California State Parks
Silver Strand State Beach Junior Lifeguard Program
5000 Highway 75
Coronado, CA 92118

State of California
Parks and Recreation

Junior Lifeguard Parent Handbook
2013

NOTICE OF NONDICRIMINATORY POLICY AS TO STUDENTS

The California State Junior Lifeguard Program admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate based on race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school administered programs.

CONTACT INFORMATION

Silver Strand State Beach
Junior Lifeguards
5000 Highway 75
Coronado, California 92118

www.parks.ca.gov/sssbjg

Junior Lifeguard Office	(619) 424-3632, cell (619) 890-0972
Silver Strand Lifeguard Headquarters	(619) 435-0126, (619) 435-0127
Program Coordinator Darby Fultz	(619) 435-0126
Lifeguard Supervisor Mike Martino	(619) 435-0126, cell (619) 572-3991

PROGRAM STAFF
Junior Lifeguard Program

INSTRUCTORS **YOUTH AIDES**

Session I
Program Coordinator: Darby Fultz
Lead Instructor-Co Coordinator: Jenni Mascari

Session #1
Lifeguard I Instructor: Joe Welnick
Lifeguard I Instructor: Lisa Lane
Lifeguard I Instructor: Stephanie Ramos
Lifeguard I Instructor: Austin Toogood

Session II
Lifeguard I: Lisa Lane
Lifeguard I: Calen Beske
Lifeguard I: Autumn Hillis
Lifeguard I: Macy Sivage

Program Youth Aides

Emma Watkins	Renee Phillips	Daniela Valades	Mely Figueroa
Daniel Hinojosa	Caitlyn McClelland	Luis Mora	Ally Figueroa
Michael Connolly	Jasmine Rippey	Hugo Mora	Jonathon Hays
Kevin Connolly	Spencer McVeigh	Quinn Karney	Jared Hays

MISSION STATEMENT

The mission of the Silver Strand Junior Lifeguard program is to provide quality water safety instruction.

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

The mission is accomplished with activities including instruction and practice in open water swimming, paddle boarding, body surfing, surfing, kayaking, and self rescue. Respect for the environment is increased by the understanding gained with daily physical contact with the environment and through lecture and discussion of pertinent marine and aquatic topics. The students gain respect for themselves through personal progress and accomplishments achieved while participating in the Silver Strand Junior Lifeguard Program. Respect for others is increased by contact with compassionate instructors and by working with other students in a team building environment.

PROGRAM DATES

Junior Lifeguards

First Session: June 24th- July 19th
Second Session: July22nd-August 16th

Surf Fitness: June 17th-June 21st

PROGRAM INFORMATION

We have recently created a new website over the past year that can be found under the California State Parks Home Page I would please ask that all families access the website www.parks.ca.gov/sssbjg on a daily basis for all JG information and updates. If you do not have internet access please have your child notify us and we will send home a paper memo. You can find a session calendar, field trip memos and other pertinent information.

PROGRAM LOCATION

Silver Strand Junior Lifeguard meeting area is located by the tan storage bin with covered picnic tables directly in front of Restroom #1 on the beach side. When you enter the park we would appreciate you notifying the kiosk that you are transporting Junior Guards. You will also be given a Junior Lifeguard permit to place on the dashboard of your vehicle in order to notify the kiosk that you're transporting a Junior Guard. You will then be allowed to enter the park for no cost during the sessions times (8:00 am – 3:00 pm). Please be prompt in picking up your Junior Lifeguard. Our program concludes each day at 2:00 pm. If you plan to stay after 3:00 pm, you must pay the required day use fee for the park.

PROGRAM HOURS

Regular Session Programs: 9:00a.m. to 2:00 p.m. Monday through Friday*

Lifeguard Aides: 8:00 a.m. to 3:00p.m. Monday through Friday
*Exceptions to normal program hours will be announced for field trips and other special events.

It is the sole responsibility of each parent to insure safe travel to and from the program for his or her child. California State Park Service and the Junior Lifeguard Program are not responsible for students outside scheduled program hours, or anytime a commercial carrier hired by the Program is not used for transportation. **Parents are expected to be prompt in picking up their Junior Lifeguards.** If for some reason you are unable to pick up you Junior Guard at the end of the program please send a signed note with your child in the morning releasing all liability to the California State Park and Junior Lifeguards. All instructors must be made aware if there are to be children remaining on the beach at the end of the day's program

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 to benefit from the Junior Lifeguard Program. The instructors approve a child's skill level based upon successful completion of the test and on the child's swimming competence and confidence. The tryout test consists of: 1.) 100 yard swim and 2.) 3 minutes of treading water and 3.) 10 yard underwater swim.

