Camp Lohikan's 2017 Lifeguard Training Program for new campers

This is a program provided to new Lohikan campers who register for the program before **March 31, 2017.** The cost for the course is $225.00 which includes the ARC Lifeguard Training Manual (which is yours to keep - $35-40), the American Red Cross Registration Fee ($35-40), CPR Rescue Mask ($10-12) and Class Instructor Fees. After March 31, 2017 the cost of the program is $300.00.

The Lifeguard Certification Course also includes American Red Cross CPR and First Aid Certification.

LIFEGUARD CLASS PREREQUISITES

AGE REQUIREMENT: To be certified by the American Red Cross as a Lifeguard the camper must be **15 years of age**.

SWIMMING SKILLS: The participant must successfully complete the following skills test to be eligible to participate in the Lifeguard Course:

- Swim 300 yards continuously, using the following:
  - 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.
  - 100 yards of breaststroke using a pull, breathe, kick and glide sequence.
  - 100 yards of either the front crawl or breaststroke. The 100 yards may be a combination of the front crawl and breaststroke.
  - *Note: There is no time requirement for this skill. The participant must show only that he or she can swim 300 yards using the above strokes without stopping.*
- Starting in the water, swim 20 yards using the front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10 pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.
- Campers who do not pass the swimming prerequisites can sign up for swim classes that will improve these skills. Swim classes are part of the camp's swimming instruction program and are included in the camp's tuition.

LIFEGUARD CLASS SCHEDULING

The lifeguard class extends 40 hours of instruction. One class will be scheduled to begin and end within the first half session (June 25-July 22) and a second class will be operated during the second half session (July 23-August 18). Participants must be enrolled for one of the four week sessions, or longer.

Please register my child for the Lifeguard Certification Course:

Camper's Name:_____ Age at camp:_____

Date of Birth:_____ Session Enrolled:_____

Parent's Signature:_____ Today's Date:_____

Please enclose a check in the amount of $225.00 made out to Camp Lohikan. This form is to be mailed to: Camp Lohikan, PO Box 189, Gladstone, NJ 07934.