



Metropolitan Washington
Council of Governments

2026 NCR FIRE HEALTH & SAFETY SYMPOSIUM

Health & Safety: A Full 360



March 13, 2026

**Local & National Speakers, 3 Tracks of Topics,
Numerous Vendors, Catering Provided, &
Networking Social**

[Click here for Event Registration](#) due by 2/27

[Click here for Vendor Registration](#) due by 1/30



Crystal Gateway Marriott, 1700 Richmond Hwy, Arlington, VA 22202

For any questions, contact Brexton Ridley at bridley@mwcog.org

Symposium Itinerary

	Track 1: Operational Safety/ Tactical Decision Making	Track 2: Behavioral Health/ Firefighter Wellness	Track 3: Cancer & Cardiac
0630 - 0800		Coffee/ Light Breakfast / Vendor Setup	
0800 - 0900		Opening Keynote Speaker	
0915 - 1000	Breakout Speaker 1	Breakout Speaker 2	Breakout Speaker 3
1015 - 1100	Breakout Speaker 4	Breakout Speaker 5	Breakout Speaker 6
1115 - 1200	Breakout Speaker 7	Breakout Speaker 8	Breakout Speaker 9
1200 - 1315		Lunch & Vendor Time	
1315 - 1400	Breakout Speaker 10	Breakout Speaker 11	Breakout Speaker 12
1415 - 1500	Breakout Speaker 13	Breakout Speaker 14	Breakout Speaker 15
1515 - 1615		Closing Keynote Speaker	
1630 - 1800		Social Reception & Vendor Time	

Note that there will be 15-minute breaks between each speaker to switch rooms and more vendor time

Hotel Reservation Information

For the Symposium, we have a room block for March 12 and March 13 at the Crystal Gateway Marriott Hotel (1700 Richmond Hwy, Arlington, VA 22202). Room rates for the event will be \$229 a night.

Please click [here](#) to book a room.

Travel Information

The hotel is connected to the Metro on the Blue/Yellow Line at the Crystal City stop. If you're taking the train to Union Station, you will then take the Red Line metro to Gallery Place, and then the Yellow Line to Crystal City.

If you choose to drive to the event, we will have discounted parking for the day for \$25. There are other public parking spaces near the hotel via Park Mobile app, but they may not be available the day of the event/their prices hourly may be more expensive than our \$25 flat rate.

There will also be a complimentary Shuttle Service to/from Reagan National Airport (DCA) for anyone flying in.

There will be updates soon for service truck spaces if anyone chooses to drive a firetruck to the event.

If you are a Vendor, you can set up the day before the event (March 12) as early as 6 pm. Please email Brexton Ridley (bridley@mwcog.org) to set that up with him and the hotel.