



LA COUNTY DEPARTMENT  
OF PARKS AND RECREATION



# LIFEGUARD READY TRAINING

REGISTRATION AND  
PROGRAM INFORMATION



# Overview of LRT Program

## Program Description

Lifeguard recruitment and retention has become increasingly challenging over the years. The Department of Parks and Recreation is committed to solving this issue by expanding its diverse workforce and developing lifeguards within the communities we serve by strategically working with Community, Education and Faith Based Organizations in high need communities to recruit promising BIPOC (Black, Indigenous and Persons of Color) applicants.



The Lifeguard Ready Training (LRT) Program is aimed at providing an inclusive education and training program to applicants ages 16 - 24 by focusing on the fundamental skills necessary to become a Los Angeles County Pool Lifeguard. At the end of the program, participants should be at an acceptable level to enter the LA County Lifeguard Academy. In total, up to 360 participants will have an opportunity to participate in the program.

## Program Objective

This developmental training will be a rigorous and physically active program. With an emphasis on water skills development, refinement, and conditioning, the training is intended to build water competency, so candidates develop the skills needed for the County Lifeguard Academy. Participants who pass the training would forgo the County of Los Angeles 500-yard swim test and be processed to become a pool lifeguard cadet in the Lifeguard Academy. Participants that do not pass the LRT training will be given the opportunity to participate in the next available training or be invited back for a traditional new lifeguard swim test.

## Program Locations

### Belvedere Aquatic Center

5035 E. First St  
Los Angeles, CA 90022  
(323) 260-2375  
Program Supervisor: Kristen Gonzalez



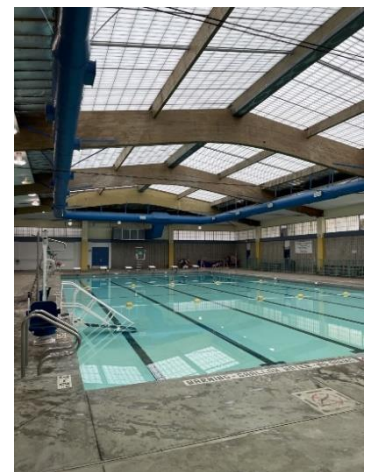
### Jesse Owens Pool

9835 S. Western Ave  
Los Angeles, CA 90047  
(323) 241-6708  
Program Supervisor: Terrence Green



### Roosevelt Park Pool

7600 Graham Ave  
Los Angeles, CA 90001  
(323) 586-7203  
Program Supervisor: Gerardo Aguila



## Information Sessions and Registration

### LRT Information Session

LRT Information Sessions provide an opportunity to learn more about the program, how to register, an opportunity to ask questions and meet the trainers from the various pool sites.

### Information Session Dates and Times

Session 1: 09/13 @ 12:30pm.

Link: [tinyurl.com/LRTAQUATICS](http://tinyurl.com/LRTAQUATICS)

Or call in: [+1 323-776-6996,615496605#](tel:+13237766996615496605)

Session 1: 09/15 @ 6:00pm

Link: [tinyurl.com/LRTSESSION1B](http://tinyurl.com/LRTSESSION1B)

Or call in: [+1 323-776-6996,892208811#](tel:+13237766996892208811)

Session 2: 11/1 @12:30pm

Link: [tinyurl.com/LRTSESSION2A](http://tinyurl.com/LRTSESSION2A)

Or call in: [+1 323-776-6996,239324761#](tel:+13237766996239324761)

Session 2: 11/3 @ 6:00pm

Link: [tinyurl.com/LRTSESSION2B](http://tinyurl.com/LRTSESSION2B)

Or call in: [+1 323-776-6996,328491021#](tel:+13237766996328491021)

Session 3: 12/20 @12:30pm

Link: [tinyurl.com/LRTSESSION3A](http://tinyurl.com/LRTSESSION3A)

Or call in: [+1 323-776-6996,328491021#](tel:+13237766996328491021)

