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 LITs learn how to successfully use much of the same equipment that the professional lifeguards use for training & rescues. The LITs are trained & supervised by professional lifeguards; many of them have been Harvey Cedars Lifeguards for numerous years.

While competitions are not our primary focus, many of the LITs can’t wait for the opportunity to test their skills against their LIT counterparts. The Harvey Cedars LITs will compete in many local LIT tournaments. Each summer there are LIT 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 LITs will stay with us and work as ocean lifeguards on our beaches at the Jersey Shore! Register and join "our" team!!!
Lifeguard In Training Program (LIT)

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 and follow all bike operating laws.
• 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.
Harvey Cedars Beach Patrol P.O. Box 3185
Harvey Cedars, NJ 08008
609-879-9621
LIT@harveycedars.org

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

Maximum number of participants is 50
Deadline for applications – June 1st

2020 LIT Dates & Times
June 22, 2020 – August 7, 2020

<table>
<thead>
<tr>
<th>Ages</th>
<th>Meet on</th>
<th>Program Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13, 14, 15</td>
<td>Mondays, Wednesdays, and Fridays from 9am – 11am</td>
<td>$200</td>
</tr>
<tr>
<td>10, 11, 12</td>
<td>Tuesdays, Thursdays, and Fridays from 9am – 11am</td>
<td>$200</td>
</tr>
</tbody>
</table>

LOCATION
Meet at the Salem Ave. beach in Harvey Cedars

*Pick up and drop of trainees is to be done at Sunset Park on West Salem Ave.*

VEHICLES = Please park all cars at Sunset Park.
BICYCLES = Please leave bicycles at the West Salem Avenue corner bike rack.

Notifications of events, class cancellations, class location will be posted on HCBP social media outlets on Facebook “Harvey Cedars Beach Patrol,” on Twitter @HCBeachPatrol and on Instagram @HCBeachPatro
Lifeguard In Training Program (LIT)

Registration Form

Deadline for application submission is June 1st

LIT Participant’s Name: (Last, First)  Age as of 6/28/2020

Shirt Size:
S  M  L  XL
Adult  or  Youth

Short Size:
S  M  L  XL
Adult  or  Youth

Program Fee: $200.00

Check  or  Cash

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):

___________________________________________________________________

___________________________________________________________________

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
Lifeguard in Training (LIT) Program
Permission Slip

I hereby give permission to my son /daughter

(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.

____________________________________  __________________________
Signature of Parent/Legal Guardian    Date

____________________________________
Print Name of Parent/Legal Guardian