

2010 CAMP STAFF CERTIFICATION SCHOOLS At CAPE COD SEA CAMPS



ROOM & BOARD

Many Certification School attendants are from local camps and will stay at their camps. Meals will be provided to participants when their course runs through a meal time. Lodging for “other-than” CCSC staff is limited but available. Please indicate your need for lodging when applying for your courses. *Full day courses include lunch.*

DIRECTIONS— GPS 3057 Main Street Brewster MA

From points West: Take either Rte 3 from Boston or Rte 195 from Providence. Cross either the Sagamore or Bourne Bridge and proceed to Rte 6 East. Get off at Exit 10 and take a left at the end of the exit ramp onto Rte 124. Follow for approximately 5 miles until it ends at Rte 6A. Take a right on Rte 6A and proceed for 2 miles. CCSC will be on the left or north side of 6A between Ocean Edge Resort and Nickerson State Park.

CONTACT INFORMATION

Dave Peterson or Sherry Mernick
Cape Cod Sea Camps
PO Box 1880, Brewster MA 02631
Ph: 508-896-3451
Fax: 508-896-8272
Email: info@capecodseacamps.com

NO REFUNDS AFTER JUNE 1st

RED CROSS TRAINING

ARC WATERFRONT LIFEGUARD (Includes CPR/FPR, FA and AED)

Dates: June 9th—13th (9am - 4:30pm) or
June 14th - 18th (9am - 4:30pm)

Cost: \$325 37 Hours

Prerequisites: (min age 15 and strong swimmer)

- * Swim Test (550 yds non-stop)
- * Retrieve 10 lb weight from 9 ft of water
- * 15 Yard Underwater Swim

Purpose: To train Lifeguards to supervise swimming and small boat activities. Successful completion fulfills the American Camp Association's standards for supervision of swimming and boating activities. (Qualified to guard at Pool, Lake, Pond, Bay.) *Bring a wetsuit top or vest if you have one.*

ARC LIFEGUARD CHALLENGE

Dates: June 19th (9am—12) or June 20th (1pm - 5pm)

Cost: \$ 100

Prerequisites: Current Life Guard Certification or Certification that has expired within one month of course. Current CPR/FPR and FA - send copy of card or register for a CPR/FPR Challenge Course.

Purpose: Re-Certification of Life Guards.

ARC SMALL CRAFT SAFETY/WATER RESCUE

Dates: June 13th or June 16th or June 17th (9am-5pm , 8 hrs)

Cost: \$ 75

Prerequisites: (min age 15 & should have CPR, FA)

Purpose: This course is designed to meet the water safety certification needs for boating instructors as currently required by the American Camping Association. This course includes boating safety issues and rescues and assists from boats. Sail, Kayak and Canoe modules are offered for those disciplines.



ARC CPR/FPR

Dates: June 14th (9:00am - 5pm) or
June 16th (9:00 - 5pm)

Cost: \$ 75 8 Hours

Prerequisites: none

Purpose: Provides participants with skills to provide care in emergencies before more skilled medical help arrives. Includes AED Training. (Waterfront staff in MA are required to have CPR for the Professional Rescuer—a different course)

ARC CPR/FPR CHALLENGE

Dates: June 17th (1pm-4pm) or June 18th (1pm - 4pm) or
June 19th (1pm-4pm) or June 20th (9am-12pm)

Cost: \$ 50 (2 to 3 Hours)

Prerequisites: CPR Certification held within the last year.

Purpose: Re-Certification in CPR for **Waterfront Staff**.

ARC Layperson CHALLENGE

Dates: June 19th (9:00 - 12pm)

Cost: \$ 50

Prerequisites: CPR Certification held within the last year.

Purpose: Re-Certification in basic CPR.

ARC FIRST AID

Dates: June 18th (1—3pm , 3 hrs) or
June 20th (1—3pm, 3 hrs)

Cost: \$ 50

Prerequisites: Current CPR

Purpose: Help candidates to be able to identify ways to prevent injury or illness and provide basic care until a victim receives professional medical help.

