

2023 Northwest Citizen Corps Session Schedule

Please note: Classes are subject to change and may be subject to cancellation.

Friday - September 15

1 p.m. - 4:30pm Program manager and leadership strategy meetup

This session is for CERT program managers, leaders and FEMA region 10 staff only. Please register for this session, even if you are attending events on Saturday and Sunday so we can get an accurate attendance count.

Saturday – September 16

8 a.m. – 8:15 a.m. Welcome College Representative

8:15 a.m. – 8:25 a.m. -Welcome Tulalip Tribe

8:25 a.m. – 8:40 a.m. Opening remarks and day events

Morning Sessions:

9 a.m. – 11 a.m. Traffic and crowd control

Instructor Mike Batnick explains how you can play important roles in traffic and crowd management. This course demonstrates hand signals for directing traffic and crowds. Participants will gain skills for effective verbal communication with the public.

9 a.m. 11 a.m. – Working with faith-based communities.

Faith-based and community organizations can be partners in building a culture of preparedness and enhancing security and resiliency after a disaster. They offer a wide variety of human and material resources that can be useful after an incident. This course provides a foundation for working with faith-based communities for emergency planning and response and a CERT member's roles. Instructor: Jeffrey Anderson

9 a.m. noon – 12:00 – ICS 100

ICS 100 is the FEMA Emergency Institute's Introduction to the Incident Command System. ICS 100 introduces the ICS and provides the foundation for higher level ICS training. This course describes the history, features and principles of the Incident Command System. Instructor: Dan

Good

9 a.m. – noon – Basic moulage

Learn the art of applying makeup and prosthetics to create realistic mock injuries. Moulage helps to simulate real-world experience during emergency medical training exercises. This course is a prerequisite to attend the advanced moulage course. Instructor: Laurell Sprague

9 a.m. – 11 a.m. – Radio Etiquette and Communications

Major disasters can destroy powerlines and cell towers, wreaking havoc on communications systems. Learn how to use two-way radios to relay information. This course will teach the basics of two-way radio communications protocol and operating procedures. Instructor: Mike Ervick

9 a.m. – 11 a.m. – Social media 1

Using common social media platforms to promote your CERT team. Instructor Rachel Anderson will give examples and tips on using Facebook and Twitter to promote your local CERT.

9 a.m. – noon – CPR / first aid / Narcan training

Participants will get a refresher course on infant, child and adult CPR and using AEDs and basic trauma first aid for bystanders. The course also includes a layperson training course to teach you how to recognize the signs of an opioid overdose and administer the opioid reversal drug Naloxone (also known as NARCAN).

Participants will receive a first aid and CPR card valid for two years at the end of the course. Instructors: Tamara Fairley and Curt Bagley

9 a.m. – noon – Cribbing

Learn the basics on building and using a temporary wooden structure to support heavy objects during construction, relocation, vehicle extraction and urban search and rescue. Instructor: Ken Hulet

9 a.m. – noon – Accessibility and CERT

Join Washington State Accessible CERT Instructor Lisa Kraft and learn how to make CERT inclusive and accessible to persons with disabilities. Topics covered will be how to make CERT participation accessible to people with disabilities as well as how you can assist

people with disabilities during a disaster deployment. Instructor: Lisa Kraft

11:30 – 12:45 – Lunch and networking

Afternoon Sessions:

1 p.m. – 4 p.m. – Animal response 1 &2

This course teaches you why animal response is an essential component of emergency plans. Learn about emergency management functions that require handling, containing and managing animals and disaster planning for animals. You'll get a primer on behavior patterns of predator and prey animals and domestic, wild and exotic animals. You'll also get training on CERT functions and animal response, basic care of injuries involving animals, communicating with caretakers and avoiding transmission of zoonotic diseases. Instructor: Celso Rangel

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Participants will receive a first aid and CPR card valid for two years at the end of the course. Instructors: Tamara Fairley and Curt Bagley

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1 p.m. – 3 p.m. – Head to toe assessment, now what?

Learn how to properly perform a head-to-toe assessment on a survivor before transporting them to the triage treatment area.

1 p.m. – 4 p.m. – ICS 200

ICS 200 is the FEMA Emergency Institute's course on Basic Incident Command System for Initial Response. This course reviews ICS, provides context for ICS within initial response and supports higher level ICS training. This course is recommended for personnel who are likely to assume a supervisory position within the ICS.

