



Sandbridge Junior Lifeguard Camp

Welcome to the 2019 Sandbridge Junior Lifeguard Camps! These camps are designed to teach your child beach safety, awareness of surroundings, physical fitness and respect for the duties of our lifeguards...all while having FUN! All camp proceeds go to benefit A Dolphin's Promise. A Dolphin's Promise is nonprofit organization that supports local and national charities.

The Junior Lifeguard Camp is for children ages 8-11 years old. For the safety of your child, he/she will have to be able to swim a minimum of 50 meters (1 lap/2 lengths of a rec center pool). Children who are unable to swim may not be able to safely participate in camp and therefore will have to be picked up by a parent.

The Advanced Junior Lifeguard Camp was created for children ages 12 - 16 years of age. With Beach Lifeguards as instructors, this program teaches water safety, first aid techniques, builds self-confidence, and helps to prepare interested youths for work as a lifeguard. Due to the physical nature of this camp, your child should be able to swim 100 meters continuously (2 laps of a rec center pool). If your child is unable to meet this task they may be unable to safely participate in the camp and will have to be picked up by a parent.

Please remember to bring the following items to camp each day: water bottle (with name on it), sunscreen, bug spray and a beach towel. These items are optional: boogie or body board, hat, or sunglasses. Please have sunscreen applied before dropping your child off.

Lunch will be provided both days of the camp for children ages 8-11 years old. If your child has any food allergies please let us know before the start of camp. Children participating in the advanced camp for 12-16 year olds must bring their own snacks and lunch for the camp days. On the last day of camp there will be a cookout. If your child has any allergies to food please let us know before the start of camp.

Please drop your child off at Little Island Park Lifeguard Office (located above the snack bar) no later than 8:00am. Please pick your child up promptly at the end of camp (1pm for the junior camp and 2pm for the advanced camp).

On the last day of each camp there will be an opportunity for the parents to learn Hands-Only CPR. Virginia Beach Mayor William D. Sessoms, Jr., a former volunteer rescue squad member, helped kick off the Virginia Beach Hands-Only CPR program at the Shamrock Marathon Health Expo at the Virginia Beach Convention Center Saturday, March 16. Virginia Beach is one of five cities nationwide selected by the American Heart Association for a Hands-Only CPR Training Grant that will help turn residents into lifesavers.

We are now actively recruiting individuals and organizations to become a partner with the Virginia Beach EMS Volunteer Hands Only CPR program. With this train-the-trainer/Hands Only CPR program we can train individuals in hands only CPR and empower thousands of Virginia Beach citizens to save lives. The entire training takes approximately 15 minutes. Any health care provider or public safety worker can train willing citizens with these kits. Citizens that attend one of the Volunteer Hands Only CPR programs will receive a free American Heart Association CPR Anytime Friends and Family Learning Kit. The hands-only training kits, include a DVD video, instructions and a specially designed mannequin. This will empower them to teach their friends, family, co-workers and neighbors this valuable life-saving skill.

Those that attend the Volunteer Hands Only CPR program will not only leave with the knowledge on how to save a life by checking for responsiveness, activating the 911 system and providing hands only compressions, but will also be provided with the tools to train others. The American Heart Association CPR Anytime Friends and Family Learning Kit will allow citizens to practice and share the skills obtained in the Hands Only course as well as gain valuable knowledge and information on the use of AEDs, helping a choking victim and much more.

If you should have any questions about the camp or A Dolphin's Promise, please do not hesitate to call us. Thank you for your participation, looking forward to working with you child.

Sincerely,

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