

## **Pre-camp Orientation Arrival Dates and Times:**

**For the Horseback Riding Staff:** You should arrive the date that we have spoken about.

### **For the WSI Course (Water Safety Instruction for Swimming Staff)**

You should arrive during the day of **TBA**. The course will begin 8:30 am. Be prepared with your bathing suit, goggles, a pen and whatever else you may need. The course will be in a swimming pool near camp since the lake will be too cold to swim in. We will provide food, but you will be leaving in the morning and will not be returning to camp until the evening.

**For the Kitchen and Support Staff:** You should arrive in camp the day that we have spoken about.

### **For the Lifeguard Course:**

You should arrive in camp during the day of **TBA** and be prepared to begin the course. **Each day the course is from 8am to 7pm.**

Be prepared with your bathing suit, goggles, a pen, and whatever else you may need. This course will be in a swimming pool near camp. The first thing that you will need to do is swim 500 yards, which is twenty laps. We hope you have all had the chance to get in a pool or work out. It can be a strenuous swim! Also in the course you will need to lift a submerged brick from the bottom of the pool.

The American Red Cross Requirements are must successfully perform skills test first day of class:

- Swim 200 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick; swim 100 yards of breaststroke and 200 yards of either front crawl using rhythmic breathing or breaststroke. These 200 yards may be a mixture of front crawl and breaststroke.

- Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 to 10 feet, retrieve a 10 - pound object, return to the surface, and swim 20 yards back to the starting point with the object.

When returning to the starting point, the candidate must:

- Hold the 10-pound object with both hands; and Keep his or her face above the water.

Students who successfully complete the pre-requisite skills test are required to attend and participate in all subsequent sessions, which include classroom work and skills practice. To receive certification, students must satisfactorily perform all CPR, first aid, and water rescue skills, and take a written exam with 15 questions in four sections, Emergency preparation, Lifeguard training, CPR and First Aid and must get 12 out of the 15 right to pass each section ( 80 percent). Upon successful completion of the course, students will be certified in Lifeguard Training, Community First Aid and Safety, and CPR for the Professional Rescuer.

**For All Other Overseas/International Staff:** You should arrive on the evening of Friday June 20<sup>th</sup>. You do not need to arrive any earlier than this since you will have all day Saturday to get settled in. Because you are travelling far, we would like you to arrive a day earlier so that you are rested.

**All Other U.S Staff:** You should arrive at camp by 6 PM Saturday June 21<sup>st</sup>.

**Pre-camp orientation officially begins at 6pm on  
June 21<sup>st</sup>.**