



ARMY RESERVE FALL 2026 COOP TIMELINE

What is the Army Coop program?

It is an Entry Plan into the Canadian Armed Forces Primary Reserve. Students who successfully complete the application process will be enrolled as a member of the Canadian Armed Forces Army Reserve. Their COOP placement during the First semester is their basic training, the same training any member of the Reserves must take. Their Reserve service is non-contractual; however, students are expected to continue their military career on a part-time basis after COOP ends. This service is minimum 1 night/week, and 1 weekend/month starting February following COOP. This is a paid placement starting at **\$143.76** per day which equates to approximately **\$17,000** for the duration of the COOP. Summer Employment after the COOP is also available which will be approximately another **\$8,700**.

What is the Army Reserves?

The Canadian Army Reserve is an integrated part of the Canadian Army that contributes to the success of military operations at home and abroad.

Within Canada, the Army Reserve is consistently part of every domestic operation when the Army is called upon to assist provincial governments with natural disasters such as floods or fires, as well as with other events where the Army is asked to help, such as the long-term care facilities during the COVID Pandemic.

The Army Reserve provides a military presence in over 100 communities across Canada, putting a familiar, local face on the Army for the Canadian public.

Reservists come from all sorts of backgrounds – from young Canadians attending high school or entering universities or colleges, to civic-minded Canadians of all ages who have careers outside the Army Reserve in a wide range of civilian occupations.

Simply put, training and employment within the Canadian Army Reserve meets the needs of citizens willing to take on the Army challenge and contribute their varied skills and backgrounds that enrich and strengthen the Canadian Army.



More information about the reserves can be found [HERE](#).

https://linktr.ee/32cbg_32gbc?fbclid=PAZXh0bgNhZW0CMTEAAaYVkvUVNqA9VvKOUyUhhx_qFaxLt08GUY6pUFYax3-f2jrr3VaidL5K11g_aem_4Co9pecbU52a0gcBO3wY0w

Overview of the Army COOP Program:

Upon successful completion of the program students will be granted 4 High School credits. Each school board determines the amount and type of credits, therefore please discuss accreditation with your teacher.

The program will run from September to January. Training will be held at a local armoury 5 days a week from 8am to 5pm. Students are required to get to and from the placement location by their own means. Training includes, but not limited to, weapons handling on the C7 assault rifle, standard first aid with CPR from Red Cross, navigation using map and compass, military regulations, drill/marching and physical fitness. During the field portion students will be bused to a Canadian Armed Forces base, meals and accommodation will be provided.

Basic Eligibility (ACE):

Age	Citizenship	Education
-16-17 years and in school full-time with parental consent or -18+ years without parental consent	-Canadian citizen, or -Permanent Resident ****Permanent Residents need 3 years residency in Canada and may not apply to SIGNAL OPERATOR ****	-Minimum grade 10 level of education, 15 Ontario High School credits



In order to apply to the Army Reserve COOP Education Program please follow the steps below:

Disclaimer: All personal information that is collected is protected under the Privacy Act. This information is collected for selection and employment purposes only and can only be shared with or accessed by other authorized Department of National Defence personnel. This means, that without the student's consent, we are prohibited from disclosing information that pertains to them to people such as, members of their FAMILY (including parents) or TEACHER. Should any unauthorized person call us to enquire about information that pertains to them, we will refer them back to the student. All instruction, testing etc. during coop and their career with 32 Canadian Brigade Group will be conducted in English. Therefore, students must have a strong grasp of the English language in order to participate.

Step 1: Online Application

Students must submit an online application on the [FORCES.CA](https://forces.ca) website. During the application it will ask for your "Entry Plan," ensure you use RES COOP (if that is not an option select RESERVE Force and NCM, non-commissioned member). **Use your personal email, DO NOT USE your school or shared family account.** This email will be used throughout your military career and protected information will be shared with you. As well monitor your "Junk" folder as our emails may be flagged by your provider.

Ensure to input your educational history (school name etc.) during your online application.

