



San Luis Reservoir Junior Lifeguards Summer 2016

THREE Week Lake Safety and Interpretation Program For Boys and Girls Age 9-14 Years Old

Program Hours: July 11-29, Monday through Friday, 9am to 2pm

Location: San Luis Creek (South beach lifeguard tower)

Our Program

The San Luis Reservoir Junior Lifeguard Program is a 3-week long open water oriented course taking place at San Luis Creek. The aim of our program is to provide a safe place where participants can be instructed in a variety of skills pertaining to the lifeguarding profession and the aquatic environment. Instructors will introduce participants to basic CPR skills, basic First Aid, basic rescue techniques, and lifeguarding procedures. We also include an interpretive component that provides information about the habitats and local ecosystems.

Instructors

Our staff is made up of current State Park lifeguards all of which have spent at least two seasons in the field prior to becoming an Instructor. All of our instructors possess an intimate knowledge of the lake, excellent lifeguarding skills, and a great ability to interact with youths. The ratio of instructor to students is 15:1.

Activities

We offer five hours of instruction per day. The time we offer allows our program to be in-depth in all areas of instruction. We try and focus on team building exercises, fitness, and aquatic safety.

Recreation: Dodge ball, Beach Flags, Paddle Boards, Swimming

Education: CPR Skills, First Aid Skills, Mock Rescues, Victim Recognition, Lake Operations.

Interpretation: Beach and Lake Hazards, Wetlands, ATV training, and Intro to Vessels.

Competition: Activities designed to increase participation at both individual and team level.

To Qualify, All Junior Guards Must Complete the Following Tests:

Swim **100** yards under the time standard for your age:

- **9-10** years old: **2:50**

- **11-12** years old: **2:30**

- **13-14** years old: **2:10**

*Swim completely underwater for **10** yards

*Tread water for **3** minutes without rest

***ENROLLMENT IS FILLED ON A FIRST COME FIRST SERVE BASIS.**

Tryouts

Dates: 05/07/16, 05/14/16, 05/21/16, 05/28/16

Time: 2:00 -3:00pm

Location: Pacheco High School – Pool

200 Ward Road

Los Banos, CA 93635

Registration Fees

\$320 One Session

Checks Payable to California State Parks

(ENROLLMENT IS LIMITED)

Parent Orientation

There will be a parent orientation held at San Luis Reservoir Sector Office prior to the start of the program. The parent orientation is an opportunity to gain specific information about the daily operation and ask any questions prior to the start of the programs.

Date: To Be Announced

Time: To Be Announced

Location: San Luis Reservoir Sector Office

31426 Gonzaga Road

Gustine, CA 95322

Contact

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Visit us at: <http://www.parks.ca.gov/slrjuniorlifeguards>