

Volunteer Name: _____

Unit: _____

Date Started: _____

Date Completed: _____

Supervisor's Signature: _____

		Competency	Suggested Trainings/Tools	Date Completed	Certificate on File	Comments/Additional Information
Milford MRC Core Competency Training Log	1	Describe the procedures and steps necessary for the MRC member to protect health, safety, and overall well-being of themselves, their families, the team, and the community.	Public Health Preparedness 101			
			ARC Introduction to Disaster			
			IS-22 Are you Ready? An In-depth Guide to Citizen Preparedness			
			CERT-Module 1, Lesson 2: Family and Workplace Preparedness			
			N-95 respirator fit testing			
			N-95 Train the Trainer course			
			Standard Precautions and Respiratory Hygiene			
		Date Competency 1 Completed				

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Milford MRC Core Competency Training Log	2	Describe the impact of an event on the mental health of the MRC member, responders, and others.	<i>Psychological First Aid: Field Operations Guide (MRC version)</i>				Date Competency 2 Completed
			Emergency Mental Health for general volunteers				
			<i>Mental Health in Disasters Field Guide: SAHMSA</i>				
			<i>Psychological First Aid: Helping Others in Times of Stress</i>				
			Introduction to Mental Health Preparedness for local health dept staff and community volunteers				
	3	Describe the MRC member's communication role(s) and processes with response partners, media, general public, and others.	IS 100: Introduction to the Incident Command System				Date Competency 3 Completed
			Fundamentals of Crisis and Risk Communication				
			Customer service video screening: <i>The Essentials of Great Service</i>				

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Milford MRC Core Competency Training Log	4	Demonstrate the MRC member's ability to follow procedures for assignment, activation, reporting, and deactivation.	• Local unit-specific training: Traffic Safety class, Flu updates for medical volunteers, participation in city-wide volunteer meetings			
			Call-down drills, HAM Radio communications exercises, Volunteer-run flu clinics, inter-agency exercises, and actual events			
			Public health activities (e.g., participating in health fairs, disease screenings, and community education events)			
	5	Identify limits to own skills, knowledge, and abilities as they pertain to MRC role(s).	Local Unit Orientation			
			Public health activities (e.g., participating in health fairs, disease screenings, and community education events)			
			Call-down drills, HAM Radio communications exercises, Volunteer-run flu clinics, inter-agency exercises, and actual events			
						Date Competency 4 Completed
						Date C. 5 Completed

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Milford MRC Core Competency Training Log	6	Describe the chain of command (e.g., Emergency Management Systems, ICS, NIMS), the integration of the MRC, and its application to a given incident.	IS 100: Introduction to the Incident Command System				Date Competency 6 Completed	
			IS-700: National Incident Management System (NIMS), An Introduction					
	7	Describe the role of the local MRC unit in public health and/or emergency response and its application to a given incident.	Public Health Preparedness 101				Date C. 7 Completed	
			Local unit-specific training, site walk-through					