



South Metro Safety Foundation

2026 Program Overview

Empowering Our Community Through Life-Saving Education



About the South Metro Safety Foundation

The South Metro Safety Foundation (SMSF) is a 501(c)(3) nonprofit organization that has served the South Metro community since 1985. Originally established as the Adam and Dorothy Miller Lifesafety Center, the Foundation was created to fulfill the Millers' vision of using education to prevent injury and death in the community.

Following the merger of Parker Fire and South Metro Fire in 2008, the organization became the South Metro Safety Foundation — the non-profit partner to South Metro Fire Rescue Authority.

Key Points

- Community-based nonprofit, EIN 84-1174330
- Dedicated to equipping individuals of all ages with life-saving skills
- Programs serve children, teens, adults, and seniors
- Hands-on instruction by experienced, passionate instructors
- Offers both free and affordable fee-based programs to maximize accessibility

Partnership with SMFR



SMSF serves as a true partner to CRR, helping take ideas and turn them into programs that have a greater impact in the community. CRR helps identify emerging risks, community needs, and opportunities, while SMSF brings additional resources, relationships, and flexibility to help put those ideas into action. In addition to the regular SMSF programs, additional campaigns like Hands-Only CPR, community events, and Scouting Day, we are able to expand our reach and strengthen the work of both CRR and SMSF. Ultimately, the partnership allows us to accomplish more together and provide greater value to the communities we serve.





Driving Programs

Preparing Teens, Adults & Seniors for Safer Roads



Teen Crash Avoidance Class

Hands-on, one-day class developing car control and defensive driving skills on SMSF's driving range in Parker.

What Students Learn:

- **Threshold Braking** — braking at the threshold without locking up
- **Crash Avoidance** — maneuvering to avoid hazards
- **Skid Control & Recovery** — handling slippery surfaces –Skid Car 2026
- **Defensive Driving** — shuffle steering and proper hand positioning
- **Distracted & Impaired Driving** — experiential danger demonstrations





Adult/Senior Driving Skills

This hands-on driving class is designed for new Colorado residents, senior citizens, and all adults age 22 and older who want to improve their ability to handle challenging winter driving situations. Students use their own personal vehicle on SMSF's driving range in Parker.

Skills Taught:

- Skid control and recovery
- Threshold braking
- Arm lock and hand-to-hand steering
- Visual perception training

Class Details: 9:00 AM – 1:00 PM | Cost: \$60



License to Survive — Free Teen Driving Seminar

License to Survive is a free 90-minute seminar for parents and teens who are ready to start the driving permit process. All beginning drivers are welcome.

For Parents

- Understand the learn-to-drive process and Graduated Licensing Laws
- Learn parent responsibilities and liabilities
- Tips on how to be effectively involved as your student begins to drive

For Students

- Develop a clearer perspective of the driving process
- Learn how to keep their driver's license
- Understand how to survive the greatest risk of driving



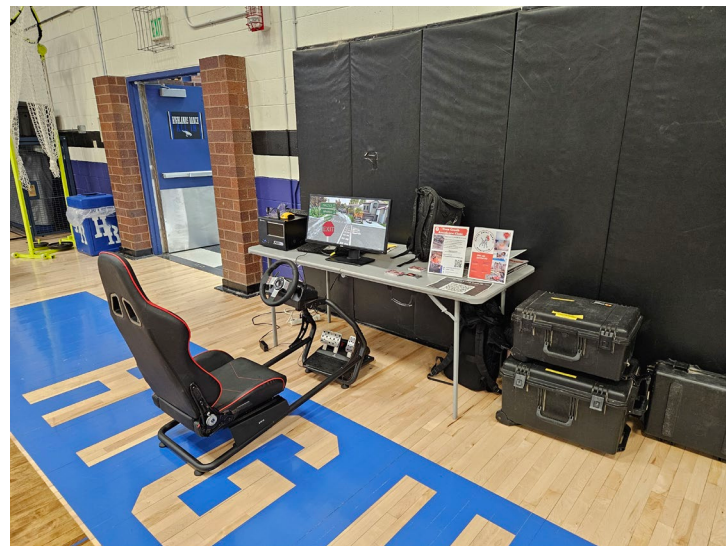


Driving Simulator

The SMSF Driving Simulator brings an immersive, risk-free driving experience to schools and community events. Participants can try scenarios like distracted driving, adverse weather, and emergencies without real-world risk.

