

# Camp Lohikan's 2012 Lifeguard Training Program

This is a **FREE** program provided to new Lohikan campers who register (with the form below) before **February 29, 2012**. The only charges that apply are the ARC Lifeguard Training Manual (\$35) which is yours to keep and the American Red Cross registration fee of \$15.

After February 29th the course fee is \$200 plus the manual (\$35) and Red Cross registration fee (\$15).

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

## LIFEGUARD CLASS PREREQUISITES

**AGE REQUIREMENT:** To be eligible for the American Red Cross Lifeguard Certification, the participant must be **15 years of age**. Campers who do not meet this age prerequisite can still take the course. However, upon successful completion of the course they will receive a Lohikan Lifeguard Certification not American Red Cross. The \$15 ARC registration fee is waived.

**SWIMMING SKILLS:** The participant must successfully complete the following to be eligible to take 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 24-July 20) and a second class will be operated during the second half session (July 21-August 16). Campers must be enrolled for the first or second half session, 6 weeks or the full season in order to attend these classes.

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 \$50 (manual and ARC registration fee - prior to February 29th) made out to Camp Lohikan. This form is to be mailed to: (before June 10th) Camp Lohikan, P.O. Box 189, Gladstone, NJ 07934 or (after June 10th) Camp Lohikan, 343 Wallerville Road, Lake Como, PA 18437.