Imperial Beach

Junior Lifeguard Program

2019 Parent Handbook

Revised 03/20/2017

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CONTACT INFORMATION

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Imperial Beach, CA 91932

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Fax: (619) 628-1421

Website: www.ibjuniorguards.com

Email: jrlifeguards@imperialbeachca.gov

IBJG Coordinator: Aram Yashu

Imperial Beach Lifeguard Service Business Line: (619) 423-8328

Imperial Beach Lifeguard Service Beach/Weather Report: (619) 595-3954

FOR EMERGENCIES, DIAL 9-1-1.

MISSION STATEMENT

The Imperial Beach Junior Lifeguard Program educates youth in ocean and beach safety, while building confidence, physical fitness and appreciation for the dynamic ocean environment.

FREQUENTLY ASKED QUESTIONS

What is the age range for participating in the program?
The Imperial Beach Junior Lifeguard Program is offered to youth ages 9 through 17. There are three age divisions within the program: C (9-11), B (12-13), and A (14-17).

Where should I drop-off and pick-up JGs?
Junior Lifeguards should be dropped off at the grassy area, south of Pier Plaza on Seacoast Avenue and Elder, across from the Safety Center (950 Ocean Ln. I.B. 91932). Please do not block emergency accesses or park in red curbed areas. Tickets will be issued for any parking violations, including junior lifeguard parents.

What time does the program take place?
The program runs from 9:30am-2:30pm Monday through Friday. If you would like to drop your child earlier or let them stay later please understand that they will NOT be supervised by the program outside of normal program hours. All instructors are needed for normal lifeguard operations outside of program hours.

What does the program cost?
This year we will be having one session that starts June 10th –July 12th 2019. The cost of the program will be $385 and this will include a uniform (Shorts, T-Shirt, Rash guard and Ball Cap)

Does my child need to wear the required uniform? Yes! Uniforms are mandatory in order to participate in the program. Your child is required to show up in uniform each day. Uniforms are for the child's safety and allow us to distinguish our group from others while at the beach.

Where is Lost & Found?
Lost and found is located at lifeguard headquarters. Ask any instructor for assistance with lost and found items. All unclaimed items will be donated after Labor Day.

What if a JG needs to arrive late, leave early or miss a day?
For safety and accountability reasons, please try to coordinate with your child's instructor at least one day prior. This can be done via phone, email or a signed note, with your name, your child's name, date they will be absent, and your contact information.

What does my child need to bring each day?
Every Junior Lifeguard needs to bring water, sunscreen, towel, snacks/lunch, their uniform and a good attitude.

What is the refund policy?

All refunds will incur a $50 processing fee.

No refunds will be given once the program has started. To get a refund, you must contact the JG Coordinator. You will be asked to provide written notice of the participant's withdrawal from the program. Due to the extensive process, it may take a month or longer to receive your money.

If your child is injured in the program and cannot finish due to those injuries, the program will give you a pro-rated refund minus $100 (processing fee and uniform costs). There must be a doctor's note as well.

There is no refund of fees for participants that are removed or expulsed due to disciplinary reasons.

OVERVIEW OF THE IMPERIAL BEACH JUNIOR LIFEGUARD PROGRAM

The Imperial Beach Junior Lifeguard Program's mission is to educate youth about ocean and beach safety, while building self-confidence and appreciation for the dynamic ocean environment. Founded in 1995 as part of the Imperial Beach Lifeguard Service, our program has since instructed hundreds of children every summer in the hopes that they will take their experiences and develop lifelong ocean safety and leadership skills. Our instructors are all certified and experienced ocean lifeguards who have a tremendous amount of respect and love for the ocean.

The Junior Lifeguard Program introduces participants to safe aquatic recreational opportunities through daily activities such as stretching, running, open water swimming, paddle boarding, body surfing, surfing, boogie boarding, mock rescues, beach games and friendly competitions. Our program also introduces topics related to first-aid and public safety. Further, our program is designed to improve the participant's physical fitness, their understanding of the ocean environment and respect for themselves and others.