Program Highlights

- School programs and public events
- Shows dangers of distracted and impaired driving
- Engages young drivers with interactive demos
- Supports Teen Crash Avoidance and Driver Awareness





NEW FOR 2026 — Skid Car Program

Launching in 2026, the Skid Car Program introduces a state-of-the-art training vehicle equipped with a specialized hydraulic frame. This technology allows instructors to simulate hazardous driving conditions, like ice, snow, and rain in a controlled, safe environment.

Program Highlights

- Provides hands-on experience in skid control and recovery
- Creates a safe, low-speed environment for high-risk scenarios
- Teaches drivers how to react instinctively to loss of traction
- Will enhance existing Teen Crash Avoidance and Adult/Senior Driving classes

**Advanced training for
unpredictable conditions.**





CPR & First Aid Programs

Building a Heart-Safe Community



CPR, AED & First Aid Certification

SMSF offers American Heart Association–certified classes covering adult, child, and infant CPR/AED and First Aid. These comprehensive, one–day classes are taught by experienced instructors with a two–to–one student–to–manikin ratio to maximize hands–on practice.

Program Details

- AHA–certified for adults and teens age 15 and older
- Certification valid for two years
- 7.5–hour class format
- Ideal for coaches, childcare providers, scout leaders, foster parents, and community members





Hands-Only CPR — Community Outreach Events



Hands-Only CPR training is delivered at community events, schools, and public gatherings by SMSF volunteer instructors. These approximately 4-hour events teach the life-saving skill of compression-only CPR to large audiences in an accessible, no-certification-required format.

Program Highlights

- Reaches large audiences at community events
- Delivered by trained volunteer instructors
- Focuses on the single most important action bystanders can take in a cardiac emergency
- **88% of cardiac arrests occur at home** — training community members saves lives



Youth Safety Programs

Building Confidence and Independence in Young People



Super Sitter Babysitting Class

The Super Sitter Babysitting Class is designed to provide young babysitters ages 11–16 with the skills and knowledge they need to be responsible, safe, and successful. This fun and interactive one-day class is one of SMSF's most popular programs.

Course Content:

- **Safety:** recognizing and avoiding potential hazards
- **Basic childcare:** feeding, diapering, and playing with children
- **First Aid:** responding to common injuries and emergencies
- **Business skills:** finding clients, negotiating fees, and providing excellent service



Kids Home Alone Safety Class

This full-day safety class is designed for youth ages 11–16 who are preparing to stay home alone or are already doing so. The course helps young people take on more independence safely and confidently.

Topics Covered:

- Fire safety and prevention
- Kitchen and cooking safety
- Helmet and bike safety
- Calling 911 and emergency communication
- Weather emergencies

Also Includes:

- CPR and First Aid certification
- Decision-making skills using the 4-question method
- Understanding their "constellation of support" — trusted people to reach out to





Older Adult Programs

Helping Seniors Stay Safe and Independent



Safety Skills for Older Adults

This free class uses national and local data to focus on the top risks to older adults (age 60+) and provides actionable steps to prevent injuries. The DRCOG Area Agency on Aging also presents on no-cost services available to help people remain independent in the community.

Topics Covered:

- How to spot a stroke
- Cardiac arrest vs. heart attack
- Choking response
- Fall prevention strategies
- How to get off the ground after a non-injury fall
- Video resources for stability
- Tips to find and fix hazards in the home
- Free aging resources in Douglas, Jefferson, and Arapahoe Counties





Caring for Older Adults — Free Caregiver Class

This free class is designed for informal caregivers, family members, and friends who help an older adult in their life. It provides practical, actionable steps to limit risks for older adults — whether you help daily or only occasionally.

Program Highlights

- Free of charge to all participants
- Covers the most common risks and injury scenarios for older adults
- Practical guidance for both regular and occasional caregivers

Supporting those who
who **support our seniors.**
seniors.



