

BLUE STAR CAMPS SINCE 1948

TRAINING INSTITUTE

ARC	Lifeguarding + Waterfront Module Water Safety Instructor • Lifeguard Instructor Training
WMA	Wilderness First Responder • Open Recertification
BYC	Yoga for Camp Staff Course
NC	Van Driving Course
CHA	Certified Horsemanship Association Standard and English Course
PMBIA	Professional Mountain Bike Instructor Course Level 1 Certification • Level 1 Kids Teaching Module
AMGA	Climbing Wall Instructor
USA	USA Archery Level 1 Instructor Course
ACA	L4 Kayak Instructor Course • Whitewater Rescue Technician Pro
NCOSFM	1.4G Pyrotechnics Operator Class

LOCATED IN THE BEAUTIFUL BLUE RIDGE MOUNTAINS

COURSES OFFERED

American Red Cross

Lifeguard Instructor Trainer
Lifeguarding + Waterfront Module
Water Safety Instructor

Wilderness Medical Associates

Wilderness First Responder 5 Day Certification
Wilderness First Responder 8 Day Certification
WFR Open Recertification

Safety & Health Council of NC

Van Driver Course Class
Van Driving Assessments Available

Certified Horsemanship Association

English Certification Course
Standard Certification Course

Brevard Yoga

Yoga for Camp Staff

Professional Mountain Bike Instructor Association

Level 1 PMBI Certification
Level 1 PMBI Kids Teaching Course

American Mountain Guide Association

Climbing Wall Instructor Course

USA Archery

USA Archery Level 1 Instructor

American Canoe Association

ACA L4 Kayak Instructor Training AND Assessment (5 days)
Whitewater Rescue Technician Pro Course

North Carolina Office of State Fire Marshall

1.4G Pyrotechnics Operator Class

CONTACT

BlueStarCamps.com
Training@BlueStarCamps.com
828.692.3591

CLICK HERE FOR DATES
AND REGISTRATION

AMERICAN RED CROSS (ARC)

LIFEGUARDING + WATERFRONT MODULE (3 DAYS)

This course provides a complete skills instruction package incorporating equipment-based rescues, spinal injury management, post-rescue care, First Aid and CPR training.

Prerequisites:

Participants must successfully complete a pre-course session consisting of the following: Swim 500 yards continuously using the crawl, tread water for 2 minutes with hands under arm pits, using legs only; submerge to a depth of 7 feet, retrieve a 10 lb. object and return to surface; swim 25 yards from shallow to deep, pick up a 10 lb. brick and return to shallow end.

Certification:

Participants receive Lifeguarding + Waterfront certification including CPR and First Aid valid for 2 years.

WATER SAFETY INSTRUCTOR (4 DAYS)

Become an American Red Cross Swim Instructor. This course will show you how to teach life saving skills to others and give you the skills necessary to efficiently and accurately teach strokes. Learn to teach the seven levels of the "Learn to Swim" Program, the Infant and Preschool Aquatics Program, and the Community Water Safety and Water Safety Instructor.

Prerequisites:

Participants must successfully complete a pre-course screening which includes swimming 50 yards of all strokes except the butterfly, which is 25 yards. You MUST BE A STRONG SWIMMER TO PARTICIPATE.

Certification:

Participants receive two certifications. WSI certification is good for 2 calendar years. FIT, no expiration as long as instructor's certification is maintained.



**American
Red Cross**

Founded in 1881, ARC has been saving lives through health and safety education and training.

AMERICAN RED CROSS (ARC)

LIFEGUARD INSTRUCTOR TRAINER (3 DAYS)

This course trains instructor candidates to teach American Red Cross Lifeguarding, Lifeguard Blended Learning, Shallow Water Lifeguarding, Waterpark Skills, CPR/AED for Professional Rescuers and Health Care Providers, Administering Emergency Oxygen and Bloodborne Pathogens Training.

Prerequisites:

To participate in the Lifeguarding Instructor course, you must:

- Be at least 17 years of age on the last day of the instructor course.
- Possess either:
 - Current Red Cross certificate for Lifeguarding/First Aid/CPR/AED.
 - Current Red Cross certificate for Lifeguarding/First Aid and CPR/AED for the Professional Rescuer or CPR/AED for Lifeguards
 - An equivalent certificate from another organization
- Successful completion of online pre-course work.
- Successfully complete the pre-course swim and rescue session. (Please inquire for further details.)
- Attend and actively participate in all course sessions.

