

JUNIOR LIFEGUARD PROGRAM

Website Copy



“SKILLS FOR LIFE”

FIELD TRAINING GUIDE (FTG)

JGs NAME	GROUP	INSTRUCTOR

CONTACT INFORMATION

San Diego Junior Lifeguard [SDJG] Address: 1008 Santa Clara Place
San Diego, CA. 92109

Internet Site: <http://www.sandiego.gov/lifeguards/junior/index.shtml>

Email Address: sdjuniorguards@sandiego.gov

San Diego Lifeguard Service Beach/Weather Report (Recording): (619) 221-8824

FREQUENTLY ASKED QUESTIONS (FAQ)

- ☐ **Where should I drop-off and pick-up JGs?**
Santa Clara – we request carpool JGs be dropped off in the parking lot on the south side of the Santa Clara Recreation Center (near the SDJG Office). All other JGs can be dropped off on the south side of the Recreation Center or near the grass park (warm-up area) on the north side of the Recreation Center. For **Away Days** please reference information provided later in this FTG. **Please use extreme caution (never exceeding 5 mph) when driving near JG areas of operations.**
- ☐ **Where is the Lost & Found?**
The lost and found containers are located at Santa Clara Recreation Center near the SDJG storage containers and tennis court.
- ☐ **What if a JG needs to arrive late or leave early on a particular day?** For safety and accountability reasons, the program discourages late arrivals and early pick-ups. Requested late arrivals and early pick-ups will be reviewed ([approved/declined]) by the instructor and JG management on a case by case basis.

NOTIFICATION PROCEDURE WHEN ABSENT

1. Whenever possible, notify instructor with an absent card (index card) completed by a parent/guardian at least two days in advance of the planned absence.
2. If the absence is due to unforeseen circumstances, please provide an absent card (index card) with the following information when the JG returns:
 1. JG's full name.
 2. Instructor's Name.
 3. Date[s] of absence.
 4. Explanation (If needed).
 4. Parent/Guardian's signature and name printed.

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SAN DIEGO JUNIOR LIFEGUARD MISSION STATEMENT



“SKILLS FOR LIFE”

We are a team of professional Lifeguards, providing a fun and safe aquatic education to the youth of San Diego by developing:

- Confidence,
- Mental and physical fitness,
- Respect for one another and the coastal environment.

MANAGEMENT TEAM

JG Manager
JG Coordinator

INTRODUCTION TO THE SAN DIEGO JUNIOR LIFEGUARD PROGRAM

Welcome to the San Diego Junior Lifeguards! The San Diego Junior Lifeguard Program (SDJG) is regarded as one of the finest open water safety training programs for children and young adults in the nation. Since being established our primary goal has been to provide “**skills for life**” for San Diego’s youth. Our spiraling curriculum ensures that junior lifeguards do activities and training that are appropriate to their age group and that the junior guards (JGs) have an incentive to return year after year to take part in new and exciting activities. Some JGs even elect to continue their training and become paid junior lifeguard Interns, seasonal lifeguards, or even permanent lifeguards.

The SDJG program provides an important aquatic education for the youth of San Diego. Activities include: swimming, running, body surfing, body boarding, surfing, kayaking, stand-up paddling and water rescue training. Our program emphasizes personal safety, self-confidence, teamwork, goal setting, leadership, healthy habits, and environmental awareness. Both competitive and cooperative activities play an important role in the development of these skills and attributes.

The program is part of the San Diego Lifeguard Service, a division of the San Diego Fire-Rescue Department. All instructors are required to be active duty lifeguards who have volunteered to leave their beach rescue duties for the summer to help educate San Diego’s youth. The program maintains an excellent team of instructors who are screened, selected and trained for their assignment with the SDJG program. All instructors are United States Lifesaving Association (USLA) certified open-water lifeguards. In addition, each is either a certified Emergency Responder or Emergency Medical Technician. The energy, high level of training and rescue experience of our lifeguard instructors is a vital component to the San Diego Junior Lifeguards experience.

This field training guide (FTG) will guide you through the next four weeks and assist you in planning for upcoming events. Use the FTG to help you understand the programs policies, procedures and requirements. A complete calendar of events is included for your convenience, as well as maps and directions for away days. Your FTG will also serve as a record of your progress and improvement. Parents/Guardians, we encourage you to review the FTG regularly with your JG. Once again, welcome to the San Diego Junior Lifeguards.

OVERVIEW OF THE SAN DIEGO LIFEGUARD SERVICE

The San Diego Lifeguard Service (SDLG) was created in 1917 and charged with the mission of safeguarding San Diego's beaches, bays, and channels from the tip of Point Loma to Torrey Pines State Beach. The San Diego Lifeguard Service operates permanent stations at most San Diego City beaches including: Ocean Beach, South Mission Beach, Mission Beach, Pacific Beach, North Pacific Beach, Children's Pool, La Jolla Cove, La Jolla Shores, Black's Beach, and the Boating Safety Unit / Headquarters located on Mission Bay. In addition, numerous seasonal stations are staffed during the summer on Mission Bay, Windansea, and Marine Street.

Today, the SDLG employs approximately 300 lifeguards, including 70+ year-round lifeguards. SDLG is on duty 24 hours a day, 365 days a year. Lifeguard responsibilities include water rescue, vessel rescue, coastal cliff rescue, swift water rescue, SCUBA search and rescue, marina and boat fire suppression, and any other beach or water related emergencies. Additional responsibilities include enforcement of beach laws, vessel laws, fish and game laws. In a typical year, San Diego lifeguards make approximately 5,000 water rescues.

The Lifeguard Service has three specialty teams:

- ❑ The **Dive Rescue Team** is composed of lifeguards who have special training in underwater search and rescue. Team members are able to rapidly respond to submerged swimmers, missing divers, sunken boats, cars, and planes. They are also trained in evidence recovery.
- ❑ The **River Rescue Team** is responsible for all swift water rescues throughout the county. Team members are also on the Urban Search & Rescue (USAR) team, which responds nationwide to assist with severe flood conditions.
- ❑ The **Cliff Rescue Team** is composed of lifeguards who specialize in cliff rescues, which happen often along our expansive coastline.

Our service operates one of San Diego's four 24-hour 911 dispatch centers. In addition to handling beach, water, and cliff related 911 emergency calls; SDLG also serves as the Mission Bay Harbor Master and monitors marine radio calls for vessels requesting assistance. We will respond to vessels in trouble up to three miles offshore.

The USLA has certified the SDLG as meeting its recommended guidelines and standards for open water lifeguard agencies. SDLG provides excellent employment opportunities. Participation in the SDJG program will give insight and experience to the challenges of being an oceanfront lifeguard and thus improving one's chances of becoming an ocean lifeguard. Each year the San Diego Junior Lifeguard Program hires several program alumni as interns. This position can be a stepping-stone towards becoming a seasonal lifeguard. Career development and interview training are available to all program participants who plan to pursue a career in lifeguarding or any safety service.

SAN DIEGO JUNIOR LIFEGUARD CODE OF CONDUCT

For the SDJG program to provide a safe and effective learning environment, all San Diego Junior Lifeguards [JGs] must abide by the following rules:

1. Report each day in a clean and neat uniform. Only uniform items may be worn.
2. Always be on time at the specified location. **See Calendar of Events.**
3. Be courteous and respectful to instructors, fellow JGs, and most importantly the public.
4. Follow directions given by instructors, interns, lifeguards.
5. No cell phones are allowed during class. They are acceptable before or after class or during an emergency.
6. Do not bring valuables to class.
7. Always address SDJG instructors by their appropriate title: "Mr., Miss, