Paul Westcott, Class of 1973, attended Memorial University of Newfoundland and Labrador. He subsequently received certificates in Adult Education from St. Francis Xavier University and in Occupational Health and Safety from College of the North Atlantic.

He is a Canadian Registered Safety Professional, a Certified Health and Safety Consultant and a certified professional member of the Canadian Society of Safety Engineering.

In 1970, he joined 2415 Gonzaga Army Cadet Corps as a cadet and enrolled in the Cadet Instructor's List as an Officer Cadet in 1980 and served in many positions with 2415 Gonzaga RCACC, including being appointed Commanding Officer in 1989.

He has been a member of the Gonzaga Army Cadet Foundation since 1988. He served in the Canadian Forces as ACICO (L) from 2003-2010; the Chair of the Atlantic Regional Advisory Committee (ARAC); and was a member of the Branch Advisory Committee from 2006-2010. He is Past President of Biathlon Newfoundland and past Chairperson of the Board of Directors, Biathlon Canada. Paul is currently serving as President of the Newfoundland and Labrador Army Cadet League; the Army Cadet League of Canada Board of Directors; the Board of Directors, Newfoundland Council; and the National Board of St. John Ambulance.

He received the Gold Duke of Edinburgh's Award from HRH The Prince Edward (the current Duke of Edinburgh) in 1992. In 2005, he received the 25 Year Leader Award.

He received The Canadian Forces Decoration, CD (1993); the Service Medal for the Order of St. John (1993); the Canada 125 Medal (1994); the Officer of the Order of St. John (1996); and in addition, he was awarded the Queen's Diamond Jubilee Medal. He received the Provincial Chair's Commendation (2015), and the 3rd Gold Gilt bar for 40 years of volunteer service (2022) for his involvement with St. John Ambulance. Furthermore, he received the Certificate of Commendation with Flash from Scouts Canada (2017).

The breadth of his volunteer service, spanning fifty years, means that he has touched the lives of thousands of individuals not only in St. John's but throughout the province and across the country. Having trained over 16,000 people in areas of first aid and safety, he is still a student, learning new skills and acquiring further certifications to continue providing training in current standards.

He currently lives in St John's, NL with his wife of 40 years, Janitia, and they have two sons. Paul and Michael.