



SACRAMENTO REGIONAL PUBLIC SAFETY TRAINING CENTER
BASIC FIREFIGHTER ACADEMY

5146 Arnold Ave., McClellan, CA 95652

<https://arc.losrios.edu/academics/public-safety-training-center/basic-firefighter-academy>



Dear Academy Applicant,

Thank you for your interest in the Sacramento Regional Public Safety Training Center's (SRPSTC) Basic Firefighter Academy. Our academy program is accredited by the California State Fire Marshal's Office Division of Training (CSFM-SFT).

Carefully read the following pages which will provide you with the information you need to apply for the **Basic Firefighter Academy** through the website from, **May 1, 2025 through May 16, 2025**.

Completion of an accredited EMT program (or Paramedic Certification) is recommended and desirable. Applicants must provide proof of successful completion of an accredited EMT program (or Paramedic certification) by August 13, 2025. Lack of completion of an accredited EMT program before the Academy start date will be evaluated during the selection process.

******Applicants who do not follow the application process instructions and/or meet the application deadline will be disqualified. Please read through everything! ******

For your convenience, a check off sheet for the Basic Firefighter Academy application is provided on Page 2. It is mandatory that you provide ALL REQUIRED DOCUMENTS WHEN SUBMITTING THE APPLICATION PACKET.

OPTIONS FOR APPLYING FOR THE 2025 BASIC FIREFIGHTER ACADEMY CLASS 25-8

1. Mail your completed application to the address listed below. **OR**
2. Drop off your completed application in person at the front desk of the address listed below. Office Hours are Monday – Friday, 8 am – 5 pm. **OR**
3. Submit your completed application electronically to the email listed below. ****Application packets must be scanned in PDF format only; images will not be accepted. I repeat Images will not be accepted!!!!!!!!!!***
Submit your **completed application packet by 2359 Hours, Friday, May 16, 2025 to:**

Sacramento Regional Public Safety Training Center

Attn: Fire Technology Coordinator

5146 Arnold Avenue

McClellan, CA 95652

or

ARCFireAcademy@arc.losrios.edu

- Applicants who submit incomplete packages shall be disqualified from the selection process.
- Applicants accepted into the SRPSTC Basic Firefighter Academy will be notified via email.

4. Candidates whose applications are accepted will be invited back to participate in **Phase 2 – Testing and Physical Fitness Assessments** on May 21, May 22 or May 23. Candidates will be notified of their application status by email.

START DATE for the Basic Firefighter Academy is August 13, 2025. There is a mandatory Acceptance Meeting tentatively scheduled on June 11th or June 13th (to be scheduled after completion of the Phase 2 Testing Phase and acceptance) and a mandatory Orientation Meeting on August 1, 2025. Times TBD.



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REQUIRED DOCUMENTS CHECKLIST

(Copies of all of the following documents are required at time when you submit your application whether submitting online or in person)

- ☐ Basic Firefighter Academy Application
- ☐ Cadet Questionnaire
- ☐ Employment History
- ☐ Statement of Mandatory Academy Physical Conditioning Program (signed)
- ☐ Proof of Medical Insurance (copy)
- ☐ Proof of valid/unrestricted California Department of Motor Vehicle Driver's License (copy)
- ☐ Certifications:
 - AHA BLS CPR for Healthcare Provider Certification (copy)
and
 - National Registry Emergency Medical Technician Certification (copy)
or
 - Emergency Medical Technician Course Completion Certificate (copy)
or
 - Paramedic Certification (copy)

*If you have not yet completed an accredited EMT program please provide information on the application where and when you will be completing your EMT Certification. (Priority is given to applicants who will successfully complete EMT training before the Academy start date, August 13, 2025).



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APPLICATION

☐ **I am currently serving with the Sacramento Fire Volunteer Reserve Program.**

Name: _____
Last name First Name Middle Initial

Street Address: _____

City/State/Zip: _____

Telephone Number: _____ Email: _____

☐ I HAVE a current AHA CPR for the Healthcare Provider certification (or equivalent)

CPR Expiration Date: _____

☐ I HAVE a current Paramedic License

Paramedic License # _____ Exp. Date: _____

☐ I HAVE a current NREMT or CA State Emergency Medical Technician Certification.

