

Junior Lifeguard Program 2018

City of Carpinteria
Parks and Recreation



Parent and Participant Packet

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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 very hard this year to ensure the Carpinteria Junior Lifeguards of 2018 will have a positive beach experience. It is our goal to provide experience that emphasizes ocean safety, marine environment education and personal growth.

PROGRAM OVERVIEW

The mission of the Carpinteria Junior Lifeguard program is to introduce young people to safe marine and aquatic recreation 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. Daily physical contact with our environment allows junior lifeguards to learn how to respect and appreciate the world around them. Lectures and discussions are held weekly to educate participants on various topics such as water safety, CPR overview, beach hazards, waves and tides. Participants gain respect for themselves as well as others by contact with instructors and growing relationships with other youths in a team building environment. In addition, participants are asked to practice many of the skills and techniques utilized in professional lifesaving organizations.

The cost of the 2018 Carpinteria Junior Lifeguard Program is \$420.

AGE REQUIREMENTS

Junior Lifeguards range in ages from nine to seventeen years old. 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 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 week of June 25th, and ending on August 10th with an awards ceremony and barbeque on Saturday, August 11th.

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 but no sooner 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, or if not able to pick them up give direct instruction otherwise.

We have pool days every Tuesday and Thursday. Junior Guard participants are expected to arrive at Carpinteria Community Pool at 9:30 a.m. A & B Groups meet on Tuesdays at the pool, C Group will meet at the pool on Thursdays. Pool swimming will be over at 11:00 a.m., when JG Instructors and JG participants will walk, bike, or skateboard down to Ash Beach by 11:15 a.m. to carry out a normal day of Junior Guards.

IMPORTANT All JG's must have helmets when riding BIKES, SKATEBOARDS, AND SCOOTERS!!! Or they will walk!!!!

Junior Lifeguards are not allowed to drive cars from the pool back to the beach

WEEKLY NEWSLETTER

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 newsletter. Weekly newsletter will also be put on-line at our website @ <http://www.carpinteria.ca.us/>.

1. Place mouse on the **Government** tab.
2. Then Click on the **Parks and Recreation** tab
3. Click on the **Junior Lifeguards** tab

CONTACT US

E-mail is the easiest and fastest way to reach us: matto@ci.carpinteria.ca.us

- Matthew Organista Junior Lifeguard Coordinator (805) 895-7236
- Boathouse (805) 684-7613
- Carpinteria Community Pool (805) 566-2417

City of Carpinteria:

- Ann Meyer, Management Assistant (805) 755-4432
- Matt Roberts, Parks and Recreation Director (805) 755-4449

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, so that instructors are aware of your plans. 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 and city in a positive manner. Please arrive and remain in uniform each day.

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 us if your child will be absent, by e-mailing carpjgs@gmail.com, by 8:30a.m. at the very latest of the day of absence. If it is a competition day that your participant will be missing, please let us know at least a week prior to the event.

SWIM TEST

ALL NEW JGs MUST ATTEND THE SWIM TEST PRIOR TO THE START OF JGs. DATES ARE LOCATED ON CALENDAR

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 week of Junior Guards 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 100-yard swim in 2:20 minutes, 1-minute treading water test, and a 10-yard underwater swim.

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.

INSTRUCTION AND SUPERVISION

Junior Guards are instructed by trained and 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.

DAILY REQUIREMENTS

All Junior Lifeguards will report in **full uniform** to Ash beach by 9:30a.m. *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.

Full uniform includes junior lifeguard shirt and red swimming shorts for boys and red swimming suit for girls. Red, unbranded sweatpants as well as junior lifeguard sweatshirts are also permitted.

“No cutting of sleeves, or drawing on uniforms”

JGs should bring the following items to the beach everyday:

- ***Full uniform*** – JG t-shirt and red swimsuit – this is absolutely required ***everyday***
- 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. Uniforms also 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 2018 requirements are as follows:

Participants must wear red swim shorts for boys and for girls a one-piece or two piece **athletic style** swimsuit (no strings!!!).

Shorts should be board short style and above the kneecap to allow for unimpaird 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 red shorts.

Shirts and hats are included in the fee program and will be available for pick up at the Carpinteria pool. Additional shirts, hats, rash guards, and sweatshirts may be purchased at anytime.

FIELD TRIP INFORMATION

Throughout the JG summer season we encourage our participants to attend some of our outings for educational opportunities and team building experiences! Sign up for these trips at the Carpinteria Community Pool located on the corner of Carp Ave. and Palm. Upon registration, you will receive a hand-out with a detailed description of the trip itinerary. SPOTS FILL UP QUICK, SIGN UP RIGHT AWAY!