It is our goal that the Junior Lifeguard experience will stand out as the most memorable event of every summer. Our instructors love teaching and will safely push participants to expand their comfort level and help them overcome any fears they may have. We want them to have fun, continue to grow, and pass on what they have learned to friends and family. We believe our junior guard program is a great way to build strong lifelong safety skills. It is also our hope that through this program, children will learn the importance of a safe and healthy lifestyle, as well as develop a lifelong respect for the ocean environment. Some of our participants may even decide they want to pursue careers in public safety and lifesaving, becoming JG Captains and ultimately fellow lifeguards or other public safety personnel.

We hope your junior guards go home smiling, exhausted and ready for more! See you at the beach!

DAILY ACTIVITIES AND INSTRUCTION

Junior Lifeguards are engaged in a number of fun and challenging activities each day from 9:30am-2:30pm. Physical activities include swimming, running, paddling, surfing, beach flags, various team sports and much more. In addition, participants will be given safety talks, become educated in the ocean environment, and be visited by various guest speakers.
Each morning before we begin the day's activities, we do stretching exercises on the grass in Pier Plaza. After everyone is warmed up, we often walk north of Palm Avenue between the two jetties where most of our daily activities occur. Occasionally we take JG groups to various other parts of the beach including near the pier and as far south as the Tijuana River mouth to experience the estuary ecosystem. There are also some days where we will visit other beaches in San Diego County these days are included in our program calendar for the session and will be made clear well in advance.

Our program is organized into three age divisions:

- C – Ages 9-11
- B – Ages 12-13
- A – Ages 14-17

All groups will spend a portion of the day together but will generally split up for most of the day to receive different instruction based on skill level from their respective instructors.

Junior Lifeguard Instructors are all experienced and certified ocean lifeguards. As lifeguards, they are required to re-certify every year with a physical abilities test and a medical skills refresher. JG Captains assist the instructors in setting up meeting areas and conducting daily activities (See page 16 for more information about our JG Captain Program).

CODE OF CONDUCT

The Code of Conduct has been created to ensure each participant is successful in the Imperial Beach Junior Lifeguard Program. Please review the Code with each participant. The Code of Conduct is as follows:

- Be on time each day in a clean and neat IBJG uniform
- Participate in all activities with a positive attitude and to the best of your ability
- Display the utmost courtesy to everyone you come into contact with, including:
    - Beach patrons, swimmers, surfers and other members of the public
    - JG Instructors, lifeguards, and public safety personnel
    - Fellow junior guards
- Follow all directions given by JG Instructors and lifeguards
    - If you do not understand a set of directions, ask for clarification
- Gain permission from an instructor before leaving a group and follow the buddy system
- Respect the personal belongings of the JG Instructors and other junior guards
- Be respectful during lectures and to all guest speakers
    - Do NOT have personal conversations while they are presenting
    - Do not wear your sunglasses indoors
- Respect other Junior Lifeguards at competitions
    - No name calling, taunting, or disrespectful behavior
    - Practice good sportsmanship
- Use JG equipment only with permission from a JG Instructor
    - Take care of all equipment being used
    - Clean and replace all equipment after use
    - Do not leave surfboards/body boards/fins on the sand
    - Help others if they need assistance
    - Do not drag surfboards in the sand, ask for help to carry them instead
    - Use swim fins that fit to prevent them slipping off in the ocean
- Never use vulgar language or make vulgar gestures
- Be honest, do not make any false reports, including:
    - Making up injuries or illnesses to get out of participating in activities
    - Making up stories about other participants
- Inform JG Instructors if you know or hear of any suspicious activities
- Do not use cell phones during class without permission from a JG Instructor.
- Preserve the beach environment, including picking up your trash during lunch
- Remember that you represent the Imperial Beach Junior Lifeguard Program, Imperial Beach Lifeguard Service, and the City of Imperial Beach. When you wear the IBJG uniform be courteous and respectful to everyone you encounter.

If the Code of Conduct is not followed, the Discipline Policy will take effect.

