



JR.

LAKE

LIFEGUARDS



2021

JR. LIFEGUARD

PROGRAM

NEW PARENT

ORIENTATION



WELCOME

Steve Himes aka - “SCUBA” - Director
Angela Kelly- Coordinator

CASTAICJGS@PARKS.LACOUNTY.GOV

661-775-8488

OFFICE HOURS 8AM - 3PM MONDAY - THURSDAY



COUNTY OF LOS ANGELES DEPARTMENT OF PARKS AND RECREATION



CASTAIC LAKE



661-257-4050



CastaicLake.com



PROGRAM SPONSORS



BOB TEAGUE
TEAGUE CUSTOM MARINE



FRIENDS OF
CASTAIC LAKE
CASTAIC LIONS CLUB



MISSION STATEMENT



- "Provide a challenging and inspiring open water environment which promotes an active and responsible lifestyle, as well as a standard of excellence in the profession of lifeguarding."



PLEASE REMEMBER

- Bring completed doctor's physical release form by the first day of the program.
- Your child will NOT be able to participate until the physical release has been received.



HOW WE
COMMUNICATE
WITH YOU



PARKS.LACOUNTY.GOV/ JUNIORLIFEGUARDS



PARKS GOLF FACILITIES **PROGRAMS** FITNESS AQUATICS OUTDOORS ABOUT US

REGISTER & RESERVE



JOIN JUNIOR LAKE LIFEGUARDS!

LA County Parks Junior Lake Lifeguard Program offers a wide range of co-ed activities for kids ages 9-17. Lifeguard staff serve as mentors and impart their experience by leading hands-on activities that introduce youth to water safety, athleticism, teamwork and a career in aquatics. Participants will learn from a variety of activities that range from first aid, CPR, rescue skills with paddleboards, rescue cans and more!

Please note: This Summer's program is modified from previous years due to COVID-19 guidelines.

The program offers three 2-week sessions and will be held at three LA County Parks locations:





SOCIAL MEDIA



Twitter , Instagram, Facebook

@LACOUNTYPARKS



Uniform



- JG Shirt
- JG Board Shorts
- Swimsuit – Girls





Uniform Handout Dates

SIGN UP VIA ACTIVE NET: SEARCH *UNIFORM*

- JUNE 10TH 2PM - 6PM (ALL SESSIONS)
- JUNE 15TH 2PM - 6PM (ALL SESSIONS)
- JUNE 16TH 12PM - 4PM (ALL SESSIONS)
- JULY 9TH 10AM - 2PM (THIS WILL ONLY BE FOR 2ND AND 3RD SESSION JGS)



Uniform Handout Sign Ups

- Please make sure to sign up for one spot only.
- Sign up for the time you want and works for you.
- Families that have more than one child in the program should all come at the same time. If you can't get all in the same time spot just make sure to sign up at least one of the JGs please.



Fees for Extra Items

- JG T-SHIRT - \$10
- BOYS BOARD SHORTS - \$25
- GIRLS BOARD SHORTS - \$25
- GIRLS SWIMSUIT - \$25
- SWEATSHIRTS - \$25
- RASH-GUARDS - \$25
- JG HAT - \$15
- DUFFLE BAG - \$15
- BACKPACK - \$15
- JG TOWEL - \$20



ITEMS TO ADD
TO YOUR BAG



- Snorkel Gear
- Towels
- Sunglasses





FOOTWEAR



- Running shoes are a Requirement
- JG's must show up with running shoes on.
- Sandal, Aqua socks or Sports Sandals are important to have to walk around the park but can't be worn for work outs
- **RUNNING Shoes!!! , RUNNING Shoes!!!**



FOOD AND WATER



- Bring a Snack
- Healthy Lunch if you are AM and PM
- Large Water Container



SUN PROTECTION

- JG HATS OR DARK BLUE OR
BACK NO LOGOS
- HATS MUST BE WORN WITH
BILL FACING FORWARD.

