

Junior Lifeguards – Lesson Plan

Session 1: Master Disaster

Day 1 AM

<i>Time</i>	<i>Skills</i>	<i>Equipment/ Area to Use/ Techniques</i>
1 hour	Check – in and Set – up <ul style="list-style-type: none"> – Swim Test – pass 25 yards – Hand out and initial uniforms – Discuss Rules and week’s theme – Sunscreen application 	
30 mins	Morning Training <ul style="list-style-type: none"> – Stretch – Exercise – Game 	<ul style="list-style-type: none"> – Have JG’s introduce themselves
30 mins	Lifeguarding Skills: <ul style="list-style-type: none"> – Rescue Tubes – Dolphin Diving – Active Victims 	<ul style="list-style-type: none"> – Explain how to use a rescue tube (wrap and deploy) – Demonstrate how to do a dolphin dive – Demonstrate a conscious victim tube rescue
30 mins	Theme of the Week: BENAMES BSI	<ul style="list-style-type: none"> – Explain and demonstrate how to do BENAMES and BSI
15 mins	Break	<ul style="list-style-type: none"> – Sunscreen application
15 mins	Lecture: <ul style="list-style-type: none"> – Survey the Scene – Why do lifeguards have to survey the scene? What would prevent lifeguards from helping a victim? 	<ul style="list-style-type: none"> – Explain the importance of rescuer safety
30 mins	Game or Activity <ul style="list-style-type: none"> – Capture the Flag 	<ul style="list-style-type: none"> – Refer to JG Manual pg 81
30 mins	Review <ul style="list-style-type: none"> – Go over the days Lifeguard Skills, Theme of the Week, and Lecture 	<ul style="list-style-type: none"> – Ask if anyone has questions
1 hour	LUNCH	

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Session 1: Master Disaster

Day 1 PM

<i>Time</i>	<i>Skills</i>	<i>Equipment/ Area to Use/ Techniques</i>
1 hour	LUNCH	
30 mins	Afternoon Training <ul style="list-style-type: none"> – Stretch – Exercise – Game 	<ul style="list-style-type: none"> – Introduce afternoon JG's – Sunscreen application
30 mins	Lifeguarding Skills: (Tube Rescues Cont.) <ul style="list-style-type: none"> – Review Active Victims – Unconscious Victims (practice on land then in water) – Have morning JG's demonstrate and explain how to wrap/deploy a rescue tube and a conscious victim rescue 	<ul style="list-style-type: none"> – Explain and demonstrate how to pick up an unconscious victim – Demonstrate an unconscious victim tube rescue
30 mins	Theme of the Week: <ul style="list-style-type: none"> – BSI – What is it? Why do you need it? – Glove removal – Challenge: Have JG's remove their gloves with fake blood on 	<ul style="list-style-type: none"> – Explain and demonstrate how to remove gloves without touching skin
15 mins	Break	<ul style="list-style-type: none"> – Sunscreen application
15 mins	Lecture: <ul style="list-style-type: none"> – Review BENAMES – Review Survey the Scene 	<ul style="list-style-type: none"> – Have JG's demonstrate how to do BENAMES and surveying the scene
30 mins	Game or Activity <ul style="list-style-type: none"> – Bloody Glove Race 	<ul style="list-style-type: none"> – Refer to JG Manual pg 81
30 mins	Review <ul style="list-style-type: none"> – Go over the days Lifeguard Skills, Theme of the Week, and Lecture 	<ul style="list-style-type: none"> – Ask if anyone has questions
1 hour	Clean up and session breakdown	

