



**What is the Firefighter Rookie Challenge (FRC)?**

It is a chance for you to spend four hours in the boots of a recruit to see if the RCA is for you.

**Why would I want to do the FRC?**

You can get an idea of what it really takes to be in the RCA class and decide if it's a career you can devote your life to. Even if you do not want to attend the RCA, the FRC will give you an appreciation for working firefighters and you will have a great time in the process. This is not just for future firefighters but for anyone who wants to have fun and see what they are made of!

**How old do I need to be to participate in the FRC?**

18 years old, or 17 with signed parent permission

**Do I need to be a UVU student to participate in the FRC?**

If you are not currently a student, you must sign a waiver before participating. If you are under 18 years of age, a parent or guardian must also sign the waiver. If you want to apply for admissions at UVU, go to <http://www.uvu.edu/admissions/> and select the "New Student" or "Returning Student" tab to begin application.

**When is the FRC and how much does it cost?**

Twice a year, March and September (check registration website for exact dates).  
Cost is \$35; also includes an "I Survived" t-shirt.

**How do I register?**

Register online at <http://www.uvu.edu/esa/rca/frc/>

**What activities will I be doing in the FRC?**

Physical Assessment, turnouts/breathing apparatus, ladders, hoses/nozzles, search and rescue, etc.

**What will be included in the Physical Assessment portion?**

1 ½ mile run, sit ups, push-ups, and weigh in.

**What should I wear?**

Wear workout clothing (long pants/sweats are recommended) and we will outfit you in turnout gear for the rest of the evening.

**Can I bring family or visitors to observe the Rookie Challenge?**

No. Because of safety issues, no one but the challenger will be allowed.

**Where can I see pictures from previous challenges?**

Go to our Facebook page at <https://www.facebook.com/uvurca/>

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