

2025 Junior Forest Rangers

Application Form- Part A



Contact Information	COMPLETION INSTRUCTIONS
wf.jfr-alberta@gov.ab.ca 7000 113 St, Edmonton, AB T6H 5T6 Phone: (780) 405-7483 (780) 974-2860	Step 1: Review the program by visiting www.albertajfr.ca Step 2: Ensure sections 1-6 are complete. (Part A) Step 3: Read over fitness test info sheet and fill out the ParQ. (Part B) Step 4: Prepare for and the take physical fitness assessment test. (Part B) Step 5: Obtain and submit two references ie. teacher, community/church leader or employer. (Part C) Step 6: Create profile on the GoA job board then click Apply Now in the top right corner. Step 7: Find the JFR Crew Members job posting and click Apply Now. Upload all Parts (A, B, and C) IN ONE DOCUMENT under "My Documents." Click Save, then Apply. *If your reference(s) sends their form (Part C) directly to us, we will attach that to your application.
PART A, B and C must be complete and added to your application for the JFR Crew Member job ad. THE DEADLINE TO APPLY IS APRIL 1ST Contact us if you have any issues applying	

Section 1. PERSONAL INFORMATION								
Surname		First Name		Preferred name		Middle Initial	Date of Birth Day Month Year	
Mailing address			City		Province		Postal Code	
Preferred Pronouns		Telephone		Email				
Do you have a social insurance number? If not, you will be required to obtain one <u>immediately upon acceptance</u> .						<input type="checkbox"/> Yes <input type="checkbox"/> No		
Will you be using the program to gain high school work experience credits?						<input type="checkbox"/> Yes <input type="checkbox"/> No		
Can JFR staff pass on your contact info to Careers: The Next Generation to assist with getting credits and potential future work placements?						<input type="checkbox"/> Yes <input type="checkbox"/> No		
Indian Status number or Metis Region (if applicable):								

Section 2. EMPLOYMENT / VOLUNTEER HISTORY and Special Courses, certificates, or accreditations		
Employer / position / Certificate	Your Position/Duties or credentials	Start/End Dates

Section 3. EDUCATION
I affirm that I am presently a full-time student at _____, and am currently in grade _____.

Section 4. EMPLOYMENT EXPECTATIONS (Review and sign/date with an understanding of the seven expectations)
1. All applications are subject to screening and selection by the Junior Forest Ranger Program Staff. 2. The Junior Forest Ranger program requires commitment from participants for the duration of the full work term. 3. The regular work week for all camp-based participants is Monday to Friday (36.25 hours). Participants are required to reside in camp including evenings and weekends. Camps close the long weekend in August. 4. The work requires physical and mental exertion. Applicants are screened to ensure minimum physical fitness conditions are met. 5. Applicants must be aware that during the program certain risks and dangers may occur including, but not limited to, the hazards of traveling in forest and mountainous terrain, accident or illness in remote places, the forces of nature, hand tool and power tool use, and travel by automobile, helicopter, boat, or other conveyances. 6. The Junior Forest Ranger Program provides a non-violent workplace with a safe and healthy environment for all staff. 7. The Junior Forest Ranger Program is drug and alcohol free. Any individual who does not abide by these principles may be subject to disciplinary action and parent(s) and/or guardian(s) will be notified.

APPLICANT COMMITMENT TO EXPECTATIONS	
The applicant should only sign this form if he/she fully understands, agrees to, and accepts the above expectations of the Junior Forest Ranger Program. I certify that the information given in this application is complete to the best of my knowledge. I understand that a false statement will result in this application being rejected or I may be subject to termination of my involvement in the program.	
Participant signature	Date
<input type="checkbox"/> (Online users check this box to indicate you have read and agree to the expectations above.)	

Section 5. PARENT(s) or GUARDIAN(s) ACCEPTANCE OF EMPLOYMENT EXPECTATIONS AND MEDICAL CONSENT			
I agree and accept these conditions, and give permission for my child to participate in the Junior Forest Rangers program. I hereby give the crew leaders, or designate permission to use his /her judgment in obtaining the best medical services and care available for my child. I understand that in the event of serious illness or accident I will be notified.			
Telephone	Name	Parent(s) or Guardian Signature(s)	Date
		<input type="checkbox"/> (Online users check this box to indicate you have read and agree to the expectations above.)	
Telephone	Name	Parent(s) or Guardian Signature(s)	Date
		<input type="checkbox"/> (Online users check this box to indicate you have read and agree to the expectations above.)	

