



JR.

LAKE

LIFEGUARDS





# **2023**

# ***JR. LIFEGUARD***

# ***PROGRAM***

**PARENT**  
**ORIENTATION**



# COUNTY OF LOS ANGELES DEPARTMENT OF PARKS AND RECREATION

## ***WELCOME*** *to* ***Santa Fe Dam*** ***Recreational Area***

Address:

15501 Arrow Hwy, Irwindale, CA, 91706





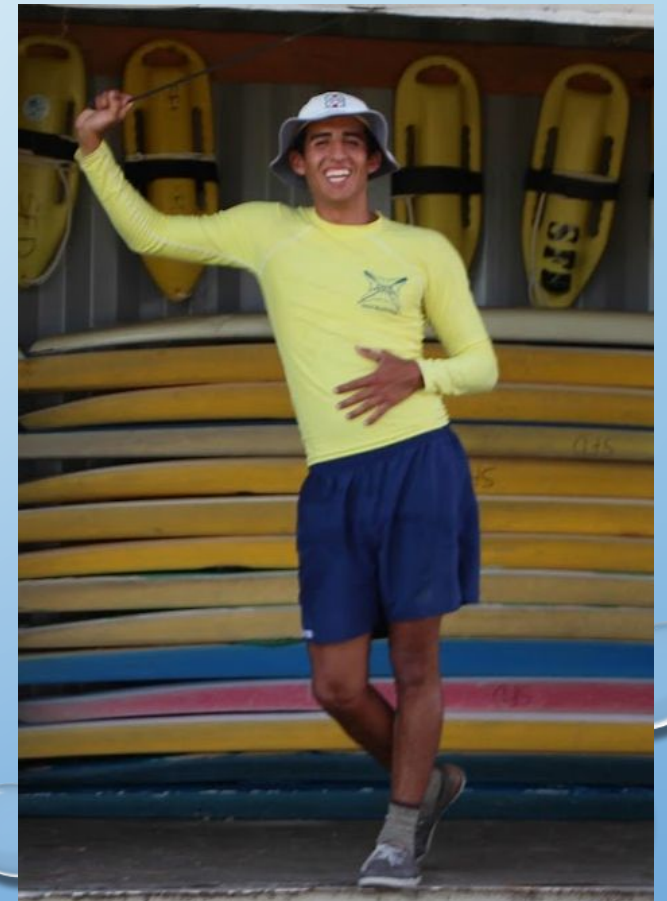


# *Meet the Staff*



**Program Director**  
Brittany Orduño

**Program Coordinator**  
Nick Lara







**Instructor**  
**Justin Schotborgh**



**Instructor**  
**Christy Lam**

**Instructors**  
**Bryan Santis**  
**Zuri Pulido**  
**Julian Casillas**



**Instructors**  
**Diego Lucas**  
**Maven Palacios**  
**Christine Chua**





# MISSION / GOAL

of the Los Angeles County Parks & Recreation  
**Junior Lake Lifeguard Program**

To educate youth in our community with water safety, physical conditioning, basic first-aid, and environmental awareness, while developing the next generation of future lifeguards and leaders.

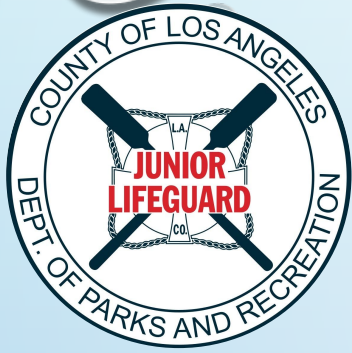
Giving kids a fun, interactive place to learn and gain skills that one day can assist them in getting a future job, as a lifeguard.





