

Junior Lake Lifeguard Program
Frequently Asked Questions (FAQ)

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WHAT ARE THE PROGRAM DATES & TIMES?

Summer 2022 Program:

Program Dates:

(There are (2) Sessions available)

- Session 1: June 13 - June 30
- Session 2: July 11 - July 28

Program Length:

- Each Session is 3 weeks in length
- The program runs **Monday - Thursday**

Classes / Times:

- Morning (AM) class (8:00 a.m. - 11:00 a.m.) (3 Hours)
- Afternoon (PM) class (12:00 p.m. - 3:00 p.m.) (3 Hours)

Snacks / Lunch :

- 1 Class per session (3 Hour Program)
(Lunch is **NOT Required but it is preferred if you bring a snack)
- 2 Classes per session (6 Hour Program)
(Bringing a sack Lunch **IS REQUIRED - Lunch hour 11:00 a.m. - 12:00 p.m.)
Lunch will not be provided by the program / must be brought by each participant

Availability per Session:

- Each (AM, PM) Class within a Session will have a minimum of 75 participants and a max of 100.
- If a class does not reach the minimum number of participants required, that class has the potential to be canceled for that session.
- Spaces will be limited and will be available on a first come, first serve basis.

Visit our website year-round for yearly updated info → parks.lacounty.gov/JUNIORLIFEGUARDS

HOW MUCH DOES THE JUNIOR LIFEGUARD PROGRAM COST?

Summer 2022 Program:

Program Fees:

(Price is per Class, per participant)

AM Class: \$350

PM Class: \$350

Program Fee Includes:

- Each Class = 3 Week Session (Monday - Thursday)
- (1) Jr Lifeguard Uniform Set

Uniform Details:

All participants receive (1) Jr Lifeguard Uniform Set with each Program Fee purchase (AM / PM Class).

Program Fee - Uniform Set includes:

- (1) Jr Lifeguard t-shirt
- (1) Navy blue custom-designed shorts
- (1) *One-piece swimsuit (for girls)

****Extra Uniform items will be available for purchase at each Programs Uniform Handout**

WHAT ARE THE PROGRAM LOCATIONS?

There are (3) Lake Locations:

- **Frank G. Bonelli Regional Park** (San Dimas, CA)
Phone: 909-599-8411 (Main Park Office)
Address: 120 East Via Verde Dr, San Dimas, CA, 91773
Email: Bonellijgs@parks.lacounty.gov
- **Santa Fe Dam Recreational Area** (Irwindale, CA)
Phone: 626-334-1065 (Main Park Office)
Address: 15501 E Arrow Hwy, Irwindale, CA, 91706
Email: Santafedamjgs@parks.lacounty.gov
- **Castaic Lake** (Castaic, CA)
Phone: 661-257-4050 (Main Park Office) 661-775-8488 (Program Office)
Address: 32132 Castaic Lake Drive, Castaic, CA, 91384
Email: Castaicjgs@parks.lacounty.gov

DO I HAVE A RETURNING JG OR NEW PARTICIPANT?

- **RETURNING JUNIOR LIFEGUARDS**

- A Returning Junior Lifeguard has successfully completed last summers program (2021), is **NOT Required to Tryout again.**
or
- Returning Junior Lifeguards who participated in **2019 or prior**, are **REQUIRED to attend a (Pool) Tryout** and pass the swim test:
 - 100 yards freestyle in under 2 minutes and 30 sec
 - Tread water for 3 minutes
 - 10-yards Underwater Swim

- **NEW PARTICIPANTS**

- New Junior Lifeguards who have not participated before, **are REQUIRED to attend a (Pool) Tryout** and pass the swim test:
 - 100 yards freestyle in under 2 minutes and 30 sec
 - Tread water for 3 minutes
 - 10-yards Underwater Swim

DOES MY CHILD NEED TO TRYOUT / OR / TRYOUT AGAIN?

*Any Junior Lifeguard who successfully **completed the 2021 Junior Lifeguard Program** will be accepted into the 2022 program.*

New Participants

- **TRYOUT REQUIRED**

All NEW participants must pass a swim tryout at one of the listed Tryout Dates before they will be eligible to Register for the program.

