

National Interagency Coordination Center
Incident Management Situation Report
Friday, March 27, 2015 – 0800 MT
National Preparedness Level 1

National Fire Activity (Weekly Total)

Initial attack activity:	Light (892 new fires)
New large incidents:	7 (*)
Large fires contained:	5
Uncontained large fires: **	3
Area Command Teams committed:	0
NIMOs committed:	0
Type 1 IMTs committed:	0
Type 2 IMTs committed:	0

** Uncontained large fires include only fires being managed under a full suppression strategy.

[Link](#) to Geographic Area daily reports.

Southern Area (PL 1)

New fires:	697
New large incidents:	4
Uncontained large fires:	3

* **West Prong**, Osage Agency, BIA. Two miles northeast of Skiatook, OK. Hardwood litter. Minimal fire behavior. Numerous structures threatened.

* **Tripod**, Osage Agency, BIA. Five miles southwest of Hominy, OK. Hardwood litter, brush and grass. Minimal fire behavior. Precipitation occurred over the fire area yesterday. Last report unless significant activity occurs.

Goodeagle, Miami Agency, BIA. Three miles northeast of Peoria, OK. Hardwood litter. Smoldering. Precipitation occurred over the fire area. Last report unless significant activity occurs.

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
* West Prong	OK-OSA	4,019	---	20	Ctn	3/28	4	---	0	2	0	1	5K	BIA
* Tripod	OK-OSA	380	---	50	Ctn	3/27	6	---	0	2	0	0	4K	BIA
Goodeagle	OK-MIA	256	0	30	Ctn	UNK	8	0	1	1	0	0	3K	BIA
* Alexander Springs	FL-FNF	506	---	100	Ctn	---	1	---	0	0	0	0	69K	FS
* Round Springs	OK-NEU	150	---	100	Ctn	---	4	---	0	2	0	0	5K	ST

FNF – National Forests in Florida

NEU – Northeast Area Oklahoma DOF

Northern Rockies Area (PL 1)

New fires: 13

New large incidents: 2

Uncontained large fires: 0

Incident Name	Unit	Size		% Acres	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Chge	Total				Chge	Crw	Eng	Heli				
* Bringoff	MT-MCD	4,094	---	100	Ctn	---	0	---	0	0	0	0	63K	PRI
* North Fork	MT-LG03	1,384	---	100	Ctn	---	0	---	0	0	0	0	10K	CNTY

Rocky Mountain Area (PL 1)

New fires: 32

New large incidents: 1

Uncontained large fires: 0

Incident Name	Unit	Size		%	Ctn/Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
* Neola	KS-SFX	355	---	100	Ctn	---	21	---	0	7	0	0	4K	CNTY

SFX – Stafford County

Active Incident Resource Summary

GACC	Fires	Cumulative Acres	Crews	Engines	Helicopters	Total Personnel
AK	0	0	0	0	0	0
NW	0	0	0	0	0	0
NO	0	0	0	0	0	0
SO	0	0	0	0	0	0
NR	0	0	0	0	0	0
GB	0	0	0	0	0	0
SW	0	0	0	0	0	0
RM	1	355	0	7	0	21
EA	0	0	0	0	0	0
SA	8	6,051	1	22	0	57
Total	9	6,406	1	29	0	78

*This table is updated daily and includes the total count of active fires and acres with resources assigned that have been reported in the SIT-209 program within the last seven days. This includes what has been reported in the Geographic Area summary tables above.

Fires and Acres Last Week (By Protection)

AREA		BIA	BLM	FWS	NPS	ST/OT	USFS	TOTAL
Alaska	FIREs	0	0	0	0	3	0	3
	ACRES	0	0	0	0	0	0	0
Northwest	FIREs	3	0	0	0	0	3	6
	ACRES	65	0	0	0	0	1	66
Northern California	FIREs	0	0	0	0	24	0	24
	ACRES	0	0	0	0	5	0	5
Southern California	FIREs	0	0	0	0	10	5	15
	ACRES	0	0	0	0	1	0	1
Northern Rockies	FIREs	1	1	0	0	9	2	13
	ACRES	40	0	0	0	4,388	2	4,430
Great Basin	FIREs	0	7	1	0	8	1	17
	ACRES	0	3	0	0	4	0	7
Southwest	FIREs	14	3	0	0	13	1	31
	ACRES	35	0	0	0	197	0	232
Rocky Mountain	FIREs	7	8	1	0	16	0	32
	ACRES	305	67	124	0	503	0	999
Eastern Area	FIREs	17	0	0	0	29	8	54
	ACRES	16	0	0	0	99	46	161
Southern Area	FIREs	422	0	0	0	262	13	697
	ACRES	4,265	0	0	0	2,168	382	6,815
TOTAL	FIREs	464	19	2	0	374	33	892
	ACRES	4,726	70	124	0	7,365	431	12,716