Hurricane Harbor Day Trip – Monday July 16th

**Limited space available*

All Junior Guards who have signed up for this exciting day trip will be going to Hurricane Harbor for a fun day in the park. Further information regarding the trip will be handed out to those attending. For those not attending, we will have a normal day at the beach. - \$75

Santa Cruz Island Boat Day Trip–Monday July 23th

**Limited space available*

After the enormous success of last year's boat trip we will be returning to Santa Cruz Island for another exciting day of island exploration! Participants will embark on an all day boat trip to the Santa Cruz Island where we are able to snorkel, kayak, paddle board, swim to the beach and much more! There will be 10 spots for parents to sign up for! 80 Spots available for JGs. - \$75

*** Additional JG trip information will be available at the pool prior to the trip date.**

El Capitan State Beach Campout-Wednesday August 1st

** Limited space available*

This year our overnight campout will be held at El Capitan State Beach campgrounds. At the campout we will be walking to the beach for a fun day in the sun, exploring the beach, surfing and other oceanic activities. That night we will have a yummy BBQ dinner, s'mores, our annual JG talent show and much more! More information will be given out as the date draws nearer. For those not attending, we will still have a normal day at the beach with special, fun activities! - \$75

COMPETITON INFORMATION

Semana Nautica Competition – Friday June 29th *

Santa Barbara Junior Lifeguards are hosting a local JG competition between UCSB, Carp, SB and Hendrys Beach JGs on Friday June 7th. It is a fun and easy going competition for our local SB and Carp teams! Great opportunity to get ready for our Carp Comp!

Carpinteria Competition – Friday July 13th*

The Carpinteria Competition is a great day to come and cheer on our Junior Guards as they compete against several other Junior Guard agencies. We host this competition every year and are proud to show off our beautiful beach and our Junior Guards' awesome talent! **Parent Volunteers needed!**

Look for more information in an upcoming newsletter

Santa Barbara Fiesta Meet – Friday July 20th

The Santa Barbara Junior Lifeguards are hosting a large competition on their own turf. We will be taking busses to and from East Beach for the competition. This is another great opportunity to cheer on your child and witness how hard they have worked this summer!

Look for more information in an upcoming newsletter

CSLSA Regional's – Friday July 27th*

Regional's are in Silver Strand (San Diego) this year! A handful of our Junior Guards will be asked upon invitation only to attend this huge competition based on skill level, good behavior and dedication. More information will be given as the date draws nearer. Transportation will not be provided. For those not attending, we will have a normal, fun day with special activities at the beach.

Carpinteria "Swim-Paddle-Run" Triathlon – Wednesday August 10th

Each year we hold our fundraiser, the Junior Lifeguard Swim-Paddle-Run Triathlon. Historically, this has been an extremely popular event with neighboring JG programs also in attendance. In addition to JGs competing, parents and adults are encouraged to join in the activities and fun. Along with the actual triathlon we will be holding flag events for every age group. Awards will be handed out after the competition is over. Following the awards ceremony we have our Raffle Extravaganza. Local businesses donate tons of awesome prizes. All proceeds benefit our program, so we hope to see you down at the beach joining in on the fun!

Look for more information in an upcoming newsletter

Parent Volunteer Opportunities

Parents we need your help!!! Any parents looking for the opportunity to get into the action of Junior Guards, come and volunteer and get into the excitement during our big events this summer! We have our annual Carp Comp and Junior Guard Triathlon where different agencies from along the coast come to our beach to compete amongst the best. We need as much help as possible during the competition and triathlon. We will try our best to place parents in the groups where their children will be competing and break up assignments for each volunteer to help us get through the long and exciting day! Parents can come and sign up at the Carpinteria Pool during their open hours and receive additional information about the events!!!

LECTURES

Each week we focus on a certain theme and give small lectures and quizzes to participants in order to educate them on various topics relating to the duties and skills of an actively trained lifeguard. For some topics we will feature guest speakers. 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, participants 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 participant 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, or bullying**
- **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.**
- **Full 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 participant will be suspended from the program for one day. The parent or guardian of the participant will be informed that the participant 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 or non-prescribed 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 time worked on a daily basis, the time card will then be signed off by both the volunteer and Morgan 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 or other special projects. 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. Consider making a monetary donation to the Carpinteria Junior Lifeguard fund at the Santa Barbara Foundation. If you or your businesses are interested in making a donation to Carpinteria Junior Lifeguards or have any questions regarding the Santa Barbara Foundation Fund, please contact Ann Meyer at 755-4432. All donations are tax deductible.