NOTE

Listed **Swim Test Tryouts Dates** will be the only opportunities to pass a tryout and become eligible for the program.

Returning Junior Lifeguards

- **WHEN TRYOUT IS NOT REQUIRED**

Participants who passed a tryout and attended the program last summer, do not need to tryout again.

Once a participant has passed a tryout, if they continue to attend the program annually, the previous summer qualifies as their prerequisite in place of a tryout.

- **WHEN TRYOUT IS REQUIRED**

Returning participants will need to tryout again if they have a gap between summers.

WHAT ARE THE TRYOUT (SWIM TEST) DATES AND LOCATIONS?

(2) Pool Tryout Locations: **(2022)**

Lake Program Location	<i>(Joint (2) Lake Tryout)</i> Bonelli Park and Santa Fe Dam (SAN DIMAS) (IRWINDALE)	Castaic Lake (CASTAIC)
Tryout (Pool) Location	Pool Name: Norman Johnson Aquatic Center - (Pool) Address: 405 S. Santa Anita Ave. Arcadia, CA, 91006	Pool Name: Castaic Aquatic Center - (Pool) Address: 31350 Castaic Rd. Castaic, CA, 91384
Tryout Dates & Times	Times: (8:30 am – 3:30 pm) Dates: Saturday - April 9 Sunday - April 10 Saturday - April 16 Sunday - April 24	Times: (8:30 am – 3:30 pm) Dates: Saturday - April 23 Sunday - April 24 Saturday - April 30
Tryout Details	<p>Note:</p> <ul style="list-style-type: none"> • Santa Fe Dam & Bonelli are <u>two separate program locations</u>, but they will be having a combined (2) Lake Tryout @ the same pool location. - Meaning they will be testing participants signing up for the Santa Fe Dam Program and Bonelli Park Program. • ONLY Swim Tryouts will be held at a Pool Location. When the <u>Junior Lake Lifeguard Programs</u> are in session, they are held at the <u>Lake locations</u> (Bonelli Park, Santa Fe Dam, Castaic Lake). Questions: Contact Lake Locations - NOT Pools (Pools will not have any info) • The listed Swim Test Tryouts Dates will be the ONLY OPPORTUNITY to pass a tryout and become eligible for this year's program. No Make-up Tryouts. • Participants can take the Swim Test at ANY of the listed Tryouts at EITHER of the (2) listed Pool locations to become eligible to Register. • Swim Test appointments are Required. Sign-up ONLINE for one of the (free) swim test appointments on Active Net, before attending the Swim Tryout. <ul style="list-style-type: none"> ○ Time slots are set 15 mins apart w/ 8 openings per time slot ○ First come, first serve. 	
Sign-up Online by clicking SIGN UP FOR TRYOUTS on → parks.lacounty.gov/JUNIORLIFEGUARDS		

WHAT ARE THE SWIM TEST REQUIREMENTS?

New Participants & *Returning Junior Lifeguards with a gap between summers, are required to attend a (Pool) Swim Tryout and pass the swim test:

- 100-yard Freestyle Swim - Time: under 2 minutes and 30 seconds (2:30)
- Tread water - Time: 3 minutes (3:00)
- 10-yard Underwater swim

Tryout Details:

- All modules must be completed successfully in order, on the same day, and are the minimum requirements to participate in the program.

See **page 4 (above) for details on “Does my child need to Tryout / or / Tryout again?”*

Other Tryout Details:

Required Items at Tryout:

- Bring a parent or legal guardian
- Swimsuit and Towel
- Proof of Participants age (Birth Certificate etc.)

Extra Non-Required Items:

- Goggles
- Swim cap

PLEASE BE ON TIME AND READY TO SWIM AT YOUR APPOINTMENT TIME.

If you miss your time, there is no guarantee you will be able to Tryout later that day.

IMPORTANT NOTE:

- The Swim Tryout is NOT a Registration for the Junior Lake Lifeguard Program, and does not guarantee admission into the program sessions.
- Once you have completed the TRYOUT you will be able to Register for the program when Registration opens to the public.

WHAT DOES MY CHILD NEED TO PARTICIPATE IN JUNIOR LIFEGUARDS?

