



LONG BEACH TOWNSHIP BEACH PATROL

6805 Long Beach Boulevard, Brant Beach, NJ 08008

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

2024

Dear Prospective LIT/B-LIT:

Thank you for your interest in participating in our Lifeguard-In-Training (LIT) Program/Beginner Lifeguard-In-Training (B-LIT) Program during our 2024 summer season.

The **deadline** for **all** required documents is **May 1, 2024**. The following documents are to be submitted by this date:

1. Application – completed in full
2. Physician's Document (School Sports physical is **not** acceptable)– needed for swim test/participate in program
3. Birth Certificate (for new applicants)
(Items #1,2 and 3 are to be filled out by hand/computer and mailed or emailed to taylor@lbtbp.com.)

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.

You will be notified, **via email**, if you have been accepted into the LIT or B-LIT Program by the Program Director.

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.

(Do not send payment with application.

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 24th through Friday, July 19th**.

The second session for B-LIT and LIT is **Monday, July 22nd through Friday, August 16th (no class 7/29)**.

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

Sincerely,

Tracey A. Schmidt
Beach Patrol Coordinator

Josh Bligh
Beach Patrol Coordinator



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2024 Lifeguard-in-Training Application B-LIT (10-12 yrs of age) / LIT (13-15 yrs of age)

Application is computer friendly

B-LIT (1:30pm - 3:30pm M-W-F)	<u>Please mark preferred session:</u>	Clothing Sizes:	S M L XL
1ST Session - Monday, June 24 thru Friday, July 19	First Session	T-Shirt:	
2nd Session - Monday, July 22 thru Friday, August 16	Second Session	Shorts:	
LIT (9:00am - 12:00pm M-F)	Both Sessions	Sweatshirt:	
1ST Session - Monday, June 24 thru Friday, July 19			
2nd Session - Monday, July 22 thru Friday, August 16			Adult
(No Class 7/29)			Youth

Last Name	First Name	MI	Date of Birth
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Permanent Address

Summer Address

Permanent Phone #

Cell Phone #

Summer Phone #

E-Mail Address

School Name	City	State	Grade
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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 #

Have you ever been discharged from a position, asked to resign or resigned to avoid termination? Y N

If you answered Yes, please explain below:

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.

2024 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 2024, the Program dates will be:

First session LIT/B-LIT - Monday, June 24th, through Friday, July 19th

Second session LIT/B-LIT - Monday, July 22nd, through Friday, August 16th (no class 7/29)

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 4th	5:00 p.m. – 5:30 p.m.
Saturday, May 11th	5:00 p.m. – 5:30 p.m.
Saturday, May 18th	5:00 p.m. – 5:30 p.m.
Saturday, May 25th	5:00 p.m. – 5:30 p.m.

5

Arrangements have been made to use the St. Francis Pool for pre-season training. April 1st – May 25th, Tuesdays and Thursdays (9:00 am – 11:00 am), Mondays and Wednesdays (4:00 pm – 6:00 pm), Saturdays and Sundays (3:00 pm - 5:00 pm), lanes have been reserved for anyone (Lifeguard/LIT/BLIT) trying out for LBTBP. Enter at the main Aquatic Center door, sign in and respect all pool rules. LBTBP application must be received to take part in the pre-test/pre-season pool training.

Program Requirements

- LIT applicants must be 13 - 15 years of age at the start of the session in which you will be participating. B-LITs must be 10 - 12 years of age 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 and completed physicians form. School sports physicals are not acceptable.**
- Uniforms will be provided and must be worn during the LIT Program.
- Applications must be received by May 1, 2024.
- 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.** 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, with or without reasonable accomodation.
- 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, with or without reasonable accomodation.

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

Provide details regarding the requested accomodation and medical condition which requires it, if any.

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.*