



Winter 2019



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 8 week long 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



Our next CERT academy will begin on January 7th 2019 and will be on Monday evenings from 6:30 – 9:30 pm with the final disaster simulation on Monday February 25th. Registration opens approximately 4 weeks prior. Classes do fill up and registration is open to the first 30 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 sure

to be notified as soon as registration begins, contact the program manager Carl Lunak at (425) 354-1744 or clunak@northshorefire.com.



Winter 2019 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.

The CERT course is 24 hours of instruction (8 sessions of three hours). Classes are Monday evenings from 6:30 PM to 9:30 PM. To become a certified CERT graduate, there is a minimum required attendance. Class dates are: January 7, 14, 21, 28 and February 4, 11, 18, 25.

To register, applicants must be at least eighteen years of age (or 13 years of age if accompanied by a parent also taking the course). 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).

CLASS CONFIRMATION AND ADDITIONAL INFORMATION WILL BE SENT TO YOU UPON REGISTRATION TO THE COURSE.

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 181st St.
Kenmore, WA 98028**

For office use only:

Date Received _____ Paid _____ Approved _____ Date Attending _____
Waiting List _____ Date Confirmation Sent _____ Received safety kit _____