

MONDAY | SEPTEMBER 23

Day	Start	End	Room	ICC Course	Hazmat Track	Type	Title	Instructor	Description
Monday	8:00 AM	12:00 PM	Nevada 4 + Offsite			HOT	Buildings on Fire; Taking it to the Streets Reading Buildings	Chris J. Naum, SFPE	Presenting our signature Reading the Buildings program taking the classroom to the streets with insights on building construction for today's fire service, the primary objective of this program is to increase awareness and understandings and promote new skill sets in the fundamentals of building size-up and assessment, construction, architecture and engineering and that directly impact firefighting and command operations at structure fires. A discussion of emerging trends in Building Construction Systems, incorporating the Building FACTS model for First-Arriving: Construction, Tactics and Safety with street insights on Occupancy Risks, Collapse & Compromise Characteristics, Methods & Materials, Design, fire protection and Fire Dynamics will be presented in this dynamic street level program. This unique program will consist of a walking tour on select streets in downtown Reno, Reading Buildings and developing Size-up skills looking at a variety of building types, occupancies & risks and vintage and era of structures, discussing operations, risks and building hazards with interactive curb-side conversations and dialog. The program starts with a classroom lecture discussion the Building FACTS model and Size-up considerations then transitions the classroom to the Streets of Reno for a dynamic facilitated walking tour and curb-side conversations gaining insights and perspectives on building construction, occupancy risk, hazards and operational considerations for tactical and command perspectives. This class is geared towards Company and Command Officers; however, all ranks and experience levels will benefit from this program.
Monday	8:00 AM	12:00 PM	Nevada 5				Think Like an Incident Commander	Thomas Dunne	What is an incident commander seeing, thinking, and feeling when he supervises a fire operation? Tactics may vary at various incidents but the one constant is the incident commander's thought process. How is his view of a fire different and how can his perspective make you a more effective firefighter, chief, or company officer? This interactive course is geared to illustrate key points in preparation, size up, fire ground decision making, command, and communications. Through the use of personal fire experiences, case studies, videos, and actual fire ground radio transmissions, students are presented with the challenges inherent with rapid emergency decision making and offered a guide to function safely and effectively. The essential tools required to plan, organize, and manage fire strategies and tactics are highlighted. In the "hands on" segment of the class students are presented with various fire simulations that provide an opportunity to manage fire scenarios and exercise many of the concepts discussed in the lecture The class is relevant for chiefs and company officers who serve as the initial incident commanders at a fire. However, the concepts developed are also vital for firefighters of all ranks. A chief, company officer, or firefighter who has the ability to think like an incident commander is better prepared to see the entire "fire picture". The goal is to help fire personnel of all ranks make more confident and effective decisions at fire and emergency operations.
Monday	8:00 AM	12:00 PM	Nevada 11			HEALTH & WELLNESS	5 Practices That Can Change Your Life	Randall Gates	Are you experiencing burnout, fatigue, stress, depression, or anxiety? If so, consider attending this introduction workshop. 5 practices/habits that can change your life. This workshop is an introduction to the practices of cold therapy, low inflammation diet, sleep hygiene, breathwork, and movement in nature. Incorporating just one of these many practices/habits has the potential to profoundly improve your life. This is a hands-on class. Please consider bringing a towel, a swimsuit, and an open mind
Monday	8:00 AM	10:00 AM	Nevada 7				Finest Hour	Hortons & Hunt	On the fire ground, two tasks stand paramount: fire attack and victim search. With an alarming average of 3,000 civilians succumbing to structure fires each year, 80% of which occur in residential settings, our duty becomes crystal clear. Upholding the oath we took upon receiving our badges, we are pledged to protect the citizens we serve - its the beating heart of the fire service. At H&H we're here to amplify that commitment. Our programs aim to foster a culture of competent and confident search operations within your organization, thus ensuring the highest level of protection for our citizens. From L.I.P to RECEO-VS, we offer expert training methodologies designed to save lives. Because in our field, every second counts - and every life matters.
