



FIRE TRAINING CENTER



FIREFIGHTER SURVIVAL/R.I.T

Including

PHYSIOLOGY OF SELF PRESERVATION

Stressed firefighters will only do what they're trained to do; you do not rise to the occasion, you sink to the level of your training.

Through case studies and documented research, this compelling program includes videos and pictures which ties all studies together with all traditional R.I.T and Survival drills (Ex. Entanglement, bail-out, breaching, Nance, packaging, etc.) You will learn how we can train for success when we feel death is imminent. Discussions will include: difference between physical tachycardia and hormonal induced tachycardia; advantages and disadvantages of hormonal induced performance and strength gains; the **real** reason why we don't teach knot tying as an option in a life or death episode; and benefits of "chunking of information". Instructor is Lt. Paul Capo.

Attendance to this class will exempt the student from the first day of the 5 day F/F Rescue Survival class coming later this year.

March 13, 2012 8:00 AM --- 5:00 PM

SPC FIRE TRAINING CENTER 5005 126TH AVE. N. Clearwater, FL

\$65.96 PER PERSON

Students must pre-register and pre-pay

Deadline for cancellation with refund will be: **March 6th**

FOR REGISTRATION INFORMATION GO TO:
<http://www.spcollege.edu/ac/fireservice.htm> or CONTACT

Phillip Bailey, Program Coordinator at:
bailey.phillip@spcollege.edu or 727-302-6853

NOTE: This class is limited and will fill up fast.

St. Petersburg College reserves the right to cancel a class up to two weeks prior to set class date if registration enrollment does not meet minimum required to hold a class, or if other unforeseen circumstances deem it necessary to cancel the class. Registrants will be notified if this occurs.

St. Petersburg College is dedicated to the concept of equal opportunity. The college will not discriminate on the basis of race, color, religion, sex, age, national origin or marital status, or against any qualified individual with disabilities, in its employment practices or in the admission and treatment of students. Recognizing that sexual harassment constitutes discrimination on the basis of sex and violates this rule, the college will not tolerate such conduct. Should you experience such behavior, please contact the director of EA/EO at (727) 341-3261 or by mail at P.O. Box 13498, St. Petersburg, FL 33733-3489.

CE 400I (12/10)

About your lead instructor:

PAULIE CAPO

Paulie Capo has been a firefighter since 1996 and serves as Lieutenant/Paramedic on Truck 45 with Clearwater Fire Rescue in Florida. He serves on the Pinellas County Technical Rescue Team and is a former member of the Clearwater Police SWAT Team. Lt. Capo is the founder and president of "When Things Go Bad, Inc." His vast instructional, speaking, and consulting background includes Fire Department Instructors conference (FDIC), Firehouse Expo, and the United States Military where he trains on unconventional rescue and survival for the combatant. Lt. Capo is considered by many to be one of the nation's leaders in the "new vanguard" of firefighter rescue and rapid intervention crew capabilities. He also consults in the area of physiology of self-preservation. In addition, he is an adjunct instructor with St. Petersburg College where he teaches all levels and topics of firefighting.