Fires and Acres Year-to-Date (By Protection)

AREA		BIA	BLM	FWS	NPS	ST/OT	USFS	TOTAL
Alaska	FIREs	0	1	0	0	7	0	8
	ACRES	0	0	0	0	3	0	3
Northwest	FIREs	12	5	1	3	36	14	71
	ACRES	329	0	0	0	156	4	489
Northern California	FIREs	0	0	1	0	177	28	206
	ACRES	0	0	345	0	177	283	805
Southern California	FIREs	3	6	1	0	257	34	301
	ACRES	4	1,872	1	0	6,585	1,811	10,273
Northern Rockies	FIREs	13	8	0	0	60	10	91
	ACRES	55	102	0	0	10,277	20	10,454
Great Basin	FIREs	2	24	1	0	46	6	79
	ACRES	4	26	0	0	438	15	483
Southwest	FIREs	54	20	0	3	100	23	200
	ACRES	359	8	0	0	11,380	117	11,864
Rocky Mountain	FIREs	105	15	5	1	98	9	233
	ACRES	3,304	107	141	0	15,645	232	19,429
Eastern Area	FIREs	70	0	1	2	280	33	386
	ACRES	168	0	25	18	2,247	1,843	4,301
Southern Area	FIREs	587	0	2	1	6,571	133	7,294
	ACRES	17,365	0	66	2	66,395	9,329	93,157
TOTAL	FIREs	846	79	12	10	7,632	290	8,869
	ACRES	21,588	2,115	578	20	113,303	13,654	151,258

Ten Year Average Fires	12,934
Ten Year Average Acres	433,115

*** Changes in some agency YTD acres reflect more accurate mapping or reporting adjustments. ***

Prescribed Fires and Acres Last Week (By Ownership)

AREA		BIA	BLM	FWS	NPS	ST/OT	USFS	TOTAL
Alaska	FIREs	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	0	0
Northwest	FIREs	0	2	0	0	0	1	3
	ACRES	0	118	0	0	0	65	183
Northern California	FIREs	0	0	0	0	0	2	2
	ACRES	0	0	0	17	0	171	188
Southern California	FIREs	0	0	0	0	0	12	12
	ACRES	0	0	0	0	0	52	52
Northern Rockies	FIREs	0	4	0	0	0	4	8
	ACRES	0	710	0	0	0	186	896
Great Basin	FIREs	0	2	0	0	2	1	5
	ACRES	5	100	0	0	334	948	1,387
Southwest	FIREs	1	4	3	1	0	2	11
	ACRES	80	5,757	1,812	4,483	0	284	12,416
Rocky Mountain	FIREs	0	2	2	0	0	1	5
	ACRES	0	404	386	0	3	2	795
Eastern Area	FIREs	0	0	4	2	20	13	39
	ACRES	0	0	1,938	2,450	1,714	2,916	9,018
Southern Area	FIREs	1	0	6	0	268	25	300
	ACRES	53	0	695	0	12,612	33,640	47,000
TOTAL	FIREs	2	14	15	3	290	61	385
	ACRES	138	7,089	4,831	6,950	14,663	38,264	71,935

Prescribed Fires and Acres Year to Date (By Ownership)

