



Athlete Feature: Brittany Gaudreau

Let us introduce you to an athlete that truly brings grit and determination to every aspect of her life and career: Brittany Gaudreau, a 911 dispatcher.

As the 2023 World Police & Fire Games expanded athlete eligibility to include 911 dispatchers, this will be Gaudreau's first Games. Gaudreau has worked as a 911 dispatcher for the past two years and has been training in CrossFit for the past three years. Gaudreau is excited to showcase her skills and represents the often overlooked role of dispatchers.

"The World Police & Fire Games is an opportunity to have fun but also showcase the physical abilities that first responders need to do our jobs," said Gaudreau.

Gaudreau is proud to represent 911 dispatchers for the Games as this is the first year she is eligible to compete.

"Often the public may forget that 911 dispatchers are part of the first responder community. We are here for citizens and are often their first point of contact on the hardest days of their lives. Dispatchers are a super vital part of the service. I am super excited to have dispatchers represented at the Games."

The 2023 Games are in Winnipeg, which is Gaudreau's hometown. She never expected to be able to participate in the Games but was excited to watch the competition. With eligibility opening up she jumped at her chance to compete in CrossFit as she had already been training for a few years. She cannot wait to compete and meet other first responders from around the world.

"It's kind of a once in a lifetime experience for me to participate in the Games when they are here in my hometown and to have all your friends and family be able to come and watch," said Gaudreau.



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Gaudreau became a 911 operator 2 years ago. Her journey of becoming a first responder was not easy. She was accepted into Brandon Fire College and opted to quit her full time job to go back to school to study there. After her schooling, she applied right away for dispatch.

"I thought it would be an awesome opportunity to kind of get a bird's eye view of the service as a whole. And just see how everything worked."

Gaudreau believes it is very important to do whatever you can to be healthy in all aspects of your life. Being a 911 dispatcher comes with its unique demands, including irregular shifts and unpredictable hours. This was hard for Gaudreau because she enjoys being active and traditional recreational sports teams were too challenging to commit to due to her schedule. Once Gaudreau discovered CrossFit she knew it was the right fit for her.

"I think being active is important for first responders because I think that you have a duty and an obligation to your partners and to the public to uphold a certain level of fitness: both mentally and physically."

"You owe it to your community, your colleagues, partners and yourself to maintain that level of activity and to make sure that you are fit for the job. It makes me proud to serve the people of Winnipeg in my role, and even more proud to highlight that as a competitor in the Games this summer."

