

Army Reserve Co-op Program Information Sheet

To complete the *Army Reserve Co-op Program*, students attend the John W. Foote Armoury, 200 James Street North. The co-op begins at 8:00 am with students being dismissed at 12:00 pm. There may be requirements outside of these hours – including overnight training at CFB Borden. This is a paid co-op as students become members of the Canadian Forces and during the semester will be trained in Basic Military Qualifications, Basic Communications and Auxiliary Security Force. There are forty (40) positions available.

Students have the opportunity to earn three (3) credits. The specific credits will be determined by each school based on the number of hours completed and the learning acquired through participation in the Army Reserve Co-op Program. Suggested credit areas include Physical Education, DCO, and career-related courses.

The Army Reserve Co-op Program (ARC) consists of two main components:

- Military Training at the Armoury and other military facilities
- Physical Training

Jobs/Trades Offered for 2026:

- Signals Operator
- Gunner
- Mobile Service Equipment Operator
- Infanteer

Student Testing Dates Available:

- Saturday, May 24th, 2025
- Saturday, August 16th, 2025
- Saturday, September 27th, 2025
- Saturday, October 25th, 2025

*****Students will complete all paperwork, FORCE test, Medical and Interview*****

The Army Reserve Co-op Program gives students an opportunity to earn various SHSM requirements that may qualify towards a Specialist High Skills Major (SHSM) program a student is enrolled in at their home school as they will complete the courses and components:

- Co-operative Education, Physical Education
- CPR and Standard First Aid
- Advanced Training in Technique, WHMIS, fire extinguisher use, conflict resolution, navigation and safe weapon handling

To complete all components of the SHSM, other courses are required in grade 11 and 12 at the student's home school. Students will need to contact their guidance counsellor or co-op teacher to inform them they are trying to achieve a SHSM designation.



HWDSB Teacher oversees the Army Reserve Co-op Program and has the following duties:

- Complete all paperwork required for co-op, course preparations, evaluations and reporting.
- Counsel students on timetable requirements and other military co-op program issues.
- Liaison with military personnel, parents, and HWDSB employees.

For more information about the Army Reserve Co-op Program, please contact:

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Canadian Forces Recruitment Information

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