2019 WINONA CAMPS TRAINING CLINICS

WINONA CAMPS
35 WINONA ROAD
BRIDGTON, ME 04009-3407

•Water Safety Instructor•Lifeguard Instructor•
•US Sailing Counselor•Powerboat Safety•
•Basic Water Rescue/Small Craft Safety Basic/Instructor •
•Rifle Training•Wilderness First Aid•Maine Trip Leader•
•Lifeguard with Waterfront Review•Youth Mental Health First Aid•
•Water Front Lifeguard•

WWW.WINONACAMPS.COM

Owned and Operated by The Ordway Family

WINONA TRAINING CLINICS INFORMATION

Course certifications document that a candidate successfully passed the requirements set forth by the American Red Cross (ARC), American Heart Association (AHA), the State of Maine, U.S. Sailing Association, or Wilderness Medical Associates.

Certification is not a guarantee at our clinics. Instructors have sole responsibility in determining a candidate's suitability for enrolling in a course and whether or not certification will be given or withheld, according to the standards of the governing organization. Winona will abide by instructor decisions, while assisting candidates to reach their goals. Most requirements for all courses are offered prior to, after, or within each course. Each course has a minimum number of participants required to conduct the course.

NOTE: ***All swimming course (Lifeguard, Lifeguard Instructor, WSI) candidates are required to bring some type of wetsuit. This is in an effort to limit the problems caused by weather and pond temperature.*** Lifeguard and Lifeguard Instructors should also bring a mask and fins as they are a required part of the ARC Waterfront courses. All courses which have a CPR component will receive a new pocket mask as part of the course fee.

WATERCRAFT COURSES

SAFE POWERBOATING - U.S. Powerboating (U.S. Sailing) (NASBLA Approved course)

Friday, June 14th (10:00 AM) - Saturday, June 15th (5:00 PM)

This is a hands-on, on-the-water course for candidates to learn how to safely operate a powerboat or improve their on-the-water boat handling skills; includes navigational rules and laws; water skiing information included. Various boats with outboard engines, sizes up to 90 hp will be used.
Requires- Participants need to be comfortable in and around motorboats.
SPECIAL NOTES: This course provides information required by Maine State Regulations for Camps 7.B.5, 6, 7.

U.S. SAILING COUNSELORS COURSE

#1: Monday, June 10th (9:00 AM)-Tuesday, June 11th (5:00 PM)
#2: Wednesday, June 12th (9:00 AM)-Thursday, June 13th (5:00 PM)

This course trains sailing counselors in proper techniques and gives an overview of a camp sailing program. Practical sailing skills will be covered in detail. Emphasis on skill practice and risk management.
Requires-Minimum age: 17; swimming and rescue skills.

BASIC WATER RESCUE / SMALL CRAFT SAFETY BASIC / INSTRUCTOR - Canoe, Row, Kayak, Sailing

Friday, June 14th (10:00 AM) - Sunday, June 16th (5:00 PM)

This course first certifies candidates on their own safety skills; then trains boating staff to instruct proper rescue techniques for their craft. This course meets ACA Standards. Some course time will be used as skill building and practice in the various craft.
Requires-Minimum age: 17; In-water swim and watercraft test (within course).
SPECIAL NOTES: Certifications in multiple craft may be possible depending on timing and weather. Please have one specific small craft certification as primary focus.
-This course can act as a bridge course to train **current ARC Instructors** to instruct proper rescue techniques for their specific craft. Most ARC Instructors will complete the course within 24 hours.

RANGE SPORTS

CAMP RIFLE INSTRUCTOR TRAINING

Sunday, June 9th (9:00 AM) - Monday, June 10th (5:00 PM)

This course trains riflery instructors on proper teaching techniques. Included are sessions on marksmanship, gun cleaning and maintenance. Guns used include air rifles, pellet guns, and .22 cal. rifles.
Requires - Minimum age: 18.
-THIS IS A TRAINING COURSE, NOT FOR CERTIFICATION. BASED ON THE FORMER CIVILIAN MARKMANSHIP TRAINING COURSE.

HEALTH & SAFETY

WILDERNESS FIRST AID (Wilderness Medical Associates)

#1: Wednesday, June 12th (8:30 AM) - Thursday, June 13th (5:00 PM)
#2: Saturday, June 15th (8:30 AM) - Sunday, June 16th (5:00 PM)

This course trains counselors, especially trip leaders, in emergency first aid in wilderness environments. Basic ideas for medicine for the field, emphasis on practical skills, and realistic simulation exercises are included. This course includes Wilderness Medical Associates Adult CPR.
Requires-Minimum age: 18 (16 & 17 year olds may participate with written parental permission).
SPECIAL NOTES: This course meets ACA mandatory Standard: HW-1C.

STATE OF MAINE TRIP LEADER SAFETY

Friday, June 14th (8:30 AM - 5:00 PM)

The purpose of this course is to learn and review basic safety aspects of leading trips, including legal aspects. Information regarding proper food handling and cleaning techniques will be covered.
(ACA Mandatory Standards PD-1C, - 1D; Maine State Regulations for Camps 7.F.5, 6)
Map and Compass skills are required for the course.
Requires-Minimum age 18; tripping experience; Must be from a Licensed Youth Camp.
SPECIAL NOTE : This course is required by the State of Maine for anyone leading a group of children on a trip exceeding two days and one night within Maine. (Maine DIF&W definition).

AQUATIC COURSES

WATER SAFETY INSTRUCTOR (r.17) (ARC) *LAPTOP COMPUTER REQUIRED*

Monday, June 3rd (1:00 PM) - Friday, June 7th (5:00 PM)
College Course Credit available through Salem State College - contact Winona Camps for more details.