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Day 2 AM

<i>Time</i>	<i>Skills</i>	<i>Equipment/ Area to Use/ Techniques</i>
1 hour	Check – in and Set – up AM Session – Sunscreen application	
30 mins	Morning Training – Stretch – Exercise – Game	
30 mins	Lifeguard Skills: – Board Rescues – Rules and Safety on rescue boards	<ul style="list-style-type: none"> – Demonstrate how to deploy a rescue board safely and how to steer – Demonstrate how to approach a victim safely – Demonstrate a conscious victim board rescue
30 mins	Theme of the Week: – Pocket Masks – When to use them? Placement? Different ceils? (C grip, OK grip, and Butterfly grip) – Challenge: Have a “biohazard” on a dummy’s face (liquid soap) and JG’s should demonstrate using a pocket mask	<ul style="list-style-type: none"> – Explain and demonstrate how to use a pocket mask and when a lifeguard would use them
15 mins	Break	<ul style="list-style-type: none"> – Sunscreen application
15 mins	Lecture: – Conscious Choking	<ul style="list-style-type: none"> – Explain and demonstrate how to help a conscious choking victim
30 mins	Game or Activity – Shapes Game – Blanket Game	<ul style="list-style-type: none"> – Refer to JG Manual pg 81
30 mins	Review – Go over the days Lifeguard Skills, Theme of the Week, and Lecture	<ul style="list-style-type: none"> – Ask if anyone has questions
1 hour	LUNCH	

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Session 1: Master Disaster

Day 2 PM

<i>Time</i>	<i>Skills</i>	<i>Equipment/ Area to Use/ Techniques</i>
1 hour	LUNCH	
30 mins	Afternoon Training <ul style="list-style-type: none"> – Stretch – Exercise – Game 	<ul style="list-style-type: none"> – Sunscreen application
30 mins	Lifeguard Skills: (Board Rescues Cont.) <ul style="list-style-type: none"> – Multiple Victim Rescue – Submerged Victim 	<ul style="list-style-type: none"> – Demonstrate how to approach multiple victims and how to save first – Demonstrate an unconscious board rescue and how to place a victim on the board – Explain proper placing of a victim on the board
30 mins	Theme of the Week: <ul style="list-style-type: none"> – Personal Safety Precautions (face shields, gowns, masks, ect.) – What are they? – When do you use them? 	<ul style="list-style-type: none"> – Explain all the personal safety precautions and when they would be used – Explain different scenarios when personal safety precautions would be used
15 mins	Break	<ul style="list-style-type: none"> – Sunscreen application
15 mins	Lecture: <ul style="list-style-type: none"> – Review Conscious Choking – First Aid Kits – What are the contents and what are they used for? 	<ul style="list-style-type: none"> – Show JG’s the lifeguards first aid kit and explain all the contents in it
30 mins	Game or Activity <ul style="list-style-type: none"> – Under Water Tag 	<ul style="list-style-type: none"> – Refer to JG Manual pg 81
30 mins	Review <ul style="list-style-type: none"> – Go over the days Lifeguard Skills, Theme of the Week, and Lecture 	<ul style="list-style-type: none"> – Ask if anyone has questions
1 hour	Clean up and session breakdown	

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Day 3 AM

<i>Time</i>	<i>Skills</i>	<i>Equipment/ Area to Use/ Techniques</i>
1 hour	Check – in and Set – up AM Session – Sunscreen application	
30 mins	Morning Training – Stretch – Exercise – Game	
30 mins	Lifeguarding Skills: – Adult CPR – When do you need to do CPR?	– Explain and demonstrate how to do adult CPR – Show each step of CPR
30 mins	Theme of the Week: – Review Multiple Victim and Submerged Victim Board Rescues	– Have JG’s demonstrate their board rescues
15 mins	Break	– Sunscreen application
15 mins	Lecture: – What is the biohazard symbol? – What are different kinds of biohazards? – What is a sharps container? – Who could be exposed to a biohazard?	– Explain to JG’s
30 mins	Game or Activity – Beach flags	– Refer to JG Manual pg 81
30 mins	Review – Go over the days Lifeguard Skills, Theme of the Week, and Lecture	– Ask if anyone has questions
1 hour	LUNCH *Remind JG’s to bring food for the last’s day Potluck	*Suggest things that JG’s could bring (cookies, chips, drinks, \$ for pizza, ect.)

