



# Alexandria Medical Reserve Corps Training Plan



*This training plan is designed to prepare MRC volunteers for public health emergencies and to support the Alexandria Health Department's mission with public health education, outreach, clinics, and other programs.*

To complete these courses, you must register in VA TRAIN at <https://va.train.org>

If you have any questions or have difficulty registering, please contact Paula Rosca, MRC Coordinator at: [mrc@alexandriava.gov](mailto:mrc@alexandriava.gov)  
**703.746.4978**

**To receive credit for the courses, you must first register in TRAIN, take the course on the FEMA website and then forward your certificates to the [mrc@alexandriava.gov](mailto:mrc@alexandriava.gov) so that we may verify your course completion in TRAIN.**

	Training Course	Description	Training Format	Register in TRAIN
<b>Independent Study</b>	IS-22 Are You Ready?	This course has been designed to teach us how to protect ourselves and our families against all types of hazards.	TRAIN	Course ID # 1013401
	ICS-100b Introduction to the Incident Command System	The course describes the history, features and principles, and organizational structure of the Incident Command System (ICS). Explains the relationship between ICS and the National Incident Management System (NIMS).	TRAIN	Course ID # 1024627
	ICS-700a Introduction to the National Incident Management System	This course explains the purpose, principles, key components and benefits of the National Incident Management System.	TRAIN	Course ID # 1016070
	IS-200b ICS for Single Resources and Initial Action Incidents	ICS 200 is designed to enable personnel to operate efficiently during an incident or event within the Incident Command System (ICS). ICS-200 provides training on and resources for personnel who are likely to assume a supervisory position within the ICS.	TRAIN	Course ID# 1024638

# Independent Study

IS-800b National Response Framework	The course introduces participants to the concepts and principles of the National Response Framework.	TRAIN	Course ID # 1021691
IS-701.a NIMS Multiagency Coordination System (MACS)	This course introduces Multiagency Coordination (MAC) Systems as described in the National Incident Management System (NIMS), and shows how these systems can be used to improve incident response.	TRAIN	Course ID # 1020084
IS-702.a NIMS Public Information Systems	The goal of this course is to facilitate NIMS compliance by providing you with the basic information and tools that you need to apply NIMS public information systems and protocols during incident management	TRAIN	Course ID # 1022919
IS-703.a NIMS Resource Management	This course introduces resource management as described in the National Incident Management System (NIMS), and shows how systems for managing resources can be used to improve incident response. The course includes examples of best practices, lessons learned, and job aids to assist the participant in planning for resource management	TRAIN	Course ID # 1020654
IS-704.a NIMS Communication and Information Management	This interactive computer-based course introduces you to the Communications and Information Management component of the National Incident Management System (NIMS).	TRAIN	Course ID # 1019453
IS-242 Effective Communication	Being able to communicate effectively is a necessary and vital part of the job for every emergency manager, planner, and responder. This course is designed to improve your communication skills.	TRAIN	Course ID # 1025700
Assisting persons with Disabilities during an emergency	This presentation by Pam Dickens, MPH, gives you an overview of how to assist persons with disabilities during an emergency	TRAIN	Course ID # 1029785

**Independent Study**

VDH: An Introduction to Isolation and Quarantine	This presentation provides a brief overview of isolation and quarantine and outlines the Virginia Department of Health's strategy for invoking and enforcing Virginia's isolation and quarantine laws	TRAIN	Course ID # 1021694
VDH: Disaster Behavioral Health Overview for MRC	This course was designed for MRC volunteers to gain an understanding of the principles of disaster behavioral health and some of the basic skills you would use as a paraprofessional in the field if activated by your local Health Department in assisting in a disaster response. (This is also a pre-requisite for our in person Psychological First Aid course)	TRAIN	Course ID #1024532
VDH's Role in Emergency Response	This course will help health department employees understand the agency's role and how they can be prepared to work during public health emergencies.	TRAIN	Course ID # 1018305