NREMT/CA EMT # _____ Exp. Date: _____

☐ I HAVE recently completed an approved EMT Training Program but have not taken the National Registry Exam.

☐ I AM currently enrolled in an approved EMT Training Program at _____.

Completion date: _____

EDUCATION:

Please indicate your level of education:

☐ GED

☐ High School Diploma

☐ Some College

☐ Associate Degree

☐ Bachelor Degree

☐ Master Degree

☐ Other (please specify)

**BASIC FIREFIGHTER ACADEMY
CADET QUESTIONNAIRE**

NAME: _____

All YES answers require a detailed explanation on the pages provided.

Explain any YES answer(s). Use the extra sheet of paper at the end of the questionnaire if need be for additional explanations.

1. Do you possess a valid California Driver's License? Give a license number.

2. Have you ever received a citation for a moving violation? When? How many?

3. Have you ever been arrested and or convicted of driving under the influence of alcohol or drugs? When? How many?

4. Have you ever been under the influence of alcohol or drugs at work? If yes, please explain.

5. Have you ever been accused of, arrested or convicted of forging, identity theft or altering an application?

6. Have you ever been disciplined or expelled for academic cheating?

7. Have you ever been convicted of any offense classified as a misdemeanor under California Law? If yes, give the date(s) and explain.

8. Have you ever been arrested and/or convicted of a felony as an adult? Include felony/misdemeanor and military offenses. If yes, give date(s) and explain.

9. Have you ever been charged with or found responsible for any acts that have affected your employment status, such as lying, falsification or theft? If yes, please explain.

10. Have you ever been charged with or admitted to any criminal act committed against children, including, but not limited to: molesting or annoying children, child abduction, child abuse, lewd and lascivious act with any child, indecent exposure, or any act of felony unlawful intercourse? If yes, please explain.

11. Have you ever been involuntarily dismissed from a place of employment? If yes, please explain.

12. To your knowledge, is there any warrant out for your arrest? If yes, please explain.

13. Have you ever been subject to a restraining order/emergency protection order/domestic violence restraining order/criminal stay away order? If yes, please explain.

14. Are you under current academic dismissal or probation from any college or university?

15. Have you ever been dismissed from a Fire Academy or other training program for any reason? If yes, please explain.

16. Have you ever been involved or disciplined by an employer (including military) for a verbal/physical altercation with a supervisor, co-worker or customer? If yes, please explain.

17. Have you ever been disciplined by an employer (including military) for acts constituting racism, ethnic or sexual harassment? If yes, please explain.

18. Have you ever taken property that belongs to an employer (including military) without permission for personal use, to sell or to give away?

19. Have you ever served in the military? If so, what branch? How many years? Did you receive anything other than an honorable discharge?

By signing below, I attest that I have answered each question truthfully and may be dismissed from the Sacramento Regional Public Safety Training Center's Basic Firefighter I Academy should any deliberate falsehood(s) be discovered.

(Signature)

(Date)

[illegible]

EMPLOYMENT HISTORY

(Last Three Years)

☐ Check this box, if you have never been employed.

Name of Employer: _____

Hire Date: _____(MM/YYYY)End Date: _____(MM/YYYY)

Job Title: _____

Briefly describe the work you do:

Name of Employer: _____

Hire Date: _____(MM/YYYY)End Date: _____(MM/YYYY)

Job Title: _____

Briefly describe the work you do:

Name of Employer: _____

Hire Date: _____(MM/YYYY)End Date: _____(MM/YYYY)

Job Title: _____

Briefly describe the work you do:

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Hire Date: _____(MM/YYYY)End Date: _____(MM/YYYY)

Job Title: _____

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Hire Date: _____(MM/YYYY)End Date: _____(MM/YYYY)

Job Title: _____

Briefly describe the work you do:

Name of Employer: _____

Hire Date: _____(MM/YYYY)End Date: _____(MM/YYYY)

Job Title: _____

Briefly describe the work you do:

VETERANS BENEFITS

Please check one of the boxes below.