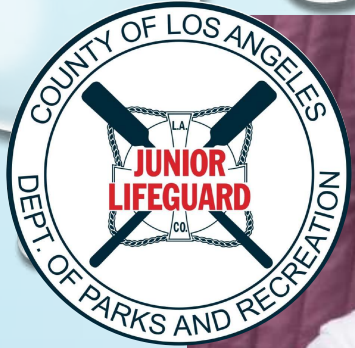




SUN PROTECTION

- SPF 15 OR GREATER.
- DO NOT BRING COLORED ZINC SUNSCREEN
- JG RASH GUARDS ALSO WHITE OR DARK BLUE.





CELL PHONES

- No cell phone usage allowed during camp from Drop off to Pick up.
- If you need to text them, please

DON'T



STEPS PROMOTING SUCCESS



- 1ST WARNING- BEHAVIOR ADDRESSED BY INSTRUCTOR
- 2ND WARNING - JG IS GIVEN A "TAKE FIVE"
- 3RD WARNING - JG IS GIVEN A "TAKE FIVE" WITH A COORDINATOR
- 4TH WARNING-SUSPENSION/EXPULSION



PROGRAM SCHEDULE AND ACTIVATES



DROP OFF AND PICK UP



- KIOSK - STOP AND SAY HI
- DRIVE SLOW 15MPH
- DROP OFF AT LOT 1 PICK UP LOT 1
- AM PICK UP PLEASE MAKE SURE YOU PICK UP BEFORE 11:15AM
- PM DROP OFF PLEASE DO NOT DROP OFF UNTIL 11:30 AM

Entry into park is only to Drop off and Pick up

Get a 2021 JG Pass at Uniform Pick up



SCHEDULE



AM	PM	Activity	Example Activity
7:30 – 7:50	11:30 – 11:50	DROP OFF	Parking Lot #1
7:50 – 8 AM	11:50 – 12PM	Briefing and Line UP	Paradise COVE
8 AM – 8:45	12 PM – 12:45	Stretches/WORKOUT	RUN SWIM RUN
8:50 – 9:30	12:50 – 1:30	1 st Activity	Paddle Boards
9:30 – 10:10	1:30 – 2:10	2 nd Activity	First Aid Skills
10:10 – 10:50	2:10 – 2:50	3rd Activity	Kayaks
10:50 – 11AM	2:50 – 3PM	Debrief	Pick up Parking Lot #1
11-11:15	3 - 3:15	PICK UP	Parking LOT #1



WORKOUTS



- **RUNNING**
- **SWIMMING**
- **RUN- SWIM- RUN**
- **SWIM- RUN - SWIM**
- **THE MACHO**
- **STRENGTH
CONDITIONING**



DAILY ACTIVITIES

**Paddle
Boarding**

**Beach Flags /
Tennis Balls**

Kayaking

**Stand up
Paddle
Boarding (SUP)**

SNORKELING

RELAYS

**DRAGON
BOATs**

**And Lots of
FUN !!**



LIFEGUARD SKILLS

**Victim
Recognition**

**Rescue-Can
Skills**

**Tower
Rescues**

**Dock
Rescues**

**Paddle
Board
Rescues**

**First -Aid
Skills**



UNITED STATES LIFEGUARD ASSOCIATION USLA



- BE A PART OF THE ASSOCIATION
- SOUTHWEST REGION
- LA COUNTY LAKES - CHAPTER
- ABLE TO COMPETE AT REGIONALS
- DISCOUNTS!!!!



USLA.ORG



PHOTO DAY!!

- YARY PHOTOGRAPHY
- PHOTO FORMS WILL BE HANDED OUT FIRST WEEK OF SESSION
- MUST BRING THE DAY OF THE PHOTO ONLY
- GROUP ONLY THIS YEAR
- INDIVIDUAL AND BUDDY SHOTS





DON'T FORGET

- Physician RELEASE FORM
- Snack/Lunch and Plenty of Water
- Sunnnnny Screens



THANK YOU
QUESTIONS

UNIFORM HANDOUTS!!

parks.lacounty.gov/reserve

Search: *UNIFORMS*



Session 1: June 21 – July 1
Session 2: July 12 – July 22
Session 3: July 26 – August 5