

### “C” Junior Lifeguard Requirements

The rank a Junior Lifeguard receives will be determined by the total amount of performance points earned throughout the summer. Performance points will be distributed based upon a 10-point graded scale for each requirement. There are a total of ten requirements. A junior lifeguard will receive performance points based on his/her best performance in each particular event.

Event	10	9	8	7	6	5	4	3	2	1	Total
<b>Pier Swim</b>	0:00-13:59	14:00-15:59	16:00-17:59	18:00-21:59	22:00-24:59	25:00-27:59	28:00-30:59	31:00-34:59	35:00-44:59	45:00-60:00	
<b>Run-Swim-Run</b>	0:00-4:59	5:00-5:59	6:00-6:59	7:00-7:59	8:00-9:59	10:00-11:59	12:00-13:59	14:00-15:59	16:00-19:59	20:00-30:00	
<b>2 Mile Run</b>	0:00-13:00	13:00-14:30	14:30-16:00	16:00-17:59	18:00-19:59	20:00-22:59	23:00-26:99	27:00-30:99	31:00-39:59	40:00-50:00	
<b>Sandsprint 200 ft. total</b>	0:00-12.99	13.00-13.99	14.00-14.99	15.00-15.99	16.00-16.99	17.00-18.99	19.00-20.99	21.00-23.99	24.00-26.99	27.00-30.00	
<b>Vitamin C</b>	7:00-8:15	8:16-9:30	9:31-10:45	10:46-12:00	12:01-13:15	13:16-14:30	14:31-15:45	15:46-17:00	17:01-18:15	18:16-20:00	
<b>First Aid Test</b>	100% (-0)	90-99% (-1 to 2)	80-99% (-3 to 5)	70-79% (-6 to 7)	60-69% (-8 to 10)	50-59% (-11 to 12)	40-49% (-13 to 15)	30-39% (-16 to 17)	20-29% (-18 to 20)	0-19% (-21 to 25)	
<b>General Orders &amp; Code Test</b>	100% (-0)	90-99% (-1 to 2)	80-89% (-3 to 5)	70-79% (-6 to 7)	60-69% (-8 to 10)	50-59% (-11 to 12)	40-49% (-13 to 15)	30-39% (-16 to 17)	20-29% (-18 to 20)	0-19% (-21 to 25)	
<b>Simulated Rescue</b>	10	9	8	7	6	5	4	3	2	1	
<b>Attendance</b>	0-3 absences	4-6 absences	7-9 absences	10-12 absences	13-15 absences	16-19 absences	20-22 absences	23-26 absences	27-30 absences	31+ absences	
<b>Instructor Evaluation</b>	10	9	8	7	6	5	4	3	2	1	

Total \_\_\_\_\_

**Note:**

- A total of 100 possible performance points may be earned. *Due to weather/surf conditions, make up events are NOT guaranteed.*
- If a minimum of 30 points is earned, the rank of Junior Lifeguard is awarded.
- If a minimum of 50 points is earned, the rank of Second Lieutenant is awarded. (Patch awarded next year, first week.)
- If a minimum of 80 points is earned, the rank of First Lieutenant is awarded. (Patch awarded next year, first week.)
- First week absences are omitted. Absence make-up days are no longer permitted.
- If you are absent, do your best to excel in all events as you might not get a chance to make up points.