

Jr. Guard Curriculum 2026

The CSD Junior Lifeguard Program has been redesigned for 2026 to provide a fun, engaging, and skill-focused experience. This program blends team-oriented water activities with foundational lifesaving education to help participants build confidence, improve swimming ability, and develop essential water safety skills.

Participants will complete a structured 30–40-hour course over one week (Monday–Friday, June–August). While this course does not qualify participants for employment as lifeguards, it is designed to prepare them with the knowledge and skills needed to pursue an American Red Cross Lifeguarding course once they reach the minimum age of 15.

Course Prerequisites

Before entering the CSD Junior Lifeguard Program, participants must demonstrate the following skills: Each participant will be tested on the first day for the following prerequisites: swim 100 yards front crawl, and tread water for 1 minute.

The CSD Junior Lifeguard Program

- Each day focuses on a different core component of lifeguarding—ranging from water safety and rescue skills to teamwork, leadership, and first aid practice. Participants will engage in both **classroom learning and in-water activities**, building endurance, confidence, and a strong understanding of lifeguard responsibilities.
- This summer camp offers **ten unique weeks of programming**, each with a specialized theme and area of focus designed to strengthen different aspects of lifesaving and leadership skills.
- **Please view the course curriculum below for details on each week's focus.**
 - *Weekly curriculum is subject to change.

Weeks 1 & 5 – Lifeguard like the Pros

Lifeguard like the Pros offer a first look at what it takes to become a lifeguard. This week you will learn the fundamentals of lifeguarding. Topics and skills include basic rescues, scanning & surveillance, intro CPR/First-Aid, general water safety skills, with an emphasis on communication and teamwork!

- *Each week Jr. Guards will go over the foundational skills of Lifeguarding; Rescues, CPR/First Aid & more!*
- **Day 1: Introduction to Water Safety**
 - Orientation
- Facility Walk through, rotations and stands, facility safety rules.
- Swim Assessments
 - Each participant will be tested on the first day for the following prerequisites: swim 100 yards front crawl, and tread water for one minute.
- Overview of water safety rules and guidelines.
- Understanding potential dangers and hazards in and around water.
 - where and how drowning incidents occur along with first aid.
 - Demonstration of basic water safety skills such as treading water, floating, and proper breathing techniques.
- Surveillance
 - Understanding where most drownings occur and water Safety techniques.
 - Lifeguard Rotations
 - Entries and approaches for Water Recues
 - Lifeguard station Zone coverage

Day 2: Rescue Techniques

- Introduction to rescue techniques and equipment used by lifeguards.
- Including but not limited to: Crash bag and everything in it, lifeguard rescue tubes, Spinal motion restriction boards.
 - Demonstration and practice of basic rescue techniques such as reaching and throwing assists.
- When using simple vs reaching assists not just in lifeguarding.
 - Introduction to the proper use of rescue tubes and rescue spinal restriction and extrication boards.
 - Practice rescue techniques in deeper water.
- Simple rescue, reaching rescue, active rescue and passive rescues.

Day 3: CPR/Obstructed Airways and AED'S

- Overview of basic CPR and first aid techniques.
- Including compressions rates/ratios, breathing techniques and holds and basic first aid that can be used in.
 - Demonstration of the proper use of an AED (Automated External Defibrillator)
 - Practice of CPR and first aid techniques on a mannequin.
 - Discussion of when and how to call emergency services.
 - Ventilations review and practice

Day 4: Communication and Teamwork

- Introduction to the importance of communication and teamwork in lifeguarding. Forms of open communication, different forms of communication used in lifeguarding, and in the community.
 - Demonstration and practice proper communication techniques for effective rescue efforts.
 - Introduction to the roles and responsibilities of different members of a lifeguard team.
 - Customer Service practices and communication breakdowns
- Explanations of the Job responsibilities per pool managers and lifeguards, daily tasks ·
 - Practice of teamwork exercises to build effective communication and cooperation skills.

Day 5: Spinals in water, Review Day, Activities & Pizza Party

- Head neck and Spinal injuries – Practice and Review
- Lifeguard Shadow training
- Activities & Pizza Party.

Note: This curriculum can be adapted to fit the needs of the specific program and the age and skill level of participants. We prioritize safety and provide appropriate supervision and support during all activities.

Weeks 2 & 7 – Shock through the Heart

This week Jr Guards will go through various skills and scenarios relating to CPR/AED/First-aid skills and scenarios. This week will put a larger emphasis on these skills and include fun activities that involve teamwork and communication? Join this week to learn what it takes to work as a team and save lives!

Each week Jr. Guards will go over the foundational skills of Lifeguarding; Rescues, CPR/First Aid & more!

