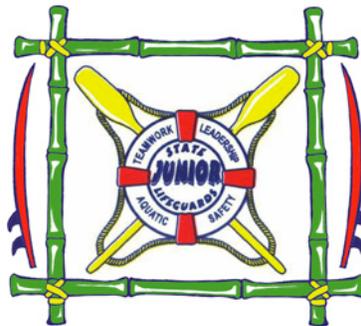


**California State Parks
Silver Strand State Beach Junior
Lifeguard Program
5000 Highway 75
Coronado, CA 92118**

**State of California
Parks and Recreation**



**Junior Lifeguard Parent
Handbook
2010**



NOTICE OF NONDISCRIMINATORY 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

Junior Lifeguard Office	(619) 424-3632, cell (619) 890-0972
Silver Strand Lifeguard Headquarters	(619) 435-0126, (619) 435-0127
Lifeguard Dan Hovorka	(619) 435-0126, cell (619) 952-0749
Lifeguard Supervisor Mike Martino	(619) 435-0126, cell (619) 572-3991

PROGRAM STAFF **Junior Lifeguard Program**

INSTRUCTORS **YOUTH AIDES**

Session I

Program Coordinator: Jeni Mascari
Program Co-Coordinator: Darby Fultz
Lifeguard I Instructor: Calen Beske
Lifeguard I Instructor: Sarah Boedecker
Lifeguard I Instructor: Lisa Lane

Session II

Program Coordinator: Jeni Mascari
Program Co-Coordinator: Darby Fultz
Lifeguard I: TBA
Lifeguard I: TBA

Program Youth Aides

Megan Arnold	Ryan Mussey
Alex Contreras	Ryan Reed
Tanner Harvey	Sarah Reuss
Andie LeDesma	Eric Salazar
Bailie LeDesma	Mitch Stockton
Catie LeDesma	

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 22nd- July 17th

Second Session: July 27th-August 21st

Surf Fitness

July 20th –July 24th

PROGRAM INFORMATION

We have recently created a website over the past year. I would please ask that all families access the website (@ www.sssbjg.com) 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/ information for parents and newly updated information or changes to the program on this website.

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 your 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

This year it is mandatory all prospective as well as returning Junior Lifeguards pass the tryout in order to qualify. Parents must complete the application and submit program fees by the designated date for the session their child will attend.

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, via email or a written notice, 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: Orange JG logo rash guard. Rash guards are mandatory for all participants. They will be worn during all free swims, competition skills and vitamins. For identification purposes, please write your child's first and last name on the left

wrist. Failure to bring the rash guard to the program will result in a loss of free swim.

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.

Parking

Parking passes are provided at the parent meeting and on tryout dates. When entering the park, please display your pass visibly on the dashboard. The gate attendant will wave you through, but please make sure to stop at the stop sign. Your vehicle will be allowed to remain in the park during program hours, but if you plan on staying late you must pay the regular entrance fee.

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.

What to Bring

In addition to the required uniform, participants are encouraged to bring sunscreen, sandals, a hat, sunglasses, lunch in cooler (seagulls get into bags), towel and sweatshirt.

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 17th from 5:30-8:30PM

Who: Session II, JG & Surf Fitness When: Friday, August 21st 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!