

### 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.

A "Professional Cook 1" usually works in a supervised environment and performs basic cooking and food preparation tasks utilizing knife skills, correct terminology, and a variety of cooking methods. They must be able to follow recipes, weigh and measure food accurately, and have an understanding of the major techniques and principles used in cooking, baking, and other aspects of food preparation. At this level, a Professional Cook should have a solid foundation of culinary skill.

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 1,000 hours (Challenge) or 5,000 hours (Sign-Off Authority) 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)

### A. Applicant Name

| Legal First Name:                              | Legal Middle Name(s)   | ):                          | Legal I           | ast Name:                             |
|--|--|-----------------------------|-------------------|---------------------------------------|
| B. Self-Employment o                           | r Employment Informatio  | on of Applica               | nt                |                                       |
| Enter the contact information for Declaration. | your own business if you are self-en                                     | aployed or your pr          | evious emplo      | yer who will not complete an Employer |
| Name of Organization/Employer                  | r/Business:  |                             | Business Regonly) | gistration Number: (Self-Employment   |
| Business Address (Street Name/I                | Number, Building/Unit Number):   |                             | C                 | ity:                                  |
| Province/ State:                               | Country:   |                             | Po                | ostal Code/ Zip Code:                 |
| Business Phone Number:                         | Email Address:   |                             | Website:          |                                       |
|  | urs for this period of employment or<br>nust separate periods of employm |                             |                   |                                       |
| Dates of Employment (MM/DD/ <sup>*</sup> From: | YYYY):<br>To:  | Total Number Accumulated is |                   | fessional Cook 1 Experience           |
| Job Title of Applicant:                        |  |                             |                   |                                       |



C.

**Reason for Statutory Declaration** 

### **PROFESSIONAL COOK 1**

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| Indicate why a Statutory Declaration is required for this period of employment:   |  |         |      |            |              |       |  |
|---|--|---------|------|------------|--------------|-------|--|
|   | Applicant was self-employed Employer will/can not complete Employer Declaration  |         |      |            |              |       |  |
| If you h  | Applicants <b>must</b> attempt to contact current or previous employers to request an Employer Declaration to be filled out and signed.  If you have been unable to obtain an Employer Declaration for any portion of your non-self-employed work experience, <b>indicate the steps</b> you have taken to try to obtain it.                                  |         |      |            |              |       |  |
|   |  |         |      |            |              |       |  |
|   |  |         |      |            |              |       |  |
|   |  |         |      |            |              |       |  |
|   |  |         |      |            |              |       |  |
|   |  |         |      |            |              |       |  |
|   |  |         |      |            |              |       |  |
| D. Statutory Declaration of Job Task Performance  By checking in the appropriate column, indicate how often you have performed the job tasks listed below during the period indicated in Section B. |  |         |      |            |              |       |  |
|   |  |         |      |            |              |       |  |
| JOB 7   | CASKS  |         |      | Frequently | Occasionally | Never |  |
|   | Pational Skills  |         |      | Frequently | Occasionally | Never |  |
| Occu  |  |         |      | Frequently | Occasionally | Never |  |
| Occu  | pational Skills  |         |      | · · ·      |              |       |  |
| Occu<br>Fo  | pational Skills llow roles and responsibilities in the kitchen   |         |      |            |              |       |  |
| Occu<br>Fo<br>Ap  | pational Skills  llow roles and responsibilities in the kitchen  ply safe work practices   |         |      |            |              |       |  |
| Occu Fo Ap Us   | pational Skills  llow roles and responsibilities in the kitchen  ply safe work practices  ply food safety standards  |         |      |            |              |       |  |
| Occu Fo Ap Us   | pational Skills  llow roles and responsibilities in the kitchen  ply safe work practices  ply food safety standards  e tools and equipment; follow and convert recipes   | lly     |      |            |              |       |  |
| Occu Fo Ap Ap Us Us   | pational Skills  Illow roles and responsibilities in the kitchen ply safe work practices ply food safety standards e tools and equipment; follow and convert recipes e common menu terminology   | •       | te   |            |              |       |  |
| Occu Fo Ap Ap Us Us Re  | pational Skills  Illow roles and responsibilities in the kitchen  ply safe work practices  ply food safety standards  e tools and equipment; follow and convert recipes  e common menu terminology  ceive and store supplies; handle waste appropriate   | •       | te   |            |              |       |  |
| Occu Fo Ap Ap Us Us Re Ap   | pational Skills  Ilow roles and responsibilities in the kitchen  ply safe work practices  ply food safety standards  e tools and equipment; follow and convert recipes  e common menu terminology  ceive and store supplies; handle waste appropriate  ply principles of seasoning and basic ingredient kr   | •       | ge   |            |              |       |  |
| Occu Fo Ap Ap Us Re Ap Stock  | pational Skills  Illow roles and responsibilities in the kitchen ply safe work practices ply food safety standards e tools and equipment; follow and convert recipes e common menu terminology ceive and store supplies; handle waste appropriate ply principles of seasoning and basic ingredient kr  | •       | ge e |            |              |       |  |
| Occu Fo Ap Ap Us Re Ap Stock Pr Us  | pational Skills  Illow roles and responsibilities in the kitchen  ply safe work practices  ply food safety standards  e tools and equipment; follow and convert recipes  e common menu terminology  ceive and store supplies; handle waste appropriate  ply principles of seasoning and basic ingredient kr  ss, Soups And Sauces  epare stocks from scratch | aowledg |      |            |              |       |  |



