

# Emerald Isle Fire Department Junior Guard Information | 2023

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## Daily Start/Stop:

- All sessions will begin at 09:00 am and end at 1:00 pm at 2701 Emerald Drive (Eastern Regional Beach Access).
- Do NOT drop children off early; instructors are not available to supervise before 9 am due to setting up for the day.

## What to bring:

- Wear a bathing suit appropriate for athletic activities, sunscreen (applied 15 minutes before arriving, bring extra to re-apply throughout day), a towel, water bottle, sunglasses, goggles, sandals/flip flops, swim fins (optional)
- A bag to store all belongings which must be labeled. (The Town of Emerald Isle is not responsible for any lost or stolen items, including junior guard apparel)
- Please bring a bag lunch each day, on the final day of camp, a pizza will be provided.

## How to prepare:

- Get in shape now! Start running & swimming so you will be able to fully participate right from the start of the program. (Children must be able to swim, no refunds given if it is determined your child can't swim)
- Hydrate! Be sure to drink plenty of water all day every day for the week leading up to the program start date.
- Have a positive attitude; the Jr. Guard is about building teamwork just as much as it is about learning and meeting individual goals.

## Contact Info:

- All will receive a message from the App. "Group Me", this will be direct communication from instructors to parents/guardians.
- Any questions prior to start of program can be sent to [bmatthias@emeraldisle-nc.org](mailto:bmatthias@emeraldisle-nc.org)
- All reminders/ cancellations/ weather or water conditions will be sent out via Group Me application and by email

## Alternate Location (Weather/Water)

- 203 Leisure Lane, Parks & Recreation Gym (Weather/Water location)
- Park Street, across from Eastern Regional Access (Water location)
- Parents/Guardians will be notified if drop off/pick up location changes.

Appreciate your participation and look forward to the activities in the upcoming weeks!

Thank You,

William Matthias II

Deputy Chief

Emerald Isle Fire Department

252-354-8596