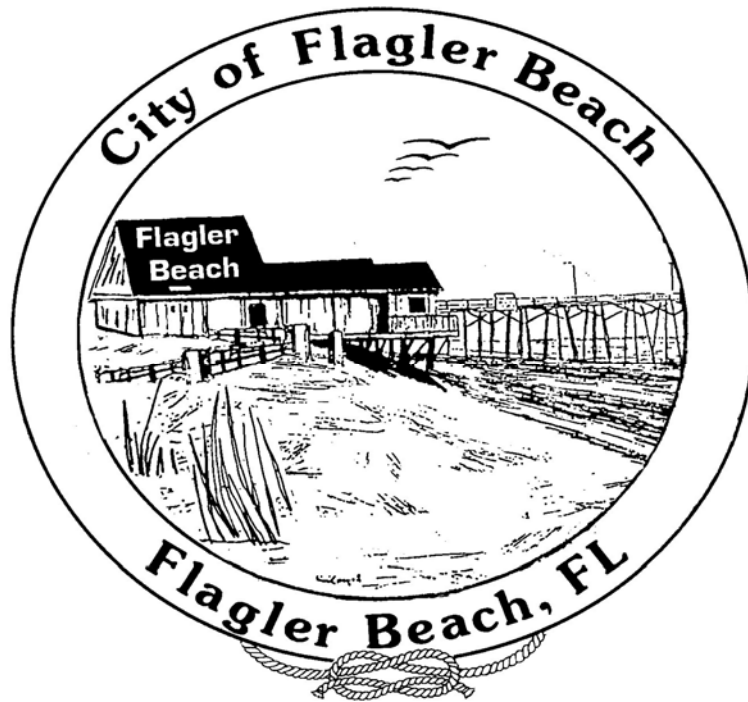


Flagler Beach Junior Lifeguards

City of Flagler Beach, Florida



Junior Lifeguard Parent Handbook 2012

“What parents NEED to know”

Flagler Beach Junior Lifeguard Parent Handbook

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2012 PROGRAM DATES

Session 1: Beach/Competition Camp	June 11 – June 15	9:30am – 12:30pm
Session 2: Beach/Competition Camp	June 18 – June 22	9:30am – 12:30pm
Session 3: Beach/Competition Camp	June 25 – June 29	9:30am – 12:30pm
Session 4: Beach/Competition Camp	July 9 – July 13	9:30am – 12:30pm
Session 5: Beach/Competition Camp	July 16 – July 20	9:30am – 12:30pm
Session 6: Advanced Camp	July 23 – July 27	9:30am – 12:30pm
Session 7: Surf & Kayak Camp	July 30 – August 3	9:30am – 12:30pm *
Session 8: Outdoor Adventure Camp	Aug 6 – Aug 10	9:30am – 12:30pm

Summer's End Luau: August 3 6:00pm
Luau Rain Date (In case of bad weather) August 4 6:00pm

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

2012 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
Recreation Office: (386) 517-2031
Fax: (386) 517-2008
Email: tgillin@cityofflaglerbeach.com
All Emergencies: 911

MAILING ADDRESS

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

INTERNET ACCESS

Web site: www.cityofflaglerbeach.com

MISSION STATEMENT

The mission of the Flagler Beach Junior Lifeguard program is to provide quality water safety education.

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

The mission is accomplished with activities including 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. Increased respect for themselves is gained through their personal progress and accomplishments. Respect for others is increased by contact with compassionate instructors and by working with other youths in a team building environment.

Camp Descriptions

Competition Camp: (Sessions 1 Through 5) The City of Flagler Beach Junior Lifeguard Competition Camp is open to students from the age of nine through 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 such skills as CPR, First Aid, basic ocean rescue techniques, ocean safety, surfing, and competition events. Camp activities may be quite strenuous and all participants should be in excellent physical health.

The Competition Camp is not a "learn to swim" school. Therefore, prospective students **must** demonstrate the minimum skills needed to benefit from the Competitive Program. In order to participate in **The Junior Lifeguard competition camp** or the **Surf & Kayak Camp**, applicants must pass a basic deep water skills screening test in a swimming pool. 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. Skills testing is scheduled on Saturday mornings from 8:00 to 9:00 at The Belle Terre Swim and Racquet Club in Palm Coast on June 2, 9, 16, 23, and 30. *Please understand that if a child is unable to physically complete all phases of testing, he or she may still participate in the **Beach Camp** program, but will be limited in certain ocean swimming activities. This is done for the safety of the child, as well as

the success of the program. Exceptions to normal program hours will be announced for special events.

Beach Camp: (Sessions 1 through 5) Beach Camp is open to all elementary and middle school students. Fundamental concepts of ocean safety are stressed as participants are introduced to many beach recreational activities. The camp curriculum stresses fun and safety in an ocean environment. Activities include beach games, ocean safety information and team building skills. There are no swimming skill requirements for students to participate in the **Beach Camp**. Parents should be aware that many of the activities will be dependent upon weather and surf conditions.

Advanced Camp: (Session 6) The City of Flagler Beach Advanced Camp is open to all young adults ages 14 and 15, who have completed at least one session of Competition Camp. Participants will have opportunities to learn advanced lifeguarding techniques and develop many of the basic skills necessary to become an ocean lifeguard. Students will also have the opportunity to “shadow” an ocean lifeguard in order to gain a working knowledge of the duties and responsibilities of an ocean rescue lifeguard.

