

Junior Lifeguard Program 2025

City of Carpinteria
Parks and Recreation



Parent and Participant Packet

Dear Parents and Participants,

The Carpinteria Junior Lifeguard Program welcomes you and your child to another summer filled with personal growth and adventure! We have been working very hard this year to ensure your Carpinteria Junior Lifeguard(s) will have a positive beach experience in 2025. It is our goal to provide experience that emphasizes ocean safety, marine environment education, and personal growth.

PROGRAM OVERVIEW

The mission of the Carpinteria Junior Lifeguard program is to introduce young people to safe marine and aquatic recreation opportunities. Further, it is our goal to improve our participants' physical conditioning, understanding and respect for the environment, and their respect for themselves and others, all while having a great time at the beach.

We accomplish our goals through daily activities including stretching, beach runs, open water swimming, paddle boarding, body surfing, beach games, and competitions. Daily physical contact with our environment allows junior lifeguards to learn how to respect and appreciate the world around them. Lectures and discussions are held weekly to educate participants on various topics such as water safety, CPR overview, beach hazards, waves and tides. Participants gain respect for themselves and others through contact with instructors, and growing relationships with other participants in a team building environment. In addition, participants are asked to practice many of the skills and techniques utilized in professional life saving organizations.

The cost of the 2025 Carpinteria Junior Lifeguard Program is \$650 for a 7-week program.

Refunds

Refund Schedule

Full Refund (minus \$5 processing fee):

If requested 30 or more days before the program start date

90% Refund + \$5 processing fee:

If requested 15-29 days before the program start date

If the participant refuses to enter the Ocean by the last day of the first week of the Junior Lifeguard program.

75% Refund + \$5 processing fee:

If requested 7-14 days before the program start date

50% Refund + \$5 processing fee:

For requests made less than 7 days before the program start date.

No refund will be issued after the program has begun unless the participant refuses to enter the Ocean by the last day of the first week of the program as outlined above.

AGE REQUIREMENTS

Junior lifeguards range in ages from seven to seventeen years old. Participants must work out and participate in all activities with their appropriate age group. The age groups are as follows:

A's	14 – 17 years old
B's	12 – 13 years old
C's	9 – 11 years old
Mini	7 – 9 years old

PROGRAM DATES AND LOCATIONS

Our program is seven weeks long, beginning the week of June 16th, and ending on August 1st with an awards ceremony, and barbeque.

Each day participants are expected to arrive at Ash Beach promptly at 9:30AM. We strongly encourage all participants to arrive at least ten minutes early, but no sooner to get their belongings organized. Our program ends each day at 12:30PM. Please pick your child up promptly, or if you are not able to pick them up, give them direct instruction otherwise.

We have pool days every Tuesday, and Thursday. Junior guard participants are expected to arrive at Carpinteria Community Pool at 9:30AM. A & B Groups will meet at the pool on Tuesdays, and the Mini's & C Group will meet at the pool on Thursdays. Pool swimming will be over at 11:00AM and instructors and JG participants will walk, bike, or skateboard down to Ash Beach by 11:15AM to carry out a normal day of junior guards.

IMPORTANT All JG's must have helmets when riding BIKES, SKATEBOARDS, AND SCOOTERS or they will walk!

Junior Lifeguards are not allowed to drive cars from the pool back to the beach

WEEKLY NEWSLETTER

Each Monday we will email a weekly newsletter. This will provide a general summary of that week's activities and important upcoming events or information parents need to be aware of. Please make sure that you get on the email list. The event, and

competition dates and times in the weekly newsletter will always be current, if dates or times differ from the calendar, please refer to the weekly newsletter as it is the most up to date source of information. Weekly newsletter will also be posted online at <https://carpinteriaca.gov/parks-and-recreation/junior-lifeguards/>.

CONTACT US

E-mail is the easiest and fastest way to reach us:

- Kalyn Pina, Aquatics Program Coordinator
kalynp@carpinteriaca.gov (805) 881-1588
- Lexi Persoon, Assistant JG Coordinator
coachlexipersoon@gmail.com, (805) 331-3185
- Carpinteria Community Pool
(805) 566-2417

PARTICIPANT ARRIVAL AND DEPARTURE

Parents: It is the sole responsibility of each parent or guardian to ensure safe travel for their child to and from the Junior Lifeguard Program each day. Please discuss a daily designated plan in advance with your child so they understand when and where to meet you. Please ensure that you specify how your child will be arriving and departing on the “Junior Lifeguard Contract Page”, so that instructors are aware of your plans. Our number one goal is safety and this will help us ensure your child is safe by knowing how your child will be arriving and departing each day. The City of Carpinteria and the Junior Lifeguard Program are not responsible for participants outside of the scheduled program hours and activities. Parents are responsible for their children immediately prior to, and immediately following scheduled program hours.

