



March 2020



## Community Emergency Response Team

CERT is an organization of volunteer emergency workers who have received specific training in basic disaster response skills with the intent of supplementing existing emergency responders in the event of a major disaster or utilizing their skills to assist family members and neighbors.

Following a major disaster, local Fire, Police, City, and other first responders may not be able to meet the demand for their services. Residents and visitors to our community may need to rely on each other for help in order to meet their immediate life sustaining needs.

The Northshore Emergency Management Coalition CERT program will educate participants about local hazards, basic disaster preparedness, and provide hands on training that includes fire safety, light search and rescue, and disaster medical operations. After completing the CERT academy, volunteers will have the opportunity to participate in additional drills and exercises to keep their skills sharp and continue to enhance their knowledge and abilities.

### What to expect at a CERT class?

Most of the 24 hour program is divided up into both classroom and hands on training. Some of that training will be outside and may require participants to kneel, bend, stoop, crawl, or be in other awkward body positions. The instructors will attempt to prepare students for what activities are coming, but all students should dress in layers (weather dependent) and appropriate attire for this type of activity. \*\* If participants have any limitation or need accommodations, please let our instructors know. The hands on portions of the class are not a requirement of completion, but do enhance the training dramatically.

### 2017 Fall CERT Class



For the March 2020 class we will be offering a condensed weekend intensive schedule. Class begins on Friday evening March 13 at 6:30 PM -9:30 PM followed by Saturday 14<sup>th</sup> and Sunday 15<sup>th</sup> 9 AM – 4PM and a final exercise simulation on the following Saturday the 21<sup>st</sup> 9 -12 noon. Classes do fill up and registration is open to the first 30 students that submit a completed registration form along with the \$35 class fee.

For more information on Northshore Emergency Management Coalition CERT program or to be notified of future offerings contact the program manager Carl Lunak at (425) 354-1744 or [clunak@northshorefire.com](mailto:clunak@northshorefire.com).



## March 2020 CERT Registration Form

Community Emergency Response Team (CERT) training is designed to educate community members about disaster preparedness and train them in basic disaster response skills such as fire safety, light urban search and rescue, team organization, disaster medical operations and other related safety areas. By taking this course, you will better prepare yourself to stay safe and help others during a disaster. This course does NOT authorize you to respond to any incident on behalf of any response agency.

This CERT course is 21 hours of instruction. To become a certified CERT graduate, there is a minimum required attendance. Class schedule is:

- Friday, March 20<sup>th</sup> 6:30-9:30 PM
- Saturday, March 21<sup>st</sup> 9:00 AM – 4:00 PM
- Sunday, March 22<sup>nd</sup> 9:00 AM – 4:00 PM
- Saturday, March 28<sup>th</sup> 9 AM – 1 PM

Participants are encouraged to bring a lunch and dress to be both outside and in a classroom setting.

To register, applicants must be at least 13 years of age with parental consent. Classes are limited in size and will be filled on a first-registered, first-served basis. Registration will be confirmed when NEMCo receives this form and the \$35 course fee (Please make checks payable to **City of Lake Forest Park**, sorry credit/debit cards are not accepted). Scholarships are available upon request.

Name:	Mailing Address:
Preferred name if different:	
Primary Phone:	Email:
Any physical limitations or necessary accommodations you would like us to be aware of?	

Please return this form with payment (payable to the **City of Lake Forest Park**) to:

**Fire Station 51**  
c/o NEMCo  
7220 NE 181<sup>st</sup> St.  
Kenmore, WA 98028

***For office use only:***

Date Received \_\_\_\_\_ Paid \_\_\_\_\_ Approved \_\_\_\_\_ Date Attending \_\_\_\_\_  
Waiting List \_\_\_\_\_ Date Confirmation Sent \_\_\_\_\_ Received safety kit \_\_\_\_\_

# CERT TRAINING RELEASE OF LIABILITY

*Please print*

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

I declare that I have no physical restrictions or serious health problems that would prevent my participation in CERT training. I understand that there is risk involved in some of the training.

In consideration for permission to participate in this training, I hereby release Northshore Emergency Management Coalition (NEMCo), NEMCo member cities and agencies, and other training partners, their agents and employees, from all actions, causes of action, damages, claims, or demands which I, my heirs, executors, administrators, or assigns may have for all personal injuries known and unknown which I may incur by participating in CERT training. If signing on behalf of a minor, I understand that I may not release any claims the minor may have.

I agree to follow the rules established by the instructors and to exercise reasonable care while participating in the CERT training. If asked to do something beyond my ability I will notify the instructor of my need for accommodation.

I have read this release and understand all of its terms. My signature is voluntary and I fully realize its significance.

Signature of participant: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of parent: \_\_\_\_\_ Date: \_\_\_\_\_

(if participant is under 18 years of age)