

**2019 State Fire School
Auxiliary Class Descriptions**

Leadership So Everyone Goes Home – Friday 8:30-12, 1:30-5; Saturday 1:30-5:00

A course of the Everyone Goes Home Program of the National Fallen Firefighters Foundation designed to assist in the reduction of LODDs utilizing a series of case studies. Each study will include what happened, why it happened, what could have avoided it, were safety measures available and used, and how can we prevent this in the future. The benefit of this program is the review of cultural change or adaptive challenge, rather than just enacting a technical fix, which in most cases does not work.

Essential Oils Class – Friday 9-12:00 and 1:30-4:30

This class focuses on safety, purity standards, and the Top-Ten essential oils and products every family needs to have in their home. We discuss natural options for building immunity, respiratory strength, reducing inflammation, digestive health, mental focus, increasing energy, reducing pain, and managing stress, empowering us to have an overall healthier life.

This class will also address first responders & their families emotional and physical health issues before they happen. We help set first responders up for success in resiliency when the tough days come. Many first responders feel like they aren't ever "off duty." Participants will learn simple strategies for establishing stronger physical and emotional health foundations to handle stress, fatigue, proper nutrition, hydration, and toxin exposure (toxic load) that are present both in the home and at the station.

Make-and-Take: Attendees will take-away a DIY rollerball

Rehab Class – Friday 9-12:00:

Presented by Shannon Sandoval, Fire Marshal, City of Mitchell

It's a beautiful 80 degrees out on a bright June day, when the notorious "Motorola Gods" interfere with your perfect summer day - Structure fire.

Your firefighter is out the door before you know it, you hear his vehicle roaring down the roadway towards the fire hall. A minute later, you hear the sirens screaming as they race towards the address.

The average house fire burns at 1200 degrees Fahrenheit. 1200 degrees! Even with PPE, such as bunker gear and SCBA, what kind of physical toll does that take on our firefighters?

Here enters the Firefighter Rehab. In this class we will cover: What is a rehab? What does it do? How do we set one up? Where do we set one up? What supplies do we need? What do we need to watch for? When do we need to use a rehab area? As well as many other questions!

Self-Defense Class(limited to 30) – Friday 1:30-4:30:

You will be shown several different options in self-defense as a last resort in a physical confrontation for survival purposes.

Participants will learn to recognize and respond to a threat. The basic Self-Defense class will include: movements to avoid danger, verbal commands, striking, kicking, pressure points, blocks, ground fighting/escape. Remember, this is a safe place to practice and learn from your peers.

This class is designed to provide you options for self-defense should the need arise. These options will help you escape a dangerous situation with minimal physical exchange or, if the need should arise, going completely hands on when you are faced with a potentially deadly situation. These techniques are used to create space and escape or if the situation is unavoidable, to defend yourself.

Participants should wear comfortable attire that will allow them to do movements and also come with an open mind and willingness to participate to the best of their ability. There will be some physical activity. If you have a medical condition or preexisting injury that limits your activity, please consult your doctor beforehand.

Pillow Making Activity – Saturday 9-10 am and Sign Making Activity – Saturday 1:30-4:30:

Please register and pick your designs for either or both of these activities by looking up In Other Words on Facebook. There are events created for each of these activities that can also be found on the South Dakota Fire Auxiliary Facebook page. If you are not on Facebook, please call Lori Baye at 605-789-9533 and she will help you get registered. **June 1st is the deadline to be registered for these two activities.**