

# HARVEY CEDARS BEACH PATROL

Lifeguard in Training Program

L.I.T.



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Admission Packet

2016



**Harvey Cedars Beach Patrol**  
**P.O. Box 3185**  
**Harvey Cedars, NJ 08008**  
**609-548-6886**

**[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 over 100 students each summer in the skills of water safety.

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 Harvey Cedars along with our neighboring towns. Tournament entry fees are separate and is the responsibility of each student.

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

### **Program Requirements**

- Participant must be at least 10 years of age, but not 16 or older in age.
- Participant may reside in any town.
- Participant must be able to perform basic exercises and be able to run short distances in sand.
- Participant must possess some basic swimming techniques.
- Participant must wear a helmet while bicycle riding.
- 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.
- All equipment shall be returned at the end of the Program, otherwise the participant shall reimburse the Program for the value of the equipment.
- Participant consents to the use of any photographic images taken during the Program.



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

Maximum number of participants is 50

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

**2016 LIT Dates & Times**

July 5, 2016 – August 12, 2016

Ages **13, 14 and 15** meet on  
Mondays, Wednesdays, Fridays  
from 9am – 11am  
**Program Fee \$150**

Ages **10, 11 and 12** meet on  
Tuesdays, Thursdays, Fridays  
from 9am – 11am  
**Program Fee \$150**

**LOCATION**

Meet at the Salem Ave. beach in Harvey Cedars

**VEHICLES = Please park all cars at Sunset Park.**

**BICYCLES = Please leave bicycles at the West Salem Avenue  
corner bike rack.**

# 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 7/05/16:</b>
<b>Shirt Size:</b> <b>S M L XL</b> Adult or Youth	<b>Program Fee:            \$150.00</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(s):** \_\_\_\_\_

**Email Address(es):** \_\_\_\_\_

**Notifications of events, class cancellations, class location changes will be sent via text messages, voice messages and/or emails.**  
**Also follow HCBP on Facebook "Harvey Cedars Beach Patrol"**  
**and on Twitter @HCBeachPatrol for updates.**

\_\_\_\_\_  
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 have read and I understand all the requirements of the LIT Program and I understand that my child could be removed from the LIT Program for not following the program's requirements, rules and regulations.

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