

Volusia County Beach Safety Ocean Rescue Junior Lifeguards



Parent Handbook 2020

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VOLUSIA COUNTY JUNIOR LIFEGUARD MISSION STATEMENT



"SKILLS FOR LIFE"

We are a team of professional Lifeguards, providing a fun and safe aquatic education to the youth of Volusia County by developing:

- Confidence
- Mental and physical fitness
- Respect for one another and the coastal environment

Introduction To The Volusia County Junior Lifeguard Program

Welcome to the Volusia County Junior Lifeguards!

The Volusia County Junior Lifeguard Program is regarded as one of the finest open water safety training programs for children and young adults in the nation. Since being established in 1990, our primary goal is to provide "skills for life" for Volusia County's youth. Our spiraling curriculum ensures that Junior Guards (JGs) do activities and training that are appropriate to their age group and that they have an incentive to return year after year to take part in new and exciting activities. Some JGs even elect to continue their training and become Scouts, Seasonal Lifeguards or even full time Beach Safety Specialists or Senior Lifeguards.

The program provides an important aquatic education for the youth of Volusia County. Activities include: swimming, running, body surfing, body boarding, surfing, kayaking, stand-up paddling and water rescue training. Our program emphasizes personal safety, self-confidence, teamwork, goal setting, leadership, healthy habits, and environmental awareness. Both competitive and cooperative activities play an important role in the development of these skills and attributes. Additional subjects covered include beach ecology, surf and marine hazards, and practical training in first aid including: CPR, wound dressing, and steps for spinal injury treatment.

The program is part of Beach Safety Ocean Rescue, a division of the Volusia County Public Protection Department. All instructors are required to be active duty lifeguards who leave their beach rescue duties for the summer to help educate Volusia County's youth. The program maintains an excellent team of instructors who are screened, selected and trained for their assignment with the program. All instructors are United States Lifesaving Association (USLA) certified open-water lifeguards. In addition, each is either a certified Emergency Responder or Emergency Medical Technician. The energy, high level of training and rescue experience of our lifeguard instructors is a vital component to the Volusia County Junior Lifeguard experience.

This Field Training Guide (FTG) will assist you in planning for upcoming camps. Use the FTG to help you understand the program's policies, procedures and requirements. Parents/Guardians, we encourage you to review the FTG regularly with your JG. Once again, welcome to the Volusia County Junior Lifeguards.

2020 TRY OUTS:

Dates and Locations

Saturday, May 9:

Deltona YMCA: 8-10am
DeLand YMCA: 11am-1pm
Port Orange YMCA: 2-4pm

Saturday, May 30:

Edgewater YMCA: 8-10am
DeLand YMCA: 11am-1pm
Ormond YMCA: 2-4pm

Saturday, May 16:

Ormond YMCA: 8-10am
Cypress Aquatic Center: 11am-1pm
Port Orange YMCA: 2-4pm

Saturday, June 6:

Cypress Aquatic Center: 9am-12pm

Saturday, June 13:

Cypress Aquatic Center: 9am-12pm

Saturday, May 23:

Ormond YMCA: 8-10am
Cypress Aquatic Center: 11am-1pm
Edgewater YMCA: 2-4pm

2020 CAMPS:

Dates and Locations

Camp 1:

June 8-12
Andy Romano Park, Ormond Beach
839 S. Atlantic Ave., Ormond Beach

Camp 2:

June 15-19
207 Buenos Aires Ave., New Smyrna

Camp 3:

June 22-26
Frank Rendon Park
2655 S. Atlantic Ave., Daytona Beach Shores

Camp 4:

July 6-10
Andy Romano Park, Ormond Beach
838 S Atlantic Ave., Ormond Beach

Camp 5:

July 13-17
Frank Rendon Park, Ormond Beach
207 Buenos Aires Ave., New Smyrna

Camp 6: (Advanced Camp)

July 20-31
Ponce Inlet
5000 S Atlantic Ave., Ponce Inlet

Camp Descriptions

Junior Lifeguard Camp: (Sessions 1-5) The Volusia County Junior Lifeguard Camps are open to students ages nine to fifteen. It is a traditional Junior Lifeguard 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, surfing, and beach competition events. Camp activities will be quite strenuous, which is why a signed release 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 (a) swimming 100 yards in deep water in less than 2 minutes 15 seconds, (b) treading in deep water for five (5) minutes, and (c) swimming under water for ten (10) meters. Please understand that if a child is unable to physically complete all phases of testing, he/she will NOT be able to participate in the camps. This is done for the safety of the child, as well as the success of the program.

