

2025 NMBOR WELCOME JUNIOR LIFEGUARDS

WELCOME!

Whether your family is new to Junior Lifeguards or you're back for another year, we're stoked to have you join us. Make sure you're signed up for our Remind text message alerts so you can know right away if there is an important update.

Text the following code to the number 81010:

**Summer Camp 1:
@25camp1**

**Summer Camp 2:
@25camp2**

PROGRAM DATES

See inside packet for complete schedule.

Tuesdays and Thursdays
8:30am-10:30am
Main Street Beach,
North Myrtle Beach, SC
295822

Camp 1: June 17-July 10
Camp 2: July 22-August 14

CONTACT

Reach out to us with any questions.

May Wingard- Program
Coordinator

email: juniorguard@nmb.us

office: 843-281-3820

cell: 843-503-3086

IMPORTANT INFO

Please see inside for information about check in-out, inclement weather plan, swim tests, CPR training, shadowing, special events, and our program schedule.



INCLEMENT WEATHER AND CHECK-IN PROCESS



INCLEMENT WEATHER PLAN

If dangerous weather (lighting, high winds) is forecasted with a 50% chance or greater to take place during camp, we will cancel the camp ahead of time that morning. This announcement will be made by 7:30am that day via an automated text message (see below.) We will still run the camp if we are expecting only rain.

If dangerous weather arrives unexpectedly during the camp, we will immediately take shelter under the Main Street Pavilion adjacent to the Main St Horseshoe. Regular activities will resume after the weather passes. Should weather be severe enough to cancel the rest of class, an announcement will be made via text message and Junior Lifeguards will be checked out from the Main St horseshoe parking lot.

CHECK-IN AND OUT PROCESS

At the beginning of each session, Jr Guards will check themselves in at the Check In/Out Table under the tents set up on Main Street beach. At the end of each session, Junior Lifeguards will only be dismissed once they have been checked out. There's two ways to check out:

a) Junior Lifeguards may line up at the check-out table at the end of the session to check themselves out only if they can see their Parents/Guardians nearby on the beach.

OR,

b) We will have an instructor (wearing a yellow rashguard) waiting in the Main St. parking lot at the end of each session. Parents/guardians can wave down the instructor and provide the name of the Junior Guard they're picking up so that we can call it over our radio. We will then send the Junior Guard over to the parking lot for dismissal.

SWIM TEST FOR NEW PARTICIPANTS



THE SWIM TEST

We take the safety of all participants seriously. A 50-yard, untimed swim test will take place on the dates below. The participant does not have to be a fast swimmer, but they must be able to demonstrate that they can swim confidently and continuously on top of the water with their arms reaching overhead.

Your child does NOT have to take the swim test if one of the following applies:

- a) Your child has done this program before,
- OR,**
- b) Your child has participated on a swim team or advanced swimming course.

DATE, TIME, AND PLACE

Drop in between 1-2pm on these dates. If you can't make it to your swim test, reach out to the program coordinator to reschedule. (See front page for contact info.)

Camp 1: Saturday, June 7th
Camp 2: Saturday, July 12th

Location: The pool at the North Myrtle Beach Aquatic and Fitness Center

FIRST AID AND CPR TRAINING



CPR AND FIRST AID DAY

This will take place from 9am-12pm at the J. Bryan Floyd Community Center on Possum Trot Road. Your Junior Guard will go to CPR training on the day below that matches with their camp and age group. While one age group is at CPR training, the other is on the beach for their normal session.

If you have more than one Junior Lifeguard in the program and they are in different age groups, they are welcome to go to CPR training together on the same date and then come to the beach on the other day.

Please see below for which day your child will meet for CPR and First Aid training.

SUMMER CAMP 1:

Wahoos (ages 9-12) June 24

Makos (ages 13-15) June 26

SUMMER CAMP 2:

Wahoos (age 9-12) July 29

Makos (ages 13-15) July 31

Junior Lifeguards can bring a snack or lunch if they would like. They may also wear regular clothes to the classroom.

RIDE THE TIDE



FOR MAKOS (AGES 13+) ONLY!

Our older group of Jr Lifeguards will have an opportunity to “Ride the Tide.” Makos will meet at Main St beach at **7:45am** on the dates below.

The city will provide chaperoned round-trip transportation to the beach at 63rd Avenue North in our city. Once there, Jr Lifeguards will learn about this area’s unique challenges and dynamic beach environment. They will be transported back to Main Street beach before the end of camp that day and can be picked up at regular time, 10:30am.

If you have more than one Junior Lifeguard and they are in separate age groups, both can be dropped off at 7:45 that day. Instructors will be present to supervise at that time.