Monday	8:00 AM	12:00 PM	Nevada 8/9			RIT COMP	RIT TRAINING	FROG TEAM	PRE COMP TRAINING
Monday	8:00 AM	10:00 AM	Nevada 10				Rapid Extraction Model (REMS) Capabilities, Considerations, and the Future	Bryan Howell	The steady increase in use of REMS teams during large campaign fires has presented another unique opportunity in the US Fire Service to create and further modify an existing rescue profile. The use of highly trained rescue technicians from across the nation is a highly valuable concept in firefighter rescue, however it has been a rocky start. After Action Reports like those found on https://www.wildfirelessons.net usually describe the use of REMS teams as too slow, over-burdened with gear, and rescues being too "gear intensive". The problem lays with typical municipal fire departments being asked to perform rescue in a new environment that they aren't used to and don't train in. When the big red truck with all the gear isn't there as your favorite "bomb proof" anchor, and you are performing high-risk rescue away from your fire tower (where you know where all the anchors are), teams are falling very short. The focus of my topic will look at and cover light-weight rescue in austere environments. How to better train our firefighters how to more properly employ hasty rescue in Volatile, Uncertain, Complex, Ambiguous, Time-constraining, and Threat-containing environments (VUCA-T2). We will focus on the "hike-in" cache of equipment as described by FIRESCOPE, and how to exploit that list to better fit team needs. Additionally, we will look at what NFPA has to say, how to read and use the FIRESCOPE ICS-223 document, how to set your team up for success and how to train on small team dynamics.
Monday	1:00 PM	2:30 PM	Nevada 7				Tactical TICS	Jesse Fournier & GRIT Team	Basics and beyond of knowing how to use the Tic the right way to save your life. Need training area where we can have live fire to show heat signatures in the camera.

Monday	10:30 AM	12:00 PM	Nevada 10			Unity & Resilience: Interactive Strategies for Mass Casualty Response	Ralph Suppa	An immersive course designed for emergency response personnel to enhance their ability to manage Mass Casualty Incidents (MCIs) with precision, calmness, and strategic foresight. MCIs present a unique set of challenges, varying wildly in complexity and scale. This program emphasizes the importance of establishing a robust management system early on, providing participants with the necessary tools and insights to discern critical aspects of an incident beyond its immediate chaos. This course offers a deep dive into the multifaceted nature of MCIs, highlighting key lessons learned and fostering a shared understanding of effective incident management. Participants will gain a comprehensive understanding through the examination of real MCI scenarios from three distinct viewpoints: Command Officer, First Arriving Officer, and Technical Rescue Firefighter. This tri-perspective approach allows for a richer grasp of the operational, tactical, and strategic dimensions of MCIs. The course also outlines the limitations and expectations inherent to MCIs, helping attendees identify potential areas to enhance their MCI and Incident Command System (ICS) plans. Moreover, this program is a foundational step for developing a localized MCI training plan, empowering participants to apply the knowledge and skills acquired to improve preparedness and response strategies within their organizations.
Monday	12:00 PM	1:00 PM				LUNCH BREAK		
Monday	1:00 PM	3:30 PM	Nevada 4			Wildland Fire Assessment Program	Steve McClintock	The WFAP is a joint effort by the U.S. Forest Service and the NVFC to provide fire service volunteers with training and resources to conduct safety assessments for homes located in the wildland-urban interface. The WFAP teaches volunteers to evaluate a home and provide residents with recommendations to protect their property from wildfire. Training, an award-winning toolkit, and supplemental resources are available to help implement the program at the grassroots level. This is a train-the-trainer program.