Session 3: 12/22 @ 6:00pm

Link: [tinyurl.com/LRTSESSION3B](http://tinyurl.com/LRTSESSION3B)

Or call in: [+1 323-776-6996,978209007#](tel:+13237766996978209007)

### LRT Sessions, Training Dates and Times

Session and training days, dates and times are as follows:

- Jesse Owens / Belvedere: Monday, Wednesday from 5:30 – 7:30 pm
- Roosevelt Park Pool: Tuesday, Thursday from 5:30 - 7:30 pm

Session 1 runs from 9/27 - 11/05

Session 2 runs from 11/8 – 12/17

Session 3 runs from 1/3 – 2/11

## Ready to Register?

Visit [bit.ly/3nklZb](https://bit.ly/3nklZb) to register for the Lifeguard Ready Training program.

## How to Register

1. Create an account for online registration through the Los Angeles County Department of Parks and Recreation ActiveNet portal.

[reservations.lacounty.gov](https://reservations.lacounty.gov)

2. Applicants then select the facility to attend the Lifeguard Ready Training:

- Jesse Owens Community Pool
- Roosevelt Park Community Pool
- Belvedere Aquatic Center

3. Applicants will be asked to complete a program questionnaire prior to admission. (EX: *what is your household income?*)

4. After completing the online portion of the registration, an LRT Mentor will contact applicants to complete the registration process.

5. Participants will be notified one week prior to program start date.

6. For additional assistance on how to setup an account and register in ActiveNet, visit <https://parks.lacounty.gov/reserve/>

Note: Application acceptance is based on answers provided in questionnaire. Registration does ensure an immediate enrollment into the program.

## Expectations

Program participants are required to attend all 12 training sessions. Participant might subject to removal from LRT Program if they have unexcused absences of more than 3 days.

The screenshot shows the County of Los Angeles ActiveNet website. The header includes the County of Los Angeles logo and navigation links for Home, Activities, Reservations, and Memberships. A search bar contains the text "aquatics". Below the search bar are filters for "When", "Where", "Who", and "Activities". The search results show 12 matching results, with the first result being "Lifeguard Ready Training (Belvedere Aquatics Center)". The result card displays the activity name, a "Free" price tag, an "Enroll Now" button, and a heart icon. The activity details include the location "Belvedere Aquatic Ctr" and the dates "September 27, 2021 to November 3, 2021".

## LRT Added Benefits

The LRT program will provide participants with all the equipment necessary to complete the program. This includes swimsuits, program t-shirt, kickboards, hand paddles, pull buoys, sandals, swim caps, goggles, CPR masks, notebooks, pens and a mesh swim bag. All equipment is given to participants for **FREE**, with no additional or hidden fee.



(images are for reference and not a direct representation of what will be provided).

Participants in the LRT program will be paired with a group mentor that will provide individual assessments, one-on-one training assistance and post training follow-ups. Mentors will keep lines of communication open to establish a more inviting environment. The personalized approach to participant development helps participants stay focused, ensure access to support services that will build their basic skills and give them insight as what to expect in Lifeguard Academy.

LRT participants will also receive access to lap swim hours at any of the five year-round LA County pools. Entry fees will be waived while participants are active in the LRT program.

## Bus Pass Incentive

With each session, LA County Parks and Recreation and LRT will be able to provide a limited number of Metro bus passes that will assist in transporting participants in need. Metro passes provided will last up to six weeks upon activation.

Metro passes are divided amongst the three (3) locations per session and are given to participants upon review of request during application process. Distribution of Metro pass is based on need and geographic location relative to facility.

## **LRT Exit Exam Requirements**

The primary goal is to get the participant to swim 500 yards without aid to complete the swim in under 10 minutes. The secondary goal is to get the participant to be able to tread water for one minute, while holding a diving brick.

## **If Participant Does Not Meet Needed Qualifications**

If the participant does not successfully complete the training, they will be automatically enrolled into the next LRT session, should they choose to participate. If the participant does not want to work in Aquatics, they can choose to move on to the recreation side and apply as a Recreation Service Leader. The County of Los Angeles Department of Park and Recreation has a variety of career pathways that the participants can join.

