

CAMP FFIT LONDON

Female Firefighters In Training

July 18 – 22, 2022

London Fire Department Training Complex,
746 Wellington Road



APPLICATION PACKAGE

Please download and complete all pages of application and send by email to
campffit@london.ca

**All applications must be received by
Friday May 6th, 2022**

2022 Open House: Saturday April 23, 10am-12pm
at the London Fire Department Training Complex
746 Wellington Rd. South, London ON, N6C 4R2



CAMP FFIT LONDON 2022 – APPLICATION

Camp FFIT is a remarkable, weeklong training opportunity and is one of very few such programs offered in North America. The training is valuable, yet extremely intense and physically demanding. Participants must be prepared to work hard each day. In order to maintain a safe and productive environment, proper rest, hydration and nutrition is vital.

Please read this package thoroughly and complete all fields.

Full Name:			
Date of Birth:		Age by July 18:	
Street Address:			
City and Postal Code:			
Home Phone Number:		Cell Phone Number:	
Applicant's Email Address:			
School and Grade: (if applicable)			
Applicant Signature:			
Name of Parent or Guardian:			
Parent Signature: (if applicant is under 18)			
How did you hear about Camp FFIT?			
Did you apply to Camp FFIT London in past years? Yes <input type="checkbox"/> No <input type="checkbox"/>			
Have you participated in FFIT-type program in the past? If so, where and when? Yes <input type="checkbox"/> _____ No <input type="checkbox"/>			
Are you applying to another FFIT program this year? If so, where? Yes <input type="checkbox"/> _____ No <input type="checkbox"/>			

Please Note: applying to Camp FFIT does not guarantee you a spot. There are only 20 spaces in the program, and in past years we have received an average of 40 applications.

All applicants will be notified about their status in the program via email by May 31.

Upon acceptance, participants will be sent a formal registration package with additional forms and a payment request in the amount of \$175. This payment will cover all activities including a Camp FFIT t-

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shirt. Financial assistance is available for London residents who qualify through the Recreation and Sport Play Your Way Fund. Assistance. Payment details will be included in the formal registration package, if accepted into the program.

A celebration will be held on the last day of camp at the Training Complex. Details about this will be provided in the registration packages. All COVID-19 protocols and guidelines will need to be followed which will determine if parents/guardians are able to attend. Details about the ceremony will be sent with the formal registration package and will be updated closer to the date of the program.

What interests you about the Fire Services?

What attributes do you feel are important to be a member of the Fire Service?

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

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

Please write a **300-500 word essay**, explaining what it is you would like to accomplish or achieve by attending Camp FFIT, and attach it to your application. Please describe in detail your interests in the Fire and Emergency Services. Is there someone in particular who inspires you? We are not evaluating this based on grammar or punctuation. It may be handwritten or typed. We want to understand more about who you are, therefore, it is important that this essay be in your own words.

IMPORTANT NOTES:

Applicants must not have reached their 20th birthday, but must be 15 years old, by July 18, 2022.

Applicants must possess a valid OHIP or Provincial Health Card (out of province) before July 18, 2022.

All provincial and City of London COVID-19 guidelines at the time of camp will be followed.

Accepted participants will be required to provide their own CSA-approved steel toe boots and leather work gloves to be worn during all fire ground activities, and running shoes for fitness components. All participants must also wear all Personal Protective Equipment provided by Camp FFIT.

Camp FFIT is a closed campus and participants, regardless of age, are not permitted to leave the Training Grounds until the end of daily activities.

Due to safety, spectators will not be allowed on the Training Grounds until pick-up time.

Participants are responsible for their own transportation and, for out-of-town participants, accommodations throughout the week of the program. Recommendations can be made if participants require accommodations in London.



C A M P F F I T

Female Firefighters In Training

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 much lesser degree. All activities take place in a supervised and controlled environment and will be following all COVID-19 protocols and guidelines. Tasks are broken down into manageable segments to avoid overloading the body. 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 equipment restricts movement, adds weight to the individual and requires an increased respiratory 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
- Portable fire extinguishers
- Medical scenarios
- Ground ladder set up and climb
- Auto extrication
- Familiarization of ropes and knots
- Personal fitness training
- Fire prevention activities which include public education, inspections, and fire investigations
- Communications (fire dispatch)

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

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

Have you ever experienced any health issues that may restrict your ability to participate in all Camp FFIT activities (including, but not limited to the conditions below)? Please note that this information will not impact the status of your application; it is for information purposes only and will be kept confidential.

Asthma:	
Diabetes:	
Heart Trouble:	
Bleeding Disorder:	
Seizure Disorder:	
Fainting/Blood Pressure Issues:	
Other medical information we should know about (including any mental health issues or anything requiring medication):	

If any of the above apply, please explain further:

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

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

Print Applicant's Name:

Applicant's Signature:

Print Parent/Guardian Name:

Signature of Parent/Guardian:

Date (day/month/year):

Personal information is collected on this form under the authority of the Municipal Act for the purposes of the administration, planning and management of admission and participation in the City of London Camp FFIT (Female Firefighters In Training). Information will be used on a confidential basis by authorized members of London Fire Services and City of London staff, and will not be disclosed to any other individual(s) or group without the applicant's prior consent, unless authorized by law. Questions about this collection should be addressed to the Manager of Recreation and Sport, Neighbourhood and Community-Wide Services 355 Wellington Street, Suite 248 N6A 4L6, or by calling 519-661-5913.