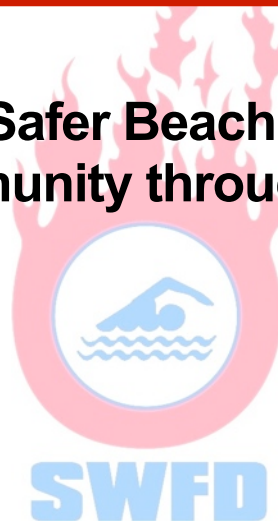


*South Walton* FIRE DISTRICT  
**2013 JUNIOR LIFEGUARD  
PROGRAM**



**“Creating a Safer Beach Environment  
for our Community through Education”**



# *South Walton* FIRE DISTRICT

## JUNIOR LIFEGUARD PROGRAM

### Goals of the Junior Lifeguard Program

- To demonstrate and teach water safety while enjoying the beach and Gulf environment
- To promote and develop future lifeguards
- To foster good sportsmanship
- To meet other young people with similar interests and develop new friendships
- To most importantly - have fun

### When

Five (5) week program activities will be held every Tuesday, Wednesday, and Thursday beginning June 18, 2013 and ending July 18, 2013

Daily activities will be divided into two sessions as follows:

Morning session - 9:00 am until 11:45 am for 9, 10 and 11 year olds.

Afternoon session – 12:15 pm until 3:00 pm for 12, 13, 14, and 15 year olds.

\* The Beach Safety Director may change this format at his discretion if safety is a consideration.

### Where

Activities will commence daily with a team meeting at Ed Walline Beach Access which is located at the south end of COUNTY HIGHWAY 393.

### Safety

The South Walton Junior Lifeguard Program will be under the supervision of Gary Wise, South Walton Fire District Beach Safety Director and South Walton Fire District Professional Lifeguards.

Program participants will be instructed in many aspects of beach and water safety and environmental topics.

### Qualifying for boys and girls ages 9 – 15

Registration is limited. There is a swimming ability guideline that must be met prior to participating in this program. All participants should be able to swim using proper freestyle form with correct breathing (face in the water) and stroke skills.

- 9 - 11 years old: must swim 100 yards **FREESTYLE** in 4 minutes or less
- 12 - 13 years old: must swim 150 yards **FREESTYLE** in 5 minutes or less
- 14 - 15 years old: must swim 200 yards **FREESTYLE** in 6 minutes or less
- All participants must tread water for a minimum of 1 minute

# South Walton FIRE DISTRICT

## JUNIOR LIFEGUARD PROGRAM

### DAILY ACTIVITIES

#### Physical Skills

- Warm up exercises, stretching
- Rescue board paddling, open water swimming
- Iron guard – run, swim, paddle, run
- Beach flags and running
- Kayak paddling, surfing, and boogie boarding
- Team relay races – rescue board, swimming, beach run, iron guard
- Rescue technique stations – rescue board, rescue buoy's, land based drills
- Snorkeling ( based on safe conditions)

#### Educational Activities

- Understanding the Beach Safety Warning Flags
- Understanding rip currents
- Health - sun safety, exercise, and nutrition
- Being a Lifesaver – what to do during a rescue – identify, notify, respond
- Weather awareness and safety
- Lifeguard for a day
- Marine Life and environmental stewardship
- First Aid / CPR / AED, medical emergency care
- PWC (personal water craft) rescue swimmer crew person instruction ( based on safe conditions)



*South Walton* FIRE DISTRICT

JUNIOR LIFEGUARD PROGRAM

Please complete the attached Registration/Waiver form and e-mail it to [gwise@swfd.org](mailto:gwise@swfd.org).  
Completed Registration/Waivers can also be mailed or faxed to:

BEACH SAFETY DIRECTOR  
SOUTH WALTON FIRE DISTRICT  
911 N COUNTY HIGHWAY 393  
SANTA ROSA BEACH, FL 32459  
FAX 850-267-3294

There will be a limit of 60 participants for the 2013 Junior Lifeguard Program. No applications will be accepted after Wednesday May 16 at 4 p.m.

JR. LIFEGUARD SWIM TRYOUTS

will be held at

Ed Walline Park, Santa Rosa Beach  
South end of County Highway 393

**Friday, May 17, 2013 @ 3:00 pm**

**Saturday, May 18, 2013 @ 9:00 am**

Parents **MUST** attend the tryouts. Please allow approximately one (1) hour for the swim portion of the tryouts.

Per Child: \$150.00      Each additional child per family: \$135.00

Registration is limited to the applicants whose completed registration/waivers are received and swim tryout standards are met. The registration fee is contingent upon your child qualifying for the SWFD Junior Lifeguard Program and will be collected after swim tryouts are completed.

Included in the enrollment fee is one sun protective rash guard that must be worn at all times during program attendance.

The enrollment fee also includes an end of season cookout and awards presentation.

*South Walton* FIRE DISTRICT

PLEASE PRINT

JUNIOR LIFEGUARD PROGRAM – SUMMER 2013

REGISTRATION / WAIVER FORM (COMPLETE ONE APPLICATION PER CHILD)

Child's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age as of 6/1/13  
(Proof of Age Required)

School Attending in Fall 2013 \_\_\_\_\_ Grade \_\_\_\_\_

Parent or Legal Guardian Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_  
Email Home Phone Cell Phone

If other than listed above please list: \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_  
Daytime Emergency Contact Name Emergency Contact Phone

Rash Guard: Youth  YXSmall  YSmall  YMedium  YLarge  YXLarge  
Adult  AXSmall  ASmall  AMedium  ALarge  AXLarge

**Board Shorts may be purchased at \$25 per pair.** Sizes are based on your child's waist measurement. Please select your child's waist measurement below.

Shorts: Girls  Size 1 (24")  Size 3 (25.5")  Size 5 (27")  Size 7 (28")  Size 9 (29")

**If your child is taking medication or using an inhaler, please notify the Junior Lifeguard Program supervisors in writing. Additionally, if your child has any medical condition that may preclude participation in certain physical activities, please**

I hereby give my son/daughter/legal ward permission to participate in the Summer 2013 South Walton Fire District Junior Lifeguard Program. I understand that participants in the program are not employees of South Walton Fire District and will not be covered for any injury or claim of any type while participating in this program.

PARENT / LEGAL GUARDIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

Please mail or fax this form to: **BEACH SAFETY DIRECTOR  
SOUTH WALTON FIRE DISTRICT  
911 N COUNTY HIGHWAY 393  
SANTA ROSA BEACH, FL 32459  
FAX 850-267-3294  
Or e-mail it to [gwise@swfd.org](mailto:gwise@swfd.org)**