

California State Parks Oceano Dunes Junior Lifeguards



Parent Handbook 2019

“What parents NEED to know”

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2019 PROGRAM DATES

Session I: June 24-July 12

Session II: July 15-August 2

Grand Avenue, Oceano, 93445

PROGRAM LOCATIONS

Pismo State Beach, Grand Avenue entrance. Just before you get to the kiosk, turn right into the parking lot by "Fins" restaurant (If you drove onto the beach, you went too far). Look for signs directing you into Fins lot from Highway 1 and on Grand Ave.

CONTACT INFORMATION

PHONE NUMBERS & EMAILS

Junior Lifeguard Cell: (805) 888-1231

Fax: (805) 473-7229

Email: Kevin.McCall@parks.ca.gov

Kyle.Goodrich@parks.ca.gov

All Emergencies: 911

MAILING ADDRESS

Pismo State Beach/Oceano Dunes Junior Lifeguards
CA State Parks, Oceano Dunes District
928 Pacific Blvd. Oceano, CA 93445

DISTRICT OFFICE

340 James Way, Ste. 270
Pismo Beach, CA

INTERNET ACCESS

Website: <http://ohv.parks.ca.gov/OceanoDunesJG>

MISSION STATEMENT

The mission of the Oceano Dunes Junior Lifeguard program is to provide high quality aquatic safety education.

The Junior Lifeguard program introduces young people to safe aquatic recreational opportunities. The program is designed to improve young people's physical conditioning and understanding of the environment while gaining respect for themselves and others.

This mission is accomplished with activities such as: Open water swimming, paddle boarding, body surfing, surfing, sailing, kayaking, snorkeling, self-rescue, etc. Knowledge and respect for the environment is gained through lecture about pertinent aquatic topics. Respect for themselves is gained through goal setting, personal progress and accomplishments. Respect for others is achieved by working with other youths in a team-building environment.

Further, the mission of the Oceano Dunes Junior Lifeguard program embraces opportunities for community involvement and partnerships. This mission includes seizing opportunities to introduce non-traditional user groups to the wonders of the ocean.

PROGRAM HOURS and RESPONSIBILITIES

The program runs Monday through Friday, 10am-2pm. Exceptions to normal program hours will be announced for field trips and other special events (usually on Fridays). Information on field trips will be emailed and handed out separately, most Fridays are competition days held at another beach up or down the coast (ie. Santa Barbara, Carpinteria etc.). These days typically go from 6:30 am - 5:30 pm (including drive time).

It is the sole responsibility of each Parent or Guardian to ensure 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.

Parents are responsible for their children immediately prior to and immediately following scheduled program hours.

Parents are expected to be prompt when dropping off and picking up their Junior Lifeguards. Please remind your child to be ready with all of their gear before being picked up at 2 p.m.

If your child is riding our professionally hired bus to and from the Santa Maria area to participate in the JG program, the bus company assumes full responsibility for the safety of your child while on the bus. Again, we are only responsible for your child while actually within the program hours.

Parents are strongly encouraged to carpool. The JG program does not coordinate parent carpooling, but lists are made available for your convenience.

*Note: All traffic and parking regulations are strictly enforced by local law enforcement. Do not double-park, leave your car unattended in a loading zone, park in a red zone, etc.

INSTRUCTORS

The Junior Lifeguard program is taught by professional California State Park Lifeguards. The lifeguards have extensive experience and training in: surf and ocean rescue, beach safety, First Aid, and CPR. Instructors also have teaching and interpretation experience with children. Guest lecturers are experts who share their knowledge and experiences with the children. Safety, education, and enjoyment are our primary objectives.

There will be a minimum of 2 Instructors to every 15 Junior Lifeguards. This supervision ratio exceeds California's standard level of 1 paid instructor to 20 students. We also have Junior Lifeguard Assistants (older and more water-experienced juvenile volunteers) with us as well. Returning experienced JG's are encouraged to become cadets to aid the program or tryout as State Park Lifeguards!