AREA		BIA	BLM	FWS	NPS	ST/OT	USFS	TOTAL
Alaska	FIREs	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	0	0
Northwest	FIREs	0	23	2	0	0	55	80
	ACRES	0	17,535	50	0	0	6,490	24,075
Northern California	FIREs	0	0	5	7	0	83	95
	ACRES	0	143	1,630	177	0	5,404	7,354
Southern California	FIREs	0	2	1	0	0	92	95
	ACRES	0	58	460	0	0	1,727	2,245
Northern Rockies	FIREs	8	20	6	0	0	18	52
	ACRES	3,075	2,175	8	0	0	1,498	6,756
Great Basin	FIREs	1	18	1	8	22	26	76
	ACRES	8	783	560	78	498	3,646	5,573
Southwest	FIREs	6	20	11	3	0	68	108
	ACRES	218	13,741	2,235	4,504	0	9,443	30,141
Rocky Mountain	FIREs	2	25	8	9	24	59	127
	ACRES	101	1,145	1,741	148	226	13,947	17,308
Eastern Area	FIREs	11	0	32	1	151	40	235
	ACRES	18,154	0	6,429	1,850	10,575	18,863	55,871
Southern Area	FIREs	66	0	107	9	4,587	440	5,209
	ACRES	12,858	0	87,176	13,455	292,135	395,591	801,215
TOTAL	FIREs	94	108	173	37	4,784	881	6,077
	ACRES	34,414	35,580	100,289	20,212	303,434	456,609	950,538

*** Changes in some agency YTD acres reflect more accurate mapping or reporting adjustments. ***

Additional wildfire information is available through the Geographic Areas at <http://gacc.nifc.gov/>.

Predictive Services Discussion: It will be dry and unseasonably warm over the western U.S. this weekend as a ridge of high pressure strengthens. In contrast, the northeast quarter of the Nation will continue to be cool and unsettled through next week from the northern Plains through New England with periodic intrusions of wintery weather. The ridge over the west will be undercut by a closed low pressure system over the southwest U.S. early next week with showers and thunderstorms spreading from the southern Rockies through the mid-Atlantic region. This will weaken the ridge and provide a more progressive pattern for the Intermountain West next week with precipitation in the Pacific Northwest and Northern Rockies. Westerly flow over California will deliver a prolonged period of onshore winds and higher humidity through next week.

<http://www.predictiveservices.nifc.gov/outlooks/outlooks.htm>

This report contains information derived from the National Fire and Aviation Management Web Applications (FAMWEB) system and other sources to provide relative information about emerging and ongoing incident activity. This information is considered operational in nature, is subject to change, and therefore may not match official year-to-date agency records.

**** National Interagency Coordination Center ****



Nutrition: What we are eating and why

Firefighter Health & First Aid

Nutrition is a critical part of the health and safety of wildland fire suppression personnel. This is the fuel for the body to perform the work and maintain cognitive abilities. Wildland firefighters on the fireline need 4,000-6,000 calories a day to not go into an energy deficit. Consider the following key points when choosing your meal:

- There are 3 major energy sources in food: carbohydrates, protein, and fats.
- Carbohydrates (also called sugar) offer an immediate source of energy for your body. They provide the fuel for your muscles and organs, such as your brain.
- Proteins are the basic building blocks of the human body. They are made up of amino acids that help build muscles, blood, skin, hair, nails and internal organs.
- Fat is an essential nutrient that provides energy, energy storage, insulation, and contour to the body.
- MTDC recommends eating 150-200 kcals every 2 hours during the work shift to maintain blood glucose and energy levels.

Carbohydrates:

- Studies on athletes have shown that carbohydrates are the most critical energy source for performance and health.
- Carbohydrates are your body's first choice for fuel. If given a choice of several types of foods simultaneously, your body will use the energy from carbohydrates first.
- If you do not eat enough carbohydrates, the following can occur:
 - Fatigue
 - Muscle cramps
 - Poor mental function
- The fire camp lunches (called shift food) are designed to allow firefighters small amounts of food (primarily carbohydrates) that can be easily eaten throughout the work shift.

Discussion Points

How are you eating your fire lunch? Is it all at once or small amounts throughout the day? Think of long duration events (Ultra Runs, triathlons), do you see athletes stopping for a big meal or eating small amounts constantly throughout the race?

Additional Resources:

[Eating for Health and Performance web presentation](#), [MTDC Tech Tip on Nutrition \(2007\)](#), [NWCG Fitness and Work Capacity Ch 10](#), and Book "Sport Nutrition, 2 Ed"; by Asker Jeukendrup and Michael Gleeson

This topic was submitted by Joe Domitrovich, PhD, Exercise Physiologist, Missoula Technology and Development Center

Have an idea? Have feedback? Share it.

[EMAIL](#) | [Facebook](#) | MAIL: 6 Minutes for Safety Subcommittee • 3833 S. Development Ave • Boise, ID 83705 | FAX: 208-387-5250