

SIERRA COLLEGE

CONSTRUCTION BOOT CAMP

Rocklin Campus



Two-week instructional program to prepare you for your first job in the building trades

Class sessions held
July 9 through July 20, 2007 (M-F)

You will graduate with:

- ✘ Industry certifications: *CPR/First-Aid Certification, OSHA Safety Overview, Forklift Safety Training, Flagger Training*
- ✘ Entry-level job skills for the construction industry
- ✘ Job placement assistance

Fee is \$80 and due at the time of application to the program

Must be: Drug Free
18 Years or Older
Valid CA Drivers License
HS Diploma/GED

To obtain an enrollment application or learn more about Construction Boot Camp call:

***Carol Pepper-Kittredge at 916-781-6288 or
cpepper-kittredge@sierracollege.edu***

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FLOW CHART

DAY 1

Introduction – CBC Instructor
Expectations/Syllabus, Hardhats, Intro to Working Inch, Fractions, Tape Measure, Tape Measure as Calculator, Work Clothing, Organizing Pouches for Speed, Dominant Hand
Top 40 Construction Skills – CBC Instructor

DAY 2

Safety Regulations and Ergonomics
State Compensation Insurance Fund Instructors
Construction Skills – Dive knot, Skillsaw Blade Change Under 1 Minute, Handsaw Cut, No Mitre/No Bevel, Nail Driving, Nail Pulling – CBC Instructor

DAY 3

Basic First Aid and CPR – Safety Instructor
½ day of Construction Skills
Top 40 Construction Skills – CBC Instructor

DAY 4

Job Seeking/Construction Careers
Portfolio/Resume Skills Sheet, Cover Letter, Job Application – Soft Skills Instructor

Intro to work spaces
Blueprint Scales, Symbols, Architectural Lines, Plans Set Walk Through
Top 40 Construction Skills – CBC Instructor

DAY 5

Materials Handling, Forklift (Sit Down Counterbalance, Rough Construction Skills, Terrain, Variable Reach) - Safety Instructor
Top 40 Construction Skills - CBC Instructor

DAY 6

Working Environments (up, around, and in)
Ladders, Scaffolds & Plank Set-Up, Crawl The Culvert And Tie (Fisherman's Square Knots) – CBC Instructor

DAY 7

Flagging Certification – Safety Instructor
Tools Usage
Make VW Push Sticks
Top 40 Construction Skills – CBC Instructor

DAY 8

Top 40 Construction Skills – Walk the Plank, Skillsaw, Chop Saws – CBC Instructor

DAY 9

Top 40 Construction Skills – Cut and Build Forms, Mix, Pour And Finish Concrete - CBC Instructor

DAY 10

Finish Projects
Clean Up
Portfolio review and mock interviews
Graduation/Job Fair

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ENROLLMENT INSTRUCTIONS

Please complete your enrollment for the Sierra College Construction Boot Camp by:

- 1.** Submitting your:
 - A. Application
 - B. \$80 class fee (check or money order made out to *Sierra College*) and
 - C. Drug-Free Authorization and Consent Form

To:
Carol Pepper-Kittredge
Sierra College, Workforce Development & Continuing Education
5000 Rocklin Road
Rocklin, CA 95677.

- 2.** Following the attached instructions on completing your drug test. The class fee includes the cost of the drug test.

You will be notified prior to July 9 on your enrollment status.
Applicants who fail the drug test are not eligible for a course refund.

- 3.** Attending an orientation session (mandatory) at the Rocklin Campus (date and time TBD)

Bring a Department of Motor Vehicle (DMV) printout. Go to any DMV office, show a Drivers License, pay a \$5 fee, and DMV will issue a printout.