JUNIOR LIFEGUARD CHAIN of COMMAND

Kevin Pearce	District Superintendent / Park Manager / Chief Ranger
Michael Cueto	State Parks Peace Officer Lifeguard
Kevin McCall and Kyle Goodrich	JG Coordinators / Seasonal Lifeguard II's
Various	JG Assistants / Juvenile Volunteers / JG Cadets

ENROLLMENT

Program enrollment operates on a first-come, first-served basis. Applications are not accepted after the program start date. Your child is not enrolled until our office receives: 1) A completed and signed application 2) The Release of Liability form and, 3) The full tuition payment. Payment is most easily accomplished via ReserveCalifornia.com. You will need to create an account first and then search for the junior lifeguard activity in Oceano Dunes. Enrollment is limited based on the number of full time instructors and a 15:1 student instructor ratio.

TRYOUTS

The Junior Lifeguard program is not a learn-to-swim school. All students will be put into dynamic ocean waters. Therefore, prospective students are screened (by tryout) prior to admittance into the program to determine if they have the minimum skills needed to

benefit from and safely enjoy our program. The tryout Instructor has the final say in determining if your child is approved for the program. This determination is based on successful completion of the tryout test and your child's degree of comfort in the water.

The Tryout consists of:

Swim 100 yards continuously using the freestyle stroke, in under 2 minutes

Swim 10 yards underwater

Tread water for 3 minutes

* Please understand that a child may physically complete all phases of testing and still not be accepted into the JG program. This is done for the safety of the child and other participants, and the success of the program.

A parent or guardian must be on-site for their child's tryout. A Tryout Waiver must be completed, signed, and initialed by the Instructor present.

During tryouts, students should have a bathing suit, a towel and be ready to swim. Yes, the pool is heated! 😊 If a student does not attend or pass the tryouts, that student will not be admitted into the program.

2019 Tryout Dates and Locations:

Location: Paul Nelson Swim Center (Santa Maria, CA)

Sunday, May 19th 1:30 – 4:30 pm

Sunday, June 2nd 1:30 – 4:30 pm

Location: Arroyo Grande High School (Arroyo Grande, CA)

Saturday, May 18th 1:30 – 4:30 PM

Sunday, June 9th 1:30 – 4:30 PM

*Returning Junior Lifeguards do not have to retake the tryout test.

ATTENDANCE

Roll call is taken twice daily at a minimum; once at the start of the day, and once at the end of the day. If you know ahead of time that your child will not be present at any certain day/time, please call ahead and let us know in order to avoid confusion. Regular attendance is highly encouraged and will allow students to fully benefit from the program.

PARTICIPATION IN ACTIVITIES

Students are expected to participate in all regular program activities. Parents should be aware that rigorous physical exercise and ocean swims are a major part of the

program. Student refusal to participate in activities may result in the loss of free time at the end of that day. Student refusal to participate in activities again, may result in removal from the program. If a student is unable to participate in a certain activity(s), the parent or guardian should submit a note to one of the instructors upon arrival stating the activity(s) of concern. If your child is sick or for some other reason cannot take part in all activities, they should stay home until they are able to resume participation.

Successful performance in some activities may depend on the student's age, size, strength, ability, confidence level, and ocean conditions present. For instance, on some occasions, younger or smaller students may not have the same opportunities to utilize the paddleboards, which may require more body weight and strength in certain conditions.

AGE REQUIREMENTS

The age requirement for Junior Lifeguards is **9-17**. Students will often be divided into three skill groups based on: Age, size, strength, ability, and confidence. Generally, C- group is ages 9-11, B-group is ages 12-13, and A-group is ages 14-17. However if a student shows physical and mental maturity and would like to join the next group up they can try a few days and see if they would like to stay there. Skill groups allow for more personalized instruction and better student success.

