



# LONG BEACH TOWNSHIP BEACH PATROL

6805 Long Beach Boulevard • Brant Beach, New Jersey 08008

*"Protecting 12 Miles of Ocean Beach on Long Beach Island"*

Dear Prospective LIT:

The time has come to get ready for the summer and the 2012 Lifeguard-In-Training (LIT) Program. Applications from veteran/past LITs/B-LITs must be completed and returned *no later* than **May 15, 2012**. LIT/B-LIT applications from individuals that have not participated in any prior session of the LIT/B-LIT Program must be postmarked *no earlier* than **April 16, 2012**. Applications must be received before you take your swim test.

Use the enclosed application to sign up, in your corresponding age group, for one or both LIT/B-LIT Program sessions. You will be notified as to whether you have been accepted into the LIT Program or Beginner-LIT Program after you pass the swim test (see enclosed schedule). In an effort to cover the cost of the LIT/B-LIT Program this summer, participants of the LIT Program will be charged a fee of \$200.00 for a single session and \$350.00 for both sessions and participants of the B-LIT Program will be charged a fee of \$125.00 for a single session and \$200.00 for both sessions. This fee and the physical health form are due only upon your acceptance into the LIT/B-LIT Program.

The first session will run from **Wednesday, June 20 through Friday, July 13.**

The second session will run from **Monday, July 16 through Friday, August 10.**

For each LIT session, the first 40 eligible applicants will be accepted and the remaining will be placed on a waiting list. For each B-LIT session, the first 30 eligible applicants will be accepted and the remaining will be placed on a waiting list. Priority will be given to veteran/past LITs/B-LITs that have applied for the 2012 LIT Program and passed the corresponding swim test. The sessions for LITs will be held Monday through Friday from 9:00 a.m. to 12:00 p.m. The sessions for B-LITs will be held Monday, Wednesday and Friday from 1:30 p.m. to 3:30 p.m.

LITs *must* be at least 13 years of age and may not be 16 years of age or older at the start of the session in which you will be participating. B-LITs *must* be at least 11 years of age and may not be 13 years of age or older at the start of the session in which you will be participating in.

Please include a copy of your birth certificate when mailing in the application. The LIT application will not be accepted unless accompanied by a copy of the birth certificate and a fully completed application. Please designate the outside lower left hand corner of the envelope "**LIT Application**" so it may be handled appropriately. All LIT Program applicants must be able to complete the entire session in order to be accepted into the program. All LIT Program applicants must also be able to pass a swim test to be given at the St. Francis Community Center Pool, located at 47<sup>th</sup> St. and Long Beach Blvd., Brant Beach. Please see attached schedule for swim test times.

Thank you for your cooperation and enjoy the rest of your school year. As always I am looking forward to hearing from you. If you have any further questions or are interested in working as a Beach Badge Checker (must be at least 14 years old) you may contact the beach patrol office at (609) 361-1200.

Sincerely,

Don Myers  
Beach Patrol Supervisor  
LBTBP

Krista Jensen  
LIT Program Director  
LBTBP

Phone  
(609) 361-1200

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

Fax  
(609) 361-1210

# LBTBP Lifeguard-In-Training (LIT) Program

## Objectives

The following skills and goals will be met through practical and objective application as guided by the instructors.

- To enable young men and women to become familiar with and knowledgeable about the profession of lifeguarding.
- To improve physical, mental, and social skills while developing maturity.
- To give each individual the ability to safely enjoy our surrounding water environment.
- To learn the ocean rescue techniques used by the LBTBP.
- To educate individuals about ocean safety and LBTBP policies.

## Class Times and Dates

LIT class will begin at 9:00 a.m. and end at 12:00 noon, Monday through Friday. There will be optional skill sessions Tuesdays and Thursdays from 1:30 p.m. to 3:30 p.m. for those LITs who want or need additional skill instruction, as determined by the LBTBP LIT Program instructors.

B-LIT class will begin at 1:30 p.m. and end at 3:30 p.m., on Monday, Wednesday and Friday. There will be optional skill sessions Tuesdays and Thursdays from 1:30 p.m. to 3:30 p.m. for those B-LITs who want or need additional skill instruction, as determined by the LBTBP LIT Program instructors.

*Classes meet at Bayview Park, 68<sup>th</sup> St. on the Bay in Brant Beach.*

For 2012, the Program dates will be:

**First session— Wednesday, June 20, through Friday, July 13**

**Second session— Monday, July 15, through Friday, August 10**

## Swim Test

A swim test for each session will be held in the new pool at the St. Francis Center. The test consists of a 150–yard swim (6 lengths) that must be passed in 2:20 minutes or *less* for LIT's and in 2:45 minutes or *less* for B-LIT's. Candidates may take the swim test up to two (2) times in order to improve their swim test times. Regardless of what session you are applying for you **must** attend one of the swim test dates below.

