

# Flagler Beach Junior Lifeguards

City of Flagler Beach, Florida



## Junior Lifeguard Parent Handbook 2018

“What parents NEED to know!”

# Flagler Beach Junior Lifeguard Parent Handbook

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## 2018 PROGRAM DATES

Session 1: Junior Lifeguard Camp	June 4 – June 8	9:30am – 12:30pm
Session 2: Surf and kayak Camp	June 11 – June 15	9:30am – 12:30pm*
Session 3: Junior Lifeguard Camp	June 18 – June 22	9:30am – 12:30pm
Session 4: Surf and kayak Camp	June 25 – June 29	9:30am – 12:30pm*
Session 5: Junior Lifeguard Camp	July 9 – July 13	9:30am – 12:30pm
Session 6: Surf and kayak Camp	July 16- July 20	9:30am – 12:30pm*
Session 7: Junior Lifeguard Camp	July 23 – July 27	9:30am – 12:30pm
Session 8: Surf and kayak Camp	July 30 – August 3	9:30am – 12:30pm *
Saturday Competition Camp	June 2, 9, 16, 23, 30	9:30am – 12:30pm **
	July 7, 14, 21	9:30am – 12:30pm **
	August 4	9:30am – 12:30pm **
Regional Competition	July 28	All day at Flagler Beach
National Competition	August 8	All day at Virginia Beach

**\*Camp has limited enrollment. Camp location will be announced.**

**\*\*Students must have successfully completed swimming skills assessment.**

## 2018 PROGRAM LOCATION

Flagler Beach Pier

U.S. Highway A1A  
1 block south of Route 100  
Flagler Beach

### PHONE NUMBERS

Flagler Beach City Hall: (386) 517-2000  
Fax: (386) 517-2008  
Email: [tgillin@cityofflaglerbeach.com](mailto:tgillin@cityofflaglerbeach.com)  
All Emergencies: 911

### MAILING ADDRESS

City of Flagler Beach Junior Lifeguards  
105 South 2<sup>nd</sup> Street  
Post Office Box 70  
Flagler Beach, FL 32136

### INTERNET ACCESS

**Web site:** [www.cityofflaglerbeach.com](http://www.cityofflaglerbeach.com)

# MISSION STATEMENT

**The mission of the Flagler Beach Junior Lifeguard program is to provide high quality water safety education and physical conditioning for high performance in lifeguard skills.**

The Junior Lifeguard program introduces young people to safe marine and aquatic recreational opportunities, while improving young people's physical conditioning, understanding and respect for the environment, and respect for themselves, their parents, and their peers.

Our mission is accomplished by engaging in instruction and practice in open water swimming, paddle boarding, body surfing, surfboard riding, kayaking, snorkeling, and self rescue. Respect for the environment is increased by the understanding gained with daily physical contact with the environment and through lecture and discussion of pertinent marine and aquatic topics. Junior Lifeguard students increase respect for themselves through their personal progress and accomplishments. Respect for others is increased by collaboratively working with other youths in a team building environment under the watchful eye of compassionate, certified Junior Lifeguard instructors.

## Camp Descriptions

**Junior Lifeguard Camp:** (Sessions 1,3,5 and 7) The City of Flagler Beach Junior Lifeguard Camp is open to students ages of six to fifteen. It is a traditional Junior Lifeguard Camp Program which stresses ocean safety, physical fitness, teamwork, and basic Junior Lifeguard competition skills. Students will learn skills in CPR, First Aid, basic ocean rescue, ocean safety, surfing, and beach competition events. Camp activities may be quite strenuous which is why a doctor's signature is required attesting to the physical health of all participants.

The Junior Lifeguard Camp involves deep water swimming activities conducted in a lifeguard supervised environment. In order to participate in such activities all prospective students **must** demonstrate the minimum skills required to insure their safety. **These skills include (1) swimming 100 yards in deep water in less than 2 minutes 30 seconds, (2) treading in deep water for two minutes, and (3) retrieving a submerged object from a depth of 5 feet.** Skill testing will be held on June 2nd, 9<sup>th</sup>, 16<sup>th</sup>, and 23rd from 8:00am to 9:00am at The Belle Terre Swim and Racquet Club in Palm Coast. Please understand that if a child is unable to physically complete all

phases of testing, he or she may still participate in the **Junior Lifeguard Camp**, but will be limited in certain ocean swimming activities. When surf conditions are favorable, students will have the opportunity to practice swimming skills in a controlled shallow water environment. This is done for the safety of the child, as well as the success of the program. Exceptions to normal program hours for special events will be announced.

