

WINONA CAMPS TRAINING CLINICS 2009

Owned & Operated by
The Ordway Family



WINONA CAMPS
Training Clinics 2009
35 Winona Road
BRIDGTON ME 04009-3407



WINONA TRAINING CLINICS INFORMATION

Course certification documents that a candidate successfully passed the requirements set forth by the American Red Cross (ARC), the State of Maine, Civilian Marksmanship Program, 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.

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 also need to bring a mask and fins as they are a required part of the ARC Waterfront r06 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 (US Sailing) (NASBLA Approved course)

Tuesday, June 9th (10:00 AM) – Wednesday, June 10th (5:00 PM)

This is a hands-on, on-the-water course for who want to learn how to safely operate a powerboat or improve their on-the water boat handling skills; includes navigational rules and laws.

Various boats with engine 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

Thursday, June 11th (10:00 AM) – Friday, June 12th (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.

SMALL CRAFT SAFETY BASIC / INSTRUCTOR - SAILING w/ FIT (ARC)

Saturday, June 13th (10:00 AM) - Monday, June 15th (12:00 PM)

Sailing candidates first complete the basic level program which teaches rescue techniques for the specific craft. The course then provides an instructor option which would allow candidates to teach the rescue techniques. This course meets ACA Standards.

Requires- Minimum age: 17; In-water swim and watercraft test (within course).

Completion of the Red Cross FIT Course scheduled on 6/14.

SMALL CRAFT SAFETY BASIC / INSTRUCTOR – Canoe, Row, Kayak w/ FIT (ARC)

Saturday, June 13th (7:00 PM) – Monday, June 15th (12:00 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.

Requires- Minimum age: 17; In-water swim and watercraft test (within course).

Completion of the Red Cross FIT Course scheduled on 6/14.

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.

HEALTH & SAFETY

WILDERNESS FIRST AID (Wilderness Medical Associates)

#1: Thursday, June 11th (8:30 AM) – Friday, June 12th (5:30 PM)

#2: Sunday, June 14th (8:30 AM) – Monday, June 15th (5:30 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 NOTE - [This course meets ACA mandatory Standard: HW-1C](#)

STATE OF MAINE TRIP LEADER SAFETY

Saturday, June 13th (9:00 AM - 6:00 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.

[\(ACA Mandatory Standards PD-1C, -1D; Maine State Regulations for Camps 7.F.5, 6\)](#)

Requires- Minimum age 18; tripping experience

SPECIAL NOTE - [This course is required by the State of Maine for anyone leading a group of children on a trip of two nights or more within the State.](#)

CPR for Professional Rescuers / AEDChallenge (ARC) (Update 2007)

Wednesday, June 17th (12:00 PM – 6:00 PM)

Thursday, June 18th (9:00 AM - 5:00 PM) (Note: Book available upon request for \$26.50)

This course allows CPR for Professional Rescuer and AED certificate holders to renew their certificate for one year.
Requires- Current or previous CPR certification; **testing for certification only.** Interested candidates should come prepared having reviewed Lifeguard 2007 manual.

AQUATIC COURSES

WATERFRONT LIFEGUARD TRAINING (r.06) (ARC) (Includes 1st Aid, CPR for PR, AED) (Updated 2007)

Tuesday, June 9th (1:00 PM) – Saturday, June 13th (5:00 PM)

This course provides instruction in the necessary skills for an individual to qualify as a lifeguard.
Requires -Minimum age: 15; excellent physical condition and endurance – Pre-course swim test will take place in the POND: 550 yard swim; timed swim / surface dive with brick retrieval; submerged swim.

WATER SAFETY INSTRUCTOR w/FIT (r.09) (ARC) (Updated for 2009)

Sunday, June 7th (1:00 PM) – Thursday, June 11th (5:00 PM)

(Fundamentals of Instructor Training – included in course time frame)

The ARC has updated this course for 2009. It 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 w/ FIT (r.06) (ARC) (Updated 2007)

Sunday, June 7th (1:00 PM) – Friday, June 12th (5:00 PM)

(Fundamentals of Instructor Training – included in course time frame)

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. Highly recommend participants have current certifications. Candidates must demonstrate proficiency in new (r.06) Lifeguard Training skills.

WATERFRONT LIFEGUARD CHALLENGE (r.06) (ARC) (Updated 2007)

Tuesday, June 16th (9:00 AM) – Wednesday, June 17th (Noon)

This course allows Lifeguards to renew their certificates for a 3 year period.
Requires- Current or former Lifeguard certification; **testing for certification only.** Limited instruction will be provided on the material. Includes CPR for the professional rescuer, AED and first aid challenge tests.

RANGE SPORTS

RIFLE INSTRUCTOR (Civilian Marksmanship Program)

Friday, June 5th (1:00 PM) – Sunday, June 7th (Noon)

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 for Assistant instructor rating; 21 for certified instructor rating.

