Folsom Lake Junior Lifeguard

California State Parks

Parent Handbook

“What parents need to know”

[MISSION STATEMENT]

The mission of the California State Parks Folsom Lake Junior Lifeguard Program is to provide quality water safety & environmental education to children ages 9-15.

The Junior Lifeguard program introduces young people to safe lake and aquatic recreational opportunities and is designed to improve young people's physical conditioning, their understanding and respect for the environment, and their respect for themselves, their pictures, and their peers.

The mission is accomplished through activities that include instruction and practice in open water swimming, beach running, paddle boarding, kayaking, self rescue, and much, much more. Respect for the environment is increased by the understanding gained through daily physical contact with the environment and through lecture and discussion of pertinent marine and aquatic topics. Increased respect for themselves is gained through their personal progress and accomplishments. Respect for others is increased by contact with compassionate Instructors and by working with other youths in a team building environment.

Furthermore, the missions of the Folsom Lake Junior Lifeguard Program embraces opportunities for community involvement and partnerships in educational instruction. The mission includes seizing special opportunities that introduce non-traditional user groups to the wonders of lake and aquatic recreation environments.

[PROGRAM DATES]

Session dates fluctuate on a yearly basis, running through the summer months June, July and the beginning of August. For specific dates contact the Junior Lifeguard Coordinator at folsomjrlifeguard@parks.ca.gov

[PROGRAM HOURS]

Regular Program Hours: 9:00 a.m. to 3:00 p.m. Monday through Friday. Exceptions to normal Program hours will be announced for field trips and other special events.

California State Parks and Junior Lifeguard Program are not responsible for students outside of scheduled program hours and activities. Parents are responsible for their children immediately prior to and immediately following scheduled program hours. Parents are expected to be prompt at dropping off and picking up their Junior Lifeguards.

*Please do not park in handicapped parking, red zones, double park, or leave car unattended in a loading zone when picking up or dropping off children. Law Enforcement will

strictly enforce all parking regulations. Parking permits will be handed out after the completion of JG tryouts. Returning guards will be given their permits on the first day of instruction.

[PROGRAM LOCATION]

BEALS POINT BEACH

The Folsom Lake Junior Lifeguard Program is held at the west end of Folsom Lake State Beach in the city of Granite Bay, Ca. Exceptions to the normal Program location will be announced for field trips and other special events (field trip schedule and information will be handed out on the first day of JG's).

[PROGRAM FEES]

TUITION

$450 for one session (Session 1 and 2)

- For each consecutive session, there is a $50 discount (Session I = $450, Session II = $400)
- There is a $50.00 discount for each additional child per family
- Cash/Check ONLY!!! We do not accept credit cards

Reduced rates are NOT possible if your child cannot attend a full session. You may attend Session I, Session II, or both sessions. You may not split sessions. The tuition fees include a Junior Lifeguard uniform t-shirt, lectures, instruction, beach activities, a Junior Lifeguard patch and certificate of completion (to be given at the end of the program), stickers and more! The Santa Cruz Trip is the only event that will require additional expenses. Campsite fees for this trip are included in the tuition.

Our Program costs less and includes much more than similar Junior Lifeguard Programs in Southern California and is less expensive than similar summer activities. The Program is lots of fun for the kids and is a great deal!

[AGE REQUIREMENTS]

The age requirement for Junior Lifeguards is 9-15 years of age on the first day of instruction. Some of the training will be in one large group; however, the kids will often be divided into three smaller groups. The groups are primarily based on age; but size, strength, ability and confidence are also considered. Generally, 13-15 year olds are in the "A" Group, 12-13 year olds are "B's", 9-11 year olds are "C's".

Note: A child may only be moved up or down into a different age group at the Coordinator's discretion. This rarely occurs and is determined on a case by case basis.

[INSTRUCTORS]

The Junior Lifeguard Program is taught by professional State Park Lifeguards and specially-trained support personnel. The Lifeguards have extensive experience and rigorous training in open water rescue, beach safety, first aid, and CPR. The Instructors also have teaching and interpretation experience with children and several guest lecturers are utilized to share their knowledge and experiences with the Junior Lifeguards to further enhance their learning experience.

Safety and education while having fun are our primary objectives. There will be a minimum of 3 paid Junior Lifeguard Program Instructors at all times during the program. This supervision level adheres to the statewide standard ratio of 20 students to 1 paid Jr. Lifeguard Instructor at the absolute lowest level of supervision. To add to this, there will also be Junior Guard Assistants aiding in supervision as well as the Coordinator, Park Rangers, Supervising Permanent Lifeguard and many beach Lifeguards. The increased supervision will be provided by the beach and periodically throughout the four week sessions.

