

# COQUITLAM FIRE/RESCUE

## JUNIOR FIREFIGHTER PROGRAM 2021-22

### PROGRAM INFORMATION

Firefighters must maintain a high level of fitness to perform their duties effectively and professionally as firefighting turnout gear and breathing apparatus will add approximately 23 kilograms to a firefighter's body weight. You will be expected to perform firefighting duties and skills wearing this heavy and hot lifesaving gear.

The Junior Firefighting Program will give the applicants a true understanding of the basic components both physical and educational of Coquitlam Fire/Rescue's basic training for new recruits. The educational component will test the applicant's knowledge learned in the classroom of firefighting equipment, fire behaviour, the fire tetrahedron and the products of combustion, to name a few. The practical component of the program will test the applicant's strength, endurance and teamwork skills. Some of these are: dragging charged hose lines, carrying ladders in a group, climbing the four-story hose tower and cutting up cars in teams using the "Jaws of Life".

If there any personal or parental/guardian concerns that entering this program may exceed the physical limits of the applicant, it is recommended that the applicant undergo a medical examination by a doctor prior to applying for this program.

All injuries, no matter how minor, that occur during the Junior Firefighter Program must be reported immediately so that they can be documented and attended to. Any information collected on injuries or medical conditions will remain confidential.

The academy's location is **1300 Pinetree Way, Coquitlam** (behind Pinetree Secondary school, across the street from Lafarge Lake park) for the entire eight days. We will be working between the training grounds located at the back of the hall and one of our training buildings which is also located at the rear of the site.

The last day of the program is "Family Day", where a member or two from the family of each applicant can come and watch the demonstration of the skills and knowledge learned over the course of the previous seven (7) days. Following the demonstration, there will be a closing ceremony where applicants that have completed all their classes and assigned work will receive a certificate.

This is the **fourth year** of the Junior Firefighter Program and **everyone is very excited in ensuring its continued success after three successful intakes.**

We **anticipate** that, and will **plan for, CoVid19 safety protocols** during the academy as set by the Provincial Health Organization and WorkSafeBC. Ideally, **this year's intake will be 12 students**, as it has been in the past. And given workplaces can change quickly, there is no guarantee that the academy will run even after students have been selected – but we are all very hopeful that it will proceed as in the past. Students will also be **required to follow the COVID19 safety requirements of the Coquitlam Fire Dept.** These requirements can change on short notice and students would be updated if/when a change occurs.

## APPLICATION INSTRUCTIONS

- **Read all the information contained in this package first** to understand the program
- **Complete and gather:**  
(for your reference, it might be a good idea to  once you have completed/collected the following):
  - Letter of Intent** outlining your desire to be part of this Junior Firefighter Program... please make clear **how this program fits into your educational and career plans**
  - Diploma Verification Form** (see your counselor)
  - Absence & Late Reports** (see your counselor)
  - Pages 6 – 17: student applicant will type in all answers, print off** pages 6-17 and **obtain all necessary signatures** (keep pages 1-5 for your reference)
- Submit completed applications (unstapled and in a **large envelope**) to your **high school counselor** no later than **Friday, December 10, 2021**. **Late/incomplete applications may not be accepted.**

## TIMELINE

- **December 10, 2021** : Application submission deadline to your counselor
- **December 13, 2021 – January 14, 2022** : internal review of applications by Coquitlam Fire/Rescue, Police Criminal Record Check, and SD43 Coquitlam
- **December 13, 2021 – January 14, 2022** : SD43 personnel will collect your letters of reference (see last question in Who Am I? section of application)
- **January 19, 2022** : Fitness testing beginning at 3.00pm-ish. Location: Pinetree
- **January 27 + 28, 2022** : Personal interviews... need to bring an update Resume with you
- **January 31, 2022** : Final selection of participants will be made
- **February 1 – March 4, 2022** : successful applicants will complete Work Exp 12b 'online'
- **February 23, 2022 at 6.30pm** : Parent + Student information meeting. Location: TBD
- **March 11 – 18, 2022** (inclusive) : Junior Firefighter Program from 9.00am to 5.00pm

## IF YOU ARE ACCEPTED INTO THE JUNIOR FIREFIGHTER PROGRAM

Students will:

- be enrolled in **Work Experience 12 'online'** through Coquitlam Open Learning (**COL**) and **must have all course work completed no later than Friday, March 4, 2022**. Your instructor will be **Joanna Horvath** ([jhorvath@sd43.bc.ca](mailto:jhorvath@sd43.bc.ca)) and she will guide you through the course in a timely manner.
- complete a **“Non-Standard School District Worksite Agreement Form”**
- provide **proof of liability insurance** (details on page 4)
- **pay the program fee of \$250** at Parent + Student information meeting in February. Cheques should be made out to: **“Coquitlam SD43”**  
This fee will cover all program material/resources, including issued clothing and snacks
- supply their own **CSA approved steel toed boots** (the 6” high type)

## REQUIREMENTS

The Junior Firefighter Program is open to **any current grade 11 or 12 student** who is registered in an **SD43 Coquitlam high school**.

Applicants must meet the following criteria to be considered:

- Be 16 years of age by December 31, 2021
- Have a genuine interest in firefighting, volunteering and community service
- Have a good attendance and late record
- Be willing and able to work as part of a team
- Can communicate effectively
- Be physically fit and healthy
- Be a non-smoker during the program
- Relinquish the use of personal devices during the hours of the program
- Strictly adhere to the Coquitlam Fire/Rescue dress code

## FITNESS INFORMATION

For those that are not on a regular fitness regime, i.e. working out at least twice a week or playing sports, it is highly recommended that you start exercising now. Passing the run, push-up and sit-up test may get you into the program but only those who actively participate in a healthy lifestyle (including working out) will have the stamina to make it through the eight (8) intense days of the program.

## PERSONAL INTERVIEW PREPARATION

The interview will take place in the latter part of January and you are expected to act and dress as you would for a real job interview. **Please bring 2 updated resumes with you to your interview.**

There will be a small panel (three or four people) from Coquitlam Fire/Rescue and Coquitlam School district interviewing you.

During your interview you may/will be asked about:

- Your school courses and grades
- Your attendance/lates... especially if you excessive lates or absences (i.e. more than 5, ideally no unexcused)
- Past/present employment, volunteer and or sports activities (including fitness testing results)
- Key points from: Who am I?, updated resume, letters of reference, and letter of intent
- Your future career and education plans

It is strongly recommended reviewing:

- Coquitlam Firefighter Recruitment:  
<https://www.coquitlam.ca/269/Firefighter-Recruitment>
- "Interview Tips" sites (links in right column):  
[https://www.sd43.bc.ca/CareerPrograms/Pages/EMPLOYMENT.aspx#/="](https://www.sd43.bc.ca/CareerPrograms/Pages/EMPLOYMENT.aspx#/=)

## ACCIDENT AND LIABILITY INSURANCE

Parents/Guardians:

As part of the Junior Firefighter Program, your son/daughter will also be enrolled in a Work Experience 12 'online' course that is organized and monitored by Joanna Horvath, an SD43 teacher.

Usually, Work Experience placements are made with many different employers and organizations throughout the Lower Mainland (ex: retail store, accounting firm, florist, care home). Worksites are considered either Standard or Non-Standard under the Workers' Compensation Act.

A **Standard Work Site** is a location at which a worker carries out career related tasks and responsibilities under the general supervision of a work-site employer. It also applies to a situation of self-employment. This Standard work site is covered by the Workers' Compensation Act.

A **Non-standard Work Site** is a location created by a school or school board for training students for an occupation or career, or an existing public or private training institution in which a student is placed for training purposes. **Workers' Compensation Board coverage does NOT apply on a Non-standard work site.**

Important Note:

For the purposes of this Junior Firefighter Program, this work experience worksite is considered **Non-standard**.

It is highly recommended that you review your family's medical plan coverage, mostly around long-term disability, to ensure some liability coverage for your son/daughter participating at this non-standard worksite.

Some students may already have this coverage under their Parent/Guardian or be satisfied with their present coverage.

The coverage is not part of MSP and is usually privately arranged through an employer's extended benefit package, such as Pacific Blue Cross.

One example of a 'third party' insurance plan, for those needing it, is "Old Republic Canada". The web address: **insuremykids.com**. Parents can research any additional coverage, if they choose.

**Important note:** do NOT consider purchasing any insurance plans until your son/daughter has been accepted into the academy and that it is actually happening (given potential changes in CoVid19 situation).

If you have any questions please contact Joanna Horvath, *Work Experience teacher*, at 604-312-7739.