☐ Yes, I will be using Veterans Benefits (VA) for the Basic Firefighter Academy.

Please indicate what type of VA you have. (For example: Ch 33, Ch 31, and etc.)

☐ No, I will not be using Veterans Benefits for the Basic Firefighter Academy.



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STATEMENT OF MANDATORY ACADEMY PHYSICAL CONDITIONING PROGRAM

Dear Academy Cadet Candidate:

As part of your basic academy training, you are required to participate in the Basic Firefighter Academy Physical Conditioning Program.

The purpose of this letter is to describe the Basic Firefighter Academy Physical Conditioning Program and advise you that you will be required to obtain appropriate medical clearance from your personal physician if you are accepted and before you participate in the program.

The Basic Firefighter Academy Physical Conditioning Program is designed to develop in you an enhanced level of physical fitness in a manner that will prepare you to perform physically demanding tasks of the fire service profession. Additionally, the program is designed to instill a desire to maintain a high level of fitness throughout your career. To this end, the objectives of the program are to:

- Prepare you to meet minimum physical job task performance standards.
- Sensitize and educate you to the importance of maintaining a lifelong health related personal physical fitness program.
- Provide positive reinforcement and support for maintaining high fitness levels and personal health-related physical fitness programs.

These objectives are achieved by means of a three-fold educational process. First, you will be introduced to the goals and objectives of the physical program, which includes individual assessment and instruction on the principles of physical conditioning. Second, you will participate in a series of conditioning sessions which systematically embrace a wide variety of physical exercise. These activities include neuro-muscular-skeletal development through strength and flexibility exercises, as well as cardio-respiratory enhancement through various aerobic-type involvements. The progression of exercise will be dictated by your "entry fitness level" and the subsequent improvement of your physical condition throughout the training. Third, you will receive numerous hours of classroom instruction on the subjects of: physical fitness as a lifetime pursuit, low back care, nutrition, overweight/obesity, substance abuse, stress management, and self-evaluation.

The actual physical conditioning phase of the program is organized into 60-minute sessions. In most instances, the program will consist of three 60-minute sessions per week. Each is designed to address muscular strength, muscular endurance, cardiovascular endurance, and flexibility. The relative emphasis given to each of these types of conditioning varies from session to session. All exercises within an exercise session are designed to maximize the development of those physical abilities needed to function as a firefighter. A detailed physiological analysis was conducted by physiologists to identify/develop the specific exercises within each session. The analysis was conducted on actual firefighter job task information that was collected from fire service professionals statewide. Thus, great care was taken to ensure that the content of the conditioning program is highly job-related.

It is the design that the focus of the Basic Firefighter Academy Physical Conditioning Program is to provide physical conditioning training in a manner that is not punitive or mentally stressful, but rather educates and sensitizes trainees to the need for a lifestyle of daily physical activity.



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Prior to entering the Academy, you are required to purchase a good pair of running shoes. The type and proper fit of shoes is important for any activity program. Programs such as this which involve a lot of running and jogging require special shoes which have been designed specifically for these activities. These shoes should not fit tightly; and they should have good support at the arch and heel. Ripple, crepe, or waffle shoes are excellent for use on hard surfaces. It is important to remember that good shoes and socks are the best prevention against blisters, soreness, and aching of the feet, ankles, and knees.

MEDICAL CLEARANCE

Prior to participating in the program, it is necessary for you to get a medical clearance from your physician. The medical clearance is required to provide reasonable assurance that there is no medical reason why you should not participate in the program and must be obtained at your own expense. ***If accepted into the Academy you will receive a Medical Clearance Form in your Acceptance Packet to be filled out and signed by your physician.***

Thank you for your attention and good luck in your pursuit of a fire service career.

Sincerely,

Tim Adams

Basic Firefighter Academy Director

I have read and understand the physical requirements of the Basic Firefighter I Academy and that if accepted into the Academy will be required to provide a medical clearance from my doctor (Form to be provided in Acceptance Packet).

Signature

Date