



2026

FSC-90
Fire Fighter Academy
Orientation Packet





Welcome

Prospective Fire Fighter Academy Student:

Thank you for your interest in Mendocino College's Fire Fighter Academy, FSC-90. We are excited about your interest in participating in this program and hope that this orientation packet helps answer your questions and prepares you for success.

Basic Facts

To enroll in the Fire Fighter Academy, students must complete several prerequisite requirements and attend two mandatory orientation sessions. One of the most challenging prerequisites is obtaining a Public Safety-First Aid and CPR certification. I encourage students to begin this process as soon as possible to fulfill this State of California requirement. Information about these prerequisites is highlighted in the next section of this packet.

The Firefighter Academy is made up of two core classes, FSC-90 Firefighter Academy, and PE-280 Physical Fitness. Enrollment in both of these courses is required for participation.

Both classes will start on December 15th, 2025, and the classes are scheduled Monday through Friday from 7 am until 5 pm each day. This class has some scheduled Saturday classes in late February and early March, 2026. Classes are estimated to end April 10th, 2026, with the Capstone testing process at the College of the Siskiyous in Weed, California is scheduled to occur March 18-20, 2026.

Students are required to attend the academy every day. Students who miss more than 5% of a mandated subject matter or are absent for more than 24 hours are dropped from the course, per State Fire Training regulations. Students are required to pass the physical agility test with a score above 80% to complete the academy requirements.

Mendocino College partners with the College of the Siskiyous for the final exam Capstone testing. This structured, skill and knowledge-based assessment testing process meets strict State Fire Training (SFT) requirements. After successfully passing these tests, students will receive their Fire Fighter II certificate.

To participate, students are required to purchase academy uniforms, rent Personal Protection Equipment (PPE) and Self-Contained Breathing Apparatus (SCBA), and pay for the course's tuition costs. A complete listing of the equipment costs and tuition costs is listed later in this packet. Financial Aid is available to help students participate in this program. You will find more information about assistance later in this packet.





Prerequisites

To enroll and participate in the Fire Fighter Academy, students must complete several prerequisites, before enrolling in the FSC-90 Fire Fighter Academy and PE-280 Physical Education courses

Step 1 - Become a Mendocino College Student

Apply online at www.mendocino.edu or complete the Application for Admission (if you are a continuing student of Mendocino College and have been enrolled in one of the last 2 semesters, this is not necessary).

Step 2- Complete the Public Safety-First Aid Training Prerequisites

California State Fire Training requires that each student participating in the Fire Fighter Academy has completed these courses: (or show proof of Fall 2025 enrollment)

- Public Safety-First Aid, or a higher qualification (EMT, or Paramedic)

AND

- CPR healthcare provider certification or equivalent.

Mendocino College offers two courses in the Fall 2025 semester that meet these requirements: EMS-202, First Aid/Emergency Care/CPR, and EMS-135, Emergency Medical Technician (EMT). Students are encouraged to register early for these courses to ensure availability. Either of these courses meets this prerequisite requirement.

Step 3 - Complete a Medical Clearance - Physical Exam

Visit your doctor and complete a physical exam, and have your doctor complete the Mendocino College Fire Science medical examination and clearance form (attached) – the form must be less than one year old. **This form must include a Doctor's Office Stamp and Signature.**

Step 4 - Submit Documents to Admissions and Records

Mendocino College uses a first-come, first-served enrollment process, and students should not wait for the orientation sessions to submit their enrollment packets to the Registration Office.

Return all documents to: Mendocino College, Office of Admissions and Records

Fax: 707 468-3430 OR Scan/Email: registration@mendocino.edu

Hand Deliver to: North County Center, 372 E. Commercial Street

Admissions & Records, Ukiah Campus, 1000 Hensley Creek Road,

Lake Center, 2565 Parallel Drive, Lakeport

Coast Center, 1211 Del Mar Drive, Fort Bragg



Step 5 - Attend both scheduled mandatory orientations sessions.

Students must attend these in-person orientations to be eligible to enroll in the class. Students who do not participate in the orientations will not be eligible to enroll in the Fire Fighter Academy course.

Mendocino College uses a first-come, first-served enrollment process, and students should not wait for the orientation sessions to submit their enrollment packets to the Registration Office. The enrollment process will be completed, and students will receive an email notification of enrollment from Admissions and Records after Admissions and Records have received all prerequisite documents and students have attended both orientation sessions.

Submitting your prerequisite documents holds your place in line for a space in the Academy.