DISCIPLINE POLICY

The discipline policy is progressive, but may start at any of the following levels. The normal progression is as follows:

1. Verbal Counseling – A verbal warning from the JG Instructor
2. Verbal Counseling and Phone Call – A second verbal warning from the JG Instructor will result in a call to the parent/guardian informing them of the misbehavior.
3. Written Counseling – Parents/guardians will be informed by the JG Instructor of the violation and a copy of the written note will be sent home
4. Joint Counseling – Parents/guardians will meet with the JG Instructor. The Coordinator will be informed and may be involved in the meeting
5. Possible Suspension – 1 to 3 day suspension from Junior Lifeguard Program
6. Approved Expulsion – Participant will not be allowed back to the Junior Lifeguard Program for the remainder of the summer. Refunds will not be issued for removal due to disciplinary action.

Severe infractions may result in disciplinary action to skip part or all progression steps. Examples of these severe incidents include, but are not limited to the following:

- Insubordination
- Fighting
- Unlawful or non-consensual touching of another person
- Stealing
- Vandalism
- Disrespect of other people's or participant's personal belongings
- Possession or participation with alcohol, illegal drugs, or any type of weapon
- Any conduct which brings disrespect and/or disgrace to the Imperial Beach Junior Lifeguard Program, Imperial Beach Lifeguard Service, or to the City of Imperial Beach
- Truancy
- Improper language
- Leaving the group without a buddy and permission from a JG Instructor

All disciplinary actions will be documented. The parent/guardian may request a meeting with the JG Instructor at any time during the process.

UNIFORM POLICY AND REQUIRED EQUIPMENT

Minimum mandatory uniform items are provided to each participant with registration cost. The mandatory uniform items are required for safety reasons and therefore must be worn each day. The Uniform Policy is as follows:

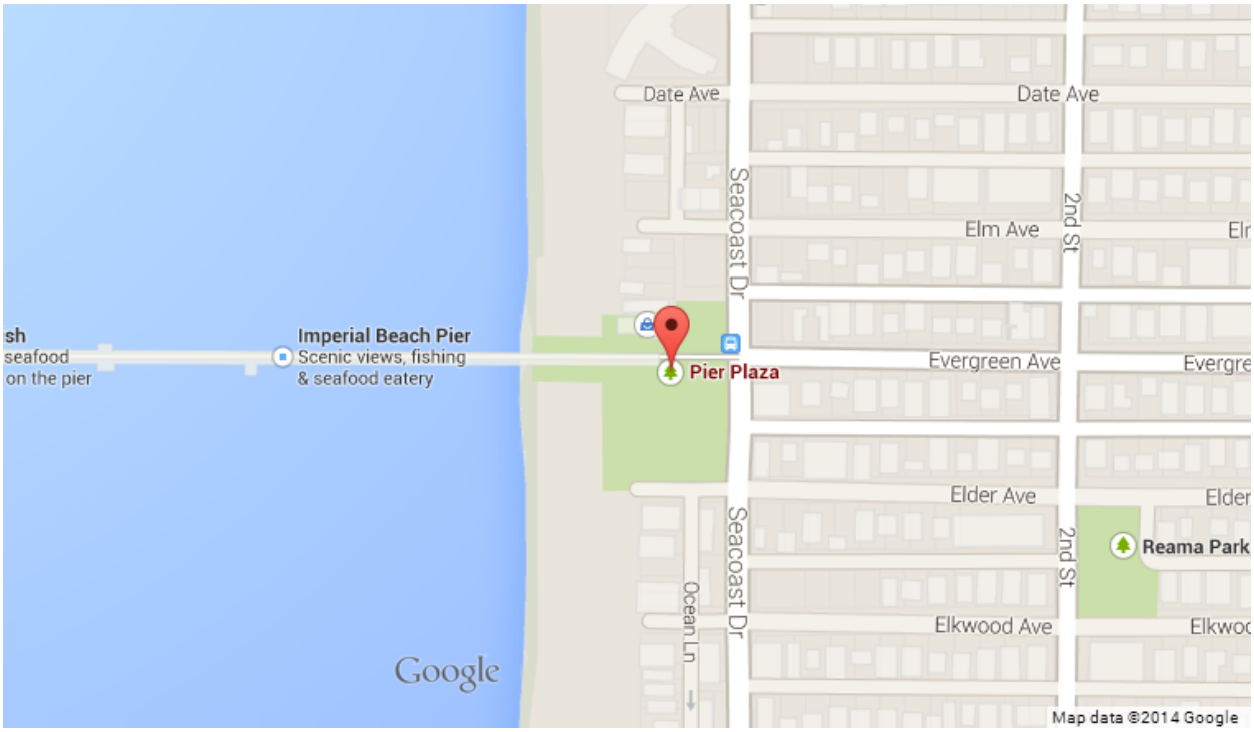
- The following uniform items are mandatory (included in program cost) and must be worn during class:
    - IBJG T-shirt
    - IBJG Rash guard
    - IBJG Board Shorts
    - IBJG Hat
- **Although not provided, girls must purchase and bring their own solid navy blue one piece sports swim suit.** Due to the wide range of sizing options and styles for one piece swim suits. We prefer to give girls the latitude to purchase whatever brand of suit fits them best, instead of limiting them to the one option from our uniform supplier.
- Optional uniform items that are available for purchase include sweatshirts and sweatpants. Please consider purchasing these items as many children get very cold during the program!
- **If your child wears anything other than official IBJG uniform apparel, he/she will not be allowed to participate that day.**