## **RULES AND REGULATIONS**

1. Students will show up on time and ready for the day dressed in their complete uniform and applicable personal protection equipment (PPE)
2. Students must follow all directions from firehall staff and SD43 personnel, including all CoVid19 safety protocols set by the Provincial Health Organization and WorkSafeBC
3. Any injury that occurs on City of Coquitlam property must be reported regardless of how minor
4. All assigned homework will be handed in at the beginning of class
5. Alcohol, cannabis and non-prescription drugs are prohibited during the Junior Firefighter Program
  - a. prescription drugs should be documented on the APPLICANT MEDICAL INFORMATION FORM and reported to the instructor prior to the beginning of class
6. Smoking of any kind (regular cigarettes, e-cigarettes/vaping or chewing tobacco) is not permitted during the program
7. Students are not to enter out-of-bounds areas. These will be identified on the first day of class
8. Students are responsible for their uniform and all equipment assigned to them during the program
9. No jewelry is to be worn during the program. Jewelry can get entangled during training exercises and cause serious injuries
10. Watches are required for first aid training
11. Long hair must be retained during training
12. Nail polish and makeup are not to be worn
13. All students must be clean shaven. Trimmed mustaches are acceptable but goatees, beards and sideburns below the ears are not acceptable.
14. Personal electronic devices (phones, iPads, laptops, Apple watches, etc.) are not permitted during the instructional parts of the program. Students may use them before and after the day's program, and during their lunch period.

# PERSONAL INFORMATION FORM

**Note:** it is **expected student applicant will complete the application package in his/her own words**, then getting necessary signatures where needed.

## School Information:

School Name: \_\_\_\_\_ Present Grade: \_\_\_\_\_

## Applicant (Student) Personal Information:

**Note:** Your legal name is as it appears on your birth certificate, passport, driver's license or other government documents.

Legal First Name: \_\_\_\_\_ Preferred First Name: \_\_\_\_\_

Legal Last Name: \_\_\_\_\_ Birthday (mm/dd/yyyy): \_\_\_\_\_

Home Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home phone number: \_\_\_\_\_ Student Cell: \_\_\_\_\_

Student email address: \_\_\_\_\_

Parent email address: \_\_\_\_\_

Personal Health Number: \_\_\_\_\_

Do you have any current/valid **First Aid certifications**?  No  Yes

If "**Yes**", which ones: \_\_\_\_\_

List any **other certifications**, or courses, that you feel would be of value in a Fire/Rescue career.

\_\_\_\_\_

Do you have your **driver's license**?  No  Yes, my "L"  Yes, my "N"

If "**Yes**", what is your driver's license number: \_\_\_\_\_

## PARENT/GUARDIAN INFORMATION

It is presumed that most high school students live with at least one supervising adult who is responsible for them.

For the purposes of this application, this person is referred to as your Parent or Guardian; although, there may be a step-parent, foster parent, grandparent, uncle, aunt, adult brother or sister or another adult or legally appointed caretaker who is responsible for you.

The information below applies to your Parent or Guardian.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Best phone number(s) to be reached at: \_\_\_\_\_

## EMERGENCY CONTACTS

If you become ill or injured while you are in the Junior Firefighter Program, Coquitlam Fire/Rescue would like an alternate emergency contact who can be notified in case your parent or guardian is unavailable to assist.

- List two contacts in the order that they should be contacted
- Contact must be adults who have a car and a driver's license
- The contact must live in the lower mainland
- Ideally, the contact lives close to Coquitlam and must be informed by you that they are being listed as an emergency contact

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

How do you know this person? \_\_\_\_\_

Best phone number(s) to be reached at: \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

How do you know this person? \_\_\_\_\_

Best phone number(s) to be reached at: \_\_\_\_\_

## APPLICANT (Student) MEDICAL INFORMATION

Family Doctor's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Are there any medical conditions, illnesses or injuries that may limit your full participation during this Junior Firefighter Program that you feel the school district and Coquitlam Fire & Rescue should know about? If "yes", please explain.

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When was your last tetanus shot?

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Do you have any allergies to:

- specific foods?     No     Yes

If 'yes', please list: \_\_\_\_\_

- animals?     No     Yes

If 'yes', please list: \_\_\_\_\_

- bites, like insects?     No     Yes

If 'yes', please list: \_\_\_\_\_

- other aversions?     No     Yes

If 'yes', please list: \_\_\_\_\_

Students with any allergies or medical conditions should ensure they **bring necessary medical supplies and/or medicines** with them to the Junior Firefighter Program.