Monday	1:00 PM	4:00 PM	Nevada 5			We're Only Human: Understanding Fire Ground Behavior	Thomas Dunne	We've all learned how to fight the fire, but how many of us will be able to accurately predict the behavior of the people affected by the fire? Most firefighters are well trained in strategy and tactics. However, they receive little or no training in the behavior patterns of the public they serve. An understanding of their responses can be a great asset for firefighters in sizing up a fire, organizing a building evacuation, or managing a catastrophic event. This class teaches how civilians typically react to the stress and uncertainty of a fire or other threatening situation and provides firefighters with a guide to safely managing them. Videos, case studies, and personal fire ground experiences are used to highlight the genetic and social factors that determine human responses to danger. Practical, hands-on tactics designed to facilitate search and evacuation, improve fire alarm response, guide people in smoke conditions, and enhance safe crowd control are discussed along with high rise challenges and means of improving stairway movement. Civilian behavior at incidents such as the 9/11 World Trade Center terrorist attack, the Station nightclub fire, the Beverly Hills supper club, and my own personal fire experience is analyzed. Strategies and tactics for firefighters are drawn from these and other incidents. Fire scenarios are presented to the students allowing them a "hands-on" opportunity to size up fire and emergency situations and discuss potential issues in managing and protecting civilians. This presentation is primarily developed for the fire service and is relevant for firefighters, company officers, and chiefs. A firefighter who understands human behavior in crisis is better prepared to effectively search, evacuate, and manage civilians at fires and other emergencies. The lecture is also relevant for EMS personnel, members of emergency response agencies, and disaster relief services, all of whom must successfully manage people affected by fires, weather challenges, and other life threatening situations. Learn how people think and you will be able to think like a more capable firefighter.
Monday	1:00 PM	3:00 PM	Nevada 6				Jeff Donahue	
Monday	1:00 PM	5:00 PM	Nevada 7		HEALTH & WELLNESS	Concious Warrior Training - Yoga For Firefighters	Shannon McQuaid3	Learn how the Functional Movement Screen correlates to common Firefighter movements and which yoga postures directly support these movement patterns. Learn the science of stress and understand how mental fitness practices can be a powerful internal tool for regulating stress responses. Learn short yet impactful mindful breathing techniques that can be used anywhere. Learn three FireFlex Yoga routines to bring back to your agency to address sore back muscles, shoulder strains, and tight hips. These mind-body strengthening tools promote better quality sleep and self-compassion to boost resilience and quality of life in the Fire Service.
Monday	3:15 PM	4:45 PM	Nevada 6			Company Officer Assessment Center Help (COACH) Workshop – In-Basket Exercise Module	Jesse Quinalty	In this module of the COACH Workshop, we will be covering the in-basket or in-box exercise. We will cover different types of in basket exams and how they work. We will discuss how to prioritize your answers into categories and be able to justify them. Students will also develop a system to maximize points by thinking outside the box during the in-box exam.
Monday	1:00 PM	5:00 PM	Nevada 8/9			Mastering Fireground Command	Anthony Kastros	Command and tactical training is critical to modern officer development. Today's officers must be excellent leaders and exceptional tacticians. With changes in building construction, tactics, and the latest UL studies regarding fire behavior, modern fireground operations are more complex than ever.
Monday	1:00 PM	5:00 PM	Nevada 11/Parking Lot West		HEALTH & WELLNESS/WORKSHOP	Hardknox Gear Workshop	Marcos Orozco & Chris Boyer	Through an interactive presentation and hands on training, we intend to outline the importance of training/working out in bunker gear to reduce the limiting physiological factors that are caused by it and how to maximize fire ground performance in doing so. There are several great equalizers in our profession, some of which are out of our control, and some that are totally in our control. Getting physically and mentally acclimated to the effects our bunker gear has on us, is one hundred percent in our control. Fitness and attitude/mindset are two factors we can control and have an obligation to be the best in those arenas for the citizens we swore an oath to protect. By leaning on research and science, we can train our minds and bodies to be prepared for the hellish environments, that is fighting fire, and to have the best possible chance of success by being efficient, effective, and comfortable doing work in our bunker gear. By the end of this presentation, attendees will have a better understanding of why it is important to workout/train in bunker gear on a regular basis and have access to the science and research that supports it. Attendees will have a better understanding on how mental fortitude is forged, and the importance of realistic training that helps nurture that process as well as having implemented hands on training techniques to build that mental and physical fortitude.

TUESDAY | SEPTEMBER 24

Day	Start	End	Room	ICC Course	Hazmat Track	Title	Instructor	Description
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Tuesday	8:00 AM	12:00 PM	Nevada 3			Reliable Decision Making for Battalion Chiefs and Company Officers – Strategy and Tactics	Aaron Hummel & Mike Walker	It can be overwhelming trying to sift through and consider all the information to make sound decisions on the fireground. This class will help the student key in on proven techniques that can help officers focus on the important information that should be sought and considered in our compressed fireground timeframe.
