



### PROGRAM DESCRIPTION

This dynamic, Junior Lifeguard Program provides participants of all abilities, ages 9 to 15, with an introduction to water safety/rescue, first aid, And CPR/AED in a fun and challenging environment. Each day participants enjoy a variety of beach and water activities designed to promote fitness, self-esteem, and teamwork. The focus is given to personal safety and life saving skills that will be very beneficial. In addition to the extensive Junior Lifeguard core curriculum, each weeklong session will emphasize specific skills, games, and physical activities. On the last day of the program, participants will have an opportunity to double tower with a lifeguard on duty.

Participants are encouraged to bring a towel, sunscreen, and a jacket for cooler days. We will take multiple water breaks and one snack break during the session. Participants are responsible for providing their own snack. Participants can be dropped off between 8:50- 9:00 a.m. Participants must be picked up at 1:00 p.m.

### PARENT/GUARDIAN RESPONSIBILITIES

- Encourage and support participant
- Support youth participation and development
- Communicate with Junior Lifeguard Instructors

**Atlantic Beach Junior Lifeguard Program Coordinator**

Lieutenant Paul Metcalf

**Atlantic Beach Junior Lifeguard Program Coordinator**

Sergeant Ashley Raymond



# CITY OF ATLANTIC BEACH

# JUNIOR

# LIFEGUARD

## PROGRAM



### JUNIOR LIFEGUARD REGISTRATION AND FEES

Cost: \$125.00 per person (\$25.00 off for siblings)



Registration is required and spots are limited. First come first serve basis, 10 participants per session. Sign-up at the Atlantic Police Department or the Atlantic Beach Lifeguard Station. You can print out application and other forms on the City of Atlantic Beach website: [www.coab.us](http://www.coab.us)

#### **PROGRAM LOCATION**

Lifeguard Station  
1 Ahern Street

Atlantic Beach, FL 32233

#### **PROGRAM SESSION DATES**

Session 1	June 15 - June 19 (Age: 9-11)	From 0900-1300
Session 2	June 22 - June 26 (Age: 12-15)	From 0900-1300

#### **PROGRAM PREREQUISITES**

The Atlantic Beach Junior Lifeguard Program is not a “learn to swim” course; therefore, prospective participants are screened to determine if they have the minimum skills needed to benefit from the program. The program is for children Age 9 – 15.

#### **PROGRAM TEST DATE**

- May 17, 2026 Starts @ 0900

Swim test will be at Fletcher High School Pool for all new applicants.

Fletcher High School

700 Seagate Avenue

Neptune Beach, FL 32266

Timed swim test consists of:

- 100 yard swim
  - Age 9-11 (4 minutes or less)
  - Age 12-15 (3 minutes or less)
- 3 minutes treading water for all ages

#### **PROGRAM UNIFORM**

Mandatory uniform during the Junior Lifeguard Program. The uniform consists of bathing suits and issued rashguards. Participants will not be able to participate without the uniform.



## **JR. LIFEGUARD PROGRAM GUIDELINES**

#### **Parents:**

Due to the strenuous nature of this program and since lifeguards must first learn to be responsible for themselves before they can be responsible for others, the following will apply to participants of this program.

1. Report to camp ON TIME each day.
2. Do not litter. Throw your trash away. Remember a CLEAN BEACH IS A HAPPY BEACH!
3. All participants are responsible for their own possessions. It is recommended that only inexpensive items be brought each day. Do not bring valuables such as surf boards, cell phones, jewelry etc.
4. Rough play, profanity and inappropriate hand gestures will not be tolerated. KEEP YOUR HANDS TO YOURSELF.
5. Never take or use any gear or personal items that belong to others without permission.
6. All participants in the program must attempt the activities presented.
7. Sick or ailing children must be kept home until well. The program is not to provide care for non-participants.
8. Participants will follow directions and instructions. Safety is paramount. Failure to follow directions could end in injury.
9. Give instructors your full attention and act quickly when asked to do a task. Disrespect for other participants and staff will not be tolerated. Expulsion from the program may occur.
10. Participants must remain with their groups at all times. They will leave only with the lead instructor's permission and an assistant instructor escort.
11. The training room and equipment used will be cleaned and stored properly at the end of each day. Help from all participants is expected. Various pieces of equipment will not be touched by participants unless told to do so. Defiance may result in expulsion.
12. You are expected to be polite, courteous and respectful of fellow Jr Lifeguards, instructors, lifeguards, and the general public. Practice team work concepts and leadership skills.
13. We expect you to display good sportsmanship when competing with one another and with other beaches.
14. Jr Lifeguards represent the City of Atlantic Beach, the Atlantic Beach Ocean Rescue, and the Junior Lifeguard Program. Any violation of rules and procedures will be dealt with accordingly. After parents are notified, participants will be expelled from the program if negative behavior continues.