Junior Lifeguard “A” Requirements

“A”ranking will be determined by the following mental and physical requirements. For the 11 categories listed below an “A” must successfully **PASS** or **EXCEL** in a minimum of 8 requirements in order to earn the rank of **“A” 2nd Lieutenant**. If an “**A**” **PASSES** **all** 11

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| Points |
|  Events | **Pass** | **Excel** | **Time** | **Time** | **Time** | **Time** | **Time** | **Time** | **Time** | **Time** | **Your Score** |
| Pier Swim | **20:00** | **13:30** |  |  |  |  |  |  |  |  |  |
| Run-Swim-Run | **14:30** | **11:00** |  |  |  |  |  |  |  |  |  |
| 2 Mile Run | **20:00** | **15:00** |  |  |  |  |  |  |  |  |  |
| Pier Paddle | **13:30** | **9:30** |  |  |  |  |  |  |  |  |  |
| Ironman | **31:00** | **24:00** |  |  |  |  |  |  |  |  |  |
| Vitamin "A" | **1:01:00** | **45:00** |  |  |  |  |  |  |  |  |  |
| For instructor use only |  |  |  |  |  |  |  |  |  |  |  |
| General Orders Test | **70%** | **90%** |  |  |  |  |  |  |  |  |  |
| First Aid Test | **70%** | **90%** |  |  |  |  |  |  |  |  |  |
| Simulated Rescues | **PASS** | **EXCEL** |  |  |  |  |  |  |  |  |  |
| CPR Practical | **PASS** | **EXCEL** |  |  |  |  |  |  |  |  |  |
| Instructor Evaluation | **PASS** | **Excel** |  |  |  |  |  |  |  |  |  |
| Other events |  |  |  |  |  |  |  |  |  |  |  |

requirements and **EXCELS** in a minimum of 8 requirements, they will earn the rank of **“A” Group 1st Lieutenant**. All others will receive the Rank of Junior Guard. Keep track of your times and don’t lose your timesheet!

**Pier Swim** – Swim around the pier. You may cut through the “T” at tower zero and the baithouse, but you must swim around the entire end of the pier.

**Run-Swim-Run** – Begin at tower 5, run to the pier and swim around the baithouse, then run back to tower 5. You may cut through zero “T”, but you must swim around all the baithouse pilings. You must swim through the pier where there are only three pier pilings on both sides (not 5 on one side, 3 on the other).

**2 mile run** – Beginning at the pier, run until you are even with tower 19, run back. You do not need to run around the tower.

**Pier Paddle** – Paddle around the pier, you may cut through the T’s

**Ironman** – Baithouse paddle, baithouse swim, 1 mile run. For the paddle and swim, you can cut the T’s, for the run you run around tower 9, then run back. You may do these events in any order.

**Vitamin A-** Swim around the pier, run to tower 19, run back and swim around the pier again.

# **First Aid Test -** A First Aid exam will be given based on materials presented throughout the summer. Topics include identification and treatment of wounds, burns, shock, and broken bones.

# **General Orders -** An exam including basic life guarding skills and techniques will also be given at the end of the summer.\

# **Simulated Rescue -** Junior lifeguards will perform a simulated rescue and be rated on their performance. Speed and entry into the water will be among the main requirements that will be focused on.

#  **CPR Practical –** Students will show their ability to perform effective CPR for one cycle on a mannequin.

# **Instructor Evaluation -** The instructor will give an overall rating for the junior lifeguard based on their performance in all categories for the entire summer. Attitude and effort will also be taken into account in addition to a junior lifeguard’s overall performance.