

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 Ocean Rescue Coordinator

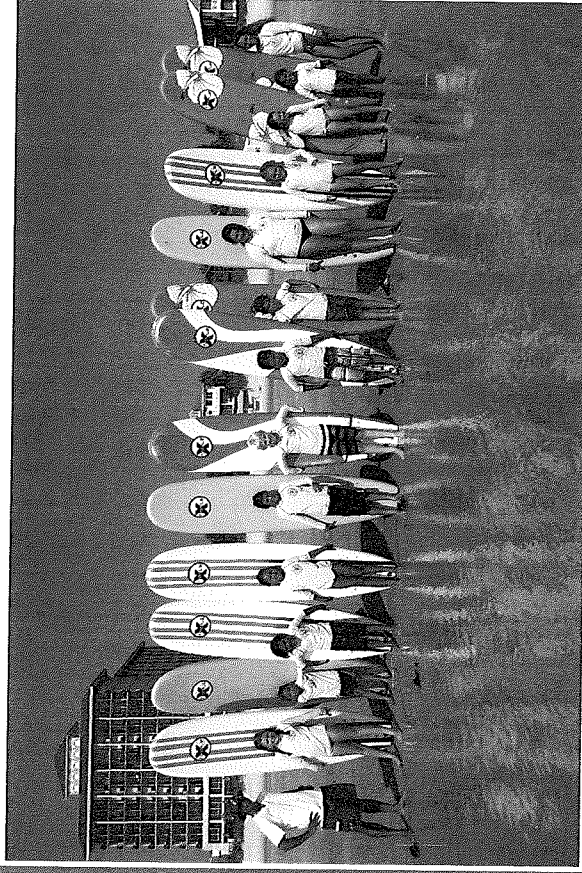
Captain John Phillips

Atlantic Beach Junior Lifeguard Program Coordinator

Lieutenant Paul Metcalf

CITY OF ATLANTIC BEACH JUNIOR LIFEGUARD

PROGRAM



800 SEMINOLE ROAD
ATLANTIC BEACH, FL 3223
WWW.COAB.US



JUNIOR LIFEGUARD REGISTRATION AND FEES

Cost: \$100.00 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

PROGRAM LOCATION

Lifeguard Station

1 Ahern Street

Atlantic Beach, FL 32233

PROGRAM SESSION DATES

Session 1	June 12-June 16 (Age: 9-11)	From 0900-1300
Session 2	June 19-June 23 (Age: 12-15)	From 0900-1300
Session 3	July 17-July 21 (age: 9-11)	From 0900-1300
Session 4	July 24-July 28 (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 DATES

- May 6, 2017 Starting at 0900
 - May 13, 2017 Starting at 0900
- Swim test will be at Fletcher High School Pool.

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

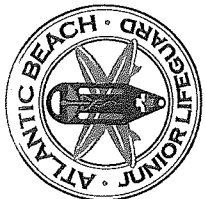
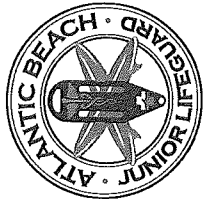
Mandatory uniform during the Junior Lifeguard Program. The uniform consists of bathing suits and issued rash guards. Participants will not be able to participate without the uniform.

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 funded to provide care for non participants.
8. Participants will follow directions and instructions. Safety is paramount.
9. Failure to follow directions could end in injury.
10. 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.
11. Participants must remain with their groups at all times. They will leave only with the lead instructor permission and an assistant instructor escort.
12. 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.
13. 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.
14. We expect you to display good sportsmanship when competing with one another and with other beaches.
15. 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.





**CITY OF ATLANTIC BEACH
JUNIOR LIFEGUARD PROGRAM**
800 SEMINOLE ROAD
ATLANTIC BEACH, FL 32233

Participant's Name: _____ M or F

Address: _____

City: _____ State: _____ Zip: _____

Participant's Age: _____ Date of birth: _____

Doctor's Name: _____ Phone # _____

Email: _____

Please state any medical issues or allergies:

(Please check which camp your child will be attending)

Checks payable to City of Atlantic Beach (\$100.00 per person and \$25.00 off for siblings)

June 12-16 (Age: 9-11) June 19-23 (Age: 12-15) July 17-21 (Age: 9-11) July 24-28 (Age: 12-15)

Rashguard size: Youth Medium Youth Large Youth X-Large Adult Small Adult Medium

EMERGENCY CONTACT

NAME: _____

Home: _____ Cell: _____ Work: _____

Email: _____

DISCLAIMER

I, the undersigned parent or guardian of PARTICIPANT, a minor, do hereby release the City of Atlantic Beach and each of its officers, agents, employees and sponsors from any liability or injury to PARTICIPANT that might result from any accident during the testing, participation, and instructions of the Junior Lifeguard Program. I understand that swimming and participation in the Junior Lifeguard Program is a potentially hazardous activity. I am aware of and assume all such risks of participation in the Junior Lifeguard Program by PARTICIPANT, including but not limited to contact with other participants, the effects of weather, including surf and currents, and the conditions of the ocean.

IN CONSIDERATION of accepting this application, I, for myself and anyone entitled to act on my behalf, waive and release the class instructors, the City of Atlantic Beach, their agents and representatives and the sponsors, from any and all claims for injuries and damages I may have arising out of PARTICIPANT'S participation in this Junior Lifeguard Program. I have read the particulars on the program brochure and understand that this program is physically demanding.

I GIVE MY PERMISSION for free use of photographs of my child to be used by the City of Atlantic Beach Ocean Rescue for the Junior Lifeguard Program promotional purposes.

PARENT/GUARDIAN: _____ DATE: _____
(Please print)

SIGNATURE: _____