HOW WE  
COMMUNICATE  
WITH YOU





# **CONTACTS**



**Email:**

**santafedamjgs@parks.lacounty.gov**

**Main Park Office Phone:**

**(626)334-1065**

**OFFICE HOURS**

**8AM - 3PM**

**MONDAY - THURSDAY**





# RECEIVING EMAILS DURING

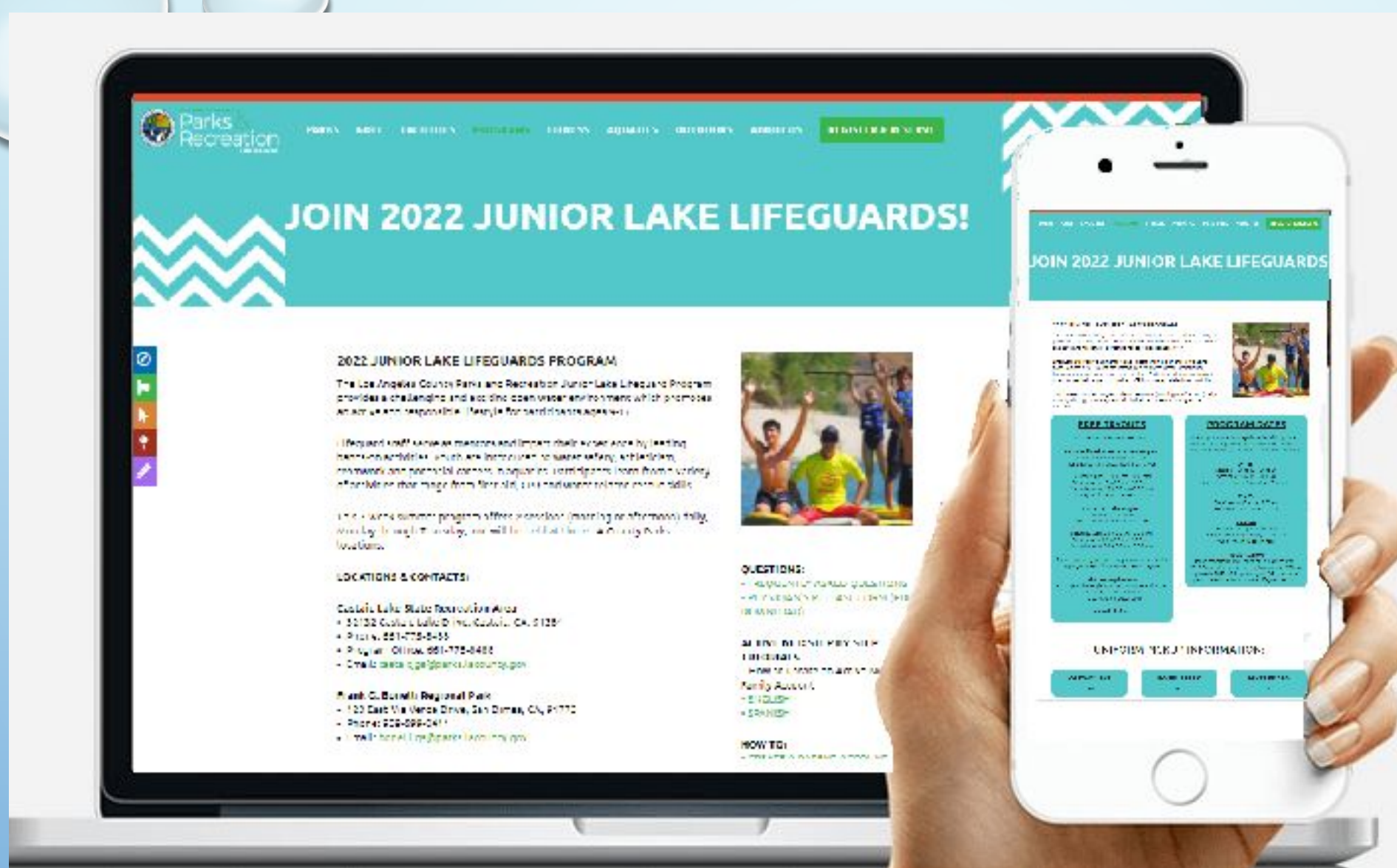


- Emails will be sent through the Active Net System  
To: the enrolled participant
- **Please make sure** your child's profile - email contact is a parents email
- Step by step Directions of "[How to Change Family Members Contact](#) Info" are on our website - under the FREQUENTLY ASKED QUESTIONS [parks.lacounty.gov/JUNIORLIFEGUARDS](https://parks.lacounty.gov/JUNIORLIFEGUARDS)





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[parks.lacounty.gov /juniorlifeguards](https://parks.lacounty.gov/juniorlifeguards)



# PROGRAM DETAILS





# 2 Sessions Available

## JUNE

**(Session 1)** June 12 - June 29 (3 weeks / Mon-Thurs)

Classes: AM (8:00am-11:00am) / PM (12:00PM-3:00PM)

## JULY

**(Session 2)** July 10 - July 27 (3 weeks / Mon-Thurs)

Classes: AM (8:00am-11:00am) / PM (12:00PM-3:00PM)

**FULL DAY** - Kids will get the same training with possible changes to games and activities



# PROGRAM CALENDAR



## DROP-OFF / PICK-UP TIMES

SESSION 1			
Monday	Tuesday	Wednesday	Thursday
June 12	June 13	June 14	June 15
<b>FIRST DAY</b> AM 8:00am - 11:00am PM 12:00pm - 3:00pm	<b>DAY 2</b> AM 8:00am - 11:00am PM 12:00pm - 3:00pm	<b>JOHN WAYNE CANCER FOUNDATION PRESENTATION</b> AM 8:00am - 11:00am PM 12:00pm - 3:00pm	<b>DAY 4</b> AM 8:00am - 11:00am PM 12:00pm - 3:00pm
June 19	June 20	June 21	July 22
<b>DAY 5</b> AM 8:00am - 11:00am PM 12:00pm - 3:00pm	<b>MILE SWIM</b> AM 8:00am - 11:00am PM 12:00pm - 3:00pm	<b>DAY 7</b> AM 8:00am - 11:00am PM 12:00pm - 3:00pm	<b>PICTURE DAY</b> AM 8:00am - 11:00am PM 12:00pm - 3:00pm
June 26	June 27	June 28	June 29
<b>DAY 9</b> AM 8:00am - 11:00am PM 12:00pm - 3:00pm	<b>INTRA-LAKE COMPETITION @Castaic Lake</b> AM Drop-off @6:30am-4:00pm PM Drop-off @6:30am-4:00pm	<b>DAY 11</b> AM 8:00am - 11:00am PM 12:00pm - 3:00pm	<b>PARENT COOKIE BANQUET</b> AM Drop-off @8:00am-3:00pm PM Drop-off @8:00am-3:00pm