WETSUITS

The ocean water is cold. Average water temperature in summer is between 55°- 60° F. Full and form fitting wetsuits are highly recommended. A good wetsuit is essential for your child to enjoy the activities, be comfortable, and have fun. *WETSUITS ARE NOT PROVIDED.*

The ODJG program can **loan** wetsuits that have been donated by the local community (on a first come first serve basis, as well as available sizing). Students who borrow a wetsuit are responsible for taking their suits home every day and properly caring for them. Beginning in 2019, we will require junior guards who borrow a wetsuit to watch a video about the proper care for their suit. They will need to wash their suit every day when they get home and hang it in a shady, cool place.

Several surf shops in the surrounding areas have good prices and selections on new and used wetsuits. Ask about Junior Lifeguard Discounts! Some surf shops will even help resell your child's used wetsuits. We recommend a new and properly fitted, 4mm/3mm full suit which can cost \$100-\$300 retail. O'Neill, Billabong, Rip Curl, Excel and Body Glove are just a few of the top name brands. Booties and rash guards are not necessary; but earplugs and hoods can be recommended for extra warmth and to prevent possible ear infections.

UNIFORMS

Students are required to wear the JG uniform at all times for safety, team camaraderie, and to distinguish them from other children who aren't in the program. Failure to wear the appropriate JG uniform will initiate the disciplinary process (described below).

Please write your child's name on all uniform and equipment items, and encourage them to look after their belongings. If lost items are found by instructors, students will "earn" them back with push-ups. Students must wear full uniform to all competition days.

Uniforms are available during the tryout swims (usually) and the first week of the program.

Student's required uniform

Boys: Navy blue swim trunks, white JG t-shirt and navy blue jammers or speedo.
Girls: Navy blue swim trunks and one-piece swimsuit, white JG t-shirt and navy blue one or two piece swim suit.

Note: One white JG t-shirt, one navy blue pair of swim trunks, one navy blue sweatshirt is included in the program fees, navy blue swim suits must be purchased elsewhere.

INSTRUCTOR UNIFORMS

JG Instructors are distinguished (from assistants and students) via the official State Park uniform, which looks different from the students. This includes a blue shirt and red trunks or swimsuit.

JUNIOR LIFEGUARD CADETS

We will most likely not need cadets during the 2019 program, however, we will be looking for future cadets during this years program. Please see the section title, "A's Academy Format/Cadet Program" on Page 12.

2019 PROGRAM FEES

\$225 per student for one three-week session. **\$400** for both sessions.

Tuition fees help pay for: JG t-shirt, field trip expenses, equipment use, lecturers, instruction, beach activities, JG patch, instructor expenses, certificate of completion (to be given at the end of the program), stickers, and more!

Make all checks or money orders payable to:

CA State Parks

Payment is most easily accomplished via ReserveCalifornia.com. You will need to create an account first and then search for the junior lifeguard activity in Oceano Dunes.

REFUND POLICY

Refunds will ONLY be granted in the following two situations:

1. Student is significantly injured while participating in the JG program, and the injury is enough to prevent their future active participation. The injury must be substantiated with a Physician's written note on professional letterhead (signed and dated). Refunds will be pro-rated from injury date, to last day of the JG session. Refunds may take 6-8 weeks for the State Controller's Office to process.
2. At the discretion of program administration, an unforeseen event or emergency that prevents the student from attendance.

There are no refunds (pro-rated or otherwise) for any student suspended (1 to 3 days) or expelled from the program for disciplinary reasons.

DISCIPLINE

For participant and program success, students must exhibit behavior that is respectful of staff, other students, visiting public, and equipment. Disruptive behavior diminishes the enjoyment, learning, success of other students and goals of the program.

Discipline is handled promptly and appropriately. The intent of discipline is to gain compliance, reinforce program standards, and to use the incident as a teachable moment in helping the students to achieve future positive outcomes.

