



FOR IMMEDIATE RELEASE

Tuesday, Feb. 28, 2023

City of San Diego Fire-Rescue Department Promotes Upcoming Girls Empowerment Camp

MEDIA INVITED TO PREVIEW FREE EVENT AS CAMP REGISTRATION OPENS MARCH 15

SAN DIEGO – To build excitement around a unique opportunity for local teens, the City of San Diego's Fire-Rescue Department (SDFD) is offering a preview of its seventh annual Girls Empowerment Camp. This free camp is scheduled for April 15 and 16, 2023. On Thursday, March 2, SDFD will offer a preview of the camp for reporters at the SDFD training facility.

"Camp participants will learn valuable skills while spending two days with professional firefighters and lifeguards," said Fire-Rescue Chief Colin Stowell. "The organizers of the Girls Empowerment Camp have done an outstanding job putting together fun, challenging and meaningful activities for our seventh annual camp."

Girls Empowerment Camp (GEC) is open to all genders for young people ages 14 to 18. Teens learn a variety of skills from professional firefighters and lifeguards including how to perform search and rescue, hose control and how to use a chainsaw. Campers get to rappel out of a window and climb an aerial ladder onto the roof of a building. They'll also learn workouts that firefighters do to maintain optimal fitness during their career.

Registration for the 2023 GEC goes live on the San Diego Fire Rescue Foundation website on March 15, 2023 at 8 a.m.

The GEC is made possible by SDFD, the [San Diego Fire Rescue Foundation](#) and private donations/sponsors. There is no cost to the participants. GEC is organized and run by firefighters from San Diego and volunteers from agencies throughout California. The idea for the camp originated with the Los Angeles Fire Department, which hosted a few female SDFD firefighters at their event six years ago. SDFD's team adapted the concept and the first GEC was held here in 2017.

WHAT: Media availability

WHO: Amber Taddeo, fire engineer/paramedic, San Diego Fire-Rescue Department

Tony Taddeo, captain, San Diego Fire-Rescue Department
Robyn Disher, fire engineer/paramedic, San Diego Fire-Rescue Department
Past GEC campers

WHEN: Thursday, March 2, 2023, 7 – 11 a.m.

WHERE: SDFD Training Facility
2580 Kincaid Road
San Diego, CA 92101
Interstate 5 to North Harbor Drive. North Harbor Drive to McCain Road. Take McCain Road until it ends and turns to the left. The training building will be in front of you. You will see a barricade blocking one side of McCain Road. It's acceptable to drive around this barricade.
Park along the red curb. Please be mindful not to obstruct fire apparatus.

VISUALS: SDFD GEC instructors will offer reporters the opportunity to try on turnouts, rappel out of a window and go through a confidence course.

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