



Island Life!

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
<p>First Day Talk: * See manual for topics to cover * Blow conch shell & apply Hawaiian/Pirate tattoos & patches; choose a pirate name</p> <p>Station 1: Lecture- Lifejackets Activity- Lifejacket relay races Activity- Dock Jump & HELP!</p> <p>Station 2: FA lecture 1) Scurvy 2) Fish hook in the eye -practice w/ dough</p> <p>Station 3: Game- Big (Pirate) Booty</p>	<p>INTRO: Blow conch shell & apply Hawaiian/Pirate tattoos & patches</p> <p>Station 1: Activity- Sand castle contest</p> <p>Station 2: Lecture- Terrifying Pirates in history & modern day stories Game- pirate tag</p> <p>Station 3: Activity- Poi ball making Lecture- Dangers of the open ocean</p>	<p>INTRO: Blow conch shell & apply Hawaiian/Pirate tattoos & patches</p> <p>Station 1: Lecture- Volcanoes (review) Activity- Volcano making</p> <p>Station2: FA Activity a) Choking victims b) Adult CPR</p> <p>Station 3: Activity- Kayaks & SUPs (Discuss safety + rules before using)</p>	<p>INTRO: Blow conch shell & apply Hawaiian/Pirate tattoos & patches</p> <p>Station 1: Lecture- Survive a shark attack Game- Shark attack (on-land)!</p> <p>Station 2: FA Activity- 1) Review choking victims & Adult CPR 2) AED</p> <p>Station 3: BR- passive</p>	<p>INTRO: Blow conch shell & apply Hawaiian/Pirate tattoos & patches</p> <p>Station 1: Lecture- Volcanos (review) Activity- Volcano making</p> <p>Station 2: FA activity- Control bleeding and basic splints & walking assists</p> <p>Station 3: Game- Volcanic Eruption</p>
<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
<p><u>Station 1: board maneuvers; practice deployment & paddling</u></p> <p>Station 2: Lecture- Volcanos Activity- Volcano making</p> <p>Station 3: 1) FA lecture: BSI precautions; BENAMES w/primary assessment (ABCs) 2) FA Activity: glove removal race & primary assessment races</p>	<p><u>Station 1: TR- active</u></p> <p>Station 2: Lecture: Warning Flags Game- Red flag, Green flag</p> <p>Station 3: Lecture- Boat safety and terminology (review) Activity- "America's cup"</p>	<p>Station 1: Activity- kayaks & SUPs</p> <p>Station 2: Activity- Snorkels & fins (discuss safety before use)</p> <p>Station 3: Activity- Hula Hoop contest Lecture- Dangerous island plants</p>	<p><u>Station 1: TR- passive</u></p> <p>Station 2: Activity- Build a giant raft; paddle around facility Lecture- What do to when lost at Sea & true stories (discuss while paddling around)</p> <p>Station 3: Lecture- Island/Ocean wildlife and protecting their habitats Game- Sharks and Minnows</p>	<p><u>Station 1: TR- all</u></p> <p>Station 2: Activity- "So you think you can luau" dance off</p> <p>Station 3: Activity- Sand castle contest</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

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

Rental stand-up paddle boards, kayaks, and snorkel/fin sets will be available for 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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<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
<u>Station 1: tubes-wrap, deploy, & dolphin dives</u> Station 2: Activity Land + water obstacle course Station 3: Lecture- Boat safety and terminology Activity- entering the boat and launching, then paddle around the facility Game- Leaky Boat!!	<u>Station 1: BR- active</u> Station 2: Activity- Build a giant raft; paddle around facility Lecture- Interesting facts about Island culture (<i>discuss while paddling around on boat/raft</i>) Station 3: Game Lifejacket water polo	Station 1: Activity-kayaks & SUPs Station 2: Activity- Snorkels & fins (<i>use playing Sharks and minnows</i>) Station 3: Activity- Gauntlet Showdown	<u>Station 1: BR-submerged</u> <u>Station 2: TR-submerged</u> Station 3: Activity 1) Volleyball H2O balloon toss 2) H2O balloon fight	Station 1: BR- all Game: board wars Station 2: Activity- Rescues w/o equipment Station 3: Lecture- Tsunamis vs. Hurricanes Activity- Water Tug o' War
<u>Group game:</u> 2:15-2:45p • Capture the (Pirate) 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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