

# WINONA CAMPS TRAINING CLINICS 2011

Owned & Operated by  
The Ordway Family



WINONA CAMPS  
Training Clinics 2011  
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. 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 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)

**Wednesday, June 15<sup>th</sup> (10:00 AM) – Thursday, June 16<sup>th</sup> (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 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

**Monday, June 13<sup>th</sup> (10:00 AM) – Tuesday, June 14<sup>th</sup> (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)

**Friday, June 17<sup>th</sup> (10:00 AM) - Sunday, June 19<sup>th</sup> (5:00 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 during course.

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

**Friday, June 17<sup>th</sup> (2:00 PM) – Sunday, June 19<sup>th</sup> (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.

**Friday from 2:00 – 5:00 PM will be used as skill building and practice time in the various craft.**

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

Completion of the Red Cross FIT Course scheduled during course.

**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: Wednesday, June 15<sup>th</sup> (8:30 AM) – Thursday, June 16<sup>th</sup> (5:30 PM)**

**#2: Saturday, June 18<sup>th</sup> (8:30 AM) – Sunday, June 19<sup>th</sup> (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

**Friday, June 17<sup>th</sup> (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.

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

*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 exceeding two days and one night within Maine. \(Maine DIF&W definition\)](#)

## CPR for Professional Rescuers / AEDChallenge (ARC)

**Tuesday, June 21<sup>st</sup> (12:00 PM – 6:00 PM)**

**Wednesday, June 22<sup>nd</sup> (9:00 AM - 5:00 PM)** (Note: Book available upon request for \$35.00)

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. *Updated procedures for 2011 will be addressed.*

## AQUATIC COURSES

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

**Tuesday, June 14<sup>th</sup> (1:00 PM) – Saturday, June 18<sup>th</sup> (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 2009)

**Sunday, June 5<sup>th</sup> (1:00 PM) – Thursday, June 9<sup>th</sup> (5:00 PM)**

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

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 w/ FIT (r.06) (ARC)

**Sunday, June 5<sup>th</sup> (10:00 AM) – Friday, June 10<sup>th</sup> (12:00 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)

**Monday, June 20<sup>th</sup> (9:00 AM) – Tuesday, June 21<sup>st</sup> (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 10<sup>th</sup> (1:00 PM) – Sunday, June 12<sup>th</sup> (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 Waterfront Lifeguard Training  
ARC Water Safety Instructor  
ARC Community First Aid/CPR  
ARC Waterfront Lifeguard Challenge  
ARC CPR Challenge  
Archery Instructor  
Sailboard Instructor  
Tennis Instructor  
Leave No Trace Trainer

#### Contact:

#### WYONEGONIC CAMPS

215 Wyonegonic Road  
Denmark, Maine 04022  
Phone: 207-452-2051 FAX: 207-452-2611  
[info@wyonegonic.com](mailto:info@wyonegonic.com)  
[www.wyonegonic.com](http://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](http://www.acane-camps.org)

Wilderness Medical Associates:

[www.wildmed.com](http://www.wildmed.com)

US Sailing Association:

[www.ussailing.org](http://www.ussailing.org)

Civilian Marksmanship Program:

[www.civilianmarksmanshipprogram.com](http://www.civilianmarksmanshipprogram.com)

ARC of Southern Maine:

[www.southernmaine.redcross.org](http://www.southernmaine.redcross.org)

**2011 WINONA TRAINING CLINICS**  
**35 Winona Road; BRIDGTON ME 04009-3407**  
**(207) 647-3721; Fax (207) 647-2750**

[information@winonacamps.com](mailto:information@winonacamps.com)

[www.winonacamps.com](http://www.winonacamps.com)

**REGISTRATION FORM**

- Separate form for each participant PLEASE. Space is limited in all options, so early registrations are encouraged.
- Important clinic details will be sent to each participant and the camp / program by email.
- Please check your option(s) and enclose payment. Make checks payable to WINONA CAMPS.
- PAYMENTS ARE REQUIRED TO HOLD REGISTRATION.
- Planned class schedules 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.

NAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_  Male  Female  
 PHONE \_\_\_\_\_ E-MAIL (required) \_\_\_\_\_  
 HOME ADDRESS \_\_\_\_\_  
 CITY/STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 CAMP/ PROGRAM \_\_\_\_\_ CAMP DIRECTOR \_\_\_\_\_  
 CAMP ADDRESS \_\_\_\_\_  
 CAMP PHONE \_\_\_\_\_ CAMP E-MAIL (required) \_\_\_\_\_

- **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.

<u>OPTIONS</u>	<u>COMMUTERS</u>	<u>RESIDENT</u>
___ Waterfront Lifeguard Training (June 14-18)	\$230.00	\$315.00
___ Water Safety Instructor (w/ FIT) (June 5-9)	\$275.00	\$350.00
___ Lifeguard Instructor (w/ FIT) (June 5-10)	\$295.00	\$395.00
___ Waterfront Lifeguard Challenge (June 20-21)	N/A	\$125.00
___ CPR for the Professional Rescuer/ AED Challenge (June 21)	\$ 60.00	N/A
___ CPR for the Professional Rescuer/ AED Challenge (June 22)	\$ 60.00	N/A
___ US Sailing Counselor (June 13-14) (Min. US sailing fee \$130.00)	\$150.00	\$170.00
___ Powerboat Safety (June 15-16)	\$125.00	\$150.00
___ Small Craft Safety Basic / Instructor – Sailing (w/ FIT) (June 17-19)	\$130.00	\$185.00
___ Small Craft Safety Basic / Instructor – Canoe, Row, Kayak (w/ FIT)	\$130.00	\$185.00
___ Small Craft Safety for ARC Instructors (June 17-18)	\$130.00	\$150.00
___ Rifle Instructor (June 10-12)	\$150.00	\$180.00
___ Wilderness First Aid #1 (June 15-16)	\$195.00	\$215.00
___ Wilderness First Aid #2 (June 18-19)	\$195.00	\$215.00
___ Maine Trip Leader Safety Course (June 17)	\$ 60.00	N/A

\_\_\_ Extra Night Lodging (per night) \$10                      \_\_\_ Extra Meals \$5 each  
 \_\_\_ "Taxi" from Portland \$35.00                                \_\_\_ "Taxi" to Portland \$35.00

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 \_\_\_\_\_