

# **HARVEY CEDARS BEACH PATROL**

Lifeguard in Training Program (LIT)

Admission Packet

**2024**

***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 1st

**2024 LIT Dates & Times**

June 23th, 2024 – August 9th,  
2024

Ages **13, 14** and **15** meet on Mondays, Wednesdays,  
and Fridays from 9am – 11am **Program Fee \$400**

Ages **10, 11** and **12** meet on Tuesdays, Thursdays,  
and Fridays from 9am – 11am **Program Fee \$400**

**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 @HCBeachPatrol**

**Lifeguard In Training Program (LIT)**  
**Registration Form**

**Deadline for application submission is June 16<sup>th</sup>**

<b>LIT Participant's Name: (Last, First)</b>		<b>Age as of 6/28/2024</b>
<b>Shirt Size:</b> <b>S M L XL</b>  <b>Adult or Youth</b>	<b>Program Fee: \$400</b>  <b>Check or Cash</b>  Make Checks Payable to the Borough of Harvey Cedars	
<b>Short Size:</b> <b>S M L XL</b>  <b>Adult or Youth</b>		

Name of Parent/Legal Guardian:

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Summer Address:

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Winter/Other Address:

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Local Phone Number:

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Winter/Other Number:

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Cell Number(s):

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Email Address(es):

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**Signature of Parent/Legal Guardian**

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**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

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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    Date

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Print Name of Parent/Legal Guardian