



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BECOME RESCUE WORTHY



## Training & Certification Courses

- Wilderness First Aid
- Youth Work
- Camping
- Lifeguard
- Swim Instructor
- Small Craft Safety

### **AUBURN YMCA-WEIU-Camp Y-Owasco**

Camp: 4187 Sam Adams Lane, Auburn, NY 13021

YMCA: 27 William St., Auburn, NY 13021

(P) 315-253-5304

(F) 877 233 0836

(W) [www.y-owasco.org](http://www.y-owasco.org)

(P) 315-784-5481

(E) [Joshua@auburnymca.net](mailto:Joshua@auburnymca.net)

Dear Camp Directors & Camp Staff:

YMCA Camp Y-Owasco will be offering Aquatics, Youth development, & Small Craft, & Safety Instruction Programs for 2018

All Courses meet New York Department of Health and American Camp Association Standards and are sponsored by nationally recognized aquatic, and health & safety organizations. Our goal is to provide high-quality aquatic, youth development, small craft & safety training courses. If you have any questions regarding the courses being offered or require further information, please feel free to contact us at anytime., please contact me at the contact information listed below.

We wish you a safe and successful 2018 season.

Sincerely,

Joshua Scott, Family & Camp Y Owasco Director  
Phone: 315-253-5304 x 115 315 784-5481  
Email: Joshua@auburnymca.net

## **Registration Policies**

### **Courses Include**

Most courses include all materials, unless otherwise noted. Residential courses include lodging and all meal, commuter courses include lunch all day. One day courses include lunch.

### **Cancellation Policy**

Cancellations prior to 2 weeks before the start of the course will be refunded less a \$35 Administrative Fee. After 2weeks before the course, cancellations will be refunded only half of the course cost. Once a course has started there will be no refunds for no shows, for candidates with inadequate skills (this includes failure to pass the lifeguard swim test) or failure to complete the required work.

### **Certification Policy**

YMCA Camp Y Owasco does not guarantee that training participants will pass their course. The course instructor has the final decision based on the performance of the participant and that all pre requisites are completed before attending their respective training. Full attendance is required for all trainings.

### **Camp Rules**

Camp Y- Owasco is a non-smoking facility. Lights out are at 12:00 Midnight. We are also alcohol and a drug free environment. Any violations of this policy will call for immediate dismissal and forfeiture of any payments made for trainings registered for.

### **Aquatic & Waterfront Trainings**

Please note that all courses are physically demanding and occur in a fresh water lake. Water temperatures in June can be extremely cold. We strongly recommend a wet suit. You should be in excellent physical condition, have strong swimming skills and be prepared for a swim evaluation.

#### **Please Note:**

**If the water temperatures are too cold Camp Y-Owasco will hold its trainings at the Auburn YMCA Indoor Pools. This does depend on availability, but we do make arrangements in advance.**

### **Discounts**

Discounts are available for multiple participants from the same organization for those taking individual courses, or individuals that are registered for numerous courses. Please call or email us for complete details.

## **YMCA LIFEGUARD INSTRUCTOR**

This course prepares participants to train the YMCA Lifeguard, Lifeguard Crossover and YMCA Aquatic Safety Assistant courses. It provides participants the background of the YMCA Lifeguard Program and the skills to train others in CPR Pro for the Professional Rescuer, Basic First Aid and Emergency Oxygen Administration and YMCA Lifeguard.

### **Prerequisites**

- Current Y Lifeguard v 6th edition certification including BLS, First Aid and Oxygen
- Completion of all e-learning courses for lifeguard instructor, BLS, Oxygen, & First Aid
- Complete all physical competency requirements

**Dates: May 29-31 10 AM– 6 PM at Auburn YMCA** Housing and meals available at Camp Y Owasco  
**Cost: \$165 (Residential includes meals) \$115 (Commuter)**

## **ADVANCED FIRST AID**

Advanced First Aid is designed for the person who needs or desires more first aid training than Basic First Aid, but not to the level of Emergency Medical Response. This course is good for wilderness leaders, coaches, lifeguards, this 17-21 hour course presents many of the most common illnesses and injuries responders are likely to encounter. This course includes the NY Recognition of Participation document required by NY DOH and requires a 80% on the exam. This course satisfies NY subpart 7-2 first aid certifications for camp staff, NY State Education First Aid Training g for Coaches, and American Camps Association Standard HW2.2.