Session #1 – Friday October 3rd, 2025 8am to 4pm, Room 6610

Orientation Topics:

- Course Prerequisites
- Financial Aid Presentation
- Career Point Presentation
- PPE Protective Gear Rental Program
- Course Attendance and Scheduled Days
- Student Policy Manual
- Uniform Policy / Fit testing
- Course Outline
- Capstone Testing Process
- Physical Fitness Requirements and Training

Session #2 – Saturday Nov. 8th, 2025 8am to 4pm, Room 6610

Orientation Topics

- Course Prerequisites
- PPE Protective Gear Rental Program
- Course Attendance and Scheduled Days
- Student Policy Manual
- Uniform Policy / Fit testing
- Course Outline
- Capstone Testing Process

Baseline Physical Fitness Practice Test – Athletic Gear Required: Tennis Shoes, Shorts, Sweats

During the second orientation session, students will participate in a baseline physical fitness practice test. This test is designed to assess their physical abilities and provide a point of reference regarding the fitness requirements of the Fire Academy. It is advisory, helping potential students understand their capabilities regarding these requirements.



Academy Costs

Students will be responsible for purchasing uniforms and renting their Personal Protective Equipment (PPE), Self-Contained Breathing Apparatus (SCBA), and Wildland Protective Gear, as well as covering student tuition costs and fees. This guide lists the estimated costs for this program and suggested vendors.

Daily Class Uniform (Class "B" Uniform)

Equipment Specification	Suggested Vendor	Estimated Costs
Trousers: Navy Workrite Brand: Class B Pant Model: FCP0	https://www.workritefire.com/mens-non-fr-100-cotton-classic-fire-chief-pant/FCP0.html?dwvar_FCP0_color=navy&cgid=station-wear-mens Or Equivalent – Pants and Shirt Must Match: NO CARGO PANTS	\$72.00
Shirt: Navy Workrite Brand: Class B Long Sleeve Shirt Model FCSO	https://www.workritefire.com/mens-non-fr-100-cotton-classic-long-sleeve-fire-chief-shirt/FCS0.html?dwvar_FCS0_color=navy&cgid=mens-shirts Or Equivalent – Pant and Shirt Must Match Agency Attire and Patches are not permitted	\$68.00
Belt: Black Basket Weave with silver square buckle (no department buckles).	Galls	\$50.00
Boots: Black work boots (OSHA-Approved) that are black leather – Zipper, Slip On Boots or Lace-up Wildland Boots	Suggested Vendors: Southwest Eagle Boots: Model# FFB 401AC – 8" Haix Airpower XR1 Boots: Model: Airpower XR1 Pro 5.11 ATAC Side Zip Boots: Model ATAC 2.0 8" Side Zip Danner Flashpoint II NFPA Certified	\$350.00
Socks: White, Black, Grey or Dark Blue socks are permitted. No bright colors	Various	Provided by Students
T-shirt: Academy provided Navy Blue PT shirts shall be worn at all times under Class B uniform shirts. Department shirts are not permitted.	Mendocino College	No Cost
Class B Uniform	Sub-Total	\$540.00



Physical Education Uniform

Equipment Specification	Suggested Vendor	Estimated Costs
Shorts: Navy: Under Armour Mens Tactical Academy 9" Shorts OR Sport-Tek Posicharge Tough Mesh Pocket Short 9" Inseam	Galls	\$30.00
Optional Sweat Pants: Navy: Gildan Heavy Blend Adult Sweatpants	Gildan / Amazon	\$20.00
T-Shirt: Navy: Academy T-shirts will be provided – Class designed t-shirts allowed after mid-terms, no department t-shirts allowed	Mendocino College	No Cost
Sweat Shirt: Navy: Academy sweat shirts will be provided.	Mendocino College	No Cost
Athletic Tennis Shoes:	Various	\$100.00
PT Gear	Sub-Total	\$150.00

PPE, SCBA & Wildland Gear

Mendocino College has approved "911 Safety Equipment" as our official vendor for rental of Personal Protective Equipment, SCBA's and Wildland gear. Students may use department-issued gear, or are required to rent PPE, SCBA and Wildland Gear. The total cost for renting gear for the Fire Fighter Academy is \$1,378. Students must also pay for shipping and a \$100 security deposit. See the attached flyer for additional details and order online codes.

Personal Protective Equipment Specifications:

Wildland Boots: Black in color, heavy-duty, **ZIPPER, SLIP ON** or **LACE-UP** work boots with deeply lugged soles and heels (Vibram), and leather tops at least eight inches in height. The toe of the boot should be made of a hard material, such as hard leather, to reduce the risk of toe injuries. Steel toes are not required but do give added protection. Can be a dual-compliant boot. NFPA 1977 Lace-up Boots are preferred for Wildland Activities and ankle protection.