TRYOUT WAIVER

Waivers are completed on line on our web page www.parks.ca.gov/sssbjg . Registration will open April 1st.New participants must pass the swim test in order to participate. You may preregister your child beforehand, but realize that they still must pass the swim test. If they don't pass the swim test we will issue a refund, but they can be tedious and take some time to receive.

ATTENDANCE

Attendance is taken daily. We would appreciate being notified if your child will be absent. If your child is not present and we have not been notified of their absence, we will contact a parent/guardian and inform them of the absence. Please call the Junior Lifeguard Office between 8:00 am and 8:45 am. There are no more than five excused absences permitted. If your child will be absent on a field trip day, competition day or longer than one day please let us know in advance so we can plan accordingly.

PARTICIPATION IN ACTIVITIES

Students are strongly encouraged to participate in regular program activities. Individual fitness levels and abilities are taken into account, but it is imperative that all Junior Lifeguards try to the best of their ability levels and give 100% at all times!

REFUND POLICY

There is a $50.00 charge for cancellations made up to two weeks (14 days) before the program begins. Cancellations made less than two weeks before the first day of instruction will receive a 50% refund of fees. No refund will be given after the first day of instruction.

DISCIPLINE POLICY

Student Discipline (As outlined in the Dept. of Parks and Recreation Junior Lifeguard Handbook)

For the Junior Lifeguard Program to be successful, students must exhibit behavior that is respectful of our staff, other students, our equipment and facilities. Group activities are vital to our program. A student that is disruptive to group activities and disrespectful to instructors diminishes the enjoyment and education of the other students.
The intent of discipline is to instruct the student in order to gain compliance with acceptable behavior norms. Therefore, please familiarize your Junior Lifeguard with the following expected behaviors:

1. Arriving on time
2. Respect of instructors and other staff
3. Respect of other students - no shoving, hitting or name-calling
4. Respect of the facilities, equipment and property of others
5. Cooperation with others and good sportsmanship
6. Teamwork
7. Exhibiting good leadership and looking out for others
8. Following all safety rules and all instructions
9. Listening quietly to directions and announcements
10. Participation in all regular program activities.

When students violate any of the expected norms progressive disciplinary instruction will be as follows.

Minor Incidents

Any type of mildly aggressive, destructive, intrusive or distractive actions toward a fellow participant or staff member will be considered an incident and will bring about the following sequence of events:

1st step –Verbal Warning. A discussion between participant and staff regarding incident and an explanation to the participant of the consequences of continued inappropriate behavior. A State employee of the Lifeguard I (seasonal) or higher classification will give this counseling.

2nd step – Time-Out (cool-off period). Immediately after each incident for 2-5 minutes, depending on specific behavior, extra exercise such as push-ups or sit-ups may be assigned. Additional repercussions may include beach ecology clean-up or loss of free swim privileges. At this time the staff (Lifeguard I and above) and the participant will discuss the following:

a) clarification of the incident
b) an explanation of the consequences for continued behaviors
c) an informal behavior contract and plan for successful participation will be implemented

These incidents shall be documented (including date and nature of incident) and filed for future reference in cases where further major disciplinary action may be needed.

3rd step – Conference. A conference involving parent, participant, and Junior Lifeguard II program coordinator. The Aquatic Supervisor is to be notified that a parent conference is taking place. The conference will include:

a) discussion of incident
b) review of the Program Discipline Policy
c) explanation of discipline policy and potential suspension if negative actions continue
d) behavior contract completed and signed
e) determine disciplinary support at home

4th step – This step may include suspension depending on severity of the behavior as judged by site leader and the Aquatics Supervisor. Parent, participant, and staff will review behavior contract as well as incident reports.

5th step – This step may include expulsion depending on severity of the behavior as judged by site leader and the Aquatics Supervisor. Parent, participant, and staff will review behavior contract as well as incident reports. Refunds are not given in the event of an expulsion.

Major Incidents

Any single incident of aggressive, destructive, or physical behavior toward another participant or staff member that causes injury or could potentially cause injury will result in an immediate time-out, notification of the Aquatic Supervisor, and a conference involving parent, participant and site leader. Serious incidents of this nature may result in immediate expulsion from the program. Other serious incidents include the following:

1. Leaving the program without permission
2. Insubordination
3. Fighting with another student or other person
4. Unlawful or non-consensual touching of another person
5. Stealing the property of another person
6. Vandalism of equipment or facilities
7. The use of alcohol or illegal use of drugs
8. Other conduct which brings disrespect to the California Park Service or the Junior Lifeguard Program.

These incidents shall be documented (including date, time, and nature of incident) and filed by the Aquatic Supervisor for future reference in cases where further disciplinary action may be needed. Any time a major behavioral problem occurs the Aquatic Supervisor shall be immediately advised.