## APPLICANT (student) DECLARATION

I, (print name) \_\_\_\_\_, declare that I have read all the information included in this package and that the information that I have given is true and correct.

I understand that firefighting is a physical and demanding job and that the Junior Firefighter Program may test my limits of fitness and endurance.

I am not aware of any existing medical or physical conditions that would place me at risk by taking part in this program.

I am committed to complete all the training days and all the assignments given to me by the instructors, by their due dates.

I declare that I will notify the School District representative and Coquitlam Fire/Rescue if any of the information that I have listed in this package changes, or of any circumstance that may bring into question the appropriateness of my behaviour into question.

I understand that such a circumstance as stated above may not necessarily result in my being removed as an applicant or as a student in the Junior Firefighter Program; however, failure to disclose or conceal any circumstances as mentioned above may conclude with me being expelled from the program.

I understand that my acceptance into Coquitlam Fire/Rescue's Junior Firefighter Program will be based on:

- My fitness level
- My academic standing, including attendance and lates
- My letters of references from a high school teacher and community member
- My letter of intent and updated resume
- My personal interview

Applicant Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## PARENT/GUARDIAN DECLARATION

I, (print name) \_\_\_\_\_, declare that I have read all the information included in this package and that the information that I have given is true and correct.

I understand that firefighting is a physical and demanding job and that the Junior Firefighter Program may test my son's/daughter's/ward's limits of fitness and endurance.

I am not aware of any existing medical or physical conditions that would place my son/daughter/ward at risk by taking part in this program.

I declare that my son/daughter/ward is committed to completing all the training days and all the assignments given to him/her/them by the instructors, by their due dates.

I declare that my son/daughter/ward will notify the School District representative and Coquitlam Fire/Rescue if any of the information that he/she/they has listed in this package changes, or of any circumstance that may bring into question the appropriateness of his/her behaviour into question.

I understand that such a circumstance as stated above may not necessarily result in him/her/they being removed as an applicant or as a student in the Junior Firefighter Program; however, failure to disclose or conceal any circumstances as mentioned above may conclude with him/her being expelled from the program.

I understand that my son's/daughter's/ward's acceptance into Coquitlam Fire/Rescue's Junior Firefighter Program will be based on:

- his/her/their fitness level
- his/her/their academic standing, including attendance and lates
- his/her/their letters of references from a high school teacher and community member
- his/her/their letter of intent and updated resume
- his/her/their personal interview

Parent/Guardian's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# SCHOOL DECLARATIONS

**Applicants:** Please obtain the name and signature from an **administrator**, your **counsellor** and a **teacher** you have recently taken a course or extra-curricular event with.

I, (print **Administrator's** name) \_\_\_\_\_,  
**know, encourage** and **support** this student in his/her quest to be accepted into the Junior Firefighter Program. I feel this candidate would benefit greatly from this experience and be a **wonderful ambassador of our school and school district.**

I, (print **School Counselor's** name) \_\_\_\_\_,  
**know, encourage** and **support** this student in his/her quest to be accepted into the Junior Firefighter Program. I feel this candidate would benefit greatly from this experience and be a **wonderful ambassador of our school and school district.**

I, (print **Teacher's** name) \_\_\_\_\_,  
**know, encourage** and **support** this student in his/her quest to be accepted into the Junior Firefighter Program. I feel this candidate would benefit greatly from this experience and be a **wonderful ambassador of our school and school district.**

I have discussed this Junior Firefighter Program with the candidate. Part of the discussion was in attendance, grades, work habits and behaviour.

I understand that this student's application for the Junior Firefighter Program will be based, in part, on the expectation and confirmation that their behaviour both within our school district and within our community will have been beyond reproach.

I understand that; at any point in the application process and, if accepted, at any point after this student's application has been accepted, the school district will immediately notify the Career Programs Coordinator (Doug MacLean: 604-341-8977) of any circumstance, within our school district and or within our community, that may bring the appropriateness of this student's participation into question.

I understand that such circumstances as stated above may not necessarily result in this student being removed as an applicant or student for the Junior Firefighter Program however, a failure to disclose or conceal any of the circumstances mentioned above will result in this student's removal as an applicant or student.

Administrator Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Counselor Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Teacher Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## PARENT WAIVER AND ACKNOWLEDGMENT

The City of Coquitlam (the “City”) Fire/Rescue Junior Firefighter Program (the “Program”) is a work experience program that introduces students to firefighting theory and practical skills, including fire hose drags and carries, setting up and climbing an aerial ladder/bucket, fire extinguisher training, climbing a training tower in firefighting gear, rappelling, fire pumper vehicle activities, auto extrication training (e.g., cutting cars, removing glass, vehicle stabilization) and using other firefighting equipment.

