



## Core Competencies Training Matrix

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**RATIONALE:** Core Competencies are a baseline level of knowledge and skills that all Peninsula Medical Reserve Corps members should have to be deployed as a Peninsula MRC volunteer. These are the minimum standards necessary to ensure a common language and understanding of the Incident Command System/Structure among volunteers and partner organizations. These Core Competencies follow MRC National Standard recommendations.

### **VVHS Definition of MRC Volunteer Levels:**

**Level 4 (White Badge)** – Volunteer assigned to Level 4 are registered in the unit via VVHS but have had no formal training and are inactive. VVHS status = approved. Considered a Spontaneous Unaffiliated Volunteer (SUV).

**Level 3 (Red Badge)** – Volunteers assigned to Level 3 have completed minimal training to include an MRC Unit Orientation Training and have no specific volunteer responsibility.

**Level 2 (Yellow Badge)** – Volunteers assigned to Level 2 are in a mid-leadership position in the MRC Unit, has specific assigned roles and has met MRC Core Competency requirements.

**Level 1 (Green Badge)** – Volunteers assigned to Level 1 are in a high leadership position with specific leadership roles assigned. Higher level training requirements include IS200.a and IS800.b, and have participated in an exercise in a leadership position.

In order to register for and/or take courses (classroom or web-based), a free TRAINVirginia account OR a response to a VVHS Training Alert is required.

For TRAIN Users, please refer to TRAINVirginia User Documentation located at  
<http://www.vdh.virginia.gov/mrc/peninsulamrc>  
There you will also find a link to TRAINVirginia  
(<http://va.train.org>)



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All courses are free of charge to PenMRC Volunteers.

Level	Recommended Training	Modality
<p>Level 4 Volunteers assigned to Level 4 are registered in the unit via VVHS but have had no formal training and are inactive. VVHS status = approved. SUV.</p> <p><i>*In some cases, The State of Virginia requires Medical volunteers to have CPR certification in order to deploy in a medical capacity.</i></p>	<p>*CPR Certification for Medical or Non-Medical volunteers</p> <p>*Epidemiology 101</p>	<p>Mary Immaculate Hospital (Classroom) TRAINVirginia #1025276 (Medical) TRAINVirginia #1025278 (Non-Med)</p> <p>EPI-101 Training (Classroom) (TrainVA #1024629)</p>
<p>Level 3 Volunteers assigned to Level 3 have completed minimal training to include an MRC Unit Orientation training and have no specific volunteer responsibility.</p> <p>Please submit completed course certificates or TRAIN transcript to PenMRC office.</p>	<p>*Peninsula MRC Orientation, Read PenMRC Policies, Return of Signature Page.</p> <p>*IS-100.b Introduction to the Incident Command System</p> <p>*IS-700.a National Incident Management System (NIMS), an Introduction</p> <p>*Psychological First Aid/Disaster Behavioral Health</p> <p>*Citizen Preparedness</p> <p>*Participation in outreach exercise or event</p>	<p>PenMRC Orientation Training Class (Classroom) (TrainVA #1020123)</p> <p>IS-100.b (Web-based) (TrainVA #1024627)</p> <p>IS-700.a (Web-based) (TrainVA #1016070)</p> <p>Psychological First Aid/Disaster Behavioral Health: (On-line portion – TrainVA #1024532; Classroom briefing and exercise – TrainVA #1020214)</p> <p>IS-22: Are you ready? An In-depth Guide to Citizen Preparedness (web-based) (TrainVA #1014732), or Classroom (TrainVA #1020215)</p> <p>PenMRC: Exercise or Events: watch for alerts via VVHS</p>
<p>Level 2 Volunteers assigned to Level 2 are in a mid-leadership position in the MRC Unit, has specific assigned roles and has met MRC Core Competency requirements.</p> <p>Please submit completed course certificates or TRAIN transcript to PenMRC office.</p>	<p>*IS-200.b ICS For Single Resources and Initial Action Incidents</p> <p>*POD (Point of Dispensing) Training and Exercise</p> <p>*Terrorism</p> <p>*Mass Casualty Incident Management</p> <p>*Basic Radio Communications</p>	<p>IS-200.b (Web-based) (TrainVA #1024638)</p> <p>POD (Classroom) (TrainVA #1020218)</p> <p>Terrorism (Web-based) (TrainVA #1004809)</p> <p>Mass Casualty – Module 1 (Classroom) (TrainVA #1020220)</p> <p>Basic Radio Communications (Classroom) #1020221</p>
<p>Level 1 Volunteers assigned to Level 1 are in a high leadership position with specific leadership roles assigned. Higher level training requirements include IS200.a and IS800.b, and have participated in an exercise in a leadership position.</p> <p>Please submit completed course certificates or TRAIN transcript to PenMRC office.</p>	<p>*IS-300 Intermediate ICS for Expanding Incidents</p> <p>*IS-400 Advanced ICS for Command and General Staff</p> <p>*IS-800.B National Response Framework – An Introduction</p> <p>*One Course in team specific function or professional area</p>	<p>IS-300 (Classroom) (TrainVA #1014182)</p> <p>IS-400 (Classroom) (TrainVA #1018321)</p> <p>IS-800.B (Web-based) (TrainVA #1011892)</p> <p>Select at <a href="http://va.train.org">http://va.train.org</a></p>