

# MRC Mission Sets

## Responder Rehab Mission Sets

**Mission Set:** The term ‘mission set’ describes a scalable response and recovery capability for MRC units and volunteers that is organized, developed, trained, and exercised prior to an emergency or disaster for local, state, and/or regional deployment purposes.

### Manasota MRC – Firefighter Rehab Response Team Mission Set

The Manasota Medical Reserve Corps serves Manatee and Sarasota Counties in Southwest Florida. Manatee County’s population is approximately 385,000 and Sarasota County’s population is approximately 419,000—a combined total of 804,000. The two counties are a mix of urban and rural areas, with one major interstate running north-south through both counties. The Manasota MRC currently has just over 100 volunteers, with half being medical and half non-medical.

#### Mission Set Title: MRC Volunteers Firefighter Rehab Response

**Resource Description:** Trained team able to supplement firefighter rehabilitation operations activities under leadership provided by the local jurisdiction. Team is able to provide rehabilitative cooling of firefighters and others presenting with heat-related illness symptoms (e.g., headache, nausea, weakness, dizziness, fainting, muscle cramps, seizures, confusion) until either released for return to duty or transferred to appropriate level of care. Rehab can also be used to mitigate potential hyperthermia issues (e.g., rash, syncope, cramps, exhaustion, stroke) prior to illness.

#### Resource Components

<b>Personnel:</b>	<b>Licenses or Certifications Required?</b> Yes. <ul style="list-style-type: none"> <li>• Required: First Aid</li> <li>• Preferred: Current CPR</li> </ul> <b>Type:</b> (use NIMS Resource Typing if applicable) <ul style="list-style-type: none"> <li>• Team Leader</li> <li>• RN</li> <li>• EMT (or Paramedic)</li> <li>• Logistics Support (x2)</li> </ul>	
<b>Training Requirements:</b>	<ul style="list-style-type: none"> <li>• Level-2 Background Check</li> <li>• Required FEMA ICS coursework for local MRC team membership</li> <li>• Other local MRC team-specific training</li> <li>• Introductory and periodic rehab operations training (MRC-internal)</li> </ul>	
<b>Equipment Required:</b>	<b>Minimum equipment needed:</b> <ul style="list-style-type: none"> <li>• Standard chairs (x6)</li> <li>• Rehab chairs (x4)</li> <li>• Minimum 18-ft, tandem axel enclosed trailer</li> <li>• Truck (4x4) with crew cab suitable for towing trailer</li> <li>• RV-type air conditioning unit(s) for trailer</li> <li>• Outlets, scene lighting, and 30A 120V shore-line power cord</li> <li>• Generator(s) for 30A 120V power</li> <li>• Misting fan(s)</li> <li>• Disposable bags for limb submersion</li> <li>• Coolers for ice</li> </ul>	<ul style="list-style-type: none"> <li>• Items for monitoring vitals (e.g., blood pressure or temperature)</li> <li>• Forms for patient tracking and recording vitals</li> <li>• Tables for completing forms, map displays, ICS T-cards, etc.</li> <li>• Radios/walkie-talkies for intragroup communication</li> <li>• Reflective vests for staff</li> <li>• Fuel cans (safety type) for generator and truck fuel</li> </ul>

# MRC Mission Sets

## Mission Set Title: MRC Volunteers Firefighter Rehab Response (cont'd)

**Resource Description:** Trained team able to supplement firefighter rehabilitation operations activities under leadership provided by the local jurisdiction. Team is able to provide rehabilitative cooling of firefighters and others presenting with heat-related illness symptoms (e.g., headache, nausea, weakness, dizziness, fainting, muscle cramps, seizures, confusion) until either released for return to duty or transferred to appropriate level of care. Rehab can also be used to mitigate potential hyperthermia issues (e.g., rash, syncope, cramps, exhaustion, stroke) prior to illness.

### Resource Components

<b>Equipment Required:</b>	<b>Recommended equipment:</b> <ul style="list-style-type: none"> <li>• Small vehicle (e.g., golf cart or 4x4 ATV) for patient transport</li> <li>• Awning for trailer</li> <li>• Bed cover/topper for truck</li> <li>• Extendable equipment storage rack for truck bed</li> <li>• Radios with jurisdictional talk groups</li> <li>• Auxiliary Communications System (ACS) Ham Radio operator &amp; equipment</li> <li>• Stopwatches for attachment to clipboards for patient rehab duration time tracking</li> </ul>
<b>Deployment Timeline:</b>	<ul style="list-style-type: none"> <li>• 2 hours after notification for local jurisdiction</li> <li>• 24 hours after notification for departure for mutual aid outside jurisdiction</li> </ul>
<b>Rotation of Personnel:</b>	Staff rotations every four (4) hours, on-site. Rotation outside of initial deployment team is geographically- & situationally-dependent.
<b>Pre-Planning Considerations:</b>	<b>Space Requirements:</b> <ul style="list-style-type: none"> <li>• Approx. 5ft x 5ft for each rehab chair, which includes working space for MRC personnel and supplies; can be reduced depending on trailer size.</li> <li>• Minimum 15ft W x 90ft L for truck &amp; trailer staging (or min. 100ft L, if golf cart or ATV utilized)</li> </ul> <b>Support Requirements:</b> <ul style="list-style-type: none"> <li>• Source for ice replenishment, preferably near rehab site</li> <li>• Potable water source, preferably co-located with rehab site</li> <li>• Latrine facilities for MRC personnel</li> <li>• Hand-washing facilities for MRC personnel</li> </ul>
<b>Limiting Factors:</b>	<ul style="list-style-type: none"> <li>• Water supply/availability</li> <li>• Ice replenishment</li> <li>• Fuel replenishment</li> <li>• Change of staging/location due to any change/development of hot zones</li> <li>• Food, spare uniforms, tents, and other self-sustaining equipment &amp; supplies will vary with duration and distance of deployment</li> </ul>

#### Resources:

- [Fire Corps: Guide to Providing Rehab](#)