

**Past Division Commanders' Association (PCA)
August 2009 Training Fair
Selected Course Descriptions**

ADULT CPR & STANDARD FIRST AID–AMERICAN RED CROSS (8 Hours)

CLASS IS LIMITED (15 students)– Cost \$45.00 - Checks to be made out to Response Safety Training.

PCA FAIRE REGISTRATION IS PAID SEPARATELY

To register for this class,

-1st signup with the PCA form.

-2nd email Rita Gormley with your name, mail address, phone # please. (rita.gormley@gmail.com)

Deadline: August 10

Questions? – Rita's Daytime, work phone: 408-533-7156.

After passing skills and a quiz, students receive 2 cards; Adult CPR-AED(valid 1 year), Standard First Aid (valid 3 years). Description of the class is below is taken from the Santa Clara Valley Chapter Website:

<http://www.scv-redcross.org>

Please wear ODU or appropriate civilian attire understanding that CPR skills will be performed on the floor.

Life-saving skills everyone should know:

- Recognizing emergency situations
- Checking the scene and calling for help
- Performing CPR and caring for breathing and cardiac emergencies in adults
- safely using an AED (automated external defibrillator) on a victim of sudden cardiac arrest
- Avoiding blood-borne pathogen exposure
- Caring. For wounds, bone and soft-tissue injuries, head and spinal injuries, burns, heat and cold emergencies. Become familiar with proscribed

- Asthma Inhaler assistance and “EPI” pin proscribed to people who are known to be susceptible to Anaphylactic shock (Bee Stings, Food Allergies, etc.)
- Managing sudden illnesses, stroke, seizure, poisoning.
- Minimizing shock
- Heat and cold emergencies, including hypothermia and heat stroke

Your 3 USCG AUX / American Red Cross Instructors will be Rita Gormley, Judy Esteban, and David Naumann.

AUXINFO (4 to 6 Hours)

AUXDATA/AUXINFO REPORTS TO EXCEL:

Do you know how to take reports into Excel, sort the information, search/find information, hide columns you do not want to use, or total columns or rows? This class will show you how.

AUXWEA (16 HOURS)

This course contains both technical and practical meteorological information about atmospheric processes, how to interpret weather information, and what forecast and observational products are out there to help you stay current with weather conditions. In addition to covering the concepts and principles in the published course text, the instructional content will focus on the elements needed to prepare the Auxiliarist for the course exam.

A strongly suggested prerequisite (but not a requirement) for this course is that students acquire a copy of the AUX Weather specialty course (AUXWEA dated 2004) and read it before attending the class. Doing so will facilitate and maximize the classroom instruction provided. Time will be available at the end of the course to take the exam if students wish to do so. Class size is limited to 25.

COXSWAIN ACADEMY (8 Hours)

Targets what all aspiring and veteran coxswains should know about tips and techniques for successful patrols, as well as the related policies, procedures, POMS and claims.

The Coxswain Academy session is intended for current/future Auxiliary coxswain candidates as well as new and experienced coxswains wishing to learn about current issues, new ideas and ways to improve their proficiency. There will be many tips and techniques for efficient, safe, and productive patrols, as well as coverage of all the related policies, procedures, POMS usage, and paperwork to help make members "Complete Coxswains". It will cover importance and leverage of communications, AreaFam, CG and OGA assets, types of patrols, and many other aspects. Also included will be tips on successful QE check-offs (and what QEs see that are not so successful). Learn about proven methods and new opportunities while sharing some of your experiences and tips as well. A full-day of info from a couple of coxswains with over 500 patrols under their ball caps, and with no required written tests!

DRIVER'S IMPROVEMENT PROGRAM (DIP)

The DIP class is a Coast Guard sponsored driver improvement course put out by AAA. This class is limited to 30 people and a USCG certificate will be issued upon completion of this course. For those over 50, this certificate is similar to AARP mature driver program. Most insurance companies recognize this certificate and some offer insurance discounts with the certificate.

ICS 210 (4 Hours)

ICS-210 Initial Incident Commander is a classroom course designed for Single Resource Leader Type 5/Type 4 Incident Commanders. It is a four-hour course based on the ICS-300 course but condensed and focused on initial incident assessment, initial incident management (includes assuming command, organization, and execution), and development and use of ICS forms.