# PROGRAM CALENDAR

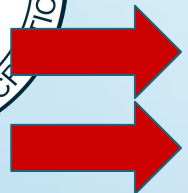


## DROP-OFF / PICK-UP TIMES

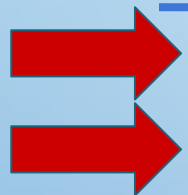
SESSION 2			
Monday	Tuesday	Wednesday	Thursday
July 10	July 11	July 12	July 13
FIRST DAY AM 8:00am - 11:00am PM 12:00pm - 3:00pm	DAY 2 AM 8:00am - 11:00am PM 12:00pm - 3:00pm	DAY 3 AM 8:00am - 11:00am PM 12:00pm - 3:00pm	JOHN WAYNE CANCER FOUNDATION PRESENTATION AM 8:00am - 11:00am PM 12:00pm - 3:00pm
July 17	July 18	July 19	July 20
MILE SWIM AM 8:00am - 11:00am PM 12:00pm - 3:00pm	DAY 6 AM 8:00am - 11:00am PM 12:00pm - 3:00pm	DAY 7 AM 8:00am - 11:00am PM 12:00pm - 3:00pm	PICTURE DAY AM 8:00am - 11:00am PM 12:00pm - 3:00pm
July 24	July 25	July 26	July 27
DAY 9 AM 8:00am - 11:00am PM 12:00pm - 3:00pm	INTRA-LAKE COMPETITION @Santa Fe Dam AM Drop-off @8:00am-3:00pm PM Drop-off @8:00am-3:00pm	DAY 11  AM 8:00am - 11:00am PM 12:00pm - 3:00pm	PARENT COOKIE BANQUET AM Drop-off @8:00am-3:00pm PM Drop-off @8:00am-3:00pm



# A Typical Day as a Junior Lifeguard



7:30-7:50	AM Session Drop-off, Attendance check-in
8:00-8:30	Warm up and Stretch
8:30-8:45	Sunscreen, and workout preparation
8:45-9:15	Workout
9:15-10:45	Group Activities
10:45-11:00	Clean Up
11:00	AM Session Pick-Up;
11:30-11:50	PM Session Drop-off, Attendance check-in
12:00-12:30	Warm-Up and Stretch
12:30-12:45	Attendance, sunscreen, and workout preparation
12:45-1:15	Workout
1:15-2:45	Group Activities
2:45-3:00	Clean Up
3:00	PM Session Pick-Up



**FULL DAY KIDS  
LUNCH TIME**

**11:00 AM - 12:00 PM**



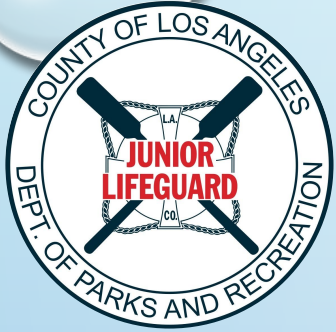




# Age Groups

**Kids will be split into age groups:**

<b>A Group</b>	ages 14 - 17
<b>B Group</b>	ages 12 - 13
<b>C Group</b>	ages 9 - 11



# LEARNING LESSONS



## First Aid

- Patient Assessment
- Sudden Illness
- CPR/AED
- Bleeding Control
- Splinting



## Lifeguarding

- Paddle Board
- Rescue Cans
- In Water Rescues
- Water Searches
- Water Safety







# WORKOUTS



- **RUNNING**
- **SWIMMING**
- **RUN- SWIM- RUN**
- **LONG PADDLE**
- **STRENGTH CONDITIONING**
- **TIMED EVENTS**
- **RELAYS**



# PROGRAM ACTIVITIES & EVENTS





# PICTURE DAY

**THURSDAY - WEEK #2**

*(for each session)*

**AM Class @ 8:30 AM**

**PM Class @ 12:00 PM**

**Company: Yary Photography**



- Photo Forms - are handed out at pick-up a day or 2 before
- Form must be returned ON THE DAY OF PICTURES **ONLY**
- Individual, buddy, and group shots\*\* are available
- Photos will be MAILED HOME by Photographer





**SESSION 1**  
**MON, JUNE 20**

**SESSION 2**  
**WED, JULY 13**



**JOHN WAYNE**  
**CANCER FOUNDATION**

## Youth Skin Cancer Education Program for Junior Lifeguards

### The Block the Blaze Program PROMOTES SUN SAFETY & SKIN CANCER AWARENESS

Mission is to bring courage,  
strength, and grit to the fight  
against cancer.



