





JR. LIFEGUARD PROGRAM

PARENT ORIENTATION









<u>Address</u>: 15501 Arrow Hwy, Irwindale, CA, 91706



Meet the Staff





Program Director Brittany Orduño

Program Coordinator

Christy Lam





Instructors

Emily Tran

Diego Lucas

Julian Casillas

Instructor Justin Schotborgh



Instructors Maven Palacios Christine Chua Liv Hernandez



Our Mission



of the Los Angeles County Parks & Recreation

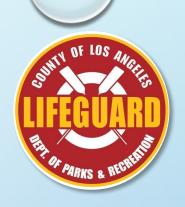
Junior Lake Lifeguard Program

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.



- Create an inclusive environment for youth to make friendships
- Encourage and positively reinforce displays of effort in all activities
- Including camaraderie and sportsmanship
- As well as teaching the value and importance of fitness in lifeguarding and in life as a whole.





HOW WE COMMUNICATE WITH YOU







santafedamjgs@parks.lacounty.gov

Main Park Office Phone: (626)334-1065

OFFICE HOURS 8AM - 3PM MONDAY - THURSDAY



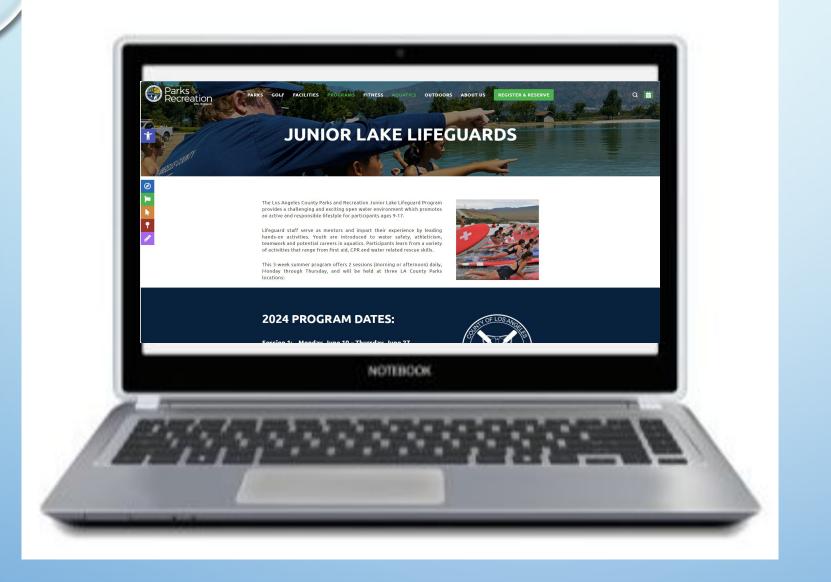
RECEIVING EMAILS DURING



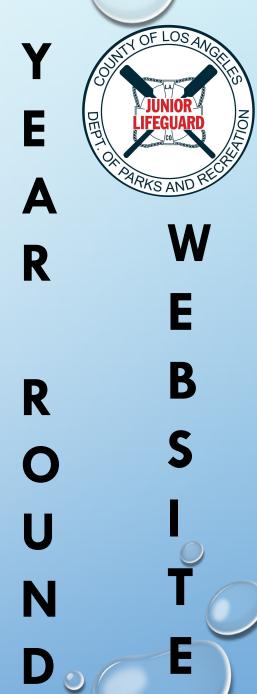
- Emails will be sent through the Active Net System
 - To: the enrolled participant

 Please make sure your child's profile - email contact is a <u>parents email</u> Step by step Directions of

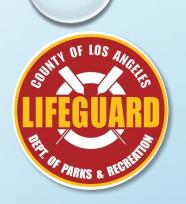
"<u>How to Change Family Members</u> Contact Info" are on our <u>website</u> - under the FREQUENTLY ASKED QUESTIONS parks.lacounty.gov/JUNIORLIFEGUARDS



parks.lacounty.gov /juniorlifeguards







PROGRAM DETAILS



JUNE

 (Session 1)
 June 10 - June 27
 (3 weeks / Mon-Thurs)

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

JULY

 (Session 2)
 July 8 - July 25
 (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