ARC WHEN HELP IS DELAYED Add on Course to First Aid

Dates: June 18th (4 -5pm), June 20th (4 -5 pm)

Cost: \$ 20

Prerequisites: First Aid and CPR Certification

Purpose: This course helps meet the ACA standard for programs or trips that operate up to 1 hour from access by an Emergency Medical System. This will meet the minimum ACA standard for such programs. (For programs more than 1 hour from Emergency Medical Care, a First Responder certification is required.)

EACH COURSE HAS LIMITED SPACE and ENROLLMENTS ARE ON A FIRST COME FIRST SERVED BASIS. PAYMENT FOR NON-CCSC STAFF MUST ACCOMPANY THE APPLICATION. Full Attendance is required for every course - no exceptions. NO REFUNDS AFTER JUNE 1st .

*THERE IS NO CHARGE FOR CCSC STAFF WHO ARE AUTHORIZED TO ATTEND THESE COURSES AND COMPLETE THEIR EMPLOYMENT PERIOD AT CAMP. STAFF LEAVING EARLY ARE RESPONSIBLE FOR COURSE FEES.

THERE WILL BE NO REFUNDS FOR CANDIDATES WHO DO NOT COMPLETE COURSES, OR FAIL TO BECOME CERTIFIED FOR WHAT EVER REASON. INSTRUCTOR COURSES TEACH TO TEACH - NOT TO LEARN BASIC SKILLS.

INSTRUCTOR TRAINING COURSES

US SAILING COUNSELOR

US Sailing Counselor

Dates: June 12th—13th (9:00am—5:30pm) OPEN**
June 19th—20th (9:00am—5:30pm) CCSC

Cost: \$125 **16 Hours**

Instructor: Andy Ellis, US Sailing Instructor Trainer

****Register for June 13th Course directly with US SAILING**

<http://www.ussailing.org/training>

Purpose: The Sailing Counselor course is two day course designed to prepare camp counselors and staff from community sailing and scouting programs to supervise small boat recreational sailing activities typically conducted on sheltered and protected waters. The emphasis is on safety and hands-on practice to familiarize candidates with proper terminology and boating techniques. **This is not an Instructor Level Training Course.** Contact CCSC if you will need housing.

US SAILING LEVEL 1

US SAILING Level 1 Instructor

Dates: <http://www.ussailing.org/training>

Cost: Contact US Sailing

Instructor: Contact US Sailing

Prerequisites:

- * Swim Test
- * **Possess the NASBLA-approved state power boating safety course certificate in the state they reside or work.**
- * Sail Test (must have small boat sailing experience)
- * CPR & FA for course completion
- * US Sailing Membership—\$50 by candidate

Purpose: This course is designed for teaching instructional sailing skills in small boats. The certification meets the American Camping Association's certification requirement for Sailing Instructors. Candidates should be competent sailors and come prepared to swim, sail and get wet each day.

ARCHERY

NAA ARCHERY Level 1 Instructor

Dates: June 19th, 9:00–5:30 through June 20th, 9-1

Cost: \$175 **15 Hours**

Instructor: Marcia Wyman, New England School of Archery

Prerequisites: (Minimum Age 18)

- * Basic knowledge in Archery
- * Basic experience in shooting

Purpose: To train staff in the fundamentals of Archery marksmanship. To improve and enhance the level of instruction in Camp Archery programs. Successful completion of this course fulfills the American Camping Association's certification requirements for Archery Instructors. ***This course begins promptly - Late arrivals may be denied access to the course with no refund permitted.***

SWIMMING

ARC WATER SAFETY Instructor

Dates: June 9th—13th (9am to 3:30pm) or
June 14th—18th (9am to 3:30pm)

Cost: \$350 **30 Hours**

Instructor: Christie Peterson or Steve Kitchen , WSIT

Prerequisites: (min age 16)

- * Swim Test Day 1 = 100 yards each stroke
- * Current CPR & FA
- * Strong swimming skills and knowledge of swimming.

