

SEA BRIGHT OCEAN RESCUE

Junior Lifeguard Program

2016

Since 2004 the Sea Bright Junior Lifeguard Program has provided a safe and fun way for children of all backgrounds to come together to learn about beach and ocean safety in a dynamic environment. Last year we had over 100 local kids participate in our Junior Lifeguard courses. Our Junior Lifeguard program opens an opportunity for children to learn respect of the ocean and personal responsibility as they are given the tools to improve upon their swimming abilities and develop high confidence levels in the surf and open water. We teach our Junior Guards how to swim, paddle and move through the water like a lifeguard. In addition our Junior Guard's learn lifesaving skills such as CPR, AED operation and First Aid. Ultimately, qualified and physically fit SBOR Junior lifeguards have the priority to become full time paid summer lifeguards when they reach their 16th birthday.



Junior Lifeguard Program Dates and Times for 2016:

We have limited space in both sessions so please register early to secure your child's spot this season. **The minimum age for registration is 8 years old.** In addition, your child must be a good swimmer and will be screened for basic swimmer competence the first day of each session. If a Junior Guard cannot pass the initial screening they will not be able to continue in the program. At a minimum they must be able to swim at an age appropriate distance in order to participate in surf zone activities. If your child can swim four laps in a 25 yard (closed water) pool without stopping, they should be able to pass the open water screening process.

Junior Lifeguard Sessions	Dates/Times
JG Session #1	July 11 th - July 22 nd Monday thru Friday 9:00 am to 12:00
JG Session #2	July 25 th - August 5 th Monday thru Friday 9:00 am to 12:00

“Nipper” Program [Session #3]

Think of the Sea Bright Ocean Rescue “Nippers” as Advanced Junior Lifeguards. Taking elements from Southern California Lifeguard Services our JG program allows qualified junior guards to work side by side with real ocean lifeguards. The word “Nipper” and the idea of lifeguards mentoring local children was born from New Zealand and Australian Surf Lifesaving Clubs. The US Nipper program was originally developed by Gary Wise (Florida SER USLA) who is a world recognized Aussie and USA lifesaving specialist. Sea Bright has adopted a proven process of training and screening for our Nipper Junior Guards, who in the end meet the same standards as any standard USLA open water lifeguard. Each Nipper will be mentored by our lifeguard personnel as they move through several qualification stages over a two week period. Nipper hopefuls must complete one regular JG session and then screen “try out” for a spot in the Nipper program. This program is open only to Junior Guards who are 12 years and older and it is only meant for the top performing Junior Lifeguards. The Nipper program is not open to B or C age groups or new enrollees that have not completed at least one USLA agency JG session in the last 365 days. Participants of the Nipper Program will be given the opportunity to earn community service hours, if needed, which can be used to fulfill any school/club requirements.

JG Session #3 “Nipper” Program	Aug 8 th thru 12 th Monday thru Friday 9:00 am to 3:00 pm Aug 16 th CPR/First aid certification course and testing Aug 18 th Nipper ocean qualification testing
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COST: \$150 per Session (JG Session #1 or #2) / \$250 for Both Session 1 and Session 2

COST: \$150 for JG Session #3 (Nipper Program) – Participants Must Qualify in either Session 1 or 2 to register.

Instructional Staff: The 2016 Junior Lifeguard program has been developed by Captain Mike Hudson and coordinated by veteran Junior Guard supervisor Kelly Megill. All of our Junior Guard Instructors are fully qualified, certified and experienced ocean lifeguards who have met all minimum standards for ocean rescue duty under Sea Bright Ocean Rescue’s USLA agency certification program.

Competitions: Is your child interested in athletic competition? Sea Bright Junior Lifeguards will participate in Local and National USLA junior lifeguard competitions held throughout the summer. The Sea Bright Junior Lifeguard Program takes great pride in the fact that we have brought home a significant number of medals while competing against other JG programs across the Mid-Atlantic Region. We will continue this tradition of competition in 2016.

Make up days/Cancellation due to weather:

If for any reason Junior Guards is cancelled due to the weather, we will allow an extra day for that missed class. If this happens during the first session, all children are allowed to make it up one day in the following session, if there is a cancellation in the second session we will add a day at the end. If a child misses a day in the first session for illness or any other complication, they will be able to make it up in the next session. However if a child misses a day in the second session there is no other time to make up class.

Clothing:

Clothing order for the Junior Lifeguard Program will be completed through an online store set up by Athlete's Alley. **All Junior Life Guard participants must purchase the minimum uniform requirement which is a rash guard. The rash guard will allow us to identify those that are participating in our Junior Guard Program as well as provide each Junior Guard sun and element protection in the water. We also strongly recommend that those who are going to compete in the tournaments purchase the bathing suit (both boys and girls) that we offer.** There will be additional items available for purchase, but these items are not mandatory for participation in the Program. The store will be open from June 20th to July 1st. Please log on to the store during this time at <https://seabrightjrguard@itemorder.com> to order your gear. **It is the family's responsibility to place their online order and purchase the required items.**



End of Season Party/Tournament:

Every year we end the junior guard program with a pizza party and tournament amongst only our Sea Bright Junior Guards! Parents will be expected to bring snacks, desserts and drinks, etc. We will provide pizza and subs. This will take place on the last day of session 2 or the following Friday. The tournament will start at 9am and go until all events are finished. All Junior Guard instructors will supervise the events. After will be the party with food and drinks!

Registration: EMAIL: You must supply an email address when registering. Email will be the primary way our junior guard coordinators will disseminate information. Please send Junior Guard Questions to sbjuniorguards@yahoo.com.