







2022 JUNIOR LIFEGUARD CAMP Calendar

Hosted By Your SAN CARLOS COMMUNITY POOL

JUNIOR LIFEGUARD CAMP AGES 10 to 14

MONDAY, June 27	TUESDAY, June 28	WEDNESDAY, June 29	THURSDAY, June 30	FRIDAY, July 1
<p>Daily Activities</p> <p>10:00 INTRO TO STAFF, FACILITY, AND COURSE OUTLINE</p> <p>11:00 TEST IN</p> <p>12:00 LUNCH</p> <p>1:00 VICTIM RECOGNITION TRAINING (VRT) 3D SCANNING STROKE DEVELOPMENT</p> <p>2:00 COMPACT JUMPS CONSCIOUS RESCUE</p> <p>3:30 ORGANIZED GAMES</p> 	<p>Daily Activities</p> <p>10:00 SWIM AND REVIEW</p> <p>11:00 UNCONSCIOUS RESCUES</p> <p>12:30 LUNCH</p> <p>1:30 RESCUE BREATHING (Adult, Child, Infant)</p> <p>2:30 CPR (Adult, Child, Infant)</p> <p>3:30 ORGANIZED GAMES</p> 	<p>Daily Activities</p> <p>10:00</p>  <p>At San Carlos Pool</p> <p>12:00 LUNCH</p> <p>1:00 REVIEW WATER SKILLS</p> <p>1:30 BASIC FIRST AID</p> 	<p>Daily Activities</p> <p>10:00</p>  <p>11:30 REVIEW SKILLS ROTATION 3 POINTS OF CONTACT</p> <p>12:30 LUNCH</p> <p>2:00 REVIEW 1st AID AND CPR</p> <p>3:00 ACTIVE/PASSIVE SPINAL</p> 	<p>Daily Activities</p> <p>10:00 Park Ranger</p> <p>12:00 LUNCH PIZZA</p> <p>1:00 SHADOW GUARDING</p> <p>2:00 PRATICE WATER SKILLS</p> <p>3:00 AED AND BAG VALVE</p> <p>3:30 ORGANIZED GAMES</p> 