2025 Junior Forest Rangers Crew Member Application Form - Part A



Section 6. STATEMENT OF INTEREST (Please add separate sheets if necessary)

Answer **ALL** questions thoroughly and to the best of your ability. **1.** Tell us about yourself (hobbies, interests, skills etc.) and what you are hoping to get out of a summer in the JFR program. **2.** What hands-on work or educational projects do you want to participate in during a summer with JFR? **3.** What are your plans after high school? **4.** Describe your experiences being part of a team (sports, hobby clubs, jobs etc.) **5.** Tell us about your outdoor experiences and skills (ie. camping, hiking etc.). **6.** What accomplishment are you most proud of? **7.** List your top 3 location preferences at the bottom of the sheet. See the JFR website for details on each location. *Attach additional documents if you require more space to answer the questions

[Large empty box for writing the statement of interest]

Crew Location Preferences (Please note we will do our best to accommodate your preferences, but it is not guaranteed)

1. _____ 2. _____ 3. _____

Crew Locations for 2025: High Level, High Prairie, Grande Prairie, Rocky Mountain House, Calgary, Lac La Biche, Whitecourt
*Most applicants list locations in the mountains. We encourage you to look into other locations to increase the odds that you get one of your top three choices.



JFR Fitness Test

Information Sheet

In order to participate in the 2025 JFR season, all leaders and members must pass this fitness test as part of the application process. You must include a completed JFR Fitness Form with your application.

The fitness requirement is a work capacity test designed to measure suitability for moderate work duty, which is defined as: field work that requires complete control of physical faculties and may include considerable walking, standing, and lifting 25-50 pounds. A minimum fitness standard will increase individual and crew safety in this work environment.

Train for the Test

Training for the fitness test is important. Start training at least 4-6 weeks before you are scheduled to take the test. Begin by walking short distances on a regular basis, then gradually increase distance and begin to carry a weighted pack. Continue until you can meet the requirements of the test. You may want to consult a physician before you begin training if you have been inactive, have a history of injury or medical conditions.

Required Paperwork – Pre Test

Prior to taking the test, complete the following paperwork:

1. PAR-Q: The PAR-Q+ Physical Activity Readiness Questionnaire is a double sided four page form and must be completed in its entirety. Please follow all instructions on the form. If a person answers yes to one or more of the questions on the PAR-Q, you must also complete the online PARMed-X survey (www.eparmedx.com), which may include sign off by a physician, prior to taking the fitness test.
2. JFR fitness form: The form is intended to make you aware of the risks of the test and that neither the GoA nor the person testing you is liable for any injury/illness that may occur during the test.

Take the Test

1. Mark out a relatively flat, two mile course in advance. This can be one stretch or laps around a smaller area. Also, choose a pack that can have weights added to make it 25 pounds.
2. The test needs to be monitored by trusted source and any problems should be brought to the attention of the fitness tester.
3. No jogging or running is permitted. DO NOT USE A TREADMILL.
4. You may take the test wearing weather appropriate fitness clothing (runners, shorts, tshirt, etc).
5. The test is pass/fail – there is no advantage to a lower time, the final time just has to be 30 minutes or less.

Required Paperwork – Post Test

Once you pass the test, the tester must signoff at the bottom of the JFR fitness form. Submit this completed form with your application. If you fail the test, you are allowed to take the test again. All required paperwork must be completed again. Your application will not be considered complete without a record of a passed fitness test.

Choosing a Fitness Tester

Choose someone in your community to facilitate the fitness test. This could be a fitness instructor, teacher, coach, etc. that will conduct an unbiased fitness test for you. You can also have a parent time you, in the event you are unable to find someone else. You will be tested again at the beginning of your training course and if you cannot pass the fitness test at that time you will be terminated from the program.

Contact program staff if you have questions: WF.JFR-Alberta@gov.ab.ca or 780-422-9276 or 780-974-2860

JFR Fitness Test

Part B- Fitness Test and ParQ

Participant

The **PAR-Q+ Physical Activity Readiness Questionnaire** is complete according to all instructions and requirements of the form.

TEST: The fitness test is a 3.2 km (2 miles) walk with a 25 pound pack, completed in less than 30 minutes. It is fairly strenuous, but no more so than field duties. This fitness test is intended for those with moderately strenuous duties (requires a max VO₂ of 40, lifting 25 to 50 pounds, and occasional demand for moderately strenuous activity).