***For more information contact:
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CONSTRUCTION BOOT CAMP

ENROLLMENT APPLICATION

Name (First, Middle, Last)		Birth Date (Month/Day/Year)	
Address		Phone	
City	State	Zip Code	
Sex <input type="checkbox"/> Male <input type="checkbox"/> Female		Driver's License #	
High School Diploma or GED	Email address		
High School or Institution:			
Date Completed:			
Name of Person to Contact in an Emergency	Phone	Relationship	

Construction Boot Camp is a two-week (M-F) program designed to help students obtain entry-level jobs in the construction industry. Classes begin at 7 a.m. and conclude each day at 3:30 p.m. Failure to attend all 10 days of instruction will result in dismissal from the program. Disruptive behavior or inability to pass periodic written tests will also result in dismissal.

Students who attend Construction Boot Camp must be drug free, possess a valid California Drivers License, provide a Department of Motor Vehicle printout, have a high school diploma, GED or equivalent, and be 18 years of age or older.

Fully completing this application is the first step toward being accepted for Construction Boot Camp. SEE ENROLLMENT INSTRUCTIONS TO COMPLETE ACCEPTANCE INTO THE PROGRAM.

Students should be aware that the building trades often require hard physical labor and includes working outdoors in extreme heat or cold. Tardiness will result in immediate dismissal. NO EXCEPTIONS

Date of Enrollment Application _____

Student Signature _____

**Return this application and class fee of \$80 to:
Carol Pepper-Kittredge
Sierra College, Workforce Development & Continuing Education
5000 Rocklin Road
Rocklin, CA 95677**

For Training Center Use Only

Date Application Received / /

Application Approved By:

Job placement is not guaranteed in this program. No refund unless cancellation is prior to completion of drug test.





**DRUG FREE
MULTI- STATE DRUG AND/OR ALCOHOL TESTING
AUTHORIZATION AND CONSENT FORM**

1. I have applied for training services with the **Shasta Builders' Exchange Training Center**. I understand that SBE tests applicants for drug use. I understand that I do not have to submit to testing, but if I refuse to be tested, the **SBE Training Center** will not consider me for instruction. I understand that I must pass a drug test to be considered for acceptance into programs that consider drug testing as part of their acceptance policy.
2. I agree to give my urine and/or my blood specimen for testing as outlined in **SBE Training Center** Drug Free Policy. I consent to the specimens being collected and analyzed.
3. I consent to the collection site, the laboratory, or any other entity (providers of healthcare) using the results of my test to determine the existence of drugs and/or alcohol in my system. I authorize these entities to disclose the results of my tests to the authorized **SBE Training Center** representatives to determine my functional limitations and/or limits on my fitness to perform the functions of the program.
4. I understand that it is my right, upon request, to receive a copy of this authorization and consent form. I understand that if I would like to get more information about my test results I must submit a written request within 7 days to the **Program Manager of the SBE Training Center**.

I acknowledge and agree that I have read and understand this Drug Free Authorization and Consent Form and the **SBE Training Center** Drug Policy. I am freely and voluntarily signing this document. I further agree that the company has made no representations, inducements or statements, other than those in writing in these documents about drug and alcohol testing.

NAME: _____
Signature

DATE: _____

PRINT NAME: _____

SSN: _____

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DRUG TEST INSTRUCTIONS

Your class fee must be received before you can proceed with completing the drug test.

Please wait 4 business days after submitting your application and class fee to complete the process below: The class fee includes the cost of the drug test.

- 1.** Call DATCO Services Corporation at 530-274-8483 to schedule an appointment. DATCO will be notified in advance that you are an applicant to the Sierra College Construction Boot Camp program.

Testing Location:

Sutter Roseville Occupational Health
2 Medical Plaza Dr., Suite 105
Roseville CA 95661
916-797-4700

Hours of Operation are Mon - Fri: 7:30 AM – 4:00 PM

- 2.** Test results will be sent to Shasta Builders Exchange within 24 hours. SBE will notify you of the results.

Applicants who fail the drug test are not eligible for enrollment and will not receive a course refund.

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