Participants: Please remember that while wearing the Junior Lifeguard uniform within the community you are very easily recognizable, and that your actions are representing our team as a whole. Participants should act in a responsible and courteous manner and represent our program and city in a positive way. Please arrive and remain in uniform each day.

ATTENDANCE

Attendance is taken daily for each group. Regular attendance is encouraged and will allow participants to fully benefit from the program. Placements on teams for competitions are often made during the three weeks prior to each competition. It is important for participants to be present each day in order to try-out and be placed on teams. We understand that parents and participants may occasionally have other responsibilities and we are willing to accommodate. Please notify us if your child will be absent by email. If it is a competition day that your participant will be missing, please let us know at least a week prior to the event so we can make changes to the competition teams.

SWIM TEST

ALL NEW JGs MUST ATTEND THE SWIM TEST PRIOR TO THE START OF JGs

The Junior Lifeguard Program is **NOT** a “learn to swim” course. Therefore, participants are given a tryout test to determine if they have the minimum skills needed to benefit from the program. We strongly encourage parents to work with their child on swimming skills **before** the beginning of the program to ensure that their child can pass the test with confidence. There will be several swim challenges during the summer.

MANDATORY AQUATIC PARTICIPATION

All program participants must be able to swim, enter the ocean readily and participate in water activities on a daily basis. Parents should be aware that rigorous physical exercise and ocean swims are a daily part of the program.

INSTRUCTION AND SUPERVISION

Junior Guard Instructors are trained and qualified ocean lifeguards. All of the instructors have successfully completed an intensive open water lifeguard training course, and most have worked as lifeguards for more than one year. Instructors are also certified in emergency first aid, and CPR for the professional rescuer. Many of the instructors were previously Junior Lifeguard participants.

DAILY REQUIREMENTS

All Junior Lifeguards will report in **full uniform** to Ash beach by 9:30AM *sharp*. **All JGs** are expected to participate in all activities, unless they have notes from their parents saying otherwise. All JGs should check the daily activity board when they first arrive so that they know what they will be doing for the day.

Full uniform includes a Carpinteria junior lifeguard shirt, red trunks/athletic bathing suit, and JG hat. Junior lifeguard hoodies, and sweat pants will also be available for an additional cost. No cutting of sleeves, or drawing on uniforms will be permitted.

JGs should bring the following items to the beach everyday:

- ***Full uniform*** – JG shirt and red swimsuit – this is absolutely required everyday
- Warm clothing / towel – JG sweat shirt and red sweatpants
- Sun protection – sunscreen, JG hat, optional rash guard
- Foot protection – sandals or shoes
- Healthy snack and water – we ask that you not allow your child to bring soda, sugar loaded energy drinks, candy or junk food. A healthy well-balanced diet is essential to your child being able to perform to the best of their ability.
- Backpack – to keep all of their items together
- **Positive and enthusiastic attitude** – Please come well rested and ready to have fun!

UNIFORMS

We require participants to wear a uniform for team camaraderie and safety. Uniforms also allow the instructors to monitor participants and distinguish them from non-JG participants. **Junior Guards must wear the required uniform to participate.** The 2025 requirements are as follows:

Participants must wear red swim trunks or athletic one-piece/two-piece swim suit

Shorts should be board-short style, and above the kneecap to allow for unimpaired running while wet. Speedos or jammer style shorts for swimming are allowed as well.

FIELD TRIP INFORMATION

Throughout the JG summer season, we encourage our participants to attend our educational opportunities and team building experiences. You can sign up for our trip this Summer on RecDesk. Upon registration, you will receive a hand-out with a detailed description of the trip itinerary.

Santa Cruz Island Boat Trip Friday June 20th, 2025

35 spaces available, price is \$75

We will be heading out to Santa Cruz Island to spend the day at scorpion anchorage. We will be bringing inflatable tubes, snorkel gear, and more. We encourage JG's to bring their own gear if they would like to! This is a great opportunity to go to an amazing national park that we see across the ocean from us every day. Drop off is at 8:00 AM at Ventura Harbor at the Island Packers Dock, and pickup will be the same location at 5:30 PM.

COMPETITION INFORMATION

UCSB Competition TO BE DETERMINED

Carpinteria Competition Friday, July 11th

PARENT VOLUNTEERS NEEDED

The Carpinteria Competition is a great day to come and cheer on our Junior Guards as they compete against several other junior guard agencies. We host this competition every year and are proud to show off our beautiful beach and our junior guards' awesome talent!

Santa Barbara Fiesta Competition

Friday, July 19th

The Santa Barbara Junior Lifeguards are hosting a large competition on their own turf. JG's will need to be dropped off and picked up from their parents. This is another great opportunity to cheer on your JG and witness how hard they have worked this summer!