RISKS: There is a slight risk of injury (blisters, sore legs, sprained ankle) for those who have not practiced the test. If you have been inactive and have not practiced or trained for the test, you should engage in several weeks of specific training before you take the test. Be certain to warm up and stretch before taking the test, and to cool down after the test. If you are unaccustomed to vigorous exercise, you should contact your physician, by phone or in person, before you take the test.

Informed Consent

As a condition of my participation in the above fitness test, I agree and understand that if I am injured or become ill or disabled as a result of the fitness test, I will not be entitled to damages from the Government of Alberta, government employee or any teacher, school employee, school board, coach, volunteer, contractor, etc. performing this fitness test.

Applicant name	Applicant signature	Date
Parent / guardian name, if participant is under 18 years of age.	Parent/guardian signature	Date

Fitness Tester Expectations

1. You must review this JFR Fitness Form with the participant and ensure the Informed Consent section is completed and signed.
2. Confirm you have a fairly flat, 3.2 km course where you can monitor the applicant gym, school track, local sidewalks etc. .
3. Ensure the applicant has a back pack or weighted vest which weighs 25 lbs.
4. Complete the physical fitness test. The applicant must complete the test, without running or jogging, in 30 minutes or less. Record the time below. **DO NOT USE A TREADMILL**

NOTE: The applicant will be tested again at the beginning of the JFR training course and if they cannot pass the fitness test at that time they may be terminated from the program.

Fitness Test Result

I agree that I, _____, have conducted a fair test, in accordance with the information above.			
Applicant name			
_____ has achieved at time of _____ minutes, _____ seconds.			
Tester name	Contact email	Tester signature	Date
When the test is complete, return this from to the applicant to include with their application package. Thank you for your support of the JFR program.			

PAR-Q+

The Physical Activity Readiness Questionnaire for Everyone

The health benefits of regular physical activity are clear; more people should engage in physical activity every day of the week. Participating in physical activity is very safe for MOST people. This questionnaire will tell you whether it is necessary for you to seek further advice from your doctor OR a qualified exercise professional before becoming more physically active.

GENERAL HEALTH QUESTIONS

Please read the 7 questions below carefully and answer each one honestly: check YES or NO.	YES	NO
1) Has your doctor ever said that you have a heart condition <input type="checkbox"/> OR high blood pressure <input type="checkbox"/> ?	<input type="checkbox"/>	<input type="checkbox"/>
2) Do you feel pain in your chest at rest, during your daily activities of living, OR when you do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
3) Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months? Please answer NO if your dizziness was associated with over-breathing (including during vigorous exercise).	<input type="checkbox"/>	<input type="checkbox"/>
4) Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)? PLEASE LIST CONDITION(S) HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
5) Are you currently taking prescribed medications for a chronic medical condition? PLEASE LIST CONDITION(S) AND MEDICATIONS HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
6) Do you currently have (or have had within the past 12 months) a bone, joint, or soft tissue (muscle, ligament, or tendon) problem that could be made worse by becoming more physically active? Please answer NO if you had a problem in the past, but it does not limit your current ability to be physically active. PLEASE LIST CONDITION(S) HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
7) Has your doctor ever said that you should only do medically supervised physical activity?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered NO to all of the questions above, you are cleared for physical activity.

Please sign the PARTICIPANT DECLARATION. You do not need to complete Pages 2 and 3.

- Start becoming much more physically active – start slowly and build up gradually.
- Follow Global Physical Activity Guidelines for your age (<https://www.who.int/publications/i/item/9789240015128>).
- You may take part in a health and fitness appraisal.
- If you are over the age of 45 yr and NOT accustomed to regular vigorous to maximal effort exercise, consult a qualified exercise professional before engaging in this intensity of exercise.
- If you have any further questions, contact a qualified exercise professional.

PARTICIPANT DECLARATION

If you are less than the legal age required for consent or require the assent of a care provider, your parent, guardian or care provider must also sign this form.

I, the undersigned, have read, understood to my full satisfaction and completed this questionnaire. I acknowledge that this physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if my condition changes. I also acknowledge that the community/fitness center may retain a copy of this form for its records. In these instances, it will maintain the confidentiality of the same, complying with applicable law.

NAME _____ DATE _____

SIGNATURE _____ WITNESS _____

SIGNATURE OF PARENT/GUARDIAN/CARE PROVIDER _____

If you answered YES to one or more of the questions above, COMPLETE PAGES 2 AND 3.

