



## Wyonegonic Camps June 2010 Training Clinics

Contact: Wyonegonic Camps  
215 Wyonegonic Road, Denmark, ME 04022  
Tel: 207-452-2051 Fax: 207-452-2611  
E-mail: training@wyonegonic.com

*Additional information is available at  
[www.wyonegonic.com](http://www.wyonegonic.com)*

### FIRST AID AND CPR

**Dates:** June 22 Tue 9 AM – 5 PM

**Cost:** \$65

**Purpose:** To train persons to handle accidents. ACA Standards PA-17, PA-23, PC-12, PH-13.

**Certification:** First Aid and CPR for adults, children and infants.

### INTRODUCTION TO CANOEING

**Dates:** #1 June 12 Sat 9 AM - 5 PM  
#2 June 17 Thu 9 AM - 5 PM

**Cost:** \$80

**Purpose:** To learn or review canoe strokes before moving into the instructor level course (see below).

### CANOE INSTRUCTOR CERTIFICATION

**Dates:** #1 June 12-15 Sat 7 PM - Tue 5 PM  
#2 June 17-20 Thu 7 PM - Sun 5 PM

**Cost:** \$305

**Instructors:** Randy Wilson & Jackie Peppe

**Purpose:** To certify an individual to teach the American Canoe Association curriculum and to gain knowledge of canoe safety and strengthen teaching skills. ACA Standards PA-1A, PA-20, PA-21, PA-22, PA-27, PA-30, PT-2.

**Prerequisites:** The minimum age is 18. Canoe experience or Introduction to Canoeing Course strongly recommended. Strong swimming skills are expected. A pre-course swim evaluation will be conducted.

**Certifications:** American Canoe Association Instructor Rating & American Red Cross Small Craft Safety

### CANOE INTRO & INSTRUCTOR COMBO

**Cost:** \$345

### WATERFRONT LIFEGUARD TRAINING

(Includes CPR/AEDpr & First Aid)

**Dates:** #1 June 7-11 Mon 1 PM - Fri 5 PM  
#2 June 12-16 Sat 1 PM - Wed 5 PM  
#3 June 17-21 Thu 1 PM - Mon 5 PM

**Cost:** \$315

**Purpose:** To be a trained waterfront LIFEGUARD with rescue and first aid skills. ACA Standards PA-1A, PA-14, PA-17, PA-20, PA-23, PT-2.

**Prerequisites:** The minimum age is 15. Only participants who pass the practical pre-test will be allowed to continue the course.

#### Pre-test includes:

- Surface dive underwater (7 - 10ft) for a 10 lb object and swim 20 yards with object (timed)
- 550 yd continuous swim including compulsory 200 yd continuous front crawl
- Submerged 15 yard underwater swim while retrieving diving rings.

**Certification:** American Red Cross Waterfront Lifeguard Training and First Aid (3 yrs); CPR/AED for the Professional Rescuer (1 yr).

### WATERFRONT LIFEGUARD CHALLENGE

(Includes CPR/AEDpr Challenge)

**Date:** June 22-23 Tue 9 AM - Wed 12 PM

**Cost:** \$125

**Purpose:** This course is for current lifeguards to update their certification by taking practical and written tests. ACA Standards PA-1A, PA-14, PA-17, PA-20, PA-23, PT-2.

**Prerequisites:** Minimum age is 15 with current LGT certification. Students are expected to be ready for the swimming pre-test, practical skills knowledge, final practical tests and written exams in Lifeguarding, First Aid and CPR/AEDpr.

**Certification:** American Red Cross Waterfront Lifeguard Training and First Aid (3 years); CPR/AED for the Professional Rescuer (1 year).

## WINDSURFING

**Instructor:** Michael Gerstner - *Gone with the Wind*

**Prerequisites:** The minimum age is 17. Strong swimming skills are expected. A pre-course swim evaluation will be conducted.

**Evaluation:** Instructor will provide written confirmation of attendance and evaluation of skills which will help provide documentation for ACA Standard PD-27A.

