

Pismo Beach Junior Lifeguards



Program Handbook

Dear Junior Lifeguard Families,

Welcome to the Junior Lifeguard Program! We are excited that you have chosen us to be a part of your child's summer plans, and this program guarantees lots of fun and hard work. Participants will be involved in a disciplined training program, teaching them the many components required to be a true beach lifeguard. It is designed to help improve their physical conditioning while emphasizing the importance of safety, respect and camaraderie. Expect them to be physically tired after many fun filled days of running, swimming, paddling, and other training drills.

This handbook serves a number of purposes. Most importantly it is used to communicate aspects of the program; program expectations, daily requirements, uniform requirements, important dates, rules and regulations. Please take the time to read the information in this handbook.

“MISSION STATEMENT”

The philosophy of the Pismo Beach Junior Lifeguard Program is based on safety, health, fun, and respect. Physical fitness, an open mind, and a positive attitude are the key elements to fun and success. Our learning environment will optimize ocean awareness and safety as well as the respect and specialized skills it takes to become a lifeguard. Respect and understanding for the ocean, nature, and one another builds character for life.

As Instructors of the Junior Lifeguard Program, we are extremely excited about the summer ahead. We truly appreciate the support we receive and we are cheerfully counting down the days to another awesome summer at Pismo Beach.

Hope to see you on the beach!!!
Junior Lifeguard Instructors

TABLE OF CONTENTS

PROGRAM CONTENT

AGE REQUIREMENTS

INSTRUCTION AND SUPERVISION

PROGRAM DATES, TIMES, & LOCATIONS

PARTICIPATION POLICY

ATTENDANCE POLICY

SPECIAL CIRCUMSTANCES

GROUPS

UNIFORM AND DAILY REQUIREMENTS

RULES, REGULATIONS & RESPONSIBILITIES

WATER QUALITY

LIFEGUARD TOWER WARNING FLAGS

CREDIBLE SHARK SIGHTING POLICY

EMERGENCY EVACUATION POLICY

COMPETITIONS

KAYAKING

PHOTO DAY

WATER SLIDES

AWARDS PRESENTATION

CONTACT INFORMATION

PROGRAM CONTENT

To provide the youth of our community with life skills in fundamental ocean swimming techniques and acquaint them with the hazards of ocean swimming in a courteous, respectful, and positive teaching environment.

Participants will learn the basic components of water safety, ocean dynamics, preventative lifeguarding, surf rescue, ocean swimming, surf riding, paddle boarding, care and handling of ocean rescue equipment, CPR, first aid, and marine life awareness. Pismo Beach Junior Lifeguards will also have an opportunity to compete in junior lifeguard competitions, ocean kayak, practice yoga, travel to water slides, and participate in beach games.

AGE REQUIREMENTS

The age requirement for Junior Lifeguards is 9 to 17 years of age by July 31st, 2018. Participants will be placed in age groups as follows:

'C' Group	9-11 years old
'B' Group	12-13 years old
'A' Group	14-15 years old
'AA' Group	16-17 years old

INSTRUCTION AND SUPERVISION

The Junior Lifeguards are instructed by the Pismo Beach Lifeguards. All of the instructors have successfully completed an intensive United States Lifesaving Association (USLA) certified Open Water Lifeguard training course and most have worked in the field as ocean lifeguards for more than one year. Instructors are also certified in Emergency First Aid and CPR for the Professional Rescuer. Many of the instructors are Pismo JG alumni and have prior experience working with children either as coaches or as teachers.

During program hours, junior lifeguards are closely supervised by their instructors as well as under the watchful eye of on-duty lifeguards.

PROGRAM DATES, TIMES & LOCATIONS

Dates:	June 24 th , 2019 through August 2 nd , 2019.
Time:	Monday through Friday 8:45am to 12pm.
Cost:	\$428 \$50 refund fee will apply to refunds after May 31 st , 2019.

Pismo JG's will meet on the sand south of the City Pier directly in front of the Sand Castle Inn. Pismo JG's are to be dropped off at 8:45am at the Ocean View

cul-de-sac. The program promptly begins at 9am and ends at noon. Exception to normal program hours and location will be announced for competitions, field trips and other special events.

It is the responsibility of each parent or guardian to ensure safe travel for his or her child to and from the designated Pismo Beach Junior Lifeguard meeting area. Please discuss a designated plan in advance with your child so they fully understand where, when, and who to meet.

