

ARE YOU READY FOR

THE 5TH ANNUAL CAMP FFIT

FEMALE FIREFIGHTERS IN TRAINING

WATER
GUARD



APPLY BY
SEPTEMBER 13

- Learn to help others in crisis • Physically intense work
- Career and fitness advice • Try search and rescue in smoke
- Use bunker gear and air packs • Climb a 25m ladder and more!

Open to women aged 16-20 in Hamilton | September 27 - 29, 2019

Info at www.hamilton.ca/campffit