

PARENT PACKET

DOHENY STATE BEACH JUNIOR LIFEGUARDS

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DOHENY STATE BEACH

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PROGRAM OVERVIEW

THE JUNIOR LIFEGUARD PROGRAM EMPHASIZES TEAMWORK, LEADERSHIP, AND AQUATIC SAFETY WHILE INTRODUCING YOUNG PEOPLE TO SAFE MARINE AND AQUATIC RECREATION OPPORTUNITIES. THIS PROGRAM IS DESIGNED TO PROVIDE QUALITY WATER SAFETY EDUCATION WHILE IMPROVING YOUNG PEOPLE'S PHYSICAL CONDITIONING, THEIR UNDERSTANDING AND RESPECT FOR THE ENVIRONMENT, AND THEIR RESPECT FOR THEMSELVES, THEIR PARENTS, AND THEIR PEERS. PARTICIPANTS OF ALL ABILITIES AND SKILL LEVELS MAY PARTICIPATE. AT ALL STAGES OF THE PROGRAM, SAFETY IS A PRIMARY CONSIDERATION.

THE PURPOSE OF THE STATE PARK JUNIOR LIFEGUARD PROGRAM IS ACCOMPLISHED BY ACTIVITIES SUCH AS INSTRUCTION AND PRACTICE IN OPEN WATER SWIMMING, PADDLEBOARDING, BODY SURFING, BODY BOARDING, SURFBOARDING, WINDSURFING, KAYAKING, SKIN DIVING AND SELF RESCUE.

THE STATE PARKS WATERMAN PROGRAM GOES BEYOND THE ORIGINAL PURPOSE OF THE JUNIOR LIFEGUARD PROGRAM AS A STEPPING STONE BETWEEN CONVENTIONAL JUNIOR LIFEGUARD PROGRAMS AND BECOMING ACTUAL LIFEGUARDS. THIS PROGRAM IN PARTICULAR IS FOUNDED ON FUNDAMENTALS TAUGHT IN JUNIOR LIFEGUARD PROGRAMS AND INCORPORATES STAND UP PADDLING, DORY RACING (ROWING), FREE DIVING, TIDE POOL EXPLORATION, CONSERVATION PRACTICES, BASIC CPR & FIRST AID AND RESCUES.

THIS PROGRAM IS DESIGNED/INTENDED FOR THOSE WHO HAVE BEEN THROUGH A JUNIOR LIFEGUARD PROGRAM IN THE PAST AND ARE READY FOR THE NEXT LEVEL OF FUN. BASED OUT OF THE DOHENY STATE BEACH LIFEGUARD HEADQUARTERS AKA STATION 30, PARTICIPANTS WILL HAVE DAILY INTERACTION WITH LIFEGUARD OPERATIONS AND WILL HAVE ACCESS TO A MULTITUDE OF RESOURCES THAT IS UNMATCHED IN ANY OTHER PROGRAM.

DAILY SCHEDULE

9:00 AM – CHECK IN, STRETCH & DAILY VITAMIN (GROUP)

10:00 AM – TRAINING ROTATIONS (SQUADS)

12:00 PM - LUNCH

1:00 PM – TRAINING ROTATIONS (SQUADS)

2:00 PM – PHYSICAL TRAINING OF CHOICE (GROUP)

3:00 PM – DEPARTURE

PROGRAM HOURS

9:00AM - 3:00PM MONDAY - FRIDAY

*EXCEPTIONS TO NORMAL PROGRAM HOURS WILL BE ANNOUNCED BY EMAIL & A NOTE HOME.

IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE PROGRAM PLEASE CALL AND LEAVE US A CLEAR MESSAGE WITH YOUR NAME AND PHONE NUMBER. WE WILL RETURN YOUR CALLS AT THE END OF THE DAY OR IN THE MORNING. AS ALWAYS, WE WELCOME AND ENCOURAGE YOU TO JOIN US AT THE BEACH AND WATCH HOW WE RUN THE PROGRAM. WE ARE PROUD OF THE PROGRAM WE RUN AND THE SAFETY OF YOUR JUNIOR LIFEGUARD IS OUR FIRST PRIORITY.

