

# MRC Training Matrix

Level 4	Level 3	Level 2	Level 1
<ul style="list-style-type: none"> <li>• Sign up in VVHS (Virginia Volunteer Health System)</li> <li>• Create account with VA TRAIN</li> </ul>	<ul style="list-style-type: none"> <li>• Complete Volunteer Orientation</li> <li>• Complete basic unit requirements (HIPAA, Code of Conduct, BI process)</li> <li>• IS 22: Guide to Citizen Preparedness</li> </ul>	<ul style="list-style-type: none"> <li>• IS 100: Incident Command System (ID: 1024627)</li> <li>• IS 700: National Incident Management System (ID: 1016070)</li> <li>• Psychological First Aid</li> <li>• Demonstrates Core Competencies</li> </ul>	<ul style="list-style-type: none"> <li>• IS 200: Single Resources and Initial Action Incidents (ID: 1024638)</li> <li>• IS 800: National Response Framework (ID: 1011882)</li> <li>• Leadership role in an exercise or emergency event</li> </ul>

<b>Core Competencies</b>	<b>Suggested Training</b>
1. Describe the procedures and steps necessary to protect your health, safety and overall well being and that of your family, the team and the community.	<ul style="list-style-type: none"> <li>• IS-22</li> </ul>
2. Document that you have an existing personal and family preparedness plan.	<ul style="list-style-type: none"> <li>• IS-22</li> </ul>
3. Describe the chain of command, how it applies to a given incident and how the MRC is integrated into the chain of command.	<ul style="list-style-type: none"> <li>• IS 100</li> <li>• IS 700</li> </ul>
4. Describe the role of the local MRC unit in public health emergency response and its application to a given incident.	<ul style="list-style-type: none"> <li>• Orientation</li> <li>• POD Training</li> <li>• Exercise/real event</li> </ul>
5. Describe the MRC member communication roles and processes with response partners, media, general public and others.	<ul style="list-style-type: none"> <li>• IS 100</li> <li>• Risk communication Training (in class)</li> </ul>
6. Describe the impact of an event on the mental health of the MRC member and their family, team and others.	<ul style="list-style-type: none"> <li>• Psychological First Aid (in class)</li> </ul>
7. Demonstrate ability to follow procedures for assignment, activation, reporting and deactivation.	<ul style="list-style-type: none"> <li>• POD Training (in class)</li> <li>• Direct observation</li> </ul>
8. Identify limits to own skills, knowledge and abilities as they pertain to MRC roles.	<ul style="list-style-type: none"> <li>• Orientation</li> <li>• Drill, exercise or actual event</li> </ul>

For more information, please contact **Paula Rosca, MRC Coordinator** at:

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