

Rogers Aquatics Center

Junior Lifeguard Class Syllabus & Registration 2024

Class Dates: April 2nd, 3rd, 4th & 6th

Attendance at ALL Classes is Mandatory

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 April 2nd 4:30-6:30pm (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
Lifeguard/Jr Guard Stations
Lifeguard/Jr Guard Rotations
Surveillance Practices
Conflict Resolution
Educating Others/Serving the Customer
Handling Difficult Customers

Wednesday April 3rd 4:30-6:30pm (Waterpark)

Emergency Action Plan
Emergencies on Land
Making the 911 Call
Performing a Primary Assessment
First Aid – Bleeding, Secondary Assessment
Muscle, Bone & Joint Injury
Burns/Bee Stings
Heat Related Illness
Incident and Accident Reports

Thursday April 4th 4:30-6:30pm (Waterpark)

Jr Lifeguard's Role in an Emergency
Breathing Emergencies/Giving Ventilations
PPE – Personal Protective Equipment
Sizing up a Scene
Conscious/ Unconscious Choking
Cardiac Chain of Survival
Signs of a Heart Attack
CPR/AED

Saturday April 6th 12-4pm (Adult Wellness Center)

****All Jr Lifeguard Students Will Need a Bathing Suit**

Prerequisite Swimming Skills
Swimming with the Rescue Tube & Approach Strokes
Zones & Surveillance Activities
General Procedures for a Water Emergency
Entries into the Water
Shallow Water Assists
Throwing Assists
Rescues at the Surface
Surface Dives
Submerged Victim Rescues
Head, Neck & Spine Injuries
Head Splint

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.**

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: \$100.00 Payable by 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.**