Day 1: Orientation and Swim Assessment and Introduction to Scanning

- Orientation/ Check-in
- Facility Walk through, rotations and stands, facility safety rules.
- Swim Assessment
 - Each participant will be tested on the first day for the following prerequisites: swim 100 yards front crawl, and tread water for one minute.
- Surveillance
 - Understanding where most drownings occur and water Safety techniques.
 - Lifeguard Rotations
 - Entries and approaches for Water Recues
 - Lifeguard station Zone coverage
- Simple Rescues
 - Learn the Techniques and the skills to make simple Water Rescues and how to properly enter the water with a lifeguard Tube.

Day 2: Submerged and at the surface water Recues

- Primary Assessments
 - What to look for when you come across someone that needs help.
 - Your first steps as a First responder.
- Practice making rescues at the surface of the water
 - Entries and approaches for rescues on the surface.
 - Introduction to Deep water Submerged rescues.
 - Feet First diving
 - Headfirst diving

Day 3: CPR and introduction to First Aid

- Introduction to CPR compressions and rescue breathing.
 - Demonstration of the proper use of an AED (Automated External Defibrillator)
 - Asthma attack and severe allergic reaction (anaphylaxis) management.
- Bleeding control techniques and tourniquet use.
 - Shock management.
 - Recognizing signs and symptoms of shock and how to treat it in a lifeguard setting and out in the community.

Day 4: First Aid & Trauma Day

- Review of asthma and anaphylaxis management, bleeding control, and shock management
- Spinal injury management.
- Bone and joint injury management.
- Burn care and treatment
 - The different degrees of burns, the different causes of burns and how to treat each type.
- Introduction to Shadow Lifeguarding

Day 5 Spinals in water, Review Day, Activities & Pizza Party

- Head neck and Spinal injuries – Practice and Review
- Lifeguard Shadow training
- Activities & Pizza Party.

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Weeks 3 & 6 – Extreme Aquatic Athletes

Extreme Aquatic Athletes offers Jr. Guard candidates an opportunity to develop their physical fitness. This week Jr. Guards will be physically and mentally tested in a variety of activities that reinforce the importance of healthy living. Lifeguards are athletes and we will be going over why it is important to stay fit, stay active, and be healthy. Each day covers a different topic of healthy living.

Each week Jr. Guards will go over the foundational skills of Lifeguarding; Rescues, CPR/First Aid & more!

Day 1: Introduction to Physical Fitness

- Orientation
 - Facility Walk through, rotations and stands, facility safety rules.
- Swim Assessments
 - Each participant will be tested on the first day for the following prerequisites: swim 100 yards front crawl, and tread water for one minute.
- Define physical fitness and discuss the benefits of being physically fit for lifeguards.
 - Why is it important to be physically and mentally fit for your job and in life?
- Review the components of physical fitness: cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.
 - Why is it important to know your physical limits, mental limits, and the capability of the human body? Why would knowing the muscle groups help lifeguards to do their jobs?
- Conduct a baseline fitness test to assess the participants' current fitness levels. Can you run once around the facility? Why would that be important? Can you do any pushups or deadlifts? Why/ how is that important in life and in the job of lifeguarding? How does it relate? Show examples. Ex: Lifting back boarding.

Day 2: Cardiovascular Endurance

- Explain the importance of cardiovascular endurance for lifeguards.
 - Why is it important to know about the cardiovascular system?
 - How does it relate to CPR and AEDs?
- Introduction to Surface and Submerged rescues
- Introduction to Primary Assessment
 - Finding the pulse and looking for breathing

Day 3: The total Body

- Learning CPR, First Aid and Ventilations
- Knowing the human body and the anatomy, this is where you will put into practice:
 - Finding the pulse
 - Learning the rate of compression
 - learning the rates of ventilation and the science behind it
- The science behind choking and the steps to take when someone is choking
- Extrications from the water using a Backboard and the mechanics behind proper lifting

techniques.

Day 4: Cardiovascular Emergencies

- Bleeding control
 - Bandages, Tourniquets, and Splinting
- First aid emergencies –
 - Secondary Assessments
- Facility safety
- Lifeguard Shadowing

Day 5: Spinals, Shadow Lifeguarding and Course review.

- Head neck and Spinal injuries – Practice and Review
- Lifeguard Shadow training
- Resume Building Skills
- Activities & Pizza Party.

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Weeks 4 & 9– Jr. Water Safety Instructor

This week Jr. Guards will dive deep into learning the steps of water safety and proper swimming techniques. Jr. Guards will have the opportunity to refine their own skills and shadow the Cosumnes CSD swim lesson program to learn teaching techniques from Lifeguard staff.