**Dates: June 5 & 6 9 AM– 7 PM at Camp Y-Owasco**

**Cost: \$125 (Commuter) \$150 (Residential includes meals)**

## **DAY CAMP DIRECTOR**

This course is designed for staff who direct day camp programs. Topics include the unique benefits of day camping, character development, setting goals and objectives, Day Camping guidelines, American Camp Association standards, the developmental needs of children, program planning and activity ideas, budgeting, marketing/promotion, staffing, site development, safety and risk management, program quality emphasis, specialty programs, teen programs and program evaluation. A training design for use with local day camp staff is provided, as well as many practical resources.

**Dates: June 7 & 8 9 AM– 5 PM**

**Cost: \$85 (Residential includes meals) \$60 (Commuter)**

## **AMERICAN RED CROSS WATERFRONT MODULE**

The primary purpose of the American Red Cross Waterfront Module is to provide lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies in pools, non-surf, open-water areas found at public parks, resorts, summer camps and campgrounds.

### **Prerequisites**

- Current American Red Cross Lifeguard Certification
- 15 years of age
- Skills listed under full Lifeguard course on page 4

**Dates: June 4th 10 AM–4 PM OR June 17 8 AM-2 PM**

**Cost: \$100**

## **AMERICAN RED CROSS LIFEGUARD WITH WATERFRONT -BLENDED**

The primary purpose of the American Red Cross Lifeguarding course with Waterfront Module is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies in pools, nonsurf, open-water areas found at public parks, resorts, summer camps and campgrounds and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. This is an intensive blended learning course that requires online blended learning to be completed prior to first in person class day.

### **Prerequisites:**

15 years of age

- Swim 550 yards, continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both.
- Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4 to 7 feet of water, resurface and continue to swim another 5 yards to complete the skill sequence.
- Tread water for 2 minutes, legs only using only the legs.
- Complete a timed event within 1 minute and 40 seconds.
- Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed. Surface dive, feet-first or headfirst, to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface.

**Dates: June 8 6 PM– 10 pm at Auburn YMCA June 9 & 10 8 am-8 pm at Camp Y-Owasco**

**Cost: \$375 (Residential includes housing and meals)**

## **SWIM LESSONS INSTRUCTOR (YMCA WSI)- MEETS ACA PA-19.**

This training awards the YMCA Swim Lesson Instructor V6 Certification. After successful completion of this course, Instructors will be able to identify components of the YMCA Swim Lessons V6 continuum, demonstrate the behaviors of an effective YMCA Swim Lessons Instructor, maintain an inclusive environment of learning while keeping order in a positive and safe environment, employ swim teaching techniques that breakdown the critical features of a swimmer's skill progression at any age and stage and demonstrate the swim instructor's role in the safety process and during an emergency. This course satisfies ACA Standard PA-19 & NY DOH Progressive Swim Instructor guidelines/

### **Prerequisites:**

- Be at least 16 years of age on the last day of scheduled course
- Principles of Youth Development (eLearning)
- YMCA Swim Lessons Instructor: Orientation (eLearning)
- YMCA Swim Lessons Instructor: Observe and Communicate (eLearning)
- CPR for the Professional Rescuer, AED, Oxygen and First Aid– **Available June 16**
- Demonstrate proficiency in the following strokes by swimming 25 yards of each, at least 4 in good form: Front crawl, Breaststroke, Sidestroke, Butterfly, Elementary Backstroke, & Backstroke
- Tread water for 2 minutes using a variety of kicks (egg beater, whip, and scissor)

**Dates: June 9 & 10 at Auburn YMCA– Housing and meals at Camp Y-Owasco**

**Cost:** \$175 with printed manual, \$150 with digital PDF book/ printing book

**Residential:** \$200 with printed manual \$175 without

## **PRINCIPLES OF YMCA YOUTH WORK: WORKING WITH TEENS 12-17**

Course participants will develop a basic understanding of the core competencies needed to work effectively with and to facilitate age-appropriate activities for teens. Participants will learn the ages and stages of development for adolescents, positive youth development trends and issues impacting teens. Finally, participants will develop a better understanding of the importance of building positive, healthy relationships with teens, involving and empowering teens, and guiding their behavior.

**Date: June 11th 9 AM-5 PM**

**Cost: \$50**

## **AMERICAN RED CROSS SMALL CRAFT SAFETY CANOE & KAYAK WITH CANOE/KAYAK WORKSHOP**

This course teaches how to effectively recognize and respond to small craft emergencies and provide appropriate rescue techniques. Those teaches all the canoe strokes, parts of the canoe, how to select a canoe, how to select a PFD. Rescue techniques will be covered, including self-rescue and rescuing others. Sometime will be spent on how to teach campers how to canoe and kayak, but no instructor certification will be issued. Small Craft Safety Canoeing & Kayaking Certifications will be issued and are valid for 3 years. This course meets the ACA Standard PA 20 and meets boating training guidelines established by NY DOH.

