



Mesabi Family YMCA
Junior Lifeguard Program 2017
Parent and Participant Handbook



PROGRAM OVERVIEW

The Mesabi YMCA Junior Lifeguard Program introduces the young people of the community to safe aquatic recreational opportunities. It is a fun, but physically demanding program that provides the participants with knowledge and respect for the water and its surrounding environment. It is designed to help improve young people's physical conditioning while emphasizing the importance of safety, respect, and camaraderie.

During the course of the program the following topics will be addressed: drown proofing, physical development, lifeguard skills, CPR/first aid, and competition. All of our activities will illustrate one or more of the following learning areas : Lifesaving Skills, Leadership, Fitness, Professional Development, Communication, and Team Work. Junior Lifeguards will participate in many activities including, but not limited to; pool and open water swimming, snorkeling, beach games, and boating safety. This includes offsite trips away from the YMCA where transportation and any necessary fees are provided.

AGE REQUIREMENTS

The age requirement for Junior Lifeguards is **twelve to fifteen years of age** on the first day of the program. This is primarily based for average size, strength, ability, and confidence.

REGISTRATION : **Deadline: 24 May 2017 (Uniforms will be ordered after this date.)**

Junior Lifeguards enrolled in the previous year's program are given priority registration. After the priority registration period enrollment in the program is on a "first come, first served" basis. Due to the popularity of the program all registration is done on-line through the www.mesabiymca.org website. Enrollment is expected to fill to capacity. **Registration is contingent upon receipt of swim test verification form.**

SWIM TEST

The Junior Lifeguard program is not a "learn to swim" course; therefore prospective participants are screened at a tryout test to determine if they have the minimum skills needed to benefit from the program. Returning Junior Guards are tested to ensure that they have maintained these skills over the course of the year.

The Swim Test will consist of a 100 yard continuous swim that must be completed within 3 minutes. The first 50 yards candidates must use a front crawl, the last 50 yards candidates may use either the front crawl or breast stroke. Tread water for 2 minutes. Submerge and dive 7 feet underwater.

The swim test can be done during any lap swim or ½ lap swim time at the YMCA pool. Any lifeguard on duty at the YMCA can administer the swim test, observe performance, and if successful complete the verification form. It is the lifeguards discretion to allow or not allow a swim test pending safety considerations for activities in the pool at the time.

All Junior Guards, new and returning, must pass the swim test to be eligible for registration.

COURSE FEE : \$100.00

Includes all instruction and materials, lifeguard uniform (t-shirt and hooded pullover), cpr mask with rescue pack and rescue whistle w/junior guard lanyard, transportation and fees for field trips.

SWIM TEST DATES / TIMES

Can be administered by any Mesabi YMCA Lifeguard on duty at the facility.

Can be done during any Scheduled Lap Swim or ½ Lap Swim Time at the YMCA

PROGRAM DATES, TIMES, LOCATIONS

Session 1 : June 5-9, 2017

Session 2 : June 26-30, 2017

Session 3 : July 10-14, 2017

Monday through Friday 8:00am-12:00pm

The Junior Lifeguard Program will meet at the Mesabi YMCA. The Program begins promptly at 8:15am and ends at 12:00. Participants may arrive no earlier than 8:00am. Exceptions to normal program hours will be announced for field trips and any special events.

PARTICIPANT ARRIVAL and DEPARTURE

It is the responsibility of each parent or guardian to ensure safe travel for their child to and from the designated Junior Lifeguard Program meeting area. Please discuss a designated plan in advance with your child so they understand where, when, and who to meet.

The Mesabi YMCA is not responsible for participants outside of scheduled program hours and activities. Parents or guardians are responsible for their children immediately prior to and immediately following scheduled program hours.

Parents or guardians are expected to be prompt when dropping off and picking up their children. The program staff understands there may be some situations beyond a person's control which will cause them to arrive late to pick up their child. In the event a situation arises which will make you more than 15 minutes late, please make every attempt to notify the program staff.

Mesabi Family YMCA 218-749-8020

INSTRUCTION and SUPERVISION

The Junior Lifeguards are instructed by a qualified Lifeguard Instructor and Lifeguards. All of the instructors have successfully completed an intensive American Red Cross Open Water Lifeguard training course. Each instructor has worked in the field as a lifeguard for more than one year. Instructors are also certified in Emergency First Aid and CPR for the Professional Rescuer. All of the instructors have prior experience working with youth either as coaches or teachers. During the Program, Junior Guards are also under the watchful eye of on-duty lifeguards in addition to the close supervision provided by the instructors.