Structure Gear: If you are using department-issued structure gear, it must meet current standards and be inspected at orientation. Structure gear rental is available. See attached flyer.

SCBA: If using your department-issued SCBA, it must be a SCOTT SCBA, and you must show proof of fit testing. SCBA rental is available.

Fit testing will occur at orientation.



Tuition & Fees Costs

Category	Explanation	Estimated Costs
Enrollment Fee/Tuition	FSC-90 19.5 units x \$46 per unit	\$897
Enrollment Fee/Tuition	PE-280 1 unit x \$46 per unit	\$46
Health Fee	\$10 per semester	\$10
Student Representation Fee	\$2 per semester	\$2
Student Center Fee	\$5 per semester	\$5
Textbooks Jones and Bartlett	Firefighter Skills - \$145 Wildland Fundamentals \$40 Binders & Materials \$10	Included in Materials Fee
Mendocino College Materials Fee	Textbooks \$195	\$195
HazMat/CSTI Certificate Costs	\$60 Class Fee	Paid by College
State Fire Training Certificates	See Capstone Testing	Paid by College
Capstone Testing Costs		
College of the Siskiyous Subtotal per student \$67	\$46 Per Unit, \$17 Health Fee \$4 Student Fees	Paid by College
Fire Fighter II Certificate	SFT Certificate \$75 per student	Paid by College
Mileage, Housing and Meal Costs 3 nights / 4 days 540 total miles @ 0.70 per mile	Estimated Costs: Hotel \$400 Meals \$400 Mileage \$357	\$1,157
Tuition and Fees	Sub-Total	\$2,312

Total Course Cost Breakdown

Expense	Explanation	Estimated Cost
Class B Uniform	Daily Uniform	\$540
PT Gear	Daily PT Gear	\$150
PPE, SCBA, Wildland Rental	911 Safety Equipment \$1378 Rental Cost \$200 Shipping	\$1578
Tuition & Fees	Enrollment, Fees and Certificate Costs	\$2,312
Fire Fighter Academy	Total Estimated Costs	\$4,580



Financial Aid

Financial Aid representatives will be present at the first orientation session on Friday, October 3rd, 2025 to explain financial aid and scholarships that are available.

Students are encouraged to visit the Financial Aid Office early (before the orientation sessions), to determine their eligibility and begin the application process.

To begin the financial aid process, students are encouraged to complete the Federal Student Aid (FAFSA) form, and the form can be found on the College's Financial Aid website, under the "Apply for Financial Aid" tab:

<https://www.mendocino.edu/enrollment-services/financial-aid/apply-financial-aid>

The Financial Aid Office is open Monday to Thursday, 9am to 5pm, and is located in the MacMillan Hall, Room 1130, Ukiah Main Campus, 1000 Hensley Creek Road, Ukiah. Their phone number is 707-468-3110 and they can be contacted by email at financialaid@mendocino.edu

Need More Information

We are excited to have you onboard! If you have questions, or need more information, please do not hesitate to email the Mendocino College Public Safety Coordinator, Chris Dewey at cdewey@mendocino.edu





Mendocino College

Fire Science Medical Clearance



To successfully pass the physical fitness portion of the Firefighting course, each student must complete the physical regimen test listed below.

The first 3 activities must be completed within 6 minutes and the fourth in the time specified. Please note that this form can be used *within one year of the date the form is signed off by the physician*. If you begin the course more than a year after this date, *it will be necessary to have the form completed by a physician again*.

Hose Drag: The recruit will run approximately 100 yards pulling 200 feet of 1-3/4 inch hose line. The recruit will then pull all hose hand-over-hand into a pile.

Hose Pack Carry: The recruit will pick up a 75 lb. banded hose pack and proceed up to the third floor of the tower (stepping on each step), place it down and conduct test item 3 (see below). After Test Item 3 is completed, recruit will carry same pack back down the tower.

Three Story Hose Hoist: The recruit will lean out the third floor window of the tower (with safety line attached to SCBA) and pull up the hose roll hand over hand (the weight of the hose is approximately 45 lbs). The top of the hose bundle must touch the bottom of window sill, then be lowered to the ground. Sliding the rope through the hands is not allowed.

Cardiovascular Test: The recruit will run 1.5 miles in under 15 minutes. While not part of the physical fitness test, during the Self-contained breathing apparatus (SCBA) test, the recruit will strike an object with an 8 lb sledge hammer 20 times while wearing the SCBA.

In addition to the physical regimen test listed above, the recruit should also be able to walk, run, jump, twist, bend and lift 25 plus pounds for extended periods of time during the Wildland Firefighting course. Your evaluation of the recruit should also take this into consideration.