Step 2: Document Collection

Students must prove identity, citizenship and education during initial stages and to attend testing. To do this they must collect the following original documentation prior to arriving to their testing session:

1. Proof of Identity - Government issued photo ID with address
 - a. Canadian Driver's license, or
 - b. Ontario photo ID card, or
 - c. Passport with proof of address such as a bill or school registration form
2. Proof of Canadian citizenship or Permanent residency -
 - a. Canadian birth certificate, or
 - b. Citizenship card or certificate (has a barcode on the back), or
 - c. Permanent resident card
 - d. Passports and statements of live birth are not accepted as proof of citizenship**
3. Proof of Education - Official High School Transcripts
 - a. Must show minimum of 15 Ontario high school credits
 - b. Report cards are not accepted**
 - c. Grade 10 applicants can apply without 15 credits but need to provide updated transcripts first week of July showing 15 credits and need to be 16 years old by 31 May.**

Step 3: Contact Recruiting Detachment via email

Send an email with your intentions to apply to the Army coop program by emailing the local detachment 32cbgrecruiting@forces.gc.ca This is to ensure we review the application and update it to reflect COOP.

1. Email subject line will read "Coop Applicant"
2. You will CC your COOP teacher on this email
3. Body of email will have:
 - a. Full Legal Name
 - b. Date of Birth
 - c. Phone number
 - d. Schools Name
 - e. COOP teachers name, phone number and email address
 - f. Placement location they are applying to:
 - i. Toronto – North York, 1 Yukon Lane
 - ii. Toronto – Downtown- 130 Queens St East
 - iii. Toronto - Exhibition- 660 Fleet Street, ON
 - g. They are ready for a File Submission and FORCE test



Step 4: File Submission and Physical Fitness Assessment (Force Test)

Students, once they send the email in step 3, will be contacted by recruiting staff to book their initial testing. Staff will email them asking for copies of the documents from step 2, once received the staff will book for testing within 30 days. If student hasn't been booked by 31 May they are to email 32cbgrecruiting@forces.gc.ca with the Subject line "COOP Applicant ready for testing" including photocopies of the documents in step 3 in the email. Details of the FORCE test can be found [HERE](#). *Applicants under 18 years of age will require parental consent upon submission of their application.*

Step 5: Additional Testing

Once the student has successfully completed Step 4, they will be booked in for additional assessments which include the following:

1. Medical Evaluation
 - a. Eyes, ears and pre-existing medical conditions/prescriptions will be evaluated or discussed with trained personnel
 - b. If there are any questions or concerns regarding a students medical history/condition please have them email Sgt Snook-Wong, jason.snook-wong@forces.gc.ca. Only Medical questions will be answered.
2. Interview
 - a. Students will have come prepared to the interview to describe the following,
 - i. Occupation they are applying for (listed below by location)
 - ii. Training requirements of the occupation including Basic training and occupational training.
 - iii. Unit they are applying to
 - b. Information can be found online [HERE](#) or during the information session in Step 4 as well as the link in the Placement location under Occupations Available to help them prepare.
3. Background check – GAMBIT Process
 - a. After successfully completing the Force test an applicant will receive an email within 2 weeks from Department of National Defence.
 - b. Applicant will follow the link in the email, fill in required information and submit photos of required documents (Proof of citizenship and Identity) within 7 days.
 - c. 32 CBG Team then receives forms.
 - d. ***Only for applicants under 18 years old*** 32 CBG Team sends applicant form for parental signature
 - i. Applicant submits form with parental signature
 - e. 32 CBG Team reviews file for errors
 - i. If correct sends to 3rd party for background check (likely 1 month to return)
 - ii. If incorrect repeat above steps
 - f. 32 CBG receives check from 3rd party
 - i. If favourable application reviewed for enrolment
 - ii. If unfavourable file is reviewed and actioned as required.

******Permanent Residents MAY require an additional background check that will preclude them from being selected for the placement. Talk to your recruiter early to determine if this pertains to you.**

4. Enrolment
 - a. Once the student has passed Steps 4 and 5, they will be selected to participate in the Army Coop Program. An enrolment ceremony will be conducted where the student will become a member of the Canadian Armed Forces Army Reserve. Friends and family are welcome to attend.