Certification:

Upon successful completion of the course, you will receive a Lifeguarding Instructor certification that is valid for 2 years.



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USA ARCHERY

LEVEL 1 INSTRUCTOR CERTIFICATION (1 DAY / 8 HOURS)

The Level 1 Archery Instructor Certification Course provides students with the necessary knowledge and skills to maintain a high level of safety both on and off the archery range. The course ensures that minimum standards for archery instruction are consistently taught to provide for the safety and enjoyment of the participants, instructors and spectators. This course is ideal for staff working on the archery range in a camp setting or other beginner programs and meets American Camp Association requirements. The Level 1 Instructor will learn about range safety, range setup, the steps of shooting, equipment and repair, programs and lesson plans.

Prerequisites:

To participate in the course all participants must:

- Be at least 18 years of age
- Have an existing knowledge of basic archery skills

Certification:

Upon successful completion of the class, you will receive a Level 1 Archery Instructor certification that is valid for 3 years from the date of course completion.



Headquartered in Colorado Springs, the National Archery Association, known today as USA Archery, was formed in 1879 to foster and promote the sport of archery. USA Archery is the National Governing Body for the Olympic sport of archery.

NCOSFM

1.4G PYROTECHNICS OPERATOR CLASS (1 DAY / 8 HOURS)

The 1.4g Pyrotechnics Operator Class is the mandatory 8 hours of class room based training required to gain or renew a 1.4g Pyrotechnics Operator License in North Carolina. The 1.4g license covers operation of: Lower grade Fireworks (consumer fireworks) that utilize pyrotechnic materials that are not legal in North Carolina, but do not require an Alcohol Tobacco Firearms and Explosives (BATFE) license to purchase. Items may include but are not limited to mortars and aerial shells 2 inches and smaller, "bottle rockets", "fire crackers", finally cakes, roman candles, and any pyrotechnic material determined to be illegal by NCGS 14-414.

This license is the minimum requirement for those wishing to provide 1.4g pyrotechnics displays in North Carolina. For full details of state pyrotechnic licensing requirements please visit www.ncdoi.com.

Please note that to gain full operator licensing you must complete 3 shoots under the supervision of a licensed operator along with a state exam at your nearest testing center. For those interested in gaining the required shoot experience with us at Blue Star, please inquire to training@bluestarcamps.com

Prerequisites:

To participate in the course all participants must:

- Be at least 18 years of age

Certification:

The certification will be valid for 3 years from the date of course completion. Continued education is required.



**North Carolina
Department of
Insurance Office of
State Fire Marshall**

OSFM staffers handle a wide variety of important tasks, many of which directly impact the life safety of North Carolina citizens. From training fire and rescue personnel to administering the state building code, from securing property insurance for state-owned buildings to reviewing construction plans for state building projects, OSFM plays a vital role in protecting lives and property in North Carolina.

WILDERNESS MEDICAL ASSOCIATES (WMA)

WILDERNESS FIRST RESPONDER (8 day course)

This course is the industry standard for outdoor professionals and people who will be leading outdoor trips. Wilderness First Responder course offers emergency medical training. It will teach participants how to manage medical and trauma situations in remote settings when entry into the EMS system is unlikely or delayed. Learn how to improvise with what's readily available. Explore options when medical evacuation is not an option. Topics include patient assessment, body systems, equipment improvisation, trauma, environmental medicine, toxins, backcountry medicine, and wilderness rescue. Bring weather appropriate clothing, old clothing that can be ruined doing simulations, sleeping bag, pillow, pens, and a notebook. Rain or shine, much of the time is spent outside. The temperature in the area sometimes reaches the low 40's.

WILDERNESS FIRST RESPONDER

(5 day course)

The 5 day course covers the same material and meets the same criteria as the 8 day Wilderness First Responder course. It is designed for students and professionals who have tight schedules and the self-discipline to complete approximately 25 hours of pre-course preparation.

