

CAMP FFIT

Female Firefighters In Training

August 8-12, 2022



Application Package

Please download and complete all forms and return to:

campffit@ottawa.ca

OR

CAMP FFIT

c/o Ottawa Fire Services Training Centre

898 Industrial Avenue

Ottawa, Ontario

K1G 3Y8

Deadline is May 20, 2022



CAMP FFIT 2022 Application

Eligibility Criteria and Important Information

- Only applicants who have not previously attended Camp FFIT are eligible to apply.
- Applicants must not have reached their 20th birthday, but must be 15 by August 8, 2022.
- Applicants must possess a valid OHIP or Provincial Health Card (out of province) before August 8, 2022.
- Accepted Participants will require CSA approved steel toe boots and leather work gloves to be worn during all fire ground activities. Running shoes are required for fitness components. All participants must also wear all Personal Protective Equipment provided by Camp FFIT.
- Camp FFIT is a closed campus. Participants, regardless of age, are not permitted to leave the Training Grounds until the end of the day's activities.

Important Notes:

- Camp FFIT has a limited number of spaces available. You will be contacted by phone by June 13, 2022 to confirm placement, those being waitlisted will be contact via email.
- Upon acceptance, participants will be sent a formal registration package, complete with additional forms and a payment request in the amount of \$150. This payment will include all activities and a Camp FFIT t-shirt. Please make cheque or money order payable to Ottawa Fire Services.
- Parents and/or Guardians of all participants are strongly encouraged to attend the Graduation Ceremony to be held Friday, August 12, 2022. The Graduation will begin at 15:00 and be held in the upstairs classroom of the OFS Training facility located at 898 Industrial Avenue.

CAMP FFIT 2022 Application

Step 1: Applicant Information

Name (First, Last):

Full Address:

Home Phone Number:

Cell Number:

Applicant's E-mail :

School Name and Grade: (if applicable)

Date of Birth (dd/mm/yyyy):

Applicant Signature

Name of Parent or Guardian:

Parent Signature (if applicant under 18 years of age)

How did you hear about Camp FFIT:

Have you attended a firefighting camp in the past?

Have you applied to another firefighting camp in 2022?

Step 2: Suitability Assessment

1. What is it that interests you about Fire Services?

2. What attributes do you feel are important to be a member of Fire Services?

CAMP FFIT 2022 Application

3. Please list and describe any volunteer activities you are involved in (including school activities).

4. Please list any sports, hobbies or other activities you are involved in (including school groups, etc).

5. 500-Word Essay

Please write a minimum of **500-word essay. Please complete essay separately (not within form) and attach to application submission.**

This essay should explain what it is you would like to accomplish or achieve by attending Camp FFIT. Describe in detail your interests in the Fire and Emergency Services. Please let us know if there is someone in particular who inspires you?

Note: We are not evaluating this based on grammar or punctuation. It may be handwritten or typed. We want to know more about you, so it is important that this essay be in your own words.

CAMP FFIT 2022 Application

Step 3: Medical Clearance

The physical demands of a firefighter are characterized by strength, endurance, coordination agility and dexterity. Participants of Camp FFIT will experience the physical stresses of a firefighter, although to a lesser degree. All activities take place in a supervised and controlled environment. Tasks are broken down into manageable segments. All scenarios are done in a controlled training atmosphere. A camper may stop, if at any time they do not feel comfortable, and instructors will give additional direction and support. Instructors will stop activities if at any time there appears to be any risk of injury or danger.

The following is a list of factors that will increase the difficulty of the physical demands that are required during tasks:

- Turn out gear and SCBA (Self Contained Breathing Apparatus) equipment restricts movement, adds weight to the individual and requires an increased physical effort while wearing the SCBA.
- Equipment used is often heavy and is frequently used in awkward positions.
- Environmental conditions, such as sun, humidity, or rain can add difficulty to tasks, which can cause fluctuations in body temperature.
- Darkness and/or smoke in a fire scenario decrease visibility, increasing the difficulty of the task.

Activities participants will take part in during Camp FFIT include, but not limited to:

- Full use of turnout gear and SCBA
- Search and Rescue techniques with a blacked out face piece
- Operating and controlling a hand line
- High rise operations; stair climb, hook up and operation of a hand line
- Aerial ladder climb
- Ground ladder set up and climb
- Auto extrication
- Personal fitness training

Equipment used during Camp FFIT includes, but is not limited to:

- Variety of sizes and lengths of hose (charged and uncharged)
- Axes, pike poles, halligans, and sledge hammers
- Variety of ladders
- Personal Protective Equipment (weighing approximately 50 lbs)
- SCBA (Self contained Breathing Apparatu (weighing approximately 30 lbs)

CAMP FFIT 2022 Application

Have you ever experienced any Health Issues that may restrict your ability to participate in all Camp FFIT activities? (including, but not limited to):

If so, please place a check mark in all that apply

- Asthma
- Diabetes
- Heart Trouble
- Bleeding Disorder
- Seizure Disorder
- Fainting/High or Low Blood Pressure
- Other (including anything requiring medication):

If other, please explain:

If you have any questions or concerns regarding your (or your child's) ability to participate in Camp FFIT, email campffit@ottawa.ca.

I have read, understand and am willing and able to complete the tasks involved in Camp FFIT as described above.

Applicant's Name:

Applicant's Signature: _____

Name of Parent or Guardian:

Signature of Parent or Guardian: _____

Date (dd/mm/yyyy):

Personal information is collected on this form for the purposes of the administration, planning and management of admission and participation in the City of Ottawa 2022 Camp FFIT (Female Firefighters In Training). Information will be used on a confidential basis by authorized members of Ottawa Fire Services and will not be disclosed to any other individual(s) or group without the applicant's prior consent, unless authorized by law. Questions regarding this collection and use may be addressed to: Camp FFIT Director campffit@ottawa.ca or the, Ottawa Fire Services Training Division, 898 Industrial Avenue, Ottawa, ON, K1G 3Y8.