



Rogers Aquatics Center

Junior Lifeguard Class Syllabus & Registration 2020

Meets Most Tuesdays & Saturdays in April

Prerequisites

- Swim 25 yards freestyle (front crawl) continuously
- Swim 25 yards breaststroke continuously.
- Tread water for 1 minute using arms and legs.
- Swim 25 yards backstroke or float unassisted on back for 30 seconds.
- Submerge and swim 10 feet under water.
- Must be between 11-14 years old and completed the 5th grade.

Email Leanne Jacobson for More Information: ljacobson@rogersar.gov

Tuesday March 31st 5:30-7:30pm (Waterpark)

Orientation & Team Building
Causes & Prevention of Drowning
Recognize Someone Needing Help
Helping Someone in the Water
Knowing What to Look For & How to Look
Knowing Where to Look
Lifeguard/Jr Guard Stations
Lifeguard/Jr Guard Rotations
Surveillance Practices

Tuesday April 14th 5:30-7:30pm (Waterpark)

Life Jackets
Conflict Resolution
Educating Others/Serving the Customer
Handling Difficult Customers
Positive Feedback
General Procedures for a Water Emergency
Emergency Action Plan
Emergencies on Land
Care for what you Find
Making the 911 Call

Saturday April 4th 12-4p (Adult Wellness Center)

Prerequisite Swimming Skills
Swimming with the Rescue Tube
Approach Strokes
Entries into the Water
Shallow Water Assists
Throwing Assists
Rescues at the Surface
Surface Dives
Improve Swimming Skills

Saturday April 11th

NO CLASS – Easter Weekend



Tuesday April 21st 5:30-7:30p (Waterpark)

Performing a Primary Assessment
Breathing Emergencies/Giving Ventilations
Conscious/ Unconscious Choking
CPR/AED
First Aid – Bleeding, Secondary Assessment
Muscle, Bone & Joint Injury
Burns/Bee Stings
Incident Reports
Heat Related Illness
Jr Lifeguard's Role in an Emergency
CPR/AED Test

Saturday April 25th 12-4p (Adult Wellness Center)

Review Shallow Water Rescues
Submerged Victim – Shallow Water
Escapes
Two Person Removal from Water
Facility Safety Check
Head, Neck & Back injuries
Head Splint
Shallow Water Back Boarding
Swim Practice

Tuesday April 28rd 5:30-7:30pm (Waterpark)

Review
Final written test
Rotations
Clocking in/out
Uniforms/whistles
Schedules

How this course will benefit your child:

- Builds leadership skills
- Addresses the importance of effective communication
- Introduces conflict resolution strategies
- Provides empowerment training through emergency response skills and preparation

How volunteering as a Junior Guard at the Rogers Aquatics Center will benefit your child?

- Opportunity to improve swimming skills and endurance
- Gain "lifeguard" experience by shadowing certified guards on duty
- Practice how to effectively communicate with co-workers and guests of the park
- Participate in lifeguard in-service trainings
- Practice surveillance and emergency response skills
- Jr. Guards who are on the waterpark roster get in free to the park anytime!
- Young teens will have a safe, fun and challenging place to be during those long summer days.

**** Each Jr. Guard on the waterpark volunteer roster will receive a Jr. Lifeguard t-shirt and whistle. Other uniform requirements provided by the volunteer will include a 1-piece red or navy swim suit and red or navy shorts (for girls) and red or navy swim trunks (for boys). **Swim suits may not say "Guard" anywhere on them.**



****PLEASE READ AND ACKNOWLEDGE****

We understand that children this age have many extracurricular activities and commitments. Jr Lifeguard candidates must attend all classes. There will be no make-ups. All Jr Lifeguard Candidates will be given a maximum of 2 opportunities to pass written and practical tests on the dates they are given (CPR/AED 4/21 & Jr Lifeguard Final 4/28). Jr Lifeguard Candidates must pass all written and practical tests in order to obtain this certification. No refunds will be given.

Parent/Guardian Signature _____

Jr Lifeguard Candidate Signature _____

Junior Lifeguard Registration Information

Candidates Name: _____ Age: _____

Candidates Cell #: _____ Email: _____

**** For Red Cross Certification purposes your child will need their own email address**

Parent/Guardian: _____

Parent/Guardian Cell #: _____ Email: _____

Address: _____

_____ T-Shirt Size _____

Please scan or take phone pic and email to ljacobson@rogersar.gov . You may mail it in with a check to: 1707 S 26th St. Rogers, AR 72758. Waterpark office hours are 9a-3p Mon-Thurs.

Cost: \$75.00 Check (made out to Leanne Jacobson) or cash

****Payment in full is required to hold student's place. Checks will be held until the first day of class.**