

CAMP FFIT

What you will need:

- A pair of CSA approved steel toe boots. These will be required for all fire ground evolutions (green tag)
- Well fitting leather work gloves. These do not have to be fire rated, as participants will not be exposed to high heat
- Running shoes
- Sunscreen
- Water bottle
- Healthy food for a long day of physical activities (Peanut free please), you will have use of a refrigerator
- Wear comfortable clothing (dependent on weather), shorts and t-shirts, and bring extra clothes each day
- Please bring a great attitude and be prepared to work hard and have fun!
- Completed the pre-course online CPR medical training

CAMP FFIT Rules:

- Camp begins at 9:00. Participants are expected to arrive at least 15 minutes before, but not before 8:30
- Camp ends at 13:30
- No tight fitting or low cut clothing, no tank tops. Appropriate choices for physical activity
- No jewellery, as this can pose a risk during fire ground evolutions
- No cell phones on fire grounds (turned off in a bag or locker) although permitted for photo purposes with the permission of the instructor
- Cameras will be permitted with the permission of the instructor
- Participants are expected to treat each other, all team leaders, and instructors with courtesy and respect

You will be given a CAMP FFIT shirt upon arrival to FFIT. This will be worn for group pictures, and also for the Graduation Ceremony at the end of the week. Graduates will be certified as an emergency responder with their CPR “C” designation upon graduation.