

“B”

Junior Lifeguard Requirements

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

| Points | | | | | | | | | | | |
|-----------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-------------------|--------------|------------|
| Event | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Your Score |
| Pier Swim | 50:00-40:01 | 40:00-30:01 | 30:00-25:01 | 25:00-22:31 | 22:30-20:01 | 20:00-18:01 | 18:00-16:31 | 16:30-13:01 | 13:00-10:29 | 10:30 | |
| Run-Swim-Run | 30:00-21:01 | 21:00-19:01 | 19:00-16:01 | 16:00-14:01 | 14:00-12:31 | 12:30-11:01 | 11:00-10:01 | 10:00-9:01 | 9:00-8:01 | 8:00 | |
| 2 Mile Run | 50:00-40:01 | 40:00-30:01 | 30:00-25:01 | 25:00-22:01 | 22:00-19:01 | 19:00-17:01 | 17:00-15:31 | 15:30-14:01 | 14:00-13:01 | 13:00 | |
| Ironman | 1:10:00-1:00:01 | 1:00:00-50:01 | 50:00-45:01 | 45:00-40:01 | 40:00-38:01 | 38:00-35:01 | 35:00-30:01 | 30:00-27:01 | 27:00-24:01 | 24:00 | |
| “B” Loop | 1:10:00-1:00:01 | 1:00:00-50:01 | 50:00-45:01 | 45:00-40:01 | 40:00-38:01 | 38:00-35:01 | 35:00-33:01 | 33:00-30:01 | 30:00-27:01 | 27:00 | |
| Pier Paddle | 45:00-35:01 | 35:00-25:01 | 25:00-20:01 | 20:00-17:01 | 17:00-15:01 | 15:00-13:01 | 13:00-10:31 | 10:30-9:01 | 9:00-8:01 | 8:00 | |
| First Aid Test | (-45) 10% - 19% | (-40) 20% - 29% | (-35) 30% - 39% | (-30) 40% - 49% | (-25) 50% - 59% | (-20) 60% - 69% | (-15) 70% - 79% | (-10) 80% - 89% | (-5) 90% - 99% | (-0) 100% | |
| Simulated Rescue | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| General Orders Test | (-45) 10% - 19% | (-40) 20% - 29% | (-35) 30% - 39% | (-30) 40% - 49% | (-25) 50% - 59% | (-20) 60% - 69% | (-15) 70% - 79% | (-10) 80% - 89% | (-5) 90% - 99% | (-0) 100% | |
| Instructor Evaluation | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |

Total _____

Note:

A total of 100 possible performance points may be earned.

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 2nd Lieutenant is awarded.

If a minimum of 80 points is earned, the rank of the First Lieutenant is awarded.

Physical Event Descriptions:

Pier Swim: Junior guards swim around the entire pier or they may swim north to north, which is when they enter on the north side of the pier swim around the outer pilings below Ruby's and return to shore on the north side of the pier.

Run-Swim-Run: The run begins at tower 5 and heads towards the pier where B's enter the water and swim through the pier at the "V" (fourth lightpost out from Tower Zero). They then will exit the water and run back to tower 5 to finish the event.

2 mile run: This is a run that begins at the pier and heads south to tower 19 (Beach Blvd.) where JGs will run around an instructor on the sand and then run back to the pier for the finish.

Ironman: In any order, Junior Guards will complete a run from the pier around tower 9 and back to the pier, a bait house swim, and a bait house paddle.

"B" Loop: Junior Guards start the event with a swim around the bait house, followed by run around tower 1, then a swim around the "V", followed by a tower 3 run, then a swim around Tower Zero, followed by a tower 5 run with a finish at the pier.

Pier Paddle: Junior Guards will complete a paddle around the end of the pier. This is the same as the pier swim, but JGs will be on a paddle board.

Simulated Rescue: Junior Guards will perform a mock rescue and be objectively graded on a various aspects of their performance.