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



June 2018

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July 2018

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<p>15</p> <p>CARP JG Week #4</p> <p>Theme of the Week</p> <p>Lifeguard Life </p>	<p>16</p> <div style="text-align: center;"> </div> <div style="border: 1px solid black; padding: 5px; background-color: #ff00ff; color: white; width: fit-content; margin: auto;"> <p>Hurricane Harbor Trip</p> </div>	<p>17</p> <div style="border: 1px solid black; padding: 5px; background-color: #add8e6; width: fit-content; margin: auto;"> <p>A's & B's Pool Day (9:30-11:00am) Meet @ Carp Pool 5305 Carp. Ave</p> </div>	<p>18</p>	<p>19</p> <div style="border: 1px solid black; padding: 5px; background-color: #add8e6; width: fit-content; margin: auto;"> <p>C's Pool Day 9:30-11:00am Meet @ Carp Pool 5305 Carp Ave.</p> </div>	<p>20</p> <div style="border: 1px solid black; padding: 5px; background-color: #ffff00; width: fit-content; margin: auto;"> <p>Santa Barbara JG Fiesta Meet Competition</p> </div>	<p>21</p>																																																																																																		
<p>22</p> <p>CARP JG Week #5</p> <p>Theme of the Week</p> <p>Prevention </p>	<p>23</p> <div style="border: 1px solid black; padding: 5px; background-color: #00008b; color: white; width: fit-content; margin: auto;"> <p>Santa Cruz Island Boat Trip</p> </div>	<p>24</p> <div style="border: 1px solid black; padding: 5px; background-color: #add8e6; width: fit-content; margin: auto;"> <p>A's & B's Pool Day (9:30-11:00am) Meet @ Carp Pool 5305 Carp. Ave</p> </div>	<p>25</p>	<p>26</p> <div style="border: 1px solid black; padding: 5px; background-color: #add8e6; width: fit-content; margin: auto;"> <p>C's Pool Day 9:30-11:00am Meet @ Carp Pool 5305 Carp Ave.</p> </div>	<p>27</p> <div style="border: 1px solid black; padding: 5px; background-color: #ff4500; color: white; width: fit-content; margin: auto;"> <p>CSLSA Regional Invitational Competition</p> </div>	<p>28</p>																																																																																																		
<p>29</p> <p>CARP JG Week #6</p> <p>Theme of the Week</p> <p>Lifesaving </p>	<p>30</p>	<p>31</p> <div style="border: 1px solid black; padding: 5px; background-color: #add8e6; width: fit-content; margin: auto;"> <p>A's & B's Pool Day (9:30-11:00am) Meet @ Carp Pool 5305 Carp. Ave</p> </div>	<table border="1" style="margin: auto; border-collapse: collapse;"> <thead> <tr> <th colspan="7">Jun 2018</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td> </tr> <tr> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> </tr> <tr> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> <tr> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> </tr> <tr> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> </tr> </tbody> </table>		Jun 2018							S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	<table border="1" style="margin: auto; border-collapse: collapse;"> <thead> <tr> <th colspan="7">Aug 2018</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td> </tr> <tr> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> </tr> <tr> <td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td> </tr> <tr> <td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td> </tr> <tr> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td> </tr> </tbody> </table>	Aug 2018							S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px; background-color: #ffffcc;"> <p style="text-align: center; margin: 0;">Jul 2018</p> <table style="font-size: small; border-collapse: collapse; width: 100%;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table> </div> <div style="border: 1px solid black; padding: 5px; background-color: #ffffcc;"> <p style="text-align: center; margin: 0;">Sep 2018</p> <table style="font-size: small; border-collapse: collapse; width: 100%;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div> </div>		S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30							<p style="font-size: 2em; font-weight: bold; margin: 0;">1</p> <div style="border: 2px solid green; padding: 2px; background-color: #008000; color: white; font-size: small;"> Junior Lifeguard Campout @ El Capitan State Campground </div>	<p style="font-size: 2em; font-weight: bold; margin: 0;">2</p> <div style="border: 2px solid blue; padding: 2px; background-color: #add8e6; font-size: small;"> C's Pool Day 9:30-11:00am Meet @ Carp Pool 5305 Carp Ave. </div>	<p style="font-size: 2em; font-weight: bold; margin: 0;">3</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">4</p>
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