



Firefighter Rehab – SOG 201



Firefighter rehabilitation involves providing a safe area that the firefighters can get away from the incident they are working to cool down, drink water, refresh their electrolytes, and have a snack. Our CERT is responsible for those activities. The assessing of a firefighter’s vital signs and other health needs will be completed by EMS unless directed otherwise by the Incident Commander.

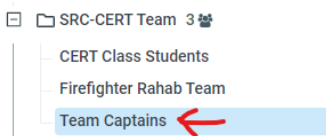
Santa Rosa County CERT provides 2 levels of rehabilitation services. Level 1 is water only delivery while level 2 involves the setup of a full rehabilitation area.

Level 1 Rehabilitation

The initial level of rehab services strictly involves delivery of coolers of water at the request of an incident commander on scene at a fire. This level of service can be provided by a single CERT volunteer. Coolers and bottles of water have been stored in the north, central, and south areas of the county.

Dispatch Instructions

Level 1 rehab calls will be sent by SRC Communications Dispatchers to our CERT Team Captains & Coordinator via Everbridge. One of the CERT Captains or the coordinator will notify SRC Communications via the EM Admin channel or phone the non-emergency line once a resource is identified to complete the delivery. If CERT is unable to respond, the EM Chiefs should be notified via Everbridge.



If the CERT Team Captains or Coordinator are unavailable to deliver it, they will coordinate via a group text message to identify who will utilize Everbridge to notify the full rehab team and identify a volunteer to deliver the cooler. After delivery, please be sure to retrieve the cooler after the incident.

Water & Cooler Locations

- **Central Santa Rosa**
 - Santa Rosa County Emergency Operations Center (4499 Pine Forest Road, Milton, FL)
 - Cooler & water – Portable 1 (Key located in lockbox) and water in cooler
 - Ice location – Ice machine behind EOC
- **Northern Santa Rosa**
 - Berrydale Fire Department (13000 FL-87, Jay, FL)
 - Cooler & water – Rehab trailer
 - Ice location – Inside fire department
 - Munson Fire Department (11688 Munson Hwy, Milton, FL)
 - Cooler & water – Inside station
 - Ice location – gated area next to station
- **Southern Santa Rosa**
 - Holley Navarre Station #43 (8205 E Bay Blvd, Navarre, FL)
 - Cooler & water - CERT trailer
 - Ice location – Quarters in trailer for ice at machine corner of HWY 87 S & Laredo



Level 2 Rehabilitation

This level of rehab service involves the setup of a complete rehabilitation area to include tents, fans, chairs, water, sports drinks, and snacks. All 2 alarm fires will have this as an automatic recommendation, or it may be requested by a fire incident commander via Santa Rosa County Fire Dispatch.

Dispatch Instructions

When level 2 rehabilitation is requested, Santa Rosa County Dispatch sends tones to the CERT Team on the EM Admin Channel and selects “yes” to notify the Captains and Coordinator via text and email. The CERT leadership team will coordinate via group text to designate the activation leader. The leader responds via radio on the EM Admin channel or calls the Santa Rosa County Communications non-emergency line (850-983-5372) if their radio is unavailable. They should verify the response channel with dispatch upon acknowledgment. **If CERT is unable to respond**, the EM Chiefs should be notified via Everbridge by Santa Rosa County Communications.

Leadership will then utilize Everbridge to notify the firefighter rehab list that our services have been requested in the following format with a poll question of “Can you respond?” Yes or no:

Firefighter rehab activation in (SOUTH/CENTRAL/NORTH) Santa Rosa

Team lead: (Name of CERT Leadership Member)

Contact #:

Staging location:

Once the CERT leadership member has had at least 2 “Yes” responses, they will stop the Everbridge notification and contact those team members directly with further instructions. Use an ICS 211P to track volunteers’ arrival and departure times.