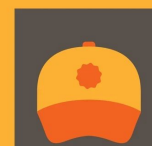
## 5 Sun Safe Tips

BETWEEN 10AM to 4PM

1  
APPLY  
SUNSCREEN



2  
PUT ON A  
HAT



3  
WEAR  
SUNGLASSES



4  
PROTECTIVE  
CLOTHING



5  
SEEK  
SHADE







# MILE SWIM



( 1 Day - Each Session - Date Undisclosed - can email for more info )

## Major Accomplishment:

All age groups end up swimming this event by the end of the session

- FULL LIFEGUARD SUPERVISION
- Younger ages swim with floatation (rescue can assist)

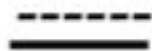
1650 YARDS = 1 MILE

**W O W !!!**

*Mile Long Swim*

*Award*

*is hereby earned by:*



*for outstanding performance and accomplishment of the mile swim*

*Santa Fe Dam*

*session 1*







# BI-ANNUAL INTRA-LAKE COMPETITION







# BI-ANNUAL INTRA-LAKE COMPETITION



- Compete Against:  
(other Junior Lifeguard Programs)
  - Bonelli Park Jr Guards
  - Castaic Lake Jr Guards
  - (Sometimes) Hansen Dam Jr Guards





# BI-ANNUAL **INTRA-LAKE COMPETITION**

- Junior Guards will compete for **medals & awards** within their age groups
- **Parents are welcome** to attend and watch the events

**Don't Forget** to send all participants with a sack lunch & plenty of water for the day

**IT WILL BE VERY HOT / LONG DAY**







BI-ANNUAL

# INTRA-LAKE COMPETITION



**WEEK #3 - TUESDAY**

(of each session)

- Full day event (but kids can be picked up early - notify age group instructor prior)
- AM & PM Classes will be **competing together**
- **Adjusted Drop-off & Pick-up Times**  
(Always Dropping off at Santa Fe Dam)

Locations & Times:

Session 1 - @ Castaic Lake 6:30am to 4-5pm  
Session 2 - @ Santa Fe Dam 8:00am to 3-4pm  
(Accounting for Traffic or extended time for events)