**Competition Camp:** This camp experience is open to participants who have successfully completed the swimming skills assessment test and are interested in being part of the Flagler Beach Junior Lifeguard Competition Team. Camp activities will focus on official Junior Lifeguard competition events. All participants will have the opportunity to compete in a Junior Lifeguard Regional Competition on July 28<sup>th</sup> at Flagler Beach and the Junior Lifeguard national competition on August 8<sup>th</sup> at Virginia Beach. **ALL PARTICIPANTS must meet the Junior Lifeguard Camp swimming requirements in order to enroll in the Competition Camp.**

**Surf and Kayak Camp:** (Sessions 2, 4, 6 and 8) The City of Flagler Beach Surf and KayakCamp will introduce participants to the sport of surfing, bodyboarding and ocean kayaking. Participants will learn basic techniques in the ocean environment. Please keep in mind that the selection of skills to be taught each day (surfing, bodyboarding, kayaking) will be dependant on the ocean conditions on that particular day. Therefore, we cannot guarantee a minimum amount of activity time in any one discipline. **ALL PARTICIPANTS must meet the Junior Lifeguard Camp swimming requirements in order to enroll in the Surf and Kayak Camp.**

**Parent Responsibilities:** It is the sole responsibility of each parent or guardian to ensure safe travel for their child to and from the Junior Lifeguard Program. We strongly encourage parent carpools to our local special events and competitions. The City of Flagler Beach and the Junior Lifeguard Program are not responsible for students outside of scheduled program hours and activities. Parents are responsible for their children immediately prior to and immediately following scheduled program hours. Parents are expected to be prompt at dropping-off and picking-up their Junior Lifeguards. Please remind children to be ready for pick-up with all their gear promptly at dismissal.



# INSTRUCTORS

The Junior Lifeguard Program is taught by professional ocean rescue Lifeguards. The lifeguards have extensive experience and rigorous training in surf and ocean rescue, beach safety, first aid, and CPR. The instructors also have teaching experience with children. Several guest lecturers (local Flagler Beach marine experts) also share their knowledge and experiences with the Junior Lifeguards. Safety and education while having fun are our primary objectives.

There will be a minimum of one paid instructor per 12 participants. One Junior Lifeguard program director will be on duty to supervise all camp activities during hours of operation.

**The following are the names, roles, and titles of the Junior Lifeguard management staff:**

Tom Gillin	Recreation Director / City of Flagler Beach
Hannah Ferreira	Program Director

# ENROLLMENT

Enrollment in the Junior Lifeguard Program is first come - first served. Due to the popularity of the program, enrollment is expected to fill to capacity quickly. **Students are considered enrolled in the program when the Junior Lifeguard office receives the completed application/release of liability form, physicians release form, and full payment of the tuition fees.** Your cancelled check is your tuition receipt.

**Note:** It is necessary to submit the program fees with the application/waiver form in order to ensure your child's place in the Junior Lifeguard Program. Failure to do so prevents the reservation of a spot for your child.



# Registration

Registration and skill testing is scheduled for Saturday mornings during the month of June at The Belle Terre Swim and Racquet Club in Palm Coast. Applicants for the Junior Lifeguard or Competition camp should come prepared to take the swimming skills assessment test. No child may be registered until the entire application packet is complete. **This includes a physician's release form which must include the physician's signature and stamp.** Application packets may be downloaded from The City of Flagler Beach Website at [www.cityofflaglerbeach.com](http://www.cityofflaglerbeach.com).

For applicants who do not live in the Flagler Beach area, application packets may also be mailed or faxed (386-517-2008) to the City of Flagler Beach. The swimming skills assessment form must be completed at any 25-yard swimming pool by a **certified** lifeguard or swimming instructor. Completed assessment forms must include the signature and contact information of the lifeguard or instructor who administers the assessment.

