



PLATTE VALLEY FIRE PROTECTION DISTRICT PRESENTS:



"HUMAN PERFORMANCE FOR THE FIREGROUND"

GROW YOUR FOUNDATION • IMMEDIATE TRAINING RESOURCES • TRUST YOU'RE READY FOR THE CALL

November 5 & 6, 2019

0900-1700

27128 Weld County Road 53

Kersey, CO 80644

\$100 Total Includes Both Days!

Email Cpt. Hice for Registration and more details:

Thice@plattevalleyfire.org

Human Performance For The Fireground is a 2-day class that will guide you through scientifically proven mental training techniques to optimize fireground success. You can expect to be challenged, inspired, and given the tools needed to consistently work on your mental approach to the job. Both days integrate classroom and hands-on sessions where you will learn how to combat your physiological stress response, breathing techniques both in and out of SCBA, tactical fitness training, and recovery tactics to help ensure you are ready for the fireground. This class will also dive into the positive impact of imagery training, simple nutrition and the impact of sleep. Full PPE including SCBA pack and mask are required.

Instructed by:



FIREFIGHTER

Craftsmanship



Kevin Housley is a Captain assigned to Engine 5 in Ft. Collins, CO. He started his fire service career in 2005 and was the founder of Firefighter Craftsmanship in 2016. Kevin has served in many roles with his department including engine, truck

& training division assignments. In 2017 Kevin was the lead instructor of the largest fire academy in the state of CO and was a finalist for the Colorado Firefighter Instructor of the year. Kevin obtained his BSBA from the University of Denver in 2000, serves as Co-Chair of the Terry Farrell Firefighters Fund-Colorado Chapter and is married with 3 children.



Jon McKeon is a Captain assigned to Tower 1 in Old Town Fort Collins. Jon started in the fire service in 2002 and was hired with his current department in 2005. In his time in the fire service he has been a part of the department fitness committee, technical rescue working groups, has been an instructor for the Front Range Fire Consortium

Academy. Jon is also a member of Colorado USAR Task Force-1. Jon graduated in 1996 from the University of North Carolina-Greensboro with a Bachelor degree in Biology. In addition to spending time with his wife and two kids, Jon owns and coaches at CrossFit Evolve in Fort Collins, which opened in 2010.

www.firefightercraftsmanship.com