



# LONG BEACH TOWNSHIP BEACH PATROL

6805 Long Beach Boulevard, Brant Beach, NJ 08008

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

Dear Prospective LIT/B-LIT:

Thank you for your interest in participating in our Lifeguard-In-Training (LIT) Program or our Beginner Lifeguard-In-Training (B-LIT) Program during our 2020 summer season.

The **deadline** for all required documents is **May 1, 2020**. The following documents are to be submitted by this date:

1. Application – completed in full (to be filled out by computer and either mailed or emailed to renee@lbtbp.com)
2. Physician's Document – needed to take swim test and to participate in program
3. Birth Certificate (for new applicants)

Each applicant must pass our swim test, taken at St. Francis Aquatic Center (schedule is attached). The requirements are as follows:

LIT - 150 yards in 2:30 or less  
B-LIT - 150 yards in 3:00 or less.

Upon completion of all of the swim tests, you will be notified, **via email**, if you have been accepted into the LIT Program or B-LIT Program.

The fees for the LIT/B-LIT Program this summer are as follows and payable only upon notification of acceptance:

LIT Program - \$ 225.00 for a single session  
\$ 375.00 for both sessions  
B-LIT Program - \$ 90.00 for a single session  
\$ 150.00 for both sessions.

(This fee is due **only** upon your notified acceptance into the LIT/B-LIT Program.)

Summer sessions are as follows:

The first session for B-LIT and LIT is **Monday, June 22 through Friday, July 17.**

The second session for B-LIT and LIT is **Monday, July 20 through Friday, August 14 (no class 7/28).**

If you have any further questions, you may contact the beach patrol office at (609) 361-1200 between 9:00 a.m. and 4:00 p.m. Monday thru Friday.

Sincerely,

Tracey A. Schmidt  
Lifeguard Coordinator

Josh Bligh  
Lifeguard Coordinator



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## 2020 Lifeguard-in-Training Application B-LIT (10-12 yrs of age) / LIT (13-15 yrs of age) Application is computer friendly

<b>B-LIT</b>	<b>(1:30pm - 3:30pm M-W-F)</b>	<b>Please mark preferred session:</b>	<b>Clothing Sizes:</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>
<b>1ST Session</b>	- Monday, June 22 thru Friday, July 17	First Session	T-Shirt:				
<b>2nd Session</b>	- Monday, July 20 thru Friday, August 14	Second Session	Shorts:				
<b>LIT</b>	<b>(9:00am - 12:00pm M-F)</b>	Both Sessions	Sweatshirt:				
<b>1ST Session</b>	- Monday, June 22 thru Friday, July 17						
<b>2nd Session</b>	- Monday, July 20 thru Friday, August 14						
	(No Class 7/28)						
							Adult
							Youth

Last Name	First Name	MI	Sex	Date of Birth
			M F	
Permanent Address				
Summer Address				
Permanent Phone #	Cell Phone #	Summer Phone #		
E-Mail Address				

School Name	City	State	Grade
ARC CPR Certification?	SCUBA Certification?	LBTBP LIT Certification?	
Y N Expires	Y N Expires	Level	Year

Other certifications - list dates and locations. Continue on next page if necessary.

Emergency Contact #1 - Name / Relation  
Address  
Phone #

Emergency Contact #2 - Name / Relation  
Address  
Phone #

- Do you have a history of medical problems which would prohibit you from performing the skills necessary for this program? Y N
- Have you ever been convicted of a crime? Y N
- Have you ever been discharged from a position? Y N

If you answered "yes" to questions 1, 2 or 3, please explain on next page. If you have a history of learning disabilities, please state.

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

Signature of Applicant (Electronic signatures accepted) \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent or Guardian (for minors only) (Electronic signatures accepted) \_\_\_\_\_ Date \_\_\_\_\_

**Incomplete application packets will not be accepted. Must be completed in full.**

**Additional Information:**

*Other Certifications:*

*Explanation for questions 1, 2 or 3*

# **LBTBP Lifeguard-In-Training and Beginner Lifeguard-In-Training (LIT/B-LIT) Programs**

## **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 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.

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 who want or need additional skill instruction, as determined by the LBTBP LIT Program instructors.

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

For **2020**, the Program dates will be:

**First session LIT/B-LIT - Monday, June 22, through Friday, July 17**

**Second session LIT/B-LIT - Monday, July 20, through Friday, August 14 (no class 7/28)**

## **Swim Test**

A swim test for each session will be held in the indoor pool at the St. Francis Center. The test consists of a 150-yard swim (6 lengths) that must be passed in 2:30 minutes or less for LIT's and 3:00 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. Physical form must be submitted prior to, or on the day of, the swim test to be permitted to take the swim test.

Saturday, May 2nd	5:00 p.m. – 5:30 p.m.
Saturday, May 9th	5:00 p.m. – 5:30 p.m.
Saturday, May 16th	5:00 p.m. – 5:30 p.m.
Saturday, May 23rd	5:00 p.m. – 5:30 p.m.

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Arrangements have been made to use the St. Francis Pool for pre-season training. From April 6th – May 30th, every Tuesday and Thursday from 7:00 a.m. – 9:00 a.m., Monday and Wednesday from 5:45 p.m. – 7:45 p.m., and Saturday from 8:00 a.m. to 10:00 a.m., three lanes of the pool have been reserved for anyone, veterans, new guards and LITs/B-LITs; trying out for LBTBP. Enter at the east Aquatic Center door, sign in and respect all pool rules. If we have not received your application, you will not be on the list at the St. Francis Aquatic Center 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 10 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.
- 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.
- Applications must be received by Wednesday, May 1, 2020.
- 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 \$225.00 for a single session and \$375.00 for both sessions and participants of the B-LIT program will be charged a fee of \$90.00 for a single session and \$150.00 for both sessions. This fee is due only upon your acceptance into the LIT/B-LIT Program. Any further questions may be directed to the LIT Program Director or Tracey A. Schmidt. They 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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## Medical or Osteopathic Physician's Documentation of the Physical Health of an Individual Applying for Participation in the Long Beach Township Beach Patrol Lifeguard-In-Training (LIT) Program and/or Beginner Lifeguard-In-Training (B-LIT) Program

I certify that I have examined/documentated:

\_\_\_\_\_  
First Name                                      Middle Initial                                      Last Name                                      Date of Birth

\_\_\_\_\_  
Permanent Address

\_\_\_\_\_  
City    State    Zip

and find his/her condition as indicated below:

In my opinion the above named individual (Check one)

- Does** possess the adequate vision, hearing acuity, physical ability, and stamina to participate in the activities of the LBTBP Lifeguard-In-Training (LIT/B-LIT) Program.
- Does not** possess the adequate vision, hearing acuity, physical ability, and stamina to participate in the activities of the LBTBP Lifeguard-In-Training (LIT/B-LIT) Program.

To participate in the activities of the LBTBP Lifeguard-In-Training (LIT/B-LIT) Program the above named individual must be able to do the following:

- Running/sprinting on beach/sand
- Ocean swimming
- Paddling a rescue paddleboard in ocean/surf
- Rowing a surfboat in ocean

\_\_\_\_\_  
Signature of Physician                                      Date                                      Phone #

\_\_\_\_\_  
Address

\_\_\_\_\_  
City    State    Zip

\*This form must be stamped by the physician's office doing the exam using their office/business stamp and/or notarized.