DROP OFF AND PICK UP PROCEDURES

IT IS THE SOLE RESPONSIBILITY OF EACH PARENT TO ENSURE THEIR CHILD'S SAFE TRAVEL TO AND FROM THE PROGRAM. NEITHER THE STATE OF CALIFORNIA OR THE DOHENY STATE BEACH JUNIOR LIFEGUARD PROGRAM IS RESPONSIBLE FOR STUDENTS OR THEIR TRANSPORTATION OUTSIDE OF SCHEDULED PROGRAM HOURS NOR ANYTIME A COMMERCIAL CARRIER HIRED BY THE PROGRAM IS NOT USED FOR TRANSPORTATION. 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.

OCCASIONALLY, BECAUSE OF UNFORESEEN DELAYS, PICK-UP TIMES FOR CERTAIN SPECIAL EVENTS MAY BE LATER THAN WE MAY HAVE ORIGINALLY INTENDED. THIS MAY BE DUE TO TRAFFIC OR THE EVENT RUNNING LONGER THAN ITS SCHEDULED TIME. WE ASK THAT YOU UNDERSTAND THAT IT IS NOT OUR INTENTION TO MAKE YOU WAIT FOR US BUT SOMETIMES DELAYS CANNOT BE HELPED. WE APPRECIATE YOUR COOPERATION AND WILL DO OUR BEST TO PROVIDE ACCURATE TIMES OF ARRIVALWHENEVER POSSIBLE.

THE PROGRAM STARTS PROMPTLY AT 9:00AM ON THE BEACH. PLEASE TAKE NOTE OF THE SPECIFIC DROP OFF AND PICK UP INFORMATION GIVEN BELOW FOR YOUR PROGRAM LOCATION.

DOHENY STATE BEACH – DROP OFF FOR ALL JG DAYS WILL BE AT THE SOUTH END OF THE NORTH DAY USE PARKING LOT. THERE WILL BE AN INSTRUCTOR AT THE YELLOW CURB EACH MORNING AND AFTERNOON TO ANSWER ANY QUESTIONS YOU HAVE. PLEASE DO NOT PARK, DROP OFF OR PICK UP YOUR JG IN THE RED ZONE THIS IS EMERGENCY ACCESS FOR RANGER AND LIFEGUARD UNITS ONLY! **PLEASE SEE THE MAP ON PAGE 11.**

PLEASE DROP YOUR JG OFF AT THE CURB WITH ENOUGH TIME FOR THEM TO BE IN THEIR SQUAD BY 9:00AM. SUGGESTED DROP OFF TIME IS 8:45AM.

ATTENDANCE

ATTENDANCE IS TAKEN DAILY AND IS IMPORTANT FOR THOSE JG'S ATTEMPTING SUPERGUARD. IF YOUR CHILD MUST MISS A DAY PLEASE CALL THE OFFICE AT (949) 361-2969 AND IF THEY MUST LEAVE EARLY FROM JG'S THEY WILL ONLY BE RELEASED IF THEY HAVE A SIGNED NOTE FROM A PARENT/GUARDIAN. THIS ALSO APPLIES IF YOU WOULD LIKE YOUR CHILD TO GO HOME WITH ANOTHER FAMILY AFTER AN EVENT.

SICKNESS AND INJURY

IF YOUR CHILD IS SICK OR INJURED THEY SHOULD NOT COME TO JUNIOR LIFEGUARDS. IF THEY ARE UNABLE TO COMPLETE THE WORKOUT OR PARTICIPATE FULLY IN THE PROGRAM THEY SHOULD STAY HOME TO RECOVER OR RECUPERATE. WE ARE UNABLE TO ACCOMMODATE YOUR CHILDREN IF THEY ARE UNABLE TO FULLY BE INCLUDED IN THE DAY'S ACTIVITIES. SENDING YOUR CHILD WITH AN ILLNESS OR INJURY IS A SAFETY HAZARD FOR THOSE EXPOSED TO THEM IN THE CASE OF ILLNESS AND IN THE CASE OF INJURY REQUIRES THAT WE PULL A STAFF MEMBER TO SIT WITH THE JG DURING THE WORKOUT OR ACTIVITIES WHEN THEY SHOULD BE SUPERVISING THE OTHER JG'S. IF YOU HAVE ANY QUESTIONS ABOUT THIS POLICY PLEASE CALL THE OFFICE AND SPEAK TO AN INSTRUCTOR AND ALWAYS HAVE A BACK UP PLAN IN THE EVENT YOUR CHILD NEEDS TO STAY HOME FOR THE DAY.

