

# ADIRONDACK TRAINING INSTITUTE



## 2012 CERTIFICATIONS FOR CAMP STAFF

Archery  
Canoe  
Climbing Tower  
Food Service  
Kayak

Lifeguarding  
Maintenance  
Riflery  
Ropes Course  
Safe Powerboat Handling

Small Boat  
Team Building  
Water Safety  
Wilderness First Aid  
Wilderness First Responder

Course Rate	Commuter	Training Course	Dates	Course Rates	Commuter Rates
		SOLO - WFR	March 10-17	\$880	\$560
		SOLO - WFA	April 14-15	\$225	\$185
		SOLO - WFA	May 19-20	\$225	\$185
		SOLO - WFA	June 2-3	\$225	\$185
		Red Cross Water Safety Instructor	June 11-15	\$550	\$395
		Red Cross Waterfront Lifeguarding	June 4-7	\$340	\$220
		Red Cross Waterfront Lifeguarding	June 8-11	\$340	\$220
		US Sailing Level 1 Small Boat Instructor	June 8-11	\$450	\$330
		High 5 Team Building Facilitation	June 2 - 3	\$300	\$260
		High 5 Climbing Tower Instructor	June 4 - 5	\$300	\$260
		High 5 Ropes Course Instructor	June 6 - 7	\$300	\$260
		SUNY Maritime College Safe Power Boat Handling	June 6 - 7	\$295	\$225
		NRA Range Instructor Course	June 4 - 6	\$260	\$180
		ACA - Intro Canoe Instructor	June 4 - 5	\$270	\$230
		ACA - Intro to Kayak Instructor	June 6 - 7	\$270	\$230
		NADA - Archery Instructor	June 19 - 20	\$110	\$70
		Camp Food Service Conference	March 6 - 8	Register at: campfoodservice.com	
		Camp Maintenance Conference	March 20 - 22	Register at: campmaintenance.com	

Additional nights lodging can be arranged for \$20 per night.

Dates \_\_\_\_\_ at \$20 per night = \$\_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Organization / Camp \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

### PAYMENT INFORMATION

Total Amount Due \$ \_\_\_\_\_

Make checks payable to YMCA, 1872 Pilot Knob Road, Kattskill Bay, NY 12844

VISA  MasterCard  AmEx  DISCOVER

Credit / Debit Card Number:

\_\_\_\_\_

Exp. Date \_\_\_\_\_

Name on the Card \_\_\_\_\_

Signature \_\_\_\_\_

### Return Registration to:

YMCA

1872 Pilot Knob Road

Kattskill Bay, NY 12844

518.656.9462

chingachgook@cdymca.org

www.LakeGeorgeCamp.org

**WILDERNESS FIRST RESPONDER**

Course led by SOLO instructor. Study of response and assessment, musculoskeletal injuries, environmental emergencies and survival skills, soft tissue injuries and medical emergencies. More advanced than Wilderness First Aid. For more information visit [www.soloschools.com](http://www.soloschools.com)

**WILDERNESS FIRST AID**

Course led by SOLO instructor. Learn basic first aid assessment and care protocols. Two-year certification satisfies American Camp Association requirements for leaders of overnight camping trips. Useful to guides, scout leaders and anyone who enjoys outdoor recreation. For more information visit [www.soloschools.com](http://www.soloschools.com)



American Red Cross

**LIFEGUARDING**

Course led by American Red Cross certified Lifeguard Instructor. Preventative and emergency response skills for pool and waterfront. Strong swimming skills required. Earn a 3-year certification in lifeguarding and first aid and a one-year certification in CPR for the professional rescuer with AED. For more information call 518-656-9462.

**WATER SAFETY INSTRUCTOR**

Course led by American Red Cross instructor. WSI certifies you as a Red Cross instructor to teach children and adults to swim including the fundamentals of instructor training. For more information call 518-656-9462.

**SAFE POWERBOAT HANDLING**

Course led by SUNY Maritime instructor. On the water course teaches safe powerboat operation and improved boat handling skills. The National Association of State Boating Law Administrators, which represents the boating authorities of all 50 states, has approved the course (also meets the boating safety certificate requirements in NY, NJ and CT). For more information visit [www.sunymaritime.edu](http://www.sunymaritime.edu)

**LEVEL 1 SMALL BOAT INSTRUCTOR**

Course led by US Sailing instructor. Designed to provide sailing instructors with information on how to teach more safely, effectively, and creatively. The goal of the program is to produce highly qualified instructors, thereby reducing risk exposure for sailing programs. Topics covered in the course include: classroom and on-the-water teaching techniques, risk management, safety issues, lesson planning, creative activities, ethical concerns, and sports physiology and psychology. For more information visit [www.ussailing.org](http://www.ussailing.org)

**RIFLERY RANGE INSTRUCTOR**

Course led by NRA instructor. The NRA certification course trains riflery instructors to teach rifle marksmanship and safely operate a camp riflery range. The course is recognized by the American Camp Association and Department of Health. For more information visit [www.nrahq.org/youth](http://www.nrahq.org/youth)