MANDATORY PARTICIPATION POLICY

The Junior Lifeguard program is not a day care program, it requires daily participation in physical activity. If your child is not fully able to participate – they have an injury or illness which inhibits participation in any given activity – please do not send your child to Junior Lifeguards. Instructors cannot maintain adequate supervision over their group when there is not full participation in each activity.

All program participants must be able to swim, enter the water readily and participate in water activities. Parents should be aware that open water (lake) swims are a part of the program. During the first class all Junior Guards must demonstrate the ability to enter the water readily and without hesitation, as well as the ability to swim a given distance without requiring instructor assistance. If after the first class your child does not demonstrate these abilities you will be asked to reconsider your child's participation in the program.

ATTENDANCE POLICY

Regular attendance is encouraged and will allow participants to fully benefit from the program. Participants are instructed on important skills and physical conditioning techniques that are introduced daily and build cumulatively throughout the course. Program fees will not be prorated or refunded for absences.

PARTICIPANT BEHAVIOR POLICY

For the Junior Lifeguard Program to be successful participants must exhibit behavior that is respectful of staff and other participants 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 diminish the enjoyment and education of the other participants. The following are expected behaviors, please familiarize your child and yourself with them.

Report to designated area on time each day wearing your Junior Lifeguard uniform.

Display the utmost courtesy to all persons with whom you come in contact.

Respect fellow Junior Lifeguards and their personal gear.

Treat all facility equipment with respect – you are responsible for the equipment you are using.

Practice good sportsmanship

NEVER make vulgar gestures or use vulgar language.

Assert a positive attitude with regards to all activities and instruction.

Give ALL instructors your full attention at all times.

Act immediately when requested by instructors and/or lifeguard personnel.

DO NOT make any false reports to your instructor regarding injury or illness. Such behavior will result in immediate expulsion from the program.

Preserve all aquatic environments, keeping it a clean and safe place.

Junior Lifeguards must remember that they represent the Program, the Mesabi YMCA and its Aquatics Department. They are role models to peers and should be courteous to the public at all times.

DAILY REQUIREMENTS

All Junior Guards will report to the designated meeting area by 0815am sharp and will leave at 1200. All Junior Guards are expected to participate in ALL activities (Field Trips are optional). Participants should be on time, in full uniform, and prepared for their session (i.e. – sun, heat, fog, cold weather, rain, exercise, classroom, etc.)

Everyday Junior Guards should:

Be in full uniform (Junior Guard t-shirt, pullover, black swimsuit).

Bring towel / warm clothing if needed (sweatshirt).

Bring a water bottle.

Bring a duffel bag/backpack for personal gear.

Positive and enthusiastic attitude.

UNIFORMS

Mesabi YMCA Junior Lifeguard participants are required to wear a uniform for team camaraderie and for safety. The uniforms allow the instructors to safely monitor the participants and distinguish them from other patrons/bystanders. All Junior Guards must wear the current year JG t-shirt. Boys must wear the designated black swim short and girls must wear the black swimsuit; one piece style. **Purchase of the suit is the responsibly of the participant.** Detailed ordering information is available from the lifeguard when you swim test or contact the Y Aquatics Director. Girls may wear black modesty shorts if they choose. Black athletic pants or leggings are allowed for cooler days if needed. Each Junior Guard will get a junior hooded pullover. All t-shirts and hooded pullovers will have a Junior Lifeguard logo applied to them. An official Junior Lifeguard t-shirt and hooded pullover with logo will be handed out the first day, this is included in your registration fee. Additional shirts can be ordered but must be done at registration. **T-shirt and hooded pullover sizes will be taken at the time of swim test.**

COURSE COMPLETION

Upon completion of the course Junior Lifeguards will be trained in Lifesaving and Lifeguarding Skills, CPR/AED for the Professional Rescuer, Emergency First Aid, Snorkeling, Boating Safety, and Swim Instructor Aide. They will learn how to work with an aquatics team and assist in water safety, empowered to teach their peers. All of this through hands-on, interactive activities, and having FUN. Candidates who complete the program will be invited to participate in special lifeguard in-service trainings throughout the following year.

We are looking forward to working with the Future of Aquatic Safety.

Chad Buggert

Mesabi YMCA Aquatics Coordinator