SUPERGUARD

SUPERGUARD IS AN EXPRESSION WE USE TO DESCRIBE OUR EXCELLENT AND INSPIRED JUNIOR GUARDS. IT IS A TERRIFIC HONOR AND IS ACKNOWLEDGED AND RECOGNIZED AT THE AWARDS BANQUET. HERE ARE THE QUALIFICATIONS FOR ACHIEVING THIS HONOR:

1. ATTEND AT LEAST 90% OF THE SCHEDULED DAYS NO MORE THAN 2 ABSENCES
FIELD TRIPS CAN BE MISSED WITHOUT PENALTY.
2. NO MAJOR BEHAVIORAL PROBLEMS
3. SCORE 80% OR BETTER ON ALL TESTS
4. COMPLETE THE IRONGUARD, MEGA VITAMIN AND THE PADDLE CHALLENGE- NO MAKE UP'S WILL BE SCHEDULED.
5. COMPLETE 80% OF ALL THE CHALLENGE WORKOUTS

*JUNIOR GUARDS WILL HAVE THE OPPORTUNITY TO CHECK THEIR SUPERGUARD STATUS ON A WEEKLY BASIS.

UNIFORMS

UNIFORMS ARE TO BE WORN EVERY DAY WITH THE EXCEPTION OF CERTAIN (SPECIFIED) FIELD TRIPS. UNIFORMS SHOULD NOT BE ALTERED AND A JG WHO WEARS INAPPROPRIATE ATTIRE OR SWIMWEAR WILL BE REQUIRED TO CHANGE OR BE SENT HOME. STURDY SANDALS OR SHOES MUST BE WORN TO WALK ON BIKE PATH FROM DROP OFF LOCATION TO PROGRAM LOCATION AND FOR FIELD TRIPS. ANY JUNIOR GUARD ARRIVING FOR A FIELD TRIP WITHOUT FOOTWEAR WILL BE DENIED ACCESS TO THE BUS OR PROGRAM ACTIVITIES.

REQUIRED JUNIOR LIFEGUARD UNIFORM

OUR OFFICIAL NAVY BLUE BOARD SHORT WITH PATCH ON LEFT SIDE AND JG LOGO T-SHIRT IS REQUIRED. WE REQUIRE THIS UNIFORM SO WE CAN EASILY DISTINGUISH OUR JG'S FROM OTHER BEACHGOERS. SOLID NAVY BLUE SPEEDO OR APPROPRIATE SPORTS TWO PIECE REQUIRED FOR GIRLS. JAMMERS ARE RECOMMENDED FOR BOYS AS AN UNDERGARMENT AND FOR WORKOUTS.

YOUTH AIDES

YOUTH AIDES WILL BE IDENTIFIED BY THEIR YELLOW BUOY

LIFEGUARDS

LIFEGUARDS WILL BE IDENTIFIED BY THEIR RED TRUNKS AND RED BUOY

STATEWIDE CANCELLATION AND REFUND POLICY

- 1. IF A PARTICIPANT FAILS TO PASS THE SWIM TEST A FULL REFUND WILL BE ISSUED.**
- 2. IF A PARTICIPANT MUST CANCEL FOR ANY REASON WITHIN 7 CALENDAR DAYS OF THE START DATE OF THE TRAINING A \$50.00 CANCELLATION FEE WILL APPLY.**
- 3. IF A PARTICIPANT MUST DROP OUT OF THE TRAINING FOR ANY REASON WITHIN 7 CALENDAR DAYS AFTER THE TRAINING HAS STARTED A 50 % REFUND WILL BE ISSUED.**
- 4. IF A PARTICIPANT MUST DROP OUT OF THE TRAINING AFTER 7 CALENDARS DAYS OF THE START DATE OF THE TRAINING NO REFUND WILL BE ISSUED.**
- 5. IF A PARTICIPANT IS INJURED WHILE PARTICIPATING IN THE TRAINING A PRO-RATED REFUND WILL BE ISSUED BASED ON THE NUMBER OF TRAINING DAYS THAT WERE STARTED**
- 6. NO REFUND WILL BE ISSUED TO ANY PARTICIPANT THAT IS SUSPENDED OR EXPELLED FROM TRAINING FOR DISCIPLINARY REASONS.**