Student Name (please print): _____

The above-named student is physically fit to participate in the above-described test and course; I have authorized him/her to participate in this test and course.

Print Name of Physician _____ Date _____

Signature of Physician _____

Please provide clinic/agency stamp below

THIS FORM VALID FOR ONE YEAR FROM DATE OF EXAMINATION

Order online with school code: **MCFA44**



Rental Gear

From 911 Safety Equipment



We are a 3rd party verified cleaning and repair facility that meets or exceeds NFPA 1851 guidelines. Every garment is thoroughly inspected, cleaned and repaired before being returned to active duty.

\$1,378 for 18 Week Full Ensemble Rental (NFPA 1851 NFPA 1971)

SCOTT SCBA



Mask

Cylinder - 2nd



Coats



Structural Gloves



Wildland Gloves



Hood

Order Online
www.911RentalGear.com
School Code: MCFA44



Helmet
w/ goggles



Gear Bag



Pants



Rope



Suspenders



Boots

\$1,378 Student Package Mendocina College Fire Academy

- Coat
- Pant
- * Hood
- Boots
- Gear bag
- * 10' Rope
- * 12' Webbing
- Web gear
- Suspenders
- * Structural gloves
- Helmet w/goggles
- * Wildland gloves
- Wildland coat and pant
- Wildland shroud
- Practice shelter
- * Water jug
- SCOTT SCBA
- Mask
- Two cylinders

www.911RentalGear.com

Package requires a \$100 security deposit for repairs. We wash the gear for free upon return. Rental package price includes the purchase of gloves, hood, rope, jug and webbing.

Student is responsible for round trip shipping

* Items purchased are yours to keep

911 Safety Equipment • 9 South Forrest Ave Suite 200 Norristown, PA 19403

Toll Free: 866.370.7800 ext105 • email: Support@911SE.com



Physical Fitness Pre- Academy Assessment
Orientation Session #2

Name: _____

Date: _____

EVENTS

TIME/REPS

1. 1.5-mile run / 3 mi. walk

2. Push-Ups (60 sec.)

3. Pull-Ups/Flexed Arm Hang

4. Front Plank (on elbows)

5. Body Weight Squat

6. Left Side Plank

7. Right Side Plank



Physical Fitness Pre- Academy Assessment Orientation Session #2

Run / Walk: 1.5-mile run / 3-mile walk

Looking for sub-12 min. 1 1/2 run and sub-45 min. walk.
Minimum of a 5-minute warm-up and light stretching prior to the running event.
5 min. warm-down, light stretching afterwards.

Push-ups:

Done with legs together, body as flat as possible, down position elbows at a min. of 90 degrees, with full extension at the top.
Rest while in proper form is OK, no piking (ie. butt in the air).

Pull-ups:

Static hang for each repetition. No kipping. As close as you can get their chins to the bar (bar must be at least even with their eyes), all the way down to full extension.
(If none can be done, timed 90-degree flexed hang)

Front Plank:

Forearms on ground, toes pointed toward ground, spinal alignment.
Maintain position for max. time with body off the ground in good form.
Looking for 2 min.

Body Weight Squats:

Arms at 90 degrees to legs, legs 90-degree angle in bottom position, full extension at the top.

Left-Side Plank and Right-Side Plank

Selected forearm and elbow on ground, raise hips off ground so body is in a straight line.
Hold for max time.
Looking for 90 sec. each side.



FIRE FIGHTER ACADEMY

DECEMBER 15, 2025 – MAY 1, 2026

MONDAY–FRIDAY 7 AM–5 PM | MENDOCINO COLLEGE UKIAH CAMPUS

Attend both mandatory orientation sessions, Oct. 3 & Nov. 8, 2025 – Room 6610

Fire Fighter Academy at Mendocino College prepares students to complete their Fire Fighter 1 capstone testing. This course will give students the skills & knowledge needed for the entry-level professional firefighter to perform their duties safely, effectively, and competently.

Prerequisites: Current EMT certificate, Public Safety First Aid card, **or** Emergency Medical Responder card **prior to** enrollment. **EMS 202** or **EMS 135** fulfills this requirement; both start **August 19, 2025**. For more information & an enrollment packet, contact Chris Dewey at cdewey@mendocino.edu.

Our Fire Fighter Academy is offered through partnerships with the Mendocino County Fire Chiefs Association, the Ukiah Valley Fire Authority, & CalFire. Mendocino College collaborates with the College of the Siskiyous—an Accredited Regional Training Program—to offer Capstone testing to graduates of the Mendocino College Fire Fighter Academy. Capstone testing is May 1, 2026.



Complete your prereqs now!
Scan for details.

WWW.MENDOCINO.EDU/FIRE-SCIENCE