POOL SWIM TEST TRYOUT:

Required Items at Tryout:

- Bring a parent or legal guardian
- Swimsuit and Towel
- Proof of Participants age (Birth Certificate etc.)

Extra Items (optional):

- Goggles
- Swim cap

A DAY OF JUNIOR LIFEGUARDS:

(**Required Items needed to be successful in the program.*)

***Required Items to participate in the Program:**

- Uniform (provided)
- Towel
- Sunscreen
- Hat
- Running shoes
- Sandals (for walking around the park)
- Water (Lots of water or large container)
- Healthy Snack (1 Class) **or** Sack Lunch (2 Classes)

****Must bring personal sack Lunch, if the participant is in both an AM & PM class in one day.***

Extra Items (optional):

- Goggles
- Swim cap
- Snorkel gear: (mask, fins, snorkel)

CAN MY CHILD BE IN MULTIPLE JUNIOR LIFEGUARD SESSIONS OR BE IN BOTH (AM / PM) CLASSES?

If space permits, Junior Lifeguards will be allowed to sign up for additional Sessions or Classes (AM/PM) within the Session.

**Participants Attending BOTH Classes (AM / PM) within one Session:*

Extra Required Item:

- Sack Lunch (Daily)

****Must bring personal sack Lunch, if the participant is in both an AM & PM class in one day.***

NOTE:

- The AM & PM classes are the same schedule, same program.
- Kids will be obtaining the same training and learning the same skills (etc).
- It is a repeat w/ possible changes to the activities and games played throughout the day.
- There is no extra curriculum, activities or lessons included with being in multiple classes (AM & PM) within the same session.

WHAT CAN MY CHILD EXPECT DURING A TYPICAL DAY OF JUNIOR LIFEGUARDS?

TYPICAL DAY OF JUNIOR LIFEGUARDS

- Meet instructors at drop-off location
 - Split up into Age Groups
 - **A Group** = 14-17 yrs **B Group** = 12-13 yrs **C Group** = 11-9 yrs
- Take roll / Warm-up Stretch
- Water event (ex: buoy swim, paddle board, rescue cans)
- Take places / de-brief event
- Snack / re-hydrate / re-apply sunscreen
- Lake Lifeguard-related discussion
- Skills training
- Game (time permitting)
- Pack up / upcoming event reminder
- Release at pick-up location

WHAT IS THE NEW JUNIOR LIFEGUARD REGISTRATION PROCESS?

NEW JUNIOR LIFEGUARD APPLICATION PROCESS:

- All youth (boys & girls) ages 9-17 are eligible to apply.

STEP 1:

- **Create an Active Net Family Account** - (Parent Account & Kid(s) Profile)

HOW TO LOG-IN

Visit our **LA County Parks & Recreation** website parks.lacounty.gov and in the (Top Right Corner) Click → **REGISTER & RESERVE** → **CREATE AN ACCOUNT**

Visit our website "**STEP BY STEP TUTORIALS: How to Create an Active Net Account**"
Click → parks.lacounty.gov/JUNIORLIFEGUARDS

STEP 2:

- **Sign-up for a Tryout Appointment / Attend a Swim Tryout**

New Participants are Required to Pass a (Pool) Swim Tryout:

- 100 yards freestyle in under 2 minutes and 30 sec
- Tread water for 3 minutes
- 10-yards Underwater Swim

Visit our website "**STEP BY STEP TUTORIALS: How to Sign-up for a Swim Tryout**"
Click → parks.lacounty.gov/JUNIORLIFEGUARDS

STEP 3:

- **Enroll Online when Registration Opens**

Eligible Participants who successfully completed a Swim Tryout will be able to Register for the Junior (Lake) Lifeguard Program (Location of their choice) once Online Registration Opens to the public (**May 7th**). - [View Open Registration date / time on our website.] -

Visit our website "**STEP BY STEP TUTORIALS: Registration Process - How to Enroll in the Program / Make Payment**"
Click → parks.lacounty.gov/JUNIORLIFEGUARDS

STEP 4:

- **Physician Release Form**

Physician's Physical Release Form is required to be turned in, by the first day of the program, before participants will be allowed to participate.

parks.lacounty.gov/JUNIORLIFEGUARDS → **DOWNLOAD PHYSICIAN'S RELEASE FORM**

WHAT IS THE RETURNING JUNIOR LIFEGUARD REGISTRATION PROCESS?

