

# Flagler Beach Junior Lifeguards

City of Flagler Beach, Florida



## Junior Lifeguard Parent Handbook 2021

“What parents NEED to know!”

**Flagler Beach Junior Lifeguard  
Parent Handbook**

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## **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**

Website: [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 recreational opportunities and the ocean environment, while improving their physical conditioning, understanding and consideration 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, and self-rescue. Respect for the environment is increased by the understanding gained with daily physical contact with the ocean and through lecture and discussion of pertinent marine topics, such as the importance of coastal ecosystem conservation. 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, USLA certified lifeguard instructors.



Image: Two Junior Lifeguards performing practice rescues

# 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, hence 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**
- (3) retrieving a submerged object from a depth of 5 feet**

Skill testing will be held on **May 30th, June 6th, 13th, 20th, and 27th** 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, they 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:** (Meets every Friday)

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 meets every Friday during the summer and activities will focus on official Junior Lifeguard competition events. All participants will have the opportunity to compete in a Junior Lifeguard Competition on July 17th in Hollywood, Florida. **ALL PARTICIPANTS must meet the Junior Lifeguard Camp swimming requirements in order to enroll in the Competition Camp.**

## **Beach Camp:** (Sessions 2, 4, 6 and 8)

The City of Flagler Beach Camp will introduce participants to the ocean beach environment through exposure to ocean conditions. Participants will experience fun beach activities while gaining an understanding about ocean safety and developing an appreciation for our unique beach environment. Participants will learn about the importance of Florida's unique coastal marine ecosystems. Please keep in mind that the selection of skills to be taught each day will be dependent on the ocean conditions on that particular day. Therefore, we cannot guarantee a minimum amount of activity time in any one discipline.

**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  
Isabella Herrera

Recreation Director / City of Flagler Beach  
Junior Lifeguard 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.



Image: Beach camp participants learning surfing skills from lifeguards

# 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 participants may take the swim test on the following dates:

Saturday, May 29 8:00 A.M. – 9:00 A.M. Belle Terre Swim & Racquet Club

Saturday, June 5 8:00 A.M. – 9:00 A.M. Belle Terre Swim & Racquet Club

Saturday, June 12 8:00 A.M. – 9:00 A.M. Belle Terre Swim & Racquet Club

Saturday, June 19 8:00 A.M. – 9:00 A.M. Belle Terre Swim & Racquet Club

Saturday, June 26 8:00 A.M. – 9:00 A.M. Belle Terre Swim & Racquet Club

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

May 26th and 28th from 4:00P.M. – 6:00P.M. at Flagler Beach City Hall (105 South 2<sup>nd</sup> Street, Flagler Beach)

After May 28th, registration can be completed at Flagler Beach City Hall Monday through Friday between the hours of 8:30 a.m. and 4:30 p.m.

## **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 ITINERARY

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:** distinguished by official City of Flagler Beach lifeguard uniforms.

# 2021 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. The Competition site is set to be in Hollywood Beach, Florida on July 17th, 2021.**

The tuition fees include a Junior Lifeguard uniform t-shirt, lectures, instruction, beach activities, and use of equipment. Additional training hours may be scheduled for individuals competing in regional and national competitions.

## 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

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 Program and Recreation Directors 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, the 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! If an emergency prevents the prompt pick up of a student, contact the Program Director at 386 – 283 – 1811 !**

**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.). Junior Lifeguards should 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. ( <b>Hard surfboards are not permitted</b> )	optional
Warm clothing/towel	recommended
Backpack / bag (to keep all your stuff together)	recommended
Healthy snacks	recommended
Water (recommended: bring a <i>reusable</i> water bottle!)	<b>required</b>
Be in uniform (JG t-shirt)	<b>required</b>
Sun protection (sunscreen)	<b>required</b>
Foot protection (sandals, shoes, booties, etc...)	<b>required</b>

## COVID-19 PROCEDURES

In order to provide for the safest environment for all Junior Lifeguard Camp Participants, the following COVID-19 precautionary guidelines will be followed:

1. Parents will pick up and drop off Participants at the walkover steps located on the north side of The Funky Pelican Restaurant. Campers will be evaluated upon sign-in which will include temperature check and documentation. Campers will then proceed to the beach for opening activity. All opening activities will adhere to CDC recommended six-foot social distancing guidelines.
2. Each camp session will be limited to 20 participants. Camp will be divided into two groups of 10. Each group will be supervised by two counselors. Groups will stay together and will not intermingle throughout the day. Counselors will be supervising the same group for the duration of the week.
3. All camp activities will be conducted outside. Activities will be modified to comply with CDC social distancing guidelines.
4. In the case of inclement weather, activities will be conducted using the two multipurpose rooms located on the north side of the Wickline Center building. Participants will be provided face masks and activities will comply with CDC social distancing guidelines.
5. All activity equipment used will be used individually and will be disinfected daily.
6. Campers will be instructed to bring their own snacks and water bottles.
7. Campers will be reminded and required to wash their hands properly before exiting the bathroom.
8. Any camper known to have COVID-19 or has symptoms must be removed from camp. They may return to camp after:
  - i. 10 days since symptoms first appeared **and**
  - ii. 24 hours with no fever without the use of fever-reducing medications **and**
  - iii. Other symptoms of COVID-19 are improving\*

*\*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*

Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when your child can be around others based on his or her test results.

## **WATCH FOR SYMPTOMS**

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

## **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, athletics 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 Recreation or Program directors at:

[tjillin@cityofflaglerbeach.com](mailto:tjillin@cityofflaglerbeach.com)

[bellaaherreraa@gmail.com](mailto:bellaaherreraa@gmail.com)

You can also phone, fax, write, or just stop by!