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Applicant's Initials:

April 2025

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| JOB TASKS  | Frequently | Occasionally | Never |
|--|------------|--------------|-------|
| Prepare basic soups (clear, cream, purée) from scratch       |            |              |       |
| Prepare basic sauces (white, blonde, brown, purée, emulsion) |            |              |       |
| Vegetables And Fruits  |            |              |       |
| Prepare common vegetables                                    |            |              |       |
| Prepare fruits   |            |              |       |
| Starches   |            |              |       |
| Prepare basic potato dishes                                  |            |              |       |
| Prepare dry pasta and noodle dishes                          |            |              |       |
| Prepare rice   |            |              |       |
| Meats  |            |              |       |
| Trim and portion cut meats                                   |            |              |       |
| Cook basic meat dishes using moist and dry heat methods      |            |              |       |
| Poultry  |            |              |       |
| Trim and portion cut chicken and turkey                      |            |              |       |
| Cook basic poultry dishes using moist and dry heat methods   |            |              |       |
| Seafood  |            |              |       |
| Fillet flat and round fish; clean bivalves and shrimp        |            |              |       |
| Cook basic fish dishes using moist and dry heat methods      |            |              |       |
| Cook basic shellfish dishes using moist and dry heat methods |            |              |       |
| Garde-Manger   |            |              |       |
| Prepare basic salad dressings from scratch                   |            |              |       |
| Prepare basic salads   |            |              |       |
| Prepare hot and cold sandwiches                              |            |              |       |
| Eggs, Breakfast Cookery, And Dairy                           |            |              |       |
| Prepare egg dishes   |            |              |       |
| Prepare breakfast items other than eggs                      |            |              |       |
| Cook with dairy and cheese                                   |            |              |       |
| Baked Goods And Desserts                                     |            |              |       |
| Enter the applicant's initials on every page of this form    |            |              |       |

I hereby certify, that to the best of my knowledge, the information I am providing is true and accurate.

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| JOB TASKS  | Frequently | Occasionally | Never |
|--|------------|--------------|-------|
| Apply basic methods used in baking               |            |              |       |
| Prepare basic pies and pastry from scratch       |            |              |       |
| Prepare fruit desserts and custards from scratch |            |              |       |
| Prepare quick breads from scratch                |            |              |       |
| Prepare cookies from scratch                     |            |              |       |
| Prepare basic yeast breads from scratch          |            |              |       |
| Beverages  |            |              |       |
| Prepare coffee and tea products                  |            |              |       |

### 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) |
|--------------------------------|----------------------|--------------------|
|                                |                      |                    |

Enter the applicant's initials on every page of this form

| I hereby certify, that to the best of my knowledge, the information I am providing is true and accurate. | 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.

| 1. 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 | e:    |                | Language(s) th  | nat ref | erence can commu | ınicate:   | (Check all that apply)   |
|                                  |       |                | ☐ English       |         |                  |            | Other (specify):   |
| Organization/Business Name:      |       |                |                 |         | Position/Title   | <b>:</b> : |  |
| Phone Number:                    |       |                |                 |         | Email Address    | :          |  |
| 2. 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 | e:    |                | Language(s) th  | nat ref | erence can commu | nicate:    | (Check all that apply)   |
|                                  |       |                | ☐ English       |         |                  |            | Other (specify):   |
| Organization/Business Name:      |       |                |                 |         | Position/Title   | <b>::</b>  |  |
| Phone Number:                    |       |                |                 |         | Email Address    | :          |  |
| 3. 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 | e:    |                | Language(s) th  | nat ref | erence can commu | nicate:    | (Check all that apply)   |
|                                  |       |                | ☐ English       |         |                  |            | Other (specify):   |
| Organization/Business Name:      |       |                |                 |         | Position/Title   | ::         |  |
| Phone Number:                    |       |                |                 |         | Email Address    | :          |  |
|                                  |       |                |                 |         |                  |            |  |
| Enter the applicant's initials o | n ev  | ery page of th | is form         |         |                  |            |  |
| hereby certify, that to the b    | est o | f my knowled   | lge, the inforn | natio   | n I am providing | g is true  | e and accurate. Applicant's Initials:                                      |

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