Expected Behaviors:

Respect of all persons; no shoving, hitting, insulting, or inappropriate physical contact of any nature

Respect of the facilities, equipment and property of others

Cooperation with others and good sportsmanship

Follow all safety rules and all instructions

Listening quietly to directions and

announcements Active participation in regular program activities

MINOR Incidents

Minor discipline incidents, whether they are a single incident, or a series of repeated events, may be handled by numbers 1-5 below.

MAJOR Incidents

Major discipline incidents may immediately proceed to numbers 4 or 5 below without

warning. Examples of major incidents include:

Truancy

Insubordination

Fighting with anyone

Unlawful or non-consensual touching of another

Stealing property of another

Vandalism to equipment or facilities

Any conduct which brings disrespect to the Junior Lifeguard program or California State Parks

Steps of progressive discipline:

Step 1: Student will be counseled about the situation and given an explanation of what expected behavior change is.

Step 2: Student will be asked to "take a lap." This is a supervised swim or run of reasonable distance or the student will be asked to perform calisthenics such as push ups, burpees, etc. Afterward, the student will be counseled, and then allowed to rejoin group activities. If the student does not respond appropriately to this form of discipline, they may be asked to sit out during the next free time.

Step 3: An instructor will call a parent or guardian and inform them of the situation. The parent will be asked to have a group discussion including the instructor and the junior guard at the end of the day.

Step 4: Suspension from the program. There will be no pro-rated refund of fees.

Step 5: Expulsion from the program. Expulsions may also occur without warning if the incident is serious in nature; even for one-time occurrences. The parent or guardian will be promptly informed of the expulsion. There will be no refund of fees.

TUITION ASSISTANCE & SCHOLARSHIPS

A limited amount of tuition assistance and scholarship help is available. If your child, or the child of someone you know, cannot participate in the Junior Lifeguard program without tuition assistance, please fill out a tuition assistance application. The application can be found on our website at <http://ohv.parks.ca.gov/OceanoDunesJG>.

Tuition assistance and scholarships operate on a first-come/first-served basis during regular enrollment periods and is limited. Qualifying applicants must meet listed guidelines.

JUNIOR LIFEGUARD DAILY REQUIREMENTS

All Junior Lifeguards must report to their group lines on the beach at 10 am SHARP and must leave the beach at 2 pm SHARP. Parents and guardians are responsible for their children before and after the program. Instructors leave the beach at 2 p.m., and are not responsible for your child after that time.

Note: Field trip days may have different reporting times and locations. Field trip instructions will be handed out separately.

Students should bring the following items to the beach every day:

Positive & enthusiastic attitude	essential
Wear full uniform (JG t-shirt & navy blue trunks/swimsuit)	required
Warm clothing/towel (sweatshirt & sweat pants)	required
Wetsuit (full suit and hood)	required
Sun protection (sunscreen, hat, etc.)	required
Foot protection (sandals, shoes, booties, etc.)	required
Food (sack lunch and lots of drinking water)	required
Lunch box/bag (! seagulls steal loose food!)	required
Backpack (to keep all your stuff together)	recommended
Boogie board, fins, etc.	optional
Hard surfboards	must ask instructor

** The Junior Lifeguard program is not responsible for any lost or stolen items **

DAILY SCHEDULE

ROLL CALL 10:00 – 10:15 a.m.

roll call, announcements, notes from parents, remove beach hazards, sunscreen application, etc.

CALISTHENICS 10:15 – 10:45 a.m.

stretching, warm-ups, sit-ups, push-ups, jumping-jacks, beach runs

ACTIVITIES 10:45 – 12:30 p.m.

buoy swims, CPR and First Aid instruction, rescue techniques, marine education, etc.

LUNCH 12:30 p.m. – 1:00 p.m.

bring your own lunch to eat on the beach

RECREATION 1:00 – 1:40 p.m.

ocean recreation, beach games, etc.

CLEAN UP 1:40 – 1:55 p.m.

pick up all trash and all personal belongings, help clean and put away all JG equipment to leave beach cleaner than how we found it!

ROLL CALL 1:55 – 2:00 p.m.