Delay becoming more active if:

- You are currently experiencing a temporary illness, such as a cold or fever. It is best to wait until you feel better.
- You are pregnant. In this case, talk with your health care practitioner, physician, qualified exercise professional, and/or complete the ePARmed-X+ at www.eparmedx.com before becoming more physically active.
- Your health changes. Answer the questions on Pages 2 and 3 of this document and/or talk to your health care practitioner, physician, or qualified exercise professional before proceeding with any physical activity program.

PAR-Q+

FOLLOW-UP QUESTIONS ABOUT YOUR MEDICAL CONDITION(S)

1. Do you have Arthritis, Osteoporosis, or Back Problems?

If the above condition(s) is/are present, answer questions 1a-1c If **NO** go to question 2

- 1a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES NO
-
- 1b. Do you have joint problems causing pain, a recent fracture or fracture caused by osteoporosis or cancer, displaced vertebra (e.g., spondylolisthesis), and/or spondylolysis/pars defect (a crack in the bony ring on the back of the spinal column)? YES NO
-
- 1c. Have you had steroid injections or taken steroid tablets regularly for more than 3 months? YES NO

2. Do you currently have Cancer of any kind?

If the above condition(s) is/are present, answer questions 2a-2b If **NO** go to question 3

- 2a. Does your cancer diagnosis include any of the following types: lung/bronchogenic, multiple myeloma (cancer of plasma cells), head, and/or neck? YES NO
-
- 2b. Are you currently receiving cancer therapy (such as chemotherapy or radiotherapy)? YES NO

3. Do you have a Heart or Cardiovascular Condition? This includes Coronary Artery Disease, Heart Failure, Diagnosed Abnormality of Heart Rhythm

If the above condition(s) is/are present, answer questions 3a-3d If **NO** go to question 4

- 3a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES NO
-
- 3b. Do you have an irregular heart beat that requires medical management? (e.g., atrial fibrillation, premature ventricular contraction) YES NO
-
- 3c. Do you have chronic heart failure? YES NO
-
- 3d. Do you have diagnosed coronary artery (cardiovascular) disease and have not participated in regular physical activity in the last 2 months? YES NO

4. Do you currently have High Blood Pressure?

If the above condition(s) is/are present, answer questions 4a-4b If **NO** go to question 5

- 4a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES NO
-
- 4b. Do you have a resting blood pressure equal to or greater than 160/90 mmHg with or without medication? (Answer **YES** if you do not know your resting blood pressure) YES NO

5. Do you have any Metabolic Conditions? This includes Type 1 Diabetes, Type 2 Diabetes, Pre-Diabetes

If the above condition(s) is/are present, answer questions 5a-5e If **NO** go to question 6

- 5a. Do you often have difficulty controlling your blood sugar levels with foods, medications, or other physician-prescribed therapies? YES NO
-
- 5b. Do you often suffer from signs and symptoms of low blood sugar (hypoglycemia) following exercise and/or during activities of daily living? Signs of hypoglycemia may include shakiness, nervousness, unusual irritability, abnormal sweating, dizziness or light-headedness, mental confusion, difficulty speaking, weakness, or sleepiness. YES NO
-
- 5c. Do you have any signs or symptoms of diabetes complications such as heart or vascular disease and/or complications affecting your eyes, kidneys, **OR** the sensation in your toes and feet? YES NO
-
- 5d. Do you have other metabolic conditions (such as current pregnancy-related diabetes, chronic kidney disease, or liver problems)? YES NO
-
- 5e. Are you planning to engage in what for you is unusually high (or vigorous) intensity exercise in the near future? YES NO

PAR-Q+

6. Do you have any Mental Health Problems or Learning Difficulties? This includes Alzheimer's, Dementia, Depression, Anxiety Disorder, Eating Disorder, Psychotic Disorder, Intellectual Disability, Down Syndrome

If the above condition(s) is/are present, answer questions 6a-6b

If **NO** go to question 7

6a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES NO

6b. Do you have Down Syndrome **AND** back problems affecting nerves or muscles? YES NO

7. Do you have a Respiratory Disease? This includes Chronic Obstructive Pulmonary Disease, Asthma, Pulmonary High Blood Pressure

If the above condition(s) is/are present, answer questions 7a-7d

If **NO** go to question 8

7a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES NO

7b. Has your doctor ever said your blood oxygen level is low at rest or during exercise and/or that you require supplemental oxygen therapy? YES NO

