To All: Welcome!

My name is Theo de Kruyf and I will be conducting the upcoming Certified Fiber Optic Technician (CFOT) certification course.

**Note, this is a hybrid class, allowing us to spend more time on labs. Below are the links to complete the on-line lessons.**

Classes will begin at 8:30 AM and end at 5:00 PM. I am looking forward to meeting all at the first day’s class.

My Cell: 250.512.9960

Email me at ibew.trainer@gmail.com with any special requirements.

**Bring Safety Glasses with Sideshields.**

**Please wear long pants and closed shoes.**

**Complete the below online lessons prior to the training.**

GO TO EACH Lesson link, read the FOA reference, and take the quiz for each.  
Read the materials linked on each lesson plan and take the quiz.

(If the highlighted links do not work, copy and paste the url under each heading into the adress bar of your browser.)

[Lesson 1](http://fiberu.org/basic/LP1.html): Introduction, Overview, Standards, Safety

http://fiberu.org/basic/LP1.html

[Lesson 2](http://fiberu.org/basic/LP2.html): Fiber Optic Jargon - The Language of Fiber Optics

 http://fiberu.org/basic/LP2.html

[Lesson 3](http://fiberu.org/basic/LP3.html): Fiber Optic Communications

http://fiberu.org/basic/LP3.html

[Lesson 4](http://fiberu.org/basic/LP4.html): Fiber Optic Transmission Systems and Components

 http://fiberu.org/basic/LP4.html

[Lesson 5](http://fiberu.org/basic/LP5.html): Optical Fiber

 http://fiberu.org/basic/LP5.html

[Lesson 6](http://fiberu.org/basic/LP6.html): Fiber Optic Cables

 http://fiberu.org/basic/LP6.html

[Lesson 7:](http://fiberu.org/basic/LP7.html) Termination and Splicing

 http://fiberu.org/basic/LP7.html

[Lesson 8](http://fiberu.org/basic/LP8.html): Fiber Optic Testing

http://fiberu.org/basic/LP8.html

[Lesson 9](http://fiberu.org/basic/LP9.html): Fiber Optic Network Design

 http://fiberu.org/basic/LP9.html

[Lesson 10](http://fiberu.org/basic/LP10.html): Fiber Optic Network Installation

<http://fiberu.org/basic/LP10.html>

If the above links do not work go to <https://fiberu.org/basic/index.html> using your browser and scroll down to the bottom.

 Print-out your quizzes as this will be a great review for you for the certification

test.

**Lessons/Chapters 1,2,and 3 will not be covered again in class. Make SURE you can pass the quizes for those.**

To All Students,

Once you select the Lesson from the lesson plan.

***ONLY COMPLETE THE FOA*** reference and Online quiz for each lesson plan.

The lesson plan is is similar to the chapters in the textbook you will receive at start of class. (example below)

Lesson plan 1-10

Online FOA Reference:

[Basic overview](http://www.thefoa.org/tech/ref/basic/basics.html)     
[Fiber Optic Standards](http://www.thefoa.org/tech/ref/basic/standards.html)   
[Fiber Optic Safety](http://www.thefoa.org/tech/ref/safety/safe.html)

**Book Chapter:**  
            *FOA Reference Guide to Fiber Optics*, Chapter 1  
  
**Test Your Knowledge:**

[Online Quiz](http://www.thefoa.org/tech/ref/basic/quiz/basic/basic.htm)  
Textbook: take the Quiz at the end of Chapter 1 and [check your answers](http://fiberu.org/basic/qLP1.html)

Regards,

Theo de Kruyf