



**SOUTH WALTON FIRE DISTRICT
JUNIOR LIFEGUARD PROGRAM
2019 SCHEDULE**
Session 1 – 06/04/2019 – 06/20/2019
Session 2 – 07/09/2019 – 07/25/2019

Week 1

Tuesday 6/04/2019; 7/09/2019

- Introduction; Understanding the importance of surf lifesaving. 30 minutes
- Warm up followed by swimming evaluations 30 minutes
- Sun Safety; Identify and demonstrate smart sun protection 10 minutes
- Sun safety; Understanding consequences of sun burn skin damage 10 minutes
- Personal Safety; Understanding the beach environment, 20 minutes
- Personal Safety; Identifying a lifeguard 10 minutes
- Beach Safety Flags and Signs & Signals 20 minutes
- Surf entries: high knees, porpoising, wading, diving 30 minutes
- Beach run 10 minutes
- Clean up: Facilities and equipment maintenance 10 minutes

180 minutes

Wednesday 6/05/2019; 07/10/2019

- Warm up and workout 30 minutes
- Review Day 1, safety first 10 minutes
- Swimming technique 20 minutes
- Rescue equipment introduction: Hard Can vs. Soft Tube 20 minutes
- Rescue board paddling intro: paddling technique, body positioning 30 minutes
- Beach environment; Identify a rip current & how it forms 20 minutes
- How to escape a rip current, what to do for someone else 20 minutes
- Surf Swimming; technique review & practice 20 minutes
- Clean up: Facilities and equipment maintenance 10 minutes

180 minutes

Thursday 6/06/2019; 07/11/2019

- Warm up and workout 20 minutes
- Review & Practice surf entries, duck diving, porpoising, swimming 20 minutes
- Rescue Tube Rescue: Maintenance & skills 20 minutes
- Rescue Tube Rescue: Securing patients 30 minutes
- Board padding: entries, negotiating waves, bunny hops, turtle rolls 30 minutes
- Board paddling: catching waves 20 minutes
- Week 1 learning & skills review 20 minutes
- Beach Run 10 minutes
- Clean up: Facilities and equipment maintenance 10 minutes

180 minutes

Week 2

Tuesday 6/11/2019; 7/16/2019

● Warm up and workout	20 minutes
● Flags, Signs, & Signals review	10 minutes
● Beach Safety & Prevention: Recognize unsafe behaviors	30 minutes
● Group training, "Flags" relay races	30 minutes
● Rip Current Review: Read, Recognize, & Respond	10 minutes
● Rescue buoy swimming	30 minutes
● Paddle Board Rescue techniques	30 minutes
● Beach Run	10 minutes
● Clean up: Facilities and equipment maintenance	10 minutes
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	180 minutes

Wednesday 6/12/2019; 07/17/2019

● Warm up and workout	20 minutes
● Group skills training, beach flags	60 minutes
● Teams project: competition intro	30 minutes
● Beach Safety & Prevention: Handling unsafe behaviors	20 minutes
● Beach Safety & Prevention: Dealing with the Public Professionally	20 minutes
● Board paddling skills: entry, reaching patient, signaling, return	20 minutes
● Clean up: Facilities and equipment maintenance	10 minutes
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	180 minutes

Thursday 6/13/2019; 07/18/2019

● Warm up and workout	20 minutes
● Group skills training: competition event introduction	10 minutes*
● Group Skills training: event practice	50 minutes*
● Jet Ski introduction and sled ride if conditions <1'.	60 minutes*
● Beach Flags relay	30 minutes
● Read, React, & Respond: Rescue from start to finish	50 minutes
● Clean up: Facilities and equipment maintenance	10 minutes
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	180 minutes

Week 3

Tuesday 06/18/2019; 07/23/2019

● Warm up and workout	20 minutes
● Iron Guard / race practice	60 minutes
● Read, React, & Respond Review	20 minutes
● Radio communications: activating EMS	30 minutes
● Rescue Tube Rescues: Rescue conscious & unconscious victims	20 minutes
● Paddle Board rescues: Rescue conscious & unconscious victims	20 minutes
● Clean up: Facilities and equipment maintenance	10 minutes
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	180 minutes

Wednesday 06/19/2019; 07/24/2019

● Warm up and workout	20 minutes
● Group skills training, competition event practice	60 minutes
● CPR class	60 minutes
● First aid / CPR teams	30 minutes

- Clean up: Facilities and equipment maintenance 10 minutes

180 minutes

Thursday 06/20/2019; 07/25/2019

- Warm up and workout 20 minutes
- First aid / Marine life 30 minutes
- Beach Safety & Prevention: concept reviews 20 minutes
- Beach safety & Prevention: Put it all into Practice 60 minutes
- Clean up: Facilities and equipment maintenance 10 minutes
- Certificate Ceremony & End of Season Party..... 40 minutes

180 minutes

