

HARVEY CEDARS BEACH PATROL

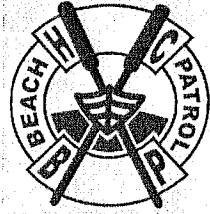
Lifeguard in Training Program

L.I.T.



Admission Packet

2010



Harvey Cedars Beach Patrol
P.O. Box 3185
Harvey Cedars, NJ 08008
609-361-6000 x150
HCBPLIT@yahoo.com

Lifeguard In Training Program
L.I.T.

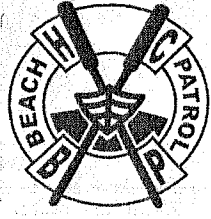
Program Description

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 over 40 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!!!



**Harvey Cedars Beach Patrol
Harvey Cedars, NJ 08008**

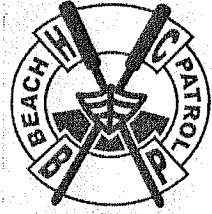
Lifeguard In Training Program
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Program Requirements

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 brought to the Harvey Cedars Borough Hall with a \$75.00 fee, payable by check or cash to the Borough of Harvey Cedars.



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P.O. Box 3185
Harvey Cedars, NJ 08008
609-361-6000 x150**

Lifeguard In Training Program
L.I.T.

Maximum number of participants is 50

Deadline for applications – June 1st

2010 LIT

DATES & TIMES

July 5, 2010 – August 13, 2010

Ages **13, 14 and 15** meet on
Mondays, Wednesdays, Fridays
from 9am – 11am

Ages **10, 11 and 12** meet on
Tuesdays, Thursdays, Fridays
from 9am – 11am

PLACE

Meet at the Middlesex Ave. beach in Harvey Cedars

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

Registration Form

Deadline for application submission is June 1st

LIT Participant's Name: (Last, First)		Age as of 7/01/10:
Adult Shirt Size: S M L XL	July 5, 2010 to August 13, 2010 Program Fee \$75.00 Check or Cash Note: Make Checks Payable to the Borough of Harvey Cedars	
Adult Short Size: S M L XL		

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: _____

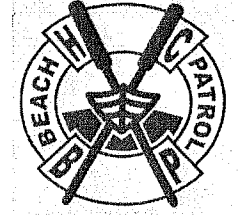
In case of a life threatening medical emergency, I understand that every effort will be made to contact me, the parent or guardian. In the event that I cannot be reached, I hereby give permission to the Harvey Cedars Beach Patrol to secure proper emergency treatment in conjunction with local medical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

(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.

Signature of Parent/Legal Guardian

Date

Print Name of Parent/Legal Guardian