

# 2021 Backstep Symposium

October 20th – 24th, 2021



**October 20th – 22nd (HOT) - Only 20 spots available**

Jeff Welch Stress Inoculation Class (SCBA)

This class has been a goal of Jeff's to teach for many years. He spent a lot of time, working with his friends, mentors, and instructors developing and planning this course. We promised Jeff we would teach it. This class is geared for experienced firefighters who have been on the job for a minimum of 3 years. This is not a basic SCBA class and students should have a strong skillset and knowledge of their SCBA.

Please see the detailed information before signing up for this class.

**October 23rd (Lecture)**

**Breach Point: Personal & Professional Breakthroughs for Fire Service**  
**Kent Williams, Breach Point Consulting, Former Law Enforcement**

**Service Mindset, Making Decisions Under Stress**  
**Matt Stewert, Battalion Chief, Wayne Township**

**October 24th (Lecture)**

**Aggressive Command**  
**District Chief Mo Davis, Houston Fire**

**October 23rd (Evening)**

**JW Memorial Foundation Kickoff Event!**

**Kootenai County Fairgrounds**

**The foundation has launched! Help us celebrate and raise \$\$**

\$250 HOT Class – See Details before registering

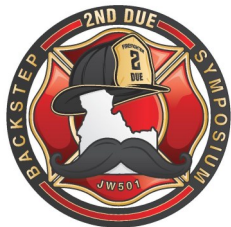
\$250 for the 2 Day Lecture Series (Sat/Sun) only

\$75 for the Breach Point Presentation Only (Law Enforcement Friendly)

**For Tickets, Bio's, and Class Information visit: [www.2ndduetraining.com/Backstep](http://www.2ndduetraining.com/Backstep)**



**Voluntary Group Workouts EVERY Morning!**



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## Jeff Welch Stress Inoculation Class

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Jeff Welch Stress Inoculation Class (SCBA)

### SCBA Operations

Survivability / Confidence / Brotherhood / Accountability

### Target Audience

This class is geared for experienced firefighters who have been on the job for a minimum of 3 years. This is not a basic SCBA class and students should have a strong skillset and knowledge of their SCBA.

### Class Description

This class is hands on and physically demanding. The emphasis of this course will be the safe and efficient use of self-contained breathing apparatus. Donning, doffing, buddy breathing, toxic bottle changes, emergency procedures, shifting, dumping and decision making will be taught throughout this 2 - day class. Students will encounter many evolutions that will allow them to hone their newly developed skills utilizing SCBA. Evolutions will be based on search, self rescue, firefighter and civilian rescue techniques.

This is not a class that will emphasize tactics, strategy, hose movement, line selection, or other firefighter subjects. Actual classroom time will be minimal.

### Class Prerequisites

Medical Evaluation and or baseline Vitals - (will be taken and documented each morning for each participant)

Physical Evaluation

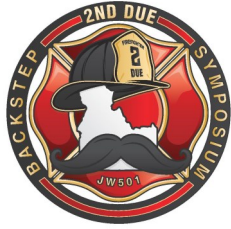
3 Years on the Job

1 Complete SCBA AND 2 spare bottles that are compliant with current hydrostatic testing dates. Bottles should be marked (black marker) by department for identification purposes

NFPA compliant PPE gear

NO beards or facial hair that would OR could (possibly) impede or not allow facial seal. - This requirement is at the sole discretion of instructors for enforcement

A basic understanding and working knowledge of firefighting, firefighter survival, RIT and potential situations where firefighters can encounter problems



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**Wednesday October 20th, 2021**

1800 – 2100 HOT Class registration, pre-test, classroom – KCFR Training Facility

**Thursday & Friday October 21st/22nd, 2021**

0600 – 1800ish – JW Stress Inoculation HOT class – KCFR Training Facility

This class is 27 hours minimum

**There are no refunds due to failing or opting out of the class once registered**

### **Preparation Advisory**

This course is designed to challenge you physically, mentally, and at times emotionally. You should be comfortable inside your turnouts and SCBA. This course is an advanced course and not designed to teach basics. It will be intense and stressful but, we guarantee it will be very rewarding. If you plan on attending this course you will need to begin training now (August) if you would like to attend. Because of the physical demands of this course and how fast paced it is we will be conducting a physical entrance exam. All the skills are fire service applicable and we will go through this course several times over the two day course. If you have been training, you will have no problem!

