

Town of Gilbert Aquatics

Junior Lifeguard Training Program 2019



Training Location:	Williams Field Pool
Contact:	Krista or Sydney gilbertjuniorguard@gmail.com

Welcome Junior Lifeguards!

The Town of Gilbert would like to officially welcome you to our Aquatics Department. We appreciate your interest in completing this course to better prepare yourself for a future aquatics career.

The primary focus of the Junior Lifeguard program is to introduce our volunteers to the duties and responsibilities of a professional lifeguard and water safety instructor. They will be introduced to lifeguarding skills such as CPR, first aid, rescues, scanning, etc. This early introduction to the skills allows them to be more successful in lifeguard training classes and provide important on-the-job experience.

All participants will sign up for volunteer shifts at their desired location including working side-by-side our instructors to motivate new young swimmers and assist in ensuring safety during swim lessons. They will get to shadow lifeguards on duty during public swim and learn rescue techniques and customer service. The volunteers will also learn what it takes to care for an aquatic facility assisting with daily cleaning, organization, set up and take down. Finally, Junior Lifeguards will have the opportunity to volunteer during swim and dive meets.

Regardless of where you are interested in volunteering, you must attend the training to receive all your materials and information. During this training, you will learn major procedures for our facilities, learn rescue skills and emergency protocols, participate in team building activities, and sign up for volunteer shifts.

Please bring your swimsuit, goggles, towel, water bottle, sunscreen and change of clothes to this training and be prepared to swim, tread water, and practice rescue skills.

Meet Your Trainers

Krista- Welcome Junior Guards! My name is Krista and I am the Williams Field pool manager. I have 14 years experience working for this town and I absolutely love it. During the school year, I teach STEM at New Way Academy in Phoenix. You can usually find me at the pool, chilling at home with my 2 cats, or up in Flagstaff visiting my alma mater. I hope you have a great summer here at the pools!

Sydney- Hi everybody! I'm Sydney and I am the Greenfield Pool manager. I am so excited that you are interested in being a lifeguard! This is an amazing job that you are sure to love. I have 10 years experience working in aquatics and I can't stay away! I work as a pediatric nurse in the NICU at St. Joe's Hospital. In my spare time I enjoy watching Netflix and eating great food! I am so excited you are here!



Have a question or concern?

Please email gilbertjuniorguard@gmail.com

Uniform Policy

As a volunteer for the Town of Gilbert Aquatics Department, you are expected to be in proper uniform when you volunteer in our programs. You are expected to keep your uniform neat and clean.

All volunteers will receive 2 red Town of Gilbert *junior lifeguard t-shirts*. Please bring your swimsuit (ladies--one piece please), lifeguard shirt, athletic shorts, sunscreen, towel, snacks, water bottle, and sensible shoes for the pool. Hats, sunglasses, rash guards are also highly encouraged!

Please make sure your suits, rash guards, and hats do not have any offensive logos/writing/symbols as you will be representing the Town of Gilbert through your volunteer work.



Volunteer Hour Requirement

All participants are required to sign-up for and attend at least **30** hours of volunteer shifts between the dates of June 3rd and July 19th. Hours will be documented and certificate of completion will be awarded at the end of the season. Sign-ups will be available online and [HERE](#). Shifts are available at all locations through the schedule below.

Cancellation Policy: Life happens! If you can't make a shift you signed up for, please email Krista or Sydney at gilbertjuniorguard@gmail.com to cancel the shift no later than 2 days before you are scheduled. We appreciate the advance notice in order to rearrange our schedules and find coverage. Thank you!

Volunteer Shifts

Day of Week	Williams Field Pool & Greenfield Pool	Shift Available
Mondays - Tuesdays	9:15 am-12:15 pm	Morning Swim Lesson Helper
	12:45 pm - 3 pm	VIK Lifeguard Shadow
	4:45 pm - 8:15 pm	Evening Swim Lesson Helper
Wednesdays	9:15 am-12:15 pm	Morning Swim Lesson Helper
	12 pm - 1 pm	Whole Staff Inservice Training
	12:45 pm - 3 pm	VIK Lifeguard Shadow
	4:45 pm - 8:15 pm	Evening Swim Lesson Helper
Thursdays	9:15 am-12:15 pm	Morning Swim Lesson Helper
	12:45 pm - 3 pm	VIK Lifeguard Shadow
	4:45 pm - 8:15 pm	Evening Swim Lesson Helper
	5 pm - 8 pm	Dive Meet Assistant
Fridays	10:30 am-12:30 pm	Maintenance Assistant
	12:45 pm - 3 pm	Lifeguard Shadow

Day of Week	Mesquite Aquatic Center & Perry Pool	Shift Available
Various days Monday- Thursday	12:45 pm - 3 pm	VIK & Lifeguard Shadow
Thursdays	5:00 pm - 8:00 pm	Swim Meet Assistant/Timer

Shift Descriptions (Detail)

Swim Lesson Helper

All volunteers are required to work side-by-side with our trained Water Safety Instructors to observe, motivate, participate, and encourage students to be safe around water and learn to swim. Volunteers need to communicate with lead instructors in order to learn what it takes to become a successful swim lesson teacher.

VIK Lifeguard Shadow

The Town of Gilbert pools provide a fun, safe place for our local VIK daycare programs to visit. Mon-Thurs approximately 150 elementary-aged kids come with several camp leaders. Ages range from 6-15. Rules must be enforced using strong communication skills. Volunteers will be standing for 40 mins at a time and be required to effectively enforce safety rules, communicate situations with mentor lifeguard, and respond to various first-aid scenarios that may arise.

Staff Inservice Training

Volunteers will meet the entire lifeguard team, participate in rescue scenarios, learn from mentors, and participate in various team-building activities. It is highly recommended that you attend at least 1 of these sessions! These training days are an invaluable way to feel part of a team and learn some great new skills.

Dive Meet Assistant

Volunteers will be required to help set up equipment, provide support to kids ages 5-17 during warm-ups as necessary, help dive coaches with various tasks, and provide extra supervision during meet with assigned lifeguard mentor.

Swim Meet Assistant/ Timer

Volunteers will be required to help set up equipment, provide support to kids ages 5-17 during warm-ups as necessary, help swim coaches with various tasks, and serve as a timer for assigned lane during races. All timers will be trained on procedures prior to meet start.

Maintenance

Volunteers will be required to help complete various cleaning, organization, deck hosing, and sanitizing duties assigned to mentor lifeguard. These hours occur when the facility is closed to the public. This is a great way to get to know other staff members and learn valuable skills necessary to running a successful facility. Volunteers should be prepared to work continuously with minimal breaks.

Volunteer Procedures

For every shift you take, please follow the steps below:

- ❑ Arrive on site at least five (5) minutes **before** your scheduled time.
- ❑ Check-in with the manager on site.
- ❑ Sign In using the RED **Junior Lifeguard Binder**.
- ❑ Manager will provide you will duties for the day.
- ❑ Follow your assigned mentor and ask questions!
- ❑ Stay hydrated, wear sunscreen, and act professional.
- ❑ Sign Out using the RED **Junior Lifeguard Binder**.
- ❑ Gather all your belongings and leave facility.