As per ALAUX 002/07 this course or the full ICS-300 course is required for Auxiliary coxswains, pilots (Aircraft Commander, First Pilot and Co-Pilot), any member in the Trident Program or any other team/task force leader determined by a Coast Guard unit Commander to have a need.

MARLINSPIKE (4 Hours)

General overview with demonstration on how to construct an eye splice in three-strand and double-braded nylon line. In addition, "whipping" the bitter end of various lines will also be demonstrated. Due to the necessity of specialty tools, students will not be making eye splices in Sampson double-braid. Students will demonstrate how to make a splice in three-strand line.

Note: a length of three-strand nylon line will be provided to each student.

NEW MEMBER ORIENTATION (6 Hours)

Every Auxiliarist, even though a civilian under Title 14, must know the history, etiquette, and courtesy traditions of the U.S. Coast Guard and other maritime naval sea services. Whether as Active Duty, Reserve, or Auxiliary, knowing how to participate within established command and leadership structures is essential to effectively support Team Coast Guard missions. This course will provide both instruction and practice in bearing, grooming, saluting, flag etiquette, uniform wear, boarding a military vessel, lines and receptions, formal functions, wardroom etiquette, invitations, and introduction of officers. Additional topics include a review of Auxiliary history and the role legacy and new missions play in the present Coast Guard modernization plan. This course is well suited for both new and seasoned Auxiliary members as an essential element of leadership training.

PROGRAM VISITOR (4 Hours)

This workshop will demonstrate the techniques of the Program Visitor, the paperwork and flow required. Small craft facility updating along with educational issues combined with local issues and partnerships.

TEAM COORDINATION TRAINING (8 Hours)

Team Coordination Training (TCT) is a program that focuses on reducing the probability for human error by increasing individual and team effectiveness. Safety has long been the Commanding Officer's responsibility and, until recently, was assumed to be the logical result of finely tuned technical skills. USCG mishap data suggests that while technical skills are an essential component of any job, they alone will not ensure safety. TCT is a requirement for all those in operations and needs to be taken every five years with a one hour annual refresher taken, except for the years the eight hour course is taken.

TCT is required by Comdt Note 1574 and COMDTINST 1541.1. both of these publications are available at: <http://www.uscg.mil/hq/cg3/cg3pcx/training/tct/default.asp>

VESSEL EXAMINER (16 Hours)

The Vessel Examiner course is by design, a FULL 16-hour course that helps enhance understanding of the Vessel Safety Check (VSC) that is not provided when simply reading the book and attempting the on-line examination. The course is instructed by the District Staff Officer for Vessel Exams (DSO-VE) and his staff who are also extremely active vessel examiners. The class commences at 0730 and concludes at 1630 each day. The class is packed with information not only about the VSC, but also Facility Inspections. All information provided assists in passing the examination, something the on-line version is lacking. Other than being a member and a pre-class 1-hour review of the VSC Manual, there are no prerequisites. The class is open to a minimum of 5 students to as many as 20. The student is required to bring the copy of the VSC Manual along with the pens, pencils, highlighters and other individual student aids they may require. The course is presented with the newer member in mind, as this is usually their 1st qualification. Though the presentation is designed to teach and motivate, the presentation is light and filled with many actual instructor VSC experiences that help enhance the student understanding of the VSC. In addition to a thorough review of the VSC Manual in preparation for the 3-hour open book test, there is a 15-minute video presentation of a VSC, a power-point presentation and weather permitting, an actual VSC is demonstrated. Many forms and handouts are provided to assist the student in understanding the sometimes confusing material and assisting in creating a successful VSC program. This class has ample opportunity for a wide scope of questions ranging from the VSC, to uniforms, and Coast Guard and Auxiliary customs, also not provided when taking the on-line version. After the student to passes the examination, they are well prepared to perform at least 5 VSC's under the guidance of a mentor. An additional highlight of the weekend are brief visits from the Auxiliary Director, the Operations Training Officer, the District Commodore and many members of his staff to meet the new members and answer questions.