RETURNING JUNIOR LIFEGUARD APPLICATION PROCESS:

- All youth (boys & girls) ages 9-17 are eligible to apply.
- Eligible Returning Junior Lifeguards from last summer, will be able to Register for the program once Online Registration Opens to the public (on a designated date / time).
- Returning participants will need to Tryout Again if they have a gap between summers. (See page 4 for details)
- There is No Priority Registration. Program Registration for ALL participants will be on a first come, first serve basis.

STEP 1:

- **Log-in to your (previously made) Family Active Net Account**
Consisting of a Parent Account & Kid(s) Profile

***HOW TO LOG-IN**

Visit our **LA County Parks & Recreation** website parks.lacounty.gov and in the (Top Right Corner) Click → **REGISTER & RESERVE** → **REGISTER FOR CLASS**
Click → **Sign in** (at the top of the page)

*** If You DO NOT Already Have a Family Active Net Account?**
Please Follow the NEW Junior Lifeguard Registration Process (above)
on (page 9)

Visit our website "**STEP BY STEP TUTORIALS: How to Create an Active Net Account**"
Click → parks.lacounty.gov/JUNIORLIFEGUARDS

STEP 2:

DO NOT SKIP THIS STEP IF: You are a Returning Junior Lifeguard *with a gap between summers*. You will need to *Pass a Swim Tryout again*. (See [page 4](#) for details)

SKIP THIS STEP IF: You are a Returning Junior Lifeguard from last summer.

- **Sign-up for a Tryout Appointment / Attend a Swim Tryout**
New Participants are Required to Pass a (Pool) Swim Tryout:
 - 100 yards freestyle in under 2 minutes and 30 sec
 - Tread water for 3 minutes
 - 10-yards Underwater Swim

Visit our website "**STEP BY STEP TUTORIALS: *How to Sign-up for a Swim Tryout***"
Click → parks.lacounty.gov/JUNIORLIFEGUARDS

STEP 3:

- **Enroll Online when Registration Opens**
Eligible Participants who successfully completed a Swim Tryout will be able to Register for the Junior (Lake) Lifeguard Program (Location of their choice) once Online Registration Opens to the public (**May 7th**).
- [View Open Registration date / time on our website.] -

Visit our website "**STEP BY STEP TUTORIALS: *Registration Process - How to Enroll in the Program / Make Payment***"
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STEP 4:

- **Physician Release Form**
Physician's Physical Release Form is required to be turned in, by the first day of the program, before participants will be allowed to participate.
parks.lacounty.gov/JUNIORLIFEGUARDS → **DOWNLOAD PHYSICIAN'S RELEASE FORM**

WHAT IS THE ABSENCE POLICY?

ABSENCE POLICY

Attendance is taken daily. Regular attendance is encouraged and will allow participants to benefit fully from the program. Please notify Instructors if your child will be absent for more than 2 days in a row.

Participants will still receive completion of the program, even if they do not attend everyday of the attended session.

Participants should not attend the program if they are showing symptoms of being ill.

Make-ups for absences in different Sessions or Classes are NOT permitted, due to the impacted nature of the Junior Lifeguard Program and the class size limits for safety purposes.

After the first day of the program, individual Junior Lifeguard Instructors will handle attendance. All absences must be excused with a note or verbal one on one with parent or guardian to your child's Instructor. If the absence is known in advance, please talk to the group Instructor at Drop-off or Pick-up or send a parent/guardian note with your child prior to the absence. Otherwise, provide the note upon your child's return to the program.

ABSENCES DUE TO COVID-19

If a health screening indicates symptoms consistent with COVID 19, or if your child tests positive for COVID-19, the Junior Lifeguard Program will refer to its decision pathways to determine safest next steps, and if removal from the program is necessary.

WHAT IF MY CHILD NEEDS TO ARRIVE LATE OR LEAVE EARLY DURING THE PROGRAM?

*** Early or Late, Drop-off or Pick-up procedures may differ between each Lake Location. (Make contact with your Lake Location prior to schedule change.)*

Participants must check in / out with their instructor before leaving the program early or after arriving late.

