

Four Day HIGH SCHOOL TRAINING

This is a sample schedule of sessions which may be modified/updated.



DAY 1 Team Building & Foundation	
7:30 am	• Student Arrival
8:00 am	• Welcome & Introductions • Daily Preview • Pre-test
8:30 am	• Team Building Exercise & Ice Breaker
9:30 am	• Why Preparedness?
10:30 am	• Bouncing Back
Noon	• Lunch & Career Exploration
1:30 pm	• Colorado Disasters & Weather Spotters
2:30 pm	• Team Activity
3:30 pm	• Debrief
4:00 pm	• Dismiss

DAY 2 Building Confidence in Your Choices & Communication	
7:00 am	• Student Arrival & Optional Activities: • Moulage Class • Team Video 101
8:00 am	• Announcements • Team Recaps • Daily Preview
9:00 am	• 72-hour Kit
9:30 am	• Team Activity
10:30 am	• Psychological First Aid
Noon	• Lunch & Career Exploration
1:00 pm	• CIAC & Cyber Safety
2:30 pm	• Team Activity
3:30 pm	• Debrief
4:00 pm	• Dismiss

DAY 3 Practicing Your Skills	
7:00 am	• Student Arrival & Optional Activities: • Moulage Class • Team Video 101
8:00 am	• Announcements • Team Recaps • Daily Preview
8:30 am	• Psychological Consequences of Disasters
9:30 am	• Team Activity
10:30 am	• First Aid & CPR
Noon	• Lunch & Career Exploration
1:00 pm	• Fire Suppression
2:00 pm	• Search & Rescue • Triage Team Activity
3:30 pm	• Debrief
4:00 pm	• Dismiss

DAY 4 Taking Action			
7:00 am	• Student Arrival & Optional Activities: • Moulage Class • Team Video 101	2:00 pm	• Team Presentations • Evaluation • Post-test
8:00 am	• Announcements • Team Recaps	3:00 pm	• Graduation
9:00 am	• Team Activity	4:00 pm	• Dismiss
11:00 am	• "Hotwash" & Debrief		
Noon	• Lunch & Career Exploration		
1:00 pm	• Team Planning		



DENVER
THE MILE HIGH CITY

