

National Aquatics School



NJ
camps

Wayne/Pike Chapter



**American
Red Cross**

**FIRST AID & CPR
LIFEGUARD TRAINING
CANOEING COURSE**

**June 8-19
2020 in Milford PA**



All Courses take place at:

NJY Camps

570 Sawkill Road

Milford, PA 18337

Winter: (973) 575-3333 x124 - Fax (973) 575-4188

E-Mail: aquatics@njycamps.org

Website: www.njycamps.org/courses

In cooperation with:



Caring for America's Finest Camps

Broad Shoulders Bright Ideas

800-245-2666 / www.amskier.com



FIRST AID & CPR

Course 1 - Adult & Pediatric CPR/AED/First Aid - \$120

The American Red Cross First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. This course teaches skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Certification Valid for 2 years.

June 15 & 16 - Instructor lead skill session 6-9pm

June 17 - Testing 6-9pm

LIFEGUARD TRAINING

The American Red Cross Lifeguarding Program, a comprehensive training program providing flexibility, plus the latest in emergency training. The program is designed to teach lifeguards, as professional rescuers, the skills needed to: prevent injuries and prepare for and respond appropriately to drowning, injury, breathing and cardiac emergencies.

Course 2 - Lifeguard Training with Waterfront Skills - \$325

We offer 2 separate section of the same course! This course includes certification in First Aid, CPR/AED for the Professional Rescuer and Waterfront Lifeguard Training. Certification Valid for 2 years. **This is a very strenuous course! You will need to be in top physical condition.**

Prerequisites:

Must be 15 years old by the last day of the course.

Pre-Skills

Continuously swim 550 yds. demonstrating breath control and rhythmic breathing. Candidates may use front crawl, breast stroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits. Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 20 yards. The face may be in or out of the water. **Swim goggles are not allowed.** Complete a surface dive, feet-first or head-first, to a depth of 7-10 feet to retrieve a 10 lb. object. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates cannot swim the distance underwater. Exit the water without using a ladder or steps. Swim, submerged and retrieve 3 dive rings placed 5 yards apart in 4 to 7 feet of water.

Section A - June 8-12 from 8am - 5pm

Section B - June 15-19 from 8am - 5pm



LIFEGUARD REVIEW

The American Red Cross Lifeguarding Program, a comprehensive training program providing flexibility, plus the latest in emergency training. The program is designed to teach lifeguards, as professional rescuers, the skills needed to: prevent injuries and prepare for and respond appropriately to drowning, injury, breathing and cardiac emergencies.

Course 3 - Lifeguard Training Review (with Waterfront Skills Module) - \$150

This course allows a lifeguard to review written and physical skills for Lifeguard Training, First Aid/CPR/AED and Waterfront Lifeguarding. Certification Valid for 2 years.

Prerequisites:

Must have a valid and current Lifeguard certification. **Please bring a copy of your current Lifeguard Training/First Aid/CPR/AED certifications issued on or after June 19, 2018 with your registration form. Includes course materials.**

Pre-skills

Continuously swim 550 yds. demonstrating breath control and rhythmic breathing. Candidates may use front crawl, breast stroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits. Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 20 yards. The face may be in or out of the water. **Swim goggles are not allowed.** Complete a surface dive, feet-first or head-first, to a depth of 7-10 feet to retrieve a 10 lb. object. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates cannot swim the distance underwater. Exit the water without using a ladder or steps. Swim, submerged and retrieve 3 dive rings placed 5 yards apart in 4 to 7 feet of water.

June 20 and 21 from 8am - 5pm



LIFEGUARD INSTRUCTOR

Course 4 - Lifeguard Training Instructor - \$375

The purpose of the Lifeguard Instructor course is to train instructor candidates to teach the Red Cross Lifeguarding, Shallow Water Lifeguarding, Waterfront Skills, CPR/AED for Professional Rescuers and Health Care Providers, Administering Emergency Oxygen and Bloodborne Pathogens Training: Preventing Disease Transmission courses and/or modules. Instructor candidates will also become familiar with Junior Lifeguarding, Lifeguard Management, Safety Training for Swim Coaches and Basic Water Rescue.

Prerequisites:

Step 1: Meet the prerequisites to enter the course: Be at least 17 years old by the end of the course &

Possess a current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED

Step 2: Obtain and review course materials. You will need to obtain and review course materials from the Lifeguarding Instructor Candidates page of Instructor's Corner:

<https://www.instructorscorner.org/s/candidate-lifeguarding>

Printed materials will be provided to you once you pass the Precourse Skills Session

Step 3: Complete the online Introduction to the Lifeguarding Instructor course prior to attending the first in-person session. § Follow the link provided by your instructor trainer to register for the Lifeguarding Instructor class. § From the "Registration Confirmation" page, click "Launch Content" under the "Order Items" section. Note: if your browser prompts you with a question about secure content, answer it in a way that allows you to see all material. If at any time while completing the online content you receive a time out warning, click "OK" and continue the class. § Upon completion of the online content, save a copy of the completion record before exiting the course. Print this completion record or email it to your instructor trainer prior to the first in-person class session.

Step 4: Successfully complete the Lifeguarding Instructor precourse skill session. The precourse skills session will evaluate your Lifeguarding, first aid, CPR and AED skills. If you do not demonstrate competency in the precourse skills session, you will not be able to continue in the Lifeguarding Instructor course.

