



DEVELOPING A JUNIOR LIFEGUARD CLUB

The *Junior Lifeguard Club* (JLC) offers serious fun for kids 8 years and up who can swim at least 25m and tread water for 2 minutes. The Jr. Lifeguard Club provides an action-packed challenge for kids who love the water but who want more than "lessons."

The Jr. Lifeguard Club is for quick learners, those between levels or programs who thrive in an energetic learning environment.

ACTION PACKED FUN

More action, more options, more fun. The Junior Lifeguard Club offers a unique aquatic alternative for those kids who love the water and who want more than "lessons."

The Junior Lifeguard Club keeps kids interested and active in aquatics - especially quick learners and those caught between levels. The Junior Lifeguard Club is perfect for youth who thrive in an energetic learning environment.

PERSONAL CHALLENGES FOR PERSONAL BESTS

The Junior Lifeguard Club is an alternative to traditional test-sheet-based aquatic programs. The Club stresses fun and aquatic skill development based on personal-best achievement. Building on skills they already have, Junior Lifeguard Club members work to develop and improve swimming and other aquatic skills with emphasis on: Swimming skills, Lifesaving skills, Lifesaving knowledge, Leadership & teamwork, Community education, Competition, Personal fitness.

Leadership development - including teamwork and decision-making skills - is an important aspect of the Junior Lifeguard Club. Members apprentice with working instructors and lifeguards.

As part of the Junior Lifeguard Club's service to the community, Club members will create and execute their own Water Smart® community education projects.

The Junior Lifeguard Club is water-based - most of the activities happen in the water. These activities may be supplemented with dry-land fun or community education projects, displays and demonstrations.

FRIENDS CAN JOIN TOGETHER

The Junior Lifeguard Club is *designed for members with differing abilities*. Friends (and siblings) can join the Junior Lifeguard Club together even if they are of different ages and different abilities.

The Club welcomes members between 8 and 15 years of age as long as they can meet the Society's Swim to Survive® standard, i.e., roll into deep water, tread water for 1 minute and swim at least 50 metres.

LOTS OF RECOGNITION

There is no 'failure' in the Junior Lifeguard Club. Members enjoy high activity challenges in a learning environment where personal effort and success are recognized.

WaterLog: Club members - and their parents - can track individual progress in aquatic skills, lifesaving knowledge and activities that promote both leadership and teamwork in their personal *Waterlog* using recognition seals.

Members can earn 7 different kinds of **Recognition Seals** for:

- Community Education
- Leadership/Teamwork
- Lifesaving Knowledge
- Lifesaving Skills
- Swimming Skills
- Fitness
- Competition

They can also earn Lifesaving Awards without leaving the Club such as the Canadian Swim Patrol Awards - Rookie Patrol, Ranger Patrol, Star Patrol.

JLC COACHES

The Junior Lifeguard Club is led by a Junior Lifeguard Club Coach who must:

- be a current Lifesaving Instructor
- hold a current lifeguard certificate
- have lifeguarding experience

We recommend that Junior Lifeguard Club Coaches:

- have previous coaching or leadership experience such as Scouting, Guides or other children or youth groups
- have experience in a lifeguard team as an organizer, competitor or coach
- be a certified Lifesaving Sport Coach Level 1

EQUIPMENT

Some equipment is required to properly run a Jr. Lifeguard Club. Number and size of each will depend on the number and age of participants.

- Stop watches
- Acoustic signal device (air horn or whistle)
- Training manikins
- Competition manikins
- Rescue tubes
- Swim fins
- Brick – 11 kg (5lbs)
- Throw lines (8mm & 10mm dia. buoyant polypropylene double braid)
- Obstacles

EASY ADMINISTRATION

JLCs require no test sheets and a minimum of paperwork.

Each Junior Lifeguard Club Member must have a *WaterLog*. Affiliate members purchase Junior Lifeguard Club *WaterLogs*, Recognition Seals and Award Seals from the Lifesaving Society which the Affiliate would then provide to the participant. They can be found in [the Shop](#) at lifesaving.bc.ca