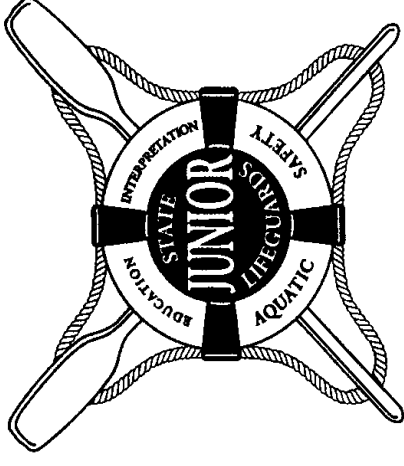


Parent Handbook 2007



Boys: Navy Swim trunks and Grey-long Sleeved t-shirt
Girls: Navy athletic style swim suit and grey long-sleeved t-shirt. (Racing style 2 piece ok).

Student optional uniform items

Optional Junior Lifeguard logo sweatshirts and extra uniform pieces can be purchased May 13th at Simpkins Swim Center 10:30am-3:30pm. Checks only, no visas excepted.

Youth Aids

They can be identified by their Blue Trunks and Red-Assistance T-shirts.

Instructors

Instructors are distinguished from Assistants and Students by their official California State Park red swim trunks, suits and Junior Lifeguard Instructor Sweatshirts and t-shirts.

JUNIOR LIFEGUARD YOUTH AID/STUDENT POSITION

We are looking for youths 15 years of age or older who would like to participate in the junior lifeguard Youth Aid Program. Junior Lifeguard Youth Aids help the instructors with various tasks from 9:30am-3:30pm. After regular program hours, the youth Aids receive universal and lifeguard specific jobs skills training.

In past years, the Junior Lifeguard Youth Aid Program has successfully prepared young people for seasonal lifeguard employment. Interested youths should call the Junior Lifeguard Office prior to April 15th.

SPECIAL ACCOMODATIONS

We ask that you notify Dana Blankinship at least (30) days prior to the start of the program if you student desires special accommodations or services in compliance with the Americans with Disabilities Act.

NOTICE OF NONDISCRIMATORY POLICY

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 school. The state does not discriminate on the basis of race, color, national and ethnic origin in administration of educational policies, admissions policies, scholarship, athletic and other school-administered programs.

PARICIPATION IN ACTIVITIES

Students are required to participate in all regular program activities. The younger, smaller students may not have the same opportunities as older students to utilize equipment that requires body weight and strength. If you have questions, please see one of the lead instructors.

REFUND POLICY

- There is a \$50.00 fee for cancellations made prior to the first day of instruction/
- Students may drop from the program at anytime prior to the completion of the second week of instruction and receive a 50 % refund of tuition. After the commencement of the first day of the third week, no refunds will be made.
- Injuries during the program that precludes the student's further participation in activities will be given a pro-rated refund based upon the remaining number of days in the program including the date of injury.
- There is no refund of fees for the students suspended (1-3 days) or for students that are removed from all further program activities for disciplinary reasons.
- Refunds are processed by the State Controller's office and take three to six weeks for payment.

TUITION ASSISTANCE

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

Due to limited funding, tuition assistance is only available for one session per program year per student. Further, priority consideration will be given to new applicants. Otherwise, tuition assistance is first come, first serve during regular enrollment periods.

If you or your business has means to make a donation to the TUITION ASSISANCE FUND, please call the Junior Lifeguard Office.

UNIFORMS

Student's Required Uniform:
NEW* available for purchase on May 13th 10:30am-3:30pm or at Club Aqua.