June 8-12 from 8am - 8pm



WATER SAFETY INSTRUCTOR

Course 5 – Water Safety Instructor (WSI) (r.09) - \$375

The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach coursed presentations in the American Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participant' progress.

Prerequisites:

Must be 16 yrs. old by the last scheduled date of the course.

Pre-skills:

Demonstrate the ability to perform the following swimming skills:

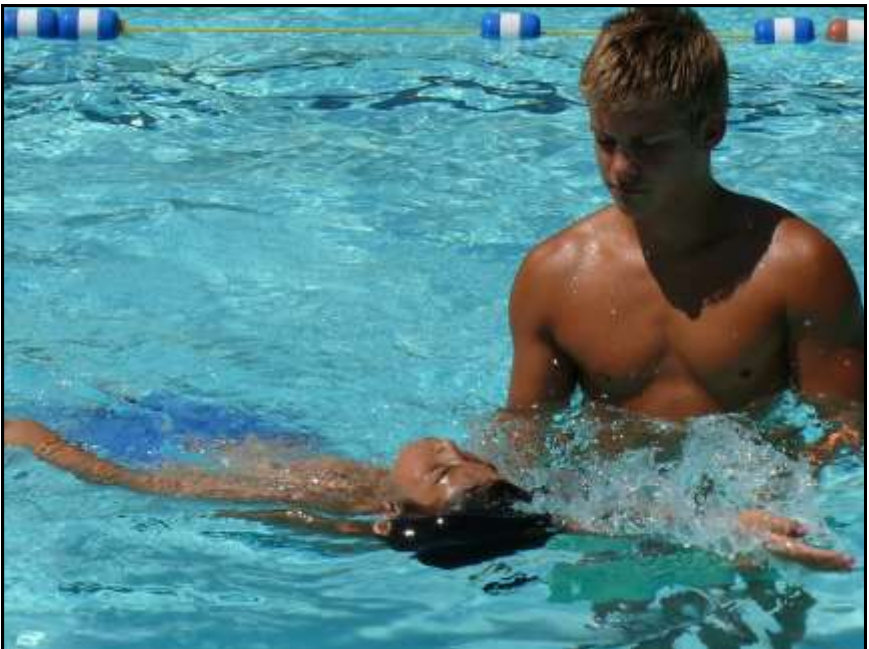
Swim the following strokes consistent with the Stroke Performance for a Level 4 swimmer.

Front Crawl – 25 yards, Back Crawl – 25 yards, Breaststroke – 25 yards, Elementary backstroke – 25 yards, Sidestroke – 25 yards and Butterfly -15 yards

Maintain position on back for 1 minute in deep water (floating or sculling).

Tread water for 1 minute.

June 15-19 from 8am - 5pm



SMALL CRAFT: CANOEING

Course 6 - Small Craft Safety Canoeing & Moving Water - \$200

The Small Craft Safety program consists of a core lesson that teaches how to recognize, prevent and respond to small craft emergencies, skills and knowledge needed for self-rescue and to assist others (Basic Water Rescue) and information on small craft trip planning, supervision and emergency preparation.

In addition to the core lesson, there are five modular components that teach the skills to respond to a specific small craft emergency. These components involve practice in self-rescue skills and assisting others using canoes, in a calm-water environment. A moving-water component provides skills and knowledge for canoeers in up to Class II difficulty–water. This course will include two (2) days of river canoeing. Basic-level certificates are valid for 3 years.

Prerequisites:

Good canoeing skills & can pass a swim test. Must bring water shoes.

June 15-18 from 8am - 5pm



The fees include all materials and lunch. Full payment is due along with your registration. Lodging, room, breakfast and dinner are available at an additional cost of \$30.00 per day. SPACE IS VERY LIMITED! If you have not yet hired but want to book a spot on a course, register under the camp name and contact us later with the participant names. If a course is full when your registration is received, your payment will be returned to you in full. **Cancellations received in writing before May 20, 2020** will receive a 50% refund. There will be no refunds thereafter. **MINIMUM AGE:** All students must have reached the required minimum age before the first day of the course. Please bring a photo driver's license, state issued photo ID card, passport or birth certificate. We reserve the right to cancel any course with insufficient enrollment. 10% discount off room and board for ACA & AM SKIER Camps.

Name: _____ Gender: M / F

Organization/Camp: _____

Mailing Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

For students who require overnight accommodations, a \$30 per night fee is required. This fee includes ALL meals and accommodations.

I WISH TO REGISTER FOR THE FOLLOWING COURSES:

Course #	Section (If applic.)	Course Name	Dates	Course Fee (Lunch provided)
				\$
				\$
				\$
				\$
				\$
				\$
# of evening accommodations required _____ x \$30 per evening =				\$
10% discount off room and board (\$3.00/night) for ACA & AM SKIER Camps =				-\$
Grand Total				\$

Please either fax this application with your credit card information to (973) 575-4188 or mail this application with your FULL payment (credit card, check, MO) made out to:

NJY CAMPS, 21 Plymouth St, Fairfield, NJ 07004



Name on Card _____

CC# _____

Exp Date _____ CVV2 _____

Billing Address _____