

## FAQs:

### 1. What is a typical day like as a Junior Lifeguard?

The program starts everyday at 10:30 with warm-ups and attendance, followed by a work-out or other lifeguard activity. Lunch usually occurs around 12:00pm, during which the participants are given typically 30 minutes to relax, eat, and rehydrate. Instructors remind the participants to reapply sunscreen at this time. The afternoon typically consists of at least one of the following: a workout, a lecture, or game. The program ends at 2:00pm.

\* Program activities are modified when weather, ocean conditions, and unexpected program impacts occur.

### 2. What should my child bring to Junior Lifeguards?

In a backpack that zips your child should bring the following: a towel, lunch, water, sunscreen, a hat with a brim, red shorts, red bathing suit, and program shirt. A sweatshirt and sweatpants are also recommended, but are optional. Participants may also wear rash guards if they so choose. Please make sure to label everything your child brings to the beach, we are not responsible for any lost, stolen, or forgotten items.

\* All food should be packed in a sealed bag and left in a backpack to avoid being eaten by seagulls

\* Cell phones are allowed but they may not be used during the program unless given permission by an instructor.

### 3. My child is going to be absent, what should I do?

If your child is going to be absent for any reason, please let their group leader know via an excused absence note or send an email to [SantaBarbaraJuniorGuard@gmail.com](mailto:SantaBarbaraJuniorGuard@gmail.com). This is especially important if your child is missing a competition date.

### 4. What are competitions?

Each year the SBJG program participates in four competitions: the Carpinteria Competition, the Fiesta Competition (held at East Beach), Semana Nautica Competition (held at East Beach), and the Regional (State Championships) Competition. All participants are expected to compete at Carpinteria, Semana Nautica and Fiesta, and a select team is invited to participate at Regionals.

Each competition consists of both individual and team events. Participation in team events and Regionals will be determined by the instructors. This determination is based

on the “AAA” Rule, which evaluates each participant’s Attitude, Aptitude, and Attendance.

5. Who should I talk to about questions regarding my child’s specific group?

We are in the process of designating Lead Instructors for each group. Please direct any group specific questions towards the Directors.

6. How do I contact the SBJG Directors?

Email is the best method of contact: [juniorklifeguards@santabarbaraca.gov](mailto:juniorklifeguards@santabarbaraca.gov)

In case of emergency, please contact the Parks and Recreation Department Aquatic Office located in the Cabrillo Bathhouse at 805-897-2680, and one of the staff will notify the directors.

7. What are the safety measures in place?

The SBJG program retains a 20:1 ratio at all times in order to guarantee the maximum amount of safety and coverage for each participant. Each instructor is a certified ocean lifeguard in accordance with the United States Life Saving Association ([www.usla.org](http://www.usla.org)) guidelines and is trained in both first aid and CPR for the professional rescuer. In addition, each group has two aides who are also certified as ocean lifeguards.