### **SCBA Air Consumption Course**

The entrance exam for this Stress Inoculation class is an SCBA Air Consumption course. This will test your physical and mental fortitude. This course will demonstrate your ability to work on air and it will reveal how much work you can complete with 1 bottle. You will start the course with 1 full SCBA bottle (4500 psi) and full turnout gear. You will continue through the 8 stations until your End Of Service Time Indicator (EOSTI) stops activating. Ex. You have completed the 9th station of the obstacle course and you have 2000 psi in your SCBA you will continue to station 1 and continue the course. Once your EOSTI stops activating the candidate will be told to sit down and count how many breaths they can make their bottle last until the candidate is completely out of air. This obstacle course will not test you only physically but mentally as well. This course will give you a good indicator of how much work you can do on 1 bottle of air. Your ability to get your breathing back to baseline after each task will contribute to your success on this course.



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### ENTRANCE EXAM:

#### Station 1

**Tower Climb-** You will ascend and then descend 6 floors of the training tower. As you ascend you will not grab the handrails however when you descend the training tower you can use the hand rails.

#### Station 2

**Hose hoist-** You will climb up to the 3rd floor and conduct the hose hoist station. You must pull utilizing the hand over hand method of 50' of 5" to the top rail of the 3rd floor. Once the hose bundle has reached the top rail of the 3rd floor you must then lower the bundle back to the ground utilizing the hand over hand method. Any loss of control of the bundle will result in a non-successful attempt and the candidate must re-conduct the hose hoist.

#### Station 3

**Keiser Sled-** You must use a dead blow hammer weighing approximately nine pounds to strike a 'sled target'. The candidate must strike the target as many times as necessary to move the sled to the opposite end. Pushing the sled along the track using the dead blow hammer is not permitted. This component is complete when the end of the sled breaks the plane of the track.

#### Station 4

**Tire Flip-** The Candidate must complete 2 tire flips. The candidate can rest the tire on his/her knee as they are in the process of flipping the tire.

#### Station 5

**Search-** The candidate will follow a hoseline to the second floor. Once the candidate reaches the designated search room. The candidate will then search the room and look for a victim. Once a victim has been found the candidate will then drag the victim out of the room. Once the candidate breaks the plan of the door with the victim the instructor will advise the candidate that they can drop the victim and move to the next station.

#### Station 6

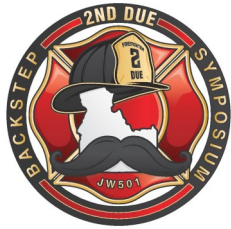
**Farmer Carry-** The Candidate must carry (2) 50' sections of 5" 75'. Each section of 5" weighs approximately 50lbs.

#### Station 7

**Tire Strike-** The candidate must use an 8lb Sledgehammer and strike the tire 50 times. The instructor will count the successful strikes. The end of the tool must go above the candidates helmet for each strike to be counted as a successful rep.

#### Station 8

**Dummy Drag-** The candidate will drag a dummy 75'. The candidate will not be allowed to use webbing or any straps for the drag.



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Saturday October 23rd, 2021

0830 – 1230

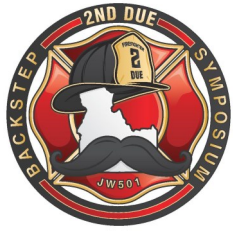


## Breach Point: Personal & Professional Breakthroughs for Police & Fire Kent Williams, Breach Point Consulting, Former Law Enforcement

Kent Williams is the owner of Breach Point Consulting and has been involved in law enforcement as a police officer for over 32 years, where he recently retired as Chief of Police for a Chicago area police department. He is a graduate of the FBI National Academy, the University of Southern California's Delinquency Control Institute, the Police Executive Research Forum's Senior Management Institute for Police, at Boston University, and the Buechner Institute for Governance's Rocky Mountain Leadership Program at the University of Colorado. He served as a Tactical Commander on a regional SWAT team serving 60 Chicago collar communities. He has taught extensively on various courses related to leadership and organizational change. Additionally he has taught for over 28 years on topics including use of force, weapons and tactics. Through the development of Breach Point Consulting he has launched several courses, seminars and programs being taught on a national level, based upon the principles of Servant Leadership and how simple shifts in organizational perspective can profoundly reduce the stress, frustration and open anger expressed throughout the typical law enforcement agency. Chief Williams has been teaching leaders how to negate the toxic work climate which can be caused by what he has termed "The Universal Police Frustrations". These misunderstood stressors are created by the unique combination of an effective police personality coupled with an efficient police culture. The mix if not fully understood can be very destructive to an agency's morale and reputation. Additionally, it predictably places officers at risk for failed careers, marriages and relationships. He sums this situation up by calling it, "The Caustic Risks of performing well in law enforcement."

These efforts have lead to ground breaking ways agencies can create healthier more productive and loyal work groups who remain highly dedicated throughout their careers. These same principles have been assisting officers themselves create a deeper more meaningful vocation in policing and developing a harmonious and rewarding personal life away from their career. His work on the predictable transitional issues confronting the police officer's family has led to numerous speaking engagements designed to keep the family of a police officer emotionally and spiritually healthy.

