

2024 Trainings and Certifications

To submit a training, fill out this form: https://form.jotform.com/MaineSummerCamps/2024-Trainings

First Aid and First Responder

Wilderness First Aid

Spencer Ordway - <u>information@winonacamps.com</u>

This course trains counselors, especially trip leaders, in emergency first aid in wilderness environments. Basic ideas for medicine for the field, emphasis on practical skills, and realistic simulation exercises are included. This course includes Wilderness Medical Associates (WMA) Adult CPR.

Requires-

Minimum age: 18 (ages 16 & 17 may participate with written parental permission). REQUIRES ONLINE REGISTRATION WITH WMA. WINONA WILL PROVIDE LINK.

SPECIAL NOTES: This course meets ACA mandatory Standard: HW-1C.

Location:	Dates:	Cost:	R&B:
Winona Camps	Saturday June 15th (8:00 AM) –	\$250.00	Meals and lodging
35 Winona Road	Sunday June 16th (5:00 PM)		included.
Bridgton,ME 04009			

Registration:

Go to: https://winonacamps.com/additional-programs/training-clinics/

Complete registration form.

Email to information@winonacamps.com.

Winona will send a link for payment.

Wilderness First Aid and CPR

Janette Martinez - staff@camparcadia.com

Camp Arcadia is offering Wilderness First Air and CPR for camp counselors. Housing onsite can be provided, please note whether or not you need housing when you email staff@camparcadia.com

Location:	Dates:	Cost:	R&B:
Camp Arcadia	6/8/2024 - 6/9/2024	\$250	Included in the cost
PO Box 158			
Casco,ME 04015			

Registration:

To register, please email staff@camparcadia.com. Participants can pay in advance or day-of by check, or via credit/debit card using Square when onsite. Payment requested upon arrival.

Wilderness First Aid

Sumner Ford - sford@pineisland.org

We are offering SOLO Wilderness First Aid Training with esteemed instructor Jono Bryant.

Location:	Dates:	Cost:	R&B:
Pine Island Camp	6/1/2024 - 6/2/2024	\$220	\$260
234 Pine Island Road			
Belgrade,ME 04917			

Registration:

https://forms.gle/QzCdHJAfbS2jZA2EA

Wilderness First Aid

Karen Malm - mander@campagawm.org

The Wilderness First Aid course (WFA) was designed for outdoor leaders and enthusiasts. The course places particular emphasis on preventing backcountry emergencies through proper trip planning and equipment selection. Instruction includes patient assessment, long-term patient care in backcountry settings, environmental emergencies, musculoskeletal injuries, and improvising first aid equipment. Indoor and outdoor sessions will be included during this two-day course.

This course can also be used to renew SOLO WILDERNESS FIRST RESPONDER.

This course is recognized by the American Camp Association and will meet first aid requirements for accreditation.

Location:	Dates:	Cost:	R&B:
Camp Agawam	6/8/2024 - 6/9/2024	WFA (commuter) \$200	Yes; see training
54 Agawam Road		WFA (staying at Agawam) \$225	costs
Raymond,ME 04071		WFR (WFA + \$10)	
		CPR (WFA + \$50)	

Registration:

Click link to register: https://campagawam.org/event/wfa-training/

Pine Island Wilderness First Responder

Sumner Ford - sford@pineisland.org

Pine Island is offering a SOLO Wilderness First Responder Course Taught by esteemed instructor Jono Bryant.

Location:	Dates:	Cost:	R&B:
Pine Island Camp	6/3/2024 - 6/10/2024	\$740	\$1,040
234 Pine Island Road			
Belgrade,ME 04917			

Registration:

https://docs.google.com/forms/d/e/1FAIpQLSdiXju0OkTs_JS-9feELu3u9e-wNKHinBulPBaI33HfWus2MQ/viewform?usp=sf_link

WFA at Camp Winnebago

Andy Lilienthal - andy@campwinnebago.com

2 day WFA certification through SOLO

Location:	Dates:	Cost:	R&B:
Camp Winnebago	6/9/2024 - 6/10/2024	\$195	yes
19 Echo Lake Road			
Fayette,ME 04106			

Registration:

Please contact Andy Lilienthal.
Email: andy@campwinnebago.com

Phone- 207 767 1019

Wilderness First Aid and First Responder

Jon Tierney - climb@acadiamountainguides.com

5 Day Intensive. Some pre-course work required. Course will be taught entirely outside on beautiful MDI. On site camping available.