ARRIVING LATE

If your child needs to arrive late to the program, please send a note with them to give to their instructor, that excuses their late arrival.

Keep in mind that some beach locations set up their group a distance away from the drop-off location. It may be a good idea to park and walk with your child to ensure they arrive safely to their instructor.

LEAVING EARLY

If your child needs to leave early, please send a note with them, to give to their instructor, that includes specific instructions for their pick-up (i.e., exact pick-up time and which parent or guardian will be coming by).

If parents / guardians park and walk down to your child's group to ensure they leave safely, it is required to check out with the instructor before the participant may leave for the day.

Please note that arriving late or leaving early DOES NOT count as an absence.

IS FINANCIAL AID OR TRANSPORTATION TO THE PROGRAM AVAILABLE?

Financial Aid:

Financial Assistance will not be available for the Summer 2022 Program Season.

LA County Department of Parks and Recreation regarding the Junior Lake Lifeguard Program at Castaic Lake, Frank G. Bonelli Regional Park and Santa Fe Dam.

Since the 2021 Summer, the Junior Lake Lifeguard Program has been a modified version of those of previous years, which adheres to the COVID-19 guidelines from State and local health officials. The program includes reduced class size ratios (20 participants per 1 instructor) and a smaller limit on the number of participants allowed in the program at one time (100 participants maximum in each morning or afternoon class time per each two-week session).

The 2022 program fee increase reflects these modifications which are essential to providing a safe environment for youth participants and trained lifeguard staff. The fee also reflects the true operating cost for this robust program. (As of 2022 the program will increase from 2-weeks to 3-weeks in length.)

We understand that the increased cost may be a deterrent for some participants and their families. We are looking at ways to offer scholarship programs in the future. However, we will be unable to do so for the Summer of 2022.

Transportation to the Program:

There is no transportation to the program in place at this time. Participants will need to be dropped-off and picked-up by a Parent/Legal Guardian daily.

WHAT IS THE JUNIOR LIFEGUARD PROGRAM TAX ID NUMBER?

The **Tax ID Number** of the Junior Lifeguard Program is **95-6000927**.

Address: West, 1000 S Fremont Ave, Alhambra, CA 91803

Phone: (626) 588-5150

ARE REFUNDS AVAILABLE?

POSSIBLE REASONS:

If a Junior Lifeguard is unable to participate in the program (e.g., medical reason, personal conflict, inability to complete swims, etc.), a partial refund may be available.

If a class does not reach the minimum number of participants required, that class has the potential to be canceled for that session, to which refunds will be available and/or a transfer to another lake will be an option if there are open spots available within that same session.

HOW TO REQUEST A REFUND:

All refund requests must be submitted in writing to the Junior Lifeguard office or via e-mail at the designated Lake the participant is attending.

- **Frank G. Bonelli Regional Park** *Email:* Bonellijgs@parks.lacounty.gov
- **Santa Fe Dam Recreational Area** *Email:* Santafedamjgs@parks.lacounty.gov
- **Castaic Lake** *Email:* Castaicjgs@parks.lacounty.gov

WHAT IS A JUNIOR LAKE LIFEGUARD ASSISTANT?

Assistants are Junior Lifeguards that are being conditioned to become future Lifeguards. They operate under the supervision of Junior Lifeguard instructors.

Assistants will be challenged to learn basic lifeguard skills, rescue techniques, and CPR. Assistants are also expected to lead younger Junior Lifeguards in practical and physical skills.

Assistant applicants must be 16 or 17 years old and must have completed at least (3) years in the Junior Lifeguard program; one year of which they participated in the "A Group" (with participants of 14 - 17 yrs)

The 2022 JG Assistant Program is TBD. If you are interested please [email the Program Director of your preferred location.](#)

Program	Director	Email
<i>Bonelli Park</i>	Rembrandt Santana	Bonellijgs@parks.lacounty.gov
<i>Santa Fe Dam</i>	Brittany Orduno	Santafedamjgs@parks.lacounty.gov
<i>Castaic Lake</i>	Steve Himes	Castaicjgs@parks.lacounty.gov