

Jr. Lifeguard Program

Daily Schedule: Week 1

Day 1 - 8:00a.m.

- Check-In
 - During Check-In, games and activities occur for those who sign-in

9:00a.m.

- Orientation (Large Group Area)
 - Parents are welcome
 - Cover: expectations, goals, objectives, benefits and show a video

9:30a.m.

- Ice Breaker Games

10:00a.m.

- Park tour

11:00a.m.

- Intro to Lifeguarding (video and presentation)
 - Responsibility, duty, benefits

11:45a.m.

- Lunch

12:30p.m.

- Fun in the park
 - Utilizing the soccer/softball field and area around the group site

1:30p.m.

- Snack and Water

1:45p.m.

- Recreational Games

2:30p.m.

- Recap days events

2:50.m.

- Pick-Up

Day 2

8:00a.m.

- Check-In

8:45a.m.

- Opening Swim in Wave Pool
 - Wall to wall swims

9:00a.m.

- Stage 1 - First Aid Training

10:00a.m.

- Break

10:15a.m.

- Con't First Aid Training

11:45a.m.

- Lunch

12:20p.m.

- Fun on the field

1:00p.m.

- Con't First Aid Training

2:30p.m.

- Recap days events

2:50.m.

- Pick-Up

Day 3

8:30a.m.

- Check-In

8:45a.m.

- Opening Swim in Wave Pool ○
Wall to wall swims

9:00a.m.

- Stage 2 - CPR Training

10:00a.m.

- Break

10:15a.m.

- Con't CPR Training

11:45a.m.

- Lunch

12:20p.m.

- Fun on the field

1:00p.m.

- Con't CPR Training

2:30p.m.

- Recap days events

2:50.m.

- Pick-Up

Day 4

8:30a.m.

- Check-In

8:45a.m.

- Opening Swim in Wave Pool ○
Wall to wall swims

9:00a.m.

- Stage 2 - Lifeguard Training

10:00a.m.

- Break

10:15a.m.

- Con't Lifeguard Training

11:45a.m.

- Lunch

12:20p.m.

- Fun on the field

1:00p.m.

- Con't Lifeguard Training

2:30p.m.

- Recap days events

2:50.m.

- Pick-Up

Day 5

8:30a.m.

- Check-In

8:45a.m.

- Opening Swim in Wave Pool ○
Wall to wall swims

9:00a.m.

- Stage 2 - Lifeguard Training

10:00a.m.

- Break

10:15a.m.

- Con't Lifeguard Training

11:45a.m.

- Lunch

12:20p.m.

- Fun on the field

1:00p.m.

- Con't Lifeguard Training

2:30p.m.

- Recap days events

2:50.m.

- Pick-Up

Day 6

8:30a.m.

- Check-In

8:45a.m.

- Opening Swim in Wave Pool ○
Waves going

9:15a.m.

- Stage 2 - Lifeguard Training

10:00a.m.

- Break

10:15a.m.

- Con't Lifeguard Training

11:45a.m.

- Lunch

12:20p.m.

- Fun on the field

1:10p.m.

- Job Shadow

2:30p.m.

- Break/Re-Cap

2:50.m.

- Pick-Up

Day 7

8:30a.m.

- Check-In

8:45a.m.

- Opening Swim in Wave Pool ○
Waves going

9:15a.m.

- Stage 2 - Lifeguard Training

10:00a.m.

- Break

10:15a.m.

- Con't Lifeguard Training

11:45a.m.

- Lunch

12:20p.m.

- Fun on the field

1:10p.m.

- Job Shadow

2:30p.m.

- Break/Re-Cap

2:50.m.

- Pick-Up

Day 8

8:30a.m.

- Check-In

8:45a.m.

- Opening Swim in Wave Pool ○
Waves going

9:15a.m.

- Stage 2 - Lifeguard Training

10:00a.m.

- Break

10:15a.m.

- Con't Lifeguard Training

11:45a.m.

- Lunch

12:20p.m.

- Fun on the field

1:10p.m.

- Job Shadow

2:30p.m.

- Break/Re-Cap

2:50.m.

- Pick-Up

Day 9

8:30a.m.

- Check-In

8:45a.m.

- Opening Swim in Wave Pool ○
Waves going

9:15a.m.

- Stage 2 - Lifeguard Training

10:00a.m.

- Break

10:15a.m.

- Con't Lifeguard Training

11:45a.m.

- Lunch

12:20p.m.

- Fun on the field

1:10p.m.

- Job Shadow

2:30p.m.

- Break/Re-Cap

2:50.m.

- Pick-Up

Day 10

8:00a.m.

- Check-In

8:15a.m.

- Days schedule and LG Challenge Info (See below)

8:45a.m.

- LG Challenge Begins

9:45a.m.

- Meet at _____

10:00a.m

- Thank You's

10:15a.m.

- Video

10:45a.m

- Pass out certs etc....

11:30a.m.

- Fun in the park, with parent
- Parent pick-up

Graduation – Participants will receive the following.

- Whistle, lanyard and one-way breathing barrier
- Jr. Lifeguard Certificate
- Discounted pass into the park?
- \$5 certificate for the snack bar?

Marketing

Wild Water Adventure

- Facebook Ads (Paid by TGT) up to \$150 with Wild Water matching •
Season Ticket Holders
- Database of past participants

TGT

- Network of TGT participants
- Swim America Clovis
- Peach Jar Clovis, Fresno

Cost for the program: \$395 – Program participants would receive:

- E-Handbook
- Jr. Lifeguard Shirt

- Jr. Lifeguard Hat

Jr. Lifeguard Challenge

SAMPLE

Rules:

- Sportsmanship and a positive attitude counts towards overall points.
 - No interfering with other teams.
 - Must carry equipment with you at all times. (2 Tubes, 2 pairs of gloves, rescue masks) • Instructors have final say. Do not argue.
 - No running.
 - Must be within arms distance of teammates at all times.
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- Starting Pt. – Swim Relay Wave Pool
 - Check Pt. 1 – _____
 - **Scenario:** Stroke victim – Identify signs and symptoms and must do the steps of FAST
 - Check Pt. 2 – _____
 - **Scenario:** Passive Drowning – 3 Guard Quick Extraction (30 Seconds)
 - Check Pt. 3 – _____
 - **Scenario:** 2-person infant CPR or child
 - Check Pt. 4 – _____
 - **Scenario:** 2-Guard; Submerged Spinal with tube stuff. Victim 10 ft. out.
 - Check Pt. 5 – _____
 - **Scenario:** Shallow Water Spinal onto the backboard
 - Check Pt. 6 – _____
 - **Scenario:** Land AFR
 - Check Pt. 7 – _____
 - **Scenario:** Heat Stroke – Identify signs and symptoms; move to shade.
 - Check Pt. 8 – _____
 - **Scenario:** Lost child
 - Check Pt. 9 – _____
 - **Scenario:** Calm or Bomb
 - Check Pt. 10 – _____
 - **Scenario:** Unconscious choking Adult, after 3 cycles, loses pulse
□ **AC/DC playing**
 - Check Pt. 11 – _____
 - **Scenario:** Recite Rules and Reg of a Wild Water Lifeguard – Patron Rules □ Tread water while holding hands singing a Boy Band Song from beginning to end.