



**SOUTH WALTON FIRE DISTRICT**

# **2019 JUNIOR LIFEGUARD PROGRAM**



**“Creating a Safer Beach Environment  
for our Community through Education”**

# SOUTH WALTON FIRE DISTRICT JUNIOR LIFEGUARD PROGRAM

## Goals of the Junior Lifeguard Program

- To demonstrate and teach water safety while enjoying the beach and Gulf environment
- To promote and develop future lifeguards
- To foster good sportsmanship
- To meet other young people with similar interests and develop new friendships
- To most importantly - have fun

## When

**June Class:** June 4 – 20 (60 participants max)

**July Class:** July 9 – 25 (60 participants max)

Activities will be held every Tuesday, Wednesday and Thursday. Daily activities will be divided into two sessions as follows:

Morning session:            9 -11 year olds            9:00 am until 12:00 am (30 participants max)

Afternoon session:        12 -15 year olds            12:30 pm until 3:30 pm (30 participants max)

**Class Registration is First Come, First Served.** If you register for a Class session that has already reached its max participants you will be contacted and put on the waiting list. Participants age 16 are invited to enroll in the program, but may not compete in USLA events as a Junior Lifeguard.

## Where

Activities will commence daily at Ed Walline Beach Access, located at: 4447 West Co. Hwy 30A. At the south end of County Highway 393.

## Safety

The South Walton Junior Lifeguard Program will be under the supervision of South Walton Fire District professional lifeguards.

## Qualifications for boys and girls ages 9 – 15

There is a swimming ability guideline that must be met prior to participating in this program. All applicants should be able to swim using proper **freestyle** form with correct breathing (face in the water) and stroke skills.

- 9 - 11 years old:        must swim 100 yards in 4 minutes or less
- 12 - 13 years old:     must swim 150 yards in 5 minutes or less
- 14 - 15 years old:     must swim 200 yards in 6 minutes or less
- All participants must tread water for a minimum of 1 minute



## SOUTH WALTON FIRE DISTRICT JUNIOR LIFEGUARD PROGRAM

### DAILY ACTIVITIES

#### Physical Skills

- Warm up exercises, stretching
- Rescue board paddling, open water swimming
- Iron guard – run, swim, paddle, run
- Beach flags and running
- Kayak paddling, surfing, and boogie boarding
- Team relay races – rescue board, swimming, beach run, iron guard
- Rescue technique stations – rescue board, rescue buoys, land based drills
- Snorkeling (based on safe conditions)

#### Educational Activities

- Understanding the Beach Safety Warning Flags
- Understanding rip currents
- Health - sun safety, exercise, and nutrition
- Being a Lifesaver – what to do during a rescue – Identify, Notify, Respond
- Weather awareness and safety
- Lifeguard for a day
- Marine Life and environmental stewardship
- First Aid / CPR / AED, medical emergency care
- Personal Water Craft, rescue swimmer crew person instruction (based on safe conditions)





# SOUTH WALTON FIRE DISTRICT

## JUNIOR LIFEGUARD PROGRAM

### STEP 1: REGISTRATION

Please complete the Registration/Waiver form ONLINE:

<https://www.swfd.org/beach-safety/junior-lifeguard-program>

Applications will be processed in the order in which they are received. The first 60 applicants per class (June or July) who pass their swim test will become participants in the 2018 Junior Lifeguard Program.

### STEP 2: ATTEND SWIM TRYOUTS

**Ed Walline Park, Santa Rosa Beach**

4447 W. Co Hwy 30  
(South end of County Highway 393)

**Saturday - May 18th or 25th, 2019 @ 9:00 am**

PARENTS MUST ATTEND THE TRYOUTS

Please allow approximately one (1) hour for the swim portion of the tryouts.

### STEP 3: PAY REGISTRATION FEE

**Bring copy of Birth Certificate if it is child's first time in the Program**

**Registration is paid by cash, check, or card the day of swim tryout**

Per Child: **\$200.00**

Each additional child per family: **\$175.00**

Registration is limited to the applicants whose completed registration/waivers are received and swim tryout standards are met. The registration fee is contingent upon your child qualifying for the SWFD Junior Lifeguard Program and will be collected after swim tryouts are completed.

Included in the enrollment fee is one sun protective rash guard that must be worn at all times during program attendance.

# **SOUTH WALTON FIRE DISTRICT**

911 North County Highway 393, Santa Rosa Beach, Florida 32459

*"Prompt, Competent, Caring Response in Time of Need"*



## **CONSENT AND RELEASE FROM LIABILITY**

The undersigned parent or legal guardian of participant in the sports and recreational activities provided by South Walton Fire District understands that participation in any sport or recreational activity subjects the participant to a certain degree of risk or injury and that South Walton Fire District will not be liable for medical expenses or other claims for damages based upon injury to the participant as a result of his/her participation in these sports or recreational activities.