CSLSA Regionals

Friday, July 25th

The 2025 CSLSA State Championships will be held at Dockweiler Beach this year. A handful of our Junior Guards will be asked upon invitation only to attend this huge competition based on skill level, good behavior and dedication. An email will be sent out on the evening of July 11th to confirm who has been invited. We will not be providing transportation.

Carpinteria "Swim-Paddle-Run" Triathlon Wednesday July 30th

Each year we hold our Junior Lifeguard Swim-Paddle-Run Triathlon fundraiser. In addition to JGs competing, parents and adults are encouraged to join in the activities and fun. Along with the actual triathlon we will be holding flag events for every age group. Following the awards ceremony, we have our Raffle Extravaganza. Local businesses donate awesome prizes and all proceeds benefit our program, so we hope to see you down at the beach joining in on the fun!

PARENT VOLUNTEER OPPORTUNITIES

We have our annual Carpinteria Competition, and the Carpinteria Junior Guard Triathlon. We will need as much help as possible during our competition and triathlon. Duties include giving out popsicle sticks, awards, event set up, event tear down, etc. In order to volunteer, you will need to be cleared through the city. Please fill out the form that will enable you to access the volunteer form.

JUNIOR LIFEGUARD AID PROGRAM

We are bringing back the Junior Lifeguard Aid Program for high school students to earn community service hours. They will be mentored by our lifeguards, and will be given the opportunity to serve as role models in the program. High school students ages 15-17 must try out and pass a swim test, a run, and a run-swim-run. Duties will include water safety, helping instructors with set up and break down, and distributing equipment/setting up competition courses. They will each report to an assigned instructor, and will be given

their schedule weekly. The schedule is flexible and does not require the participants to volunteer every day. Each participant will create their schedule with our coordinators, of note, there is a two day a week minimum. In addition to this being an excellent opportunity to volunteer in the community, this program allows aides to participate in the junior lifeguard program free of charge.

MINI JUNIOR LIFEGUARDS

This program is for those ages 7-9, who are ready for a summer full of ocean swims, beach runs, paddles, and competition. The head instructor will be a lifeguard with lots of beach, and JG experience. All participants must try out, and pass the Mini JG swim test. The program is integrated with our regular JG program, but the distances of the courses will be appropriate for their age. We decided to overlap the 9-year-old in the case that they can't quite pass the C swim test, but can pass the Mini JG swim test.

LECTURES

Each week we focus on a specific theme, and give small lectures and verbal quizzes to participants to educate them on various topics related to the duties and skills of an actively trained lifeguard. Some topics, we will feature guest speakers. Be sure to check the calendar each week and ask your participant what they have learned that week!

DISCIPLINE FOR MINOR INCIDENTS

For the Junior Lifeguard Program to be successful, participants must exhibit behavior that is respectful of instructors, other participants, and our equipment and facilities. Group activities are a daily part of our program; participants who are disruptive during group activities or disrespectful to instructors diminish the enjoyment and education of the other participants. Our program has a zero tolerance policy for discrimination of any kind. This includes, but is not limited to, discrimination towards someone's race, sexual orientation, or gender.

The intent of discipline is to gain compliance while instructing the participant in acceptable behavior. Please make sure that your junior guard(s) are familiar with the following expected behaviors.

- **Respect of instructors**
- **Respect of other participants**
- **Respect of the facilities, equipment, beach, and property of others**
- **Cooperation with others and good sportsmanship**
- **Following all safety rules and instructions**
- **Listening quietly to directions and announcements**
- **Full participation in regular program activities**

Steps of discipline are as follows:

1. When a minor discipline situation occurs, the participant will be counseled about the situation and given an explanation of what behavior change is expected.
2. If a subsequent incident occurs the participant 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 participant spends quietly reflecting on the incident. A “take a lap” is supervised push-ups, swim or run of reasonable distance. After the successful completion of a “time out” or a “take a lap,” the participant is allowed to return to group activity.
3. If a participant has a series of disciplinary situations in the same day or over several days, the instructor will inform the junior guard coordinator, who will inform the participant’s parents.
4. When a participant continues to disrespect instructors or shows little or no improvement with steps 1 – 3, the participant will be suspended from the program for one day. The parent or guardian of the participant will be informed that the participant has been suspended. There will be no prorations or refund of fees.
5. If after a day of suspension, the participant’s behavior is still not acceptable, the parent or guardian of the participant will be informed the participant may no longer attend any of the program’s activities. There will be no refunds issued.

Major first-time incidents may result in the participant’s discipline moving directly to steps 4 or 5. Major incidents would include:

- Inappropriate Behavior
- Truancy
- Fighting with another person
- Unlawful touching of another person
- Stealing
- Vandalism
- Possession of alcohol, illegal or non-prescribed drugs, or any weapon