In addition to uniform, participants will also need to bring the following equipment with them each day:

- Towel
- Sunscreen
- Water
- Snacks and lunch
- Sandals and/or athletic-style shoes

Please mark all uniform items and equipment with the participant's first and last name! Do not allow participants to bring valuables to class. The Imperial Beach Junior Lifeguard Program is not responsible for any lost personal belongings.

TRANSPORTATION, DROP-OFF AND PICK-UP INFORMATION



Unless otherwise instructed, we meet on the grassy area in Portwood Pier Plaza, north of the Dempsey Holder Safety Center (IBLG Headquarters). **950 Ocean Ln. Imperial Beach, CA 91932.** A few canopies will be set up nearby, where junior guards will be able to leave their belongings for the day. The program **starts at 9:30am and ends at 2:30pm**. Please do your best to drop your child off on time for the program. Children arriving late may be separated from the group.

After our early morning exercises on the grass, we usually walk north along the beach in between the two jetties, north of Palm Avenue. Most of the day's activities are conducted here.

Please do not block emergency accesses or park in red curbed areas. Tickets will be issued for any parking violations, even to parents of junior guards
There will also be a number of days where we will meet at other beaches, including La Jolla Cove and Coronado Central Beach. These days are planned out in advance and are included in our program calendar for the session.

Children left after program hours will not be supervised. Unfortunately our staff is on a very tight schedule. All of our instructors are need for normal lifeguard operations outside of program hours.

PROGRAM CALENDAR

For the 2019 season, we will be running a one session program that will begin on June 10th and end on July 12th.The program will run 5 days a week, Monday through Friday from 9:30 a.m. to 2:30 p.m. unless otherwise instructed; we will be meeting at Portwood Pier Plaza (950 Ocean Ln. Imperial Beach, CA 91932) on the grass in Imperial Beach. Please note, there are two days when we will meet at different locations. Transportation will **NOT** be provided. These days are underlined on the calendar. More information can be found on the pages listed under each of these days.

*July 13th Junior Lifeguards will be encouraged to participate in the Sun and Sea Festival parade!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 10	June 11	June 12	June 13	June 14
First day of Junior Guards				
June 17	June 18	June 19	June 20	June 21
June 24	June 25	June 26	June 27	June 28
			La Jolla Cove 10-2	
July 1	July 2	July 3	July 4	July 5
July 8	July 9	July 10	July 11	July 12
		Floatzilla	**Cal state Games**	**Last day of Junior Guards Mayor swim**