Tuesday	8:00 AM	10:00 AM	Nevada 4			Company Officer Assessment Center Help (COACH) Workshop – Employee Conflict Module	Jesse Quinalty	In this module of the COACH Workshop, we will be covering employee coaching and counseling scenarios. We will discuss types of employee conflict scenarios along with ways to prepare for this type of exam. Students will develop a simple method for handling employee issues and how to maximize points on this type of subjective testing. We will also discuss understanding role players and proctor grading for these types of tests.
Tuesday	8:00 AM	12:00 PM	Nevada 8/PARKING LOT WEST		HOT	Journeyman IRONS	Hortons & Hunt	This is a H.O.T (hands-on training) where our instructors will discuss and demonstrate the art of journeyman forcible entry with irons. Forcible entry is an art, however, mastery of the irons is often overlooked. The H&H cadre will take your comprehension of one of our profession's cornerstone skills to the next level through an in-depth explanation of the HOW and WHY behind the irons
Tuesday	8:00 AM	12:00 PM	Nevada 5 + Parking Lot West		HOT/HAZMAT	MC306/DOT406 TANKER ROLLOVER RESPONSE "What happens when they park the truck dirty side up instead of down"	Nick Vent	Class 3 Flammable liquids including Gasoline and Diesel fuel are transported daily throughout our communities. Accidents will occur and need to be handled safely to protect Life, the Environment and Property. The Hazmat teams need to understand the properties of these chemicals and how to properly respond to incidents. To do this a familiarity with Cargo tanker construction is required. This course will primarily focus on the needs of the Hazmat team but will also be applicable to the first in Engine Companies that will get the initial dispatch. A DOT 406 tanker will be available during the class to walk around the vehicle to explore what we will have talked about in class.
Tuesday	8:00 AM	10:00 AM	Nevada 9			Leadership and Critical Decision-making Under Stress	Dr. Robert C. Krause	The focus of this presentation addresses leadership for firefighters that make decisions under stress and empowers them to perform better when critical decisions need to be made in time compressed environments. The relevance of this presentation is that poor decision-making under stressful conditions can lead to firefighter injuries, possibly firefighter deaths and certainly excessive property losses. History has demonstrated poorly trained critical decision-makers fail in the moment when they are needed the most.
Tuesday	8:00 AM	10:00 AM	Nevada 10		HAZMAT	Dangerous Properties of Hazardous Materials	Randy Perlis	This class will present and discuss the various physical and chemical properties that determine the hazard classification and dangers associated with hazardous materials. Using actual case scenarios, the hazards associated with these chemicals will be presented. Participants will learn what makes a substance a hazardous chemical and what dangers are associated with the chemical hazards.
Tuesday	8:00 AM	10:00 AM	Nevada 6			Firefighter Fatality Case Study	Mark Emery	The 2024 Fatality Case Study will be the 2020 Library Fire that claimed the lives of a Captain and Firefighter in Porterville, CA. Purpose: So that these brave Firefighters did not die in vain, we will learn from their deaths so that how they died will not happen again. After the conference, the entire Case Study 'package' will be available for attendees to download. The Case Study package features: PowerPoint, Discussion Guide, Instructor Key, NIOSH Report. If you could ask a life-of-duty death Firefighter: "Would you rather we provide a memorial with color guard and bagpipes, or that we learn from your death so that it will never happen again?" We all know how the deceased Firefighter would answer. Which is why you should attend this year's Firefighter Fatality Case Study program.
Tuesday	8:00 AM	10:00 AM	Nevada 7		Health & Wellness		Derek Reid, NPSN	
Tuesday	10:00 AM	10:15 AM				BREAK		
Tuesday	10:30 AM	12:00 PM	Nevada 4			Company Officer Assessment Center Help (COACH) Workshop – Oral Interview Module	Jesse Quinalty	In this module of the COACH Workshop, we will be covering oral interviews for promotional exams. We will cover the basics of preparing for the oral interview, types of interview questions, and how to deliver better answers. We will discuss the bridge method and the go fish model to answer oral interview questions. We will also improve your score by getting you to think like the test taker, test rater and test maker. We will also throw out some hot seat questions to the students.
