

South Walton FIRE DISTRICT
**2012 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

Five (5) week program activities will be held every Tuesday, Wednesday, and Thursday beginning June 19, 2012 and ending July 19, 2012

Daily activities will be divided into two sessions as follows:

Morning session - 9:00 am until 11:45 am for 9, 10 and 11 year olds.

Afternoon session – 12:15 pm until 3:00 pm for 12, 13, 14, and 15 year olds.

Where

Activities will commence daily with a team meeting at Ed Walline Beach Access which is located at the south end of CR 393.

Safety

The South Walton Junior Lifeguard Program will be under the supervision of Gary Wise, South Walton Fire District Beach Safety Director and South Walton Fire District Professional Lifeguards.

Program participants will be instructed in many aspects of beach and water safety and environmental topics.

Qualifying for boys and girls ages 9 – 15

Registration is limited. There is a swimming ability guideline that must be met prior to participating in this program. All participants 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 **FREESTYLE** in 3 minutes or less
- 12 - 13 years old: must swim 150 yards **FREESTYLE** in 4 minutes or less
- 14 - 15 years old: must swim 200 yards **FREESTYLE** in 5 minutes or less
- All participants must tread water for a minimum of 1 minute

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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 buoy's, kayak and landlines
- Snorkeling

Educational Activities

- Understanding the Beach Safety Warning Flags
- Understanding rip currents and marine life
- Health - sun safety, exercise, and nutrition
- Being a Lifesaver – what to do during a rescue – identify, notify, respond
- Weather, environmental safety
- First Aid / CPR / AED overview
- Medical emergency competition – beach related case scenarios
- PWC (personal water craft) rescue swimmer crew person instruction
- Lifeguard for a day



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STEP 1: REGISTRATION

Please complete the attached Registration/Waiver form and mail or fax to:

BEACH SAFETY DIRECTOR
SOUTH WALTON FIRE DISTRICT
911 N CR 393
SANTA ROSA BEACH, FL 32459
FAX 850-267-3294

STEP 2: ATTEND SWIM TRYOUTS

JR. LIFEGUARD SWIM TRYOUTS
will be held at
Ed Walline Park, Santa Rosa Beach
South end of County Highway 393

Friday, May 18, 2012 at 3:30 pm
Saturday, May 19, 2012 @ 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

Per Child: \$140.00 Each additional child per family: \$125.00

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.

The following items are included in the enrollment fee:

- On pair of board shorts
- One sun protective rash guard

Uniforms are required to be worn during the Junior Lifeguard Program as a safety precaution.

The enrollment fee also includes an end of season cookout and awards presentation.

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JUNIOR LIFEGUARD PROGRAM – SUMMER 2012

PLEASE PRINT

REGISTRATION / WAIVER FORM (COMPLETE ONE APPLICATION PER CHILD)

JUNIOR LIFEGUARD INFORMATION

Child's Name _____ Date of Birth _____ Age as of 6/1/12
(Proof of Age Required)

School Attending in Fall 2012 _____ Grade _____

PARENT/GUARDIAN CONTACT INFORMATION

Parent or Legal Guardian Name _____

Address _____ City _____ State _____ Zip _____

_____ (_____) _____ (_____) _____
Email Home Phone Cell Phone

If other than listed above please list: _____ (_____) _____
Daytime Emergency Contact Name Emergency Contact Phone

UNIFORMS

*** Board Short sizes are based on your child's waist measurement. Please select your child's waist measurement below. ***

Shorts: Girls	<input type="checkbox"/> Size 1 (24")	<input type="checkbox"/> Size 3 (25.5")	<input type="checkbox"/> Size 5 (27")	<input type="checkbox"/> Size 7 (28")	<input type="checkbox"/> Size 9 (29")
Boys	<input type="checkbox"/> 24"	<input type="checkbox"/> 26"	<input type="checkbox"/> 28"	<input type="checkbox"/> 30"	<input type="checkbox"/> 32"
Rash Guard: Youth	<input type="checkbox"/> YXSmall	<input type="checkbox"/> YSmall	<input type="checkbox"/> YMedium	<input type="checkbox"/> YLarge	<input type="checkbox"/> YXLarge
Adult	<input type="checkbox"/> AXSmall	<input type="checkbox"/> ASmall	<input type="checkbox"/> AMedium	<input type="checkbox"/> ALarge	<input type="checkbox"/> AXLarge

MEDICAL INFORMATION

If your child is taking medication or using an inhaler, please notify the Junior Lifeguard Program supervisors in writing. Additionally, if your child has any medical condition that may preclude participation in certain physical activities, please advise us as to the limitations. This is for your child's benefit. All information will be kept confidential.

PARENT/LEGAL GUARDIAN CONSENT

I hereby give my son/daughter/legal ward permission to participate in the Summer 2012 South Walton Fire District Junior Lifeguard Program. I understand that participants in the program are not employees of South Walton Fire District and will not be covered for any injury or claim of any type while participating in this program.

PARENT / LEGAL GUARDIAN SIGNATURE _____ DATE _____

Please mail or fax this form to:
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SANTA ROSA BEACH, FL 32459
FAX 850-267-3294