# OVERVIEW LAYOUT OF SANTA FE COMPETITION

PARENT SEATING  
AVAILABLE ON THE RIGHT  
SIDE OF THE  
**BEACH STATION**

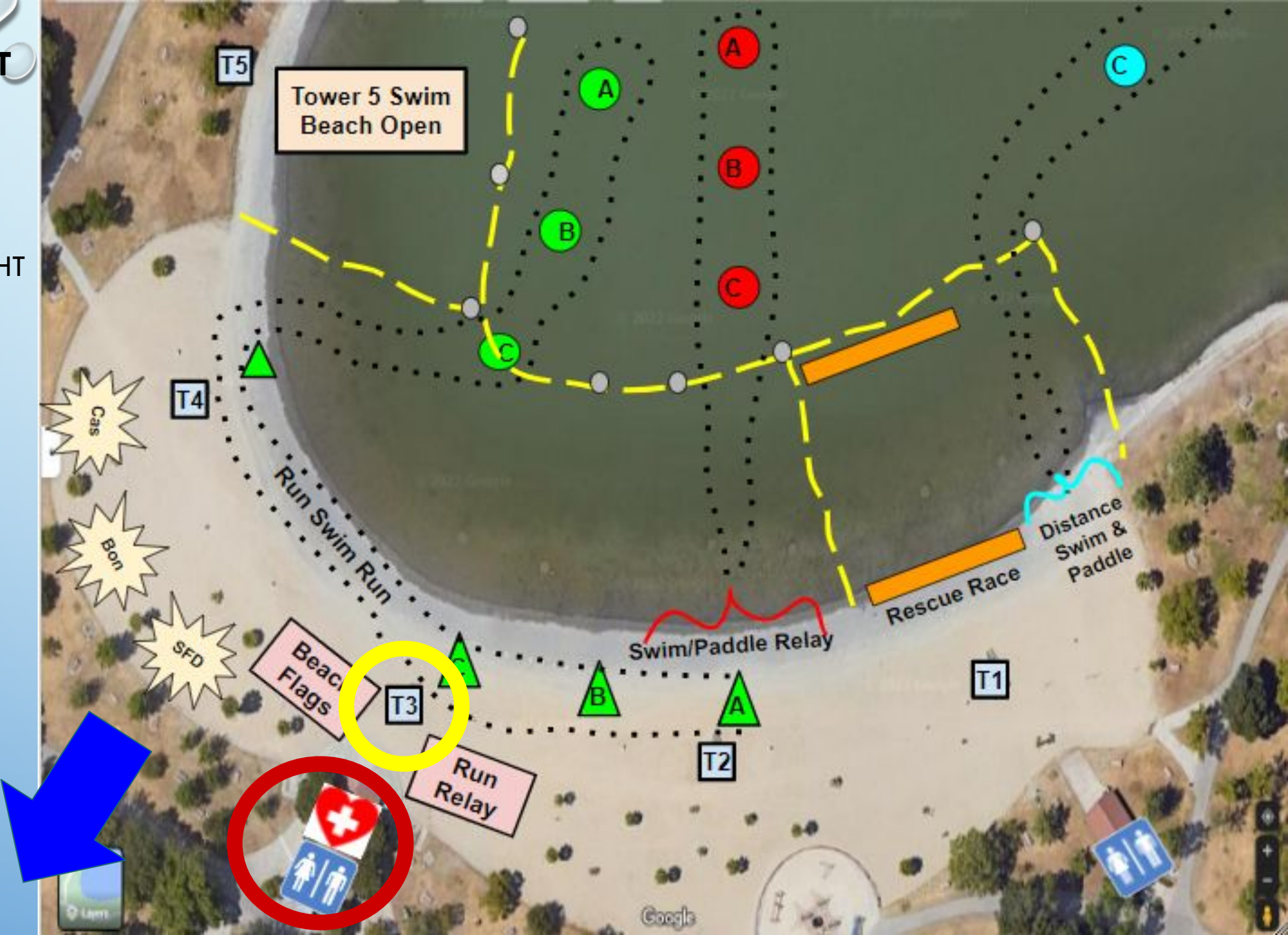
BEHIND LIFEGUARD  
**TOWER 3**

BRING YOUR OWN:

- SEATING
- SHADE
- DRINKS / SNACKS

(IF YOU PLAN TO STAY ALL DAY)

PARKING WILL BE IN  
**PARKING LOT #3**







# BI-ANNUAL **INTRA-LAKE COMPETITION**

(subject to change)

## 2022 Competition Event Order

A	B	C
Distance Run	Distance Run	Distance Run
Beach Flags	Run Relay	Paddle Relay
Run Relay	Paddle Relay	Beach Flags
Paddle Relay	Beach Flags	Run Relay
Distance Paddle	Run Swim Run	Swim Relay
Swim Relay	Distance Paddle	Rescue Race
Run Swim Run	Swim Relay	Distance Paddle
Distance Swim	Rescue Race	Distance Swim
Rescue Race	Distance Swim	Run Swim Run





# PARENT COOKIE DAY / BANQUET



**LAST DAY - WEEK #3 (THURSDAY)**

**(Optional) Parents get to be an honorary Junior Guard for the day!!**



**Interactive Daytime  
Award Banquet**



**( JG Games, Baked Goods,  
Award Certificates )**

**ALL DAY EVENT 8:00AM - 3:00PM**





# PARENT COOKIE DAY / BANQUET

## Basic (Rough) Event Layout

8:00-8:15	Parent + kids arrive
8:15- 9:00	Stretch / workout
9:00- 10:30	Fun Group games
10:30-11:30	Family event
11:30- 1:00	Cookies + cookie award + Lunch
1:00 - 3:00	Awards + Freeplay

- Cookies / Lunch Time @ 12pm
- Kids will still need to **bring sack lunch**
- Daytime Awards Handout Ceremony

## LEAVING EARLY OPTIONAL:

- Parents can check kids out early or can leave them with us till 3pm.

## DETAILS:

- **AM + PM combined**  
DROP-OFF for both AM & PM  
@8:00 AM-3:00 PM
- **OPTIONAL** for parents to attend or participate in this event.
- **Fun games** with parents  
(Land & Water events)

## ATTENDING PARENT OPTIONS:

- Attend **all day** or **part of** the day
- **Participation** is Completely OPTIONAL. Can just watch or **pick & choose** to participate in multiple land & water games.





# Merit Badge Sign off Available

## MERIT BADGE REQUIREMENTS:

- Once JG completes the session, blue cards can be brought the last day for sign off.
- Director (Brittany Orduno) is certified merit badge counselor to sign off on Boy Scout blue cards.

For more details visit:

<https://santafedamjgs.weebly.com/merit-badge-info.html>



## MERIT BADGE LIST:

(3) Available Merit Badges:

- First Aid
- Swimming
- Lifesaving





# UNIFORMS



# Uniform Pick-Up

**Date:** Tuesday, June 5th & 6th

**Time:** 3:00 PM - 6:15 PM

**Location:** Swim Beach

(Beach operation office, behind lifeguard tower #3)

**Parking:** *Parking Lot #3*

**Appointment Only:** *Sign-up for online Time Slot*

**Can not attend?** - Pick up on **FIRST DAY** of the program + can purchase extras





# Uniform Pick-Up



## Be prepared to bring:

- (HELPS IF NEEDED) Proof of Purchase Receipt
- Turn in Physical Release Form
- Bring EXTRA FUNDS for purchasing extra uniform items

## Pick up:

(Preferred) PAYMENT METHOD: → **CREDIT OR DEBIT CARD**

- Uniform
- Parent Calendar
- PARKING PASS (FREE)\*\*
- Any Permission Slips\*

Uniform Handout (Time Slots) - Available Online - link will be sent by email



# Standard Uniform

(INCLUDED WITH PROGRAM FEE)

- JG T-Shirt
- JG Board Shorts
- \*(Girls) Swimsuit





# Purchasing Extra Items

(optional)

**\*Sizes may be limited, in some items. First Come First Serve**

- JG T-SHIRT - \$10
- BOYS BOARD SHORTS - \$30
- GIRLS BOARD SHORTS - \$30
- GIRLS SWIMSUIT - \$35
- SWEATSHIRTS - \$25
- RASH-GUARD - \$25
- JG HAT - \$15
- JG VISOR - \$15
- JG BUCKET HAT - \$23
- JG TOWEL - \$20