The following are the names and titles of the Junior Lifeguard Management Staff:
Anne Dunne: JG Program Coordinator/Seasonal Lifeguard II
Ryan Steel: State Park Peace Officer/Lifeguard Supervisor

[JUNIOR LIFEGUARD ASSISTANTS]

We are looking for youths 14-16 years of age who would like to participate in the Junior Lifeguard Assistant Program (younger assistants may be approved by instructor staff). Previous Junior Lifeguard experience, strong swimming skills, and maturity are required. Junior Lifeguard Volunteer Assistants help the Instructors with various tasks from 8:30 a.m. - 3:30p.m., Monday through Friday. The assistants learn Lifeguard specific job skills and receive introductory Lifeguard training.

Junior Lifeguard Assistant Programs have successfully prepared young people for Seasonal Lifeguard employment and have helped produce some of the finest Lifeguards in the state! There will be mandatory Assistant tryouts, and interviews scheduled sometime before the Program starts.

[ENROLLMENT]

Enrollment in the Junior Lifeguard Program is "first come – first served". Students are considered enrolled in the program once their information has been successfully submitted and accepted. Your processed check is your tuition receipt. Due to the Program's popularity, both sessions have a tendency to fill quickly.

[THE TRYOUT TEST]

The Junior Lifeguard Program is not a "learn to swim" school. Therefore, prospective students are screened at a tryout test to see if they have the minimum skills needed to benefit from the Junior Lifeguard Program.

The instructors approve a child's skill level based upon successful completion of the test as well as the child's swimming competence and confidence.

*Please understand that child may physically complete all phases of testing and still may not be accepted into the JG Program. The Instructors approve a youth's skill level based upon the youth's swimming ability, competence, and confidence. This is done for the safety of the child, as well as the success of the program.

Tryout tests will be held at 9:00a.m. at the Sierra College Swimming Facility on the sessions specific tryout date.

The tryout test consists of the following:

1. Swim 100 yards of head-down, freestyle with side breathing. (5min time limit)
2. Swim 10 yards underwater (pass/fail)
3. Treat water 3 minutes (pass/fail)

*Note: All new students entering the Program must successfully complete the testing process to be eligible for the Program (NO EXCEPTIONS).

[TRYOUT WAIVER]

(For Returning Students ONLY)

Returning Junior Lifeguards who were in the Program last year may skip the tryout testing. However, parents must sign the TRYOUT OPTION WAIVER on the Junior Lifeguard Application Form, then mail in their child's fees and application.

[TUITION ASSISTANCE]

A limited amount of tuition assistance is available. If your child, or the child of someone you know, cannot participate in the Junior Lifeguard Program without tuition assistance, please contact us regarding a scholarship. Due to limited funding, tuition assistance is only available for one student per family/per session each year and is on a first come, first serve basis during regular enrollment periods. We have a limited amount of assistance we can offer, as we must also support our program here with State Parks. For more information, please contact the Junior Guard Coordinator.

*Note: If you or your business is interested in making a donation to our Junior Lifeguard Program, please contact us.

[UNIFORMS]

We require students to wear a uniform for team camaraderie and for safety. The uniforms allow the Instructors to safely monitor the Junior Guards and distinguish them from other children on the beach. Junior Guards must wear the required uniform in order to participate in the Program.

Student Required Uniform: The Junior Lifeguard required uniform is the navy blue t-shirt with the Junior Lifeguard logo (included in the course fees) and a navy blue swimsuit. Navy blue sweats are recommended for warmth on cold mornings, and especially for the Santa Cruz Trip. Please **write your child's name** on the outside of his or her uniform and all other personal gear.

Cost of Uniform Items:

- **Navy blue t-shirts with JG logo $15**
- **Navy blue hooded sweatshirt with JG logo $30**
- **Navy blue sweat pants with JG logo $20**

Uniform items can be purchased at any of the JG tryouts and also at parent meetings. For your benefit, we sell only high quality merchandise at or near wholesale prices. Tax is included in the price. Any proceeds go directly back into the Junior Lifeguard Program.

JG Uniform Pick-Up: We will be selling uniforms after tryouts and at drop-off during the first few days of the sessions. It is recommended that the uniforms are purchased as early as possible as sizes tend to sell out.