Note: Junior Lifeguards who have passed the swim test in summers past are not required to retest. New campers may take the swim test on the following dates:

Saturday, June 2	8:00 A.M. – 9:00 A.M.	Belle Terre Swim and Racquet Club, Palm Coast
Saturday, June 9	8:00 A.M. – 9:00 A.M.	Belle Terre Swim and Racquet Club, Palm Coast
Saturday, June 16	8:00 A.M. – 9:00 A.M.	Belle Terre Swim and Racquet Club, Palm Coast
Saturday, June 23	8:00 A.M. – 9:00 A.M.	Belle Terre Swim and Racquet Club, Palm Coast

## **Camp registration may be submitted on the following dates:**

May 31 and June 1 from 4:00P.M. – 7:00P.M. Flagler Beach City Hall Comission Room. After May 31, registration can be completed at Flagler Beach City Hall (105 South 2<sup>nd</sup> Street, Flagler Beach) Monday through Friday between the hours of 8:30 am and 4:30 pm.



## ATTENDANCE

Attendance is taken daily. Regular attendance is encouraged and will allow students to fully benefit from the program. Please notify your child's group instructor if your child will be absent for more than two days in a row.

## PARTICIPATION IN ACTIVITIES

**STUDENTS ARE ENCOURAGED TO PARTICIPATE IN ALL REGULAR PROGRAM ACTIVITIES.** Parents should be aware that rigorous physical exercise and ocean swims are a daily part of the program. If a student is unable to participate in certain activities, the student should give a note (from a parent or guardian) to one of the instructors first thing in the morning. Exercise and activities will vary depending on age, size, strength, ability, confidence level, and ocean conditions. Students may not experience the same activities during camp. Paddleboards and other equipment require body weight and strength. Instruction will be differentiated for students, based on readiness and skill level. If you have questions, please see one of the instructors.

## AGE REQUIREMENTS

The age requirement for the **Junior Lifeguard Camp** is six to fifteen years of age on the first day of instruction. Much of the training will be in one large group; however, the participants will often be divided into two or three smaller groups. The groups are primarily based on age; but size, strength, swimming ability, and confidence are also considered.





## JUNIOR LIFEGUARD DAILY ITENERARY

Each Junior Lifeguard Counselor will follow a daily schedule of planned activities which will give the participants the learning experiences outlined in the Junior Lifeguard weekly curriculum. Parental guardians should be aware that factors such as inclement weather, ocean conditions, availability of guest lecturers, and other educational opportunities may alter the daily schedule at any given time.

## UNIFORMS

We require students to wear a junior lifeguard t-shirt for team camaraderie and for safety. **The t-shirts allow the instructors to safely monitor the children and distinguish them from non-Junior Guard participants. Junior Guards must wear the required uniform in order to participate.**

**Student's required t-shirt will be available the first day of camp.** One white JG t-shirt is included in the tuition fees for the student's first camp session.

**Note: Please write your child's name on his or her t-shirt and all other personal gear.** We are trying to reduce our lost and found pile!

### **Instructor Uniforms**

Lifeguard instructors are distinguished by the official City of Flagler Beach lifeguard uniform.

## **2018 PROGRAM FEES**

**\$80.00 per session for Junior Lifeguard and Competition Camps**

**No reduced rates** are possible if your child cannot attend a full session. **You may not split sessions.**

**There will be a \$20.00 entry fee for anyone participating in the Southeast Regional Junior Lifeguard Competition. Competition will be in Flagler Beach on Saturday, July 28.**

The tuition fees include a Junior Lifeguard uniform t-shirt, lectures, instruction, beach activities, and use of equipment. At a cost of only \$5.33 per hour for Junior Lifeguard Camp, our program costs less and includes much more than similar Junior Lifeguard Programs in Florida.

## **REFUND POLICY**

- Student injuries that occur during the program that preclude the student's continuation in the program will be given a pro-rated refund based upon the remaining number of days in the program, including the date of injury.
- There is no refund of fees for students suspended (1-3 days) or for students who are removed from all further activities for disciplinary reasons.

# DISCIPLINE

## Student Discipline for Minor Incidents

For the Junior Lifeguard Program to be successful, **students must exhibit behavior that is respectful of our staff, other students, equipment and facilities.** Group activities are vital to our program. A student who is disruptive or disrespectful to instructors diminishes the enjoyment and education of the other students.

