

STATUTORY DECLARATION OF WORK EXPERIENCE

SkilledTradesBC Customer Service 800 - 8100 Granville Ave Richmond, BC V6Y 3T6

Tel: 778-328-8700 Fax: 778-328-8701 Toll Free: 1-866-660-6011

customerservice@skilledtradesbc.ca

This form is used to declare work experience for periods during which you were self-employed, or a previous employer will not complete an Employer Declaration.

Note: Unless your work experience was gained through self-employment, applications must be accompanied by at least one Employer Declaration. For more information, see Instructions for Certification Challenge or Supervision and Sign-off Authority.

"Cook" means a person who performs all phases of kitchen activities including the preparation and presentation of vegetables, soups, sauces, meat, fish and poultry, cold kitchen items; desserts, baking, pastry; basic menu planning/costing as well as knowledge of safety, sanitation and food storage, and who has a knowledge of human and customer relations.

To qualify to challenge certification in this trade or be granted authority to supervise and sign-off on apprentices in this trade, individuals must have:

- worked a minimum of **5,000 hours** performing the tasks listed in Section D,
- experience performing at least 70% of the job tasks listed in Section D, and
- valid FOODSAFE Level 1 Certification (BC Program) or equivalent (See BCCDC for accepted equivalencies); (attach copy of document)

Holders of a Canadian military certificate in Cook MT#861, QL5 or higher will be eligible to challenge this certification by submitting an Exam Application Form along with a copy of the certificate.

Applicant Name

Legal First Name:	Legal Middle Name(s):		Legal Last Name:	
B. Self-Employment	or Employment Information	on of Applicant		
Enter the contact information for Declaration.	or your own business if you are self-er	nployed or your previ	ous employer who will not co	mplete an Employer
Name of Organization/Employer/I	Business:	Ві	isiness Registration Number: (S	elf-Employment only)
Business Address (Street Name	e/Number, Building/Unit Number)	:	City:	
Province/ State:	Country:		Postal Code/ Zip Code	e:
Business Phone Number:	Email Address:	W	ebsite:	
	nours for this period of employment o ou must separate periods of employr			riods of self-
Dates of Employment (MM/DD/Y) From:	YYY): To:	Total Number Hour Accumulated in Per	s of Cook (Professional Cook 3 iod:	B) Experience
Job Title of Applicant:				



Reason for Statutory Declaration

C.

COOK (PROFESSIONAL COOK 3)

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Indicate why a Statutory Declaration is required for this period of employment:			
Applicant was self-employed Employer will/ca	an not complete En	nployer Declaratio	n
Applicants must attempt to contact current or previous employers to request an Em	ployer Declaration t	o be filled out and s	igned.
If you have been unable to obtain an Employer Declaration for any portion of your n you have taken to try to obtain it.	on-self-employed w	ork experience, ind	licate the steps
D. Statutory Declaration of Job Task Performance			
By checking in the appropriate column, indicate how often you have performed the	job tasks listed belo	w during the period	indicated in
Section B.	,	0 1	
Job tasks	Frequently	Occasionally	Never
	Trequentry	Occusionany	
OCCUPATIONAL SKILLS			
Professional Cook 1 Skills			
Follows roles and responsibilities in the kitchen			
Applies safe work practices			
Applies food safety standards			
Uses tools and equipment; follows and convert recipes			
Enter the applicant's initials on every page of this form			



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Job tasks	Frequently	Occasionally	Never
Uses common menu terminology			
Receives and stores supplies; handles waste appropriately			
Applies principles of seasoning and basic ingredient knowledge			
Professional Cook 2 Skills (in addition to PC1 skills)			
Follows employment standards and practices			
Applies basic menu planning procedures			
Takes and extends inventory			
Prepares food for allergies, intolerances, and special diets			
Uses communication skills			
Applies basic purchasing procedures and cost calculations			
Describes table settings, table service, basic service of wine and spirits			
Cook (Professional Cook 3) Skills (in addition to PC1 and 2 skills)			
Prepares food safety plans			
Uses cook chill/cook freeze systems, specialty cooking methods, and presentation techniques			
Writes a la carte menus			
Applies basic stress management, teambuilding, conflict resolution, and problem solving			
Follows food and labour cost and budgeting procedures			
STOCKS, SOUPS AND SAUCES			
Professional Cook 1 Skills			
Prepares stocks from scratch			
Uses thickening agents			
Prepares basic soups (clear, cream, purée) from scratch			
Prepares basic sauces (white, blonde, brown, purée, emulsion)			
Professional Cook 2 Skills (in addition to PC1 skills)			
Prepares specialty soups (consommé, chilled, ethnic)			

I hereby certify, that to the best of my knowledge, the information I am providing is true and	Applicant's Initials:
accurate.	



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Job tasks	Frequently	Occasionally	Never
Prepares secondary and derivative sauces			
Cook (Professional Cook 3) Skills (in addition to PC1 and 2 skills)			
Prepares specialty and ethnic sauces, applies principles of sauce selection			
VEGETABLES AND FRUITS			
Professional Cook 1 Skills			
Prepares common vegetables			
Prepares fruits			
Professional Cook 2 Skills (in addition to PC1 skills)			
Specialty and volume vegetable preparation			
Vegetarian diets and vegetarian cooking			
STARCHES			
Professional Cook 1 Skills			
Prepares basic potato dishes			
Prepares dry pasta and noodle dishes			
Prepares rice			
Professional Cook 2 Skills (in addition to PC1 skills)			
Specialty and volume potato preparation			
Prepares fresh pasta and specialty starches			
Prepares grains and legumes			
MEATS			
Professional Cook 1 Skills			
Trims and portions cut meats			
Cooks basic meat dishes using moist and dry heat methods			
Professional Cook 2 Skills (in addition to PC1 skills)			
Debones and processes meats			
Volume and banquet service of meats			

