



FOR IMMEDIATE RELEASE

Thursday, Jan. 26, 2023

# San Diego Fire-Rescue Department Hosts Women's Fire Prep Academy

## THIRD ANNUAL EVENT OFFERS OPPORTUNITY FOR PARTICIPANTS TO TRAIN WITH PROFESSIONAL FIREFIGHTERS

SAN DIEGO – The City of San Diego Fire-Rescue Department's (SDFD) third annual Women's Fire Prep Academy (WFPA) is in full swing. Seventeen women and two men are learning a variety of fire service skills from SDFD firefighters at the SDFD training facility over six weeks.

**"We are pleased to offer this valuable opportunity for those interested in the fire service to receive hands-on training alongside professional firefighters," said Fire-Rescue Chief Colin Stowell. "The fire service overall has a difficult time recruiting women to this career and the WFPA is a great stepping stone toward becoming a firefighter."**

The WFPA is open to those who are 18, have a current emergency medical technician certificate and a high school diploma or GED. There are six Saturday sessions offered each year and this is the third year that SDFD has offered this academy. Participants learn a variety of skills from professional firefighters including how to effectively use and maintain the self-contained breathing apparatus firefighters wear while fighting fires, hose control, how to safely maneuver ground ladders and how to use a chainsaw. Familiarity with the apparatus and hydrants are also part of the training.

Participants learn workouts that will help them achieve the level of fitness required to be a firefighter. The training that participants experience in this program can help them successfully complete a fire academy, ideally with SDFD.

Since the WFPA launched in 2021, 36 participants have completed the program and 14 are currently SDFD firefighters, probationary firefighters or scheduled to attend the next fire academy. Seven other participants were hired with other agencies such as CAL FIRE and the US Forest Service.

The SDFD WFPA is provided at no cost to the participants and is funded by the City of San Diego with support from the [San Diego Fire Rescue Foundation](#) and private sponsors.

**WHAT:** Media availability

**WHO:** Colin Stowell, Fire Chief, San Diego Fire-Rescue Department  
Becky Newell, Battalion Chief, San Diego Fire-Rescue Department  
Selena Laniel, WFPA coordinator, San Diego Fire-Rescue Department  
Participants

**WHEN:** Saturday, Jan. 28, 2023, 9 – 11 a.m.

**WHERE:** SDFD Training Facility  
2580 Kincaid Road  
San Diego, CA 92101  
Interstate 5 to North Harbor Drive. North Harbor Drive to McCain Road. Take McCain Road until it ends and turns to the left. The training building will be in front of you. Park along the red curb. Please be mindful not to obstruct fire apparatus.

**VISUALS:** SDFD WFPA instructors and participants working on hose control, ground ladder manipulation, chainsaw orientation and use of the self-contained breathing apparatus.

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