



**Hastings Highlands Fire Department
33011 Hwy 62 North, P.O. Box 130
Maynooth, ON K0L 2S0**

SELF-ASSESSMENT QUESTIONNAIRE

Do not submit this form as part of your application to the Hastings Highlands Fire Department, as it is a self-assessment questionnaire and is intended to assist you in making an informed decision.

1. Do I currently meet the skills/education and eligibility criteria? *(see pages 2 & 3 of the Volunteer Firefighter Recruitment Package)*
 - Yes
 - No
2. Can I maintain a level of professionalism in my behaviour, both on and off duty?
 - Yes
 - No
3. Am I prepared to adhere to the Fire Department operational guidelines regarding hair, facial hair, jewelry and grooming? (These operational guidelines exist to ensure personal safety and include restrictions on, for example, facial hair (which interferes with a respirator seal) and jewelry (which must be removed or protected under bunker gear)) (For more information on requirements please contact the Fire Chief)
 - Yes
 - No
4. Do I actively demonstrate the values of respect, pride, professionalism and teamwork and recognize their importance in the role of a Volunteer Firefighter?
 - Yes
 - No
5. Am I constantly seeking opportunities for learning and self-improvement?
 - Yes
 - No

6. Am I committed to learning and self-improvement for the rest of my career?
- Yes
- No
7. Am I self-motivated?
- Yes
- No
8. Do I gain a sense of satisfaction from supporting my community for the benefit of others?
- Yes
- No
9. Would a Criminal Record Check and/or Vulnerable Sector Check be clear of any records that could call into question my ability to fulfill the requirements of a Volunteer Firefighter?
- Yes
- No
10. Am I physically and mentally able to perform the required job tasks of a volunteer firefighter?
- Yes
- No
11. Can I commit to maintaining both the physical and mental fitness/competence required of a Volunteer Firefighter?
- Yes
- No
12. Am I able to understand and implement complex oral and written instructions?
- Yes
- No
13. Am I able to operate within a paramilitary working environment?
- Yes
- No

14. Am I free from, or willing and able to manage, any phobias related to working at heights, in confined spaces, or with limited visibility?
- Yes
- No
15. Am I comfortable using power tools and technical equipment?
- Yes
- No
16. When working in situations that involve the suffering, tragedy or loss of other people, can I emotionally disengage in order to complete essential job tasks?
- Yes
- No
17. Am I willing and able to be on call 24-hours a day, sometimes under extreme conditions (weekends and holidays included)?
- Yes
- No
18. I am willing to maintain the minimum qualifications for the role of a volunteer firefighter?
- Yes
- No
19. Do I have a support system in place for emotional support and debriefing for stress relief?
- Yes
- No
20. Am I able to solve problems under pressure?
- Yes
- No
21. Do I have the support of my family to commit the time required to study (approximately 2-hours a day) during the recruit process and, if I become a Volunteer Firefighter, to actively participate in the activities of a Volunteer Firefighter?
- Yes
- No

Note, this is a personal review tool. If you answer "no" to any of the above or if you have any questions or concerns, please contact Fire Chief Bryce Robinson at 613-332-8673 or Deputy Fire Chief Mike Bendell at 613-318-9053 to discuss