Instructor Uniforms: Jr. Lifeguard Instructors are distinguished from assistants and students by the official California State Park red Lifeguard uniform swim trunks/swimsuits and Lifeguard patch, a navy blue t-shirt with the official California State Park Lifeguard emblem with the Instructor title across their back.

JG Assistant Uniforms: The Junior Lifeguard Assistants are required to wear the same royal blue swim shorts and are issued a yellow Assistant T-shirt.

[REFUND POLICY]

There is a $50.00 Fee for cancellations made prior to the first day of instruction.

Students may drop from the Program at any time prior to the completion of the 1st week of instruction and receive a 50% refund of tuition. After commencement of the first day of instruction of the Program's 2nd week, no refunds will be made. Student injuries that occur during the Program that preclude the student's continuation in the Program will be given a pro-rated refund based upon the remaining number of days in the Program, including the date of injury.

There is no refund of fees for students suspended or for students who are removed from all further activities for disciplinary reasons. Discipline related absences are not eligible for refunds.

[JUNIOR LIFEGUARD ITINERARY]

9:00 – 9:30 Roll call and stretching (roll call, announcements, notes from parents, remove beach hazards, sunscreen application, stretching and preparing for the daily workout.)

9:30 – 10:45 Daily PT (various core strengthening techniques, jumping jacks, push-ups, distance running, swimming and paddling, and sprint exercises.)

10:45 – 11:00 Snack time, dry off and prepare for the daily lecture

11:00 - 12:00 Daily lecture (daily lecture topics include lake safety, first aid, environmental awareness, lake recreation, swift water/cold water safety, first-aid, CPR and lifesaving techniques.)

12:00 – 12:45 Lunch Time (bring your own sack lunch to eat on beach)

12:45 – 1:30 Circuit training or beach competitions (beach games including water flags, beach flags, soccer, kick-ball, the famous "death-ball", competitive circuits and other team games.)

1:30 – 1:45 Lecture Review and Rewards (repetition is you memories best friend!)

1:45 - 2:30 Free time!!!! (JG's will get to use all the Junior Guard equipment under the supervision of their Instructors including safe use of soft surfboards, kayaks, balls and all other JG equipment)

2:30 – 3:00 Beach clean-up and Parent Pick-up (pick up all trash, pick up all personal belongings, help clean and put away all JG equipment, leave beach cleaner than how we found it & go home to rest up for the next day!)

[JUNIOR LIFEGUARD REQUIREMENTS]

All Junior Lifeguards need to report to Folsom Lake, Beals Point State Beach at 9:00 am SHARP and will leave the beach at 3:00pm SHARP. Parents and guardians are responsible for their children after 3:00pm! The Lifeguards Leave the beach at 3:00pm and cannot stay to watch your child after JG Program hours.

***NOTE:** Field trip days may have different reporting times and locations. Field trip info will be made available before the trips.

Participation: All JG's are expected to participate in all activities, unless they have a valid note from their parents saying otherwise. Refusal to participate may result in the child's removal from the Program. Kids should be on time, in full uniform, and prepared for a full day on the beach (i.e. – sand, sun, fog, cold weather, cold water, exercise, lectures, etc.) & JG's names should be clearly written on all gear.

[DAILY SCHEDULE/CALENDAR]

A session calendar will be handed out prior to the start of each session. Please read it carefully as the location of our Program changes during field trips and other special days. Also be aware that the daily schedule is tentative and subject to change due to unforeseen circumstances such as inclement weather, dangerous conditions, hazards, and the schedules of our guest lecturers.

*Note: Any changes of the Program's location will be accompanied by a flier several days prior to the change. Please check your email for more information.

[PARTICIPATION IN ACTIVITIES]

STUDENTS ARE REQUIRED TO PARTICIPATE IN ALL REGULAR JG PROGRAM ACTIVITIES!!!

Parents should be aware that rigorous physical exercise and lake swims are daily part of the program. Refusal to participate may result in removal from the program. If a student is unable to participate in certain activities, the student should give a note (from a parent or guardian) to one of the Instructors first thing in the morning. Exercise and activities will vary for the children depending on their age, size, strength, ability, confidence level, and conditions. The younger, smaller students will not have the same opportunities as the older students to utilize the paddleboards and other equipment, which require body weight and strength. If you have questions, please see one of the Instructors.

[ATTENDANCE]

Attendance is taken twice daily. Regular attendance is encouraged and will allow students to fully benefit from the program. Please notify us if your child would be absent for more than three days in a row.

