



JG Lesson Plan: Guardians of the Waterways

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 9:00-9:15 <i>First Day Talk</i> | 9:00 – 9:15 -Roll Call: Uniform Check, Sunscreen, Focus Trait | 9:00 – 9:15 -Roll Call: Uniform Check, Sunscreen, Focus Trait | 9:00 – 9:15 -Roll Call: Uniform Check, Sunscreen, Focus Trait | 9:00 – 9:15 -Roll Call: Uniform Check, Sunscreen, Focus Trait |
| 9:15 – 9:30 -Game <i>Water on Water Off</i> | 9:15 – 9:30 -Game Fort Knox | 9:15 – 9:30 -Game <i>Banana Tag</i> | 9:15 – 9:30 -Game Reservoir Tag | 9:15 – 9:30 -Game Free Choice |
| 9:30 – 10:00 First Aid Lecture – BSI, BENAME, ABC'S First Aid Activity – Glove Removal Race | 9:30 – 10:00 First Aid Lecture: Choking Victims, Conscious and Unconscious and Adult CPR First Aid Activity: Conscious and Unconscious Choking and CPR | 9:30 – 10:00 First Aid Lecture: Splinting First Aid Activity: Splint Race | 9:30 – 10:00 First Aid Lecture: Walking Assist, Control Bleeding First Aid Activity: Control Bleeding Race | 9:30 – 10:00 First Aid Lecture: Choking Victims, Conscious and Unconscious and Child CPR First Aid Activity: Conscious and Unconscious Choking and CPR |
| 10:00-10:30 – Lifeguard Activity – Rescue Boards (Intro, Maneuvers, Practice) | 10:00-10:30 – Lifeguard Activity – Rescue Boards Active | 10:00-10:30 – Lifeguard Activity – Rescue Boards Passive | 10:00-10:30 – Lifeguard Activity – Rescue Board Submerged (<5 feet) | 10:00-10:30 – Lifeguard Activity – Rescue Board Relay |
| 10:30- 10:45: <i>Break</i> <i>Water, Sunscreen,</i> <i>Snack</i> | 10:30- 10:45: <i>Break</i> <i>Water, Sunscreen,</i> <i>Snack</i> | 10:30- 10:45: <i>Break</i> <i>Water, Sunscreen,</i> <i>Snack</i> | 10:30- 10:45: <i>Break</i> <i>Water, Sunscreen,</i> <i>Snack</i> | 10:30- 10:45: <i>Break</i> <i>Water, Sunscreen,</i> <i>Snack</i> |
| 10:45-11:15 - Water Lecture – Water Cycle | 10:45-11:15 - Water Lecture – Facility Specific Water | 10:45-11:15 - Water Lecture – Pacific Garbage Patch Activity: Plastic Bottle Scavenger Hunt (Look for garbage in facility) | 10:45-11:15 - Water Lecture – Water Purification Activity: Water Filter | 10:45-11:15 - Water Lecture – Drowning |
| 11:15- 11:45 – Activity Sandcastle Contest with Waterways | 11:15- 11:45 – Activity Nature Hike | 11:15- 11:45 – Activity Parachute | 11:15- 11:45 – Game – Piranha | 11:15- 11:45 – Activity Free Choice |
| 11:45 – 12:00 – Game – Desert Tag | 11:45 – 12:00 – Game: Sharks and Minnows | 11:45 – 12:00 – Game: Lifejacket Water Polo | 11:45 – 12:00 – Game: Free Choice | 11:45 – 12:00 – Game: Free Choice |
| 12:00 – 12:45: Lunch | 12:00 – 12:45: Lunch | 12:00 – 12:45: Lunch | 12:00 – 12:45: Lunch | 12:00 – 12:45: Lunch |



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| 12:45-1:00 Roll Call: Uniform Check, Sunscreen, Focus Trait | 12:45-1:00 Roll Call: Uniform Check, Sunscreen, Focus Trait | 12:45-1:00 Roll Call: Uniform Check, Sunscreen, Focus Trait | 12:45-1:00 Roll Call: Uniform Check, Sunscreen, Focus Trait | 12:45-1:00 Roll Call: Uniform Check, Sunscreen, Focus Trait |
| 1:00 – 1:30 - Lifeguard Activity: Tube Introduction, wrapping, dolphin dive | 1:00 – 1:30 - Lifeguard Activity: Tube Active | 1:00 – 1:30 - Lifeguard Activity: Tube Passive | 1:00 – 1:30 – Activity: Tube Submerged | 1:00 – 1:30 - Lifeguard Activity: Tube Relays |
| 1:30 – 2:00 Activity: Make Slime | 1:30 – 2:00 – Lecture: Who Helps in the Parks Activity: Tug O' War | 1:30 – 2:00 - Lecture – Water Conservations Activity: Board Wars | 1:30 – 2:00 – Lifeguard Game – Rescue by Numbers | 1:30 – 2:00 – Lifeguard Game: Piranha |
| 2:00 – 2:15 - Cleanup | 2:00 – 2:15 - Cleanup | 2:00 – 2:15 - Cleanup | 2:00 – 2:15 – Cleanup | 2:00 – 2:15 – Cleanup |
| 2:15 – 2:45 - Group Game: Amoeba Tag | 2:15 – 2:45 - Group Game: King Neptune | 2:15 – 2:45 – Game: Jaws | 2:15 – 2:45 – Game: JG Choice | 2:15 – 2:45 – Game: Mafia |
| 2:45 – 3:00 Break: Water, Sunscreen, Snack | 2:45 – 3:00 Break: Water, Sunscreen, Snack | 2:45 – 3:00 Break: Water, Sunscreen, Snack | 2:45 – 3:00 Break: Water, Sunscreen, Snack | 2:45 – 3:00 Break: Water, Sunscreen, Snack |
| 3:00 – 3:15 - Review | 3:00 – 3:15 - Review | 3:00 – 3:15 - Review | 3:00 – 3:15 - Review | 3:00 – 3:15 – Certs and Pins |
| 3:15 – 3:45 – Free Time | 3:15 – 3:45 – Free Time | 3:15 – 3:45 – Free Time | 3:15 – 3:45 – Free Time | 3:15 – 3:45 – Free Time |
| 3:45- 4:00 – Clean UP | 3:45- 4:00 – Clean UP | 3:45- 4:00 – Clean UP | 3:45- 4:00 – Clean UP | 3:45- 4:00 – Clean UP |

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