



Session 1 & 8: X-Treme! (Sneak peak or Wrap-up)

Monday (Survivor JG)	Tuesday (combo of all)	Wednesday (Lifeguard 101)	Thursday (Island Life)	Friday (Mini-JG Comp.)
<i>9:00-9:30am First Day Talk</i>	<i>9-9:15a: Roll Call uniform check + sunscreen Focus Trait</i>	<i>9-9:15a: Roll Call uniform check + sunscreen Focus Trait</i>	<i>9-9:15a: Roll Call uniform check + sunscreen Focus Trait</i>	<i>9-9:15a: Roll Call uniform check + sunscreen Focus Trait</i>
<p>First Day Talk: *See manual for topics to cover</p> <p>Station 1: a) Gather lifejackets & divide into tribes b) Plane crash scenario and build tents</p> <p>Station 2: <u>a) FA lecture: BSI precautions; BENAMES w/primary assessment (ABCs)</u> <u>b) FA Activity: glove removal race & primary assessment races</u></p>	<p>Station 1: Activity- CPR battlefield <i>(practice using catapults before)</i></p> <p>Station 2: Lecture- Boat safety and terminology Activity- Enter the boat and launch, then paddle around the facility Game- Leaky Boat!!</p> <p>Station 3: Activity- Sand castle contest</p>	<p>Station 1: PT- run, swim, run & distance paddle & follow the leader</p> <p>Station 2: Train with lifeguard staff (full simulation)</p> <p>Station 3: Relay race competition(s) with lifeguard staff</p>	<p><i>Blow conch shell and draw on Hawaiian tattoos & pirate tattoos/patches</i></p> <p>Station 1: FA Activity- <u>a) Choking victims-conscious + unconscious (adult, child, infant)</u> <u>b) Adult CPR</u></p> <p>Station 2: Activity- Sand castle contest</p> <p>Station 3: Activity- kayaks & SUPs</p>	<p>Station 1: FA Activity- <u>a) walking assists</u> <u>b) control bleeding and basic splints</u></p> <p>Station 2: FA Activity- <u>a) review choking victims & CPR</u> <u>b) Using an AED</u></p> <p>Station 3: 1) JG COMP- beach flags (on land) 2) JG COMP- Minute to Win-it challenges</p>
<i>10:30-10:45a: Break Water, Sunscreen, Snack</i>	<i>10:30-10:45a: Break Water, Sunscreen, Snack</i>	<i>10:30-10:45a: Break Water, Sunscreen, Snack</i>	<i>10:30-10:45a: Break Water, Sunscreen, Snack</i>	<i>10:30-10:45a: Break Water, Sunscreen, Snack</i>
<p>Station 1: <u>board maneuvers; practice deployment & paddling</u></p> <p>Station 2: Activity- Confined spaces maze + obstacle course w/ RIC team</p> <p>Station 3: a) FA Lecture: Triage b) FA Activity: Triage Theatre</p>	<p>Station 1: TR- active</p> <p>Station 2: PT- calisthenics w/ a run-swim-run</p> <p>Station 3: Game- Sharks & Minnows</p>	<p>Station 1: BR- passive</p> <p>Station 2: Activity- Cross-Bearing Race</p> <p>Station 3: Activity- Shadow LG staff</p>	<p>Station 1: TR- <u>submerged</u></p> <p>Station 2: Activity- Snorkels & fins</p> <p>Station 3: Activity- kayaks & SUPs</p>	<p>Station 1: BR- all</p> <p>Station 2: 1) Lecture- O2 Tank 2) JG COMP- Assemble O2 tank</p> <p>Station 3: 1) JG COMP- Iron Guard medley relay 2) JG COMP- Iron guard</p>
12:00-12:45p: Lunch & Free-time	12:00-12:45p: Lunch & Free-time	12:00-12:45p: Lunch & Free-time	12:00-12:45p: Lunch & Free-time	12:00-12:45p: Lunch & Free-time

Abbreviations Key:

TR: tube rescues BR: board rescues FA: first aid PT: physical training

Underlined Stations are core components of the JG program and will be taught/reviewed EVERY session

Snorkels, fins, SUPs, and Kayaks will be available one day during the session. That day is TBD.

NOTE: all activities and games are subject to change based on weather, number of participants, and instructor's discretion.



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12-12:45p: Lunch & Free-time	12-12:45p: Lunch & Free-time	12-12:45p: Lunch & Free-time	12-12:45p: Lunch & Free-time	12-12:45p: Lunch & Free-time
<i>12:45-1:00p: Roll Call uniform check + sunscreen Review Focus Trait</i>	<i>12:45-1:00p: Roll Call uniform check + sunscreen Review Focus Trait</i>	<i>12:45-1:00p: Roll Call uniform check + sunscreen Review Focus trait</i>	<i>12:45-1:00p: Roll Call uniform check + sunscreen Review focus trait</i>	<i>12:45-1:00p: Roll Call uniform check + sunscreen Review focus trait</i>
Station 1: <u>tubes- wrap, deploy, & dolphin dives</u> Station 2: Activity- MCI make-up & triage challenge <i>*include optional: Wounded Soldier game</i> Station 3: a) Lecture: Fire safety b) Activity: Build fire	Station 1: <u>BR- active</u> Station 2: Game: King Neptune Activity: Landline rescue Station 3: Lecture- Lifejackets Activity- Lifejacket relay races Activity- Dock Jump & HELP!	Station 1: <u>TR- passive</u> Station 2: Lecture: face fallers Activity: face faller skill Game: beach flags (in water) Station 3: Lecture: Surveillance Game: Rescue by numbers	Station 1: <u>BR- submerged</u> Station 2: Activity- Snorkels & fins <i>(use while playing Sharks and minnows)</i> Station 3: Activity- kayaks & SUPs	Station 1: <u>TR- all</u> Station 2: 1) JG COMP- Rescue board race 2) JG COMP - Board Relay Station 3: 1) JG COMP- 4x100 relay race 2) JG COMP- Obstacle Course
<u>Group game:</u> 2:15-2:45p • Capture the Flag	<u>Group game:</u> 2:15-2:45p • Fort Knox	<u>Group game:</u> 2:15-2:45p • Ultimate Ball	<u>Group game:</u> 2:15-2:45p • Amoeba Tag	<u>Group game:</u> 2:15-2:45p • JG Choice
<i>2:45-3:00p: Break Water, Sunscreen, Snack</i>	<i>2:45-3:00p: Break Water, Sunscreen, Snack</i>	<i>2:45-3:00p: Break Water, Sunscreen, Snack</i>	<i>2:45-3:00p: Break Water, Sunscreen, Snack</i>	<i>2:45-3:00p: Break Water, Sunscreen, Snack</i>
3:00-3:15p: Review 3:15-3:45p: Free time 3:45-4:00p: Clean-up	3:00-3:15p: Review 3:15-3:45p: Free time 3:45-4:00p: Clean-up	3:00-3:15p: Review 3:15-3:45p: Free time 3:45-4:00p: Clean-up	3:00-3:15p: Review 3:15-3:45p: Free time 3:45-4:00p: Clean-up	3:00-3:15p: Certificates! 3:15-3:45p: Free time 3:45-4:00p: Clean-up
Check-out 4-4:30p	Check-out 4-4:30p	Check-out 4-4:30p	Check-out 4-4:30p	Check-out 4-4:30p

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