## **LRT Aquatics Work Opportunity (Non-Swimming Pool)**

After the completion of the program the participant should be prepared to successfully complete the County of Los Angeles Pool Lifeguard Training. The participant should have also gained the skills to attend the County of Los Angeles Lake Lifeguard examination and complete their training.

Skills gained through the program can also be used for the County of Los Angeles Beach Lifeguard examination. After this training, participants would be able to pursue a career as lifeguard for another municipality, as well as private and non-profit organizations.

Through this program the participant will be introduced to the programs within the Department of Parks and Recreation. If the participant does not want to pursue a career as a Lifeguard, they can choose to apply as a Locker Room Attendant or the Cashier Clerk Position. The Cashier Clerk position has potential promotional positions and career advancement.

## **Sample Agenda / Course Calendar**

All dates will consist of warming up with dynamic stretching and mobility exercises. At the end of each session there will be a cool down stretch.

### **Day 1**

- Introduction
- Course description, expectations
- Hand out uniforms
- Discussion about the importance of diet and hydration
- Q&A
- Explain the importance of warming up and injury prevention
- Swim Assessment
- Freestyle
- Swim under water
- Retrieve item from 7 feet (if able)
- Tread water with hands (sculling)
- Cool Down
- Teach elementary backstroke
- Teach the importance of cool downs and injury prevention

### **Day 2**

- Front Crawl (Freestyle)
- Teach and assess for proper technique
- Streamline, synchronize side breathing
- Give the participants the foundation of a proper swim routine
- Participants will receive a lap swim voucher and can apply what they learned.
- Introduction to swim equipment
- Teach participants how to properly use kickboards, pull buoys and hand paddles
- Submerging under water
- Feet first surface dive (pencil dive)
- Cool Down
- Incorporate elementary backstroke

### **Day 3**

- Introduce water entries (Ease-in entry, Compact Jump, Stride jump, Long Shallow Dive)
- Tread water with hands and without hands
- Retrieve item from depth of 7ft
- Basic swim circuit with an emphasis on endurance

### **Day 4**

- Introduction to basic lifesaving skills (Reaching assist, Shepard Crooks, Ring Buoy)
- Retrieving item from depth of 7ft, then 9ft
- Introduction to backstroke
- Swim circuit with an emphasis on stroke development

### **Day 5**

- Introduction to lifesaving equipment
- Teach participants to swim with rescue tube
- Review elementary backstroke and backstroke
- Swim workout consisting of endurance training
- Treading water for longer periods, both with/without hands

### **Day 6**

- Review swimming with life saving device
- Introduce breaststroke
- Swim workout focused on building speed

### **Day 7**

- Compressions only demonstration of CPR
- Swim circuit with an emphasis on stroke development
- Review breaststroke
- Treading water

### **Day 8**

- Review of hands only CPR
- Introduce using the AED
- Review breaststroke
- Swim circuit with an emphasis on backstroke and breaststroke
- Treading water



## Day 9

- Introduce opening airway and giving breathes for CPR
- Swim circuit comprised of freestyle, backstroke and breaststroke
- Treading water without hands and some added weight

## Day 10

- Review reaching assist, opening airway, and giving breathes
- Review entries with equipment
- Circuit swim
- Treading water with weight

## Day 11

- Circuit Swim with an emphasis on endurance
- Treading water with added weight
- Introduce butterfly with an emphasis on technique

## Day 12

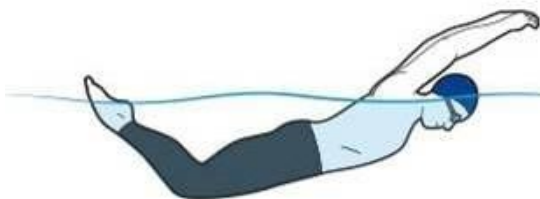
- Assess participant progression with a timed test on swimming



FREESTYLE



BREASTSTROKE



BUTTERFLY



BACKSTROKE

## **Roles and Responsibilities**

### **Program Director**

The Program Director is an Aquatics Staff member who oversees the entire program and supervises the coordinator and instructors. This includes scheduling, advertising, training, course operations, and personnel issues. The director oversees the ordering and purchasing of uniforms and equipment as well as approving the general curriculum of the program. The director also sets up the Assessment, Closing Ceremony, and other LRT events. The director also supports staff by adjusting the program because of facility, ability, and safety considerations.

