

Tips on Recruiting Process to enter the Halton Canadian Forces Co-Op – Royal Hamilton Light Infantry

Aspects of the Recruiting Process:

1. Complete the **Canadian Forces Recruiting Paperwork**.

Which will include: application paperwork to your unit of choice, a reference check, a background check (ensure you declare ANY/ALL criminal charges), and a medical screening.

2. **Aptitude Test** – practice weblink is:

http://www.psc-cfp.gc.ca/ppc/gct2_practice_test_info_e.htm

Canadian Forces Aptitude test is to determine what area of employment you are eligible for.

NO CALCULATORS allowed on the Math Part.

3. **Fitness Test** – Need to start practicing NOW

	MALE	FEMALE
Push-Ups -	19	9
Sit-Ups -	19	15

Hand Grip – squeeze a tennis ball, 3 sets of 5, then build up to 3 sets of 25.

2.4 kilometre run – only way to get better at running is to **RUN**.

- Test will be a beep test, must make level 6.5 minimum OR Step Test

4. **Medical Examination** – KNOW your Medical History, ex. Old broken bones, any prescribed medications you are on, Family history of diabetes, heart concerns, etc.

Use of Illicit Substances (narcotics or recreation drugs) is strictly **prohibited** by the Canadian Forces. Ensure that you have had no contact with them OR with persons who used them for at least a three (3) month period prior to enrolment

The **RECRUITING OFFICE** will only contact you **twice (2x)**, then you become responsible for making contact and setting up your appointments for Aptitude Testing, Fitness Testing, Medical Review and Career Counselling at **Canadian Forces Recruiting Centre Hamilton**.

CONTACT DETAILS FOR Canadian Forces Recruiting Centre Hamilton



4-55 Bay Street North
Hamilton, ON L8R 3P7
(905) 521-0928

It is VERY IMPORTANT that you attend **ALL scheduled appointments** at the Recruiting Centre.

If you cannot attend, ensure you contact the centre with your reason to cancel and reschedule, with 48 hours notice where possible.

Ensure you are at least 15 minutes **EARLY**, and bring your proper identification. (Birth Certificate, Social Insurance Number & Drivers Licence if you have one.)

Rank & Name of Recruiter: _____

Date(s) Contacted: _____