7c. If asthmatic, do you currently have symptoms of chest tightness, wheezing, laboured breathing, consistent cough (more than 2 days/week), or have you used your rescue medication more than twice in the last week? YES NO

7d. Has your doctor ever said you have high blood pressure in the blood vessels of your lungs? YES NO

8. Do you have a Spinal Cord Injury? This includes Tetraplegia and Paraplegia

If the above condition(s) is/are present, answer questions 8a-8c

If **NO** go to question 9

8a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES NO

8b. Do you commonly exhibit low resting blood pressure significant enough to cause dizziness, light-headedness, and/or fainting? YES NO

8c. Has your physician indicated that you exhibit sudden bouts of high blood pressure (known as Autonomic Dysreflexia)? YES NO

9. Have you had a Stroke? This includes Transient Ischemic Attack (TIA) or Cerebrovascular Event

If the above condition(s) is/are present, answer questions 9a-9c

If **NO** go to question 10

9a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES NO

9b. Do you have any impairment in walking or mobility? YES NO

9c. Have you experienced a stroke or impairment in nerves or muscles in the past 6 months? YES NO

10. Do you have any other medical condition not listed above or do you have two or more medical conditions?

If you have other medical conditions, answer questions 10a-10c

If **NO** read the Page 4 recommendations

10a. Have you experienced a blackout, fainted, or lost consciousness as a result of a head injury within the last 12 months **OR** have you had a diagnosed concussion within the last 12 months? YES NO

10b. Do you have a medical condition that is not listed (such as epilepsy, neurological conditions, kidney problems)? YES NO





10c. Do you currently live with two or more medical conditions? YES NO

**PLEASE LIST YOUR MEDICAL CONDITION(S)
AND ANY RELATED MEDICATIONS HERE:**

GO to Page 4 for recommendations about your current medical condition(s) and sign the PARTICIPANT DECLARATION.

PAR-Q+




 **If you answered NO to all of the FOLLOW-UP questions (pgs. 2-3) about your medical condition, you are ready to become more physically active - sign the PARTICIPANT DECLARATION below:**

-  It is advised that you consult a qualified exercise professional to help you develop a safe and effective physical activity plan to meet your health needs.
-  You are encouraged to start slowly and build up gradually - 20 to 60 minutes of low to moderate intensity exercise, 3-5 days per week including aerobic and muscle strengthening exercises.
-  As you progress, you should aim to accumulate 150 minutes or more of moderate intensity physical activity per week.
-  If you are over the age of 45 yr and **NOT** accustomed to regular vigorous to maximal effort exercise, consult a qualified exercise professional before engaging in this intensity of exercise.

 **If you answered YES to one or more of the follow-up questions about your medical condition:**

You should seek further information before becoming more physically active or engaging in a fitness appraisal. You should complete the specially designed online screening and exercise recommendations program - the **ePARmed-X+ at www.eparmedx.com** and/or visit a qualified exercise professional to work through the ePARmed-X+ and for further information.

 **Delay becoming more active if:**

-  You are currently experiencing a temporary illness, such as a cold or fever. It is best to wait until you feel better.
-  You are pregnant. In this case, talk to your health care practitioner, physician, qualified exercise professional, and/or complete the ePARmed-X+ at www.eparmedx.com before becoming more physically active.
-  Your health changes. Talk to your health care practitioner, physician, or qualified exercise professional before continuing with any physical activity program.

- You are encouraged to photocopy the PAR-Q+. You must use the entire questionnaire and NO changes are permitted.
- The authors, the PAR-Q+ Collaboration, partner organizations, and their agents assume no liability for persons who undertake physical activity and/or make use of the PAR-Q+ or ePARmed-X+. If in doubt after completing the questionnaire, consult your doctor prior to physical activity.

PARTICIPANT DECLARATION

- All persons who have completed the PAR-Q+ please read and sign the declaration below.
- If you are less than the legal age required for consent or require the assent of a care provider, your parent, guardian or care provider must also sign this form.

I, the undersigned, have read, understood to my full satisfaction and completed this questionnaire. I acknowledge that this physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if my condition changes. I also acknowledge that the community/fitness center may retain a copy of this form for records. In these instances, it will maintain the confidentiality of the same, complying with applicable law.