OTHER TRAINING OPPORTUNITIES

CLINICS OFFERED AT WYONEGONIC CAMPS:

ACA Introduction to Canoe
ACA Canoe Instructor
ARC Lifeguard Training
ARC Water Safety Instructor
ARC Community First Aid/CPR
ARC Lifeguard Challenge
ARC CPR Challenge
Archery Instructor
Ropes Course Facilitator Refresher
Low Ropes Facilitator
High Ropes Facilitator
Sailboard Instructor
Tennis Instructor

Contact:

WYONEGONIC CAMPS
215 Wyonegonic Road
Denmark, Maine 04022
Phone: 207-452-2051 FAX: 207-452-2611
info@wyonegonic.com
www.wyonegonic.com

For a listing of other New England training sites, contact:

New England Section/ACA
80 Westview Street; Lexington, MA, 02421-3129
Phone: 781-541-6080
www.acane-camps.org

Wilderness Medical Associates: www.wildmed.com
US Sailing Association: www.ussailing.org
Civilian Marksmanship Program: www.civilianmarksmanshipprogram.com
ARC of Southern Maine: www.southernmaine.redcross.org

2009 WINONA TRAINING CLINICS
35 Winona Road; BRIDGTON ME 04009-3407
(207) 647-3721; Fax (207) 647-2750

information@winonacamps.com

www.winonacamps.com

REGISTRATION FORM

Separate form (photocopies, OK) for each participant PLEASE. Space is limited in all options, so early registrations are encouraged. Important clinic details must be sent to each participant. Details will be sent upon receipt of registration form and payment.

NAME _____ DATE OF BIRTH _____ Male Female
 PHONE _____ E-MAIL _____
 HOME ADDRESS _____
 CITY/STATE _____ ZIP _____
 CAMP/ PROGRAM _____ CAMP DIRECTOR _____
 CAMP ADDRESS _____
 CAMP PHONE _____ CAMP E-MAIL _____

Please check your option(s) and enclose payment. Make checks payable to WINONA CAMPS. Although commuter rates are lower, the planned class schedule for most courses requires early starting times and late ending times. WE STRONGLY SUGGEST BEING A RESIDENT STUDENT, especially for courses of more than 2 days. All correspondence after May 15th will be sent directly to the Camp unless other arrangements are made in advance. 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.

CANCELLATION POLICY: Cancellations **prior to June 1st** will be refunded minus a **\$25 Administrative Fee**.

As of June 1st, 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.

TAXES: A portion of each course is subject to State of Maine meals and lodging tax (at 7%). Please include tax listed below or an invoice for the tax will be sent after the registration has been received.

PAYMENT POLICY: We can not hold reservations without course payment.

<u>OPTIONS</u>	<u>COMMUTERS</u>	<u>+TAX</u>	<u>RESIDENT</u>	<u>+TAX</u>
___ Waterfront Lifeguard Training (June 9-13)	\$215.00	\$2.10	\$295.00	\$7.00
___ Water Safety Instructor (w/ FIT) (June 7-11)	\$275.00	\$2.10	\$350.00	\$7.00
___ Lifeguard Instructor (w/ FIT) (June 7-12)	\$295.00	\$2.80	\$395.00	\$8.75
___ Waterfront Lifeguard Challenge (June 16-17)	N/A		\$125.00	\$2.10
___ US Sailing Counselor (June 11-12) (Min. US sailing fee \$125.00)	\$145.00	\$0.70	\$165.00	\$2.10
___ Powerboat Safety (June 9-10)	\$125.00	\$0.70	\$150.00	\$2.10
___ Small Craft Safety Basic / Instructor – Sailing (w/ FIT) (June13-15)	\$110.00	\$1.05	\$175.00	\$3.50
___ Small Craft Safety Basic / Instructor – Canoe, Row, Kayak (w/ FIT)	\$110.00	\$1.05	\$175.00	\$3.50
___ Small Craft Safety for ARC Instructors (June 13-14)	\$110.00	\$0.70	\$125.00	\$2.10
___ Rifle Instructor (June 5-7)	\$150.00	\$1.05	\$180.00	\$3.15
___ Wilderness First Aid #1 (June 11-12)	\$215.00	\$0.70	\$235.00	\$2.10
___ Wilderness First Aid #2 (June 14-15)	\$215.00	\$0.70	\$235.00	\$2.10
___ Maine Trip Leader Safety Course (June 13)	\$ 60.00	\$0.35	N/A	
___ CPR for the Professional Rescuer/ AED Challenge (June 16)	\$ 60.00	\$0.35	N/A	
___ CPR for the Professional Rescuer/ AED Challenge (June 17)	\$ 60.00	\$0.35	N/A	

___ Extra Night Lodging (per night) \$10.70

___ Extra Meals \$5.35 each

___ "Taxi" from Portland \$30.00

___ "Taxi" to Portland \$30.00

Taxi/ Shuttle pick-up times 10:30 AM or 4:30 PM

Please call Winona at least ONE day in advance; Shuttles may not run daily.

TOTAL ENCLOSED _____