

# Welcome to 2023 Junior Lifeguards!

Please review this packet before the beginning of camp as it has important information about:

- 1) The NEW Daily Check In/Out Procedure and Inclement Weather Emergencies
- 2) CPR Training Days
- 3) Ride the Tide Special Event
- 4) 2023 Junior Lifeguard Games
- 5) Shadowing
- 6) Daily Topics

## REMINDER:

There will be NO Jr Guard Camp on Tuesday July 4<sup>th</sup>.

We will meet instead on Monday, July 3<sup>rd</sup>.

Please contact Program Coordinator May Lauzon with any questions. [melauzon@nmb.us](mailto:melauzon@nmb.us) 843-281-3820

## Daily Safety Practices and Inclement Weather Emergencies

### Daily Check-In/Out Process:

Safety is our priority and we want to make sure each JG goes home with the right adult. At the beginning of each session, Jr Guards will check themselves in at the Check In/Out Table under the tents set up on Main Street beach. At the end of each session, Junior Lifeguards will only be dismissed once they have been checked out.

Junior Lifeguards may be checked out either by:

- 1) Parents/Guardians who pull into the Main Street Horseshoe will wave down the Jr Guard Instructor in a yellow rashguard who will be waiting in the parking lot towards the end of the session. The instructor will radio over to the Check In/Out Table and the Junior Guard will be dismissed from the beach.
- 2) Junior Lifeguards may line up at the check out tent at the end of the session to check themselves out *only if* they can see their Parents/Guardians nearby on the beach. For faster checkout, parent/guardians may come up to the table up to 10 minutes before the end of camp.

### Inclement Weather:

If dangerous weather (lightning, high winds) is forecasted to take place during camp, we will cancel the camp ahead of time that morning. This announcement will be made by

7:30am that day via an automated text message (see below.) We will still run the camp if we are experiencing light rain.

If dangerous weather arrives unexpectedly during the camp, we will immediately take shelter under the Main Street Pavilion adjacent to the Main St Horseshoe. Regular activities will resume after the weather passes. Should weather be severe enough to cancel the rest of class, an announcement will be made via text message and Junior Lifeguards will be checked out from that location.

For text message alerts, please text the following code to the number 81010:

Summer Camp 1: @jrguardc

Summer Camp 2: @jrguardca

## **CPR and First Aid Training**

This will take place from **9am-12pm** at the J. Bryan Floyd Community Center on Possum Trot Road. Junior Lifeguards can bring a snack or lunch if they would like. They may also wear regular clothes. Please see below for which day your child will meet for CPR training.

### **SUMMER CAMP 1:**

#### Tuesday June 20<sup>th</sup>:

Wahoos (ages 9-12) CPR Training, J Bryan Floyd Community Center 9am-12pm

Makos (ages 13-15) Regular Junior Lifeguard activities, Main St Beach 8:30-10:30am

#### Thursday June 22<sup>nd</sup>:

Wahoos (age 9-12) Regular Junior Lifeguard activities, 8:30-10:30am

Makos (ages 13-15) CPR Training, J Bryan Floyd Community Center 9am-12pm

### **SUMMER CAMP 2:**

#### Tuesday July 25<sup>th</sup>:

Wahoos (ages 9-12) CPR Training, J Bryan Floyd Community Center 9am-12pm

Makos (ages 13-15) Regular Junior Lifeguard activities, Main St Beach 8:30-10:30am

#### Thursday July 27<sup>th</sup>:

Wahoos (age 9-12) Regular Junior Lifeguard activities, 8:30-10:30am

Makos (ages 13-15) CPR Training, J Bryan Floyd Community Center 9am-12pm

If you have more than one Junior Lifeguard in the program and they are in different age groups, they are welcome to go to CPR training together on the same date and come to the beach on the other day.

# ***Ride The Tide***

**(Age 13+ only)**

Our older group of Jr Lifeguards will have an opportunity to “Ride the Tide.” **Makos (age 13-15) will meet at Main St beach at 7:45am on the date below.** The city will provide chaperoned round-trip transportation to the 63<sup>rd</sup> Avenue North area in our city. Once there, Jr Lifeguards will learn about this area’s unique challenges and dynamic beach environment. They will be transported back to Main Street beach before the end of camp that day and can be picked up at regular time, 10:30am. If you have more than one Junior Lifeguard and they are in separate age groups, both can be dropped off at 7:45 that day. Instructors will be present to supervise at that time.

**Summer Camp 1:**

Thursday June 29

**Summer Camp 2:**

Thursday August 10

Please contact Program Coordinator May Lauzon with any questions. [melauzon@nmb.us](mailto:melauzon@nmb.us) 843-281-3820

# 6<sup>TH</sup> ANNUAL JUNIOR LIFEGUARD GAMES

## Saturday, August 5<sup>th</sup>, 9:00am start

**Please arrive by 8:30am so that we can get everyone checked in and warmed up.** Families are welcome to stay and watch, but we ask that they set up outside the coned off area. Participants from BOTH camps are invited to participate. The Junior Lifeguard Games feature three events:

- 1) Run/Swim/Run relay
- 2) Mock rescue: pairs of Jr Lifeguards will race to “rescue” one another in the ocean
- 3) Beach Flags: This sprinting game, which is loved by lifeguards worldwide, involves sprinting to pick up a “flag” in rounds like musical chairs

## Shadowing

**Who:** Junior Lifeguards of all ages and from both camps may shadow real NMB Ocean Lifeguards and it is completely optional!

**What:** Shadowing gives Junior Lifeguards the opportunity to see what lifeguards do during the day, and they might be able to observe the lifeguard assisting someone in need. Junior Lifeguards are taught that they will not be hands-on in any rescue scenario while shadowing.

