

LETTER TO JUNIOR LIFEGUARDING PARTICIPANTS AND THEIR PARENTS

Dear Junior Lifeguarding Participant and Parent:

Thank you for enrolling in the American Red Cross Junior Lifeguarding course. The time and place of the meetings are as follows: [Insert date, time and location]

This course will teach water safety and introduce participants to the duties and responsibilities of a lifeguard; however, this course will not certify anyone to be a lifeguard. It will build a foundation of knowledge, attitudes and skills in preparation for the American Red Cross Lifeguarding course.

Successful completion requires participation in skills practice. The practice sessions will require some strenuous physical activity. You are encouraged to check with your family health-care professional before participating in the practice sessions. If a medical condition or disability exists that might prevent participation in the activities, or if there are questions about fully participating in Junior Lifeguarding, please contact me to discuss this before the program begins.

To participate in Junior Lifeguarding, the following skills must be demonstrated:

- Step into water from the side and totally submerge.
- Maintain position for one minute by treading water or floating (or a combination of the two).
- Rotate one full turn and orient to the exit.
- Level off and swim on the front or back 25 yards.
- Exit without using a ladder or steps.

After completing all of the Junior Lifeguarding course requirements and turning 15 years of age, participants will be prepared to enroll in the American Red Cross Lifeguarding course, where the knowledge and skills of a lifeguard will be taught.

If there are any questions regarding Junior Lifeguarding, please contact me at [phone number and/or email address here].

Sincerely,

[Name]

Junior Lifeguarding Leader