\*Prices subject to change due to vendor change



# Extra Uniform Items Details

(optional)



\*Sizes may be limited, in some items. First Come First Serve

## JG RASHGUARDS

- Perfect land & water sun protection
- Rashguard = **SPF 50**
- Great for kids who have a hard time putting on sunscreen.  
Only need to worry about applying to their **FACE, HANDS, LEGS / FEET**

\*Can wear own rashguard from home







# Extra Uniform Items Details

(optional)



**\*Sizes may be limited, in some items. First Come First Serve**

## JG TOWEL

- Towel are lightweight
- Compact: easily rolled or folded
- Easy to add extra towel to gear bag



**EXAMPLE:** (1) for drying off from water activities

(1) for land activities (sitting on for warm ups, lunch time, outdoor classroom learning)



# Extra Uniform Items Details

(optional)



**\*Sizes may be limited, in some items. First Come First Serve**



## JG HATS - (3) STYLES

- **BASEBALL CAP**
- **VISOR**
- **BUCKET HAT**

**Alternative:** Bring own hat, must be plain navy or black, with no logos

**( Good Sun Protection )**







# Extra Uniform Items Details

(optional)

**\*Sizes may be limited, in some items. First Come First Serve**



## JG HOODIE

(SWEATSHIRT)

(Comes in Adult Sizes ONLY)

S, M, L, XL

( Great for Cold Mornings)

**Alternative:** Can wear - plain navy - sweatshirt or sweatpants (No logos)



# Don't Forget !!

## EVERYONE'S ITEMS LOOK EXACTLY THE SAME



MAKE SURE YOU KNOW  
WHICH ONE IS YOURS

***LABEL ALL ITEMS YOUR CHILD BRINGS TO CAMP (uniform, lunch box, bags etc..)***





WHAT STILL  
NEEDS TO BE  
TURNED IN?



# *Physical Release Form*

**Due by First Day of Session OR Can turn in early at Uniform Handout**

Please remember!

- Your child CANNOT participate in the program without a Physical Release Form, completed by a physician.
- Must be turned in by the first day of the attended session (or will have to go home / will not be able to return till turned in)





# *Physical Release Form*

**AVAILABLE FOR ONLINE DOWNLOAD - YEAR ROUND 24/7**

*VISIT OUR WEBSITE:*

[parks.lacounty.gov/juniorlifeguards](https://parks.lacounty.gov/juniorlifeguards)

→ **DOWNLOADS SECTION:**

- **PHYSICIAN'S RELEASE FORM  
(PDF DOWNLOAD)**



COUNTY OF LOS ANGELES  
DEPARTMENT OF PARKS AND RECREATION  
JUNIOR LIFEGUARD PROGRAM  
SANTA FE DAM



PHYSICIAN'S RELEASE FORM

Junior Lifeguard Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Home Phone # \_\_\_\_\_

TO THE PHYSICIAN:

The person you are examining is a participant actively engaged in the Junior Lifeguard Program for the County of Los Angeles Department of Parks and Recreation. As such, this person will be participating in physically demanding activities in a lake setting. Activities will include, but not limited to, swimming, running, boating, calisthenics, and prolonged exposure to sun and heat.

EXAMINATION RESULTS:

The participant named above is:

ABLE ☐ NOT ABLE ☐ to participate in the Junior Lifeguard Program.

Birth Date: \_\_\_\_\_

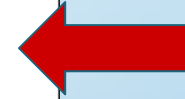
Age: \_\_\_\_\_

Gender: M ☐ F ☐

RESTRICTIONS (If any): \_\_\_\_\_

RECOMMENDATIONS (If any): \_\_\_\_\_

First Page



Has your Doctor  
already filled out  
a separate  
physical form?

You can turn in a  
**Copy of an  
Official Doctor's  
Physical**  
on a separate  
document.  
Just staple a copy  
to our form with  
the basic  
information filled  
out for your child.





Second Page

**Request Medication/Treatment Given during LA County Jr. Lifeguards Program**  
(if applicable)

**Jr. Lifeguard's Name**

**Date of Birth**

☐ No known medication allergies. ☐ Allergies :

Give daily	Give as needed	Treatment/ Medication as written on bottle or package	Dosage in ml,mg,cc	Time actual hour of day	Route of delivery	Reason medication is given	Start & End Dates actual calendar dates	

**Special Instructions:**

**If inhaler:** (please check one of the following options)

☐ Allow Jr. Lifeguard to carry/administer own inhaler - If needed it will be assisted by EMT Lifeguards

☐ Do Not allow Jr. Lifeguard to carry own inhaler, is to be assisted by and kept with EMT Lifeguards.

**If allergy kit** (please check one of the following options, 911 will be called if Epi-Pen is administered)

☐ Allow Jr. Lifeguard to carry/administer own Epi-Pen. - If needed it will be assisted by EMT Lifeguards

☐ Do not allow Jr. Lifeguard to carry own Epi-Pen it is to be assisted by and kept with EMT Lifeguards.

