

City of Carpinteria
Parks and Recreation
Junior Lifeguard Program 2008



Parent and Participant Packet

Program Overview
Age Requirements
Program Dates and Location
Weekly Handout
Contact Us
Arrival & Departure
Attendance
Swim Test Instruction and Supervision
Mandatory Aquatic Participation

Daily Requirements
Uniforms
Lectures
Discipline Actions
Community Service
Scholarships
Donations
Calendar
JG Contract – **PLEASE RETURN
BEFORE PARTICIPATION**

Dear Parents and Participants,

The Carpinteria Junior Lifeguard Program welcomes you and your child to another summer full of personal growth and fun. We have been working hard this year to ensure the Carpinteria Junior Lifeguards of 2008 will have a positive beach experience. It is our goal to provide quality ocean safety education for our participants.

PROGRAM OVERVIEW

The mission of the Carpinteria Junior Lifeguard program is to introduce young people to safe marine and aquatic recreational opportunities. Further, it is our goal to improve young people's physical conditioning, their understanding and respect for the environment, and their respect for themselves as well as others, all while having a great time at the beach!

We accomplish our goals through daily activities including stretching, beach runs, open water swimming, paddle boarding, body surfing, beach games and competitions. Respect for the environment is increased by the understanding gained with daily physical contact with the environment and through education. Lectures and discussions are held weekly to educate participants on various topics pertaining to the Junior Lifeguard program. Participants gain respect for themselves and others by contact with instructors and other youths in a team building environment. In addition, participants are exposed to many of the skills and techniques utilized in professional lifesaving organizations.

AGE REQUIREMENTS

Junior Lifeguards are nine to seventeen years of age. We are willing to accommodate younger participants, who are not yet quite the age of nine, if the prospective participant and their parents feel confident that they can keep up with all daily activities. Participants must workout and participate in all daily activities with their appropriate age group. The age groups are as follows:

A's	14 – 17 years old
B's	12 – 13 years old
C's	9 – 11 years old

PROGRAM DATES AND LOCATIONS

Our program is seven weeks long beginning the third week of June 23, and ending at the end of the second week of August 9.

Each day participants are expected to arrive at Ash Beach promptly at 9:30 a.m. We strongly encourage all participants to arrive at least ten minutes early to get their belongings organized, look at the daily activity board and be ready to stretch. Our program ends each day at 12:30 p.m. please pick your child up promptly.

WEEKLY HANDOUT

Each Monday we will distribute a weekly newsletter. This will provide a general summary of that week's activities and important upcoming events or information parents need to be aware of. Please make sure that you get one each week. The weekly newsletter dates and times will always be current, if they differ from the calendar please refer to the weekly handout.

CONTACT US

JG Cell phone	(805) 895-7236
Boathouse	(805) 684-7613
City of Carpinteria:	
Ann Meyer, Management Assistant	(805) 684-5404 x.432
Matt Roberts, Parks and Recreation Director	(805) 684-5404 x. 449

PARTICIPANT ARRIVAL AND DEPARTURE

Parents: It is the sole responsibility of each parent or guardian to ensure safe travel for their child to and from the Junior Lifeguard Program each day. Please discuss a designated plan in advance each day with your child so they understand when and where to meet you. Please ensure that you specify how your child will be arriving and departing on the Junior Lifeguard Contract. This is to ensure that we are aware of how your child will be arriving and departing each day. The City of Carpinteria and the Junior Lifeguard Program are not responsible for participants outside of the scheduled program hours and activities. Parents are responsible for their children immediately prior to and immediately following scheduled program hours.

Participants: Please remember that while wearing the Junior Lifeguard Uniform within the community you are very easily recognizable and that your actions are representing our team as a whole. Participants should act in a responsible and courteous manner, and represent our program in a positive manner.

ATTENDANCE

Attendance is taken daily for each group. Regular attendance is encouraged and will allow participants to fully benefit from the program. Placements on teams for competitions are often made during the three weeks prior to each meet. It is important for participants to be present each day in order to try-out and be placed on specific teams. We understand that on occasion parents and participants may have other responsibilities and we are willing to accommodate. Please notify Courtney if your child will be absent, by calling or texting the Junior Lifeguard cell phone, prior to 9 a.m. of the day they will be absent.

SWIM TEST

The Junior Lifeguard Program is not a “learn to swim” course. Therefore, participants are given a tryout test to determine if they have the minimum skills needed to benefit from the program. We strongly encourage parents to work with their child on swimming skills before the beginning of the program to ensure that their child can pass the test with confidence. Lessons are available at the Carpinteria Community Pool. The first swim test will be the first day at Ash Beach. It will consist of each participant swimming to the first red buoy, about a 100- yard swim, with no time limit. The second swim test will be held later that week at the Carpinteria Community Pool Tuesday for the A’s and B’s, and Thursday for the C’s. The pool test will consist of a 200-yard swim, 1-minute treading water test and a 10-yard underwater swim.

INSTRUCTION AND SUPERVISION

Junior Guards are instructed by qualified ocean lifeguards. All of the instructors have successfully completed an intensive open water lifeguard training course and most have worked as lifeguards for more than one year. Instructors are also certified in emergency first aid and CPR for the professional rescuer. Many of the instructors have been Junior Lifeguards themselves.

MANDATORY AQUATIC PARTICIPATION

All program participants must be able to swim, enter the ocean readily and participate in water activities on a daily basis. Parents should be aware that rigorous physical exercise and ocean swims are a daily part of the program.

DAILY REQUIREMENTS

All Junior Lifeguards will report in full uniform to Ash beach by 9:30AM sharp. All JGs are expected to participate in all activities, unless they have notes from their parents saying otherwise. Participants should be on time, in full uniform and prepared for their session for the day. All JGs should check the daily activity board when they first arrive so that they know what they will be doing for the day.

JGs should bring the following items to the beach everyday:

- Full uniform – JG t-shirt and red swimsuit – this is absolutely required
- Warm clothing / towel – JG sweat shirt and red sweat pants
- Sun protection – sunscreen, JG hat, and Red JG rash guard
- Foot protection – sandals or shoes
- Healthy snack and water – we ask that you please do not allow your child to bring soda, sugar loaded energy drinks, candy or junk food. A healthy well-balanced diet is essential to your child being able to perform to the best of their ability.
- Backpack – to keep all of their stuff together
- **Positive and enthusiastic attitude** – Please come well rested and ready to have fun!

UNIFORMS

We require participants to wear a uniform for team camaraderie and safety. The uniforms allow the instructors to monitor participants and distinguish them from non-JG participants. Junior Guards must wear the required uniform in order to participate. The 2008 requirements are as follows. Participants must wear red swim shorts for boys or girls and one-piece or two piece swimsuits for girls. Shorts should be board short style and above the kneecap to allow for unimpaired running while wet. Boys can also wear Speedo or Jammer style shorts for swimming activities. Girl's swimsuits shall be similar to competitive pool swim wear and not bikini style. Girls may also wear shorts. Shirts and hats are included in the program and will be passed out at the parent meeting and on the first day. Additional shirts, hats, rash guards, and sweatshirts may be purchased at anytime.

LECTURES

Each week we focus on a certain theme and give small lectures and quizzes to participants in order to educate participants are various topics relating to the Jr. Lifeguard program. Be sure to check the calendar each week and ask your participant what they have learned that week regarding that particular topic.

DISCIPLINE FOR MINOR INCIDENTS

For the Junior Lifeguard Program to be successful, students must exhibit behavior that is respectful of instructors, other participants, as well as our equipment and facilities. Group activities are a daily part of our program; participants who are disruptive to group activities and disrespectful to instructors diminish the enjoyment and education of the other participants.

The intent of discipline is to gain compliance while instructing the student in acceptable behavior. Please make sure that your Junior Guard is familiar with the following expected behaviors.

- **Respect of instructors.**
- **Respect of other participants – no shoving, throwing sand, hitting, or insults.**
- **Respect of the facilities, equipment, beach, and property of others.**
- **Cooperation with others and good sportsmanship.**
- **Following all safety rules and instructions.**
- **Listening quietly to directions and announcements.**
- **Participation in regular program activities.**

Steps of discipline are as follows:

1. When a minor discipline situation occurs, the participant will be counseled about the situation and given an explanation of what behavior change is expected.
2. If a subsequent incident occurs the participant will be asked to take a “time out” or “take a lap.” A “time out” is a period of five to ten minutes that the participant spends quietly reflecting on the incident. A “take a lap” is supervised push-ups, swim or run of reasonable distance. After the successful completion of a “time out” or a “take a lap” the participant is allowed to return to group activity.
3. If a participant has a series of disciplinary situations in the same day or over several days, the Instructor will inform the Junior Guard Coordinator who will inform the participant’s parents about the situation.
4. When a participant continues to disrespect instructors or shows little or no improvement with steps 1 – 3, the student will be suspended from the program for one day. The parent or guardian of the student will be informed that the student has been suspended. There will be no prorated refund of fees.
5. If, after a day of suspension, the participant’s behavior is still not acceptable, the parent or guardian of the participant will be informed the participant may no longer attend any of the program’s activities. There will be no refund of fees.

Major first-time incidents may result in the participant's discipline moving directly to steps 4 or 5. Major incidents would include:

- Truancy
- Fighting with another person
- Unlawful touching of another person
- Stealing
- Vandalism
- Possession of alcohol, illegal drugs, or any weapon

COMMUNITY SERVICE

There are a few steps necessary for our older participants that would like to receive community service during the hours that they are actively assisting instructors.

- First, they must contact their school for paperwork necessary to begin community service.
- Second, they must contact Human Resources at City Hall and file the appropriate paperwork required by the high school.
- Third, the volunteer must record the worked on a daily basis, the time card will then be signed off by both the volunteer and Courtney at the end of each week, and then turned into City Hall.

We do not give community service hours for simply being at Junior Lifeguards. One must be involved in a leadership role to receive credit, such as by helping to clean out the board room or by helping with "C" water safety. To earn community service hours the participant / volunteer must prove that they are going above and beyond what is expected of a typical participant, and they must prove that they are assisting instructors and taking on extra responsibilities. At the end of the program we will then give an evaluation of the volunteer and sign off on the total number of hours that have been recorded throughout the program.

DONATIONS

The City of Carpinteria Parks and Recreation believes the Junior Lifeguard Program is a tremendous community asset and benefit to you and your child. However, as our program continues to grow and budget restrictions continue to occur, support is very much welcomed for equipment and supplies. There are also many deserving children in our community who need tuition assistance through scholarships. If you or your business are interested in making a donation to Carpinteria Junior Lifeguards please contact Ann Meyer at 684-5405 x432. Thank you.

We are all looking forward to another successful fun-filled Junior Lifeguard season at the beautiful Carpinteria Beach – See you there!

Junior Lifeguard Contract 2008

I _____ (Junior Lifeguard's name) agree to come prepared to Junior Lifeguards everyday with a positive attitude. I agree to come ready to workout everyday, including stretching, running, and swimming. I will come prepared each day, on time, in uniform, with sunscreen and water. If I cannot attend Junior Lifeguard or cannot participate because I am sick or injured, I will have my parents call or write a note to Courtney. If I do not participate in all of the daily activities, with a positive attitude, I understand that my parents will be notified. If I want to participate in competitions I understand that I must make my best effort to be present each day in order to try-out for teams and practice for my events. If I am absent I understand that this may forfeit my position in a particular event. I have read the Program Overview and agree to abide by what is expected of me. I want to have a fun, positive, and active summer at the beach!

I will be arriving daily by: (circle one or more)

Parent or guardian driver

Bike/ Skate Board - with a helmet

Walking

Other (specify):

I will be departing each day by:

Parent or guardian driver

Bike/ Skate Board - with a helmet

Walking

Other (specify):

X _____
(JG Participant Name)

X _____
(Parent Name)

X _____
(JG signature and Date)

X _____
(Parent signature and Date)