Junior Lifeguard
Aide Staff Discipline

Junior Lifeguard Aides are signed up as California Park Service Employees. Therefore, they are subject to the same performance and behavioral guidelines as other State of California Employees. Therefore, any disciplinary problems with the JG Aide will be handled by the guidelines in the State's SUPERVISOR'S GUIDE TO EMPLOYEE DISCIPLINE.

TUITION ASSISTANCE

We have a limited amount of tuition assistance available. If your child or the child of someone you know cannot participate in the Junior Lifeguard Program without tuition assistance, please contact us for a Tuition Assistance Application.

DONATIONS

California State Parks is happy to be able to provide you with the finest of Junior Lifeguard Programs. However, as our Junior Lifeguard program grows, support is needed for fieldtrips, equipment, and supplies. In addition, at our awards banquet we have a raffle where we raffle off donated items. This raffle helps raise money for the Silver Strand Junior Lifeguard Association. There are also many deserving youths in our community who need tuition assistance. If you or your business is interested in making a donation to our Junior Lifeguard Program, please contact us! This year we will also be having a fundraiser in order to purchase equipment and award scholarships.

UNIFORMS

Junior Guard Uniform

Students required uniform: (available at the test dates, parent meeting and during each session)

Boys: navy blue swim trunks and white jr. guard t-shirt.
Girls: navy blue swimsuit and white Jr. Guard t-shirt.
All: Red long sleeve rash guard.

Surf Fitness Uniform

Students required uniform:

Boys: swim trunks and a white jr. guard t-shirt
Girls: an appropriate swimsuit (no string bikinis) and a jr. guard t-shirt.

Student's optional uniform items:

Various items including: Junior Guard sweatshirt, hats, caps, and backpacks. If girls would like to wear shorts they must be navy blue in color and a running or board short material.

Junior Guard Aides:

JG Aides are identified by their red JG Aide shirts.

Instructors:

Instructors are distinguished from aides and students by their official California State Park Service red lifeguard swim trunks/swimsuits with lifeguard patch and navy official State Park Lifeguard t-shirts and jackets.

DAILY PROGRAM PROCEDURES

Junior Lifeguard

An example of a daily schedule:

9:00-9:10 ⇐ Attendance, announcements
9:10-9:15 ⇐ Sunscreen application
9:15-9:30 ⇐ Group stretching to include:

- Overall body stretch
- Sit-ups
- Push-ups
- Jumping jacks
- Leg lifts

9:30-10:15 ⇐ Daily vitamin

- Progressive distance runs
- Progressive distance swims
- Run-swim-runs
- Ins-n-outs
- Indian runs
- Sugar donuts
- Megavitamin

10:15-11:00 ⇐ Free swim with equipment
(Instructional assistance with surfboards, body boards, fins, etc…)
11:00-11:30 ⇐ Instructional class period
11:30-12:00 ⇐ Lunch
12:00-1:00 ⇐ Competition skills or kayaking

- Beach flags
- Sprint run relays
- Rescue relays
- Swim relays
- Paddle board relays
- Ins-n-Outs

1:00-1:45 ⇐ Body surfing (free swim w/fins only) or organized game
(Team ball, bongo ball volleyball, Frisbee golf, football)
1:45-2:00 ⇐ General announcements, hand-out parent memos,
beach clean-up, review.

Surf Fitness
An example of a daily schedule:

9:00-9:10 ⇐ Attendance, announcements
9:10-9:15 ⇐ Sunscreen application
9:15-9:30 ⇐ Group stretching to include:
- Overall body stretch
- Sit-ups
- Push-ups
- Jumping jacks

9:30-10:15 ⇐ Daily vitamin
- Run-swim-runs
- Ins-n-outs
- Indian runs
- Sit-up/Push-up sets

10:15-11:00 ⇐ Free swim with equipment
(Instructional assistance with surfboards, body boards, fins, etc…)
11:00-11:30 ⇐ Instructional class period
- Paddling Techniques
- Surfing Skills
- Surfing Legends
- Paddleboard Rescue Techniques

11:30-12:00 ⇐ Lunch
12:00-1:00 ⇐ Surfing Skills
Instructor assistance with:
- Surfing
- Body Boarding
- Body Surfing
- Paddling
- Paddleboard Rescues

1:00-1:45 ⇐ Body surfing (free swim w/fins only) or organized game
(Team ball, bongo ball volleyball, Frisbee golf, football)
1:45-2:00 ⇐ General announcements, hand-out parent memos,
beach clean-up, review.

AWARDS BANQUET

Who: Session I JG When: Friday July 19th from 5:30-8:30PM
Who: Session II, JG When: Friday, August 16th from 5:30-8:30PM
Where: Crown Cove Aquatic Center (located on the bayside, walk through far north pedestrian tunnel)

At the banquet we will have a potluck and hand out certificates of completion, pictures, surveys, and special awards. We will also be having a raffle from the donations we have received. Due to limited seating please bring your own chairs. We look forward to seeing you and your family there!