Location:	Dates:	Cost:	R&B:
Hall Quarry Road	6/13/2024 - 6/15/2024	\$675	Free camping available
Mount Desert, ME 04460			

Registration:

Register through AcadiaMountainGuides.com or call at 207 866-7562

American Red Cross Wilderness First Aid

Jen Dresdow - jen@runoia.com

See <u>pdf</u> for details.

Location:	Dates:	Cost:	R&B:
Camp Runoia	06/08/2024-06/09/2024	\$250	Included in price
3 Lucy Weiser Lane			Bring sleeping bag and
Belgrade ME 04917			pillow

Registration:

Complete Our Online Registration at https://forms.gle/t8Lat7QUsH1C2idP9

American Red Cross Child/Adult Cpr

Jen Dresdow - jen@runoia.com

See <u>pdf</u> for details.

Location:	Dates:	Cost:	R&B:
Camp Runoia	06/07/2024 4pm-6pm	\$50	Included in price
3 Lucy Weiser Lane			Bring sleeping bag and
Belgrade ME 04917			pillow

Registration:

Complete Our Online Registration at https://forms.gle/t8Lat7QUsH1C2idP9

American Red Cross Child/Adult Cpr And First Aid

Jen Dresdow - jen@runoia.com

See pdf for details.

Location:	Dates:	Cost:	R&B:
Camp Runoia	06/07/2024 6:30pm-9pm	\$75	Included in price
3 Lucy Weiser Lane			Bring sleeping bag and
Belgrade ME 04917			pillow

Registration:

Complete Our Online Registration at https://forms.gle/t8Lat7QUsH1C2idP9

Wilderness First Responder

Jen Adams - jadams@chewonki.org

1-5 spots available in Wilderness First Responder course hosted at Camp Chewonki. Course led by former Chewonki trip lead and parent, Eric Duffy. Lunch provided during the course, room and board available for an additional fee.

Recert course available just June 5th & 7th.

Location:	Dates:	Cost:	R&B:
Camp Chewonki	06/3/2024 - 6/7/2024	\$950	Yes, \$50 extra
485 Chewonki Neck Road			
Wiscasset, ME 04578			

Registration:

Email Jen Adams at <u>jadams@chewonki.org</u>

Outdoor Living Skills

Outdoor Living Skills Staff Workshop

Susie Hammond - susie@wyonegonic.com

Camp staff who are teaching Outdoor Living Skills and Campcraft are encouraged to attend. Join us as we intertwine curriculum review of the skills and skill levels as introduced in the Art of Outdoor Living book published by The Maine Summer Camps (MSC) member organization. Staff teaching curriculum for Junior Maine Woodsman, Maine Woodsman and Junior Maine Guide will find this particularly helpful.

We will provide time for instruction and practice of skills to build instructor confidence and will cover teaching methods and some nature/natural history. Safety and proper care and use of equipment while used in the outdoors will be emphasized.

Location:	Dates:	Cost:	R&B:
Wyonegonic Camps	6/15/2024 - 6/17/2024	\$145	Yes, Included
215 Wyonegonic Rd			
Denmark, ME 04022			

Registration:

https://wyonegonic.com/staff/certification-trainings/

Shooting Sports, Archery and Riflery

Camp Rifle Counselor Training

Spencer Ordway - information@winonacamps.com

This course trains riflery instructors on proper teaching techniques. Included are sessions on marksmanship, gun cleaning and maintenance. Guns used include air rifles, pellet guns, and .22 cal. rifles.

Requires -

Minimum age: 18.

THIS IS A TRAINING COURSE, NOT FOR CERTIFICATION. BASED ON THE FORMER CIVILIAN MARKMANSHIP TRAINING COURSE.

Location:	Dates:	Cost:	R&B:
Winona Camps	Thursday, June 6th (9:00 AM) –	\$225.00	Meals and lodging
35 Winona Road	Friday, June 7th (5:00 PM)		included
Bridgton, ME 04009			

Registration:

Go to: https://winonacamps.com/additional-programs/training-clinics/

Complete registration form.