**Does your Junior Guard need to carry/administer medication during camp hours?**

If **YES**, a  
**DOCTOR MUST  
FILL OUT THIS  
FORM**



**Request Medication/Treatment Given during LA County Jr. Lifeguards Program**  
(if applicable)

**Jr. Lifeguard's Name**

**Date of Birth**



No known medication allergies.

☐

Allergies :

Give daily	Give as needed	Treatment/ Medication as written on bottle or package	Dosage in ml,mg,cc	Time actual hour of day	Route of delivery	Reason medication is given	Start & End Dates actual calendar dates	

**Special Instructions:**

**If inhaler:** (please check one of the following options)

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**If allergy kit** (please check one of the following options, 911 will be called if Epi-Pen is administered)

☐ Allow Jr. Lifeguard to carry/administer own Epi-Pen. - If needed it will be assisted by EMT Lifeguards

☐ Do not allow Jr. Lifeguard to carry own Epi-Pen it is to be assisted by and kept with EMT Lifeguards.

If your child  
does not apply:

**NO** Medications need  
to be carried at Camp

Just Check **“No known  
medications”** and  
leave the rest blank”





# *Still Need a Physical?*



## NEED A LOCATION?

Chiropractic and Soft Tissue Center

Name: Mark M. Dederichs DC.

Address: 709 E Rte 66, Glendora, CA, 91740

Phone: (626) 963-6332

### APPOINTMENT ONLY

Call and ask for Debbie to make an appointment.

(They can usually take same day appointments.)

**Open Weekdays (ONLY)**

[ Closed on Tuesdays ]

Payment:

\$20 Dollars (CASH ONLY)



# WHAT TO BRING



# WHAT TO BRING



## REQUIRED DAILY ITEMS:

- Clean Uniform
- Towel
- Sandals
- Running Shoes
- Sunscreen
- Water (lots of it)
- Snack (3 hour day)
- Sack Lunch (6 hour day)

## OPTIONAL ITEMS:

- Sunglasses
- Hat
- Swim Goggles
- Water Shoes / Aqua Socks
- Extra Towel
- Navy sweatpants or sweatshirt (for cold mornings)



# ***RUNNING DAILY***



**RUNNING SHOES ARE A REQUIREMENT**

- JGs should arrive with running shoes on and be ready to workout





# FOOD AND WATER



**NOTE: There are NO FOOD VENDORS INSIDE THE PARK. Please make sure your child is prepared**



- Bring lots of **WATER**  
(Large Water Container or multiple bottles)

**1 Class a Day - (3 Hours)**

- Bring a Healthy Snack

**2 Class a Day - (6 Hours)**

- Bring Healthy Sack Lunch



# *Arrive wearing daily STANDARD UNIFORM*



- JG T-SHIRT or Rashguard
- BOARD SHORTS
- \* GIRLS SWIMSUIT

## OPTIONAL ITEM:

- JG HAT (bill must be worn facing forward)







# SUN PROTECTION

*Recommended to bring **SPF 30 +** or greater Sunscreen*



## REQUIRED:

- Sunscreen SPF 30 +

## OPTIONAL:

- Rashguard
- Hat
- Sunglasses





# PROMOTING SUCCESS





# PROMOTING SUCCESS DISCIPLINE STEPS

- 1ST WARNING - INSTRUCTOR WILL ADDRESS THE BEHAVIOR
- 2ND WARNING - JG IS GIVEN A "TAKE FIVE" (Break to reflect)
- 3RD WARNING - JG WILL MEET WITH THE JG COORDINATOR  
WRITE REFLECTION PAGE & PARENT MEETING
- 4TH WARNING - SUSPENSION /OR/ EXPULSION  
(Decisions by the Program Director - depending on the severity of the problem)



# CELL PHONES & ELECTRONICS



***NOTE: All items that are brought to the program are “BRING AT YOUR OWN RISK”***

- Cell phones remain in JGs bag
- Cell phones can be used ONLY with the instructor's permission and supervision, to call parent or guardian
- Unauthorized use, will result in the confiscation of the item and will ONLY be returned to the parents or guardian at pick-up

***In case of Emergency: If you need to contact your child, please call Main Office (626)334-1065***





PARKING LOT  
PICK UP  
&  
DROP OFF



# DROP OFF AND PICK UP



- KIOSK - Stop and say “hi!”
- Show Parking Pass
- **DRIVE SLOW 15 MPH \*\***
- **DROP OFF - No earlier than 30 mins**  
before the start of the program
- **PICK UP - Please be on time**