Rehab supplies are in several locations throughout the county:

- **Central Santa Rosa**
 - Portable 1 at SRC Emergency Management (4499 Pine Forest Road Milton, FL)
 - A key is kept within the lockbox on the stairs
 - A backup/additional subset of supplies is in the EM F-250 Vehicle
 - Pre-cooled water & Gatorade inside large outdoor cooler outside EOC
 - Ice machine behind EOC next to generator
 - Skyline Fire Rehab Ambulance (6924 FL-87, Milton, FL)
 - Only authorized drivers by Chief Diamond may utilize this vehicle
 - Ice machine inside bay
- **Northern Santa Rosa**
 - Allentown Fire Department (9482 FL-89, Jay, FL)
 - Rehab supplies in station along with ice machine
- **Southern Santa Rosa**
 - Holley Navarre Station #43 (8205 E Bay Blvd, Navarre, FL)
 - Rehab supplies in CERT trailer
 - Ice location – Quarters in trailer for ice at machine corner of HWY 87 S & Laredo Street



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A full set of rehab supplies includes:

QTY	Item	Details
1	Rehab log (sign in/out)	
2	Kore Kooler Chairs	Chairs with pockets for water
6	Camping chairs	Sturdy to support at least 300lb
2	Portable canopies and sides	10x10 or 12x12 (or 1 10x20)
3	Coolers	Water, sports drinks, towels
1	Snack box	Display of snacks
2	6' folding tables	
1	Large fan	Battery operated or plug in
1	6 bay battery charger	For fans & misters (if needed)
3	Misting fans	Only used if directed by IC
3	5-gallon buckets	For misters (if used)
30-60	Cooling towels	
1	Collapsible trash can/trash bags	For trash & dirty cooling towels
1	First aid kit	
1	Coffee supplies kit	Maker, cups, coffee, etc
1	2oz Aromatic Ammonia	1 tsp in cooling towel cooler
1	Amber lightbar	For use if parked next to road
2	CERT magnetic signs	For identification
2	7x9' blue tarps	For gear removal
3	Packs of Dude wipes	
1	String lights	For night operation
1	Gas or battery generator/fuel	For lights and coffee maker

- Once supplies have been loaded, the team leader should notify dispatch that they are enroute
- Once on scene, the team leader should notify dispatch that they are on scene
 - The team leader will switch to the operating channel for the fire and say “Command from CERT XX” (XX is your CERT unit number) and let them know they are on scene and ask where the IC would like the rehab area established.
 - This area will be away from the fire scene so these calls should be made when near the scene but not directly at the fire. It should be set up in a way not to draw in smoke or other carcinogens from the fire into the area with the fans.
- Once the location has been identified, set up the tents and other required equipment.
 - The Kore Kooler chairs should be filled with lukewarm water (never ice water)
 - Misting fans should not be used on firefighters that will continue to fight the fire unless directed by the incident commander. They should be set up in a separate area.
- As firefighters arrive to utilize the rehab area, a member of the rehab team should get their name, battalion/apparats number, and log their time in and log them out when they leave.
 - As firefighters sign in, encourage them to remove as much of their gear as possible to enable them to cool down. **Do not touch, pat, or hit the firefighters** anywhere on their protective clothing. This will leave a vapor burn and cause them serious pain.
 - Encourage them, kindly, to hydrate. Let them know what we have available.
 - Be kind and friendly. Don’t ask questions about the fire, we are there to help them be able to go back and continue their work. Be sure to thank them for their service.



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The rehab area should not be shut down until given clearance to do so by the Incident Commander. Once given clearance, break down the area and ensure any trash is collected. The team leader should notify dispatch via the operating channel that the team has been released by incident command and they are returning. Ensure the log files from the incident are put in the log files are collected and turned into the CERT Coordinator. Please ensure that the cooling towels are washed & sanitized.

Volunteer requirements to participate in this service

- Completed background check w/SRC Emergency Management issued CERT or ARES ID card
- Completion of [IS-100 course](#) - Introduction to the Incident Command System
- Completion of [IS-700 course](#) - An Introduction to the National Incident Management System
- Completion of firefighter rehab course
- Dedication & willingness to respond, including after-hours
- *If driving Skyline Fire Department's Rehab 22 vehicle, EVOC training & approval by Chief 22*
- Approval by Santa Rosa County CERT Coordinator to participate in team

Closure

In either level 1 or level 2 rehabilitation, the CERT Captain or Coordinator that led the team or sent a volunteer with the cooler should verify that the volunteers returned home safely and turn in any relevant forms to the CERT Coordinator (including volunteer hours.)

Volunteers should remember that they should only perform activities they have been trained to perform.