Tuesday	10:30 AM	12:00 PM	Nevada 8			The "FIVE or DIE" Culture	Mike Horst	Sadly, the fire service averages around 100 Line of Duty Deaths (LODD) each year. FAST Rescue Solutions, LLC is committed to being a part of reducing that number. This 90-minute presentation is a discussion of the MAYDAY event and firefighter rescue. Using statistics from Chief Don Abbotts PROJECT MAYDAY we review identified causes of the MAYDAY and discuss measures for prevention. Special attention is given to the current status of NFPA 1407 and thoughts on its effects on fire department operations. The focus will shift to what we refer to as the "Five or Die" - One of the fire chief's worst-case scenarios: one of their own, down, unconscious, and not breathing in an IDLH environment. We will explore how to be better prepared through a candid self-assessment and how to train to defeat those worst-case scenarios. We stress that the rescue of a down firefighter starts with the firefighter next to them. Rescue techniques used with, and without, an HRD like the FAST Board will be discussed. We hope to allow the attendants to learn how to solve the common firefighter rescue obstacles of weight, force, and friction. Finally, we engage in a candid discussion on how an organization can perform a self-assessment to determine how well they will handle an 'incident-within-an-incident' when one of their own is in a lifeline "Five or Die" scenario. This presentation is suited for all levels of the fire service but is particularly important for officers and leadership.
Tuesday	10:30 AM	12:30 PM	Nevada 9			Collaborative Programs: Pipeline Safety and Response	David Bullard	The effectiveness of emergency response in pipeline incidents rests upon collaboration between the emergency services community and pipeline operators. This course discusses how your fire department can forge relationships with operators and other stakeholders to enhance its training, safety, and response to pipeline emergencies. Topics covered will help you understand your risks, identify collaborative drills and exercises, discover mutual aid opportunities, and build partnerships to better protect both your responders and community.
Tuesday	8:00:00 AM	5:00 PM	Nevada 10			Nevada State Board of Fire Services Meeting		
Tuesday	11:15 AM	1:00 PM	Nevada Foyer			Paradigm Liason Services Hazardous Materials Luncheon		
Tuesday	12:00 PM	1:00 PM				LUNCH BREAK		

Tuesday	1:00 PM	2:00 PM	Nevada 6			Health & Wellness	Emerging Stronger: The 7 Gifts From Burnout - Insights from 'Burnt Around the Edges'	Arjuna George	In this compelling presentation at FireShowsWest 2024, Arjuna George, a retired fire chief with over 24 years of frontline fire service experience, will take attendees on a transformative journey through his battle and recovery from burnout. This session, titled "Emerging Stronger: The 7 Gifts From Burnout - Insights from 'Burnt Around the Edges,'" is not merely a narrative of overcoming adversity but a beacon of hope and a toolkit for resilience and leadership. As a seasoned firefighter and now an acclaimed resilience coach, Arjuna intertwines his personal story with actionable strategies, focusing on holistic wellness, leadership, and resilience. The core of this presentation revolves around the seven pivotal insights or 'gifts' that Arjuna discovered during his journey through burnout. Each gift embodies a crucial element of understanding, coping, and ultimately thriving in the face of operational stress injuries and high-pressure situations.
Tuesday	1:00 PM	2:30 PM	Nevada 6				A Fire Officer's Guide for Today's Buildings on Fire	Christopher J. Naum, SFPE	Today's fireground, buildings and occupancies present increasing challenges that have redefined strategic and tactical fireground operations and impact these operations on a wide variety of levels that often include adverse compartment fire conditions, structural compromise, collapse and predictable building performance. Presenting insights on building construction for today's fire service, the primary objective of this program is to increase awareness and understandings and promote new skill sets in the fundamentals of building construction, architecture, engineering and design that directly impact firefighting and command operations at structure fires. A discussion of emerging trends in Building Construction Systems, Occupancy Risks, Collapse & Compromise Characteristics, Methods & Materials, Design, fire protection and Fire Dynamics related to building anatomy will be presented. This program is for all ranks and experience levels.