The Program is designed to provide challenges and skill-building opportunities and includes a number of activities with inherent risks that are different or greater than those normally assumed at home or school, including risks related to use of Fire/Rescue grounds and equipment, slipping, tripping, falling from a height, being struck by falling objects, improper use or failure of equipment, over-exertion, exhaustion, inclement weather, impact or collision with equipment or persons and negligence or unauthorized activities of others. While the City takes reasonable safety precautions, it is not possible to eliminate all risk.

Participants are required to wear all safety gear and strictly comply with all instructions and directions provided by Fire/Rescue staff and other Program facilitators. Participants must share responsibility for their own safety and that of others during the Program and are encouraged to seek clarification regarding safety or any other matter at any time.

In consideration of the City allowing the student named below (the “**Participant**”) to participate in the Program, the Participant’s parent or legal guardian (the “**Parent**”) hereby:

1. confirms that participation in the Program is suitable for the Participant;
2. consents to the Participant participating in the Program;
3. confirms that he or she understands and freely and fully assumes the risks and hazards, known and unknown, inherent in the nature of the Program;
4. acknowledges and understands that the Participant may suffer personal injury (including death), property damage or loss due to participation in the Program; and
5. confirms that the Participant has been advised of the inherent risks of the Program and the requirement to follow all reasonable rules and regulations provided and that the Participant has read, understands and agrees to the terms of this Consent and Acknowledgement of Risk.

The Parent and the Participant are encouraged to contact Fire/Rescue if they have any questions or concerns about the risks described above or any other concerns regarding participation in the Program.

If any part of this Consent and Acknowledgement of Risk is determined by any court to be illegal or unenforceable, that part will be severed, and the remaining parts will continue in full force and effect.

This Consent and Acknowledgement of Risk is governed by and will be construed in accordance with the laws of the Province of British Columbia.

Participant’s Name: \_\_\_\_\_

Parent/Legal Guardian Consent and Acknowledgement of Risk:

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# RCMP CRIMINAL RECORD AND POLICE INDICES CHECK

(Please print very clearly)

Student's full **legal** Name: \_\_\_\_\_

Student Birthdate: month: \_\_\_\_\_ day: \_\_\_\_\_ year: \_\_\_\_\_

1. To your knowledge, have **you** ever been the subject of a police investigation?  
(this includes having name written down by a police officer for further follow-up - not just a charge or arrest)  
If "yes", please explain. \_\_\_\_\_
2. To your knowledge, have any of your **family members** ever been the subject of a police investigation?  
If "yes", please explain. \_\_\_\_\_
3. I, (clearly print applicant's full legal name) \_\_\_\_\_, give permission to the Royal Canadian Mounted Police to obtain all information necessary to qualify me in this Work Experience Program. It is understood that the Coquitlam Fire/Rescue will have final authority in the approval or rejection of an application, and whose decision or the criteria, or method of arriving at such a decision, will not be questioned or objected to by me, and I will bear no grievance against the Coquitlam Fire/Rescue in this respect.

**Note:**

Any false, misleading or omitted information with respect to this application will be grounds for removal from the application process or, if accepted, immediate removal from the academy.

Applicant Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**RCMP / Coquitlam Fire/Rescue / STAFF USE ONLY:**

(These check boxes are for police and firefighter use only, please check applicable box)

- CPIC Persons Check:
- CPIC CNI And CR:
- PIRS PROS PRIME:
- Driving Record:

**Interview Notes:**

Police Interview Recommendations:

Police Interviewer Name: \_\_\_\_\_ Date: \_\_\_\_\_ Approved: Y / N

# PHYSICAL FITNESS TEST

Student Name (Last + First): \_\_\_\_\_

School Name: \_\_\_\_\_

## Physical Fitness Test:

It is **expected that students will train/prepare for the fitness testing**. Many students struggle with the run, so it is recommended to do timed runs of the track (Town Centre track by the Coquitlam Firehall) at least a few times before the actual timed run in mid-January.

This test will be overseen by a Coquitlam Fire/Rescue and SD43 personnel.

If a candidate attends the program and it becomes apparent that they have not maintained their physical fitness, the candidate may be sent home.