### WINDSURFING INSTRUCTOR #1:

*(Includes Introduction to Windsurfing):*

**Dates:** June 14-16 Mon 9 AM - Wed 5 PM

**Cost:** \$225

**Purpose:** Review and practice of windsurfing skills, and care and knowledge of equipment. To learn teaching progression and strategies including focus on safety and risk management. Offers practice teaching opportunities.

**Please note** that Day 1 includes review and practice time for windsurfing skills and equipment care. Days 2 and 3 are identical in content to our second windsurf instructor course.

### WINDSURFING INSTRUCTOR #2:

**Dates:** June 17-18 Thu 9 AM - Fri 5 PM

**Cost:** \$175

**Purpose:** Expand existing windsurfing knowledge to include teaching progression, strategies, safety, and risk management. Offers practice teaching opportunities.

**Prerequisites:** Participants should be accomplished windsurfers and have knowledge of equipment, rigging, and practical sailing skills.

## AMERICAN RED CROSS WATER SAFETY INSTRUCTOR w/FIT

**Date:** June 12-16 Sat 1 PM - Wed 5 PM

**Cost:** \$350

**Instructor:** Abby Burbank, ARC Instructor Trainer

**Purpose:** To train candidates to teach the American Red Cross swimming syllabus. The ARC released a new version of WSI and Learn to Swim programs in spring 2009 which will be included in this course. ACA Standards PA-1A, PA-19.

**Prerequisites:** The minimum age is 16. Only participants who pass the written and practical pre-test will be allowed to continue the course. Candidates must demonstrate proficiency in all strokes (minimum level 4) and basic lifeguard skills.

**Certifications:** American Red Cross Water Safety Instructor (WSI) and Fundamentals of Instructor Training (FIT).

## OUTDOOR LIVING SKILLS INSTRUCTOR

**Dates:** June 14-16 Mon 1 PM - Wed 5 PM

**Cost:** \$150

**Instructor:** Chris Wentworth, Master LNT Educator

**Prerequisites:** The minimum age for this course is 18 years old. Camping and OLS experience are strongly recommended.

**Purpose:** Promote an understanding of the natural environment and the value of minimum-impact camping through the following:

- To learn OLS teaching techniques and activities in order to teach OLS in a summer camp program.
- Demonstrate and teach minimum impact camping techniques and wilderness ethics.
- As a Leave No Trace Trainer, you will be able to provide LNT trainings to your campers and staff.
- To learn basic safety aspects of leading trips and spending time in the Maine out-of-doors in a summer camp setting.
- Obtain Maine State Camp Trip Leader Permit. Meets Maine State Regulations
- Documents ACA Standards PD-1C, PD-1D, PD-1E, PD-15.

**Certifications:** Leave No Trace Trainer and Maine State Camp Trip Leader Permit

## CHALLENGE/ADVENTURE

Ropes Course Facilitator Training

**Instructor:** Tom Andrews - *Pro Image & Associates*  
The training meets the requirements of the ACCT for Level I and II training certification and Instructor and Site Supervisor certification for PRCA.

**Certification:** Candidates may receive a Level I or II facilitator certification depending on prior experience, skill level and performance during the training course. ACA Standards PC-1.

### LOW ROPES FACILITATOR:

**Dates:** June 4-6            Fri 9 AM - Sun 5 PM

**Cost:** \$315

**Purpose:** Focus is on facilitation techniques for both element/initiative and non-element/initiative challenges as well as safety skills.

### HIGH ROPES FACILITATOR:

**Dates:** June 7-10            Mon 9 AM – Thu 5 PM

**Cost:** \$485 includes Facilitator Manual

**Purpose:** Learn facilitating techniques for various high elements and safety and rescue skills. Gain knowledge in risk and course management.

### COMBINED LOW/HIGH FACILITATOR

Cost: \$675

### ROPES FACILITATOR REFRESHER:

**Purpose:** Annual update and review for previously trained high ropes facilitators. Please contact Wyonegonic for details.

