



FOR IMMEDIATE RELEASE

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Registration Now Open for January 23-March 13 North Myrtle Beach Ocean Rescue Junior Lifeguard Program

North Myrtle Beach, SC – December 1, 2017 – Registration is now open for the city's January 23-March 13 Ocean Rescue Junior Lifeguard program. All classes are at the North Myrtle Beach Aquatic & Fitness Center.

The program focuses on people ages 10-15 who enjoy the beach and ocean, and who would like to develop ocean lifeguard skills. For successful participants, the program can also offer a path to eventual seasonal employment as one of the city's Ocean Lifeguards (age 16-plus).

The North Myrtle Beach Public Safety Department sponsors the program and Beach Patrol Officers teach the classes. Several trained and experienced Ocean Lifeguards also assist in teaching the program.

Participants engage in fun physical exercises that encourage them to work in teams, build confidence, and learn lifesaving skills.

The schedule is as follows:

PRETEST - January 20, 3:00 p.m.

Pretest at the North Myrtle Beach Aquatic & Fitness Center. Those who have not previously completed the program and do not participate on a swim team will perform a 50-yard (two laps in the pool) swim test. Participants do not have to be fast swimmers but they must demonstrate that they are comfortable in the water in order to ensure a safe and fun learning environment.

Lesson 1 - January 23 – All Lessons 6:30 p.m.-8:15 p.m.

Welcome and Orientation, Recognizing Emergencies, Victim Recognition, Lifeguard

Lesson 2 - January 25

Knowing your Environment, RID Factor, Surveillance and Scanning, Throwing Assists

Lesson 3 - January 30

General Procedures, Entering the Water, Entries and Approaches

Lesson 4 - February 1

Procedures for an Emergency, Primary Assessment

Lesson 5 - February 6

Emergency Action Plan, Rescues at or Near the Surface

Lesson 6 - February 8

Educating Others, Conflict Resolution, FIND Model, Injury Prevention, Submerged Victim Shallow Water

Lesson 7 - February 13

Walking Assist, Two Person Removal from Water, Escapes

Lesson 8 - February 15

Conscious Choking, Ventilations, Unconscious Choking

Lesson 9 - February 20

The Cardiac Chain, Cardio Pulmonary Resuscitation, Using an Automated External Defibrillator

Lesson 10 - February 22

Facility Safety Check, Preparation for Shadowing, Currents

Lesson 11 - February 27

Handling Difficult Situations, Aquatic Hazards,

Lesson 12 - March 1

First Aid, Secondary Assessment

Lesson 13 - March 6

Head, Neck and Back Injuries

Lesson 14 - March 8

Survival Floating, Preparation for Shadowing, Skills Review

Lesson 15 - March 13

Course Review, Written Assessment, Final Skills

The cost for the program is \$25, which includes a backpack, rash-guard swim shirt, and a Junior Lifeguard manual.

To learn more about the program, please call Lifeguard Coordinator May Lauzon at (843) 503-3086

Register for the Junior Lifeguard Program at the North Myrtle Beach Aquatic & Fitness Center, 1100 2nd Avenue South.

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