Email to information@winonacamps.com.

Winona will send link for payment.

Usa Archery Level 1 Certification

Jen Dresdow - jen@runoia.com

See pdf for details.

Location:	Dates:	Cost:	R&B:
Camp Runoia	06/08/2024 10am-4pm	\$230	Included in price
3 Lucy Weiser Lane			Bring sleeping bag and
Belgrade ME 04917			pillow

Registration:

Complete Our Online Registration at https://forms.gle/t8Lat7QUsH1C2idP9

Usa Archery Level 2 Instructor Certification

Jen Dresdow - jen@runoia.com

See pdf for details.

Location:	Dates:	Cost:	R&B:
Camp Runoia	06/09/2024 10am-4pm	\$290	Included in price
3 Lucy Weiser Lane			Bring sleeping bag and
Belgrade ME 04917			pillow

Registration:

Complete Our Online Registration at https://forms.gle/t8Lat7QUsH1C2idP9

Archery Instructor - Level 1

Susie Hammond - susie@wyonegonic.com

National Archery Association – Level I. Valid for three years from date of issue. Full attendance and participation is required. Mandatory online coursework must be completed – due 2 days prior to attending the in person training. In person training date options are June 12, June 18 or June 19.

Location:	Dates:	Cost:	R&B:
Wyonegonic Camps	6/12/2024	\$235	Lunch is included on the
215 Wyonegonic Rd	6/18/2024		day of in person training
Denmark, ME 04022	6/19/2024		

Registration:

https://wyonegonic.com/staff/certification-trainings/

Equine

Equine First Aid

Jen Dresdow - jen@runoia.com

See pdf for details.

Location:	Dates:	Cost:	R&B:
Camp Runoia	06/08/2024 10am - 5pm	\$180	Included in price
3 Lucy Weiser Lane			Bring sleeping bag and
Belgrade ME 04917			pillow

Registration:

Complete Our Online Registration at https://forms.gle/t8Lat7QUsH1C2idP9

Equestrian Programming At Camp - Best Practices

Jen Dresdow - jen@runoia.com

See <u>pdf</u> for details.

Location:	Dates:	Cost:	R&B:
Camp Runoia	06/09/2024 10am - 4pm	\$100	Included in price
3 Lucy Weiser Lane			Bring sleeping bag and
Belgrade ME 04917			pillow

Registration:

Complete Our Online Registration at https://forms.gle/t8Lat7QUsH1C2idP9

Lifeguard and Water Safety

ARC Lifeguard Training - Blended Learning with Waterfront Module

Spencer Ordway - information@winonacamps.com

(Includes First Aid, CPR for PR, AED) Updated 2024

This course provides instruction in the necessary skills for an individual to qualify as a lifeguard.

Requires -

Minimum age: 15

excellent physical condition and endurance -

Pre-course swim test will take place in the POND: distance swim; timed swim / surface dive with brick

retrieval; submerged swim.

THIS COURSE REQUIRES ONLINE WORK PRIOR TO ARRIVAL

Location:	Dates:	Cost:	R&B:
Winona Camps	Saturday, June 15th (10:00 AM) –	\$395.00	Meals and lodging
35 Winona Road	Monday, June 17th (5:00 PM)		included.
Bridgton,ME 04009			

Registration:

Go to: https://winonacamps.com/additional-programs/training-clinics/

Complete registration form.

Email to information@winonacamps.com.

Winona will send a link for payment.

YMCA Lifeguard Course

Patrick Kearns - pkearns@clubaycc.org

About 8 hours of online coursework is required prior to the first in-person session.

Location:	Dates:	Cost:	R&B:
Alfond Youth &	Friday, April 19th - 3:30pm-7:30pm	FREE for people	No
Community Center	Saturday, April 20th - 8:00am-4:00pm	who commit to	
126 North St.	Sunday, April 21st - 8:00am-4:00pm	work, or \$300	
Waterville,ME 04901	Saturday, April 27th - 8:00am-4:00pm		
	Sunday, April 28th - 8:00am-4:00pm		

Registration:

email pkearns@clubaycc.org or https://lcdc.vexchange.org/Catalog/Class/Detail/295904

American Red Cross Lifeguard Training

Jen Dresdow - jen@runoia.com

See pdf for details.

