

# Welcome to Junior Lifeguards!

SUMMER 2016

Dear Junior Lifeguard Parents,

As we enter our 45<sup>th</sup> year, 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 but rewarding training program, which will teach them many of the components required of a true ocean lifeguard. Expect them to be physically tired (but happy) after fun-filled days of running, swimming, paddling, and other training drills.

The 2016 Jr. Lifeguard Instructor Staff and Program Aides have years of combined experience with our program and lifeguard operations. We are very proud of our current and former employees who have transitioned into successful careers such as: permanent ocean lifeguards, firefighters, teachers, coaches, doctors and law enforcement.

We use this letter to communicate important logistical aspects of the program: program expectations, uniform requirements, order forms, trip dates, sign-ups and deadlines. Please take the time to read all the information and dates contained within this letter.

A parent's meeting will be held on Wednesday, June 1<sup>st</sup> from 6:00-7:00pm at the Cabrillo Bathhouse. The instructors will be there to discuss the upcoming summer, answer questions, **distribute uniforms** and collect forms. All parents are encouraged to attend. Also, due to the large number of participants in the Jr. Lifeguard Program, we always rely on parent participation. As we list our events, we ask that you consider joining us as a volunteer on one or more days.

## Program Calendar and Forms

In an effort to reduce paper waste we have placed all of our program calendars and forms on the Jr. Lifeguard Program website for easy access:

<http://services.santabarbaraca.gov/SummerFun/lifeguards.html>.

Please check the website frequently as we will update new information.

The following forms are available on the Jr. Lifeguard website:

Rules, regulations and Responsibilities  
Group Calendars  
Boat Trip Waiver Form  
Competition Bus Sign-up Form

Excused Absence Forms  
Extra Uniform Order Form  
Group Picture Order Form

Please complete all waivers and an Activity Registration Form prior to the start of the program. You can scan and email the forms to [tbernard@santabarbaraca.gov](mailto:tbernard@santabarbaraca.gov) and [fmarkowitz@santabarbaraca.gov](mailto:fmarkowitz@santabarbaraca.gov)

### **Swim Test/Tryouts**

To qualify for the program, new participants only must successfully pass a three-part swim evaluation: 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 7<sup>th</sup> from 2:00pm to 4:00pm at Los Baños. If you are unable to attend the swim test on May 7<sup>th</sup>, please contact the Junior Lifeguard Directors at [juniorklifeguards@santabarbaraca.gov](mailto:juniorklifeguards@santabarbaraca.gov). In addition to the pool swim evaluations we will swim test all participants in the ocean on the first day of the program. This will determine each participant's ability to swim in open water.

### **Daily Program Routine**

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

### **Pick up and Drop Off**

Pick up and Drop Off is conducted in the West parking lot at East Beach nearest the Cabrillo Bathhouse. We strongly encourage families to carpool when dropping off or picking up your child. If you remain with your car, or briefly step away to collect your child, no parking fee is necessary, but please display the temporary parking pass on your dashboard. Staff are to request a picture ID of any parent or individual that is seeking to release a camper into their custody. Camp Directors must receive, in advance, written permission from a parent authorizing release of their camper to someone not previously included in the Camper Information Forms

### **Tetanus Shot**

It is highly recommended for your child to receive a Tetanus shot, if they have not had one in recent years, due to the potential hazards created by debris washed onto our shoreline.

### **Hepatitis Vaccination**

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 informs the Jr. Guard Instructors who will modify the daily activities to prevent potential contact.



## **\*\* Highlights and Dates to Anticipate \*\***

### **Junior Lifeguard Parent Night**

Held on Wednesday, June 1<sup>st</sup> from 6:00-7:00pm at the Cabrillo Bathhouse located at 1118 E. Cabrillo Blvd.

### **Santa Cruz Island Boat Trips**

We have scheduled two chartered boat trips to Santa Cruz Island, July 6<sup>th</sup> and July 12<sup>th</sup>. Signs ups due by June 24<sup>th</sup>.

### **Semana Nautica Competition**

Held on Friday July 8 at East Beach.

### **Carpinteria Competition**

Held on Friday July 15<sup>th</sup> at Carpinteria City Beach.

### **Jr. Guard Regionals**

Held Regionals (State Championships) will be held at Huntington State Beach on July 22<sup>nd</sup>.

### **Movie Nights**

Held on July 12<sup>th</sup> & July 26<sup>th</sup>, upstairs at the Cabrillo Pavilion from 6-9pm.

### **Santa Barbara Fiesta Competition**

Held on Friday July 29<sup>th</sup> at East Beach.

### **Rincon Surf Day**

Held on August 4<sup>th</sup> at Rincon.

### **Final Barbecue & Awards Banquet**

Held Friday, August 5<sup>th</sup> on the sand at East Beach in front of 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 contact us at (805) 897-2680 weekdays from 2:00 – 4:00 during the course of the program or email any time at [juniorlifeguards@santabarbaraca.gov](mailto:juniorlifeguards@santabarbaraca.gov).

We truly appreciate the support we receive, and we could not do it without you! We are eagerly counting down the days and very much looking forward to getting to know your kids.

See you on the beach!

Scott Holland / Josh Pighetti  
Junior Lifeguard Directors