

Camp Lohikan's 2024 Lifeguard Training Program

This is a program provided to returning Lohikan campers at the rate of **\$300** (normally **\$450**) to those who register before **April 30, 2024**. The lifeguard class includes approximately 32 hours of instruction. The class will be offered every 2 weeks. The American Red Cross requires a minimum class size of 5 participants. If the minimum is not met, the participant will be issued a refund for the course or invited to attend the next scheduled session.

Camp Lohikan will provide all of the necessary instruction and paperwork, pay the participant's American Red Cross Registration Fee (approx. \$40), provide the ARC Lifeguard Workbook (approx. \$40), and provide a CPR Rescue Mask (\$10-12) for use in the program.

The Lifeguard Certification Course also includes American Red Cross CPR, First Aid Certification, and training in the use of an AED.

LIFEGUARD CLASS PREREQUISITES

AGE REQUIREMENT: To be certified by the American Red Cross as a Lifeguard the camper must be at least **15 years of age** at camp in 2024.

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.

LIFEGUARD REGISTRATION FORM

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 return this entire form with the \$300.00 program fee to: Camp Lohikan, P.O. Box 189, Gladstone, NJ 07934.