La Jolla Cove

Date: Friday June 27th

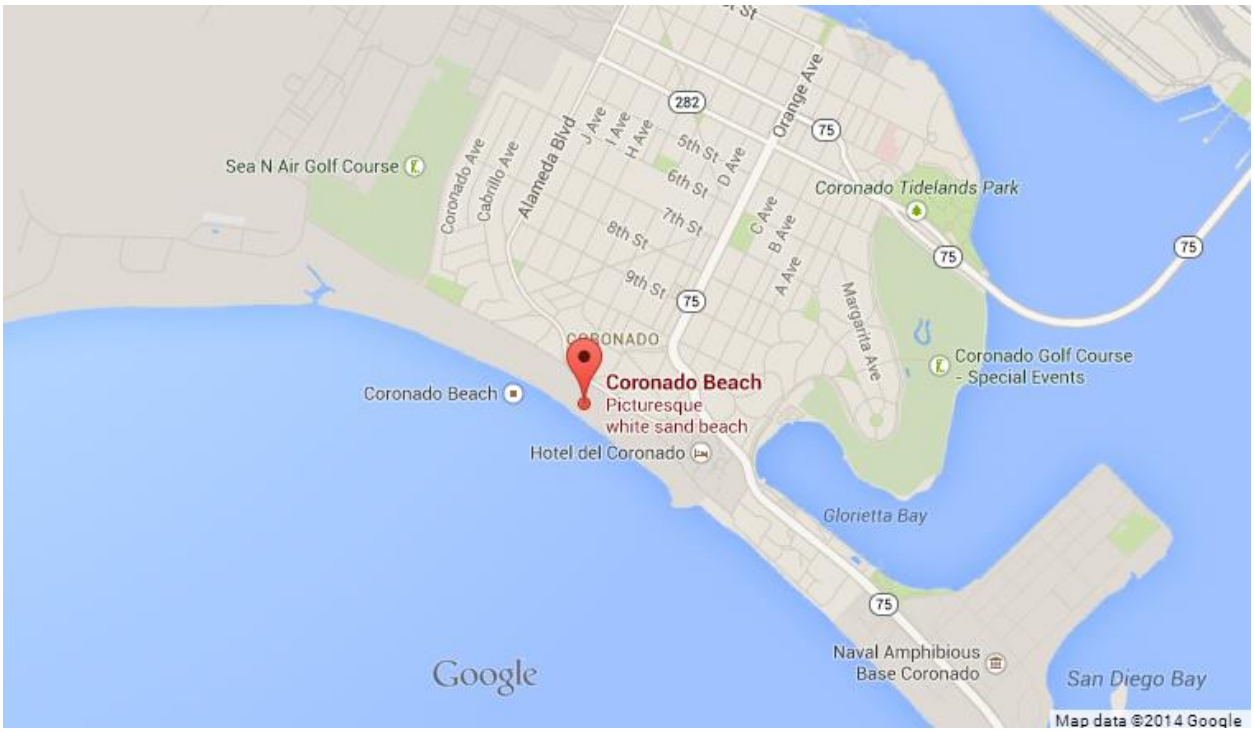
Time: 10 a.m. to 2 p.m.

Location: **DIRECTIONS**

I-5 South. Exit La Jolla Village Drive and turn right. Make a left onto Torrey Pines Road, and then another slight left to stay on it. Turn right onto Prospect Street, then stay right to take Cave Street. Continue onto Coast Blvd., where you will see street parking. La Jolla Cove will be on your right, easily accessible via stairs.

What to bring: Uniform, water, sun screen and a sack lunch.

CAL STATE GAMES
CORONADO



Date: Thursday July 11th 2019

Time: 7:30 a.m. to 2:30p.m.

Location: Coronado Central Beach, 920 Ocean Blvd., Coronado, CA 92118

At the Cal State Games in Coronado, Junior Lifeguards will be able to compete against other Junior Lifeguards from different programs across the state. There are a number of individual and team events, including long-distance runs, swims, paddles, mock rescues, and beach flags. **This is not an optional event.** .JG Instructors will provide candidates with more information during the program.

What to bring: In addition to the regular required uniform and equipment items, bring competitive swimming attire if you have it.

Please note: Transportation is not provided. Traffic and parking will be an issue. Plan to arrive early if you'd like to park and watch the games. If you will be dropping your child off please do not block traffic.