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Job tasks	Frequently	Occasionally	Never
Cook (Professional Cook 3) Skills (in addition to PC1 and 2 skills)			
Cuts game and variety meats			
Prepares game and variety meats; specialty/classic meat dishes			
POULTRY			
Professional Cook 1 Skills			
Trims and portions cut chicken and turkey			
Cooks basic poultry dishes using moist and dry heat methods			
Professional Cook 2 Skills (in addition to PC1 skills)			
Debones common and specialty poultry (ducks, geese, and quail)			
Volumes and banquets service of poultry			
Cook (Professional Cook 3) Skills (in addition to PC1 and 2 skills)			
Cuts game birds			
Prepares game birds; specialty/classic poultry dishes			
SEAFOOD			
Professional Cook 1 Skills			
Fillets flat and round fish; cleans bivalves and shrimp			
Cooks basic fish dishes using moist and dry heat methods			
Cooks basic shellfish dishes using moist and dry heat methods			
Professional Cook 2 Skills (in addition to PC1 skills)			
Fillets specialty fish and clean crustaceans			
Volumes and banquets service of fish			
Volumes and banquets service of shellfish			
Cook (Professional Cook 3) Skills (in addition to PC1 and 2 skills)			
Cleans specialty seafood (squid, octopus, etc.)			
Prepares specialty/classic fish dishes			
Prepares specialty/classic shellfish dishes			

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Job tasks	Frequently	Occasionally	Never
GARDE-MANGER			
Professional Cook 1 Skills			
Prepares basic salad dressings from scratch			
Prepares basic salads			
Prepares hot and cold sandwiches			
Professional Cook 2 Skills (in addition to PC1 skills)			
Prepares specialty dressings and cold sauces			
Prepares specialty salads			
Prepares hors d'oeuvre and appetizers			
Assembles presentation platters			
Cook (Professional Cook 3) Skills (in addition to PC1 and 2 skills)			
Pickls, prepares infused oils and vinegars			
Buffets presentation and design			
Prepares pates, terrines, basic sausages, cured, and smoked items			
EGGS, BREAKFAST COOKERY, AND DAIRY			
Professional Cook 1 Skills			
Prepares egg dishes			
Prepares breakfast items other than eggs			
Cooks with dairy and cheese			
BAKED GOODS AND DESSERTS			
Professional Cook 1 Skills			
Applies basic methods used in baking			
Prepares basic pies and pastry from scratch			
Prepares fruit desserts and custards from scratch			
Prepares quick breads from scratch			
Prepares cookies from scratch			

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Job tasks	Frequently	Occasionally	Never
Prepares basic yeast breads from scratch			
Professional Cook 2 Skills (in addition to PC1 skills)			
Prepares puff pastry, choux paste, meringues, specialty pastries			
Prepares specialty yeast products (sourdoughs and laminated doughs)			
Prepares and assembles cakes, cheesecakes, icings and frostings			
Cook (Professional Cook 3) Skills (in addition to PC1 and 2 skills)			
Prepares hot and specialty plated desserts			
Prepares and decorates specialty cakes and tortes			
Prepares frozen desserts, ice creams, and sorbets			
Prepares basic chocolate, confectionary, and garnishes			
BEVERAGES			
Professional Cook 1 Skills			
Prepares coffee and tea products			
Cook (Professional Cook 3) Skills (in addition to PC1 and 2 skills)			-
Identifies types and styles of wine; principles of wine selection			
E. Applicant Signature			

I certify that the information I have provided is true and accurate. (Note: Collection and protection of personal information on this form is in accordance with the provisions of the Freedom of Information and Protection of Privacy Act.)

Applicant Name (please print):	Applicant Signature:	Date: (MM/DD/YYYY)

I hereby certify, that to the best of my knowledge, the information I am providing is true and	Applicant's Initials:
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F. References

Minimum of Three References must accompany each Statutory Declaration form. Include names and contact information of minimum three individuals who can attest to your hours and/or scope of trade. References listed must be related to the organization and period of employment listed in Section B of this form.

Each individual listed will be contacted by SkilledTradesBC to verify the information provided on your application.

Relationship to Applicant:		Former Emple	oyee		Contractor		Supplier
		Co-worker			Client		Other (i.e. HR; Book keeper; Accountant, Business Partner) please specify:
First and Last Name of Reference:			Language(s) th	at ref	erence can commun	icate:	(Check all that apply)
			☐ English				Other (specify):
Organization/Business Name:					Position/Title:		
Phone Number:					Email Address:		
2. Reference							
Relationship to Applicant:		Former Emple	oyee		Contractor		Supplier
		Co-worker			Client		Other (i.e. HR; Book keeper; Accountant, Business Partner) please specify:
First and Last Name of Reference:				at ref	erence can commun	icate:	(Check all that apply)
		ļ	☐ English				Other (specify):
Organization/Business Name:					Position/Title:		
Phone Number:					Email Address:		
B. Reference							
Relationship to Applicant:		Former Empl	oyee		Contractor		Supplier
		Co-worker			Client		Other (i.e. HR; Book keeper; Accountant, Business Partner) please specify:
First and Last Name of Reference:			Language(s) that reference can communicate:			(Check all that apply)	
		ļ	English				Other (specify):
Organization/Business Name:					Position/Title:		
					Email Address:		
Phone Number:							
Phone Number:							