



BSA LIFEGUARD COURSE

June 6 – 8 & 13 – 15, 2008
Alpine Scout Camp

A BSA Lifeguard course will be offered to Scout Leaders, Scouts 14 years of age or older and Venturers. This is a full 30 hours of life guarding instruction and a six hour American Red Cross Standard First Aid & CPR course over two weekends.

Participants will need to arrive at the Alpine Scout Camp by 7 PM each Friday and will finish up at approximately 3 PM on Sunday afternoon. All meals (breakfast Saturday – Lunch Sunday) will be provided in the Dining Hall. Participants will be staying in two person wall tents adjacent to the pool, you will need to bring a sleeping bag, appropriate clothing, swimsuit(s), towel and personal toiletry items.

In order to enroll in this course you must be 14 years of age or older and be able to demonstrate upon arrival: Swim 400 yards, jump feet first into water over your head, and swim continuously, in a strong manner, 400 yards. The 400 yards shall include at least 50 yards each of the elementary backstroke, the breaststroke, the sidestroke and either the crawl or trudgen. Perform both a feet-first and a head-first (tuck or pike) surface dive in eight – ten feet of water and recover a 10-pound weight on each dive.

Participants will be provided all course materials. Instruction will be provided by BSA Aquatics Instructors and BSA Lifeguards. First Aid and CPR instructors are accredited by the American Red Cross.

To register for this course please complete the section below, and answer all the questions on the back of this application. If you are under 18 years of age your parent or guardian must sign the back of this application. You must bring a completed class 3 medical information sheet (available from our website) with you.

Sign me up! (Registration must be postmarked no later than June 1, 2008)

Name: _____ Unit: _____ Council: _____

Street: _____ Apt: _____ Phone: _____

City: _____ State: _____ Zip: _____



[] Early bird payment of \$75.00 is enclosed **or** [] \$25 deposit is enclosed, \$60 will be paid upon arrival (\$85 total fee)

Please mail to: *Reservations, Alpine Scout Camp Box 377, Route 9W, Alpine, NJ 07620.*

Account: 1-6704-712-21

Greater New York Councils, Boy Scouts of America

(Please complete all questions on back)

