

# GEAR UP

## Join the Excitement!

### Become a Volunteer Firefighter or EMT Today!



Frederick County, Maryland



## Orientation Training 2023

**WHO:** All new volunteers, whether operational or non-operational, are encouraged to “GEAR UP” by attending this enriching, educational, and motivational training!

**WHAT:** Introduction to the Fire Rescue Service in order to prepare volunteers for future training classes.

**WHEN:** **Class 23-1:** Jan 23 – Feb 6 (M/W Evenings + Sat 1/28, Sat/Sun 2/4 + 2/5)

**Class 23-2:** Mar 21 – Apr 4 (T/Th Evenings + Sat 3/25, Sat/Sun 4/1 + 4/2)

**Class 23-3:** May 8 – May 22 (M/W Evenings + Sat 5/13, Sat/Sun 5/20 + 5/21)

**Class 23-4:** Jul 25 – Aug 8 (T/Th Evenings + Sat 7/29, Sat/Sun 8/5 + 8/6)

**Class 23-5:** Oct 9 – Oct 23 (M/W Evenings + Sat 10/14, Sat/Sun 10/21 + 10/22)

**Class 23-6:** Nov 28 – Dec 12 (T/Th Evenings + Sat 12/2, Sat/Sun 12/9 + 12/10)

**Evening Classes ~ 7:00 pm – 10:00 pm    Weekend Classes ~ 7:00 am – 4:00 pm**

**WHERE:** Public Safety Training Facility  
5370 Public Safety Place, Frederick, MD 21704

**HOW:** Register online: [Sign Up for Gear Up!](#) or by contacting Joyce Shry: [jshry@FrederickCountyMD.gov](mailto:jshry@FrederickCountyMD.gov).

**Seating capacity is up to 15 students. Registration will close one week prior to class OR class is full.**

### Topics Covered:

- Introduction to Frederick County Volunteer Fire & Rescue Services
- CPR
- LOSAP
- MFRI Course Sign-up Instructions
- Tour of Communications & Trooper 3
- EEO & Harassment
- EMS Billing
- HIPAA
- ICS 100, 200, 700 & 800
- Medical Clearance
- Safety & Training
- PE/SCBA



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## VOLUNTEER FIRE & RESCUE ASSOCIATION

Established in 1931