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DROP-OFF / PICK-UP TIMES

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SESSION 1			
Monday	Tuesday	Wednesday	Thursday
June 10	June 11	June 12	June 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	JOHN WAYNE CANCER FOUNDATION PRESENTATION AM 8:00am - 11:00am PM 12:00pm - 3:00pm	DAY 4 AM 8:00am - 11:00am PM 12:00pm - 3:00pm
June 17	June 18	June 19	July 20
DAY 5 AM 8:00am - 11:00am PM 12:00pm - 3:00pm	MILE SWIM 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
June 24	June 25	June 26	June 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	BOAT / WPA DAY AM 8:00am - 11:00am PM 12:00pm - 3:00pm	PARENT COOKIE BANQUET AM Drop-off @8:00am-3:00pr PM Drop-off @8:00am-3:00pr

PROGRAM CALENDAR

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DROP-OFF / PICK-UP TIMES

KSANE

SESSION 2			
Monday	Tuesday	Wednesday	Thursday
July 8	July 9	July 10	July 11
FIRST DAY	DAY 2	DAY 3	DAY 4
AM 8:00am - 11:00am PM 12:00pm - 3:00pm	AM 8:00am - 11:00am PM 12:00pm - 3:00pm	AM 8:00am - 11:00am PM 12:00pm - 3:00pm	AM 8:00am - 11:00am PM 12:00pm - 3:00pm
July 15	July 16	July 17	July 18
JOHN WAYNE CANCER FOUNDATION PRESENTATION AM 8:00am - 11:00am PM 12:00pm - 3:00pm	MILE SWIM 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 22	July 23	July 24	July 25
DAY 9 AM 8:00am - 11:00am PM 12:00pm - 3:00pm	INTRA-LAKE COMPETITION @Castaic Lake AM Drop-off @6:00am-4:00pm PM Drop-off @6:00am-4:00pm	BOAT / WPA DAY 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

			LIFEUUANU
	7:30-7:50	AM Session Drop-off, Attendance check-in	E. A.
ع ا	8:00-8:30	Warm up and Stretch	PARKS & REGRET
8	8:30-8:45	Sunscreen, and workout preparation	
8	8:45-9:15	Workout	
ę	9:15-10:45	Group Activities	
1	10:45-11:00	Clean Up	
1	11:00	AM Session Pick-Up;	FULL DAY KIDS
	11:30-11:50	PM Session Drop-off, Attendance check-in	LUNCH TIME
	12:00-12:30	Warm-Up and Stretch	11:00 AM - 12:00 PM
	12:30-12:45	Attendance, sunscreen, and workout preparation	
1	12:45-1:15	Workout	Ø
1	1:15-2:45	Group Activities	-
2	2:45-3:00	Clean Up	
3	3:00	PM Session Pick-Up	0

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Age Groups



Kids will be split into age groups:

 A Group
 ages 14 - 17

 B Group
 ages 12 - 13

 C Group
 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





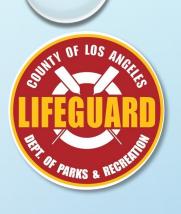




WORKOUTS



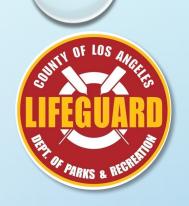
- RUNNING
- SWIMMING
- RUN- SWIM- RUN
- LONG PADDLE
- **STRENGTH CONDITIONING**
- TIMED EVENTS
- RELAYS





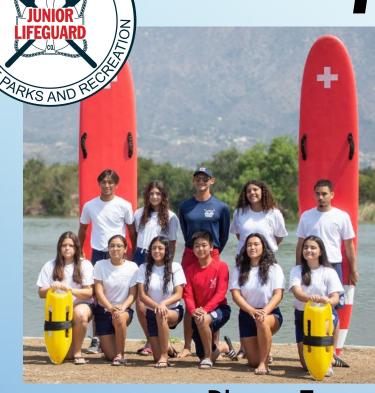






PROGRAM ACTIVITIES & EVENTS

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









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.









