

Camp Lohikan's 2010 Lifeguard Training Program

This is a **FREE** program provided to Lohikan campers who register (with the form below) before **March 30, 2010**. The only charges that apply are the ARC Lifeguard Training Manual (\$35) which is yours to keep and the Honesdale ARC registration fee of \$15.

After Mar. 30, 2010 the course fee is \$150 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 Lifeguard Certification, the participant must be at least 15 years of age. Campers who do not meet this age prerequisite can still take the course. However, if they do not meet the age prerequisite for the course they will receive a Lohikan Lifeguard Certificate from the American Red Cross. The \$15 ARC registration fee is waived.

EXPIRED MARCH 30, 2010

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. The purpose of the swim is to demonstrate comfort in the water.*

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. This is part of the camp's swimming instruction program and 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 27-July 23) and a second class will be operated during the second half session (July 24-August 19). Campers must be enrolled for the first or second half session, 6 weeks or the full season.

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 March 30th) made out to Camp Lohikan. This form is to be mailed to: Camp Lohikan, P.O. Box 189, Gladstone, NJ 07934.