Tuesday	1:00 PM	2:00 PM	Nevada 8				Re-Thinking Rapid Intervention	Jeremy Mathis	This thought-provoking lecture challenges the status quo of traditional rapid-intervention tactics, inviting firefighters to critically examine and reevaluate established practices in emergency rescue operations. Through engaging discourse and compelling case studies, participants will explore alternative approaches, innovative strategies, and emerging technologies reshaping the landscape of rapid intervention.
Tuesday	1:00 PM	2:00 PM	Nevada 9				NFPA	Bob Sullivan	
Tuesday	2:30 PM	3:00 PM	Nevada Room				KEYNOTE: LEADERSHIP AND SUCCESSION PLANNING FOR THE NEXT GENERATION	ANTHONY KASTROS	We will delve into the "New Normal" that is redefined daily and faces today's and tomorrow's leaders. Many agencies struggle with officer development and succession planning, especially with mass attrition and in the wake of COVID. We will present why passion for leadership training and succession planning has never been more critical in the fire service than right now. We will share and show proven succession planning and officer development techniques such as bridging the "Tactical Gap" between young and old, officer academies, high impact role plays and simulations.
Tuesday	3:00 PM	4:00 PM							
Tuesday	4:00 PM	7:00 PM	Silver State				EXHIBIT HALL OPEN - MIXER INSIDE EXPO HALL		
WEDNESDAY SEPTEMBER 25									
Day	Start	End	Room	ICC Course	Hazmat Track		Title	Instructor	Description
Wednesday	8:00 AM	12:00 PM	Nevada 4				BatteryIQ: Electric Vehicle (EV) Incident Preparedness Training	Brett Bigger	Is your location prepared to handle the unique challenges posed by Electric Vehicle (EV) incidents? As the transition towards greener transportation solutions continues, it becomes increasingly crucial for responders to possess the necessary knowledge and skills to address potential risks effectively. This course is designed to equip participants with comprehensive training on handling EV incidents, covering key highlights to ensure effective response strategies. Developed by experienced responders of EV incidents, our training covers all aspects of handling EV incidents, from understanding risks to practical application. Participants will gain insight into the newest resources, tactics, and techniques needed to safely and effectively respond to EV incidents.
Wednesday	8:00 AM	10:00 AM	Nevada 5				Detailed Leadership, Aggressive Tactics	Micah Rains	Intentional leadership is the foundation for success within an organization, on the fire ground, or when building relationships. From the bay floor to the battalion car, leadership will rise or fall based on the investment in the details. This class takes an in-depth look at what it means to be detailed with your people, and your profession. It will look at how good leadership can translate into aggressive tactics on the fireground. Qualities of a good leader, how to deal with your people, and supporting the mission of the fire service through tactics will be discussed. To win on the fire ground we must be able to lead in the firehouse.
Wednesday	8:00 AM	12:00 PM	Nevada 6			HAZMAT/HOT	Chemical Hazard Determination Using Wet Chemistry Hazard Classification Procedure	Randy Perlis	This is a hands on training where the participants will handle and test actual hazardous materials. Participants will determine the chemical hazards of 24 commonly used hazardous and non-hazardous chemicals using colorimetric techniques. Hazmat Responders will learn a rapid and easy method to determine if unknown or suspicious materials present at a site present possible chemical or biological hazard to the responder, population or surrounding environment.
Wednesday	8:00 AM	9:30 AM	Nevada 7				Philadelphia Line of Duty Death - Life Saving Lessons Learned	Vince Mulray	On January 6, 2018 an 11-year veteran of the fire department died after becoming trapped from an interior structural collapse while engaged in interior firefighting operations. The after-action review was a no fault, comprehensive, though, objective, factual and transparent process conducted by the health and safety office to provide insight into the events and operations from the time of dispatch to the time the fire was placed under control, a time span of approximately one hour and 57 minutes. This presentation will include actual fireground audio and video, along with interviews from responders on scene. The nine critical factors that contributed to the LODD will be examined and lessons learned to improve fire ground operations will be discussed. The goal of this presentation will be "to prevent a similar situation from occurring in the future"
Wednesday	8:00 AM	9:00 PM	Nevada 8			HOT	Live Fire - Safety Briefing/Equipment Check	Sean Stratton/Tom Martinez	Required for all Live Fire Training participants. Refer to forms required to be completed and signed by the attendee's fire chief in order to participate.
