



LEADERSHIP | INTEGRITY | TRAILBLAZER

2019 Application Packet

To Parents/Legal Guardians, and Camp Applicants:

The Harrisonburg Fire Department (HFD) and Rockingham County Fire Rescue (RCFR) are excited to announce their second annual girl's summer camp, "**Camp L.I.T.,**" taking place from Monday, July 15th to Friday, July 19th, 2019. Camp L.I.T. is open to girls (ages 13-16) and is completely free of charge to participants. The camp will provide a unique insight into life as a first responder in hopes of encouraging young females to consider the fire service as a career.

Camp participants will take part in this five-day long day camp that will include many new experiences, including physical training, fire simulations, and many hands-on activities. Some of our activities are physically challenging, so please consider this when applying. Safety is our top priority and all participants will be supervised always by highly-trained professionals from HFD and RCFR.

Please carefully review all the included camp materials including applicant information, medical information, video/photo release, applicant questions and the list of activities. All the sections of this packet must be completed in full; incomplete packets will not be accepted.

Applicants are expected to be responsible and demonstrate a positive attitude. Any inappropriate behavior will not be tolerated and will lead to immediate dismissal from camp. Applicants must be between 13 and 16 years old by the first day of camp, and in good physical health to participate in the rigorous activities planned. Also, for participants to fully participate in camp, there will be limited phone use throughout the week. Applicants, please take time and care in completing the application, especially the essay portion.

All applications must be received no later than **Friday, June 14th, 2019 at 5pm.**

You may mail or deliver completed applications to:

Harrisonburg Fire Department
Attn: Camp L.I.T.
101 North Main Street, 3rd Floor
Harrisonburg, VA 22802

You can also fill out the application online by going to www.harrisonburgva.gov/fire or www.rockinghamcountyva.gov/234/Fire-Rescue

We expect to notify successful candidates no later than **Friday, June 21st, 2019.**

If you have any questions regarding the application packet or process, please contact the following people:

Harrisonburg Fire Department- Lt. Erin Stehle at (540) 432-7703 or Erin.Stehle@harrisonburgva.gov.

Rockingham County Fire Rescue- Lt. Karen Will at (540) 564-3175 or kwill@rockinghamcountyva.gov

Best Wishes!

Part 1: Applicant Information

Applicant Name: _____

Applicant Birthdate: _____

Age on first day of camp (Jul. 15, 2019): _____

Applicant Address:

Phone number: _____

Email: _____

Applicant School: _____

Grade during 2019-2020 school year: _____

Applicant Parent/ Guardian: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Emergency Contact Information

Name: _____

Relationship to applicant: _____

Phone number: _____

General Physician

Name: _____

Phone Number: _____

The camp will provide each participant with 2-3 **t-shirts** for the week. T-shirts will be adult unisex cotton. Please circle one of the following sizes:

XS S M L XL XXL

The camp will provide each participant with 2-3 **shorts** for the week. Shorts will be a mesh sport style. Please circle one of the following sizes:

XS S M L XL XXL

Part 2: Applicant Medical History

General Medical History: Please circle and/or explain your answers

1. List applicant's allergies below: (Example: peanuts, amoxicillin, etc.)

2. List applicant's medical history: (Example: Asthma, heart surgery, etc.)

3. List medications/supplements applicant is currently taking below:

4. Has a doctor ever denied or restricted your participation in sports for any reason?

Yes or No

If Yes, please explain :

5. Additional Notes:

Part 3: Applicant Photo/Video Release

I hereby give my permission without restriction to Harrisonburg Fire Department and Rockingham County Fire Rescue and their assignees to photograph and/or videotape my child during participation in Camp L.I.T. I specifically waive my rights to compensation with respect to my child's name, likeness, picture or voice. The purpose of this release is to facilitate in future publicity for similar programs.

Parent/Guardian Signature: _____

Date: _____

Part 4: Applicant Questions/Essays

Part 4A: Applicant Activities Information:

School Activities: (Example: sports, clubs, theater, etc.)

Community Activities:(Examples: girl scouts, church activities, volunteering)

Hobbies:

Additional Information:

4B: Applicant questions:

1. "L.I.T." stands for leadership, integrity and trailblazer, three qualities that are not only important in the fire service, but also to this program. What do each of these qualities mean to you? Which one is most important to you?

2. Who is a woman in your life that you look up to? Why?

3. Why do you want to be a part of this program? What do you hope to get out of it?

How did you hear about Camp L.I.T? (Check one)

- Harrisonburg Fire Department/ Rockingham County Fire Rescue website
- Harrisonburg City/ Rockingham County Summer Activities Guide
- Facebook
- Radio
- School
- Other (Please Specify) _____

Other Important Information

List of Activities for the Week:

- Team building and empowerment activities
- Ropes course
- Fire service history
- Use of fire gear
 - Personal Protective Equipment (PPE)
 - Self-Contained Breathing Apparatus (SCBA)
- Fire prevention
- Daily physical fitness
- CPR certification
- First aid and basic EMS skills
- Fire behavior and building construction
- Fire extinguishers
- Hose lines and scenario simulations
- Search and rescue
- Career day with female first responders
- Self-defense training

Due to the different activities we have scheduled, we will have three locations throughout camp. Also, we will have transportation services to help with this as well.

Locations:

Massanutten Technical Center

325 Pleasant Valley Rd.

Harrisonburg, VA 22801

HFD Training Grounds

340 E. Mosby Rd.

Harrisonburg, VA 22801

JMU Ropes Course

1081 Turner Ashby Lane

Harrisonburg, VA 22802