

“ This week has been a lifechanging experience. I am so proud of myself for participating in the camp GLOW program the encouragement I received gave me the confidence and leadership skills I needed to help me develop my goals. ”

Camp GLOW Participant

“ Camp GLOW can absolutely add value to any woman in this world. It doesn't matter what you do or where you are, when you leave here you will definately learn something that you can apply to your everyday lifestyle. ”

Camp GLOW Participant



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MARINE INSTITUTE
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Camp GLOW is a joint initiative of the Fisheries and Marine Institute of Memorial University of Newfoundland and the Women in Resource Development Corporation



FIREFIGHTING CAMP FOR WOMEN GROUP LEARNING FOR OUTGOING WOMEN

“ spend a week in
my boots.... ”



MARINE INSTITUTE

Camp GLOW OVERVIEW

Camp GLOW is a Fire Camp for women age 17 years and older. It is an amazing opportunity to learn about the fire service and to have fun. Women will develop the confidence and leadership skills to pursue their dreams or to explore a possible career change. Teamwork, problem solving, physical exercise and firefighter training is the intent of the camp. Women will leave the camp knowing they can do absolutely anything.

Camp GLOW will empower and build confidence in women through personal experiences in team-building and physical ability, to increase self-sufficiency, not only as women but also as potential future firefighters. The weeklong fire camp will be strenuous, demanding and exciting series of activities; many of them modeled on what real firefighters go through during training. Women will have a chance to use real firefighting equipment under the supervision of active female firefighters. Exercises, classes and activities include introduction to the firefighter's personal protective equipment, use of tools and ladders, search and rescue, and live fire training.

“ It's about...
knowing you can do anything.”

SCHEDULE

DAY 1: Orientation to the Fire Camp School

Women will participate in a tour of the facilities. They will be issued their bunker gear for the week. The students will participate in their first bunker drill. Captains and Lieutenants will be assigned for each day of the week. A basic overview of what the students will be involved in over the next few days and what is expected. A few hours in the afternoon will be spent in the classroom discussing fire and fire extinguishers. The day will end with a practical exercise with fire hoses.

DAY 2: SCBA

The day will begin with physical exercise drills and a team building exercise. A few hours in the morning will be spent on the Self Contained Breathing Apparatus (SCUBA). The afternoon will include practical exercises with the SCBA. The afternoon will be filled with search and rescue techniques using the SCBA and teamwork exercises.

DAY 3: Fire Extinguishers, Hoses and Ladders

The day will begin with physical exercise drills and a team building exercise. The women will visit a fire station and become familiarized with different equipment. The afternoon will include fire extinguisher training with live fire. The day will end with a ladder exercise.

DAY 4: Career Awareness

The day will begin with physical exercise drills and a team building exercise. The morning will include a visit from female firefighters who will discuss the benefits of the career and the challenges they are faced with. During the afternoon the students will be introduced to confined space. The day will end with a team building exercise.

DAY 5: Scenarios

The final day will be filled with a variety of scenarios using all the equipment introduced throughout the week. Here the girls will be able to apply the skills and knowledge gained through out the week as well as utilizing their problem solving capabilities and teamwork.

SAFETY INFORMATION

- Women will be supervised at all times. The OSSC and SEFT are both secure facilities. Women will not socialize with anyone outside camp.
- Trained, experienced safety personnel will conduct and supervise all training and activities, which include many levels of built-in safety. Women will be fully supported and supervised at all times.
- All camp staff are professional firefighters and emergency medical technicians.
- We require an emergency contact for each woman.
- We require that women be covered by medical insurance for the week of camp. If you do not have medical insurance, please contact us.

- If a woman cannot meet the requirements of participation, or displays disruptive behavioral problems, she may be sent home at a cost to the woman.

“ It's about...
building confidence.”

