



Recruit Prep Orientation Agenda October 9, 2008 - 4:00 PM Joint Training Center

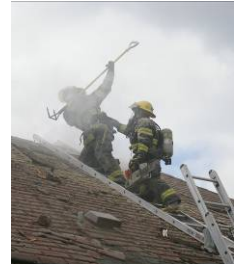
Please be prepared for physical activity. There will be time during the break to change.

First half – not more than 2 hours

Are you physically ready for Seattle’s Recruit School?

- Members of the last recruit class discuss how the physical demands of recruit school affected them and why so many of their class members were not successful.
- Discussion –Questions from the group.

Break – 10 minutes



Second half – Not more than 2 hours

The Recruit Prep Program - Physical Preparation for Recruit School

- Class focus - Known problem events when fatigue has already set in.



- carry and raise 24'
- carry and raise 26'
- Extend the fly 35'
- Shoulderload a 100' bundle of 2 1/2 from ground
- Shoulderload 100' of 2 1/2 up from ground while on floor 2
- Randy drag



- Sample training workouts
- Baseline assessments by SFD PFTs

Information on the weekly Recruit Prep Training Class –

- Seattle PFT Recruit Pre Instructors take questions
- Discussion – Questions from the group
 - Class Schedule/Calendar
 - Class sign-up
 - Teams created



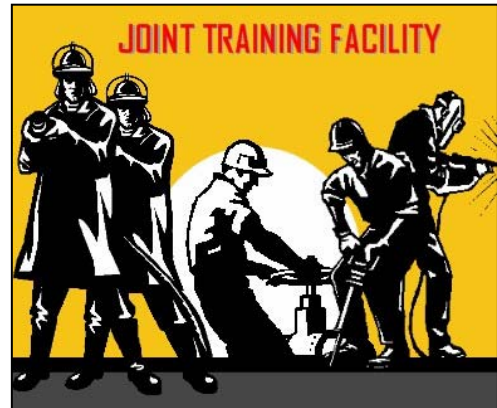
**City of Seattle
Joint Training Facility**

**Seattle Public Utilities
Seattle Fire Department**

**9401 Myers Way South
Seattle WA, 98108**

Reception: 206 386-1600

Fax: 206 386-1669



Open: Weekdays, 7:00 a.m. to 5:00 p.m.

DIRECTIONS – From the North:

- Take I-5 south to South Michigan Street exit.
- Stay in the right lane and turn right onto South Michigan Street
- Take Michigan to the 1st Ave. South Bridge, go straight onto the bridge on-ramp
- Once you are on the bridge, move one lane left (out of the exit only lane)
- Take Myers Way South “exit only” lane which empties onto 1st Avenue South
- After exiting, move to the left lane as you go up the hill (the right lanes turn onto Olson Place SW)
- After the signal, you are on Myers Way South. Move immediately into right lane

DIRECTIONS – From the South:

- Take I-5 north toward Seattle
- Merge onto SR 518 west, toward Burien, via EXIT 154
- Merge onto SR 509 north, toward Seattle
- Take the South Park, Cloverdale Street exit
- At the signal turn left onto South Cloverdale Street toward White Center
- Stay in the left lane. Cloverdale crosses over SR 509, curves to the left, goes up the hill and becomes 1st Ave. South, (the right lanes turn onto Olson Place SW)
- After the signal, you are on Myers Way South. Move immediately into right lane

CLASSROOM AND TRAINING PARKING

Enter the first roadway to the right off Myers Way South (shared with Metro’s Olsen Place/Myers Way Park & Ride). The parking lot is to your right, across from (north of) the black security fence and gate. Across from the parking area, there is a pedestrian gate into the JTF Campus. A pathway takes you to the main entrance of the Classroom Training Building or to other buildings and props. The North Pedestrian gate is open weekdays from 7:00 a.m. to 5:00 p.m.

BUS – King County Metro Bus Routes 60, 113, 131, 133, & 134 service the JTF.