

Name _____

Instructor _____

Safety Aide Requirements

Safety Aide rankings will be determined by the following mental and physical requirements. For the 13 categories listed below a safety aide must successfully **PASS** or **EXCEL** in a minimum of 10 requirements in order to earn the rank of **Safety Aide First Lieutenant**. If a safety aide **PASSES** all 13 requirements and **EXCELS** in a minimum of 9 requirements, they will earn the rank of **Safety Aide Par Excellence**. Keep track of your times and don't lose your timesheet!

Event	Pass	Excel	Times	Times	Times	Times	Times
Pier Swim	18:00	15:00					
Run-Swim-Run	16:00	13:00					
2 Mile Run	18:00	15:00					
Pier Paddle	12:00	10:00					
Ironman	35:00	30:00					
Safety Loop	1:10:00	1:00:00					
Pier-Jetty-Pier	1:50:00	1:30:00					

Event	Pass	Excel
Pier Swim		
R-S-R		
2 Mile Run		
Pier Paddle		
Ironman		
Safety Loop		
P-J-P		

For Instructor Use Only

	Pass	Excel
Simulated Rescues	Pass	Excel
CPR Practical	Pass	Excel
First Aid Test	70%	90%
General Orders Test	70%	90%
Safety Aide Evaluation	Pass	Excel
Overall Evaluation	Pass	Excel

For Instructor Use

	Pass	Excel
Sim Rescues		
CPR Practical		
F.A. Test		
G.O. Test		
S.A. Eval		
Overall Eval		

Other Events and Times
(jetty run, stick swim, etc.)

Total Events Excelled: _____.

Total Events Passed: _____.

Final Ranking:

Note: The times displayed are current guidelines that may be subject to change based on instructor's decisions.

Comments: _____

Safety Aide Requirements – Description of Events

Pier Swim – Swim around the pier. You may cut through the “T” at tower zero and the bathhouse, 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 bathhouse, then run back to tower 5. You may cut through zero “T”, but you must swim around all the bathhouse 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 – Pier paddle, bathhouse 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.

Safety Loop:

Run Loop – Pier swim, run around tower 1, bathhouse swim, run around tower 3, zero swim, tower 5, zero swim, tower 7, zero swim, tower 9, finish at the pier.

Swim Loop – Pier swim, run around tower 1, bathhouse swim, run around tower 3, bathhouse swim, tower 5, zero, tower 7, finish at the pier.

Pier-Jetty-Pier – Swim around the pier, run to the jetty at the end of Huntington State Beach, run back and swim around the pier again.

*When you swim around the bathhouse or tower zero, you must swim around the entire structure. You must swim through the pier where there are only three pier pilings on both sides (not 5 or 7 on one side and 3 on the other).

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 and Code Test

An exam including basic life guarding skills and techniques as well as radio codes 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

Shows the ability to perform CPR on manequin.

Safety Aide Evaluation

A safety aide will be evaluated on their safety aiding skills for the summer. These skills will include their ability to follow directions, give direction and encouragement, maintaining position in the water as well as their overall attitude, enthusiasm and volunteer participation.

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.