It should be noted that completion of this camp **will not** certify any participant as a trained lifeguard. The skills learned are intended to be a prerequisite for those students interested in pursuing a professional lifeguard certification from an accredited organization such as The American Red Cross, Y.M.C.A, or The United States Lifesaving Association.

Surf & Kayak Camp: (Session 7) The City of Flagler Beach Surf & Kayak Camp will introduce participants to the sports of surfing and kayaking. Participants will learn basic techniques of kayaking and surfing in ocean environments. **ALL PARTICIPANTS must meet the Competition Camp swimming requirements in order to enroll in the Surf & Kayak Camp.** Camp sessions will be limited to 12 participants. ***Once this camp is filled to capacity, an additional camp session may be added at a different time during the day.**

Exact schedule may vary depending on weather conditions. Program location will be announced on the prior day.

Outdoor Adventure Camp: This camp focuses on basic hiking and camping skills. The session will end with a three mile beach hike to Gamble Rogers State Park and an overnight campout. Participants will need to supply their own tents and sleeping bags.

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 program does not cover parent carpooling, however carpool lists are made available for your convenience.

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 and interpretation 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 activities during all 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
Joe Zeagler	Lifeguard Captain
Rodney Harshbarger	Camp 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.

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 Competition or Surf/Kayak camps 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.

For applicants who do not live in the Flagler Beach area, application packets may also be mailed or faxed (386-517-2048) to the City of Flagler Beach. The swimming skills assessment form may 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: Campers who have passed the swim test in summers past are not required to do a retake. New campers may take the swim test at the following dates:

Saturday, June 2nd	8:00 A.M. – 9:00 A.M.	Belle Terre Swim and Racquet Club, Palm Coast
Saturday, June 9th	8:00 A.M. – 9:00 A.M.	Belle Terre Swim and Racquet Club, Palm Coast
Saturday, June 16th	8:00 A.M. – 9:00 A.M.	Belle Terre Swim and Racquet Club, Palm Coast
Saturday, June 23rd	8:00 A.M. – 9:00 A.M.	Belle Terre Swim and Racquet Club, Palm Coast
Saturday, June 30th	8:00 A.M. – 9:00 A.M.	Belle Terre Swim and Racquet Club, Palm Coast

Camp registration may be done on the following dates:

June 11th – 15th 4:00P.M. – 7:00P.M. Flagler Beach City Hall Commission Room

ATTENDANCE

Attendance is taken daily. Regular attendance is encouraged and will allow students to fully benefit from the program. Please notify Coach Harshbarger or 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 for the children depending on their age, size, strength, ability, confidence level, and ocean conditions. Students may not experience the same opportunities as other students who may utilize paddleboards and other equipment, which require body weight and strength. If you have questions, please see one of the instructors.

AGE REQUIREMENTS

The age requirement for the **Junior Lifeguard Competition Camp** is nine to fifteen years of age on the first day of instruction. The age requirement for **Beach Camp** participants is five to thirteen years. 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, 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. Parents should be aware that, due to factors such as inclement weather, ocean conditions and educational opportunities, daily schedules may be altered at any given time.

UNIFORMS

We require students to wear a uniform for team camaraderie and for safety. **The uniforms 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 uniform (available on the first day of camp)

Note: One white JG t-shirt is included in the initial tuition fees.

Note: Please write your child's name on his or her uniform and all other personal gear. We are trying to reduce our lost and found pile!

Instructor Uniforms

Lifeguard instructors are distinguished from assistants and students by the official City of Flagler Beach lifeguard uniform.

2012 PROGRAM FEES

\$50.00 per student / per session

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

The tuition fees include a Junior Lifeguard uniform t-shirt, lectures, instruction, beach activities, use of equipment. Our program costs less and includes much more than similar Junior Lifeguard Programs in Florida and is far less expensive than most summer camps.

It's fun and it's a great deal!

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, as well as our equipment and facilities.** Group activities are vital to our program. A student who is disruptive to group activities and 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 all instructions.
- Listening quietly to directions and announcements.
- Participation in activities.

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. 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. Scholarship and 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 Competition 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 in the case of emergency circumstances where they are unable to pick up their children on time so that supervision can be provided.

NOTE: Special events may have different reporting times and locations. **See Season End Luau (p 12).**

All Jr. LGs are encouraged to participate in all activities, unless they have notes from their parents saying otherwise. 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. LGs 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.

JG's should bring the following items to the beach everyday:

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

JUNIOR LIFEGUARD DAILY ITINERARY

Parents will receive a session schedule at the beginning of each session. This is a tentative schedule and will be subject to change due to weather and surf conditions or as new educational opportunities become available. During periods of inclement weather, The Wickline Center will be used for indoor activities.

Season's End Luau

When: Friday, August 3rd

Where: Wickline Park

Activities: End of Season Cookout

Parents, families, and friends are always welcome.

Families will be asked to contribute either a side dish, dessert, or drink. Instructors will demonstrate their mastery of the grill by cooking hamburgers and hotdogs.

SPECIAL ACCOMMODATIONS

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

BEACH WHEELCHAIR

In order to better serve all members of the public who wish to participate in recreation and educational activities at Flagler Beach, an all-terrain "Beach Wheelchair" has been

purchased to lend to visitors. The wheelchair has been specifically designed to be pushed across sand and along the water's edge on order to serve those who seek coastal access but are limited by injury or permanent disability. It features large balloon tires and a stainless steel frame for durability.

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 at 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 program-administered 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. You can also phone, fax, write, or just stop by!