TAX ID INFORMATION

IF YOU ARE ELIGIBLE FOR CHILD CARE CREDITS, PLEASE USE THE FOLLOWING INFORMATION AND THE RECEIPT GIVEN TO YOU AT REGISTRATION FOR TAX FILING PURPOSES.

- CALIFORNIA STATE PARKS AND RECREATION TAX ID # 68-0303606
- REFER TO THE SEPARATE HANDOUTS FOR THE BUOY-A-THON FUNDRAISER AND PROGRAM CALENDAR OF EVENTS.
- TUITION ASSISTANCE MAY BE AVAILABLE AND GIVEN ON A FIRST COME FIRST SERVED BASIS. CONTACT THE OFFICE FOR FURTHER INFORMATION AND AN APPLICATION.

DISCIPLINE & CODE OF CONDUCT

STUDENT DISCIPLINE FOR MINOR INCIDENTS

FOR THE JUNIOR LIFEGUARD PROGRAM TO BE SUCCESSFUL, STUDENTS MUST EXHIBIT BEHAVIOR THAT IS RESPECTFUL OF OUR STAFF, OTHER STUDENTS, OUR EQUIPMENT AND FACILITIES. GROUP ACTIVITIES ARE VITAL TO OUR PROGRAM. A STUDENT THAT IS DISRUPTIVE TO GROUP ACTIVITIES AND DISRESPECTFUL TO INSTRUCTORS DIMINISHES THE ENJOYMENT AND EDUCATION OF THE OTHER STUDENTS.

THE INTENT OF DISCIPLINE IS TO INSTRUCT THE STUDENT SO AS TO GAIN COMPLIANCE WITH ACCEPTABLE BEHAVIOR NORMS. THEREFORE, PLEASE FAMILIARIZE YOUR JUNIOR LIFEGUARD WITH THE FOLLOWING EXPECTED BEHAVIORS:

- ARRIVING ON TIME AND BEING PROMPTLY PICKED UP FROM THE PROGRAM
- RESPECT OF INSTRUCTORS AND OTHER STAFF
- RESPECT OF OTHER STUDENTS: NO SHOVING, HITTING OR NAME-CALLING
- RESPECT OF THE FACILITIES, EQUIPMENT AND PROPERTY OF OTHERS
- COOPERATE WITH OTHERS AND PRACTICE GOOD SPORTSMANSHIP
- FOLLOW ALL SAFETY RULES AND ALL INSTRUCTIONS
- LISTEN QUIETLY TO DIRECTIONS / ANNOUNCEMENTS

PARTICIPATE IN THE DAILY WORKOUT AND REGULAR PROGRAM ACTIVITIES – IF YOUR CHILD REFUSES TO TAKE PART IN THE MORNING WORKOUT A PHONE CALL HOME WILL BE MADE AND THE CHILD WILL BE SENT HOME FOR THE DAY.

THE PROGRESSIVE STEPS OF DISCIPLINE ARE AS FOLLOWS:

1. WHEN A MINOR DISCIPLINE SITUATION OCCURS, THE STUDENT WILL BE COUNSELED ABOUT THE SITUATION AND GIVEN AN EXPLANATION OF WHAT BEHAVIOR CHANGE IS EXPECTED.
2. IF A SUBSEQUENT INCIDENT OCCURS, THE STUDENT WILL BE ASKED TO TAKE A "TIME OUT" OR "TAKE A LAP". A "TIME OUT" IS A PERIOD OF FIVE TO TEN MINUTES THAT THE

STUDENT SPENDS QUIETLY REFLECTING ON THE INCIDENT. A "TAKE A LAP" IS A SUPERVISED SWIM OR RUN OF REASONABLE DISTANCE. AFTER THE "TIME OUT" OR "TAKE A LAP" THE STUDENT IS ALLOWED TO REJOIN THE GROUP ACTIVITY.

