



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 and assisting with public health education, outreach, clinics, and other programs. More training opportunities will be sent out in alerts as they become available.

For most accurate information or to register, please contact **Paula Rosca, MRC Coordinator** at:
mrc@alexandriava.gov **703.746.4978**

	Training Course	Description	Location	Instructor
In- Class Training	BLS for Healthcare Providers	The Basic Life Support (BLS) for Healthcare Providers is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies, provide CPR, use and AED, and relieve choking in a safe, timely and effective manner.	Alexandria	Alexandria Fire Department
	Category A Agents	This course provides MRC volunteers with a fundamental understanding of the clinical and epidemiological aspects of the Category A agents potentially used for bioterrorism.	4480 King Street 4th Floor, Alexandria, VA 22302	Kelly Hay, MPH-District Epidemiologist
	Dispensing Training	This course provides MRC volunteers with an understanding of what situations might require medication dispensing, how a site would operate, and what functional roles they may play if assigned as a volunteer serving in a dispensing site.	4480 King Street 4th Floor, Alexandria, VA 22302	Cyndi Lake, MPH-Emergency Coordinator/Amy Tarte, MPH-Emergency Planner
	Environmental Health (Polycom Training)	Course details will be updated.	4480 King Street 4th Floor, Alexandria, VA 22302	Virginia Department of Health
	Health Communications and Outreach	The training is designed to prepare MRC volunteers to go into the community at events such as health fairs, farmer's markets, community groups and extend our public health education activities.	4480 King Street 4th Floor, Alexandria, VA 22302	Lorrie Andrew-Spear, Northern Region VDH Public Information Officer

In- Class Training

ICS-100 Overview (Polycom Training)	This course will introduce volunteers in the Incident Command System and explore how the system is being used in public health events and incidents	4480 King Street 4th Floor, Alexandria, VA 22302	Virginia Department of Health, Regional Trainer
ICS-100 Introduction to Incident Command System	This course will introduce volunteers in the Incident Command System and explore how the system is being used in public health events and incidents.	Charles Houston Rec Center, 901 Wythe Street	Michael Brown, NIMS Officer
ICS-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.	Charles Houston Rec Center, 901 Wythe Street	Michael Brown, NIMS Officer
ICS-700 Introduction to the National Incident Management System	This course introduces and overviews the National Incident Management System (NIMS). NIMS provides a consistent nationwide template to enable all government, private-sector, and nongovernmental organizations to work together during domestic incidents	Charles Houston Rec Center, 901 Wythe Street	Michael Brown, NIMS Officer
ICS-800 - National Response Framework	The course introduces participants to the concepts and principles of the National Response Framework.	Charles Houston Rec Center, 901 Wythe Street	Michael Brown, NIMS Officer
Introduction to Epidemiology	This training provides an overview of epidemiology, key terms, and examines the roles of volunteers in public health practice.	4480 King Street 4th Floor, Alexandria, VA 22302	Kelly Hay, MPH-District Epidemiologist
Introduction to Mosquito Trapping	This training will cover the purpose of trapping mosquitoes, and trapping techniques. MRC volunteers will receive hands-on instruction for the setting and recovery of traps used by the Health Department.	4480 King Street 4th Floor, Alexandria, VA 22302	Daniel Sherwood, Environmental Health Biologist
Mass Fatality Response for MRC (Polycom Training)	Introduction to the overall mass fatality response team and the OCME.	4480 King Street 4th Floor, Alexandria, VA 22302	Virginia Department of Health, Office of the Chief Medical Examiner
MRC Medical Surge: Shelters, Alternate Care Sites and Hospitals (Polycom Training)	This 2-hour videoconference introduces Medical Reserve Corps volunteers to the basic functions and prospective roles within local and state-managed shelters and Alternate Care Sites (ACS) and how these operations support medical surge.	4480 King Street 4th Floor, Alexandria, VA 22302	Virginia Department of Health

In- Class Training

NIMS 700 Overview (Polycom Training)	This course explains the purpose, principles, key components and benefits of the National Incident Management System.	4480 King Street 4th Floor, Alexandria, VA 22302	Virginia Department of Health
Orientation	Introduces new volunteers to the MRC and MRC Core Competencies, NIMS, public health emergency response, the VA Volunteer Management System, and other topics.	4480 King Street 4th Floor, Alexandria, VA 22302	Paula Rosca, MRC Coordinator
Psychological First Aid	This is a 2-hour course designed to introduce MRC volunteers to the basic psychological first aid techniques that they might employ in disaster response when working with the public.	Arlington Public Health Division 2100 Washington Boulevard, Arlington, VA	Sue Maclane, LPC- Arlington MRC & Carolyn Devilbiss, MSW- Alexandria MRC
Rabies Awareness	This course will provide MRC volunteers with an understanding of the impacts and affects of Rabies and will provide information about the role of the Health Department in confronting Rabies in an urban area.	4480 King Street 4th Floor, Alexandria, VA 22302	Daniel Sherwood, Environmental Health Biologist
Radiological and Nuclear Response for MRC (Polycom Training)	The course will introduce MRC volunteers to the history and impact of nuclear and radiological events and will discuss counter measures used for decontamination and treatment.	4480 King Street 4th Floor, Alexandria, VA 22302	Virginia Department of Health, Office of Radiological Health
Risks and Response to Bioterrorism (Polycom Training)	Risks and Response to Bioterrorism	4480 King Street 4th Floor, Alexandria, VA 22302	Virginia Department of Health
Vector-Borne Illnesses	This course will introduce MRC volunteers to the Vector-Borne Illness Prevention Program. Attendees will learn about diseases identified in our region and the animals that transmit those diseases to humans.	4480 King Street 4th Floor, Alexandria, VA 22302	Daniel Sherwood, Environmental Health Biologist