**Where:** Junior Lifeguards should come to the Beach Services warehouse located at 1024 6<sup>th</sup> Ave South to get assigned to a lifeguard. They will then be given a paper with their lifeguard’s name and tower location.

**When:** Jr Lifeguards should come to the Beach Services warehouse at 9:00am on Saturdays to be assigned a lifeguard to shadow. Junior Lifeguards can shadow on the beach from 9:30am-11:30am.

Junior Lifeguards may begin shadowing after they complete two weeks of Jr. Lifeguard camp.

**For Summer Camp 1, participants may start shadowing on June 24<sup>th</sup>. Summer Camp 2 participants may begin shadowing July 29<sup>th</sup>.**

**How:** Once Junior Lifeguards are assigned to a lifeguard, the parent/guardian of the Junior Lifeguard will transport them to the assigned lifeguard tower. The parent/guardian will also be responsible for picking up the Junior Lifeguard at 11:30.

SUMMER 2023 JR. LIFEGUARD SCHEDULE & TOPICS

**Camp 1: June 13-July 6th**  
**WAHOOS- AGES 9-12**

*All camp sessions take place at Main Street Beach, 8:30am-10:30am except when otherwise indicated. Daily topics are subject to change.*

**Note: There is no class on Tuesday, July 4<sup>th</sup>! We will hold class on Monday, July 3<sup>rd</sup> instead.**

**Day 1-** June 13: Introduction, Lifeguard Equipment, Entering the Water Safely

**Day 2-** June 15: Preventing, Recognizing and Responding to an Emergency, Surf Conditions Observations

**Day 3-** June 20: **CPR & First Aid Day. 9am-12pm, J Bryan Floyd Community Center**

*If families have participants in both the Wahoos and Makos, they may choose to have both siblings go to CPR training on either day regardless of age group.*

**Day 4-** June 22: Sun Safety, Basic Rescues, Intro to Paddleboards

**Day 5-** June 27: Paddleboards, Eco Awareness, Passive Victim Rescues

**Day 6-** June 29: Intro to Jr Guard games: Run/Swim/Run Relay and Beach Flags

**Day 7-** July 3: Paddleboards, Eco Awareness, Passive Victim Rescues

**Day 8-** July 6: Code X, Painting Trashcans

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**MAKOS- AGES 13-15**

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**Day 2-** June 15: Preventing, Recognizing and Responding to an Emergency, Surf Conditions Observations

**Day 3-** June 20: Sun Safety, Basic Rescues, Intro to Paddleboards

**Day 4-** June 22: **CPR & First Aid Day. 9am-12pm, J Bryan Floyd Community Center**

*If families have participants in both the Wahoos and Makos, they may choose to have both siblings go to CPR training on either day regardless of age group.*

**Day 5-** June 27: Paddleboards, Eco Awareness, Passive Victim Rescues

**Day 6-** June 29: Makos only! **Ride the Tide: Please arrive at Main St. by 7:45am** so we can have city-provided transportation to the Point in Cherry Grove for a unique lesson. Returning transport is also provided and all Jr Guards will be back at Main St before check out time at 10:30am. Instructors will be present to supervise any Wahoos that need to be dropped off early this day, and Wahoos will have their usual 8:30am-10:30am session at Main St.

**Day 7-** July 3: Intro to Jr Guard games: Run/Swim/Run Relay and Beach Flags

**Day 8-** July 6: Code X, Personal Watercraft Demonstrations

## SUMMER 2023 JR LIFEGUARD SCHEDULE & TOPICS

### **Camp 2: July 18-August 10<sup>th</sup>**

### **WAHOOS- AGES 9-12**

*All camp sessions take place at Main Street Beach, 8:30am-10:30am except when otherwise indicated. Daily topics are subject to change.*

**Day 1-** July 18: Introduction, Lifeguard equipment, Entering the Water Safely

**Day 2-** July 20: Preventing, Recognizing and Responding to an Emergency, Surf Conditions Observations

**Day 3-** July 25: **CPR & First Aid Day. 9am-12pm, J Bryan Floyd Community Center**

*If families have participants in both the Wahoos and Makos, they may choose to have both siblings go to CPR training on either day regardless of age group.*

**Day 4-** July 27: Sun Safety, Basic Rescues, Intro to Paddleboards

**Day 5-** August 1: Paddleboards, Eco Awareness, Passive Victim Rescues

**Day 6-** August 3: Intro to Jr Guard games: Run/Swim/Run Relay and Beach Flags

**Day 7-** August 8: Paddleboards, Eco Awareness, Passive Victim Rescues

**Day 8-** August 10: Code X, Painting Trashcans

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**Day 2-** July 20: Preventing, Recognizing and Responding to an Emergency, Surf Conditions Observations

**Day 3-** July 25: Sun Safety, Basic Rescues, Intro to Paddleboards

**Day 4-** July 27: Paddleboards, Eco Awareness, Passive Victim Rescues

**Day 5-** August 1: Intro to Jr Guard games: Run/Swim/Run relay and Beach Flags

**Day 6-** August 3: **CPR & First Aid Day. 9am-12pm, J Bryan Floyd Community Center**

*If families have participants in both the Wahoos and Makos, they may choose to have both siblings go to CPR training on either day regardless of age group.*

**Day 7-** August 8: Code X, Rescue Watercraft Demonstration (conditions permitting)

**Day 8-** August 10: Makos only! **Ride the Tide: Please arrive at Main St. by 7:45am** so we can have city-provided transportation to the Point in Cherry Grove for a unique lesson. Returning transport is also provided and all Jr Guards will be back at Main St before check-out time at 10:30am. Instructors will be present to supervise any Wahoos that need to be dropped off early this day, and Wahoos will have their usual 8:30am-10:30am session at Main St.