



Session 2 & 5: Survivor JG

Monday	Tuesday	Wednesday	Thursday	Friday
<u>9:00-9:30am</u> First Day Talk	<u>9-9:15a: Roll Call</u> uniform check + sunscreen Focus Trait	<u>9-9:15a: Roll Call</u> uniform check + sunscreen Focus Trait	<u>9-9:15a: Roll Call</u> uniform check + sunscreen Focus Trait	<u>9-9:15a: Roll Call</u> uniform check + sunscreen Focus Trait
First Day Talk: *See manual for topics to cover Station 1: Activity- a) Gather lifejackets & divide into tribes b) Plane crash scenario and build tents c) Create tribe flag and symbol Station 2: Game- Steal the bacon	*set-up tents, tribal make-up, & announce tribe leader Station 1: Activity- Nature walk/hike Station 2: a) FA Lecture: Burns, bites, bee stings b) FA Activity: BINGO Station 3: Game- Band Aid tag	*set-up tents, tribal make-up, & announce tribe leader Station 1: Activity- Geo-caching/scavenger hunt Station 2: Activity- a) Extreme survival stories b) personal scar/injury stories c) Survival Quiz Station 3: Game- Sharks & Minnows	*set-up tents, tribal make-up, & announce tribe leader Station 1: a) Lecture: Survive a zombie apocalypse b) Activity: zombie trivia c) Game- "It could be worse" Station 3: Game- Zombie Tag Station 2: Lecture- Sharks! Station 2: Activity- CPR battlefield (practice using catapults before) Station 3: Game- Cat & Mouse	*set-up tents, tribal make-up, & announce tribe leader Station 1: Activity- a) Practice helicopter rescue b) build SOS sign c) prep lifejackets & review rescue procedure Station 2: Activity- CPR battlefield (practice using catapults before) Station 3: Game- Cat & Mouse
<u>10:30-10:45a: Break</u> Water, Sunscreen, Snack	<u>10:30-10:45a: Break</u> Water, Sunscreen, Snack	<u>10:30-10:45a: Break</u> Water, Sunscreen, Snack	<u>10:30-10:45a: Break</u> Water, Sunscreen, Snack	<u>10:30-10:45a: Break</u> Water, Sunscreen, Snack
<u>Station 1: board maneuvers; practice deployment & paddling</u> Station 2: a) FA lecture: BSI precautions; BENAMES w/primary assessment (ABCs) b) FA Activity: glove removal race & primary assessment races Station 3: a) Lecture: Morse Code b) Activity: SOS mirrors	<u>Station 1: TR- active</u> Station 2 a) Lecture: Radio communication b) Activity: Radio Tubs Station 3: a) Lecture: Fire safety b) Activity: find hidden supplies & build fire	<u>Station 1: BR- passive</u> Station 2: a) Lecture: Reach, throw or go (importance + meaning) b) Activity- Throw jugs Station 3: Activity- a) practice helicopter rescue	<u>Station 1: TR- submerged</u> Station 2: Activity- Confined spaces maze + obstacle course w/ RIC team Station 3: Activity- Cast making	<u>Station 1: BR- all</u> Station 2: Activity- MCI make-up & triage challenge <i>*include optional: Wounded Soldier game</i> Station 3: FA Activity- a) building a stretcher b) walking assists c) control bleeding and basic splints
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

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

Scheduled visits: police, fire, paramedic/ambulance, park ranger and helicopter flyover

NOTE: While visitors may be scheduled, their first responsibility is responding to emergencies. Therefore, some visitors may cancel without notice or rescheduling (including the helicopter flyover).

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



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Monday	Tuesday	Wednesday	Thursday	Friday
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
<u>12:45-1:00p: Roll Call</u> uniform check + sunscreen Review Focus Trait	<u>12:45-1:00p: Roll Call</u> uniform check + sunscreen Review Focus Trait	<u>12:45-1:00p: Roll Call</u> uniform check + sunscreen Review Focus trait	<u>12:45-1:00p: Roll Call</u> uniform check + sunscreen Review focus trait	<u>12:45-1:00p: Roll Call</u> uniform check + sunscreen Review focus trait
Station 1: <u>Tubes- wrap, deploy, & dolphin dives</u> Station 2: a) Lecture: Water purification b) Game: tribe water collection race Station 3: a) Lecture: Acronyms b) Game: Clothespin samurai	Station 1: <u>BR- active</u> Station 2: a) FA Lecture: Triage b) FA Activity: Triage Theatre Station 3: Lecture- Survive Natural Disasters	Station 1: <u>TR- passive</u> Station 2: FA Activity- a) <u>Choking victims- conscious + unconscious (adult, child, infant)</u> b) <u>Adult CPR</u> Station 3: a) Lecture: Survive Piranha infested waters b) Game: Piranha Attack!	Station 1: <u>BR- submerged</u> Station 2: a) Activity: Extreme Survival Charades b) Game: Assassin Station 3: FA Activity- a) <u>review choking victims & CPR</u> b) <u>Using an AED</u>	Station 1: <u>TR- all</u> Station 2: Game- Board wars Station 3: a) Lecture: Find a Missing person b) Game: hide + seek
<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
<u>2:45-3:00p: Break</u> Water, Sunscreen, Snack	<u>2:45-3:00p: Break</u> Water, Sunscreen, Snack	<u>2:45-3:00p: Break</u> Water, Sunscreen, Snack	<u>2:45-3:00p: Break</u> Water, Sunscreen, Snack	<u>2:45-3:00p: Break</u> Water, Sunscreen, Snack
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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