3. WHEN A STUDENT HAS A SERIES OF "TIME OUT'S" OR "TAKE A LAP'S" IN THE SAME DAY OR A SERIES OF DISCIPLINE SITUATIONS OVER SEVERAL DAYS, THE LEAD INSTRUCTOR WILL INFORM THE YOUTH'S PARENT OR GUARDIAN ABOUT THE SITUATION.
4. WHEN A STUDENT CONTINUALLY DISREGARDS THE INSTRUCTORS OR SHOWS LITTLE OR NO IMPROVEMENT WITH STEPS 1 THROUGH 3, THE STUDENT WILL BE SUSPENDED FROM THE PROGRAM FOR ONE DAY. THE PARENT OR GUARDIAN OF THE STUDENT WILL BE INFORMED THAT THE STUDENT HAS BEEN SUSPENDED. THERE WILL BE NO PRORATED REFUND OF FEES.
5. IF AFTER SUSPENSION THE STUDENT'S BEHAVIOR IS STILL NOT ACCEPTABLE, THE PARENT OR GUARDIAN OF THE STUDENT WILL BE INFORMED THAT THE STUDENT MAY NO LONGER ATTEND ANY OF THE PROGRAM'S ACTIVITIES. THERE WILL BE NO REFUND OF FEES.

*MAJOR FIRST TIME INCIDENTS MAY PROGRESS THE STUDENT DIRECTLY TO STEP 4 OR STEP 5 OF THE ABOVE PROCEDURES. MAJOR INCIDENTS WOULD INCLUDE:

- DITCHING THE PROGRAM
- INSUBORDINATION
- FIGHTING WITH ANOTHER STUDENT OR OTHER PERSON
- UNLAWFUL OR NON-CONSENSUAL TOUCHING OF ANOTHER PERSON
- STEALING THE PROPERTY OF ANOTHER
- VANDALISM OF EQUIPMENT OR FACILITIES
- WALKING ON OR NEAR THE TRAIN TRACKS
- THROWING ROCKS AT OTHER STUDENTS, WILDLIFE, THE TRAIN OR PROPERTY OF OTHERS
- OTHER CONDUCT, WHICH BRINGS DISRESPECT ON THE INSTRUCTORS, JUNIOR LIFEGUARDS OR THE STATE OF CALIFORNIA.

PLEASE NOTE: A PHONE CALL HOME AT ANY TIME DURING THE PROGRAM MAY RESULT IN THE STUDENT FORFEITING PARTICIPATION IN FIELD TRIPS AND VETERAN'S DAY ACTIVITIES AS THEY HAVE SHOWN AN INABILITY TO FOLLOW SIMPLE RULES AND HAVE SHOWN DISRESPECT TO THE PROGRAM AND THEIR INSTRUCTORS. TRAVELING AWAY FROM THE BEACH WITH THE PROGRAM IS A PRIVILEGE RESERVED FOR THOSE ABLE TO CONDUCT THEMSELVES APPROPRIATELY AT ALL TIMES.

RECOMMENDED DAILY CHECKLIST

REQUIRED:

1. FULL UNIFORM
2. LARGE BEACH TOWEL
3. SUNSCREEN (SPF 15 OF HIGHER)
4. FOOTWEAR (SANDALS & RUNNING SHOES)
5. LUNCH WITH PLENTY OF FLUIDS (A COOLER IS A MUST!)
6. WATER BOTTLE! (REUSABLE)
7. BACKPACK OR BAG TO CARRY GEAR.

RECOMENDED:

8. WIDE BRIM HAT (NAVY BLUE)
9. SUNGLASSES
10. FINS (BLUE & YELLOW DAFINS ARE LIFEGUARDS RECOMMENDATION)

PROHIBITED ITEMS: ELECTRONIC GADGETS, PORTABLE GAME SYSTEMS, IPODS, IPADS, ECT...