**INTRODUCTION TO KAYAK INSTRUCTOR**

Course led by American Canoe Association instructor. The certification exam requires demonstrating effective instruction in craft safety and kayaking skills as well as basic boat control skills, teaching ability, safety awareness and technical knowledge. Recognized by the American Camp Association for boat specialists and watercraft supervisors. For more information visit [www.acanet.org](http://www.acanet.org)

**INTRODUCTION TO CANOE INSTRUCTOR**

Course led by American Canoe Association instructor. The certification exam requires demonstrating effective instruction in craft safety and canoeing skills as well as basic boat control skills, teaching ability, safety awareness and technical knowledge. Recognized by the American Camp Association for boat specialists and watercraft supervisors. For more information visit [www.acanet.org](http://www.acanet.org)

**BASIC ARCHERY INSTRUCTOR**

Course led by NADA instructor. Learn to accurately shoot a bow, teach beginner archers, manage a basic archery program and repair equipment. Recognized by the American Camp Association for range instructors. Includes sample lesson plans. For more information call 518-656-9462.

**BASIC TEAM BUILDING FACILITATION**

Course led by High 5 Adventure. Participants will learn a variety of games and team building exercises relative to the entire camp community. Participants will develop the fundamental skills to carefully apply these exercises in a thoughtfully sequenced program and learn important tips for facilitating effective processing sessions with engaging activities. For more information visit [www.high5adventure.org](http://www.high5adventure.org)

**BASIC CLIMBING TOWER INSTRUCTION**

Course led by High 5 Adventure. Will provide participants with the essential technical skills for the operation of low traverse walls and high climbing towers. Skills taught will include: teaching spotting, fundamentals of climbing, equipment, knots, belaying and risk management practices for climbing programs. For more information visit [www.high5adventure.org](http://www.high5adventure.org)

**BASIC ROPES COURSE INSTRUCTION**

Course led by High 5 Adventure. Intermediate course that requires participants to already have a basic understanding of the principles of adventure education and belaying. Participants will learn essential challenge course skills including equipment, set-up, knots, operating procedures, effective facilitation, framing, briefing and debriefing. It is recommended that participants take the Climbing Tower Instruction training as a prerequisite to this training. For more information visit [www.high5adventure.org](http://www.high5adventure.org)

**CAMP FOOD SERVICE AND MAINTENANCE CONFERENCES**

For staff and directors involved with food service delivery and property maintenance at a camp. Educational workshops, time to meet vendors, network, increase personal resources, acquire practical information and develop professional capabilities. Become current with industry trends, learn new approaches to dealing with old problems and find out about the latest health and safety standards. For details visit [www.campfoodservice.com](http://www.campfoodservice.com) and [www.campmaintenance.com](http://www.campmaintenance.com).



# ADIRONDACK TRAINING INSTITUTE

## REGISTRATION

All programs run approximately from 9:00 – 5:00 daily with a lunch break. We will mail final schedules, packing lists, and directions upon receiving your registration and payment. Prices cover all course expenses, books, lodging, and meals for the days of the course. Commuter prices include books, tuition, and lunch for the days of the program.

To register: Check all the programs and prices for which you are registering and complete the remainder of this form. Please make checks payable to YMCA. There is a \$25 charge for all refund requests. Sorry, we cannot grant refunds less than four weeks before the start of each program.

## THE INSTITUTE

The Adirondack Training Institute is hosted at YMCA Camp Chingachgook, a year-round retreat, children's summer camp, and school outdoor education center. Instructors come from the national associations who are the recognized experts in outdoor recreation and safety. Camp Chingachgook is a branch of the Capital District YMCA.

## LOCATION

On the east shore of Lake George about 20 miles north of Glens Falls, Camp Chingachgook sits on 200 acres surrounded by the Adirondack State Forest Preserve. We are easily reached by driving fifteen miles from Exit 20 on the Northway (I-87), only a one-hour drive north of Albany. Lake George and miles of hiking trails are accessible from the camp property, making it a perfect location to spend a few days preparing for the requirements of your profession or summer job.

## LODGING

Enjoy lodging at Chingachgook in rustic, one-room cabins and yurts equipped with electricity, bunks, mattresses, and heat during the winter months. Each cabin accommodates 8 to 14 with bathrooms and showers in a separate building within easy walking distance. Cabins are single-sex and participants must bring their own bedding and towels. Several large lodges hold workshops, classes, and conferences, while numerous break-out spaces offer seclusion for conversation, reading, and quiet study.

## DINING

Hearty and nutritious meals are served three times a day in the dining hall. Meals during workshops and conferences start with lunch on the first day of training. Vegetarian meals are available and special dietary needs can be accommodated with advanced notice. Coffee and hot beverages are always available. Day program prices include lunch.

## QUESTIONS

For more information, please call 518-656-9462 or email [chingachgook@cdymca.org](mailto:chingachgook@cdymca.org).