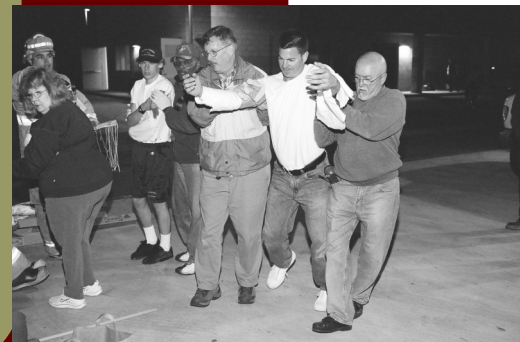# 2007 Community Preparedness Academy

Enrollment is underway for the 2007 Lake Forest Community Preparedness Academy. The Community Preparedness Academy (CPA) is a joint effort between the City of Lake Forest, the Orange County Sheriff's Department, the Orange County Fire Authority, Medix Ambulance Service and the American Red Cross. The academy has been designed to teach participants the basics of disaster preparedness. Experienced instructors from these agencies will provide training in first aid / CPR, Automatic External Defibrillator (AED) operation, disaster psychology, earthquake preparedness, fire safety, disaster medical operations and light search and rescue. Last year's CPA graduated 32 Lake Forest residents, and the academy received rave reviews.

The program will provide approximately 24 hours of preparedness training over a period of eight consecutive Wednesdays, with the first training session scheduled for the evening of Wednesday, January 31, 2007. The final session, in which participants utilize their new skills during a "hands-on" exercise that simulated a real disaster scenario, will be held on March 21, 2007. The training is being offered at no cost and will include certification in first aid / CPR and AED operation. A light dinner and refreshments will be provided at each training session.

To register for this exciting opportunity to learn how to effectively prepare for and respond to a disaster, or if you have any questions, please contact Kirsten Rowe, Crime Prevention, at (949) 461-3546 by January 17, 2007.

2007 CPA Class Schedule:

Week 1 (1/31/2007): Introduction; Disaster / Terrorism Overview

Week 2 (2/7/07):   Fire Safety

Week 3 (2/14/07):   Light Search & Rescue

Week 4 (2/21/07):   911 Dispatch / Earthquake Preparedness

Week 5 (2/28/2007): CPR / AED certification

Week 6 (3/7/07):   First Aid certification

Week 7 (3/14/07):   Disaster Psychology / Neighborhood Watch

Week 8 (3/21/07):   Final hands-on exercise