

**DÉPASSES-TOI
DANS L'AVENTURE**
*PUSH YOURSELF
THROUGH ADVENTURE*

EMPLOIS•JOBS



RESERVE

FREQUENTLY ASKED QUESTIONS

1. **What is the Reserve?** The Reserve Force is the part-time component of the Canadian Armed Forces, whose members serve on a voluntary basis. They work close to home on a part-time basis, one evening a week and a few weekends during the school term. Full-time jobs and training are also available during the summer months. These periods can last several weeks and allow reservists to improve their specific skills

Reservists enjoy several benefits, including the absence of mandatory service. They can be released at any time with just 30 days' notice. Additionally, there is no obligation for deployment, although deployments are possible if the reservist wishes. There is also no requirement to relocate, allowing reservists to choose their place of residence.

However, reservists still have certain service obligations. They must ensure a minimum annual presence and maintain their skills each year. They must also complete basic training and obtain the initial professional competence or qualification required.

2. **Who serves in the Reserve?** On a day-to-day basis, a Reservist pursues his or her studies or holds a full-time job in another field, but also serves part-time with the Reserves to acquire new skills, earn extra pay and have a positive impact on his or her community.
3. **Why serve in the Reserve?** It's an incomparable and unique experience that fosters pride, self-improvement and camaraderie. What's more, the skills acquired are transferable to the equivalent civilian field.

4. Eligibility Criteria :

- a. Be a Canadian citizen or permanent resident;
- b. Be between the ages of 16 and 57;
- c. Have completed 24 credits of Secondary Four or have academic equivalencies, and;
- d. Meet the medical and physical standards for enrolment in the Canadian Armed Forces.

5. Quels sont les différents bénéfices?

- a. Salary Rates and Progression : Our compensation structure is based on a daily salary rate rather than an hourly rate, ensuring financial stability. From enrolment, your daily compensation rate is set at the current Private 1 rate displayed here. this rate is likely to increase due to promotions, economic adjustments, and anticipated inflation. Additionally, your pay is progressively adjusted based on your rank and your years of service at that rank, providing tangible recognition of your commitment.
- b. Part-Time Work : During periods of part-time service, whether for training evenings or weekends, each day worked is compensated according to the daily rate. This system allows for flexibility while ensuring fair compensation, whether you work less or more than 6 hours a day. Half-days are compensated at 50% of your daily rate.
- c. Summer Employment and Full-Time Service Periods : Summer employment is guaranteed for the first six years, providing financial security. During full-time service periods, such as summers tasks or fixed-term contracts, you receive your full daily rate every day, whether you are on duty or on leave.
- d. Travel Assistance : For those living more than 16 km from their workplace, travel assistance is available, up to 100 km, to help offset transportation costs.
- e. Post-Secondary Education Reimbursement : We offer a post-secondary tuition reimbursement program that can reach \$2,000 per year, with a lifetime cap of \$8,000.
- f. Dental Plan and Medical Coverage : We provide a dental plan that reimburses between 50% and 90% of expenses incurred for the member. As for medical coverage, routine care remains covered by the provincial medical system. However, we also offer a public service medical coverage package. Service-related injuries are fully covered.

