



**Parks and Recreation Department
Junior Lifeguard Program
P.O. Box 1990
Santa Barbara, CA 93102
(805) 897-2680**

Dear Junior Lifeguard Parents,

Welcome to the 2013 Junior Lifeguard Program! Whether this is your first time with us or you are coming back for another great summer, you should be applauded for having endured the registration process. 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 training program, teaching them the many components required to be a true beach lifeguard. Expect them to be physically tired after many fun-filled days of running, swimming, paddling, and other training drills.

This letter serves a number of purposes. Most importantly it is used to communicate aspects of the program; program expectations, uniform requirements, order forms, trip dates, and sign-ups. Please take the time to read all important information and dates.

Due to the large number of participants in the Junior Lifeguard Program, we always rely on parent participation. As we list our needs, we ask that you consider joining us, as a volunteer, on one or more days.

This year, all forms will be available on the Junior Lifeguard Program website:
www.santabarbaraca.gov/summerfun/jr_lifeguards.htm

We will also be posting information on the Junior Lifeguard Facebook page:
www.facebook.com/#!/group.php?v=wall&ref=ts&gid=256926109983

Please check both sites frequently, we will be updating and posting new information throughout the upcoming months.

The following forms are available on the Parks and Recreation website:

- Rules, Regulations, and Responsibilities Sheet
- Excused Absence Report Forms
- Group Calendar
- Extra T-shirt, Hat, Sweatshirt, and Sweatpants Order Form - **due May 22nd**
- Boat Trip Preference & Check – **due May 22nd**
- Group Picture Order Form - **due May 22nd**
- Bus Sign-Up Form - **due May 22nd**

A parent's meeting will be held on May 22nd from 6:00-7:00pm at Casa Las Palmas – 323 East Cabrillo Blvd. The instructors will be there to discuss the upcoming summer, answer questions, and collect order forms. All parents are encouraged to attend.

In order to prepare you for a great summer, the reverse side of this letter contains some program specifics.

Swim Test/Tryouts: To qualify for the program, new participants only must successfully pass a three-part swim test: 100-meter pool swim in 2:20 or less; 4 minutes of treading water; and a 15-yard under water swim. The swim test will be on Saturday, May 11th. If you are unable to attend the swim test on May 11th, we hold a swim test in the ocean for everyone on the first day of the program and make a decision based on their ability to swim in open waters. If you have any further questions, please contact the Aquatic Section offices at 897-2680.

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

A Tetanus Shot: Is highly recommended for your child, due to the potential hazard created by random debris (sticks and rocks) washed onto our shore.

A Hepatitis Shot: 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 are contacted directly by Santa Barbara County Health Officials should there be a water quality issue. Upon notification, Jr. Guard instructors will modify the daily activities to prevent potential contact.

**** Highlights and Dates to Anticipate ****

Junior Lifeguard Parent Night: We will be hosting our first Jr. Guard Parent night on May 22nd from 6:00 – 7:00pm at the Chase Palm Park Center located at 236 E. Cabrillo Blvd.

Boat Trips: We have two scheduled boat trips to Santa Cruz Island this summer (July 10th and July 17th).

Carpinteria Competition: Held on Friday July 12th at Carpinteria City Beach.

Jr. Guard Regionals: Regionals will be held at Newport Beach on July 26th.

Movie Nights: Held on July 9th and July 23rd upstairs at the Cabrillo Pavilion from 6-9pm.

Santa Barbara Fiesta Competition: This will be held on Friday, July 19th at East Beach.

Rincon Surf Day: All participants will spend August 5th at Rincon.

Jr. Guard Nationals: Nationals will be held at Manhattan Beach on August 7th.

Final Barbecue/Awards Banquet: Held Friday, August 9th at the Bathhouse from 5 to 7pm.

More information about all of the above listed events can be found on the Junior Lifeguard website.

As Instructors of the Junior Lifeguard Program, we are always interested in your questions and/or comments. Please feel free to drop a note, or call the office at 897-2680. We truly appreciate the support we receive, and we couldn't do it without you! We are anxiously counting down the days and very much looking forward to getting to know your kids.

See you on the beach!!!
Jr. Lifeguard Instructors