give me a call.

Thanks

Scott Pribble
Fire and Life Safety Educator
Public Information Officer

Arvada Fire Protection District

7903 Allison Way
Arvada, CO 80005
Telephone (303) 424-3012
Fax (303) 432-7995



Medical History Questionnaire

Please print legibly.

Name _____ DOB _____

Address _____ Phone _____

City _____ State _____ Zip _____

Primary Care Physician _____ Phone _____

Address _____ City _____

Date of last physical examination _____ Location _____

Have you ever been hospitalized? _____ How long? _____ Reason _____

Current Prescription Medications _____

Current Allergies _____

Medical History _____

Height _____ Weight _____ Blood type _____

Do you or have you ever had problems with the following? (Place an X on line)

- | | | | |
|--------------------|--------------------|---|-------------------|
| ___ Blood pressure | ___ Asthma | ___ Diabetes | ___ Lung disease |
| ___ Seizures | ___ Claustrophobia | ___ Head aches | ___ Back problems |
| ___ Surgery | ___ Heart disease | ___ Heart attack | ___ Chest pain |
| ___ Hernia | ___ Ulcers | ___ Any other problems not listed (explain below) | |

Signature _____ Date _____

Witness _____ Date _____

Please return form on day of event.

Arvada Fire Protection District

7903 Allison Way
Arvada, CO 80005
Telephone (303) 424-3012



Citizen Academy gear check out

* You must go to Station 6 to check out your gear from 0800 – 1900 during the week prior to your academy. Station 6 is located at 6503 Simms Street. If you need directions, call our office at 303-424-3012.

Please print legibly.

Name _____ DOB _____

Address _____ Phone _____

City _____ State _____ Zip _____

Coat # _____ Pants # _____

Helmet # _____ Boots # _____

Mask # _____

Hood _____

Gloves _____

SCBA pack & bottle will be assigned on day of event.

Bring this form with you to check out equipment for the weekend. We will return the equipment for you after the academy.

Signature of participant _____ Date _____

Checked out by _____ FF# _____



NOTICE OF DANGEROUS ACTIVITY - RELEASE
(Arvada Fire Protection District)

THE CITIZEN FIRE ACADEMY, WHICH IS BEING OFFERED BY THE ARVADA FIRE PROTECTION DISTRICT, MAY CONTAIN DANGEROUS ACTIVITIES WHICH MAY RESULT IN SEVERE PERMANENT INJURY OR DEATH.

ASSUMPTION OF RISK: The undersigned, having read and thoroughly understood the above NOTICE OF DANGEROUS ACTIVITY, acknowledges that the Citizen Fire Academy which is being offered by the Arvada Fire Protection District (the "District") may contain one or more dangerous activities which may result in severe permanent injury or death, and does hereby knowingly assume any and all risks associated with attending and participating in the Citizen Fire Academy.

RELEASE OF LIABILITY: In consideration for being permitted to participate in the Citizen Fire Academy, and to use equipment provided by the District, the undersigned hereby releases, waives, and discharges the District from any and all liability, causes of action under any theory of law, claims and demands, damages, costs, expenses and compensation, arising from or relating to any injury or damages to person or property incurred in participating in the Citizen Fire Academy, or in using equipment provided by the District.

INDEMNIFICATION: In consideration for being permitted to participate in the Citizen Fire Academy, and to use equipment provided by the District, the undersigned, agrees to indemnify, save and hold harmless the District, its officers, directors, employees and agents, from and against any loss, liability, damage, claim, cost or expense, of any kind or nature whatsoever, which the undersigned may incur due to injury or damage incurred in participating in the Citizen Fire Academy, and in using the equipment provided by the District.

The undersigned further agrees to indemnify, save and hold harmless the District, its officers, directors, employees and agents, from and against any loss, liability, damage, claim, cost or expense, of any kind or nature whatsoever, which any third-party incurs in connection with the Citizen Fire Academy, or the use of equipment provided by the District.

Date

Signature

Date of Birth

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REMINDER

1. Hydrate – especially on Saturday & Sunday, drink plenty of water.
2. Wear comfortable clothes and shoes.
3. Bring a change of clothes – you may get wet.
4. You may want to bring some soft kneepads; you may be on your hands & knees a lot.
5. Bring signed forms to the Training Center on Saturday
6. Don't worry about lunch, we'll feed you.
7. You must pick up your gear by Friday at 6 pm & bring it with you.
8. Call 303-424-3012 to schedule your ride-along as soon as possible. Ride-alongs may be scheduled anyday from 0700-1800.

Have Fun!