## Fitness Testing Elements:

- **“Cooper’s (Run) Test”** – 6 laps of a 400-metre track... ideally 12 mins or less
- **Push-ups** – as many as possible in 60 seconds... benchmark: 20 push-ups
- **Sit-ups** – as many as possible in 60 seconds... benchmark: 40 sit-ups

TEST	RESULTS	COMMENTS
6 laps of 400m track		
Push-ups		
Sit-ups		

Date of Test: \_\_\_\_\_

Examiner: \_\_\_\_\_

## MEDIA COVERAGE AND PHOTOGRAPHY NOTICE

The *Freedom of Information and Protection of Privacy* legislation came into effect for schools in the fall of 1994. To ensure that we are complying with the legislation, please read the following information carefully.

### Media Coverage and Photographs:

From time to time, the school receives requests from newspaper and television reporters to visit our schools and Partnership Programs to do a story about some aspect of the school or its programs.

Requests of this nature are given careful consideration and approval may only be granted by the Principal and the Superintendent of Schools. There is a possibility the reporters will want to take photographs or film footage to accompany their story. While the schools attempt to cooperate with the media wherever possible, the school districts recognize there are instances where publicity of this nature is not welcome by individuals.

As well, in the school districts, district staffs can photograph individual students and groups of students to commemorate events and to promote various educational, sports and cultural events taking place in the district.

Therefore, parents may not wish their child to appear in a newspaper photograph or to be televised while involved in school activities, or have their child photographed by district staff for promotional purposes. Accordingly, please tick off the appropriate box below and please sign the form below and the schools will work with you and your child to minimize the possibility of this happening.

I **agree** my child **may be** involved in media coverage and may be photographed by school district and/or Junior Firefighter staff

I **do not** wish my child to be involved in media coverage or to be photographed by school district and/or Junior Firefighter staff

Student Name: \_\_\_\_\_

Parent/Guardian Name (please print): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# WHO AM I?

These questions will **help you/us during the personal interview**, plus allow some of your answers will help you to update your resume (which you will submit on your personal interview day)

## Previous Fire Academies:

Have you applied for or attended any academy in the past?  Yes  No

If "yes", which one(s) and when? \_\_\_\_\_

## Future Plans:

What are your **career** aspirations? \_\_\_\_\_

What are your **educational** plans after high school? \_\_\_\_\_

Give 2 specific examples of things you have done in the **past 6 months** that you feel will help you with your future career and educational goals.

1. \_\_\_\_\_

2. \_\_\_\_\_

## UNpaid Community Service or Volunteer Experience: [list most current first]

Organization #1: \_\_\_\_\_ Start/end dates: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone number: \_\_\_\_\_

Responsibilities/Duties: \_\_\_\_\_

Organization #2: \_\_\_\_\_ Start/end dates: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone number: \_\_\_\_\_

Responsibilities/Duties: \_\_\_\_\_

## Paid Work Experience: [list most current first]

Company #1: \_\_\_\_\_ Start/end dates: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone number: \_\_\_\_\_

Responsibilities/Duties: \_\_\_\_\_

Company #2: \_\_\_\_\_ Start/end dates: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone number of contact: \_\_\_\_\_

Responsibilities/Duties: \_\_\_\_\_



**Maintaining a Healthy & Active Lifestyle:**

School and/or community clubs and/or teams you belong to (level and the frequency of activity):

\_\_\_\_\_

Individual personal physical training (type, duration and frequency of your workouts):

\_\_\_\_\_

**Hobbies & Interests:**

\_\_\_\_\_

**Briefly Explain Experiences you have done to explore your interest in a “firefighting” career:**

Courses: \_\_\_\_\_

Lectures or Workshops: \_\_\_\_\_

Internet research: \_\_\_\_\_

Personal Interviews: \_\_\_\_\_

Other: \_\_\_\_\_

**Letters of Reference:**

SD43 will email two people and have them complete an online form/survey that will act as your letters of reference.

**You should let him/her/them know they will be contacted via email.** Please provide the following:

One:

your **Math 10 or 11** teacher **or** your **English 10 or 11** teacher:

Name: \_\_\_\_\_ Email address: \_\_\_\_\_

How do you know this person? \_\_\_\_\_

Two:

a **community member** (ex: coach, employer, supervisor, volunteer coordinator, Cadet leader, etc)

Name: \_\_\_\_\_ Email address: \_\_\_\_\_

How do you know this person? \_\_\_\_\_