

## What Post 1 Does

Each year, many North Texas communities are rocked by severe weather, such as tornadoes, floods or flash floods, winter storms, or by man-made disasters.

The damage caused by such disasters effect everyone. Post 1 Trains and equips youth ages 14-21 to respond with CERT Teams to local disasters.

- Cadets are trained in fire prevention and fire suppression, urban search and rescue; cribbing and victim extrication; triage and first aid; damage assessment;

Explorers are also trained in additional disciplines to enhance their capabilities including:

- Amateur Radio Operations
- Storm Spotting
- Missing Person and Wilderness Search
- CPR Certification
- Shelter Management

The Explorers have been integral to local Emergency Services including:

- Courtesy and Safety Patrols for civic events and celebration
- Meteorology tracking for outdoor events
- Medical first response for large events
- Ceremonial functions

Explorers don't just train. When CERT is activated or called out, the Explorers deploy too.

Select Cadets are also invited to join Fire Corps and the Volunteers in Police Service.

Explorer Post 1 membership is open to youth from Rowlett, Sachse, Garland, & Fate.

## Disaster can strike when you least expect it... Are You Ready?

**MAKE A KIT** of emergency supplies -

- ★ Water and Food
- ★ First Aid Kit
- ★ Supply Checklist
- ★ Special Need Items

**MAKE A PLAN** for what you will do in an emergency -

- ★ Create a Family Plan
- ★ Decide to Stay or Go
- ★ At Work or Home
- ★ In a Moving Vehicle
- ★ In a High-rise Building

**BE INFORMED** about what might happen -

- ★ Natural Disaster
- ★ Terrorist Threat
- ★ Biological, Nuclear, Chemical, Explosion, Radiation Threats
- ★ Local Emergency

Terrorism forces us to make a choice.

***Don't be afraid....Be Ready.***

For more information, go to [ready.gov](http://ready.gov)

***For more information visit***

***[www.rowlett-exp1.com](http://www.rowlett-exp1.com)***

***or***

***[www.rowlettcitizencorps.org](http://www.rowlettcitizencorps.org)***

**[Explorers@rowlettcitizencorps.org](mailto:Explorers@rowlettcitizencorps.org)**

P O Box 1662  
Rowlett, TX 75030-1662

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## Rowlett Explorer Post 1 Emergency Services & Management



**For Information Call  
214-709-3078**

## Explorer Stories

ON Friday June 27th, 2008 Cadets and Advisors from Rowlett Explorer Post 1 were on routine mounted courtesy patrol at the Festival of Freedom. They noted several people in respiratory distress evacuating the local water park. The Explorers immediately sprang into action providing triage, evacuation, and patient transport assistance for over 70 affected people, 19 who required transport to medical facilities. Explorers did not have to be told how to respond. They had been trained and flawlessly executed the training they had received.

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October 2008. The North Central Texas CERT Olympics are held in McKinney Texas. Explorer Post 1 requests age exemptions to compete and it is granted. Not only do youth compete in the Olympics for the first time, but they also bring home two gold and a silver medal. The City Council and Mayor of Rowlett issue a proclamation in their honor to note their achievement as pioneers and competitors. "They performed as the gentlemen and young lady that they are and brought honor and accolades to our organization and City of Rowlett." said Erik Ernst, Director of the Rowlett Explorer Post 1. "They performed and excelled exactly as we thought they would."

## Explorer Basic Training

The basic CERT course consists of 20 hours of training, held on two consecutive Saturdays. Classes are taught by trained personnel from your community.

The course agenda includes:

### Day 1 *DISASTER PREPAREDNESS*

Introduction to disasters, impact of disasters on infrastructures, the role of CERT in disaster response.

### *DISASTER FIRE SUPPRESSION*

Identifying and reducing potential fire hazards, basic fire suppression strategy, resources, and techniques.

### *DISASTER MEDICAL OPERATIONS, PART 1*

Treatment strategies for life-threatening conditions and principles of triage.

### *DISASTER MEDICAL OPERATIONS, PART 2*

Head-to-toe assessments, treatment for various injuries

### Day 2 *LIGHT SEARCH AND RESCUE OPERATIONS*

Techniques for size-up and search, lifting, cribbing and removing victims, rescuer safety

### *PRE-STORM CERT OPERATIONS*

Personal readiness, CERT equipment, organizing and deploying your team, communications and terrorism.

FINAL GROUP EXERCISE AND GRADUATION

## What to Expect

After completion of the basic CERT Course, cadets become Team Members. Within six months of basic training completion, Team members must complete additional FEMA coursework.

Don't worry, it's easy and we'll help you along. After this training is completed we go into a training rotation:

- Communications
- Advanced navigation and map reading
- SARTECH III certification
- Amateur radio license
- CPR
- Wilderness First Aid
- Advanced Urban Search and Rescue and Technical Rescue
- SARTECH II Certification
- ICS 200 and 700 Certification.