Location:	Dates:	Cost:	R&B:
Camp Runoia	06/08/2024-06/09/2024	\$350	Included in price
3 Lucy Weiser Lane			Bring sleeping bag and
Belgrade ME 04917			pillow

Registration:

Complete Our Online Registration at https://forms.gle/t8Lat7QUsH1C2idP9

ARC Water Safety Instructor

Spencer Ordway - information@winonacamps.com

This course is designed to train instructors to teach all levels of American Red Cross Learn to Swim courses, Community Water Safety, Infant & Preschool Aquatics Program, and Water Safety Aide courses. Requires-

Minimum age 16

Level 4 Learn to Swim skills

online learning prior to arrival. Laptop Required

Location:	Dates:	Cost:	R&B:
Winona Camps	Monday 6/10/2024 10am - Friday	\$475.00	Meals and lodging
35 Winona Road	6/14/2024 5pm		included.
Bridgton,ME 04009			

Registration:

Go to: https://winonacamps.com/additional-programs/training-clinics/

Complete registration form.

Email to information@winonacamps.com.

Winona will send a link for payment.

ARC Lifeguard Instructor

Spencer Ordway - <u>information@winonacamps.com</u>

This course trains lifeguards to teach Lifeguarding core courses, plus waterfront.

Requires:

Minimum age: 17

Must possess the skills and knowledge of lifeguard training and CPR for the Professional Rescuer.

Participants have current Lifeguard certifications.

Laptop computer

Location:	Dates:	Cost:	R&B:
Winona Camps	Monday 6/10/2024 10:00am-	\$525.00	Meals and lodging
35 Winona Road	Saturday 6/15/2024 5:00pm		included.
Bridgton,ME 04009			

Registration:

Go to: https://winonacamps.com/additional-programs/training-clinics/

Complete registration form.

Email to information@winonacamps.com.

Winona will send a link for payment.

ARC Lifeguard Instructor - Crossover/Re-Entry

Spencer Ordway - information@winonacamps.com

This course recognizes previous ARC training (expired within 2 years or crossover candidates with current Lifeguard instructors from other equivalent organizations.

Requires:

Minimum age 19

current ARC lifeguard certification (options available for candidates),

Online Training 6-8 hours prior to in person session. Laptop Required

Full requirements and details available:

https://www.redcrosslearningcenter.org/s/lifeguarding-r24-instructor-candidate				
Location:	Dates:	Cost:	R&B:	
Winona Camps	Wednesday, June 12th (8:00 AM) –	\$225.00	Meals and lodging	
35 Winona Road	Thursday, June 13th (5:00 PM)		included.	
Bridgton,ME 04009				

Registration:

Go to: https://winonacamps.com/additional-programs/training-clinics/

Complete registration form.

Email to information@winonacamps.com.

Winona will send a link for payment.

ARC Lifeguard Instructor - Recertification Course

Spencer Ordway - information@winonacamps.com

Recertification for current lifeguard instructors required every two years.

Requires: Online training for update to 2024 prior to arrival

Current ARC LGI certification.

Full requirements and details available:

https://www.redcrosslearningcenter.org/s/lifeguarding-r24-instructor-candidate

Location:	Dates:	Cost:	R&B:
Winona Camps	Saturday, June 15th (8:00 AM –	\$200.00	Meals included.
35 Winona Road	5:00 PM)		
Bridgton,ME 04009			

Registration:

Go to: https://winonacamps.com/additional-programs/training-clinics/

Complete registration form.

Email to information@winonacamps.com.

Winona will send a link for payment.

ARC Lifeguard Training - Blended Learning with Waterfront Module

David Hough - davidmatthewhough@gmail.com

(Includes First Aid, CPR for PR, AED)

This course provides instruction in the necessary skills for an individual to qualify as a lifeguard.

David Hough has been training lifeguards at summer camps for the past twenty years. He first started at the camp he went to as a child and continued to train throughout his years as a Camp Director. He now works with Maine camps to train their new and existing staff to become American Red Cross lifeguard-certified.