This course is designed to train instructors to teach all levels of American Red Cross Learn to Swim courses, Community Water Safety, Infant & Preschool Aquatics Program, and Water Safety Aide courses.
Requires -Minimum age 16; Level 4 Learn to Swim skills

LIFEGUARD INSTRUCTOR (r.17) (ARC) *LAPTOP COMPUTER REQUIRED*

Monday, June 3rd (10:00 AM) - Saturday, June 8th (12:00 PM)
College Course Credit available through Salem State College - contact Winona Camps for more details.

This course trains lifeguards to teach Community Water Safety, and Lifeguard courses.
Requires- Minimum age: 17; Must possess the skills and knowledge of lifeguard training and CPR for the Professional Rescuer. **Required** - participants have current certifications. Candidates must demonstrate proficiency in new (r. 17) Lifeguard Training skills.

LIFEGUARD TRAINING - Blended Learning with Waterfront Module (r.17) (ARC)

(Includes First Aid, CPR for PR, AED) *Updated 2017*
Thursday, June 13th (10:00 AM) - Saturday, June 15th (5:30 PM)

This course provides instruction in the necessary skills for an individual to qualify as a lifeguard.
THIS COURSE REQUIRES ONLINE WORK PRIOR TO ARRIVAL.
Requires -Minimum age: 15; excellent physical condition and endurance - ***Pre-course swim test will take place in the POND:*** distance swim; timed swim / surface dive with brick retrieval; submerged swim.

LIFEGUARD with Waterfront Module REVIEW / UPDATE (r.17) (ARC)

Sunday, June 16th (8:30 AM) - Monday, June 17th (12:00 PM)

This course allows Lifeguards to renew their certificates for a 2 year period.
Requires- Current Lifeguard certification. Limited instruction will be provided on the material. Includes CPR for the professional rescuer, AED and first aid tests.

YOUTH MENTAL HEALTH FIRST AID

Tuesday, June 11th (9:00 AM - 6:00 PM)

Youth Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews appropriate supports. This 8-hour course uses role playing and simulations to demonstrate how to offer initial help in a mental health situation and connect youth aged 12-18 to the appropriate professional, peer, social and self-help care. Summer camps see a wide range of mental health issues. Home sickness, bullying, unfamiliar environments and the stress of developing new relationships can take a toll. Camp staff also come with a host of issues, some large, some small and can often warning signs of illnesses like anxiety, depression, substance use, bipolar disorder, eating disorders and schizophrenia-particularly as they benefit from peers (or leadership) who are aware and tuned in to ways to help. The program also teaches common risk factors and impact this population. All participants who complete the course receive a three year certificate from the **National Council for Behavioral Health**.

2019 WINONA TRAININGS CLINICS
35 Winona Road, Bridgton, ME 04009-3407
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information@winonacamps.com www.winonacamps.com

REGISTRATION FORM

- Each participant needs a separate registration form. Space is limited in all options, so early registration is encouraged.
- Important clinic details will be emailed to each participant and the camp director/employer.
- Payment is **REQUIRED** with each registration form (credit card or check payable to WINONA CAMPS).
- Due to class times, we STRONGLY suggest being a *RESIDENT STUDENT,* especially for courses of more than 2 days.

PARTICIPANT NAME:_____ DATE OF BIRTH:_____ ❑ Male ❑ Female

HOME ADDRESS:_____CITY/STATE/COUNTRY:_____ ZIP:_____

PHONE:_____ EMAIL (*required*):_____

CAMP/EMPLOYER (if applicable):_____ CAMP DIRECTOR NAME:_____

CAMP ADDRESS: _____ CITY/STATE:_____ZIP:_____

CAMP PHONE:_____ CAMP EMAIL (*required*):_____

- **CANCELLATION POLICY:** Cancellations **prior to a week (7 days) before the course begins** will be refunded minus a **$25 Administrative Fee.** Within a week of the start date cancellations will be refunded only **half** of the course cost. Once a course has started there will be no refunds for candidates with inadequate skills (this includes failure to pass the lifeguard swim test) or failure to compete the required work. **U.S. Sailing fees are non-refundable.

Clinics:	**Date:**	**Commuter:**	**Resident:**
__Water Safety Instructor	June 3 - 7	$350.00	$415.00
__Lifeguard Instructor	June 3 - 8	$350.00	$425.00
__Lifeguard Training with Waterfront	June 13 - 15	$330.00	$385.00
__Lifeguard with Waterfront Review	June 16 - 17	N/A	$160.00
__#1 U.S. Sailing Counselor *(Min US sailing fee $200)***	June 10 - 11	$200.00	$230.00
__#2 U.S. Sailing Counselor *(Min US sailing fee $200)***	June 12 - 13	$200.00	$230.00
__Powerboat Safety	June 14 - 15	$225.00	$250.00
Basic Water Rescue/Small Craft Safety Basic/Instructor - ___ Sailing ___ Canoe ___ Row ___ Kayak	June 14 - 16	$150.00	$190.00
__Rifle Training	June 9 - 10	$175.00	$195.00
__#1 Wilderness First Aid	June 12 - 13	$195.00	$215.00
__#2 Wilderness First Aid	June 15 - 16	$195.00	$215.00
__Maine Trip Leader Safety Course	June 14	$60.00	N/A
__Mental Health First Aid	June 11	$60.00	N/A

Extra night lodging: $10.00 per night Dates: _____

Extra meals: $5.00 per meal Dates:_____

Clinic amount _____
Extra night(s) _____
Extra meal(s) _____
Amt. enclosed _____