The City of Pismo Beach and the Junior Lifeguard Program are not responsible for participants outside of scheduled program hours and activities. Parents or guardians are responsible for his or her child immediately prior to and immediately following scheduled program hours.

PARTICIPATION POLICY

The Pismo Beach Junior Lifeguard program is not a day care program; it requires daily participation in rigorous physical activity. If your child is not fully able to contribute, they have an injury or illness that inhibits participation in any given activity; please do not send your child to Junior Lifeguards. Instructors cannot maintain sufficient supervision over their group when there is not full participation in each activity.

All Pismo JG's must be able to swim, enter the ocean readily and participate in water activities. Parents or guardians should be aware that ocean swims are a daily part of the program. Your child will be required to swim the distance of the pier and beyond to pre-set buoys. Pismo JG's must also demonstrate the ability to enter the water willingly and without hesitation, as well as the ability to swim a given distance without instructor assistance. If after the first week, your child cannot or does not demonstrate these abilities you will be asked to reconsider your child's involvement in the program.

ATTENDANCE POLICY

Attendance is taken daily for all groups in the program. Regular attendance is encouraged and will allow participants to fully benefit from the program. However, if your child cannot fully participate in the day's activities please do not send your child to Junior Lifeguards. Please notify your child's instructor if your child will be absent for consecutive days. When your child returns from an absence please send a written note with him or her.

Participants are instructed on important skills and physical conditioning techniques that are introduced on a daily basis and build cumulatively throughout the six-week program. Extended absences of more than one-week are not recommended. Program fees will not be prorated or refunded for extended absences.

SPECIAL CIRCUMSTANCES

The program provides a special circumstance form to be filled out in advanced if you know your child will be missing time from the program, arriving late due to another commitment, a medical condition and/or medication that may need to be administered, any allergic reactions, another parent picking your child up, a child staying past noon or anything else the instructors should know in advance.

GROUPS

The age requirement for the Pismo Beach Junior Lifeguards is 9 to 17 years of age by the last day of the program. Participants will be in the following groups:

'C'	Group	9 to 11 years old
'B'	Group	12 to 13 years old
'A'	Group	14 to 15 years old
'AA'	Group	16 to 17 years old

The above groups are primarily based on age. Participants that are older may not be moved down to a younger group. Participants that are younger may be moved up to an older group contingent on size, strength and ability. However, this participant wanting to move up to an older group must pass the swim time for that particular group.

In addition to the age groups previously mentioned, JG's will be divided into individual instructor led groups. These groups will be determined primarily by physical ability. In order to facilitate adequate supervision of each participant during daily activities it is necessary that each group member be of similar ability.

UNIFORM AND DAILY REQUIREMENTS

Pismo Beach Junior Lifeguards will receive an official uniform with bag on the first day of the program. This uniform consists of: Gold tee shirt, sweatshirt and navy blue board shorts with JG patch. Pismo Beach Junior Lifeguards are required to wear this uniform for safety and team camaraderie. The uniform allows the instructors to safely monitor the children and distinguish them from other beach patrons. JG's must wear the required uniform in order to participate. No other attire will be allowed during scheduled program hours. Girls must wear a navy "Speedo" type swimsuit; it may be one or two piece. It is highly recommended for boys to wear a competition style swimsuit or "jammers" under their board shorts. GH Sports of San Luis Obispo sells girls and boy's navy suits and accessories at a discount.

Participants should be on time, in full uniform and prepared for their session on the beach. The following is a list of items that we recommend be brought every day:

- Uniform (JG t-shirt, JG sweatshirt, navy shorts, navy swimsuit) **Mandatory**
- Towel
- Sun screen, navy rash guard
- Healthy snack and a bottle of water
- Wetsuit (minimum 3/2mm full suit, 4/3mm is suggested)
- Because our program offers occasional free time, JG's are encourage to bring wave riding tools (surfboard, boogie board, swim fins)
- Sandals or shoes
- Positive and enthusiastic attitude

RULES, REGULATIONS & RESPONSIBILITIES

For the safety and success of all Junior Lifeguards it is crucial that all orders from Instructors, Lifeguards, Firefighters, and Emergency Services Personnel be obeyed immediately. Participants must exhibit behavior that is respectful of staff and other participants as well as our equipment and facilities. Group activities are vital to our program. A Junior Lifeguard who is disruptive to group activities and disrespectful to instructors diminishes the enjoyment and education of the other participants.

