



TOWN OF EAST HAMPTON

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JOHN ROONEY
SUPERINTENDANT OF RECREATION

The 2015 Junior Lifeguard Program

(Our 21st Year)

At

Indian Wells Beach, Amagansett or Ditch Plains Beach, Montauk

Saturdays* & Sundays

9:00 am to 11:00 am

June 20 & 21, June 27 & 28, July 4 & 5

(*Sat, July 11 – Cancer Benefit Open Water Swim at Fresh Pond Bay Beach, Amag.)

July(Fri) 10* & 12, July 18 & 19, July 25 & 26, Aug 1 & 2

We will end our Program with our
20th Annual Junior Lifeguard Tournament
at Indian Wells Beach, Amagansett

on

Saturday & Sunday, August 1 & 2 from 8:00 am to 1:00 pm

Age Groups (as of 7/1/15)

Ages 9 & 10 - Boys & Girls

Ages 11 & 12 - Boys & Girls

Ages 13 & 14 - Boys & Girls

Fee \$80

Check payable to the **Town of E. H.**

All Junior Lifeguard Candidates will:

- register **WITH PARENT** on Weekends (May 23, 24 or 25, May 30 or 31, June 6 or 7, or June 13 or 14) at Indian Wells Beach or Ditch Plains Beach at 10:00 a.m. or 3:00 p.m. and pay a program fee of **\$80**.
- receive a Junior Lifeguard T-Shirt & Rash Guard Shirt after the program begins.
- pass the RECenter Swim Test and the Ocean Swim Test prior to the start of our program.

RECenter Swim Test: Age 9, 10, 11, or 12 100 yards freestyle under 2:15 & 200 yards paced swim.
Age 13 or 14 150 yards freestyle under 3:10 & 300 yards paced swim.

Ocean Swim Test: On a calm day at Indian Wells or Ditch Plains Beach (at 11:15 am or 1:30 pm) candidates will swim out beyond the break with a lifeguard, tread water for 5 minutes and then swim across the beach. Wet suits are allowed. This Test can be done on 1st day of attendance.

2014 Junior Lifeguards **must** take the **RECenter Swim Test**, but **do not** have to take the **Ocean Swim Test**.

Goals & Objectives of our Program:

1. To have fun while we learn more about our ocean and water environments
2. To provide training in water safety and ocean beach swimming skills
3. To develop skills in learning to work together as a team
4. To improve the health and fitness of our youth
5. To help teach youngsters courtesy, respect for authority, discipline, and good sportsmanship
6. To develop potential lifeguards - if you learn to save others, you also learn how to save yourself.

(Over Please)

Rules and Guidelines

For the Parents:

1. We need your cooperation and help to make this program a good experience for your child. Encourage your child to do their best and praise their efforts. Get them to each session on time and don't allow them to miss a day for frivolous reasons. Please feel free to call us with any concerns and/or questions.
2. If you do not have a Resident Town of East Hampton Parking Sticker, you can not park at Indian Wells Beach or Ditch Plains Beach. You may always drop off you child at 9:00 and pick them up at 11:00. If a ticket is given we **can not** help you.
3. Bad Weather - Rough Water: The program will run except when it is raining HEAVILY. We will not run the Program if we see Lightning or hear Thunder. Rough water provides excellent understanding of the ocean currents. In heavy surf conditions water activities will be restricted. We will increase our land activities.
4. **Optional Tournaments**
Long Island Junior Lifeguard Tournament at Jones Beach – Tuesday, July 14th - \$15 Fee (Separate check to-Hampton Lifeguard Assoc.) This is an all-day tournament with 7 events (distance run, rescue race, paddle race, distance swim, run-swim-run, swim relay, & beach flags in 3 age groups (9 - 11, 12 - 13, & 14 - 15). Sign-up requires three things:
 - 1.) The \$15 pays the Tournament Entrance Fee and a competition t-shirt. H L A will provide a lunch.
 - 2.) A ride with a parent or friend's parent.
 - 3.) We will be coordinating all the cars & leave E. H. H S parking lot at 7 am with written directions.
U S L A National Junior Lifeguard Tournament in Daytona Beach, FL – Wed, Aug 5th Details will be arranged at a later date.
5. **Optional – Wednesday Competition Training.** This training is for junior lifeguards who want to compete at the Jones Beach Tournament and/or the National Tournament. Training place and times will be announced.

For the Junior Lifeguards:

1. Attendance: Be on time with all your gear. Check in with your group leader as soon as you arrive. Place your gear in the designated area.
2. Do not leave the area or your group without telling your lifeguard leader - this includes going to the bathroom, parents picking you up early, etc.
3. All boogie boards, shirts, fins, and other personal gear should be marked with your name on the items.
4. We will use the "buddy" system in the water. This means stay close to your "buddy". Talk and encourage each other. Enter and leave the water together. If your "buddy" is absent ask your lifeguard leader to get you a temporary replacement for that day
5. Exhibit attitudes of good sportsmanship in all competitive events. Be honest, fair, and above all have fun as you improve your skills. Encourage and support your fellow Junior Lifeguards.
6. Assist in setting up and cleaning up the instructional equipment and area. Follow directions when it is time to switch activities and move quickly to the next area.
7. During the week practice the swimming and water skills that you have been taught. Try to do a distance run and swim 1 or 2 times during the week to improve your conditioning. When you do a distance swim go beyond the break area and swim parallel to the shore. Remember to do this with a "buddy".

Program Director
John J. Ryan Jr.
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Indian Wells Beach
Lead Instructor
John j. Ryan Jr

Ditch Plains Beach
Lead Instructor
Jessie Stavola

Program Coordinator
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