Summer Camp 1: July 8th

Summer Camp 2: August 12th

Please Join Us

Junior Lifeguard

7th Annual

Games

SAT AUG 9, 2025

Location:
Main Street Beach

Check-in 8:30am
Games begin 9:00am

Junior Guards from both 2025 camps invited
Families and public welcome to spectate

Events:

Run -Swim-Run Relay
Rescue Race
Beach Flags Tournament



SATURDAYS ARE FOR SHADOWING

SHADOW A REAL NMBOR LIFEGUARD!

Shadowing gives Junior Lifeguards the opportunity to see what lifeguards do during the day, and they might be able to observe the lifeguard assisting someone in need. Junior Lifeguards are taught that they will not be hands-on in any rescue scenario while shadowing. Shadowing is completely optional.

THE DETAILS

Who: Junior Lifeguards of all ages and from both camps may shadow real NMB Ocean Lifeguards.

When: Check-in at the office at 9am on the day you choose. Shadow on the beach from 9:30am to 11:30am, Saturdays only. (Lifeguards go on-duty by 9:30am.)

Summer Camp 1: Junior Guards can shadow starting on Saturday June 21st.
Summer Camp 2: Junior Guards can shadow starting on Saturday July 26th.

Where to check in: Lifeguard Office inside the Beach Services Warehouse. 1024 6th Ave South, North Myrtle Beach, SC 29582. (You may use the door by the dirt parking lot that faces Highway 17. Ring doorbell if needed.)

How: The Junior Lifeguard's parent/guardian is responsible for driving them to the lifeguard tower and then picking them up at the same location. At check in, you will receive a sheet with the lifeguard's name and tower # and location on it.

What to bring: Each day, Junior Lifeguards should arrive wearing their Junior Lifeguard rashguard, and should have water, a towel, and sunscreen with them. Please also have them bring an epipen or inhaler if prescribed one.

SCAN HERE TO SIGN UP
FOR SHADOWING



SCHEDULE WAHOOS AGES 9-12 AND TOPICS

All camp sessions take place at Main Street Beach, 8:30am-10:30am except when otherwise indicated. Daily topics are subject to change.

Day 1- June 17/July 22: Introduction, Lifeguard equipment, Entering the Water Safely

Day 2- June 19/July 24: Preventing, Recognizing and Responding to an Emergency, Surf Conditions Observations

Day 3- June 24/July 29: **CPR & First Aid day. 9am-12pm, J Bryan Floyd Community Center**

If families have participants in both the Wahoos and Makos, they may choose to have both siblings go to CPR training on either day regardless of age group.

Day 4- June 26/July 31: Paddleboards, Eco Awareness, Escapes

Day 5- July 1/August 5: Sun Safety, Basic Rescues, Intro to Paddleboards

Day 6- July 3/August 7: Intro to Jr Guard games: Run/Swim/Run Relay and Beach Flags

Day 7- July 8/August 12: Paddleboards, Passive Victim Rescues

Day 8- July 10/August 14 : Code X, Painting Trashcans

Junior Lifeguard Games: Saturday August 9th. Main St Beach. Open to both Camps, no separate registration needed. 9am start. Please arrive by 8:30am so we can complete check-in and warm up. Families are invited to stick around and watch!

SCHEDULE MAKOS AGES 13-15 AND TOPICS

All camp sessions take place at Main Street Beach, 8:30am-10:30am except when otherwise indicated. Daily topics are subject to change.

Day 1- June 17/July 22: Introduction, Lifeguard equipment, Entering the Water Safely

Day 2- June 19/July 24: Preventing, Recognizing and Responding to an Emergency, Surf Conditions Observations

Day 3- June 24/July 29: Paddleboards, Eco Awareness, Escapes

Day 4- June 26/July 31: **CPR & First Aid day. 9am-12pm, J Bryan Floyd Community Center**

If families have participants in both the Wahoos and Makos, they may choose to have both siblings go to CPR training on either day regardless of age group.

Day 5- July 1/August 5: Sun Safety, Basic Rescues, Intro to Paddleboards

Day 6- July 3/August 7: Intro to Jr Guard games: Run/Swim/Run Relay and Beach Flags. Paddleboards, Passive Victim Rescues

Day 7- July 8/August 12: **RIDE THE TIDE: Makos need to be dropped off at Main St. by 7:45am.**

Day 8- July 10/August 14 : Code X, Personal Rescue Watercraft Demo

Junior Lifeguard Games: Saturday August 9th: Main St Beach. Open to both Camps, no separate registration needed. 9am start. Please arrive by 8:30am so we can complete check-in and warm up. Families are invited to stick around and watch!

SEE YOU THERE!

CONTACT US

Reach out to us with any questions.
May Wingard- Program Coordinator
email: juniorguard@nmb.us
office: 843-281-3820
cell: 843-503-3086



Instagram: @nmboceanrescue



YouTube: @nmboceanrescue



Facebook: North Myrtle Beach Ocean Rescue



Web: www.nmboceanrescue.com