Santa Cruz State Junior Lifeguards
665 14th Ave

Santa Cruz, California, 95062

California State Parks
The State of California
Department of Parks and Recreation

PHONE NUMBERS

Junior Lifeguard Office 476-4992
Dana Blankinship Aquatic Program Supervisor 427-4869 Do not use for attendance
All Emergencies 911

MAILING ADDRESS

State Lifeguard Headquarters
Attn: Junior Lifeguards
665 14th Ave.
Santa Cruz, California 95062

PROGRAM HOURS

Regular Program: 10:00 a.m. to 3:00 p.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 or guardian to insure safe travel for their child to and from the Junior Lifeguard Program. California State Parks and the Junior Lifeguard Program are not responsible for students outside of scheduled program hours and activities. The Program does not certify parent carpools. The only Program provided transportation is by licensed commercial carriers hired by the Program for group travel to special activities. Parents are expected to be prompt at dropping-off and picking-up their Junior Lifeguards. Parents are responsible for their children immediately prior to and immediately following scheduled program hours.

THE TRYOUT TEST

The Junior Lifeguard Program is not a 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:

Swim 100 yards
Swim 10 yards underwater
Tread water for 3 minutes

*6-8 year olds are required half of the lengths above

TRYOUT WAIVER

All returning Junior Lifeguards may skip the tryout testing. All new students must successfully complete the testing process.

PROGRAM TERMS AND CONDITIONS:

In order for the Junior Lifeguard program to be successful, participants must exhibit behavior that is respectful of our staff, other participants, equipment, and facilities. The intent of discipline is to instruct the participant so as to gain compliance with acceptable behavior norms. Therefore, please sign and familiarize yourself and your Junior Lifeguard with the following rules and policy.

Rules:

1. Leaving the supervised recreational area without receiving permission from program staff is not permitted.
2. Fighting (physical or verbal), and use of profane language is not permitted, and parents will be notified.
3. Vandalism of site, public or other participant's property will not be tolerated.
4. Restrooms are to be used for their intended purpose and nothing else. Restrooms are to be kept clean. Participants must notify a lead-person before going to the restroom.
5. Daily assembly- each site has its own assembly times. For approximately 15 minutes the entire group will meet. It is necessary that participants are quiet and attentive at this time.
6. Each Junior Lifeguard program site will have its own specific guidelines put in place for the safety and enjoyment of all participants.

Discipline Policy:

Any types of mildly aggressive, intrusive, or destructive actions towards fellow participants, staff members or equipment

1. Participant will be verbally warned, counseled about the situation, and given an explanation of what behavior change is expected.
2. Time-out (cool-off period), immediately after each incident for 2-5 minutes, depending on the incident. Extra, supervised physical exercise such as push-ups, sit-ups, or running, may be assigned at this time. At this time the participant will be given an explanation

of the consequences for continued inappropriate behavior, and an informal behavior contract and plan for successful participation will be implemented.

3. Conference involving parent, participant, and staff that will include:

- a) discussion of incident
 - b) explanation of discipline policy
 - c) formal behavior contract, completed and signed
 - d) determine disciplinary support at home
4. May include suspension or expulsion depending on severity of behavior, as judged by the site leader and aquatic supervisor. Parent, participant and staff will review behavior contract as well as incident reports. There will be no refunds in the event of an expulsion

ATTENDANCE

Attendance is taken daily. We would appreciate being notified if your child will be absent. Please phone the Junior Lifeguard Office between 8:00 and 8:45 a.m. at 476-4992. Do not call the Aquatic Program Supervisor to report absences.

Daily Agenda

(This agenda is subject to variation without notice, based daily conditions)

- 10:00 – Roll call and program meeting
- 10:15 – Warm ups, stretching and calisthenics
- 11:15 – Topic lecture
- 12:00 – Lunch
- 12:45 – Age group skills and activities
- 2:00 – Free time activity
- 2:40 – Program clean-up and review
- 3:00 – End of another great day!

Please make sure your JG has the following everyday:

1. Sunscreen (SPF 30 or higher) and towel
2. A bag lunch, with nutritious, wholesome food, and lots of drinking water, for a full active day
3. Junior Lifeguard uniform
4. A large sun hat (optional but recommended)
5. A sweatshirt for cold days
6. Protective, beach appropriate footwear
7. Wetsuits are optional, but recommended