Each week Jr. Guards will go over the foundational skills of Lifeguarding; Rescues, CPR/First Aid & more!

Day 1: Introduction to Water Safety & Basic Swimming Techniques

- Orientation/ Check-in
 - Facility Walk through, rotations and stands, facility safety rules.
- Swim Assessments
 - Each participant will be tested on the first day for the following prerequisites: swim 100 yards front crawl, and tread water for one minute.
- The importance of water safety, drowning statistics, and how to recognize and avoid dangerous situations in and around the water.
 - Why is it important to be physically and mentally fit for your job and in life? · Basic Swimming Techniques: Junior lifeguards basic swimming strokes, such as freestyle, backstroke, and breaststroke.
 - Emphasize the importance of proper technique and breathing.
 - Why is it important to know your physical limits, mental limits and the capability of the human body? Why would knowing the muscle groups help lifeguards to do their jobs?
- Introduction to Basic Rescues at the Surface
 - Entries and approaches in the Water.

Day 2: Advanced Swimming Techniques

- Advanced Swimming Techniques:
 - Build on the basic swimming strokes taught on Day 1 by introducing more advanced techniques such as butterfly and sidestroke.
- Treading water exercises
 - Building Endurance and swimming strength
- Introduction to more advanced water rescue techniques such as swimming rescues and using rescue equipment in multiple rescue scenarios.
 - Introduction to Submerged rescue techniques in Deep Water
- Introduction to Emergency Action Plans
- Introduction to Primary Assessments

Day 3: Water Safety Olympic Games, CPR and AED

- Jr. guards participate in a mini-Olympic Games
 - Relay races by swimming stroke
 - Relay races on water safety rescue techniques (throw bags, ring buoy, shepherds crook etc.) And more!
- Introduction to Conscious and unconscious choking
 - CPR, AED and Obstructed airway management and hands on Practice.

Day 4: Jr. Guards Observe Swim Lessons, Customer Service and First Aid

- Introducing Jr. Guards to CSD swim lessons
 - Have Jr. Guards observe swimming lesson programs and have them take notes
- Jr. Guards will have an opportunity to teach backs to their peers
 - Promote leadership and teamwork
- Customer Service review
- Introduction to Secondary assessments

Day 5: Spinals, Shadow Lifeguarding and Course review.

- Head neck and Spinal injuries – Practice and Review
- Lifeguard Shadow training
- Resume Building Skills
- Activities & Pizza Party.

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Weeks 8 & 10 – Advanced Responders

This week Jr. Guards will have the opportunity to continue to enhance their skills and learn what it takes to handle emergencies. From communication, coordination, trauma, and medical emergencies. In addition, Jr. Guards will have the opportunity to learn about boating safety, open water safety, and how to work with other first responder personnel.

Each week Jr. Guards will go over the foundational skills of Lifeguarding; Rescues, CPR/First Aid & more!

Day 1 Orientation and Swim Assessment and Introduction to Scanning

- Orientation / Check-in
 - Facility Walk through, rotations and stands, facility safety rules.
- Swimming Assessment
 - Each participant will be tested on the first day for the following prerequisites: swim 100 yards front crawl, and tread water for one minute.
- Surveillance
 - Understanding where most drownings occur and water Safety techniques.
 - Lifeguard Rotations
- Entries and approaches for Water Recues
 - Lifeguard station Zone coverage
- Simple Rescues
 - Learn the Techniques and the skills to make simple Water Rescues and how to properly enter the water with a lifeguard Tube.

Day 2: Communication and Coordination in Emergencies

- Effective communication strategies in emergency situations.
- Customer Service introduction
- Understanding the importance of coordination and collaboration among Jr. Guards during emergencies.
- Introduction to Lifejacket Safety not only in Pools but all bodies of Water
 - Making the Call
 - When to call for back up based on Primary Assessments of the Victim.
 - What information to give to Dispatch when you make a call to Police or EMS.

- Emergency Action plans

Day 3: First Aid, Breathing and Cardiac Emergencies

- Introduction to CPR techniques, AED use and Obstructed Airway care
- Ventilations
- Common medical emergencies at the Aquatic facilities.
 - Understanding the role of lifeguards and other medical responders in emergency situations.
- Extrications from the pool Using a Backboard for Unconscious victims

Day 4: Bleeding control and Secondary Assessments

- Understand Breathing and cardiac Emergencies.
- Learn acronyms and what to do in emergency situations.
- When to call for back up- Secondary Assessments
- Bleeding control

Day 5: Spinals, Shadow Lifeguarding and Course review.

- Special Guest: CSD Fire
- Head neck and Spinal injuries – Practice and Review
- Lifeguard Shadow training
- Resume Building Skills
- Activities & Pizza Party.

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