

**Mira Costa Aquatics Boosters**  
**Junior Life Guard Training Guidelines**

**3 week program overview (9 training days)**

- Week 1:           Assessment of each students skills & abilities (day 1). Swim laps to assess each person's capabilities and divide into appropriate subgroups. Record lap times each session.
- Week 2:           Focus on skill training and swim technique, swim laps, record lap times each session
- Week 3:           Continue skills training, increase focus on speed of lap times, continue recording of times

**Volunteer Instructor Guidelines**

Volunteers must commit to attending the entire 3 week training program

Always be at least 5 minutes EARLY for each session, and prepared to start training ON TIME

Do not text or use cell phone unless it is being used for timing individual lap times

No eating is permitted during the training session

Get swim students into the pool as soon as possible each day as the sessions last only 1 hour

**Volunteer Set Up Instructions for each training session**

Upon arrival to the pool deck, secure a chair from the team room and also secure floats from the cage  
(and return both to proper locations AFTER each session)

Grab your clipboard with the training sheet, take attendance each day

Have fun

Provide instruction to swim with correct form, proper stroke technique and lots of encouragement