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Session 1: Master Disaster
Day 3 PM

<i>Time</i>	<i>Skills</i>	<i>Equipment/ Area to Use/ Techniques</i>
1 hour	LUNCH *Remind JG's to bring food for the last's day Potluck	*Suggest things that JG's could bring (cookies, chips, drinks, \$ for pizza, ect.)
30 mins	Afternoon Training <ul style="list-style-type: none"> – Stretch – Exercise – Game 	<ul style="list-style-type: none"> – Sunscreen application
30 mins	Lifeguard Skills: <ul style="list-style-type: none"> – Review Adult CPR – Child and Infant CPR 	<ul style="list-style-type: none"> – Explain and demonstrate how to do Child and Infant CPR – Show each step of Child and Infant CPR
30 mins	Theme of the Week: <ul style="list-style-type: none"> – Adult Rescue Breathing – What is the ratio? 	<ul style="list-style-type: none"> – Explain and demonstrate how to do adult rescue breathing
15 mins	Break	<ul style="list-style-type: none"> – Sunscreen application
15 mins	Lecture: <ul style="list-style-type: none"> – What can you do if the power lines are down? – What should you do during a lightening storm? – Read Extreme Survival Scenarios 	<ul style="list-style-type: none"> – Explain to JG's
30 mins	Game or Activity <ul style="list-style-type: none"> – Rescues with yellow balls 	<ul style="list-style-type: none"> – Refer to JG Manual pg 81
30 mins	Review <ul style="list-style-type: none"> – Go over the days Lifeguard Skills, Theme of the Week, and Lecture 	<ul style="list-style-type: none"> – Ask if anyone has questions
1 hour	Clean up and session breakdown	

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Day 4 AM

<i>Time</i>	<i>Skills</i>	<i>Equipment/ Area to Use/ Techniques</i>
1 hour	Check – in and Set – up AM Session – Sunscreen application	
30 mins	Morning Training – Stretch – Exercise – Game	
30 mins	Lifeguarding Skills: – Review Adult Rescue Breathing – Child and Infant Rescue Breathing – What are the ratios	– Explain and demonstrate how to do child/infant rescue breathing – Show each step of child and infant rescue breathing
30 mins	Theme of the Week: – Review Adult CPR – Child and Infant CPR – What are the ratios	– Explain and demonstrate how to do child/infant CPR – Show each step of child and infant CPR
15 mins	Break *Remind JG's to bring 1 gallon milk or water jugs (at least 2 per JG to make personal flotation devices for next day)	– Sunscreen application
15 mins	Lecture: – Natural Disaster – What are they? (Earthquakes, Floods, Lightning Storms, ect) – Red Cross Emergency card – Why is it important to have a family plan if a natural disaster occurs?	– Explain to JG's and have them come up with examples of natural disasters – Have JG's fill out Red Cross Emergency Card
30 mins	Game or Activity – Hide and Seek	– Refer to JG Manual pg 81
30 mins	Review – Go over the days Lifeguard Skills, Theme of the Week, and Lecture	– Ask if anyone has questions
1 hour	LUNCH *Remind JG's to bring food for the last's day Potluck	*Suggest things that JG's could bring (cookies, chips, drinks, \$ for pizza, ect.)

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Session 1: Master Disaster
Day 4 PM

<i>Time</i>	<i>Skills</i>	<i>Equipment/ Area to Use/ Techniques</i>
1 hour	LUNCH	
30 mins	Afternoon Training <ul style="list-style-type: none"> – Stretch – Exercise – Game 	<ul style="list-style-type: none"> – Sunscreen application
30 mins	Lifeguarding Skills: <ul style="list-style-type: none"> – Oxygen Administration – How to use and set up an oxygen tank – Oxygen adjuncts (Nasal Canula, Non-rebreather, BVM) – Flow Rates 	<ul style="list-style-type: none"> – Explain and demonstrate how to use the oxygen tank – Explain and demonstrate how to use the different oxygen adjuncts and their flow rates
30 mins	Theme of the Week: <ul style="list-style-type: none"> – Review Child and Infant Rescue Breathing – Review Child and Infant CPR – How can oxygen help a victim? – When should oxygen be given to a victim? 	<ul style="list-style-type: none"> – Have JG's demonstrate how to do child/infant rescue breathing and CPR – Explain how oxygen can help a victim and when it should be used
15 mins	Break *Remind JG's to bring 1 gallon milk or water jugs (at least 2 per JG to make personal flotation devices for next day)	<ul style="list-style-type: none"> – Sunscreen application
15 mins	Lecture: <ul style="list-style-type: none"> – What do you do if there is a building or car on fire? – What if there is a person still inside? – Extreme Survival Scenarios 	<ul style="list-style-type: none"> – Explain to JG's
30 mins	Game or Activity <ul style="list-style-type: none"> – Wounded Solider 	<ul style="list-style-type: none"> – Refer to JG Manual pg 81
30 mins	Review <ul style="list-style-type: none"> – Go over the days Lifeguard Skills, Theme of the Week, and Lecture 	<ul style="list-style-type: none"> – Ask if anyone has questions
1 hour	Clean up and breakdown session *Remind JG's to bring food for the last's day Potluck	*Suggest things that JG's could bring (cookies, chips, drinks, \$ for pizza, ect.)

