



**Harvey Cedars Beach Patrol**

**P.O. Box 3185**

**Harvey Cedars, NJ 08008**

**609-361-6000 x251**

**[LIT@harveycedars.org](mailto:LIT@harveycedars.org)**

## **Lifeguard In Training Program**

### **L.I.T.**

## **Program Description**

The Harvey Cedars Beach Patrol Lifeguard In Training Program, which began in 2001 with 20 eager participants, has successfully trained children in the skills of water safety. The program now hopes for 100 participants each summer.

Our program stresses overall physical fitness, water safety skills, teamwork, sportsmanship, positive self-esteem & good listening skills. In an educational yet fun environment, the L.I.T.'s learn how to successfully use much of the same equipment that the professional lifeguards use for training & rescues. The L.I.T.'s are trained & supervised by professional lifeguards; many of them have been Harvey Cedars Lifeguards for many years.

While competitions are not our primary focus, many of the L.I.T.'s can't wait for the opportunity to test their skills against their L.I.T. counterparts. The Harvey Cedars L.I.T.'s will compete in many local L.I.T. tournaments. Each summer there are L.I.T. tournaments held in our neighboring towns. Harvey Cedars hopes to host our own L.I.T. tournament in the near future.

We strive to make it an enjoyable day at the beach for everyone! We hope that all of our L.I.T.'s will stay with us and work as ocean lifeguards on our beaches at the Jersey Shore! Register and join "our" team!!!



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**Program Requirements**

Any child, from any town, who is at least 10 years old (up to age 16) may join the program as long as they have the ability to swim and they are physically fit. The child must be able to perform basic exercises and be able to run short distances in the sand.

We don't expect them to be expert swimmers or long distance runners, but they should be able to perform those tasks adequately enough so that the instructors can accomplish the program goals.

A registration form **MUST** be completed by an adult and submitted to the Harvey Cedars Borough Hall with the proper fee, payable by check or cash to the Borough of Harvey Cedars.



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Maximum number of participants is 50

Deadline for applications – June 1<sup>st</sup>

**2012 LIT Dates & Times**

July 2, 2012 – August 10, 2012

Ages **13, 14 and 15** meet on  
Mondays, Wednesdays, Fridays  
from 9am – 11am  
**Program Fee \$100**

Ages **10, 11 and 12** meet on  
Tuesdays, Thursdays, Fridays  
from 9am – 11am  
**Program Fee \$100**

**PLACE**

Meet at the Salem Ave. beach in Harvey Cedars

# Lifeguard In Training Program (L.I.T.)

## Registration Form

Deadline for application submission is June 1<sup>st</sup>

<b>LIT Participant's Name: (Last, First)</b>		<b>Age as of 7/01/12:</b>
<b>Shirt Size:</b> <b>S M L XL</b> Adult or Youth	<b>Program Fee:            \$100.00</b>	
<b>Short Size:</b> <b>S M L XL</b> Adult or Youth	<b>Check   or   Cash</b>	
	Make Checks Payable to the Borough of Harvey Cedars	

**Name of Parent/Legal Guardian:** \_\_\_\_\_

**Summer Address:** \_\_\_\_\_  
\_\_\_\_\_

**Winter/Other Address:** \_\_\_\_\_  
\_\_\_\_\_

**Local Phone Number:** \_\_\_\_\_

**Winter/Other Number:** \_\_\_\_\_

**Cell Number:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

\_\_\_\_\_  
**Signature of Parent/Legal Guardian**

\_\_\_\_\_  
**Date**



**Harvey Cedars Beach Patrol  
Lifeguard in Training (LIT) Program**



**Medical Form**

Name of Participant \_\_\_\_\_ Birth Date \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_

Local Phone #: \_\_\_\_\_ Emergency Contact #: \_\_\_\_\_

Name of Health Insurance Co: \_\_\_\_\_

Policy #: \_\_\_\_\_ Subscriber: \_\_\_\_\_

Does the participant have any current health problems? \_\_\_\_\_ If yes, please explain \_\_\_\_\_

Is the participant taking any medications? \_\_\_\_\_ If yes, please list: \_\_\_\_\_

Does the participant have any specific allergies? \_\_\_\_\_ If yes, please explain: \_\_\_\_\_

Is the participant current with all immunizations? \_\_\_\_\_ If not, please explain: \_\_\_\_\_

Date of last Tetanus Shot: \_\_\_\_\_

Is the participant limited from any activity? \_\_\_\_\_ If yes, please explain: \_\_\_\_\_

In case of a life threatening medical emergency, I understand that every effort will be made to contact me, the parent or guardian. In the event that I cannot be reached, I hereby give permission to the Harvey Cedars Beach Patrol to secure proper emergency treatment in conjunction with local medical control.

\_\_\_\_\_  
Signature of Parent or Legal Guardian

\_\_\_\_\_  
Date



Harvey Cedars Beach Patrol  
Harvey Cedars, NJ 08008



Lifeguard in Training (LIT) Program

Permission Slip

I hereby give permission to my son / daughter

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(name of participant)

to participate in the LIFEGUARD IN TRAINING (LIT) Program with the Harvey Cedars Beach Patrol. I understand that my child will be participating in first aid training, ocean and bay swimming and related activities that would normally be performed by ocean lifeguards.

I understand that proper supervision will be provided by the Harvey Cedars Beach Patrol and that my child will be expected to follow the direction of the individuals in charge of the LIT Program. I understand that my child could be removed from the LIT Program if it is determined that he/she is acting in an unsafe manner and endangers him/herself or others.

I release the Harvey Cedars Beach Patrol, its representatives, and the Borough of Harvey Cedars of all liability, in the event of an accident within the normal scope of lifeguard training.

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Signature of Parent/Legal Guardian

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Date

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Print Name of Parent/Legal Guardian