

# Online Network

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**Name:** Kennell, Cliff ( )

**Email:**

**\*School or Business Name:** Victoria Fire Dept, BC, ,

**Business/  
Personal/School  
Website (url):**

**Current Grade:**

**Employment (if any):** It depends on what block ( 4 day shifts) I'm working.

**Responsibilities:** I'm an acting driver: so I'm bumped around from station to station and on different details.

**Accomplishments in my life:** Cycle racing at the highest level in Canada

Moving to Europe, making a team and competing.

When I returned to Canada and was accepted into forest fire fighting. 24 applicants out of /1000 were accepted.

The hiring process went through three stages:

Physical fitness, interview, boot camp.

I've been in this department for eleven years .. Every guy I've seen come on to the department is total quality. It's not possible to generalize but the department features folks that were often athletics, knowledgeable in all walks of life,,: experienced in trades, with university training. .30% of our crew comes with forest fighting experience.: rap attack or unit crew.

Our previous chief came to one of the fire fighting camps and liked what he saw

**Challenges in school/work/life:** Honestly when I was in high school I was not going anywhere.

I came out of high school and didn't know what i wanted to do.

Hard to get into fire fighting. It is highly sought after.

The amount of money it costs to be considered to apply.

You can received.. accreditation from Justice Institute or at Vermillion, Michigan(need to check on that). That is a a six month course costing \$10,000.(also need to check on the exact dollar amount)

As a junior guy you get bumped around to different roles and different stations.

In training they look for people who can work together and get along

If guys mess up, you get on them pretty quick. ( In forest fire training its boot camp is similar to a paramilitary operation.)

I'm not here so sign you up for 40 sessions. I'd rather teach you for five session that you can effect change yourself.

Since our work schedules change as fire fighters it makes it hard to commit to coaching a team in the community.

Dealing with stress and trauma:

For your own sanity you get pretty cold to the personal losses.

We have a program of counselors who come after traumatic cases. eg When you've had to pry a dead body our of car. .

First the chief asks.

Then the team comes and asks 'how did it go''

They look for key things from guys.

If someone needs help they then get individual counselling.

When I come home I tell what I've dealt with . When I've had a bad one. It helps getting off the chest.

**Interests:** I've always been into sports since I was a kid.

Now my interests include our family, the personal training business my wife and I run and my work.

**Interesting Course or Subject I have taken:** Annual auto extraction workshop

**Interesting Course or Subject I have taken:** A consultant comes to Victoria to show us how to deal with the new cars. He teaches the technology, the new steel.. Cars are changing so fast. He's really up to date

**If I had a month to do anything I wanted I would:** Travel and watch races.

I like watching and helping out at races.

A friend took me to Germany to help him in a triathalon.

I'm a personal trainer and an athlete.

Some of the reasons people want me along on these training trips: My knowledge on the road. Ability to organize my time, and my cooking. When I retire I'd like to be a coach.

**What do I want to be doing 5 years from now:** Same thing as I'm doing right now.

. I have a company on the side doing personal training.

These come from circuit classes I offered .and word of mouth.

Strength training for cardiovascular athletes

Races bikes in Europe. I provide strength training for the #1 Iron Man in Canada.

**Question 1:** What do you want to get out of it?

I'm constantly re-evaluating my clients' goals

What are your short and long term goals?

If you don't have goals in training it gets stale fast.

**Question 2:** Where do you want to go?

Do you feel like you're moving in the right direction?

Humans on most part are lazy creatures. If you don't challenge them they get stagnant.

I often know what they think, but if you ask them, it makes them step up and answer

**Comments:** 98% of fire fighters are adrenaline junkies, waiting for the next rush. Their aim is to put out the fire fast but safe to stop loss of property.

Most have come from sports. Some still play at a high level.

.Guest Themes:

Adrenaline Rushes  
Goal setting  
Role models  
Dealing with danger  
Helping others be their best

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