



CITY OF
CARPINTERIA
AQUATICS

Junior Lifeguard Program 2026



Parent and Participant Packet

Dear Parents and Participants,

The Carpinteria Junior Lifeguard Program welcomes you and your participant 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 experience in 2026. 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 ocean environment allows participants 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 2026 Carpinteria Junior Lifeguard Program is \$xxx for a 4-week program and \$xxx for a 8-week program.

SESSION STRUCTURE

The program will run for a total of **8 weeks** and is divided into **two separate 4-week sessions**. Families may choose to enroll in **both sessions** for the full 8-week experience or enroll in either the first or second session individually, based on availability and interest.

Each session will begin with an introductory day, designed to welcome participants, review expectations, and ensure athletes are placed appropriately for a positive and successful experience.

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 six 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	6 – 9 years old

PROGRAM DATES AND LOCATIONS

The program is 8 weeks long, with two sessions. The first session will begin the week of June 15th, and ending on July 10th. The second session will begin on July 13th and will end on August 7th.

The program sessions will only repeat certain events, such as an end of session awards beach picnic, picture day, and Rincon Surf Days. Other events such as competitions and presentations will be unique to the session. Please refer to the 2026 Calendar to see which session works best for your participant.

Each day participants are expected to arrive at Ash Beach promptly at 9:00AM. We strongly encourage all participants to arrive at least ten minutes early, but no sooner than 8:30 AM. 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 9:00AM. 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 Participants must have helmets and shoes when riding BIKES, SKATEBOARDS, AND SCOOTERS or they will walk!
Participants are not allowed to drive cars from the pool back to the beach

AFTERNOON CAMP

We will be offering an optional afternoon camp this year, with limited space available. This will take place from 12:30pm-2:30pm. The afternoon camp will include lunch time for the participants to rest and regroup. A packed lunch will be required, as well as additional snacks, water, and sunscreen to plan for the extended day. Following lunch, there will be two group options for the junior guards to meet different goals. These options can be chosen daily and there is no age limit on choice of option.

Option 1: Focus on more fun time and open play, such as surfing, free swim, games, etc.

Option 2: Workout, push limits, and prep for competition dates.

WEEKLY NEWSLETTER

Each Friday before the next week of programming 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 are on the email list, as we email to the emails we are provided from RecDesk. 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.

PARTICIPANT ARRIVAL AND DEPARTURE

Parents: It is the sole responsibility of each parent or guardian to ensure safe travel for their participant to and from the Junior Lifeguard Program each day. Please discuss a daily designated plan in advance with your participant so they understand when and where to meet you. Our number one goal is safety and this will help us ensure your participant 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 and guardians 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 the Junior Lifeguard team as a whole. Participants should act in a responsible and courteous manner and represent the program and city in a positive way. Please arrive and remain in uniform each day.

ATTENDANCE

Attendance is taken daily for each group and for each program. Regular attendance is encouraged and will allow participants to fully benefit from the program. Placements on teams for competitions are often made during the weeks prior to each competition within each session. 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 via email if your child will be absent. 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 PARTICIPANTS 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 for all new participants, or for Mini Guards who are moving up to C’s, to determine if they have the minimum skills needed to benefit from the program.

It is strongly encouraged that parents and guardians work with their participant on swimming skills, as well as ocean comfortability **before** the beginning of the program to ensure that their participant can pass the test with confidence. There will be several ocean swim challenges during the summer, please prepare your child that these swim challenges will be a part of the program.

Please do not let the first day of Junior Lifeguards be your participant’s first experience in the ocean. We strongly encourage all parents and guardians to spend time in the weeks leading up to the program bringing their participant to the beach to practice getting in the ocean, fully submerging underwater, and playing comfortably in the surf.

Preparation for ocean swims is essential to a safe and positive Junior Lifeguard experience. Ideally, participants should have had prior ocean swim experience in previous summers so they arrive confident, prepared, and ready to participate fully.

MANDATORY AQUATIC PARTICIPATION

All program participants must be able to swim, enter the ocean confidently, and participate in water activities on a daily basis. Parents should be aware that rigorous physical exercise and ocean swims are a required part of the program each day. Ocean swim participation is expected by day 1 of the program. This policy is in place to ensure participant safety and to maintain appropriate instructor-to-participant ratios in the water. If the participant does not ocean swim by the last day of week one, we will have to remove the participant from the program for safety concerns.

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 9:00AM *sharp*. **All JGs** are expected to participate in all activities, unless they have notes from their parents saying otherwise.

UNIFORMS

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.

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.**

EXPECTATIONS

The 2026 requirements are as follows:

- *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 or wetsuit
- 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.
- **Packed lunch and extra water - Afternoon Camp only**
- Backpack – to keep all of their items together
- **Positive and enthusiastic attitude** – Please come well rested and ready to have fun!

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.

COMPETITION INFORMATION

Goleta Beach Competition

DATE TO BE DETERMINED

The Goleta Beach Competition is a great introductory competition that is focused on fun and building comradery with the Santa Barbara County Junior Lifeguard agencies. compete against several other junior guard agencies. Participants will need to be dropped off and picked up from their parents. This is hosted by the Santa Barbara County Junior Lifeguards. **Transportation for participants will not be provided.**

Carpinteria Competition

Friday, July 10th

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 awesome talent!

Santa Barbara Fiesta Competition

Friday, July 17th

The Santa Barbara Junior Lifeguards are hosting a large competition on their own turf. Participants will need to be dropped off and picked up from their parents. This is another great opportunity to cheer on your participant and witness how hard they have worked this summer! **Transportation for participants will not be provided.**

CSLSA Regionals

Friday, July 24th

The 2025 CSLSA State Championships will be held at Dockweiler Beach this year. A handful of our participants 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. **Transportation for participants will not be provided.**

Carpinteria “Swim-Paddle-Run” Triathlon

Thursday, August 6th

PARENT VOLUNTEERS NEEDED

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.

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 volunteer form that will enable you to serve as a volunteer. These will be printed out and available at the pool and at Ash beach. If you would like to access this form digitally, please go our website:

<https://carpinteriaca.gov/parks-and-recreation/junior-lifeguards//>

JUNIOR LIFEGUARD SAFETY AID PROGRAM

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

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, the environment 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 participants 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.
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

CONTACT US

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

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