JUNIOR LIFEGUARD DAILY ITINERARY

The schedule is tentative and subject to change on a daily basis due to weather or ocean conditions. When the surf is large, it may be necessary to move (we jog) the down the beach to a safer area, or find alternate land-based activities.

Parents will be provided with a schedule which includes important events such as competition days, ROV day and A Group test days. A detailed calendar of all scheduled activities will not be provided.

DAILY LECTURE SCHEDULE & FIELD TRIP INSTRUCTIONS

If a daily lecture/field trip is scheduled, information will be handed out separately. Please read it carefully as the location of our program changes on field trip days. Any changes will be accompanied by a handout and email several days prior to the change.

A-GROUP ACADEMY FORMAT/CADET PROGRAM (NEW FOR 2019)

This year, the A group (ages 14-17) will adopt some of the principles of a lifeguard academy. While still retaining the fun atmosphere of the program, they will be exposed to a more structured schedule of lectures on lifeguard skills such as ocean safety, rescues, preventative safety actions, and basic medical skills including CPR. The A's will be asked to complete a written quiz on weeks one and two based on those lectures. On week three of the session, they will also be given a cumulative written final. A practical examination will also be administered where the A's will be given a scenario and asked to demonstrate a rescue and perform basic CPR. They will also be required to complete one physical test per week consisting of a run, a swim, or a paddle, which they will be scored on based on their place (for example – 1st place out of 20 people gets 20 points). Lastly, the A's can earn or lose points based on their attitude throughout the session and these points will be added to their total score at the end of the session (these will account for a large portion of the total points). The top two individuals with the highest combined score from each session (ages 14-16) will be offered a Cadet position the following summer. Cadet's will receive pay for one week of the program (totaling ~\$240) and will volunteer for the rest of the program (volunteer hours can be used for college applications or résumés). They will participate in all of the fun of the program, but may also be asked to help lead skills practice in the B's or C's groups or be assigned to stay with a younger JG who is struggling with a skill. An example of the scoring format is given below.

A's Score Sheet	Points – Out Of	Points Scored	Running Total	Rank
Written Quiz 1	10			
Written Quiz 2	10			
Written Final	25			
Practical Exam	25			
Run	x/# of participants			
Swim	x/# of participants			
Paddle	x/# of participants			
Attitude	25			

SPECIAL ACCOMMODATIONS

Prospective students desiring special accommodations or services under the Americans with Disabilities Act must notify the program supervisor at least **60** days prior to the start of the program, or as soon as reasonably possible. Given the fact that the program is held in natural ocean conditions, some accommodations may not be possible. However, please call us so we may discuss your needs.

BEACH WHEELCHAIR

In order to better serve all members of the public who wish to participate in activities at the Pismo State beach and Oceano Dunes, all-terrain “beach wheelchairs” are available to lend to visitors. The wheelchairs have been specifically designed to be pushed across sand and along the water’s edge in order to serve those who seek coastal access but are limited by injury or permanent disability. It features large balloon tires and a stainless steel frame for durability.

The beach wheelchairs are stored for use at The Pier Ave. kiosk and the Grand Ave kiosk. Reservations to use the beach wheelchairs must be made at the kiosks and are held on a first come, first served basis.

NOTICE OF NONDISCRIMINATION POLICY

The California State Junior Lifeguard Program admits all students, regardless of race, religion, color, ancestry, and national or ethnic origin into the program, and extends all rights and privileges contained therein to any student.

COMMENTS & SUGGESTIONS

Your comments, suggestions, input, and ideas about the program are welcomed and greatly appreciated. Please let us know how we may improve our service.

FINALLY

If your child comes home happy, cleans his room, takes out the trash, and then asks you “Mom/dad is there anything else I can do?” Well..., we just don’t want you to be shocked. 😊

We hope your family had an enjoyable time with the Oceano Dunes JG Program.

Respectfully,

The Oceano Lifeguard & Junior Lifeguard Staff