1 p.m. – 4 p.m. – Advanced moulage

Learn more advanced techniques of applying makeup and prosthetics to simulate more complex injuries for emergency medical response drills. Skills include using prosthetics and sculpting techniques to create more complex simulated wounds and injuries. Note: participants must have completed a basic moulage class for admittance. Instructor: Laurell Sprague

1 p.m. – 3 p.m. – Social media 2

Rachael Anderson with the Citizen Corps Council of Pierce County will build upon the skills discussed in the CERT and Social Media 1 class. Participants do not have completed Social Media 1 to participate, but should have a basic understanding of common social media platforms.

1 p.m. – 3 p.m. – Stop the bleed

A bleeding injury can happen anywhere. Life-threatening bleeds can happen to people injured in serious accidents or disasters. Instead of being a witness, you can become an immediate responder because you'll know how to Stop the bleed. Learn to recognize life-threatening bleeding and gain techniques on bleeding control. Instructor: Robert Cepeda

1 p.m. – 3 p.m. – CERT: Engaging older adult communities in emergency preparedness

Hear from a panel of CERT members about how they have used their experience to help CERT serve the needs of their members. They'll offer insights and stories detailing successes and challenges engaging with older adult communities. Instructor: Teresa Garrett-Hill

Sunday – September 17

Morning Sessions:

8:30 a.m. – 11 a.m. – Center for Independence and CERT

Talking with experts in independent living, as seen by its advocates is a philosophy, a way of looking at society and disability and worldwide movement of people with disabilities working for equal opportunities and self-respect. Join representatives from the Center for Independence for a discussion on how people with disabilities fit into the world of CERT. The Center for Independence is non-profit organization operated by people with disabilities serving people with disabilities ages 14 and up. It serves as a resource for people with disabilities to fully access and participate in the community through outreach,

advocacy and independent skills development. Instructors: Todd Holloway and Jessie Filpatrick

8:30 a.m. 11 a.m. – CERT Ask me anything

Join state CERT coordinator Celso Rangel to get all your CERT-related questions answered! Does your CERT need advice on overcoming obstacles? Wondering how to engage and grow your CERT? Here's your chance to ask your questions, speak with CERT experts and share your opinions.

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The course is ideal for those who have taken a first aid class in the past and would like to brush up on their skills. Participants will receive a first aid and CPR card valid for two years at the end of the course. Instructors: Tamara Fairley and Curt Begley

8:30 a.m. – 11 a.m. – Youth Empowerment through Teen CERT and the Youth Preparedness Council

The Youth Preparedness Council brings together youth leaders interested in supporting disaster preparedness in their local communities by completing disaster preparedness projects. Northshore School District Teen CERT Program Coordinator Danna Kapacinskas and FEMA Region 10 community preparedness specialist Samantha Robinson will share insights on engaging and empowering youth through CERT. Instructors: Danna Kapacinskas, Ilyssa Plumer, Samantha Robinson

8:30 a.m. – 11 a.m. – Search and rescue and building Markings

During a disaster you may have to search for injured or trapped survivors. Learn how to properly search the interior and exterior of a structure, dwelling or building and how to document your efforts. Instructor: Mike Ervick

8:30 a.m.– 11 a.m. – Map and compass reading

Participants will learn how to interpret information provided on a map, how to use a compass and how to use the two together. Participants will learn about magnetic north, true north and magnetic variation (declination). After covering these fundamentals, participants will practice taking a bearing from the terrain while using a map to determine their global position and plan a route. Bring their own compasses and GPS systems, if you

have them! Instructor: CM Sam Patrick 8:30 a.m. – 11 a.m. – CERT and the EOC

This session gives an overview on how CERT works closely with the Emergency Operations Center and what your role may be. Instructor: Dan Good

8:30 a.m. – 11 a.m. – Disaster medical ops – Dania Ahmed

During a disaster, the number of survivors may exceed the local capacity for treatment. CERTs may be called to assist with medical operations. Learn how to recognize life-threatening conditions, apply principles of triage and conduct triage evaluations.

Instructor: Dania Ahmed

11:00 – 12:00 Lunch and networking

12:30 p.m. - Safety and exercise briefing

Please wear your CERT vest, helmet and backpack

1 p.m. – 3 p.m. disaster drill exercise

3 p.m. – 4 p.m. Hotwash/after-action review

4 p.m. – 4:30 p.m. Closing Remark