### **Program Coordinator**

The Program Coordinator oversees running the actual day-to-day operation of the program for their region. They can assist the Program Director in ordering items or setting up. The coordinator is responsible for setting up the daily activities and making sure the instructors are doing their job. Program Coordinators are also in charge of communicating the needs of the LRT Instructor with LRT Director and the respective administrators.

### **Program Instructors**

The Program Instructors are Pool Lifeguards or Senior Pool Lifeguards, who are responsible for teaching the skills and activities to the LRT participants. Many responsibilities are given to instructors for the safety and the well-being of the LRT participants. (*Additional information on the Code of Conduct Section*)

### **LRT Mentor**

Mentor serve to provide individual assessments, 1:1 training assistance and post training follow-ups. As mentors, you are expected to keep lines of communication open to establish a more inviting environment. The personalized approach to participant development helps participants stay focused, ensure access to support services that will build their basic skills and give them insight as what to expect in Lifeguard Academy.

# Code of Conduct

## Instructor Professionalism Policy

- All instructors are to be responsible and present themselves in a professional manner.
- Always have a positive and enthusiastic attitude. Have a smile on your face. A good disposition goes a long way. Be supportive of the administration and your fellow instructors.
- Appropriate conduct must be displayed in the presence of the L.R.T participants.
- All instructors always need to be in uniform, always must be identifiable as county employee.
- Groomed to meet lifeguard standards.
- Use good judgment.
- All instructors need to discuss ANY problems with participants or other instructors with the program coordinator and/or director.
- Never show favoritism. Treat everyone equally regardless of skills, appearance or social graces. Show interest in every individual.
- All Instructors are to work as a TEAM. Teamwork is essential. Input is important from all Instructors for a successful program.
- You must keep your temper under control in all circumstances.

## Instructor Responsibilities

The Responsibilities of the Instructor range greatly. As an instructor, you are a role model for the LRT Participants.

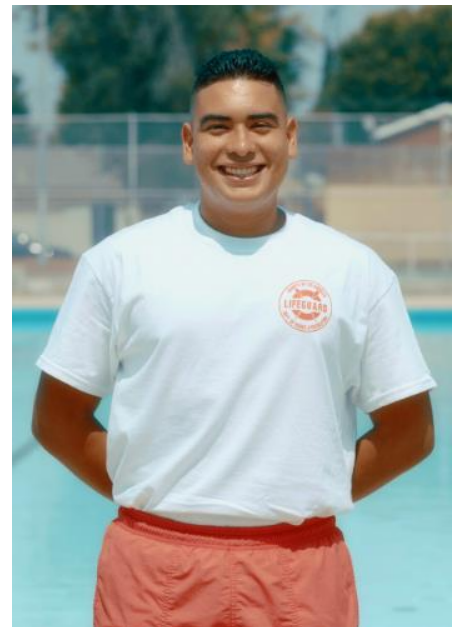
### 1. Watch the Water

- The participant's safety is the biggest responsibility and number one priority.
- All activities, whether they are water related or not, must always have an instructor present.
- During long swims and dryland work outs, all instructors will be lifeguarding, no exceptions.
- Participants are not allowed in the water without permission from instructor.
- Lifeguard must always be on tower when the participants are inside the pool facility.

### 2. First Aid

Whenever a participant needs first aid, all proper steps must be taken.

- Provide care.
- Take advantage of teachable moments.
- First-aid reports must be filled out. (non-employee, incident report, and online form)
- Parents must be notified of all incidents no matter how minor.
- Notify Director/Coordinator of all incidents.



