



Sessions 1 & 5 – Lifeguard like the Pros

Lifeguard like her Pros offers a first look at what it takes to become a lifeguard. This week you will learn the basic 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
- Swim Assessments
- Overview of water safety rules and guidelines
- Understanding of potential dangers and hazards in and around water
- Demonstration of basic water safety skills such as treading water, floating, and proper breathing techniques
- Practice of water safety skills in shallow water

Day 2: Rescue Techniques

- Introduction to rescue techniques and equipment used by lifeguards
- Demonstration and practice of basic rescue techniques such as reaching and throwing assists
- Introduction to the proper use of rescue tubes and rescue boards
- Practice of rescue techniques in deeper water

Day 3: CPR and First Aid

- Overview of basic CPR and first aid techniques
- 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

Day 4: Communication and Teamwork

- Introduction to the importance of communication and teamwork in lifeguarding
- Demonstration and practice of proper communication techniques for effective rescue efforts
- Introduction to the roles and responsibilities of different members of a lifeguard team
- Practice of teamwork exercises to build effective communication and cooperation skills

Day 5: Review Day, Activities & Pizza Party

- Review of all topics covered in the previous days
- Discussion of career opportunities in lifeguarding and the importance of continued training and education
- 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.



Sessions 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 offer 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 & Intro to CPR

- Orientation
- Swim Assessment
- Introduction to CPR/First Aid
- The ABCs of CPR (Airway, Breathing, Circulation)
- Hands-only CPR demonstration and practice
- Choking rescue demonstration and practice

Day 2: Introduction to CPR/AED

- Review of hands-only CPR and choking rescue
- CPR with rescue breaths demonstration and practice
- Defibrillator (AED) use demonstration and practice
- Basic wound care and bandaging techniques

Day 3: Introduction to First-Aid

- Review of CPR with rescue breaths and AED use
- Asthma attack and severe allergic reaction (anaphylaxis) management
- Bleeding control techniques and tourniquet use
- Shock management

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

Day 5: Review All Topics, Practice Scenarios and Activities

- Review of all previous topics
- Scenario-based training and assessment
- 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.



Sessions 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
- Swim Assessments
- Define physical fitness and discuss the benefits of being physically fit for lifeguards
- Review the components of physical fitness: cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition
- Conduct a baseline fitness test to assess the participants' current fitness levels

Day 2: Cardiovascular Endurance

- Explain the importance of cardiovascular endurance for lifeguards
- Teach the participants about different types of cardiovascular exercises, such as running, swimming, and biking
- Conduct a cardio workout session that includes a warm-up, main workout, and cool-down

Day 3: Muscular Strength and Endurance

- Discuss the importance of muscular strength and endurance for lifeguards
- Teach the participants about different types of strength exercises, such as push-ups, pull-ups, and squats
- Conduct a strength workout session that includes a warm-up, main workout, and cool-down

Day 4: Flexibility

- Explain the importance of flexibility for lifeguards
- Teach the participants about different types of stretching exercises, such as static and dynamic stretching
- Conduct a flexibility workout session that includes a warm-up, main workout, and cool-down

Day 5: Review and physical activities

- Review this week's curriculum
- Water and dryland team based activities
- 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.



Session 4 – Jr. Water Safety Instructor

This week Jr. Guards will dive deep in learning the steps of water safety and proper swimming techniques. Jr. Guards will have the opportunity to refine their own skills and also shadow 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
- Swim Assessments
- Explain the importance of water safety, drowning statistics, and how to recognize and avoid dangerous situations in and around the water.
- Basic Swimming Techniques: Junior lifeguards basic swimming strokes, such as freestyle, backstroke, and breaststroke. Emphasize the importance of proper technique and breathing.

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
- Introduce more advanced water rescue techniques, such as swimming rescues and using rescue equipment in multiple rescue scenarios.

Day 3: Water Safety Olympic Games

- Jr. guards participate in a mini Olympic Games
 - Relay races by swim stroke
 - Relay races on water safety rescue techniques (throw bags, ring buoy, shepherds crook, and etc.)
- And more!

Day 4: Swim Lesson Day – Jr Guards Observe Swim Lessons

- Introduce Jr. Guards to CSD swim lessons
- Have Jr. Guards observe swim lesson program and have them take notes
- Jr. Guards will have an opportunity to conduct teach backs to their peers
- Promote leadership and teamwork

Day 5: Test out Day!

- Test the junior lifeguards on the skills and knowledge learned throughout the program.
- Review the main points of the program and provide feedback on areas
- 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.



Session 8 – 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 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: Introduction to Emergency Preparedness

- Introduction to emergency preparedness and the roles in emergency situations
- Understanding the importance of being prepared for emergencies
- Overview of emergency equipment and tools

Day 2: Communication and Coordination in Emergencies

- Effective communication strategies in emergency situations
- Understanding the importance of coordination and collaboration among Jr. Guards during emergencies
- Overview of radio communication protocols

Day 3: First Aid and Medical Emergencies

- Basic first aid and CPR techniques
- Review CPR
- Common medical emergencies at the Aquatic facilities
- Understanding the role of lifeguards and other medical responders in emergency situations

Day 4: Breathing and Cardiac Emergencies

- Understand Breathing and cardiac Emergencies
- Learn acronyms and what to do in emergency situations

Day 5: Working with Emergency Medical Services & Open Water Emergencies

- Review topics learned each day
- Special Guest: CSD Fire
- Boating Safety
- Open Water Emergencies
- 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.