WILDERNESS FIRST RESPONDER OPEN RECERTIFICATION

(3 days / 24 hours)

Required before the expiration of your current certification, this course re-certifies WFR's for another three years. This curriculum was designed by WMA specifically to provide an intensive review with essential updates where treatment options and protocols have changed. Topics include patient assessment, body systems, equipment improvisation, trauma, environmental medicine, toxins, backcountry medicine, wilderness protocols and wilderness rescue. Bring weather appropriate clothing, old clothing that can be ruined doing simulations, sleeping bag, pillow, pens, and a notebook. Remember that, rain or shine, much of our time is spent outside. The temperature in the area sometimes reaches the low 40's.

Prerequisite: To be eligible for renewal of certification, students must hold a current WFR certification issued no more than 3 years prior to the recertification course. Those holding an unexpired recertification card are also eligible.

Certification: All students who successfully complete a Recertification course are certified by Wilderness Medical Associates. Certification is valid for three years.



Founded in 1978, WMA courses are considered the most complete medical training for outdoor professionals and are preferred by such organizations as Outward Bound, The National Park Service, many colleges and universities.

BREVARD YOGA CENTER

YOGA FOR CAMP STAFF (2 DAYS)

This two-day course will provide camp staff with the training to share basic yoga class instruction to campers from ages 6 to 18.

The course will cover an introduction to the history and philosophy of yoga, basics on working with the energy of the breath to increase calm and reduce anxiety, a survey of asana (posture) practice, and practical teaching in helping campers practice safely.

The class will include ideas for making yoga accessible for all ages, physical abilities, and body types.

Prerequisites:

Participants must have an interest in yoga and have been practicing themselves for at least one year.

Certification:

The workshop will conclude with candidates who have proven their safety and competence receiving an informal certificate of attendance to provide to their employers.



Brevard Yoga's mission is to offer a space for the practice of yoga – in any of its many varied forms – to anyone who is interested in exploring how the practice can be empowering.

SAFETY & HEALTH COUNCIL OF NORTH CAROLINA

VAN DRIVER COURSE L (2 HRS + 45 MIN. OF DRIVING ASSESSMENT)

This two hour classroom, with 45 minutes one-on-one driving per student, shows drivers how to compensate for the differences of van driving, versus car driving.

Course content includes: van characteristics, pre-trip inspection, safety belts, cushion of safety, scanning, blind spots, city, highway & rural driving, and backing. The course also helps to make sure drivers are familiar with DDC principles, use what they know, and evaluate drivers out on the road. Used as a refresher course for all drivers or to improve problem-driver skills, as well as matching speed to conditions, conduct driving audits and evaluations, spot clues that signal driving problems, and much more! An individual coaching report filled out on each behind the wheel driver is done.

Prerequisites:

Current valid driver's license required.

Certification:

Coaching the Van Driver II Certificate of Completion



The Safety and Health Council of North Carolina is a non-profit, non-governmental public service association chartered under the laws of the State of North Carolina. Council's mission is to be recognized as the leading organization for reducing accidents through education and training.

CERTIFIED HORSEMANSHIP ASSOCIATION (CHA)

ENGLISH AND/OR STANDARD RIDING CERTIFICATION

(6 DAYS/40 HRS)

The purpose of the CHA clinic is to evaluate the existing knowledge and skill level of the clinic participants and to grant certification at the level that each participant is able to demonstrate his/her proficiency throughout the clinic. Instructors are evaluated in five areas: safety, horsemanship knowledge and ability, teaching technique, professionalism, group control and responsibility. CHA certification clinics involve teaching at least four practice lessons, a riding evaluation, a written test and participation in workshops on risk management, teaching techniques, professionalism and herd management.



Prerequisites:

A candidate for certification must have sufficient experience with horses to assume responsibility for the safety and well being of riders. Instructor candidates must have strong organizational skills and communicate clearly. Participants must be able to demonstrate the ability to catch, lead, groom, tack and generally handle and care for horses without assistance. You must be able to mount, dismount and ride at the walk, trot and canter/lope on the correct lead, with good form and control, in the arena and in the open.

Certification:

Certification may be earned in English and/or Western disciplines and is valid for three years from the certification date.



Founded in 1967 to develop a means to test and evaluate riding program staff for risk management skills, teaching ability, horsemanship knowledge and professionalism. Today, CHA is the largest and most active instructor certification system in North America.