MILE SWIM



1 Day - Each Session - Date Undisclosed - can email for more info) Mile Long Swim Award is hereby earned by: for outstanding performance and accomplishment of the mile swim Santa Fe Dam

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

BI-ANNUAL INTRA-LAKE COMPETITION



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<u>BI-ANNUAL</u> 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 <u>sack lunch & plenty of water</u> for the day IT WILL BE VERY HOT / LONG DAY



BI-ANNUAL INTRA-LAKE COMPETITION





WEEK #3 - TUESDAY

(of each session)

- <u>Full day</u> 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 - @ Bonelli Lake 6:30am to 3-4 pm Session 2 - @ Castaic Lake 6:00am to 4-5 pm (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

BRING YOUR OWN:

- SEATING
- SHADE
- DRINKS / SNACKS
- (IF YOU PLAN TO STAY ALL DAY)

PARKING WILL BE IN PARKING LOT #3





<u>BI-ANNUAL</u> INTRA-LAKE COMPETITION



(subject to change)

2022 Competition Event Order

A	В	С
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



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.



- 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
 <u>OPTIONAL</u>. Can just watch or
 pick & choose to participate in
 multiple land & water games.



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

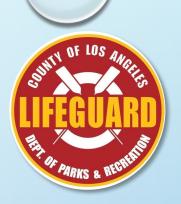


MERIT BADGE LIST:

(3) Available Merit Badges:

- First Aid
- Swimming
- Lifesaving





UNIFORMS



Uniform Pick-Up

Date: Tuesday, June 3rd & 4th

Time: 3:00 PM - 6:00 PM

Location: Swim Beach

(Beach operation office, behind

lifeguard tower #3)

Parking: Parking Lot #3



Appointment Only: Sign-up for online Time Slot

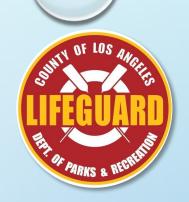
Can not attend? - Pick up on **FIRST DAY** of the program + can purchase extras



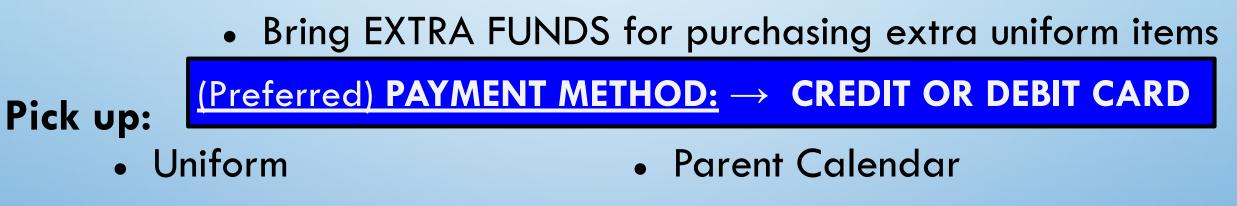


Uniform Pick-Up

Be prepared to bring:



- (HELPS IF NEEDED) Proof of Purchase Receipt
- Turn in <u>Physical Release Form</u>



- 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

*Prices subject to change due to vendor change

- RASH-GUARD \$25
- •SWIM CAPS \$5
- JG HAT \$15
- JG VISOR \$15
- JG BUCKET HAT \$23
- **TOWEL \$20** • JG

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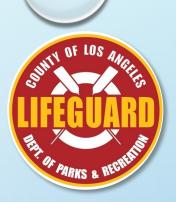
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(optional)

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





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

(optional)

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)

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

(optional)



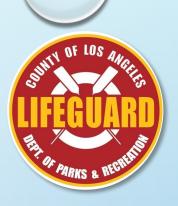
JG HATS - (3) STYLES

- BASEBALL CAP
- VISOR
- BUCKET HAT
- SWIM CAP

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

(Good Sun Protection)

(optional)



JG HOODIE

(SWEATSHIRT)

(Comes in Adult Sizes ONLY)

S, M, L, XL, XXL

(Great for Cold Mornings)

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

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<u>Alternative:</u> Can wear - plain navy - sweatshirt or sweatpants (No logos)



Don't Forget ‼

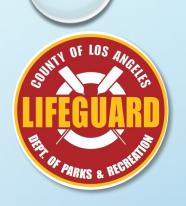


EVERYONE'S ITEMS LOOK EXACTLY THE SAME



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





WHAT STILL NEEDS TO BE TURNED IN?



