



The Dallas Aquatic Center Junior Lifeguard Program

The Dallas Aquatic Center Junior Lifeguard Program is for responsible kids ages 11-16, who want to volunteer at the Aquatic Center and learn a variety of skills that can be used later in life. Junior Lifeguards will learn what it takes to operate the pool; acquire the basic knowledge, attitude, and skills needed to be prepared for the American Red Cross lifeguarding course; and be a role model for younger kids. The program content covers a variety of topics through monthly meetings. Meetings to cover various program materials are held the first Friday of the month at 5:00pm at the Aquatic Center. Junior Lifeguards are required to volunteer a minimum of 2 shifts a month (approx. 6 hrs) during the school year and once a week during the summer. Volunteering at the Dallas Aquatic Center includes dispatching swimmers at the top of the slide, operating the rope swing, cleaning alongside lifeguards, and shadowing lifeguards while they are on stand. If interested call Gretchen: 503-623-9715 ext. 16

Some of the topics included are:

- Filling out a job application
- Interviewing skills
- How to follow verbal and written directions
- Customer service skills
- Handling confrontation
- Preventing Accidents
- Responding to emergencies
- Basic First Aid, CPR and AED
- Basic rescue techniques
- Basic lifeguarding skills
- How to assist at the snack bar
- How to assist with teaching kids to swim
- What a business does to keep clean and safe
- Teambuilding and trust
- Peer Pressure and how to deal with it