AMERICAN MOUNTAIN GUIDE ASSOCIATION (AMGA)

CLIMBING WALL INSTRUCTOR (2¹/₂ DAYS, INCLUDES TESTING)

The American Mountain Guides Association (AMGA) Climbing Wall Instructors Program is the national standard to train and evaluate indoor climbing wall instructors. The Climbing Wall Instructor Certification Program is designed to evaluate the concept of a climbing-wall-specific technical skills certification. The course is two and one half days in length and a minimum of 20 hours of instruction, skills demonstration, and evaluation. The course addresses the basic technical skills necessary to manage an instructional program at a climbing facility. At a minimum, training for candidates shall occur in each of the following technical competency areas: Candidates shall possess sufficient knowledge, demonstrate skills, and/or demonstrate teaching ability in each competency area (if appropriate to the topic) in order to successfully complete the course.

This twenty hour course will address the basic skills necessary to manage an instructional program at a climbing facility, and will address the following general topic areas:

Prerequisites for Certification at the AMGA CWI 'Top Rope' Level:

- Must be 18 years old or older
- At least one year documented personal climbing experience (a minimum of 20 outings climbing indoors and/or outdoors).
- Climbing ability: top rope 5.7 on artificial structures. Demonstrating calm, confidence, good position, balance, solid base of support, no falls, and general body awareness.
- Ability to effectively belay with tube/plate device and an assisted braking device (i.e. Petzl GriGri)
- An instructional background: ability to effectively teach basic skills

Prerequisites for Certification at the AMGA CWI 'Lead Climbing' Level:

- All above prerequisites
- Climbing ability: top rope 5.9 and lead 5.8 on artificial structures. Demonstrating calm, confidence, good position, balance, solid base of support, no falls, and general body awareness.
- Ability to effectively belay in a top rope and lead belay setting with tube/plate device and an assisted braking device (i.e. Petzl GriGri)
- An instructional background: ability to effectively teach skills learned in an indoor setting



As an outdoor adventure guide service and a climbing school, Fox Mountain Guides strives to innovate/incorporate cutting edge climbing practices and technology and to invite the public into the climbing community. The mission of Fox Mountain Guides is to provide the highest available standards of instruction and guiding. Fox Mountain Guides is the only AMGA accredited climbing program in the southeastern United States.

PROFESSIONAL MOUNTAIN BIKE INSTRUCTOR ASSOCIATION (PMBIA)

PMBI LEVEL 1 CERTIFICATION (3 DAYS)

The Level 1 course is for both new and experienced instructors alike, looking to learn how to skillfully teach and guide beginner to intermediate mountain bikers, in both cross country and downhill environments. New instructors learn the tools they need to safely and effectively teach, while experienced instructors will increase their level of skill and understanding in teaching and riding theory, that the PMBI Certifications uniquely provide.

A strong focus is given to learning teaching skills in their own right, to develop a sense of this all important part of a mountain bike lesson. As you learn and practice proven, modern teaching skills through the course, you will see how being a good rider is only one part of being a professional instructor.

Riding skills and theory are also covered along with plenty of time to practice as well as receiving personal feedback for your own improvement, each day. The three day course is practical-based, spending each day riding and teaching on the trails. Additional PMBI Workshops covering topics such as bike-fit, mechanics and first aid, take place at the start or end of each day, to further build your knowledge and skill set during the course.

Participants must bring all equipment - including bikes.

For more information on the course, please visit the PMBI Association's website at: www.pmbia.org



PMBI LEVEL 1 KIDS TEACHING COURSE (1 DAY)

The one-day L1 Kids Teaching Module as a professional training module to further the skills and knowledge of PMBI Level 1 Instructors, specifically for teaching kids. This training module is perfect for Level 1 Instructors working regularly for kids mountain bike programs.

Instructors will spend the day exploring the Level 1 content in more detail, as it relates to kids. More time will be spent discussing the different teaching considerations for the different physical and mental conditions of each specific age group.

Instructors will see and practice different kids teaching scenarios as well as explore trail and guiding options for each specific age group. The training module provides access to all the PMBIA Course Materials and L1 Kids Teaching Worksheet.