The intent of discipline is to gain compliance while instructing the student in acceptable behavior; therefore, please familiarize your Junior Lifeguard with the following expected behaviors:

- Respect of instructors and other staff
- Respect of other students: no shoving, hitting or insulting
- Respect the facilities, equipment and property of others
- Cooperation with others and good sportsmanship
- Following all safety rules and instructions
- Listening quietly to directions and announcements
- Participation in activities
- Reporting problems to instructors

The progressive steps of discipline are as follows:

1. When a minor discipline situation occurs, the student will be counseled about the situation and given an explanation of what behavior change is expected.
2. If a subsequent incident occurs, the student will be asked to take a **"TIME OUT"**. A **"TIME OUT"** is a period of five to ten minutes that the student spends quietly reflecting on the incident. After the **"TIME OUT"** the student is allowed to rejoin the group activity.
3. If a student has a series of discipline situations in the same day or over several days, the lead instructor will inform the student's parent or guardian about the situation.
4. If a student continually disregards the instructors or shows little or no improvement with steps 1 through 3, the student will be suspended from the program for one day. The parent or guardian of the student will be informed that the student has been suspended. There will be no prorated refund of fees.

5. If, after suspension, the student's behavior is still not acceptable, the parent or guardian of the student will be informed that the student may no longer attend any of the program's activities during the camp session. There will be no refund of fees.

Major first-time incidents may progress the student directly to step 4 or step 5 of the above procedures. Major incidents would include:

- Truancy
- Insubordination
- Fighting with another student or other person
- Unlawful or non-consensual touching of another person
- Stealing the property of another
- Vandalism of equipment or facilities
- Any behavior which compromises safety

Any time a major behavior problem occurs, the Recreation Director shall be advised and the parents will be notified immediately.

### **TUITION ASSISTANCE & DONATIONS**

A limited amount of tuition assistance is available. If your child, or the child of someone you know, cannot participate in the Junior Lifeguard Program without tuition assistance, please contact us for a Tuition Assistance Application.

Due to limited funding, tuition assistance is only available for a limited number of students per session. Tuition assistance is on a first come-first served basis during regular enrollment periods. Tuition assistance is based on completion of tuition assistance application.

The City of Flagler Beach is happy to be able to provide you with the finest of Junior Lifeguard Programs. However, as our Junior Lifeguard Program grows, support is needed for educational opportunities, equipment, and supplies. There are also many deserving youths in our community who need tuition assistance. If you or your business is interested in making a donation to our Junior Lifeguard Program, please contact Tom Gillin, Recreation Director.

## JUNIOR LIFEGUARD DAILY REQUIREMENTS

All Junior Lifeguard Team participants will report to the Flagler Beach Pier Monday - Friday at 9:30 a.m. SHARP and will leave the beach at 12:30 p.m. SHARP. Parents and guardians are responsible for their children after program hours! Parents should contact the Junior Lifeguard Office (386) 276-0402 if an emergency prevents prompt pick up of a student.

**NOTE:** Special events may have different reporting times and locations.

Junior Lifeguards should be on time, in full uniform, and prepared for a full day on the beach (i.e.: sand, sun, fog, cold weather, cold water, exercise, lectures, etc.). It is important that all Jr. Lifeguards have sunscreen on at least fifteen minutes prior to arrival at the beach. The City of Flagler Beach and its employees are not responsible for the effects of damaged skin due to exposure to the sun.

### Junior Lifeguards should bring the following items to the beach everyday:

Boogie board, fins, etc. (Hard surfboards are not permitted)	optional
Warm clothing/towel	recommended
Back pack (to keep all your stuff together)	recommended
Be in uniform (JG t-shirt)	<b>required</b>
Sun protection (sunscreen)	<b>required</b>
Foot protection (sandals, shoes, booties, etc...)	<b>required</b>
Positive & enthusiastic attitude	<b>required!!!</b>

## SPECIAL ACCOMMODATIONS

Prospective students desiring special accommodations or services under the *Americans with Disabilities Act* should notify the Recreational Director at least sixty (60) days prior to the start of the program, or as soon as reasonably possible.

## **NOTICE OF NONDISCRIMINATORY POLICY**

City of Flagler Beach Junior Lifeguard Program admits students of any race, color, national or ethnic origin to all the rights and privileges, programs, and activities generally accorded or made available to students in the program. The City of Flagler Beach does not discriminate on the basis of race, color, national and ethnic origin in administration of educational policies, scholarships, athletic and other programs.

## **COMMENTS & SUGGESTIONS**

Your comments, suggestions, input, and ideas on our program are welcome and greatly appreciated. Please feel free to email the program director at [tjillin@cityofflaglerbeach.com](mailto:tjillin@cityofflaglerbeach.com). You can also phone, fax, write, or just stop by!