NAME _____ DATE _____

SIGNATURE _____ WITNESS _____

SIGNATURE OF PARENT/GUARDIAN/CARE PROVIDER _____

For more information, please contact
www.eparmedx.com
Email: eparmedx@gmail.com

Citation for PAR-Q+

Warburton DER, Jamnik VK, Bredin SSD, and Gledhill N on behalf of the PAR-Q+ Collaboration. The Physical Activity Readiness Questionnaire for Everyone (PAR-Q+) and Electronic Physical Activity Readiness Medical Examination (ePARmed-X+). Health & Fitness Journal of Canada 4(2):3-23, 2011.

Key References

1. Jamnik VK, Warburton DER, Makarski J, McKenzie DC, Shephard RJ, Stone J, and Gledhill N. Enhancing the effectiveness of clearance for physical activity participation; background and overall process. APNM 36(S1):S3-S13, 2011.
2. Warburton DER, Gledhill N, Jamnik VK, Bredin SSD, McKenzie DC, Stone J, Charlesworth S, and Shephard RJ. Evidence-based risk assessment and recommendations for physical activity clearance; Consensus Document. APNM 36(S1):S266-s298, 2011.
3. Chisholm DM, Collis ML, Kulak LL, Davenport W, and Gruber N. Physical activity readiness. British Columbia Medical Journal. 1975;17:375-378.
4. Thomas S, Reading J, and Shephard RJ. Revision of the Physical Activity Readiness Questionnaire (PAR-Q). Canadian Journal of Sport Science 1992;17:4 338-345.

The PAR-Q+ was created using the evidence-based AGREE process (1) by the PAR-Q+ Collaboration chaired by Dr. Darren E. R. Warburton with Dr. Norman Gledhill, Dr. Veronica Jamnik, and Dr. Donald C. McKenzie (2). Production of this document has been made possible through financial contributions from the Public Health Agency of Canada and the BC Ministry of Health Services. The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada or the BC Ministry of Health Services.

2025 Junior Forest Rangers

Reference Form - Part C



COMPLETION INSTRUCTIONS

Original signatures are required for a successful application. Electronic signatures are acceptable.

Please send this completed form to the applicant to attach as part of their application OR send directly to WF.JFR-Alberta@gov.ab.ca and JFR staff will include it in the applicants documents.

Applicants must select **two** references to support their application. This form is to be completed by: principal, teacher, guidance counselor, coach, former employer, volunteer coordinator, church and/or community leader.

Your honest assessment of the candidate is necessary to the application process. To gain a better understanding of the program please visit our website at www.AlbertaJFR.ca. (Please print or type your responses. Attach additional sheet if necessary.)

Applicant Surname	First Name	Your Relationship to Applicant	
Referee Surname	First Name	Your Position Title	Telephone
Referee Address	City	Province	Postal Code
Alberta			

Background Information:

Junior Forest Ranger (JFR) crew members will learn skills and work in a remote camp for seven weeks. The mandate of the program encompasses the fields of forestry, natural resource management, environmental science, and youth development. Crews of six will expand their awareness of our natural resources through work projects, educational opportunities, traditional practices, and wilderness adventure. Crew members are team players, independent, physically fit, patient, and respectful.

In your opinion, explain to what extent the applicant has shown interest in natural resources and/or outdoor recreation. (Please explain or attach a letter)

In your opinion, describe initiatives the applicant is involved with in school (athletics or other programs), community, and/or volunteering. (Please explain or attach a letter)

In your opinion, how does the applicant contribute in a team/group environment? (Please explain or attach a letter)

Considering the nature of the program, I would:

- strongly recommend recommend with reservation
 recommend would not recommend

Thank you for taking the time to complete this reference form.

The above statements are true to the best of my knowledge:

Signature _____

Date _____

(Online users check this box to indicate you have read and agree to the expectations above.)

2025 Junior Forest Rangers

Reference Form - Part C



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Background Information:

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In your opinion, explain to what extent the applicant has shown interest in natural resources and/or outdoor recreation. (Please explain or attach a letter)

In your opinion, describe initiatives the applicant is involved with in school (athletics or other programs), community, and/or volunteering. (Please explain or attach a letter)

In your opinion, how does the applicant contribute in a team/group environment? (Please explain or attach a letter)

Considering the nature of the program, I would:

- strongly recommend recommend with reservation
 recommend would not recommend

Thank you for taking the time to complete this reference form.

The above statements are true to the best of my knowledge: _____ Signature _____ Date _____

(Online users check this box to indicate you have read and agree to the expectations above.)