Wednesday	9:00 AM	12:00 PM	PARKING LOT SOUTH			HOT	LIVE FIRE	Sean Stratton/Tom Martinez	Attendees will have the opportunity to experience Live Fire Training in a controlled and safe environment in accordance with NFPA 1403 Standard on Live Fire training Evolutions. The goal of this training is to provide all participants with a safe environment to develop and refine their firefighting skills and provide practical experience.
Wednesday	8:00 AM	9:00 AM	Nevada 9			Health & Wellness	Flow + Mindset = Success	Mark Emery	Flow and Growth Mindset are separate psychological concepts that work better-together. Growth Mindset and Flow are two theories that have emerged from the study of positive psychology and optimal performance. To develop a Positive Mindset, and enter a Flow experience, you must acknowledge the three keys for a happy and fulfilling life: Engagement, Enjoyment, and Meaning. We are fortunate that Fire and Life Safety services offer all three keys. Discover why it is imperative to align your concept of Success with Growth Mindset to achieve personal and vocational Peace of Mind. Learn the three keys for living your 'dash' with Happiness and Fulfillment so that you finish your terrestrial visit with Peace of Mind. Nothing in this world has more value than Peace of Mind.

WEDNESDAY	8:00 AM	10:00 AM	Nevada 10/Parking Lot West				Fire Dynamics	Jessie Fournier	
Wednesday	9:00 AM	12:00 PM	Nevada 11			Health & Wellness	Breath of Fire	Randy Gates	From a peer support and mental health perspective these experiences have huge benefits. The focus is to help first responders and their partners manage stress, anxiety, depression through behaviors/practices on the front end that prevent a critical overload or breaking point. In other words, you will have the opportunity to set down your armor, fully surrender, get into an altered state of consciousness that shifts perspective, and connect with your body. In our body is where we often store unprocessed emotions, trauma, etc. This physical practice can acknowledge and even move, shift, or release that energy. Music and vibrational sound also have the ability to affect our consciousness. Stacking these together creates a very powerful experience. If this peaks your curiosity, come join us. Come experience transformational breathwork stacked with an electronic music vibrational journey.
Wednesday	9:00 AM	12:00 PM	Nevada Foyer				Nevada Fire Chief's Association Strategic Planning Meeting		
Wednesday	9:00 AM	3:00 PM	Silver State				Exhibit Hall Open		
Wednesday	10:00 AM	10:30 AM	Silver State				BREAK inside the Expo Hall		
Wednesday	10:30 AM	12:00 PM	Nevada 9				Improving fire ground performance through fitness and mental fortitude	Marcos Orozco	Through an interactive lecture and presentation, I intend to outline the importance of training/working out in bunker gear to reduce the limiting physiological factors that are caused by it and how to maximize fire ground performance in doing so. There are several great equalizers in our profession, some of which are out of our control, and some that are totally in our control. Getting physically and mentally acclimated to the effects our bunker gear has on us, is one hundred percent in our control. Fitness and attitude/mindset are two factors we can control and have an obligation to be the best in those arenas for the citizens we swore an oath to protect. By leaning on research and science, we can train our minds and bodies to be prepared for the hellish environments, that is fighting fire, and to have the best possible chance of success by being efficient, effective, and comfortable doing work in our bunker gear. By the end of this presentation, attendees will have a better understanding of why it is important to workout/train in bunker gear on a regular basis and have access to the science and research that supports it. Attendees will have a better understanding on how mental fortitude is forged, and the importance of realistic training that helps nurture that process.
Wednesday	11:00 AM	12:00 PM	Nevada 5				National Weather Service	Edan Lindaman	
Wednesday	10:30 AM	12:00 PM	Nevada 8				Firefighter Safety & Rehab	Phil Davis	These classes focus on firefighter safety and rehab, with an emphasis on carbon monoxide (CO). Additionally, departments are using the technology more and more to determine CO poisoning/exposure on EMS calls. Classes typically run 90 minutes to 2 hours and are a combination of discussion and hands-on with the monitoring devices.
