

# Flagler Beach Junior Lifeguards

City of Flagler Beach, Florida



## Junior Lifeguard Parent Handbook 2026

“What parents NEED to know!”

# Flagler Beach Junior Lifeguard Parent Handbook

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## 2026 PROGRAM DATES

Session 1: Junior Lifeguard Camp	June 1 – June 5	10:00am – 1:00pm
Session 2: Junior Lifeguard Camp	June 8 – June 12	10:00am – 1:00pm
Session 3: Junior Lifeguard Camp	June 15 – June 19	10:00am – 1:00pm
Session 4: Junior Lifeguard Camp	June 22 – June 26	10:00am – 1:00pm
Session 5: Junior Lifeguard Camp	July 6 – July 10	10:00am – 1:00pm
Session 6: Junior Lifeguard Camp	July 13- July 17	10:00am – 1:00pm
Session 7: Junior Lifeguard Camp	July 20 – July 24	10:00am – 1:00pm
Session 8: Junior Lifeguard Camp	July 27 – July 31	10:00am – 1:00pm

Regional Competition	TBA	TBA
National Competition	TBA	TBA

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

## 2026 PROGRAM LOCATION

Ocean Rescue Headquarters      220 S. 4<sup>th</sup> Street, Flagler Beach

### PHONE NUMBERS

Junior Lifeguard: (386) 285-5181  
City Hall: (386) 517-2000  
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

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

# Flagler Beach Junior Lifeguard Parent Handbook

## 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.**

Our mission is to foster a safe and enriching environment through open water instruction. We cultivate respect for the environment through hands-on experiences and education about marine life, CPR, and basic rescue training. Junior Lifeguards build self-esteem through personal growth and teamwork, development respect for themselves and others under the guidance of certified instructors.

## Camp Descriptions

**Junior Lifeguard Camp:** (Sessions 1-8) 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 ensure their safety. **These skills include (1) swimming 100 meters in deep water without stopping, (2) treading in deep water for two minutes, and (3) retrieving a submerged object from a depth of 5 feet.** Skill testing may be done at any one of the following dates:

Saturday, May 30	8:00 A.M. – 9:00 A.M.	Belle Terre Swim and Racquet Club, Palm Coast
Saturday, June 6	8:00 A.M. – 9:00 A.M.	Belle Terre Swim and Racquet Club, Palm Coast
Saturday, June 13	8:00 A.M. – 9:00 A.M.	Belle Terre Swim and Racquet Club, Palm Coast
Saturday, June 20	8:00 A.M. – 9:00 A.M.	Belle Terre Swim and Racquet Club, Palm Coast
Saturday, June 27	8:00 A.M. – 9:00 A.M.	Belle Terre Swim and Racquet Club, Palm Coast

Please understand that if a child is unable to physically complete all phases of testing, he or she may still participate in **BEACH CAMP**, this is a less rigorous camp that focuses on game-based activity. 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.

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**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.



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## 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  
Carmella Cuccinello

Recreation Director / City of Flagler Beach  
Program Director / Flagler Beach Junior Lifeguards

## 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.



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## Registration

Swimming skills 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 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.

Registration can be completed at Flagler Beach City Hall (105 South 2nd Street, Flagler Beach) Monday through Friday between the hours of 8:30 am and 4:30 pm. Registrations are accepted until camp is full. **Please Note:** We will NOT accept payments on the day of camp. ALL payments must be submitted to Flagler Beach City Hall.

## 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.

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## Age Requirements

The age requirement for the Junior Lifeguard Camp is 6 to 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 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.

## Junior Lifeguard Daily Requirements

**All Junior Lifeguard Team participants will report to the Ocean Rescue Central Headquarters (220 S. 4<sup>th</sup> Street), Monday - Friday at 10:00 a.m. and will be dismissed at 1:00 p.m. Parents and guardians are responsible for their children after program hours! Parents should contact the Junior Lifeguard Office (386) 285-5181 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 Junior 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.	Optional	<b>Hard surfboards are not permitted</b>
Warm clothing/towel	Recommended	
Back pack	Recommended	
Be in uniform	<b>Required</b>	Junior Lifeguard issued shirt
Foot protection	<b>Required</b>	sandals, shoes, booties, etc.
Sun protection	<b>Required</b>	sunscreen
Positive & enthusiastic attitude	<b>Required!!!</b>	

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## 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 Lifeguard participants. Junior Lifeguards must wear the required uniform in order to participate.**

**Student's required t-shirt will be available the first day of camp.** One white Junior Lifeguard 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.

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## 2026 Program Fees

There is an **\$80.00** per session for Junior Lifeguard camp.

**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 or the United States Lifesaving Association National Junior Lifeguard Competition. The Regional Competition site has yet to be determined and the competition date is tentatively set for Saturday, July 18.**

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.

## Tuition Assistance and Scholarships

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.

## 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.

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## 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.

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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.

## 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 or Suggestions

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