In order to maintain the outstanding reputation that Pismo Beach Junior Lifeguards have earned within the community, all Junior Lifeguards must display courtesy to all persons with whom they come in contact with, particularly while in uniform.

All Junior Lifeguards must report on time to JG's each day wearing our official uniform. Failure to be in proper uniform may result in dismissal from regular scheduled activities for that day.

Absence from the program and/or reporting late to JG's will only be excused with a written note from a parent or guardian. Due to limited morning staff at the Firehouse, the calling-in of excuses is restricted to legitimate emergency situations only. Reporting late or returning from an absence without a written excuse may result in dismissal from regular scheduled activities for that day.

Requests by Junior Lifeguards to be dismissed early from JG's, or to be excused from a particular scheduled activity, will only be granted with a written explanation from a parent or guardian, unless an emergency occurs.

Lectures and instructions provide important safety information for program participants, therefore full attention must be given at all times in order to avoid possible injury to oneself or other Junior Lifeguards.

Respect fellow Junior Lifeguards and their personal gear. Do not steal or handle personal items belonging to another Junior Lifeguard, or any other person, without that person's permission.

Treat all department equipment with respect and handle properly with care. You are responsible for the equipment that you are using, do not give equipment to someone else or leave it on the beach.

The Firehouse and storage tanks are off limits to Junior Lifeguards unless accompanied by an Instructor or Lifeguard.

Practice good sportsmanship, especially during competitions.

All Junior Lifeguards must assist in daily clean up of training and meeting areas. Preserve the beach environment, keeping it a clean and safe place. Remember to throw litter in the trashcans after snack and don't leave it on the beach!

Never make vulgar gestures, promote vulgar messages or use vulgar language.

Give ALL Instructors your full attention at all times.

Act immediately when requested by Instructors and/or Lifeguard personnel.

DO NOT make any false reports to your Instructor regarding injury or illness in order to avoid having to participate in any activity. Such behavior will result in immediate disciplinary action.

DO NOT throw rocks, sand, sticks or other objects found in the sand or ocean.

The Pismo Beach Junior Lifeguard staff follows a progressive discipline procedure. The steps for disciplinary action are as follows:

1. First Occurrence – Participant will be counseled about the situation and given an explanation of what behavior change is expected and what consequences will occur.
2. Subsequent Occurrence – The participant may be asked to do Burpees or a supervised sand role from Tower 2 to Tower 1. The participant should spend this time reflecting on the incident and what they could have done differently.
3. If a participant has multiple behavior issues in the same day or over several days, the Instructor will inform the Junior Lifeguard Director who will then inform the participant's parent or guardian about the situation.
4. If a participant continually disregards the Instructor or shows little or no improvement in behavior with steps 1 through 3, the participant will be suspended from the program for a period of time not to exceed five JG days. There will be no prorated refund of fees.
5. If after suspension, the participant's behavior is still not acceptable the parent or guardian of the participant will be informed that the participant may no longer attend any of the program activities. There will be no refund of fees.

Major first-time offences may progress the participant directly to step 4 or 5 of the above disciplinary procedure. Major incidents include:

- Truancy
- Insubordination
- Fighting
- Unlawful or non-consensual touching of another person
- Stealing
- Vandalism
- Possession or participation with alcohol, drugs and/or weapons
- Other conduct, which brings disrespect and a negative outlook to the Junior Lifeguard Program or the City of Pismo Beach.

WATER QUALITY

The San Luis Obispo County Health Department routinely tests the ocean water in Pismo Beach on Mondays and Thursdays of every week.

There are three testing sites in Pismo Beach. Site 1 (PB3) is 302 yards south of the pier, between Ocean View and Park Avenue, site 2 (PB4) is 14 yards south of the pier and site 3 (PB5) is 338 yards north of the pier, at Wadsworth Avenue.

If any one of the three testing sites indicates an above normal bacteria reading, San Luis Obispo County Health Department will post a health advisory for that particular location on either Tuesday or Friday depending on which test day the reading occurred. Upon notification, Pismo Beach JG's will not enter the area of contamination until the Health Department takes additional samples and considers the water safe to enter. Most often Junior Lifeguard Instructors will relocate any water activities to an area that did not exceed State bacterial levels or will completely modify the daily activities to prevent potential contact.

All Pismo Beach JG's are encouraged to rinse off with fresh water each and every time they have been in the water regardless of any health advisory.