**Date: June 12th 9 AM-5 PM**

**Cost: \$ 95**

## **AMERICAN RED CROSS SMALL CRAFT SAFETY: CANOEING, KAYAKING & SAILING**

This course teaches how to effectively recognize and respond to small craft emergencies and provide appropriate rescue techniques. Small Craft Safety: Canoeing, Kayaking, & Sailing certifications will be awarded, which are valid for 3 years. This course meets the ACA Standard PA-20 Watercraft Supervisor Qualification & and meets boating training guide-lines established by NY DOH.

**Date: June 16th 9 AM- 7 PM**

**Cost: \$ 95**

## **Archery Level 1 Instructor-USA Archery Association**

The Level 1 Instructor is most closely associated with a "grassroots" program that is short-term in scope and focused on introducing basic archery skills to beginners. Such programs would include: camps, Scouting, 4-H, and Parks and Recreation. Course content includes range safety, range set-up, basic equipment setup and repair, and how to teach the basic steps of shooting. This course has additional requirements from USA Archery which will be sent after registration. This course requires passing a written exam by 75%.

**Prerequisites:**

**Minimum age: 18**

**Dates: June 22nd 9 AM-6 PM at Camp Y-Owasco**

**Cost: \$100**

## **Archery Level 2 Instructor-USA Archery Association**

The Level 2 Instructor works with an archery program with a strong beginner component. Level 2 Instructors are also certified to teach Level 1 courses. Basic shooting steps, introduce intermediate Shooting steps, safety, range set-up; equipment setup and repair, fitting equipment to an archer, how to teach archery. This course has additional requirements from USA Archery which will be sent after registration. This course requires passing a written exam by 75%.

**Prerequisites:**

**Minimum age 18**

**Level 1 certification or concurrent enrollment**

**Dates: June 22 & 23 9 AM- 6 PM at Camp Y Owaco**

**Cost: \$200**

## Camp Y Owasco Trainings Registrations Form

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, & Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email : \_\_\_\_\_  
Date of Birth: \_\_\_\_\_  
Camp Name: \_\_\_\_\_  
Camp Phone: \_\_\_\_\_  
Camp Address: \_\_\_\_\_  
Camp Supervisor's Name: \_\_\_\_\_  
Parent/Guardian's Signature if under 18: \_\_\_\_\_  
Courses Registering  
for: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Extra Lodging per night \$25 : \_\_\_\_\_ Dates of extra lodging: \_\_\_\_\_  
Total Cost: \_\_\_\_\_  
Payment: \_\_\_\_\_ Check \_\_\_\_\_ Credit Card \_\_\_\_\_

### **Online Registration is preferred at: [www.y-owasco.org](http://www.y-owasco.org)**

Please send registration form, copies of prerequisite certifications (if applicable), and payment to:

Camp Y-Owasco Attn: Training Registration,  
27 William St. Auburn, NY 13021

Fax: (315) 253-6153

Scanned Email forms: [Joshua@auburnymca.net](mailto:Joshua@auburnymca.net)

Make checks out to: Auburn YMCA

## Camp Y-Owasco Trainings Credit Card Form

Name of Cardholder: \_\_\_\_\_  
Billing Address: \_\_\_\_\_  
City, State, & Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Check One: \_\_\_\_\_ Visa \_\_\_\_\_ MasterCard \_\_\_\_\_ Discover \_\_\_\_\_  
Credit Card Number: \_\_\_\_\_  
Security Code (CCV) on back of card: \_\_\_\_\_ Expiration Date: \_\_\_\_\_  
Amount to charge: \_\_\_\_\_  
Cardholder's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### **Registration**

Online Registration will be required for the following courses lifeguard instructor, day camp director, working with teens, swim instructor. <https://lcdc.yexchange.org/>

### **Confirmation**

Confirmation will be sent once payment and registration is received via email.

### **Payment:**

Payment is required with registration, or a suitable agreement at the discretion of the camp director. Should training be cancelled a full refund will be returned. We reserve the right to cancel courses with low enrollment 2 weeks before the course start date. No refunds for no-shows. ALL Courses have a minimum and maximum enrollment.