*CELL PHONES CAN BE BROUGHT BUT SHOULD STAY IN THE GEAR BAG AND NOT BE USED UNLESS THERE IS AN EMERGENCY. PROGRAM INSTRUCTORS ARE NOT RESPONSIBLE FOR ANY ITEMS LOST OR STOLEN DURING THE PROGRAM.

NOTE: PUT IDENTIFICATION ON ALL YOUR BELONGINGS! (IE: BLACK WATERPROOF MARKER) EVERYONE HAS THE SAME STUFF AND IT IS NOT THE LIFEGUARDS' RESPONSIBILITY TO KEEP TRACK OF THE JG'S STUFF.

ALL PERSONAL ITEMS SHOULD BE PLACED IN THE BACKPACK FOR SAFEKEEPING AND TO AVOID LOST ITEMS WHEN THEY ARE NOT IN USE.

AN IMPORTANT NOTE ABOUT SUNSCREEN: EXCESSIVE EXPOSURE TO SUNLIGHT IN CHILDHOOD CAN LEAD TO SKIN CANCER LATER IN LIFE. IT IS FOR THIS REASON THAT WE ENCOURAGE OUR JG'S TO PUT SUNSCREEN ON SEVERAL TIMES A DAY AND HIGHLY RECOMMEND JUNIOR GUARDS WEAR A HAT AND RASHGUARD. JG'S WITH NOTICEABLE SUNBURNS WILL BE SENT HOME TO HEAL BEFORE RETURNING TO THE PROGRAM. THERE WILL BE NO EXCEPTIONS TO THIS RULE. THIS WILL BE CONSIDERED AN UNEXCUSED ABSENCE AND MAY DISQUALIFY THE JG FROM ACHIEVING SUPERGUARD.

CONTACT INFORMATION

ADDRESS:

STATION 30 (LIFEGUARD HEADQUARTERS)
25300 DANA POINT HARBOR DRIVE
DANA POINT, CA 92629

PHONE NUMBERS:

CELL PHONE

LIFEGUARD DISPATCH (*EMERGENCY*)

(949) 304-3295

(949) 496-6161

WEBSITES:

DOHENY JUNIOR LIFEGUARDS
CALIFORNIA STATE PARKS

WWW.DOHOJG.COM

WWW.PARKS.CA.GOV

STAFF:

JUNIOR LIFEGUARD COORDINATOR:
DAN NEWBERRY
(949) 304-3295 CELL

DANIEL.NEWBERRY@PARKS.CA.GOV

HEAD JUNIOR LIFEGUARD INSTRUCTORS:
EMILY HAGEN
WESTON HOLDEN

MAP OF DROP OFF LOCATION



PARENT HANDBOOK AGREEMENT

I HAVE READ, UNDERSTAND AND AGREE TO ALL THE RULES AND REGULATIONS SET FORTH BY THE DOHENY STATE BEACH JUNIOR LIFEGUARD PARENT HANDBOOK. FURTHERMORE, I UNDERSTAND THAT ANY TIME A PHONE CALL IS MADE HOME FOLLOWING A FAILURE TO FOLLOW THE STATED PROGRAM DISCIPLINE POLICY THERE IS THE CHANCE THAT I WILL BE UNABLE TO PARTICIPATE IN REGULAR PROGRAM ACTIVITIES, FIELD TRIPS AND/OR VETERANS DAY ACTIVITIES. IF YOU HAVE ANY QUESTIONS ABOUT THE PROGRAM, THE PARENT HANDBOOK OR SCHEDULING PLEASE FEEL FREE TO CALL US AT (949) 496-6162. IF YOU DID NOT RECEIVE A PARENT HANDBOOK ONE CAN BE OBTAINED BY THE PROGRAM INSTRUCTORS OR DOWNLOADING IT AT WWW.DOHOJG.COM

SIGNATURE:

PRINT NAME:

JUNIOR GUARD PARTICIPANT

SIGNATURE:

PRINT NAME:

PARENT OR GUARDIAN

*PLEASE SIGN AND SEND WITH PARTICIPANT ON THE FIRST DAY OF SESSION