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

Please remember!

• Your child <u>CANNOT participate</u> 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)



AVAILABLE FOR ONLINE DOWNLOAD - YEAR ROUND 24/7





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:

ABLE 🗖 NOT ABLE 🗖	The participant named above the participant in the participate in the term of the participate in the term of the participate in the term of te	t above is: e in the Junior Lifeguard Progra		
Birth Date:	Age:	Gender: M F		
RESTRICTIONS (If any):				
RECOMMENDATIONS (If an	y):			



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.

First Page



Second Page

Request Medication/Treatment Given during LA County Jr. Lifeguards Program

(if applicable)

Date of Birth

Jr. Lifeguard's Name

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	8
2				8	5		2		3
						05			3

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?

lf <u>YES</u>, a DOCTOR MUST FILL OUT THIS FORM



Request Medication/Treatment Given during LA County Jr. Lifeguards Program

(if applicable)

Date of Birth

Jr. Lifeguard's Name

Give aily	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

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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"



DUNITY OF LOS ANGE

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.)

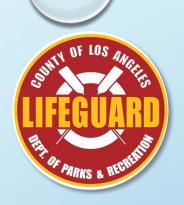
Open Weekdays (ONLY)

[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 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



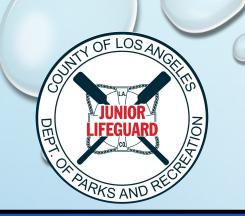
Arrive wearing daily STANDARD UNIFORM



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

OPTIONAL ITEM:

• JG HAT (bill must be worn facing forward)



SUN PROTECTION



Recommended to bering SPF 30 + or greater Sunscreen



REQUIRED:



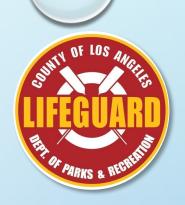
• Sunscreen SPF 30 +

OPTIONAL:

- Rashguard
- Hat
- Sunglasses







PROMOTING SUCCESS



PROMOTING SUCCESS DISCIPLINE STEPS



• 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 <u>ONLY with the instructor's permission and</u> <u>supervision</u>, to call parent or guardian
- Unauthorized use, will <u>result in the confiscation</u> 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 <u>Readily Accessible</u>

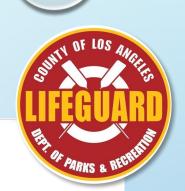
(Kiosk must be able to view to allow entry to the park)

Pick-up Extra Parking Passes from group Instructor

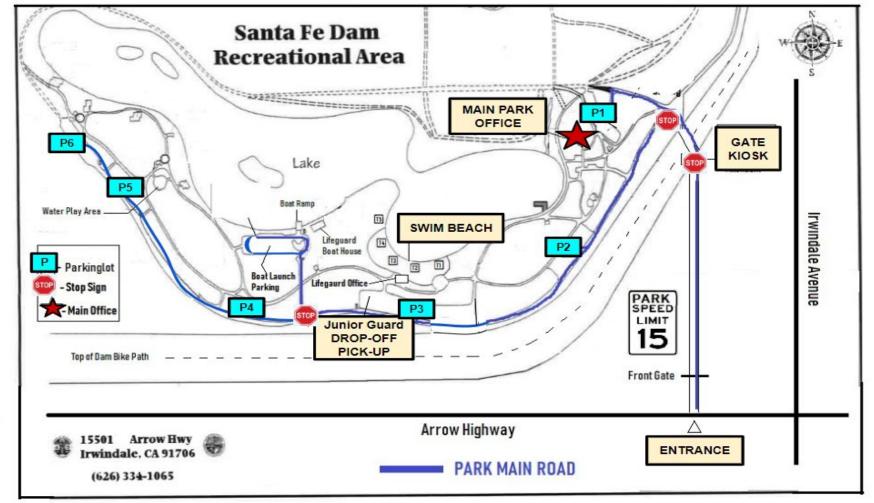


- Where is the entrance?
- Where is the main park office?
- Where is the swim beach?
- Where is drop-off and pick-up area?

