



Dear LGT participant:

Thank you for joining us on Moose Pond at Wyonegonic Camps for the 2009 Aquatics Trainings. You are enrolled in the following course:

Waterfront Lifeguarding: Monday June 1st 1:00PM – Friday June 5th 5:00PM.

Waterfront Lifeguard Training is an American Red Cross certification aimed at teaching lifeguards the skills and knowledge needed to PREVENT and RESPOND to aquatic emergencies in both a pool and waterfront environment. Prerequisites for the course require that you are at least 15 years of age and a competent swimmer and can so demonstrate by successful completion of a swim endurance test. This test will occur at our first meeting *in the lake*. Your continuation in the course is contingent on your successful completion of the swim test.

- 550 yards of continuous swimming using these strokes in the following order:
 - 200 yards of front crawl/freestyle using rhythmic breathing and a stabilizing propellant kick.
 - 200 yards of breaststroke using a pull, kick and glide sequence.
 - 150 yards of either front crawl or breaststroke.
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10 pound object, return to the surface, swim with the object 20 yards back to the starting point and exit the water without using ladder or steps, within 1 minute, 40 seconds.
- Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4-7 feet of water, resurface and swim 5 yards to the side.

Successful completion of the course will require participation in class sessions and in skills practice. Some of the skills practice sessions will require strenuous physical activity. If you have questions about participating fully or have medical conditions that may prevent participation please contact us prior to the start of the course. To complete the course you must correctly demonstrate ALL required skills, successfully complete all 3 final skill scenarios and correctly answer 80% of written examination questions in EACH of the four sections in the final exam. The course will be intensive and will include evening sessions so come healthy and rested!

The environment at Wyonegonic is rustic and scenic. The cabins are simple with no electricity and the bathrooms and showers are centrally located. Camp has provided you with a list of items to bring. I remind you that you will be out and about in the natural surroundings and swimming in a fresh water lake which, depending on the weather in June, can potentially be VERY COLD.

In addition to the items that camp recommends for your stay, please make sure you have the following:

- A reminder to bring a copy of your Health Form, signed by a physician within 24 months
- 2-3 bathing suits and also 2-3 towels as you will be swimming multiple times each day
- We strongly recommend that you bring a WETSUIT - especially if you are prone to cold
- Diving Mask and Fins – required for certain elements of the course
- Warm clothing for after swimming.
- Non-aerosol bug spray, sunscreen, sunglasses and a hat – as sun protection
- Notebook or note paper and writing instruments

Upon your arrival, we will provide you with the necessary textbooks and Red Cross resources for the course.

Feel free to contact the camp office at training@wyonegonic.com any time with any course related questions. We look forward to seeing you in June!

Abby Burbank
American Red Cross Lifeguard Instructor Trainer

WYONEGONIC CAMPS – Training Clinics
215 Wyonegonic Road
Denmark, Maine 04022
phone (207) 452-2051; fax (207) 452-2611
email: training@wyonegonic.com

INFORMATION FOR YOUR TRAINING INSTRUCTOR

Please complete one form for each training clinic that you are attending and return to
Wyonegonic via mail or email

NAME _____

TRAINING CLINIC _____

What will be your responsibilities this summer?

What do you hope to gain from this Training Clinic?

Describe your experience – (ie: competition, school, camp, recreational...):

Explain your prior teaching experience (if any):

Estimate your strengths in regard to the activity you are training for – please be specific:

Estimate your weaknesses in regard to the activity you are training for – please be specific: