

# Welcome to Junior Lifeguards!

SUMMER YEAR

Dear Junior Lifeguard Parents,

As we enter our 46<sup>th</sup> year, we are excited that you have chosen us to be a part of your child's summer plans, and we guarantee lots of fun and hard work. Your children will embark upon a disciplined but rewarding training program, which will teach them many of the components required of a true ocean lifeguard. Expect them to be physically tired (but happy) after fun-filled days of running, swimming, paddling, and other training drills.

The 2017 Jr. Lifeguard Instructor Staff and Program Aides have years of combined experience with our program and lifeguard operations. We are very proud of our current and former employees who have transitioned into successful careers such as: permanent ocean lifeguards, firefighters, teachers, coaches, doctors and law enforcement.

We use this letter to communicate important logistical aspects of the program: program expectations, uniform requirements, order forms, trip dates, sign-ups and deadlines. Please take the time to read all the information and dates contained within this letter.

A **parent's meeting will be held on Wednesday, May 31<sup>st</sup> from 6:00-7:00pm at the Cabrillo Bathhouse.** The instructors will be there to discuss the upcoming summer, answer questions, and collect forms. All parents are encouraged to attend. Also, due to the large number of participants in the Jr. Lifeguard Program, we always rely on parent participation. As we list our events, we ask that you consider joining us as a volunteer on one or more days.

## Uniform Distribution

Saturday, June 10 from 10:00am-12:00pm at Cabrillo Bath House, 1118 E Cabrillo Blvd., S.B.

## Program Calendar and Forms

In an effort to reduce paper waste we have placed all of our program calendars and forms on the Jr. Lifeguard Program website for easy access:

<http://sbparksandrec.org/santa-barbara-junior-lifeguards/>

Please check the website frequently as we will update with new information.

The following forms are available on the Jr. Lifeguard website:

Rules, regulations and Responsibilities

Competition Bus Sign-up Form

Program Calendars

Extra Uniform Order Form

Boat Trip Waiver Form

**Please complete all waivers and an Activity Registration Form prior to the start of the program. You can scan and email the forms to [fmarkowitz@santabarbaraca.gov](mailto:fmarkowitz@santabarbaraca.gov)**

## **Swim Test/Tryouts – May 6 at 2:00pm. Los Banos Pool – 401 Shoreline Dr., SB.**

To qualify for the program, new participants only must successfully pass a three-part swim evaluation: 100-meter pool swim in 2:20 or less, 4 minutes of treading water, and a 15-yard under water swim. In addition to the pool swim evaluations we will swim test all participants in the ocean on the first day of the program. This will determine each participant's ability to swim in open water.

## **Daily Program Routine**

Every day, beginning at 10:30 am sharp, Junior Lifeguards meet on the beach in front of the Cabrillo Bathhouse, by their group's appropriate flag, and may be picked up at 2pm. Parents are responsible for their children before 10:30 am and after 2:00 pm. These times and locations will only change for special events. Program calendars will list specific special events.

## **Pick up and Drop Off**

Pick up and Drop Off is conducted in the West parking lot at East Beach nearest the Cabrillo Bathhouse. We strongly encourage families to carpool when dropping off or picking up your child. If you remain with your car, or briefly step away to collect your child, no parking fee is necessary, but please display the temporary parking pass on your dashboard. Staff are to request a picture ID of any parent or individual that is seeking to release a camper into their custody. Camp Directors must receive, in advance, written permission from a parent authorizing release of their camper to someone not previously included in the Camper Information Forms

## **Tetanus Shot**

It is highly recommended for your child to receive a Tetanus shot, if they have not had one in recent years, due to the potential hazards created by debris washed onto our shoreline.

## **Hepatitis Vaccination**

A Hepatitis "A" shot is recommended for your child, due to the potential hazard created from creek run-off. However, the Aquatics Office receives the ocean monitoring results weekly and informs the Jr. Guard Instructors who will modify the daily activities to prevent potential contact.

As Instructors of the Junior Lifeguard Program, we are always interested in your questions and/or comments. Please feel free to contact us at (805) 897-2680 weekdays from 2:00 – 4:00 during the course of the program or email any time at [juniorlifeguards@santabarbaraca.gov](mailto:juniorlifeguards@santabarbaraca.gov).

We truly appreciate the support we receive, and we could not do it without you! We are eagerly counting down the days and very much looking forward to getting to know your kids.

See you on the beach!

Scott Holland / Paige Pighetti  
Junior Lifeguard Directors