Purpose: To train teachers in ARC Water Safety. Meets requirement for swimming instructors as stated in the MA Camping Regulations and ACA Standards. There will be a swim screening held on the first day of the course. Strong skills in each stroke are required. Participants should come prepared to swim each day. Includes ARC Fundamentals in Teaching. (***Bring a wet suit top or vest if you have one***)

RIFLERY

CMP RIFLE Instructor

Dates: June 16th - 18th (begins 1pm on the 16th,)

Cost: \$150 **20 Hours**

Instructor: Leo Lujan, CMP Instructor Trainer

Prerequisites: (Minimum Age 18)

- * Interest in the shooting sports
- * Basic knowledge in Rifle Marksmanship

Purpose: The Civilian Marksmanship Program Instructor will gain the necessary skills to lead an air rifle or small bore rifle program. Attention is paid to instructional techniques, safety and range supervision. Successful completion of this course fulfills a part of the ACA standards and MA Regulations for Rifle Range Supervision.

KAYAKING

KAYAK SAFETY CLINIC

Dates: June 24th

Cost: \$150 **4 Hours**

Instructor: Dick Hilmer, ACA Canoe Instructor Trainer

Prerequisites: (Minimum Age 18)

- * ARC Small Craft Safety or Life Guard Training
- * Basic knowledge of kayak skills

Purpose: The purpose of this course is to train counselors in the safe supervision of still water kayak programs. Skills include Safe entry and exit, lead and sweep responsibilities, basic rescues and paddling games. MA DPH regulations require boating instructors to have either ARC Small Craft Safety and Water Rescue, LGT or an equivalent certification to instruct in camps.

REGISTRATION FORM

One form per student please. Photocopies are acceptable. DETAILS/ACCEPTANCE for courses will be forwarded via a confirmation card to the mailing or email address below.

Name _____

Mailing Address _____

City _____ State _____ Zip _____

Phone (_____) _____

DOB _____

Camp Director _____

Camp _____ Phone _____

Camp Address _____

Phone after 6/15 _____

Candidates Email _____

Yes I will need lodging at CCSC
_____ No. of Nights(Add \$10 per night)

Please indicate the course(s) you are interested in

- ___ LG Training ___ (June 9-13) ___ (June 14-18) \$325
___ Lifeguard Challenge ___ (June 19) ___ (June 20) \$100
___ Small Craft Safety/Water Rescue (June 13) \$75
___ Small Craft Safety/Water Rescue (June 16) \$75
___ Small Craft Safety/Water Rescue (June 17) \$75
___ First Aid ___ (June 18) ___ (June 20) \$50
___ When Help is Delayed ___ (June 18) ___ (June 20) \$20
___ CPR/FPR new ___ (June 14) ___ (June 16) \$75
___ CPR/FPR Challenge ___ (June 17) ___ (June 18) \$50
___ CPR/FPR Challenge ___ (June 19) ___ (June 20) \$50
___ CPR Layperson Challenge ___ (June 19) \$50
___ NAA Archery **Instructor** (June 19-20) \$175
___ CMP Rifle **Instructor** (June 16-18) \$150
___ US Sail **Instructor** (Contact US Sailing)
___ US Sail Counselor (June 12-13) (Contact US Sailing)
___ US Sail Counselor (June 19-20) \$125
___ ARC Water Safety **Instructor** (June 9-13) \$350
___ ARC Water Safety **Instructor** (June 14-18) \$350
___ **Total payable to: Cape Cod Sea Camps**
PO Box 1880, Brewster MA 02631

NOTE: No Course Charges for Authorized CCSC Staff pending completion of employment period. Staff leaving early will be charged for their courses. CCSC Staff must seek authorization from Sherry, Dave or Otis for free tuition in these courses. NO REFUNDS AFTER JUNE 1st. CCSC Phone 508 896 3451



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