6. Recruiting process description :

- a. Medical Assessment : The medical assessment is a crucial step to ensure candidates are in good physical and mental health. It includes :
 - i. Comprehensive Medical Examination: A military doctor evaluates the candidate's overall health, including vision, hearing, and physical examinations.
 - ii. Medical History Review: Candidates must provide detailed information about their medical history, including any pre-existing conditions.
- b. Selection interview : The interview is a key moment to assess the candidate's motivation and personality.
- c. Physical fitness evaluation : The physical fitness assessment is essential to ensure that candidates are physically capable of meeting military demands. It typically includes:
 - i. 20-metre rushes - Starting from the prone position, complete two shuttle sprints (1 shuttle = 20 m there, 20 m back) dropping to the prone position every 10 m for a total of 80 m. To be completed in 51 seconds or less.
 - ii. Sandbag lift - 30 consecutive lifts of a 20 kg sandbag from the floor above a height of 1.0 m. The member alternates between left and right sandbags separated by 1.25 m. To be completed in 3 minutes and 30 seconds or less.
 - iii. Intermittent loaded shuttles - 10 consecutive shuttles (1 shuttle = 20 m there, 20 m back), alternating between loaded shuttles with a 20 kg sandbag and unloaded shuttles, totaling 400 m. To be completed in 5 minutes and 21 seconds or less.
 - iv. Sandbag drag - Carry one 20 kg sandbag and pull a minimum of four on the floor over 20 m without stopping. Number of sandbags being dragged depends on the type of floor.
- d. Reliability screening : As part of your reliability screening, the Canadian Armed Forces (CAF) will conduct a background investigation, including interviewing references, as well as a criminal record, and credit history check. If any adverse information is revealed, you may be asked to provide additional information before your reliability status is granted.

7. Lifestyle :

- a. Balance with Civilian Life : Reservists must reconcile their military responsibilities with their civilian commitments. Many of them have civilian jobs, pursue education or have families. One of the advantages of the Reserve is the flexibility it offers to adapt to civilian life.
- b. Community Engagement : As members of the CAF, reservists are often involved in community activities and public events. They play an active role in promoting military values and supporting local communities.
- c. Personal Development : Service in the Reserves provides significant opportunities for personal and professional development. Reservists learn transferable skills, such as leadership, stress management, and the ability to work in a team, which can be beneficial in their civilian lives.
- d. Group Cohesion : Reservists often develop a strong sense of camaraderie with their colleagues, forming a tight-knit community based on mutual trust and respect.

The Army Reserve lifestyle can be demanding, especially during periods of intensive training or voluntary deployment, but it is also rewarding, offering unique experiences and opportunities for personal growth.

8. **Information Session** : To confirm your interest and expectations regarding the Canadian Armed Forces, particularly with respect to the Army Reserve and a specific trade, it is essential to attend an information session held at one of our military armours. Contact your local recruitment team to confirm the details of these sessions.
- 9.
10. **Balancing Civilian Work and Military Career** : Get support from your civilian employer. Procedure for leave request leave for military service, for requesting assistance as well as for nominating your employer or an educator for recognition; self-promoting kit letter templates. [Reservist's employer support resources - Canada.ca](#)

11. Brief Description of Key Occupations :

- a. Infantry : Infantry soldiers are part of the main fighting force of the Canadian Army. Their role is to approach the enemy and engage combat with them. They are the backbone of the combat arms team.
- b. Armoured : Armoured soldiers operate and maintain armored combat vehicles, their weapon systems and communication equipment.

- c. Artillery : Artillery soldiers are responsible for the surveillance, target acquisition and indirect fire to engage combat with the enemy.
- d. Combat engineer : Combat sappers perform construction and demolition work, drive vehicles and manoeuvre equipment to support all types of operations.
- e. Army communication and information systems specialist : Their role is to provide fast reliable wired and wireless communication and information systems using leading edge voice and data systems.
- f. Supply Technician : Ensures that the Forces have at their disposal the services and all of the supplies necessary in order to conduct all operations.
- g. Vehicle Technician : Responsible for the maintenance, repair and overhaul of land vehicles and related equipment to keep them in top condition.
- h. Weapon Technician : Responsible for the maintenance and repair of weapons, weapon systems and ancillary equipment.
- i. Mobile Support Equipment Operator : Operate military vehicles ranging in sizes.
- j. Cook : Prepare nutritious food items and meals for Forces members.
- k. Human Resource / Financial Administrator : Provide administrative and financial support to all military activities and their personnel.
- l. Intelligence : Support operations and exercises by providing military intelligence to planning and decision-making officers.
- m. Musician : Offer musical services for ceremonial events and the general public