



Teach
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Paul Strong - 3 Sixty Training
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**Paul Strong | Battalion Chief
Valley Regional Fire Authority**



Paul Strong entered the fire service in 1990 and is currently a Battalion Chief at the Valley Regional Fire Authority in King County Washington. Paul has been an educator in the public and private sectors for over 24 years. He has served as a training officer, medical program specialist, haz mat technician, and a rope/dive rescue technician. He is also an adjunct instructor for the Washington State Fire Training Academy as well as the Washington State Criminal Justice Training Commission. Paul's focus in education is providing energetic programs that keep the audience engaged through interactive participation and thought provoking delivery. Paul has well over two decades of delivering effectual classroom and conference programs to police, fire, and EMS personnel as well as private business leaders and industry workforce.

Presentation

CLASS TITLE

RIC for REAL - Lessons learned; 400 firefighters in realistic rapid intervention training

PROGRAM LENGTH: 2 hrs. – ½ day (Modified to meet the needs of the hosting agency)

BRIEF DESCRIPTION

This class is about the detailed lessons learned from realistic, hands-on, rapid intervention training. 400 firefighters were put to the test in stressful training environments that challenged everything they have ever been taught. Firefighters were challenged in their basic skills, officers challenged in critical decision-making, and crews were challenged in their efficiency, choreography, and coordination all under realistic stress. This class provides the best practices on how to increase the possibility of a successful rescue by paying attention to the details in our training approach to RIC.

DETAILED DESCRIPTION

The objectives for this class are to find the details that you, your crew, and your department need to pay attention to in how you train and prepare for a firefighter rescue.

Seconds matter to the trapped firefighter. I'll show you how 400 firefighters from 16 departments learned how to shave valuable time by operating more efficiently. We will also discuss how to approach rapid intervention training properly and to dump old habits that are setting you up for failure.



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This class is presented as best practices from lessons learned through training that does not occur enough in our fire service - realistic, elevated stress training. Attendees will learn how every detail of their preparation and training for a firefighter rescue makes a difference in the outcome. Details regarding, PPE, communication, decision-making, leadership, and many other topics are covered.

The purpose of this class is to pass on what was learned from large-scale training that went beyond the norm. Firefighters and company officers were put into realistic, stressful rapid intervention training situations. This forced many departments to make changes at all levels in order to be more properly prepared for firefighter rescues.

THE TARGET AUDIENCE AND THE PRESENTATIONS RELEVANCE TO THE AUDIENCE

The target audience for this class is everyone from the rookie firefighter to the policy maker. The lessons learned here pertain to basic firefighter skills, effective policies, appropriate departmental training procedures, equipment, leadership, and much more. Firefighters have very little experience in rescuing other firefighters so it is imperative that we train properly. The realistic hands-on training exposed many small areas of needed improvement and a few big ones among very good fire departments. Your department is no different as rescuing firefighters is very relevant to all of us.

WHY I AM SUBMITTING THIS TOPIC AND MY RELATED EXPERIENCE

I spent several years designing, developing, and delivering RIC for REAL. This was realistic training that incorporated a component of elevated stress to the members to simulate an actual firefighter rescue. Hundreds of firefighters participated, worked hard, and did many things extremely well. Each of the participants also learned where the downfalls were in their individual skills, crew skills, and even their department policies and procedures. This was a big eye opener to a large number of fire departments and, as a result, changes were made in many areas. As a fire service instructor it is my privilege to pass on this valuable information.



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EDUCATION AND TRAINING

2015-Present	B.S. Fire Administration Program – Columbia Southern University
2006	A.A. Fire Science Degree - Bellevue College
2016	National Fire Academy – Managing Officer Program (2017-2019 class)
2006-Present	FEMA ICS 100, 200, 300, 400, 700, 800
2011-Present	FEMA National Fire Academy Leadership I and II
2015	IFSAC Fire Officer II Level Certification
2015	Blue Card Command Certification
2016-Present	Wildland Red Card Certification
2009	Zone 3 Truck Academy
2007-2011	Rescue Systems I – Rope Technician
2003-2011	Dive Rescue I and II - Technician
1991-1994	Hazardous Materials Technician
1994	Risk Management -Accident Prevention in the Workplace (L&I)

PROFESSIONAL EXPERIENCE / DEVELOPMENT

2017-Present	Battalion Chief
2006-2017	Fire Captain
2016-Present	King County Zone 3 Fire Coordinator
2016-Present	Firehouse Expo Planning Committee Member
2011-Present	Conference Presenter / Educator – Regional and National
2006-2011	Department Training Officer
2006-2011	Budget Preparation and Management (Training Division)
2006-2011	King County Training Officers / Zone 3 Training Officers Association
2014-Present	WA State Fire Training Academy – Adjunct Instructor
2007-Present	WA State Basic Law Enforcement Academy – Adjunct Instructor 1st Aid
2008	“RIC for REAL” program development – 400 firefighters, Zone 3
2004-2016	First Aid / CPR program administrator / instructor coordinator
2002-2011	Technical Rescue Team
1999-2006	Medical Shift Specialist
2005-2011	Union Local Shop Steward
2007-2011	Joint Apprenticeship Training Committee (JATC) Employer Rep.
1999-2005	Pre-Incident Plan development team
2002-2014	Fire Department Health & Wellness Team Member
2012-Present	Program Developer – “Going the Distance on Your Road to Leadership”
2015	SKCFTC Training Advisory Group
2010-2011	Zone 3 Fire Ground Practices Re-Write Committee
2013	Hose handling curriculum development / training delivery
2005	The “Heart of Auburn Schools” campaign
1992-Present	First Aid / CPR Instructor
1998-2007	Auburn Schools “Think Again” instructor (Impaired Driving Education)



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PUBLIC SPEAKING AND FIRE SERVICE TRAINING EXPERIENCE

Conference speaker / presenter:

- Firehouse World 2016-2017
- Firehouse Expo 2016
- FDIC Indianapolis 2013-2017
- Washington State Fire Training & Safety Officers Conference 2011-2012
- IAFC Fire Rescue International Conference 2011-2012
- Leadership instructor at the Washington State Fire Training Academy

Additional Education Delivery:

- Former member of the King County Fire Training Officers Association
*Providing quarterly classroom and drill ground training to 34 fire departments
- First Aid / CPR instructor
*I teach 20-30 public and private classes annually
- For 9 years I taught a drinking and driving education program at 7 high schools
*I presented the program in 600 classrooms and more than 13,000 students
- I spent 4 years in the training division in my department developing, delivering, and evaluating training for 113 members