The PMBI Association trains and certifies mountain bike Instructors and Guides to effectively teach mountain bike riding skills in both cross country and downhill environments, while guiding students safely on varying degrees of technical terrain.

AMERICAN CANOE ASSOCIATION

ACA L4 KAYAK INSTRUCTOR CERTIFICATION (5 DAYS)

This course, split into 2 days training and 3 days assessment, will provide kayakers already comfortable on class III whitewater with the opportunity to gain the skills and knowledge required to pursue a future as a certified kayak instructor.

The course will be provided by Dave Kessman of "Safety Rescue and Paddlesports". Training will take place on both the Tuckaseegee and French Broad Section IX. Candidates are invited to make use of Blue Star's food and lodging package during this time.

Prerequisites:

For a comprehensive list of details and prerequisites please refer to this link from our provider "[Safety Rescue and Paddlesports](#)".

Certification:

ACA L4 Kayak Instructor. The training provided is not a guarantee of success in assessment. If not all assessment criteria are met certification at lower level may be available.



WHITewater RESCUE TECHNICIAN PRO COURSE (3 DAYS)

The Rescue 3 WRT-Pro is for Trip Leaders, river guides and professional paddlers. The course is 24 to 30 hours in length with the first 4 to 6 hours consisting of classroom instruction and the remaining time spent in and around the river. Among the topics covered are the Rescue Philosophy, River Rescue Best Practices, leadership and management, self-rescue and Swiftwater swimming, hydrology, basic knots and mechanical advantage, rope rescues, shore-based rescues, contact rescues, entrapment rescue, scene safety and control, and low-tech, fast, improvised rescue techniques.

Prerequisites:

For a comprehensive list of details and prerequisites please refer to this link from our provider "[Rescue 3 WRT Pro](#)".

Certification:

All participants will receive documentation that they completed a Rescue 3 Whitewater Rescue Technician Pro Course.

Dave Kessmann has been involved in paddlesports education since 2002 when he began assisting with Swift Water Rescue courses. He has since gone on to become certified by the American Canoe Association in both Kayaking (L5 IT / L4 ITE) and Swift Water Rescue (L4 ITE). He is also a Certified Wilderness First Aid, First Aid, and CPR Instructor through the Emergency Care and Safety Institute.

ENROLLMENT/REGISTRATION:

Is on a first come first serve basis. All courses are subject to minimum enrollment. Program information is subject to change.

Late Fee:

There will be a 5% late fee for participants who register after May 1st.

Course Cost:

Please contact for course pricing and information regarding course inclusions, including food, lodging and materials.

Course location:

All courses unless otherwise noted will be held at Blue Star Camps.

Should a course be canceled:

Classes may be canceled if enrollment is below the minimum number. Participants will receive a full refund.

Meals:

Cafeteria style meals are served in one of our 3 dining halls. Our dining hall serves kosher meals and therefore no outside food or drink is permitted in the dining hall.

Lodging:

Participants will be housed in cabins with electricity. The cabins are not heated and it may get cold in the evening (sometimes in the 40's) so bring appropriate clothing and bedding. Pillows, linens and blankets are not provided.

Bring:

Sleeping bag or sheets and blankets, pillow, towels, toiletries, appropriate camp clothing, outdoor weather clothing, rain gear, sun screen, tennis shoes and/or good walking shoes or boots, sweatshirt or sweater, notebook paper and pens, flashlight and water bottle. Classes are held both indoors and outdoors so dress accordingly.

Optional items:

Crazy creek, clipboard or hard notebook to write on, clock, backpack, camera.

Alcohol and Drugs:

Are not allowed on premises.

Pets:

Are not permitted.

Smoking:

There is one designated smoking area available.

Classes Start:

See Course description for start times. All WMA courses start at 8:00 am on the first day.

Extra Nights & Meals:

Let us know so we can accommodate you, if either of these apply to you:

You plan to arrive the night before. Fee is \$15 extra. Registration from 7-8pm.

You plan to stay overnight after your class ends. Fee is \$15 extra.

Extra night \$15.00 per night

Extra Meals

Breakfast \$3.00

Lunch \$6.00

Dinner \$6.00

[CLICK HERE FOR DATES
AND REGISTRATION](#)



BLUESTARCAMPS.COM

Hendersonville, North Carolina

