

SOUTH BETHANY JUNIOR GUARDS 2016

The South Bethany Junior Lifeguard Program is designed to help you learn the skills necessary to protect you and others during your summer vacation at the beach. Here are some of the things that we will be learning in the program....

WHAT IS THE JUNIOR LIFEGUARD PROGRAM?

Whether you choose to do one session or all 8 sessions, you will be given instructions in first-aid, CPR, ocean safety, rescue techniques, and physical fitness. All of our Junior lifeguards will be supervised by South Bethany Beach Patrol members. You must be between the ages of 9-15, and have prior swimming experience.

SAFTEY

It is our duty as lifeguards to maintain the well being of the patrons of our beach. Therefore, we emphasize the importance of following the beach rules in order to keep each other safe. Respecting one another, physical conditioning, and team work can help make our learning environment a safe and fun place!

GOALS AND OBJECTIVES

- The children will learn CPR and first-aid in order to handle themselves safely in a variety of ocean situations.
- The children will participate in recreational activities in order to be in the best physical shape needed to be a lifeguard.
- The children will work together to perform different lifeguard duties in order to build confidence, team work, and self respect.

ACTIVITIES

- **PHYSICAL ACTIVITIES:** Beach flags, sprints (land and water), tug a war, push-ups, pull-ups, core strengthening, yoga, team games, and paddle boarding.
- **HEALTH AND SAFETY ACTIVITIES:** CPR, first-aid, environmental safety, nutrition.
- **OCEAN LIFESAVING ACTIVITIES:** Preventative lifesaving skills, rescue training, ocean currents, hazards, distressed swimmers, and mock rescues.