

# Belle Plaine Community Pool's Junior Lifeguard Program 2014

**Dates:** June 9 – 20, Monday through Friday

**Time:** 8AM – 11AM

**Locations:** Belle Plaine Community Pool;  
Classroom (TBD)

**Cost:** \$60 / \$70 (non-resident)

**Ages:** 11 – 14

Register and pay on-line at [www.belleplainemn.com](http://www.belleplainemn.com)



## **What is the purpose of this course?**

This course will teach water safety and introduce participants to the duties and responsibilities of a lifeguard; however, this course will not certify anyone to be a lifeguard. It will build a foundation of knowledge, attitudes and skills in preparation for the American Red Cross Lifeguarding course when the student turns 15 years of age.

## **What swimming skills do I need to participate in Junior Lifeguarding?**

Successful completion requires participation in skills practice. The practice sessions will require some strenuous physical activity.

- Swim the front crawl for 25 yards continuously while breathing to the front or side.
- Tread water for 1 minute using arms and legs.
- Show a level of comfort on the back by floating on the back for 30 seconds or swimming on the back for 25 yards using elementary back stroke or back crawl.
- Submerge and swim a distance of 10 feet underwater.
- The skills evaluation will occur on the first day of the program.

## **What topics will be covered during the course?**

- Surveillance and General Procedures for a Water Emergency
- First Aid
- Care for Head, Neck, and Back Injuries
- CPR/AED (Students will receive official CPR certification through this course)
- Water Rescues
- Emergency Action Plans
- Working with Emergency Services
- Shadowing Experience

If there are any questions regarding Junior Lifeguarding, please contact Jackie Hillstrom at [jmhillstrom@gmail.com](mailto:jmhillstrom@gmail.com) or [pool@ci.belleplaine.mn.us](mailto:pool@ci.belleplaine.mn.us)