Due to the potential hazard created by high bacterial levels it is recommended that your child receive an immunization against Hepatitis 'A'. Also suggested for your child is an updated tetanus booster due to the potential hazard created by random debris washed onto our shoreline.

LIFEGUARD TOWER WARNING FLAGS

- Green Flag – Low Hazard
 - Calm conditions, 1' to 6' surf, gentle to moderate winds (8 to 18 mph)
- Yellow Flag – Medium Hazard
 - Moderate conditions, 6' to 10' surf and/or moderate to strong winds (18 to 25 mph)
 - Contaminated water health advisory
- Red Flag – High Hazard
 - High surf advisory 10'+ and/or strong to gale force winds (25 to 38 mph) - Credible shark sighting
- Purple Flag – Marine pest present (jellyfish, stingrays, etc.)

CREDIBLE SHARK SIGHTING

After a reported credible shark sighting, along the coastline of Pismo Beach, the City will post the beach for three consecutive days indicating the location of the sighting, date of the sighting and an advisory to swim at your own risk. The City of Pismo Beach will not close the beach to patrons.

During this likely event, Pismo Beach JG's will not swim or paddle past the surf zone for the posted three days.

EMERGENCY EVACUATION

During the event of a national disaster or possible catastrophic event all Pismo Beach JG's will be evacuated to the Pismo Beach Veterans Memorial Building, located at 780 Bello Street in Pismo Beach. And evacuation will occur for the following events:

- Earthquake
- Tsunami Warning
- A site area emergency and/or a general emergency at Diablo Canyon Nuclear Power Plant.
- Terrorist Attack

COMPETITIONS

Carpinteria – This competition will take place at Carpinteria City Beach dates TBD. Pismo Beach JG's will meet Friday morning at the Pismo Beach Vets Hall at 6:30am. The JG's will be transported to Carpinteria via two charter buses. We arrive around 8:30am with the competition beginning at 9:00am. This event typically ends around 3:00pm. We then leave Carpinteria hopefully no later than 3:30pm, stop off at the Goleta In-n-Out and arrive back at the Pismo Beach Vets Hall around 6:30pm – 7pm. Return time may vary due to traffic.

All JG's are encouraged to bring food and water, money for In-n-Out and sun protection.

Santa Barbara – This competition will take place at Santa Barbara's East Beach dates TBD. JG's will meet at the Pismo Beach Vets Hall at 6:30am and arrive in Santa Barbara no later than 8:30am. Competition begins at 9:00am and ends around 2:30pm. JG's will leave no later than 3:00pm, stopping at the Goleta In-n-Out and arriving back at the Vets Hall around 5:30pm – 6pm.

All JG's are encouraged to bring food and water, money for In-n-Out and sun protection.

KAYAKING

Groups B, A and AA will have an opportunity to kayak the picturesque shoreline of Shell Beach. We have reserved 4 days throughout the six-week program. We will make available a list of JG's attending on their assigned day a couple of weeks in advance. All JG's assigned to kayak will report directly to the kayak shop (TBA) at 9 am and finish up at 12pm. They are to report in uniform with their JG bag and wetsuit. The kayak shop will provide a guide, kayak, paddle, life preserver and helmet. Along with a guide we will also provide one instructor. No more than 15 JG's will kayak at one time.

PHOTO DAY

On the first Wednesday of the Junior Lifeguard Program we will set aside the morning to have individual and team photos taken. The individual photos are an additional expense. Each JG will receive a photo packet the first day of the program; this packet will have a variety of options to choose from. Photos will take a few weeks to process and will be delivered by the last week.

WATER SLIDES

On the last Thursday of the Program all JG's will head to the Ravine water park by charter bus. JG's will be dropped off as normal and then can be picked up at 3:00 pm at our normal pick up location.

AWARDS PRESENTATION

This is our last day of the program. All JG's will meet as usual. Awards will begin at 11:00 am. Junior Lifeguards will be recognized for their efforts and be awarded certificates. Each Junior Lifeguard group will perform a skit on the skills that they learned in the program. Awards will then be given to the Most Outstanding Junior Lifeguard of the Year and each group will receive awards for the following: Most Outstanding, Most Improved and the JG Hammer. The presentation and program shall conclude by 12:00 pm.

CONTACT INFORMATION

Please visit our website for all current information: www.pismobeach.org/jg

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