Quick Tour Around the Park



Junior Lifeguard Program Map





LEAVING EARLY OR ARRIVING LATE?

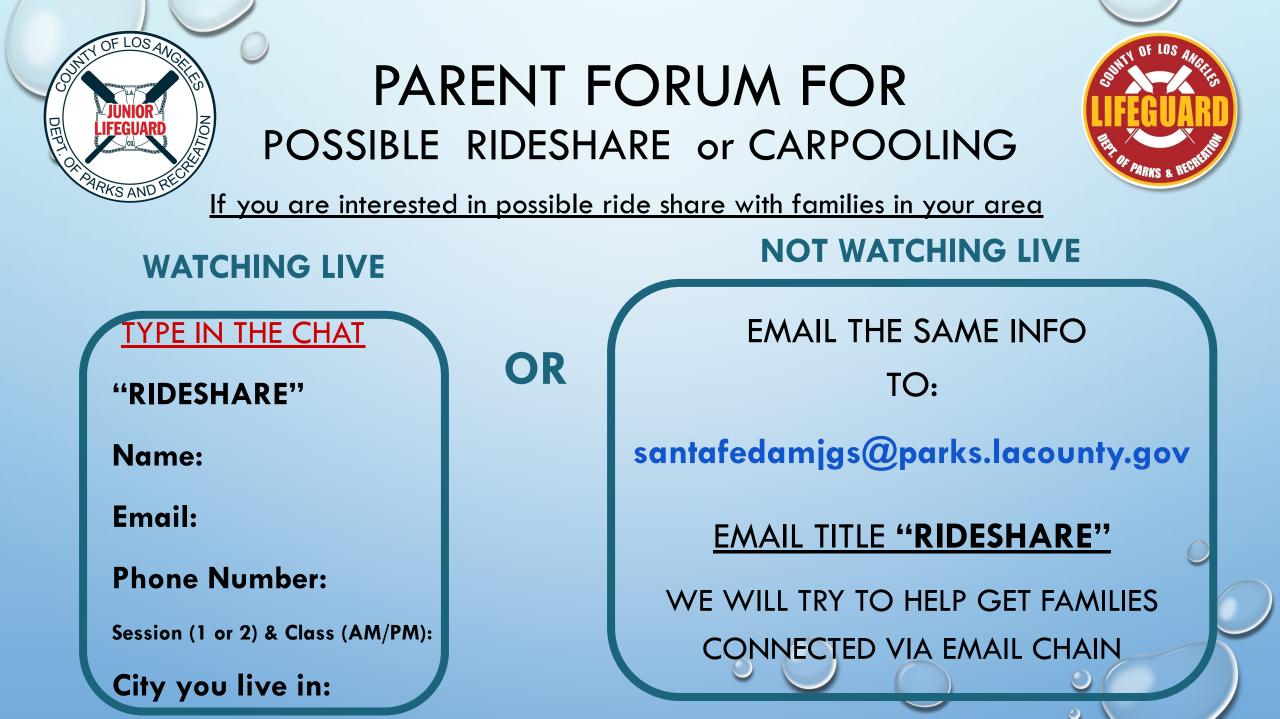


EXPECTED

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

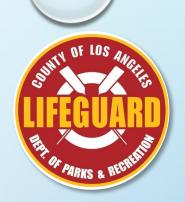
UNEXPECTED

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





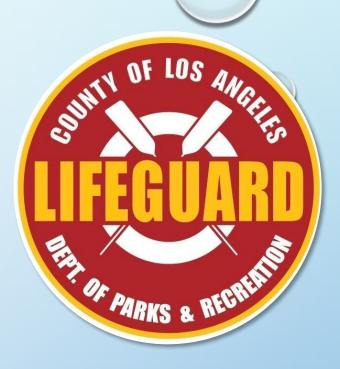
DON'T FORGET



Physician <u>RELEASE FORM DUE</u> 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 3rd -4th 3:00pm 6:00pm (time slots link is on the website)





THANK YOU!

See you all soon!