Location:	Dates:	Cost:	R&B:
Training at your	Contact David to arrange a date	\$400 for first five	N/A
camp! David comes	that works for your schedule.	guards, \$350 for	
to you.		each additional	
		guard	

Registration:

Contact David at davidmatthewhough@gmail.com or 774-329-4755.

Lifeguard Re-Certification Day

Elizabeth Charles McGough - echarles@pilgrimlodge.org

Are you due to update your current lifeguard certification? We're offering a one-day lifeguard recertification training at Pilgrim Lodge! You must be eligible for re-certification to register. You will receive an email with more details and information prior to the beginning of the course. The course will run from 9 AM to 5 PM and lunch is included as part of the registration cost.

Location:	Dates:	Cost:	R&B:
Pilgrim Lodge	6/8/2024 9am - 5pm	\$100	N/A
103 Pilgrim Lodge Lane			
West Gardiner, ME 04345			

Registration:

www.pilgrimlodge.org/camps/lifeguard-re-certification-day/

Red Cross Lifeguard Certification

Jen Adams - jadams@chewonki.org

Standard lifeguard certification through the Red Cross hosted by Camp Chewonki. The course is led by David Hough and conducted at a local pool. Lunch provided by Chewonki. Additional fee for room and board during the course.

Location:	Dates:	Cost:	R&B:
Camp Chewonki	06/6/2024 - 6/7/2024	\$400	Yes, \$50 extra
485 Chewonki Neck Road			
Wiscasset, ME 04578			

Registration:

Email Jen Adams at jadams@chewonki.org

Watercraft

ACA Tandem Level 2 River Canoe Instructor Certification Workshop

Outdoor Leader Trainers of America Bob Myron - bobmyron@live.com

ACA Level 2 Instructor Certification Workshop with Outdoor Leader Trainers of America. Please see details at www.oltoa.com

Location:	Dates:	Cost:	R&B:
Whites Beach	5/3/2024 - 5/7/2024	\$725 to \$750	No
472 Durham Road			
Brunswick, ME			
04011			

Registration:

Send an e-mail to bobmyron@live.com and see if there is space in the class.

Then please Go to www.oltoa.com and click on register, print the forms and send in the forms and payment.

U.S. Sailing Counselors Course

Spencer Ordway - information@winonacamps.com

This course trains sailing counselors in proper techniques and gives an overview of a camp sailing program. Practical sailing skills will be covered in detail. Emphasis on skill practice and risk management. Requires-

Minimum age: 17;

swimming and rescue skills

Location:	Dates:	Cost:	R&B:
Winona Camps	Monday, June 10th (8:00 AM) -	\$300.00 to US	\$50.00 to Winona Camps
35 Winona Road	Tuesday, June 11th (5:00 PM)	Sail	
Bridgton,ME 04009			

Registration:

Go to: https://www.ussailing.org/education/resources/course-calendars/#sailing-counselor

Find Winona Camps and click on "Enroll Now".

Follow instructions to complete process.

Contact Winona Camps once enrolled to set up meals and lodging.

Maine Boater Safety & Education Course

Jen Dresdow - jen@runoia.com

See pdf for details.

Location:	Dates:	Cost:	R&B:
Camp Runoia	06/19/2024 9am - 2:30pm	\$5	Included in price
3 Lucy Weiser Lane			Bring sleeping bag and
Belgrade ME 04917			pillow

Registration:

Complete Our Online Registration at https://forms.gle/t8Lat7QUsH1C2idP9

Level 1-2 Skills course: Stand Up Paddle board Staff Training for Camp Staff Bob Myron - bobmyron@live.com

This is a one-day SUP Staff training that will be offered at Range Pond in Poland Maine.

Skills covered: Equipment review, board sizing, safety, launching and landing, use of leashes, strokes and manuevers, falling off the board techniques, forward, reverse and lateral movement, turning, pivot turns, games, rescue techniques, getting paddlers back on the board using a variety of methods and towing.

Please see the course letter at www.oltoa.com.

