

Counselor in Training II Lifeguard Certification

June 17th-29th at Camp Alice Pittenger

Campers may attend CIT II for lifeguarding even if they have not taken CIT I as long as they meet requirements listed below



Yoooper wants you!

Attend Counselor in Training II session and become a certified lifeguard!



During this two-week session you will be provided:

Knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Must be a strong swimmer. To officially become a certified Waterfront Lifeguard through the American Red Cross, girls will take an in water and written test at the end of the course.

Once certified as a lifeguard, you will spend a few days working as an official lifeguard and come back for another week to practice your lifeguarding skills.

CIT II campers can pay an additional fee to go white water rafting and will be able to participate in all other fun camp activities.

Participants must meet these requirements to join class:

- Must be 15 years old
- Swim 500 yards continuously
- Tread water for two minutes using only the legs
- Complete a timed event within 1 minute, 40 seconds.

If a participant does not meet requirements, they will continue through the CIT II program, but not the lifeguarding portion.

Register at: <http://www.girlscouts-ssc.org/en/camps/summer-camp.html>

Have questions? Email Yoooper at crussell@girlscouts-ssc.org