Advanced Camp

Advanced Camp: The Advanced Camp is held at the Jetty in Ponce Inlet each year. Those JGs, who have participated in at least two (2) camps successfully and have been identified by instructors as having strong aquatic skills, are eligible to participate. Students will be exposed to further development in a variety of areas. These areas include, but are not limited to, beach ecology/oceanography/marine life, EMS skills for lifeguards and daily water activities. The water activities can include open water paddles and swims. Students will tour the Marine Science Center and the Ponce Inlet Lighthouse. Students will participate in simulated rescues and learn lifeguard tower procedures. This camp is especially valuable to those who are considering a lifeguard position. It is also interesting and rewarding for any JGs who have a passion for the ocean and beach environment.

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 County of Volusia 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 JGs. 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 Volusia County marine experts) also share their knowledge and experiences with the JGs. Safety and education, while having fun, are our primary objectives.

There will be a minimum of one paid instructor and 2 – 3 scouts per 10 participants. One Junior Lifeguard Program Coordinator will be on duty to supervise all camp activities during hours of operation.

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 they pass the try-outs and enroll online at www.Volusia.org.

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

In order to register for the Junior Lifeguard Program, visit our website at <http://www.volusia.org/services/public-protection/beach-safety/lifeguard-corps/junior-lifeguard-program.shtml>. You will then click on "Online Registration" which will take you to a separate page. In the upper right corner you will click on "Sign In". If you already have an account with Volusia.org you can sign in; if you do NOT, then you will choose "Create an Account". NOTE: Please be sure to "add a member" which will be your child when creating your account. This is IMPORTANT, because you need to be able to choose their name as the person attending camp.

Once this step is complete, you can choose the location and week you would like to sign your child up for and register them online. The process will ask you for their uniform sizes, allow you to pay online with a credit card and will have you sign a waiver. Once this is all complete, you will receive a confirmation email.

Volusia County Junior Lifeguard

General Orders

In order for the Junior Lifeguard Program to provide a safe and effective learning environment, all Junior Guards are required to follow these rules:

Directions: Please return a copy signed to your Junior Lifeguard Instructor the first day of the program.

1. Arrive ON TIME and in uniform with required gear in your gear bag.
2. DO NOT bring any valuables. (Examples: I-Pods, jewelry, money, etc.)
3. Cell Phones are NOT allowed to be used during class time.
4. A note is required from the JG's parent/guardian to be excused.
5. DO NOT wear JG uniform outside of class.
6. ALWAYS throw away your trash and any you see.
7. Respect fellow JGs.
8. Exhibit good sportsmanship at all times.
9. JGs should ALWAYS be polite, courteous, and respectful to all. Address the instructors by their appropriate title: "Mr., Miss"
10. Answer all questions with "yes", rather than "yeah", "yep", etc.
11. Do not use JG equipment without permission and treat all JG equipment with extreme care.
12. Do not take other people's things without permission.
13. Do not engage in inappropriate behavior or use inappropriate language or hand gestures.
14. Remain alert at all times and be responsible for your own safety.
15. Always use the "buddy system" (3 people).
16. JGs will ALWAYS wear HELMETS when riding bikes, NO EXCEPTIONS!
17. Always act immediately upon the request of instructors and scouts.
18. Remember: Junior Lifeguards represent the County of Volusia!

"I have read the Junior Lifeguard General Orders and I agree to follow them. I understand that violating any of the Junior Lifeguard General Orders, may result in disciplinary action."

JUNIOR LIFEGUARD SIGNATURE _____

PARENT SIGNATURE _____

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 JG 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 Junior Lifeguard Program Coordinator shall be advised and the parents will be notified immediately.

Uniform Policy and Requirements

Junior Lifeguards (JGs) must report in the required uniform each day. JGs not conforming to policy will not be allowed to participate that day. For safety reasons, there will be **NO EXCEPTIONS!**

1. All JGs must wear a Volusia County uniform t-shirt or uniform rash guard. **No other shirts or rash guards are permitted.**
2. Girls must wear a Volusia County Junior (VCJR) Lifeguard Issued One Piece Suit.
3. **Girls may only wear red shorts** over their suits. **Shorts may not have any trim or designer logos.** Small brand tags are acceptable.
4. Boys must wear red shorts. **Shorts may not have any trim or designer logos.** Small brand tags are acceptable.
5. All shorts must be worn appropriately and around the waist. Boys may not have any undergarments showing.
6. Additional recommended items include: proper foot protection (athletic style shoes or sandals), sunscreen, a pen, and Field Training Guide (FTG).
7. Any optional uniform items must be official VCJR issue.
8. Finally, all personal gear should be marked with your first and last name on the **outside for easy identification.** The VCJR Program and Staff are not responsible for any lost uniform items or personal property.
9. For safety reasons, **JGs are not permitted to wear any jewelry** during JG operations.

Public Relations

When JGs are wearing their uniform, they represent the County of Volusia. Consequently, JGs are expected to be on their best behavior. Many members of the public recognize the Volusia County Junior Lifeguard uniform. Citizens looking for information may approach JGs. JGs are expected to answer questions from the public politely and correctly. If they do not know the answer, they should refer the citizen to an instructor or another lifeguard.