Child Passenger Safety

Keeping Our Youngest Community Members Safe



Child Passenger Safety Seat Inspections

SMSF's certified Child Passenger Safety Technicians (CPSTs) conduct free car seat inspections to ensure children are properly protected. Inspections are held weekly at multiple South Metro Fire Rescue stations and can also be arranged at off-site locations.

Program Highlights:

- Certified CPST instructors on staff
- Weekly inspections at multiple SMFR station locations
- Off-site events available at your location
- Virtual appointments available by calling 303-805-0228
- **Cost:** Free to the community
- **Each appointment:** approximately 30 minutes per car seat





Sunshine the Seatbelt Sloth

Developed in partnership with the SMFR CRR team and SMSF, Sunshine the Seatbelt Sloth is an early childhood outreach program designed to teach young children the importance of always wearing their seatbelts.

Program Highlights

- Engages children through a fun, memorable mascot
- Teaches lifelong safety habits at an early age
- Available for preschools, elementary schools, and community events
- Reinforces the message that safety can be fun

**Making safety fun and
memorable for our
youngest residents.**



Public Outreach & Community Programs

Engaging and Educating the South Metro Community



Survivor Car

The Survivor Car is a highly visual and impactful educational tool used at community events, high schools, and public gatherings throughout the South Metro area.

Program Features

- Displays a real vehicle involved in a severe crash
- Highlights that the occupants survived specifically because they were wearing seatbelts
- Accompanied by SMSF staff or volunteers who share the story and answer questions
- Sparks critical conversations about driving safety and decision-making

A powerful, tangible reminder that **seatbelts save**
save lives.





Engine 1/2

Engine 1/2 is a half-scale fire engine used by SMSF to teach fire safety to children and families.

Program Highlights

- Popular attraction that encourages safety conversations
- Featured at events, parades, and school visits
- Operated by SMSF staff and volunteers
- Creates positive community connections

Engaging the community
half-scale at a time.





AED Placement Program

The South Metro Safety Foundation assists local businesses, schools, and community organizations in acquiring and placing Automated External Defibrillators (AEDs) to build a heart-safe community.

Program Highlights

- Pairs seamlessly with SMSF CPR/AED training programs to ensure staff readiness
- Assists in the purchase of AED units at discounted rates
- Provides expert guidance on proper placement and maintenance
- Significantly enhances the overall heart safety and emergency response capability of the South Metro area

Equipping our community
to respond to **cardiac
emergencies.**



South Metro Safety Foundation

Nonprofit Organizational Chart

SMFR Liaison

South Metro Fire Rescue
Deputy Chief Kristin
Eckmann

liaison to board

Board of Directors

Mike Cottsworth — President
Mark Lampert — Vice President
Hank Eng — Secretary
Linda Ganz — Board Member
Jim Olmstead — Board Member
Erin Brill — Board Member
Cindy Hathaway — Board Member
Kip Pedre — Board Member
Danny Gaddy — Board Member

Executive Director

Theo Mink

CPR Coordinator

Erin Loeks

Older Adult Coordinator

Alissa Ray

Car Seat Coordinator

Kirsten Harbeck

Driving Program

Driving Instructors

CPR Instructors

- Kristen Smith
- Leslie Harper
- Sue Roche
- Brad Nelson
- Hank Eng
- Carolina Alcaraz
- Travis Graham
- Doug Payne
- Mason Loeks

Car Seat Inspectors

- Erin Brill

Driving Instructors

- Mike Cottsworth
- Scott Howard
- Steve Tarr
- Dennis Boos
- Stephen Larsen
- Derrick Stuckey
- Glen Duke
- Eric Graham
- Wes McClain

Standard nonprofit model: Board governance to Executive Director to program coordination and instruction teams. Dashed line indicates liaison relationship.

Thank You



Partnering with South Metro Fire Rescue to build a safer community.

Web: www.southmetrofoundation.org

Phone: 303-805-0228

South Metro Safety Foundation is a 501(c)(3) Nonprofit Organization