

# **CAMP FFIT Hamilton**

**(Female Firefighters in Training)**

**October 14-16, 2022**

**Application Package  
Please complete all forms  
and 200-word essay**

**Send by mail or hand deliver to:**

Camp FFIT Hamilton – Hamilton Fire Department  
Fire Prevention Office  
55 King William Street  
Hamilton Ontario  
L8R 1A2

or by email to [campffit@hamilton.ca](mailto:campffit@hamilton.ca)

**DEADLINE SEPTEMBER 23, 2022**



# **MEDICAL & FITNESS CONSIDERATIONS**

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 to avoid overloading the body. All scenarios are done in a controlled training atmosphere. A participant may stop, if at any time they do not feel comfortable and instructors will provide additional support and direction. Instructors will stop activities if at any time there appears to be any risk of injury or danger. In order to maintain a safe and productive environment, proper rest, hydration and nutrition is vital and will be emphasized during the camp and must be continued at home during the Camp FFIT weekend.

All participants must adhere to any federal, provincial or municipal regulations or rules regarding COVID-19 related measures. The City reserves the right to impose further health requirements on participants to avoid, mitigate or manage COVID-19 outbreaks. All participants must comply with the City of Hamilton's current Vaccination Policy in order to participate in Camp FFIT.

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

- Turnout gear and SCBA (self-contained breathing apparatus) restrict movement, adds weight to the individual and requires increased respiratory effort
- Equipment is heavy and frequently used in awkward positions
- Environmental conditions such as sun, humidity and rain can add difficulty to tasks and cause fluctuations in body temperature
- Darkness and/or simulated smoke in a fire training scenario decreases visibility and increases the difficulty of tasks
- Emotional stress and excitement due to "the unknown" can increase heart rate and the onset of fatigue

## **Activities Camp FFIT participants will take part in include, but are not limited to:**

- Full use of turnout gear and SCBA
- Search and rescue techniques with decreased visibility
- High-rise drill tower races
- Ground ladder carries, raises and climbing
- Aerial truck ladder climb
- Auto extrication tool use

- Fire hydrant use
- Operating and controlling hose lines

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

- Turnout gear and SCBA
- Axes, pike poles, Haligan bars, sledge hammers
- Ladders, ropes
- Stationary fire trucks

## **CAMP FFIT 2022 – Application**

### Personal Information

Full Name	
Date of Birth (MM-DD-YY)	
Address including City	
Home Phone	
Cell phone	
Applicant's email	
School and Grade	
Applicant Signature	
Parent/Guardian Name	
Parent Guardian Signature (if under 18)	
How did you hear about Camp FFIT?	

**Please Note:** Camp FFIT has a limited number of spaces available. Selected applicants will be contacted by phone by Sept 8/22 to confirm placement and emailed a formal registration package. All other applicants will be contacted by email and informed if they are selected to be placed on our waitlist.

Upon **acceptance**, participants will complete the formal registration forms. Parents and/or guardians are invited to attend a tour of the fire training facility on Sunday October 16, 2022.

**APPLICANT CHECK LIST:**

- Applicants must be age 16-20 on October 14, 2022
- Must possess valid OHIP or Provincial Health Card
- Must bring CSA approved steel toe boots (with green triangle logo)
- Must be able to wear all Personal Protective Equipment provided by Camp FFIT
- Must fill out application in full including 200 word essay (200 word max)

**List and describe any volunteer activities you are involved in, including school activities (point form acceptable)**

**List any sports, hobbies, clubs or groups you are involved in, including school activities (point form acceptable)**

**What interests you about the Fire Service? (point form acceptable)**

**What attributes do you feel are important for Firefighters to have? (point form acceptable)**

**Have you ever experienced any health issues that may restrict your ability to participate in all Camp FFIT activities? Including but not limited to:**

	YES	NO
Asthma		
Diabetes		
Heart trouble		
Seizure disorder		
Fainting		
High or Low blood pressure		
Recent surgery		
Other (include any allergies or condition requiring daily medication)		

**If YES to any of the above, please explain:**

Are you currently enrolled in a Pre-Service Firefighter Program?

Have you attending a Camp FFIT in the past? If so, where?

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

I have fully read and understand the application form, I am willing and able to take part in the activities involved in Camp FFIT as described above.

Applicant Name (printed):

Applicant Signature:

Parent/Guardian (printed):

Parent/Guardian Signature:

*Personal information collected on this form is for the purposes of the administration, planning and management of admission and participation in Camp FFIT City of Hamilton. Information will be used on a confidential basis by authorized members of Hamilton Fire Department and the City of Hamilton and will not be disclosed to any other individual(s) or group without the applicant's prior consent, unless authorized by law.*

## **2022 Camp FFIT (Female Firefighters in Training) essay**

Attach an essay explaining what it is you would like to achieve or accomplish by attending Camp FFIT. Describe in detail your interest in the fire service. Is there someone in particular who inspires you? Please note we **are not** evaluating this essay on grammar or punctuation. It may be hand written or typed. We want to understand more about who you are, so it is important that this essay be in your own words. Max 200 words.