Occasionally, JGs may be present during emergencies on the beach. During emergencies, crowds often gather, creating a complicated situation for lifeguards and other rescue personnel. To avoid interfering with emergency personnel, JGs should immediately go to their instructors and wait for direction. Scouts (older Junior Lifeguards) may be asked, by their instructors, to help with an emergency. JGs assisting with emergency incidents are expected to behave responsibly and to follow directions exactly.

Maintaining a positive relationship with the public is a top priority of Beach Safety Ocean Rescue. The Junior Lifeguard Program is a critical component of this relationship. All of our uniformed personnel, including our JGs, should view themselves as ambassadors of the County of Volusia.

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 a day.

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 Program is nine (9) to fifteen (15) 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 Itinerary

Each Junior Lifeguard Instructor 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.

2020 Program Fees

The cost is \$150.00 per session, for the Junior Lifeguard Camps. The Advanced Camp is \$200.00. 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. The tuition fees include a Junior Lifeguard uniform t-shirt, lectures, instruction, beach activities, and use of equipment.

Refund Policy

Refunds for the Junior Lifeguard Camp registration will be processed in the event your child is unable to attend due to unexpected reasons, i.e. Illness, injury, etc. Accommodations to switch camps will also be performed as long as spots are available in the desired camp. You **MUST** send an email to jrlifeguard@volusia.org to make this request.

Junior Lifeguards should bring the following items to the beach EVERYDAY:

Boogie board, fins, etc. (Hard surfboards are not permitted)	Optional
Towel	REQUIRED
Gear Bag (to keep all of your stuff together)	REQUIRED
Be in Uniform (JG rash guard)	REQUIRED
Sun Protection (sunscreen)	REQUIRED
Foot Protection (sandals, shoes, booties, etc.)	Optional
Positive & Enthusiastic Attitude	REQUIRED!!!

Special Accommodations

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

Notice of Nondiscriminatory Policy

The County of Volusia 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 County of Volusia 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 Coordinator at jrlifeguard@volusia.org. You can also phone, fax, write, or just stop by!

Beach Safety Tips

The most common reason for aquatic problems is a lack of safety knowledge. Volusia County Lifeguards recommend the following safety tips:

1. Learn to swim and never swim alone.
2. Swim near a lifeguard.
3. Ask a lifeguard about the conditions before entering the water.
4. Children should be supervised closely, even when lifeguards are present.
5. Do not rely on flotation devices such as rafts; they may be lost while in the water.
6. Swim parallel to shore if you wish to swim long distances.
7. Scuba dive only when trained and certified and within the limits of your training.
8. While in the water, never turn your back to the ocean; large waves can come without warning.
9. Protect your head, neck, and spine-do not dive head first into unfamiliar waters.
10. Follow posted regulations and lifeguard instructions.
11. No glass containers at the beach. Broken glass and bare feet do not mix.
12. Keep beach fires in designated areas. Fire residue and superheated sand can severely burn bare feet. Keep barbeques elevated above the sand at least 12".
13. Report hazardous conditions to lifeguards or beach management personnel.
14. Stay clear of coastal bluffs. They can collapse and cause injury.
15. Substances that impair judgment don't mix well with ocean activities.
16. Rip Currents:
 - Rip currents are the most threatening natural hazard along our coast. They pull victims away from the beach. The USLA has found that 80% of the rescues made by ocean lifeguards involve saving those caught in rip currents.
 - Rip currents are sometimes mistakenly called "rip tides" or "undertows." These terms are incorrect. Rip currents are not associated with tides and do not pull people under.
 - Avoid swimming where rip currents are present. However, if you are caught in a rip current, swim parallel to the shore (don't swim against the current) until the pull stops and then swim back to shore. If you are unable to return to the beach, remain calm, tread water, and wave for lifeguard assistance.
 - To avoid rip currents, stay at least 100 feet away from piers and jetties. Rip currents often exist along the side of fixed objects in the water.

KNOTS

SQUARE KNOT



FIGURE EIGHT IN A BIGHT



FIGURE EIGHT



OVERHAND



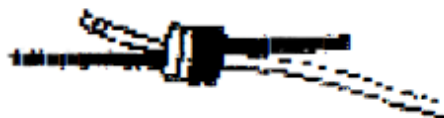
CLOVE HITCH



BOWLINE



DOUBLE FISHERMANS



Phonetic Alphabet

A	Alpha
B	Bravo
C	Charlie
D	Delta
E	Echo
F	Foxtrot
G	Golf
H	Hotel
I	India
J	Juliette
K	Kilo
L	Lima
M	Mike
N	November
O	Oscar
P	Papa
Q	Quebec
R	Romeo
S	Sierra
T	Tango
U	Uniform
V	Victor
W	Whiskey
X	X-Ray
Y	Yankee
Z	Zulu

SMART GOALS:

Specific

Measurable

Attainable

Relevant

Time Frame