Saturday, April 28 <sup>th</sup>	5:00 p.m. – 5:45 p.m.
Saturday, May 5 <sup>th</sup>	5:00 p.m. – 5:45 p.m.
Saturday, May 19 <sup>th</sup>	5:00 p.m. – 6:00 p.m.
Saturday, May 26 <sup>th</sup>	5:00 p.m. – 6:00 p.m. (“ <i>Blessing of the Guards</i> ” held at 4:45p.m.)

Arrangements have been made to use the St. Francis Pool for pre-season training. From April 16<sup>th</sup> – June 16<sup>th</sup>, every Tuesday and Thursday from 7:00 a.m. – 9:00 a.m., Monday and Wednesdays from 5:45 p.m. – 7:45 p.m. and Saturdays from 8:00 a.m. – 10:00 a.m. Three lanes of the pool have been reserved for anyone, veterans and rookies, trying out for LBTBP. Enter at the main pool door, sign in and respect all pool rules! **If we have not received your application, you will not be on the list at St. Francis for pool use.**

## Program Requirements

- LIT applicants must be at least 13 years of age and may not be 16 years of age or older at the start of the session in which you will be participating. B-LITs *must* be at least 11 years of age and may not be 13 years of age or older at the start of the session in which you will be participating in.
- Applications will not be accepted unless accompanied by the applicant's birth certificate.
- Uniforms will be provided and must be worn during the LIT Program.
- New applicants must return applications postmarked *no earlier* than April 16, 2012.
- Veteran applicants must return applications postmarked *no later* than May 15, 2012.
- For each LIT session the first 40 eligible applicants will be accepted and the remaining will be placed on a waiting list. For each B-LIT session the first 30 eligible applicants will be accepted and the remaining will be placed on a waiting list.
- Priority for sessions will be given to returning LITs. Admission in the program is on a first-come, first-serve basis provided the applicant passes the swim test.
- Participants of the LIT program will be charged a fee of \$200.00 for a single session and \$350.00 for both sessions and participants of the B-LIT program will be charged a fee of \$125.00 for a single session and \$200.00 for both sessions. This fee and the physical health form are due *only* upon your acceptance into the LIT/B-LIT Program. Any further questions may be directed to the LIT Program Director or Beach Patrol Supervisor. He/she can be reached at the Long Beach Township Beach Patrol office at (609) 361-1200. The Long Beach Township Beach Patrol reserves the right to alter, in any way, the Lifeguard-In-Training Program.



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6805 Long Beach Boulevard • Brant Beach, New Jersey 08008

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## 2012 LIT Application (Lifeguard-In-Training)

### Session Request:

- First Session— Wednesday, June 20 through Friday, July 13
- Second Session— Monday, July 16 through Friday, August 10  
(Second session may be shortened to three weeks due to instructor availability)

B-LIT (Ages 11 & 12)  
(M, W, F 1:30 p.m. to 3:30 p.m.)

LIT (Ages 13 – 15)  
(M – F 9:00 a.m. to 12:00 p.m.)

Last Name	First Name	MI	Sex <input type="checkbox"/> M <input type="checkbox"/> F	Date of Birth
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Summer Street Address	City	State	ZIP
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Permanent Street Address (if different from above)	City	State	ZIP
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Summer Phone Number	Permanent Phone Number
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Cell Phone Number	E-mail Address (one we may use to contact you through 2013)
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Anticipated Start Date	Anticipated End Date	Other Dates Unavailable (if any)
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School Name	City	State	ZIP	Grade Level
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ARC CPR FPR Certification? <input type="checkbox"/> Y <input type="checkbox"/> N Expires: _____	ARC Emergency Response? <input type="checkbox"/> Y <input type="checkbox"/> N Expires: _____	ARC Lifeguard Certification? Type: _____ Expires: _____	LBTBP LIT Certification? Level: _____ Date: _____
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Other certifications (including dates and locations). Continue on back if necessary.

Name of Emergency Contact #1	Name of Emergency Contact #2
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Relationship	Relationship
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Phone Numbers (day/evening)	Phone Numbers (day/evening)
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Street Address	Street Address
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City	State	ZIP	City	State	ZIP
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1. Do you have a history of medical problems which would prohibit you from performing the activities of the program of which you are applying?  Y  N

2. Have you ever been convicted of a crime?  Y  N

3. Have you ever been discharged from a position?  Y  N

If you answered "yes" to questions 1, 2, or 3, please explain on the back of the page. Also, if you have a history of learning disabilities, you should notify the beach patrol supervisor so accommodations can be made.

**I state that the above information is true and correct to the best of my knowledge.**

Signature of Applicant	Date
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Required Signature of Parent or Guardian	Date
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