



**FIRE SERVICE WOMEN OF NEW YORK STATE, INC.,
AND THE CITY OF UTICA FIRE DEPARTMENT
PARTNER IN PRODUCING THE THIRD PHOENIX FIRECAMP IN JULY**

For the third year in a row, the Fire Service Women of New York State, Inc.(FSWNYS) , a statewide, non-profit association of career and volunteer women firefighters, has teamed up with the Utica Fire Department to provide an exciting program for young women, ages 14-19, to explore the opportunities in fire and emergency services. Phoenix Firecamp, held July 19-24 at the Utica Fire Training Academy, is a weeklong overnight camp modeled after the successful Camp Blaze in the Pacific Northwest.

Phoenix Firecamp is free. The only financial obligation is a \$40 non-refundable application fee. 24 campers are selected from a statewide pool of applicants. Their team leaders, instructors and mentors will be career and volunteer female firefighters from across the State who pay their own expenses to contribute their time, talents and experience to Phoenix Firecamp.

The curriculum utilizes fireground and classroom activities to develop confidence, enhance leadership skills, foster friendly competition, nurture community spirit, broaden problem solving abilities, encourage team building and promote inclusiveness. Among the hands-on exercises are team building exercises, an aerial ladder climb, the basic operations of engines and ladders, auto extrication and disentanglement, SCBA usage, search, and water rescue. Classroom learning includes basics of the chemistry of fire, fireground operations, fire safety and prevention, and CPR training. At the conclusion of the week, the campers are CPR certified. The curriculum is based upon International Fire Service Training Association (IFSTA) guidelines.

Although the schedule is rigorous, there is a lot of time built in to socialize, relax and have fun getting to know one another. The campers are housed in the Utica Fire Academy, a former firehouse, so they have a real, "firehouse living" experience. Westmoreland Volunteer Fire Department coordinates team building games and final night social activities and thereby introduces campers to opportunities available in volunteerism. The campers need not have any prior experience or contact with fire/emergency services.

To find out more about Phoenix Firecamp please go to the Fire Service Women of New York State website www.fswnys.org, or, call Phoenix Firecamp at 845-309-1325.