*Pick-up Extra Parking Passes from group Instructor*





**DROP OFF AND PICK UP**  
**Ensure your Session**  
**Parking Pass is Displayed**  
**or Readily Accessible**

**(Kiosk must be able to view to allow entry to the park)**

*Pick-up Extra Parking Passes from group Instructor*

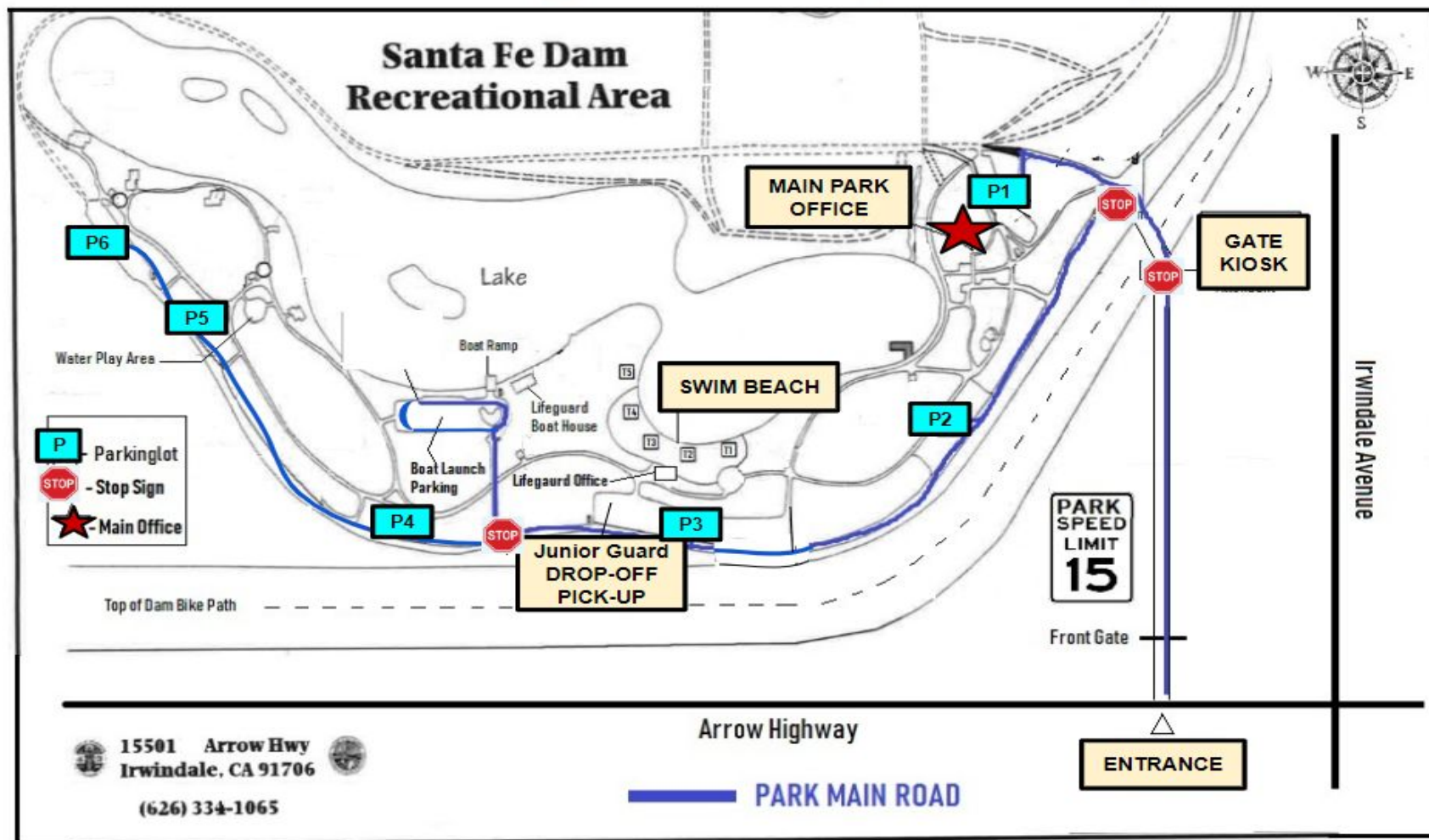


# Quick Tour Around the Park



- Where is the entrance?
- Where is the main park office?
- Where is the swim beach?
- Where is drop-off and pick-up area?

## Junior Lifeguard Program Map







# **LEAVING EARLY OR ARRIVING LATE?**

## **EXPECTED**

If known in advance, notify your child's Group Instructor at drop-off or pick-up, so we can coordinate this adjustment.

## **UNEXPECTED**

If unexpected, feel free to call the  
Main Park Office  
**(626) 334-1065** or visit one of our Lifeguard  
Offices. We will assist you.



# PARENT FORUM FOR POSSIBLE RIDESHARE or CARPOOLING

If you are interested in possible ride share with families in your area

## WATCHING LIVE

TYPE IN THE CHAT

**“RIDESHARE”**

**Name:**

**Email:**

**Phone Number:**

**City you live in:**

**OR**

## NOT WATCHING LIVE

EMAIL THE SAME INFO  
TO:

[santafedamjgs@parks.lacounty.gov](mailto:santafedamjgs@parks.lacounty.gov)

EMAIL TITLE “RIDESHARE”

WE WILL TRY TO HELP GET FAMILIES  
CONNECTED VIA EMAIL CHAIN





# ***DON'T FORGET***

- Physician RELEASE FORM DUE First Day
- Check your profile - Make sure your child's email contact is listed as the parent who will keep up on parent emails
- Uniform handout is June 5th -6th 3:00pm - 6:15pm (time slots link is on the website)



THANK YOU!

See you all soon!