

HARVEY CEDARS BEACH PATROL

Lifeguard in Training Program (LIT)

Admission Packet

2025

Harvey Cedars



BEACH PATROL

Harvey Cedars Beach Patrol
P.O. Box 3185 Harvey Cedars, NJ 08008
609-709-0561

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 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!!!



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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.



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

Maximum number of participants is 100

Deadline for applications – June 22nd

2025 LIT Dates & Times

June 23th, 2025 – August 8th,
2025

Ages **13, 14** and **15** meet on Mondays,
Wednesdays, and Fridays from 9am – 11am
Program Fee \$425

Ages **10, 11** and **12** meet on Tuesdays,
Thursdays, and Fridays from 9am – 11am
Program Fee \$425

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,” and on Instagram @HCBeachPatrol**

Lifeguard In Training Program (LIT)
Registration Form

Deadline for application submission is June 20th

LIT Participant's Name: (Last, First)	Age as of 6/28/2025
Shirt Size: S M L XL Adult or Youth	Program Fee: \$425 Check or Cash Make Checks Payable to the Borough of Harvey Cedars
Short Size: S M L XL Adult or Youth	

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