

## CCSF - Intern Rules for Ride-a-longs:

1. You are a guest (let your behavior guide you with this concept)
2. Contact the Captain of the house you are assigned before beginning your assignment. Introduce yourself (give your qualifications form, Emergency Treatment form & SFFD release of liability form)
3. Contact the house collector and make arrangements to pay monthly house dues for coffee, etc. ( pro rated for (4) days per month)
4. Required dress: safety shoes, dark work pants (Ben's – no jeans!), dark blue "T" shirt or white shirt if required, eye protection (safety glasses), work gloves, and optional dark blue sweat shirt
5. The normal work day for interns is 0800 to 1600 hours. Arrive at 0745 hours if you start at 0800hours
6. Help with cleaning duties at 0830 hours
7. Help with lunch preparation and lunch dishes (pay for the cost of lunch each day)
8. Enthusiastically participate in all activities during the day
9. No over night stays at the firehouse & DO NOT go into burning buildings
10. Help the driver with his/her activities at dangerous incidents - just observe and stay away from the danger zone
11. If invited to stay for dinner (help with food preparation and with cleaning up after dinner) (pay for dinner lunch/dinner before leaving)
12. The day before contact on-duty officer & Instructor Long if you will be absent! Make arrangements for a make-up day...