Wednesday	10:30 AM	12:00 PM	Nevada 7				What's Killing Firefighters	Dr. Robert C Krause	Firefighters around the country continue to perish at an alarming rate. Despite improvements in protective clothing, improved building designs and general firefighting training, firefighter deaths remain relatively consistent from year to year. Research based upon a study of 149 fatal fireground incidents involving volunteer firefighters, totaling 176 deaths, identifies seven broad categories in-which firefighters perished. This session identifies those seven categories, breaks down the data, identifies common themes in each of the fatalities and provides realistic methods to aid in the prevention of similar tragedies in the future. Understanding how firefighters have died in the past can inform, educate and prepare fire crews from repeating similar mistakes and suffering the same tragic result. The research data clearly shows that fatal events that occurred in 1998 are continuing to occur today despite numerous firefighting improvements. So, what's missing? This course works to help attendees learn the lessons written in the blood of our fellow firefighters. Learning lessons from our past can benefit those still serving their communities and better prepare them not to make similar mistakes that took the lives of those that came before them.
Wednesday	12:00 PM	2:30 PM	Silver State				HOSTED LUNCH inside the Expo Hall		
Wednesday	3:00 PM						Exhibit Hall Closes		
Wednesday	2:30 PM	5:00 PM	Nevada 6				Wellbrock Scholarship Panel		
Wednesday	2:30 PM	5:00 PM	Nevada 7			Health & Wellness	Creating a Psychologically Healthy Fire Department	David Lewis	This course from the National Volunteer Fire Council and the American Psychological Association's Center for Organizational Excellence is designed to empower fire department leadership to promote and support healthy, high performing fire/EMS departments. Based on the framework from the Psychologically Healthy Fire Departments initiative, this course focuses on six key practices - member involvement, health and safety, member growth and development, work-life balance, member recognition, and effective communication - to facilitate member well-being and department functioning. The session will be largely instructor-led but will also include interactive activities (case study reviews, small group discussions, and active participation).
Wednesday	2:30 PM	4:00 PM	Nevada 8			Health & Wellness	Critical Stress - Effects and Consequences	John Clark	The presentation and interactive session will provide information on how a department/agency can effectively address mental health issues and support affected personnel. The topic and delivery will take a very personal and unique approach based on two separate suicide incidents in 2021 (Chief Clark's son and one of his fire officers). The incidents were only six weeks apart. The subject of first responder mental health, including substance abuse and suicide in the fire service is a rapidly growing issue. While much has been done in the fire service to bring awareness to the issue, many departments and agencies don't have an effective plan or means to implement programs, share information, and engage their personnel. This is particularly true in smaller departments and agencies that lack resources and/or funding. This presentation and interactive session will discuss the problem, causes and overall mental health issues in the fire service. The program will present methods and options to develop effective strategies and programs to address mental health issues within their departments/agencies. Participants will leave the presentation with a better understanding of mental health risks and challenges. Information and resources that are shared with participants will provide guidance in establishing preventative programs in their departments/agencies.
Wednesday	2:30 PM	5:00 PM	Nevada 10				Company Officer Assessment Center Help (COACH) Workshop - Fire Simulation Module	Jesse Quinalty	In this module of the COACH Workshop, we will be covering the basics of the fire simulation to include static and dynamic types of exams. We will discuss grading criteria, fallacies of the test, automatic fail components and raters / role players. Students will also be taught systems for conducting a size up, managing resources and connecting tactics with strategy. Several examples of fire simulations will be given to the group.

Wednesday	3:00 PM	5:00 PM	Nevada 7				BatteryIQ: Electric Vehicle (EV) Incident Preparedness Training	Brett Bigger	Is your location prepared to handle the unique challenges posed by Electric Vehicle (EV) incidents? As the transition towards greener transportation solutions continues, it becomes increasingly crucial for responders to possess the necessary knowledge and skills to address potential risks effectively. This course is designed to equip participants with comprehensive training on handling EV incidents, covering key highlights to ensure effective response strategies.
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