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Day 5 AM

<i>Time</i>	<i>Skills</i>	<i>Equipment/ Area to Use/ Techniques</i>
1 hour	Check – in and Set – up AM Session – Sunscreen application	
30 mins	Morning Training – Stretch – Exercise – Game	– JG’s get to choose the exercise and game
30 mins	Lifeguarding Skills: – Personal Flotation Devices (Lifejackets, Rescue Tubes, Raft, ect) – Challenge: Have JG’s make their own personal flotation device and test it in the water	– Explain to JG’s – Show JG’s how to make a personal flotation device out of the 1 gallon milk/water jugs, rope, and duct tape
30 mins	Theme of the Week: – Review Adult, Child, and Infant CPR – Extreme Survival Review (what to do during an earthquake, fire, lightning storm, ect.)	– Have JG’s demonstrate how to do adult/child/infant CPR
15 mins	Break – Prepare the JG’s Certificates of Completion	– Sunscreen application
15 mins	Lecture: – Review Adult, Child, and Infant Rescue Breathing – Review Oxygen Administration	– Have JG’s demonstrate how to do adult/child/infant rescue breathing – Have JG’s demonstrate how to set up and use the oxygen tank with adjuncts
30 mins	Game or Activity – JG’s get to choose!	– Refer to JG Manual pg 81
30 mins	Review – Go over the days Lifeguard Skills, Theme of the Week, and Lecture	– Ask if anyone has questions
1 hour	LUNCH *Potluck for JG’s last day!	– *Set up food (order pizza, bring out all the drinks/food) – *After lunch hand out JG’s Certificates of Completion

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Day 5 PM

<i>Time</i>	<i>Skills</i>	<i>Equipment/ Area to Use/ Techniques</i>
1 hour	LUNCH *Potluck for JG's last day!	<ul style="list-style-type: none"> - *Set up food (order pizza, bring out all the drinks/food) - *After lunch hand out JG's Certificates of Completion
30 mins	Afternoon Training <ul style="list-style-type: none"> - Stretch - Exercise - Game 	<ul style="list-style-type: none"> - Sunscreen application - JG's get to choose the exercise and game
30 mins	Lifeguard Skills: <ul style="list-style-type: none"> - Review Adult, Child, and Infant CPR/Rescue Breathing - Have JG's make their own first aid kit - Challenge: Make up extreme survival scenarios that JG's need to get through (make sure JG's apply scene safety) 	<ul style="list-style-type: none"> - Have JG's demonstrate how to do adult/child/infant CPR and rescue breathing - Hand out supplies for JG's to make their own first aid kit
30 mins	Lifeguarding Skills: <ul style="list-style-type: none"> - Personal Flotation Devices (Lifejackets, Rescue Tubes, Raft, ect) - Challenge: Have JG's make their own personal flotation device and test it in the water 	<ul style="list-style-type: none"> - Explain to JG's - Show JG's how to make a personal flotation device out of the 1 gallon milk/water jugs, rope, and duct tape
15 mins	Break	<ul style="list-style-type: none"> - Sunscreen application
15 mins	Lecture: <ul style="list-style-type: none"> - Introduce the next week theme (Session 2: Breath of Life) 	<ul style="list-style-type: none"> - Explain what they will be learning for the next session
30 mins	Game or Activity <ul style="list-style-type: none"> - JG's get to choose 	<ul style="list-style-type: none"> - Refer to JG Manual pg 81
30 mins	Review <ul style="list-style-type: none"> - Go over the days Lifeguard Skills, Theme of the Week, and Lecture 	<ul style="list-style-type: none"> - Ask if anyone has questions
1 hour	Clean up and sessions breakdown *Make sure JG's have their certificates and any food/containers they had brought for the potluck	