Accordingly, any insurance protection that the participant may want or need must be obtained by the participant himself/herself or by the parent or guardian.

Guardian authorizes:

- A. Emergency medical treatment and/or transportation to medical facilities as deemed necessary for the participant(s) should the need arise for such treatment during Program activities or while supervised by Program staff;
- B. Use or disclosure of the Participant's individually identifiable health information should treatment for illness or injury become necessary;

I have read the above and understand it and hereby agree that I will not hold South Walton Fire District liable for any injuries that may occur as a result of participation in the recreation activities provided by South Walton Fire District.

## **PHOTOGRAPH PERMISSION**

As parent or legal guardian, I grant to South Walton Fire District (SWFD), its representatives and employees, the right to take photographs of my child(ren) in connection with the Junior Lifeguard Program.

## **NOTICE OF NONDISCRIMINATORY POLICY AS TO STUDENTS**

The South Walton Fire District Junior Lifeguard Program accords students of any race, color, national and ethnic origin all the rights, privileges, programs and activities generally accorded or made available to students at the school. South Walton Fire District Junior Lifeguard Program does not discriminate on the basis of race, color, national and ethnic origin in administration of educational policies, or admissions policies.

## **STUDENT DISCIPLINE FOR MINOR INCIDENTS**

For the Junior Lifeguard Program to be successful, students must exhibit behavior that is respectful of our staff, other students, our equipment and facilities. Group activities are vital to our program. A student that is disruptive to other students, group activities, and/or disrespectful to instructors, diminishes the enjoyment and education of the other students.

The intent of discipline is to instruct the student so as to gain compliance with acceptable behavior norms. Therefore, please familiarize your Junior Lifeguard with the following:

## **EXPECTED BEHAVIORS:**

- Respect of instructors and other staff;
- Respect of other students; no shoving, hitting, "Bullying," harassment, or inappropriate language;
- Respect of facilities, equipment and property;
- Cooperation with others and good sportsmanship;
- Following all safety rules and all instructions;
- Listening quietly to directions and announcements;
- Participation in regular program activities.

The progressive steps of discipline are as follows:

1. When a minor discipline situation occurs, the student will be counseled about the situation and given an explanation of what behavior change is expected.
2. If a subsequent incident occurs, the student will be asked to take a "TIME OUT" or "TAKE A LAP". A "TIME OUT" is a period of five to ten minutes that the student spends quietly reflecting on the incident. A "TAKE A LAP" is a supervised swim or run of reasonable distance. After the "TIME OUT" or "TAKE A LAP", the student is allowed to rejoin the group activity.
3. When a student has a series of "TIME OUT" or "TAKE A LAP" in the same day, or a series of discipline situations over several days, the lead instructor and/or Beach Safety Director will inform the youth's parent or guardian about the situation.
4. When a student continually disregards the Instructors or shows little or no improvement with steps 1 through 3, the student will be suspended from the program for one day. The parent or guardian of the student will be informed that the student has been suspended. There will be no pro-rated refund of fees.
5. If, after suspension, the student's behavior is still not acceptable, the parent or guardian of the student will be informed that the student may no longer attend any of the program's activities. There will be no refund of fees.

**MAJOR FIRST-TIME INCIDENTS** may progress the student directly to step 4 or step 5 of the above procedures.

**MAJOR INCIDENTS** would include, but are not limited to:

- Leaving the program area without permission;
- Continued Pattern of Bullying or Harassment after prior counsel;
- Insubordination;
- Fighting with another student or other persons;
- Unlawful or non-consensual touching of another person;
- Stealing property;
- Vandalism of equipment or facilities;
- Other conduct which brings disrespect to the other Junior Lifeguards or the South Walton Fire District.

Any time a Major Incident occurs, the Program Supervisor and Guardian will be advised.

## **ATTENDANCE**

Attendance is taken daily. We would appreciate being notified if your child will be absent. Please email [juniors@swfd.org](mailto:juniors@swfd.org) or phone the Beach Safety Director at 850-803-2601 between 8:00 and 8:45 a.m.

### **REFUND POLICY**

1. There is a \$50.00 fee for cancellations made prior to the first day of instruction. 2. Students may drop from the program at any time prior to the completion of the first week of instruction and receive a 50% refund of tuition. After commencement of the first day of instruction of the program's second week, no refunds will be made. 3. Student injuries that occur during the program that preclude the student's continuation in the program will result in a pro-rated refund based upon the remaining number of days in the program, including the day of injury. 4. There is no refund of fees for students suspended (1-3 days) or for students that are removed from all further program activities for disciplinary reasons.