Assigned Recruiters

Placement location	Recruiter	Phone	Email
Georgetown/Mississauga	Sgt White	437-440-7514	Courtney.white@forces.gc.ca
Moss Park Armoury	Sgt McKenzie	416-525-1373	Alistair.McKenzie2@forces.gc.ca
Fort York Armoury	Sgt Del Rio Salinas	437-333-3104	jesus.delriosalinas@forces.gc.ca

If you are having difficulties reaching your recruiter please contact WO Castillo, Jesus.Castillo@forces.gc.ca

Placement Locations and Occupations Available

Location	Occupation Available	Armoury Name	Address
Toronto	Signal Operator	Fort York Armoury	660 Fleet St, Toronto
	Gunner	Moss Park Armoury	130 Queen St E, Toronto
	Combat Engineer	Denison Armoury	1 Yukon Lane, North York

Information Sessions: We will be hosting virtual information session over Microsoft Teams. During the meeting, which will be approximately 45 minutes, the recruiter will review the eligibility, entry plans and commitment to the Forces for students interested in applying to the Coop program and other entry plans to the Canadian Armed Forces. Video and audio of the participants will be muted but they may ask questions via the Chat option. Questions will be answered after the session is complete. If you cannot follow the link below a MS Teams login maybe required but it is free to sign up.

Date	Location	Time	Link
Tuesday, 26 May 2026	Virtual - MS Teams	7PM - 8PM	CLICK HERE TO JOIN
Wednesday, 3 June 2026			
Thursday, 11 June 2026			
https://teams.microsoft.com/meet/23069984854316?p=cvqRtw8BAi3vwbdN2g			

Important Dates:

School Visits – Due to high demand we will be organizing a central, Board wide session in lieu of classroom visits. We will try and accommodate in-person information session or COOP/post-secondary career fair etc. requests are to be submitted to 32cbgrecruiting@forces.gc.ca with the following information.

1. Name of the school/organization hosting the event
2. Contact details for the event coordinator
3. Location of the event
4. Time of the event, start and end
5. Type of event (speaking engagement, booth etc.)
6. Approx number of students attending event.
7. Cost to attend (if any)
8. Any misc. information

Testing Dates – After students have applied online at FORCES.CA and they have informed their recruiter each student will be provided testing dates at their local Recruiting Detachment. *If students have not been scheduled for testing by 10 June, please reach out to your assigned recruiter or WO Castillo.*

Application Submission Due Date – Due on or before 31 May. Late applications will be reviewed on a case-by-case basis, but students are encouraged to apply if the submission date has already passed. If the deadline has passed, they must immediately reach out to recruiting staff so processing can start as soon as possible.

32 Canadian Brigade Group Headquarters
The LCol George Taylor Denison III Armoury
1 Yukon Lane
Toronto, ON M3K 0A1



Quartier général du 32^{ème} Groupe-brigade du Canada
Manège Lcol George Taylor Denison III
1, Ruelle Yukon
Toronto, ON M3K 0A1

Deadline – Applications received after 31 May will require justification and risk not getting through the process in time for the start of the placement.

Enrolment – Students will be enrolled in the Canadian Armed Forces once their application is complete.

Initial Kit Issue: TBC

Courses Start Date – 14 September 2026 TBC

Teacher Virtual Information sessions- These sessions are mandatory for any teacher with a student in the placement, they are to attend one of the two sessions. Topics of discussion will include COOP overview, important dates, BMQ/Course Schedule, Reports available to the teacher, teacher visits and considerations. It will be approximately 1 hour long. Interested teachers, students, parents etc. are also welcome to attend.

Teacher Orientation/Placement Visits – Teacher Orientation is mandatory for any teacher with a student in the placement and will take place during the second week of course. This session is to provide teachers with specifics of their placement location as well as a handover from the recruiting staff to the course staff who will be responsible for the daily supervision of the students.

After the orientation visits to the Armoury will be held once a week during the lunch hour while students are training at the local placement. Each placement will determine what day of the week visits will occur during the orientation session. No appointment is necessary for the follow-on visits, and they are not mandatory but encouraged. Visits outside the normally scheduled visits may be scheduled with the course Commander after the orientation. Second week of course, date TBC.

Lieutenant / Lieutenant Tyler Quennell, CD

Brigade Recruiting Officer

32 Canadian Brigade Group

Canadian Armed Forces

32cbgrecurring@forces.gc.ca / Tel: 416-200-ARMY (2769)

READY WHEN YOU ARE

FORCES.CA

Scan the QR code or click [32 CBG / 32e GBC | Instagram, Facebook | Linktree](#)
for our Reserve Handbook, information pamphlet and recruiters contact details