Chief Williams lives in Illinois with his wife and three children. He holds a Bachelors Degree in Criminal Justice Management from Aurora University, and a Masters Degree in Organizational Leadership from Judson University.



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Saturday October 23rd, 2021

1330 – 1700



Service Mindset, Making Decisions Under Stress  
Matt Stewert, Battalion Chief, Wayne Township

Matt lives in Brownsburg Indiana with his wife Keeley and 3 son's ages 19, 14, and 11. Their oldest son is on active duty in the U.S. Navy, serves as a Corpsman with the Marines, and is currently deployed to the Middle East. Keeley is pursuing her PHD focusing on mental health issues in public safety and how first responders deal with traumatic events over the course of their careers. Matt & Keely recently purchased property in southern Arizona and are looking forward to retiring there in the near future.

Matt began his career as a volunteer firefighter in 1987 at the Wayne Township Fire Department located in Indianapolis. Matt was hired as a career firefighter in 1995 working for the Brownsburg Fire Department (a suburb of Indianapolis).

Matt returned to Wayne Township in 1999 when the department hired full time firefighters. In 2016, he accepted a part-time position with the Pittsboro Fire Department as their Assistant Chief.

In 2006 Matt was the first out of state student to attend and complete the Georgia Smoke Diver program. Matt along with the assistance of several other Smoke Divers started the Indiana Smoke Diver Association in 2011 and held their first class in 2013. Matt currently serves as the President of the association and is the Incident Commander during the week long training. He holds several certifications from organizations across the country and is a licensed Paramedic and certified Rescue Diver. Matt is a member of Indiana Task Force 1; the FEMA team based in Indianapolis, and has responded on several deployments including the terrorist attacks on 9/11. Matt has served as a Lieutenant, Captain, Battalion Chief, Deputy Chief, and Assistant Chief at different times during his career. Matt served as a member on the executive board and as a district vice-president of the Indianapolis firefighters Local 416. He also currently works for the IndyCar series as a Paramedic on the safety team.

The message of personal accountability and improvement has become a passion for Matt over the past several years. There is more and more of a focus on physical fitness, which is long overdue however, there is little focus on mental preparation and state of readiness firefighters should maintain in addition to fitness. Matt is committed to growing this message to the fire service. "When you focus on your development and stop worrying about others, then you will change yourself and then the fire service. Control the controllables, manage **yourself** through the uncontrollables.



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Sunday October 24th, 2021

0830 – 1700



## Aggressive Command District Chief Mo Davis, Houston Fire Department

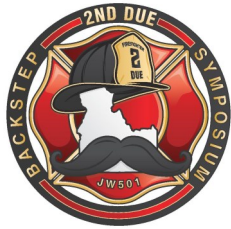
Maurice “Mo” Davis is a veteran with the city of Houston Fire Department, currently assigned as a District Chief.

Previously he served as a senior Captain on a heavy rescue, one of three rescue trucks in the city of Houston. He also spent much of his career as a Senior Captain on Ladder 46 one of the top five busiest trucks in Houston and served as a Captain on Engine 46 the leader in the city in working fires and responses. Mo served as a training officer for the Houston Fire Department, he has also served as a District training officer to new hires.

While he specializes in technical rescue, his passion is sharing leadership, strategy, and tactics with new and upcoming officers.

He had served as an adjunct professor at San Jacinto Jr College in the fire protection division. He currently holds a MS degree from University of Houston.

Aggressive Command will discuss how Officers, including Chief officers, need to be involved, how they must be equally trained, and the importance of leading aggressively for successful outcomes. Most of the problems on the fireground comes from lack of appropriate leadership and decision making. This class helps address these problems and discusses how decisions are made on the fireground.



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Proposed Agenda (subject to change, locations will be updated)

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0630 – 0730 – Voluntary Group Workout

0830 – 1230 – Breach Point – KCFR Training Facility

1330 – 1700 – Service Mindset, Making Decisions Under Stress – KCFR Training Facility

1800 – 2200 – JW Memorial Foundation Kickoff Event – Kootenai Fairgrounds

## Sunday October 24th, 2021

0630 – 0730 – Voluntary Group Workout

0830 – 1700 – Aggressive Command – KCFR Training Facility

## Hotel Reservations

There are a block of rooms reserved under “2nd Due Training” at the Best Western CDA Inn for \$119/night. While the conference won’t be held at this location this year, the hotel is still located near many of the functions.

506 W Appleway Ave, Coeur d'Alene, ID 83814  
(208) 765-3200

**This year’s classes will be held at the Training Facility for  
Kootenai County Fire & Rescue  
5271 E Seltice Way, Post Falls, ID 83854**

**For Tickets, Bio’s, and Class Information visit: [www.2ndduetraining.com/Backstep](http://www.2ndduetraining.com/Backstep)**