

JUNIOR GUARD TRAINING ITINERARY

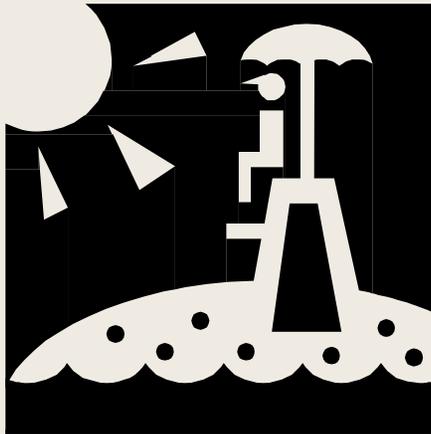
Rescue Techniques

CPR Training

Medical Overviews

Rescue Carries

Everyday Lifeguard Skills



KURE BEACH JUNIOR GUARD CAMP

KURE BEACH FIRE DEPARTMENT
117 SETTLERS LANE
KURE BEACH, NC 28449
910-458-2014

KURE BEACH JUNIOR GUARD CAMP

LIFEGUARD
TRAINING

AGES 8 AND UP



Kure Beach Fire Department
Ocean Rescue Division
Contact: Daniel Russell
910-795-3338

Why should YOUR child become a Junior Lifeguard?

Our program not only furthers your child's knowledge in the lifesaving and medical field, but it offers them a chance to meet new people and take part in situations we, as lifeguards, come across every day. Your child will leave with a sense of security, confidence and the chance to become a lifeguard in the future.



Jr. Guard **Typical** day

- 9:00 am** Meet at the shack
- 9:30 am** Start physical training
- 10:00 am** Learn a rescue technique
- 10:30 am** Practice the technique in teams
- 11:00 am** Play a game or relay race
- 11:30 am** Snack & break time
- 12:00 pm** On a tower with a lifeguard while learning radio codes and watching rescues
- 1:00 pm** End of day/pick-up

What you NEED to know

Where: Meet at the Kure Beach Lifeguard Shack located on the right side of the pier house, at the south end of Atlantic Avenue.

When: See dates of camps on registration form

***Cost:** See cost of camps on registration form

NOTE: *Each child will receive a snapback, mesh hat. Snacks and drinks are provided daily, and there will be a pizza party on Friday.