Location:	Dates:	Cost:	R&B:
Range Pond State Park	6/23/2024 - 6/23/2024	\$150.00 per	no
26 State Park Road -		person	
Poland,Maine 04062			

Registration:

Contact me at bobmyron@live.com or 207-720-0257 or see www.oltoa.com for registration details.

Note: Each individual is required to arrive with their own SUP and related equipment. Rental equipment may be provided with advance notice.

ACA Level 1 Canoe Instructor Certification Workshop

Outdoor Leader Trainers of America Bob Myron - bobmyron@live.com

This is a 4-day Workshop that will help individuals enhance their paddling and teaching skills and give them tips.

The following skills will be covered:

Moving the canoe forward, backward, laterally, turning, games to play in canoes ,rescue techniques, teaching skills and more.

(Note: This is a pass/fail course)

For a full list see:

https://americancanoe.org/wp-content/uploads/2023/05/L1 IC InstCrit.pdf

Location:	Dates:	Cost:	R&B:
Camp Wyonegonic	6/4/2024 - 6/7/2024	See Wyo	yes
Denmark, ME 04062		website	

Registration:

Contact: Susie@wyonegonic.com

Please Tell her Bob Myron from OLTOA sent you or reach out to me at bobmyron@live.com

Challenge Course/Ropes

Top Managed Climbing Instructor Course, Top Rope Climbing Instructor Course, Climbing Wall Instructor Course, Climbing Site Belayer Course

Dick Chasse - climb@acadiamountainguides.com

Looking to get your staff trained in climbing, we can help you out!

Location:	Dates:	Cost:	R&B:
Acadia National	Multiple dates	See Website	No, free camping available
Park			

Registration:

Register through AcadiaMountainGuides.com or call 207-866-7562

High 5 Adventure Basics-4 Day

Terri Mulks - terri@susancurtis.org

Join High 5 for a comprehensive training on group facilitation and debrief and operational management of low and high ropes course. CSC has an extensive low ropes course that is easily transferable to most other courses. Belay and set-up on various high elements and spend time on the climbing tower. \$350 includes training, lodging, and meals.

Location:	Dates:	Cost:	R&B:
Camp Susan Curtis	6/7/2024 - 6/10/2024	350	Yes-included in price
236 Allen Road			
Stoneham, ME 04231			

Registration:

Email terri@susancurtis.org and we will work out the details.

High Ropes Course Facilitator

Susie Hammond - susie@wyonegonic.com

Learn facilitating techniques for various high elements including equipment, belay skills, safety and rescue techniques. Gain knowledge in risk and course management. Level 1 certification available. Level 2 available for those with previous qualifying experience (must be pre-approved by instructors).

Location:	Dates:	Cost:	R&B:
Wyonegonic Camps	6/8/2024 -	\$505	Yes, Included
215 Wyonegonic Rd	6/11/2024		
Denmark, ME 04022			

Registration:

https://wyonegonic.com/staff/certification-trainings/

Low Ropes Course Facilitator

Susie Hammond - susie@wyonegonic.com

Focus is on facilitation techniques for both element/initiative and non-element/initiative challenges as well as safety skills. Team building, icebreakers and group facilitation skills are a focus.

Location:	Dates:	Cost:	R&B:
Wyonegonic Camps	6/5/2024 - 6/7/2024	\$345	Yes, Included
215 Wyonegonic Rd			
Denmark, ME 04022			

Registration:

https://wyonegonic.com/staff/certification-trainings/

Climbing Wall Facilitator

Susie Hammond - susie@wyonegonic.com

Learn facilitation techniques, belaying skills and safety for basic climbing wall structures.

Location:	Dates:	Cost:	R&B:
Wyonegonic Camps	6/12/2024	\$95	Lunch is included on the day of in person
215 Wyonegonic Rd			training
Denmark, ME 04022			

Registration:

https://wyonegonic.com/staff/certification-trainings/

Single Pitch Climbing Instructor Course

Jon Tierney - climb@acadiamountainguides.com

Entry level AMGA Single Pitch Instructor course taught in Acadia National Park.

Location:	Dates:	Cost:	R&B:
Acadia National Park	5/18/2024 - 5/20/2024	\$625	No, free camping available
	7/05/2024 - 7/07/2024		

Registration:

Register through AcadiaMountainGuides.com or call 207-866-7562