### **3. Supervision of Participant**

- The participant must always be in the presence of an instructor.
- Make sure participants are both hydrated and well shaded from the sun.
- Never put yourself in a situation that would require you to be alone with a minor. PERCEPTION IS EVERYTHING!
- Instructors must always maintain order and discipline.
- Good manners and common sense are imperative. Participants look up to lifeguards and parents expect instructors to be mature.
- No participant should ever be humiliated, verbally assaulted or demeaned by an instructor or other participant. Likewise, be aware and address any bullying.
- All visitors must check in to the office. Approval by Coordinator, Director OR Pool Manager is needed.
- Be available and approachable to participants.

### **4. Vehicles**

- No participant is allowed in vehicles at any time unless there is an emergency where the participant is hurt.
- No participant may ride in any personal instructor vehicles at any time.

### **5. Program Area Set-up**

- All Equipment and First-Aid kits need to be checked and ready for use.
- Water jugs are to be put out and water fountains should be accessible.
- Water Chemistry should be checked before allowing participants in the water.
- All areas being used should be clean and free of debris to prevent injuries.

### **6. Clean-up**

- All equipment needs to be returned to where it belongs.
- Lost and Found items need to be properly stored.
- All Personal items need to be put away.
- Make sure building is cleaned every day.
  - Bathrooms - Check sinks and showers for personal items and overall cleanliness.
  - Lobby and Walkways - is not your area to keep your belongings ever.
  - Classrooms should be cleaned after each use.
  - Pool Area should be cleaned after each use.
- Participant should be picked up in a timely manner, an instructor cannot leave the participant alone.

## **Rules and Expectations for LRT Participants**

### **Safety Rules**

- All participants must follow the instructions of instructors, coordinators, and other Department staff.
- Participants may not leave a designated area without the permission of an instructor or coordinator.
- If injured, participants must report to their instructor IMMEDIATELY.
- *Unsafe conduct* of any kind is prohibited. Refer to the Code of Conduct. Instructors and coordinators should always promote safe conduct.
- No participants can ride in an instructor's personal vehicle to an event or field trip.
- Participants are expected to participate in all physical activities!
- Visitors must check in with Office.
- Any participant leaving early should inform instructor prior to the day.
- Any participants leaving early must be picked up at the office and signed out.
- Other rules can be added for certain facility or program needs.
- Any behavior unbecoming of a participant (i.e. abusive or obscene language, unexcused absences, fighting, etc.) could result in the participants being dropped from the program without return of fee.

### **Attendance**

- Role must be taken at the start of each class, by every group, during morning stretches.
- All participants arriving late need to check in with the Pool Office.
- Emails to the Director are encouraged prior to date of absence. (Instructors discretion).

## **COVID Policies**

Anyone that is sick or experiencing symptoms associated with COVID-19 will not be permitted under any circumstance. Properly worn masks are required in all indoor and outdoor areas except for when participants are in the water. Participants are required to complete a daily health screening for COVID symptoms and must complete a health screening requirement form and COVID acknowledgment form at the time of registration.

Additional and more in-depth information and explanation of LA County's COVID policies can be found within the COVID-19 Acknowledgment Form on the ActiveNet website.

COUNTY OF LOS ANGELES - DEPARTMENT OF PARKS AND RECREATION

Assumption of Risk and Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to be spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

The County of Los Angeles - Department of Parks & Recreation (LAC-DPR) has put in place preventative measures to reduce the spread of COVID-19; however, the LAC-DPR cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending LAC-DPR programming could increase your risk and your child(ren)'s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending LAC-DPR programming and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at LAC-DPR programming may result from actions, omissions, or negligence of myself and others, including, but not limited to, LAC-DPR employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance or participation in LAC-DPR programming ("Claims"). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the LAC-DPR, its employees, agents and the representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of and related thereto. I understand and agree that this release includes any Claims based on actions, omissions, or negligence of the LAC-DPR, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any LAC-DPR program.

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Signature or Parent/Guardian

Date

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Print Name of Parent/Guardian

Date