AWARDS CEREMONY

On the last day of the session, we will hold an awards ceremony and banquet, congratulating our junior guards for completing the program. This event will be held on the grassy area in Pier Plaza from 12:00 p.m. to 2:30 p.m. Families and friends are invited and encouraged to attend. If you would like to eat with us as well we ask for a minimum of a $5 donation toward the program. We will provide an opportunity to RSVP for lunch during the program.

The last day of the program July 12th, we will also be participating in the 5rd Annual Mayor's swim around the pier. More information regarding the time of this event and an itinerary will be sent home with your Junior Guards the first week of the program.

Each participant will be given a Certificate of Completion. In each age division, awards will be given to Junior Lifeguards for *Most Improved*, *Most Inspirational*, *Waterman* and *Waterwoman.*

This event will take place outside. We recommend hats, sunscreen, sun glasses, and chairs.

REGISTRATION PROCESS

1. The registration process is started by going on the city website and creating an account on the ACTIVE website.
2. Once you have an application turned in you may attend one of the swim tryouts (see next page). During the swim tryouts you can try on and select uniform sizes.
3. ONLY AFTER you have successfully completed the swim tryout can you pay for the program. All payments will be made to city hall. **Payment deadline is Thursday, May 10th by close of business**.
4. If you have not made your payment by the deadline your place in the program will be given to a child on the waitlist.
5. Spots from the waitlist will be given on a first come first serve basis.

Please note: swim dates, times and locations for the 2019 season are currently subject to change.

SWIM TRYOUTS

After submitting your application online, your child will need to attend a swim tryout and pass a swim test to complete the registration process. As many of our activities will take place in and around the ocean, it is important that all of our junior guards have basic swimming skills that will allow them to be comfortable and safe in this environment.

Swim distances and times for tryouts are as follows:

- Underwater Swim - 10 Yards - All Ages
- Tread Water - 3 Minutes - All Ages
- 100 Yard Swim - 2 Minutes 45 Seconds - Ages 9-11
- 100 Yard Swim - 2 Minutes 35 Seconds - Ages 12-13
- 100 Yard Swim - 2 Minutes 25 Seconds - Ages 14-17

Tryouts for the 2019 session will be held on April 6th, April 13th, and April 20th. They will take place at the Coronado Municipal pool from 9:00am to 1:00pm.

IBJG CAPTAIN PROGRAM

The Imperial Beach Junior Lifeguard Program offers those who are 15-17 years of age the opportunity to become Junior Guard Captains. The duties of a Junior Guard Captain include the following:

- Help Instructors set up in the morning and shut down in the afternoon
- Supervise younger Junior Guards when leaving the JG area
- Understand and adhere to the Parent Handbook
- Understand how to maintain and care for equipment
- Understand the dangers of the ocean
- Be able to recognize a Rip Current
- Help Instructors supervise Junior Guards during skill development and keep them out of dangerous areas
- Help Instructors during activities and competition training
- Participating in all activities each day
- Participating in the Captain PT at least 3 times a week
- Supervising Junior Guards during lunch time and reminding them to re-apply sunscreen
- Must give your availability for the summer. Please give us notice in advance if you will be missing time during the session.

IBJG Captain Tryouts will be held April 20th at 12pm at the Coronado Municipal pool. Capt. Interviews will be held on April 20st at Lifeguard Headquarters (950 Ocean Ln.) at 2pm.

- 500 yard swim in the pool under 10 minutes
- 1 mile run for completion around the track
- At the end of the IBJG tryouts, IBJG captain candidates will complete their timed 500 yard swim. Following the swim, the candidate's will complete a mile run for completion around the track at Mar Vista High School. There will be interviews assigned immediately following the successful completion of the swim and the run. Interviews will be held at the Imperial Beach Lifeguard Headquarters and each interview will be approximately 20 minutes. Interviews will be assigned on a first come first serve basis to the individuals with the fastest swim and run times.
- There are six openings for the IBJG captain position. An additional two people will be put on the waitlist. This position is very competitive; we look forward to seeing you at the tryout!!
- There will also be a twelve hour captains training for selected captains. This training will be June 8th and 9th from 8:00 am to 2:00pm.