[BEHAVIORAL EXPECTIONS & DISCIPLINE]

The Folsom Lake Jr. Lifeguard Program strives to have a positive impact and create a safe and sound environment for its young participants. In order for this to occur, students must exhibit behavior that demonstrates a respect for the program's rules, our staff, other students, and our equipment facilities.

Examples of expected behaviors include but are not limited to:

- Respect of Instructors and other staff
- Respect of other students; no shoving, hitting or insulting
- Respect of the facilities, equipment and property of others
- Cooperation with others and good sportsmanship
- Following all safety rules and all instructions
- Listening quietly to directions and announcements
- Not being disruptive during program lessons and activities
- Actively participating in regular program activities

*Please note: The intent of discipline at JG's is to gain compliance while instructing the student of acceptable forms of behavior. Accomplishing this requires effort on the part of both the student and staff, and at times, parents/guardians.

Safety is a primary concern at JG's, and as such, failure to adhere to program rules and/or staff requests will not be tolerated. A student who fails to follow the rules not only disrupts the smooth and safe operation of the program, but can diminish the overall enjoyment and education of other students. Therefore, the Folsom Lake Junior Lifeguard Program has developed the following as its discipline policy.

<u>Progressive Steps of JG Program Discipline</u>

Step 1 – Verbal warning and counseling: When a minor discipline incident occurs, the student will be counseled and given a description of the behavioral change that is required. Examples of incidents related to step 1 can include failing to follow instructions and/or failure to adhere to general program rules.

Step 2 – Time out, physical fitness reprimand, or loss of privileges: If subsequent or more serious incidents occur, the students may be asked to "take a time out", "take a lap", and/or perform a series of pushups. For more serious incidents may be asked to sit out for the duration of an activity such as "free play", in addition to the previously mentioned actions.

*Please note: A "time out" is a 5-10 minute period that the student spends quietly reflecting on the incident; a "lap" is a supervised swim or run of reasonable distance; and a "series of pushups" is one or more sets of push-ups within the ability level of the student. Like all discipline situations at JG's, incidents in this category will include a verbal counseling and a description of the appropriate/expected behavior.

Step 3 – Parent Contact: If a series of discipline situations occur, or in the event of a serious discipline incident, the child's parent or guardian will be contacted. The intent of a parent contact is to enlist the help of the student's parent or guardian in order to correct the behavior.

Step 4 – Suspension: A student who continually disregards rules or instructions will be suspended for 1 day. If this occurs, the parent or guardian will be advised as to when the child can return to the program and what steps will be taken if the child fails to improve.

Step 5 – Expulsion/Termination from the JG Program: If the child's behavior remains unacceptable, then the parent or guardian will be informed and the child will be dropped from the program.

*Please note: Major first time incidents may progress the student directly to steps 3, 4 or 5. Students who receive a level 4 or 5 discipline response will not receive a refund for their participation in the program and may be disqualified from participating in the program in the future. Examples of major (level 4 or 5) incidents include but are not limited to the following:

- Insubordination/disrespecting the staff
- Fighting
- Truancy
- Cheating on runs and/or swims and lying
- Unlawful or non-consensual touching of another person
- Vandalism of equipment of facilities
- Safety violations
- Other conduct which brings disrespect to the JG program or the California State Parks

[SPECIAL ACCOMMODATIONS]

Prospective students desiring special accommodations or services under the Americans with Disabilities Act must notify the Program supervisor at least sixty (60) days prior to the start of the Program, or as soon as reasonably possible.

[NOTICE OF NONDISCRIMINATION POLICY]

The California State Junior Lifeguard Program admits students of any race, color, national or ethnic origin to all the rights and privileges, programs and activities generally accorded or made available to students at the program. The state does not discriminate on the basis of race, color, national or ethnic origin in administration of educational policies, scholarships, athletic and other program-administered programs

[COMMENTS & SUGGESTIONS]

Your comments, suggestions, input and ideas on our program are welcome and greatly appreciated. Please feel free to email the program leaders anytime!

[CONTACT INFORMATION]

Folsom Lake Jr. Guard Coordinator Anne Dunne: (916) 791 – 1007

Email Address: folsomjrguard@parks.ca.gov

Mailing Address: 7755 Folsom-Auburn Road Folsom, CA 95630

[Signatures]

I, _____, parent or lawful guardian of_____(JG), have read and understand all of the requirements and conditions of the Parent Packet.

Parent _____ Date _____.

Printed Name _____.

Junior Guard _____ Date _____.

Printed Name _____.

Junior Guard _____ Date _____.

Printed Name _____.

*multiple lines for families with more than one Junior Guard participant