



"SKILLS FOR LIFE"

San Diego Junior Lifeguard Program Intern Application 2026 (Please Print)

Intern Applicant

Last Name: _____ First Name: _____ DOB: _____

Address: _____

City: _____ Zip Code: _____

Cell Phone: _____ Other Phone: _____

Email: _____

Current High School: _____ Current Grade Level: _____

Signature (Applicant): _____ Date: _____

Applicant's Parent or Legal Guardian

Name of Parent or Legal Guardian: _____

As parent/guardian of this applicant, I approve the release of information to the San Diego Junior Lifeguard (SDJG) program staff for the purpose of establishing my child's candidacy for the SDJG intern position. I agree to permit my child to be interviewed by SDJG program staff at a date and time to be determined. I also permit my child to participate in the 1 mile run and 500-yard swim required to complete the tryout process.

Signature (Parent or Guardian): _____ Date: _____

Emergency Contact Phone Number (Name/Number):

1. _____
Name _____ Number _____
2. _____
Name _____ Number _____

You must bring this completed application to tryouts signed by a parent or guardian. Candidates will not be allowed to participate in the tryout without a completed and signed application, no exceptions. If you have any questions, please email sdjuniorguards@sandiego.gov.

Interview Information: Interviews will take place between March 14 – March 24. Candidates should be prepared to answer a question about their experience, education, background and how it relates to the position of SDJG intern. Candidates should also be prepared to answer questions on how they would handle challenging and stressful situations with junior lifeguards, parents, lifeguards, and the public.

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