### ARCHERY LEVEL I

**Dates:** #1 June 15-16    Tue 1 PM – Wed 5 PM

#2 June 17-18    Thu 1 PM – Fri 5 PM

**Cost:** \$190 resident            \$175 commuter

**Instructor:** Marcia Wyman, New England School of Archery

#### **Purpose:**

- To improve the safety and quality of archery instruction to individuals and small groups
- To review archery techniques
- To give instructors confidence in teaching
- To learn to motivate and vary daily program

- To care for equipment and make repairs
- To comply with ACA accreditation standards PD-15 and state licensing regulations

**Certification:** National Archery Association - Level I

### TENNIS INSTRUCTOR

**Dates:** #1 June 14-15    Mon 9 AM – Tues 5 PM

#2 June 17-18    Thu 9 AM – Fri 5 PM

**Cost:** \$145 resident            \$125 commuter

**Instructor:** Kevin Vincent (USPTA)

#### **Purpose:**

- To give summer camp tennis instructors the confidence and skills to teach players of all abilities
- To review teaching techniques of all strokes
- To develop a repertoire of drills and activities
- To set up tournaments appropriate for camp programs
- To utilize special teaching tools such as ball machines and backboards
- To care for courts and equipment

**Evaluation:** Instructor will provide written confirmation of attendance and evaluation of skills.

### Additional Training at Winona Camps

35 Winona Rd, Bridgton, ME 04009

information@winonacamps.com

207-647-3721

Waterfront Lifeguard Training  
Waterfront Lifeguard Challenge  
CPRpr/AED Challenge  
Lifeguard Instructor w/FIT  
WSI w/FIT  
Sm Craft Safety Inst. w/FIT  
US Sailing Counselor  
Powerboat Safety  
Rifle Instructor  
State Of Maine Trip Leader Safety  
Wilderness First Aid

### ADDITIONAL CONTACTS FOR TRAINING:

#### American Red Cross Aquatic Schools

Portland, ME Chapter (207) 874-1192

#### Compiled List of Training Opportunities:

ACA - New England Office (781) 541-6080

# Wyonegonic Camps Training Registration and Policies

## Health Form

A health form signed by a physician within 24 months including current health history and proof of medical insurance is required. Please send a copy of your completed camp health form to our office prior to your course. If you need a blank copy, please visit our website at [www.wyonegonic.com](http://www.wyonegonic.com).

## Aquatic Trainings

Please note that all courses are physically demanding and occur in a fresh-water lake. Water temperatures in June can be extremely cold. We strongly recommend that you bring a wetsuit. You should be in excellent physical condition, have strong swimming strokes, and be prepared for a swimming pre-test.

## Clinic Participants under 18 years old

A written waiver release signed by your parent/guardian is required for participants under age 18. You can download a copy from our website.

## Registration Form and Payment Policy

Full payment is required with the registration form. Your registration will not be held without payment. Prices include course materials, instruction, and room and board. Please use one form per participant.

## Discount Policy

Any camp enrolling more than five participants in multi-day courses will receive a \$100 credit.

## Refund and Cancellation Policy

Cancellation refunds will be allowed 14 days prior to the start of your course less a \$30 administrative fee. Within 14 days, cancellations will be refunded half of the course cost. Once a course has started there will be no refunds for candidates with inadequate skills. This includes persons who fail a required pretest or have incomplete work due to illness.

## Certification Policy

Wyonegonic Camps does not guarantee that training participants will pass their course. The course instructor makes the determination for certification based on a candidate's adherence to prerequisites, successful pretest, and course completion after evaluating an individual's performance. Full attendance is required.

## Accommodations

Most multi-day courses are residential and have day and evening sessions. Accommodations are provided in rustic cabins without electricity. Please bring a flashlight. Toilets and hot showers are centrally located. Meals are provided in the camp's dining hall. Archery and Tennis Instructor courses are offered with both resident and commuter rates due to no evening course work.

## Wyonegonic Regulations

We appreciate your cooperation with the following: Wyonegonic is a non-smoking community; no exceptions will be made. We are alcohol free and have quiet hours in place for students to study.

## Transportation

Ground transportation from Portland, Maine is available for \$35 each way with prior arrangements.

Contact: Wyonegonic Camps  
215 Wyonegonic Road, Denmark, ME 04022  
Tel: 207-452-2051 Fax: 207-452-2611  
E-mail: [training@wyonegonic.com](mailto:training@wyonegonic.com)

**Additional information is available at  
[www.wyonegonic.com](http://www.wyonegonic.com)**