

2020 WINONA CAMPS TRAINING CLINICS

WINONA CAMPS
35 WINONA ROAD
BRIDGTON, ME 04009-3407

- Water Safety Instructor•Lifeguard Instructor•
- US Sailing Counselor•Paddle Sports Safety•Rifle Training•
- Wilderness First Aid•Maine Trip Leader•
- Lifeguard with Waterfront Review•
- 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

U.S. SAILING COUNSELORS COURSE

#1: Monday, June 8th (9:00 AM) - Tuesday, June 9th (5:00 PM)

#2: Wednesday, June 10th (9:00 AM) - Thursday, June 11th (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.

PADDLE SPORTS SAFETY

Saturday, June 13th (10:00 AM) - Sunday, June 14th (12:00 PM)

Course and craft details still being finalized. Focus will be on basic canoe skills and safety, with possible kayak and/or Stand Up paddleboard option. Please contact Winona to discuss options.

RANGE SPORTS

CAMP RIFLE INSTRUCTOR TRAINING

Sunday, June 7th (9:00 AM) - Monday, June 8th (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 MARKSMANSHIP TRAINING COURSE.

•Contact Wyonegonic Camps info@wyonegonic.com for more clinics: Introduction to Canoe, ACA Canoe Instructor, ARC Lifeguard Training, ARC Water Safety Instructor, ARC Community First Aid/CPR, ARC Lifeguard Review, Archery Instructor, Windsurf Instructor, Outdoor Living Skills clinic, Low Ropes/High Ropes/Climbing Wall certification.

<https://wyonegonic.com/staff/certification-trainings/>

HEALTH & SAFETY

WILDERNESS FIRST AID (Wilderness Medical Associates)

#1: Wednesday, June 10th (8:30 AM) - Thursday, June 11th (5:00 PM)

#2: Saturday, June 13th (8:30 AM) - Sunday, June 14th (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 12th (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**

Thursday, June 4th (1:00 PM) - Monday, June 8th (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**

Thursday, June 4th (10:00 AM) - Tuesday, June 9th (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 11th (10:00 AM) - Saturday, June 13th (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 14th (8:30 AM) - Monday, June 15th (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.

2020 WINONA TRAININGS CLINICS
 35 Winona Road, Bridgton, ME 04009-3407
 (207) 647-3721; Fax (207) 647-2750
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.
- **Participants who plan to spend the night prior to the start of their course at Winona, must arrive prior to 7:00 PM.**

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 complete the required work. ^{**}U.S. Sailing fees are non-transferrable and non-refundable. All refunds will be sent by check, credit cards will not be refunded.

<u>Clinics:</u>	<u>Date:</u>	<u>Commuter:</u>	<u>Resident:</u>
__ Water Safety Instructor	June 4 - 8	\$350.00	\$415.00
__ Lifeguard Instructor	June 4 - 9	\$350.00	\$425.00
__ Lifeguard Training with Waterfront	June 11 - 13	\$330.00	\$385.00
__ Lifeguard with Waterfront Review	June 14 - 15	N/A	\$160.00
__ #1 U.S. Sailing Counselor (Min US sailing fee \$200)**	June 8 - 9	\$200.00	\$230.00
__ #2 U.S. Sailing Counselor (Min US sailing fee \$200)**	June 10 - 11	\$200.00	\$230.00
__ Paddle Sports Safety - Canoe	June 13-14	\$100.00	\$150.00
__ Rifle Training	June 7 - 8	\$175.00	\$195.00
__ #1 Wilderness First Aid	June 10 - 11	\$225.00	\$245.00
__ #2 Wilderness First Aid	June 13- 14	\$225.00	\$245.00
__ Maine Trip Leader Safety Course	June 14	\$70.00	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 _____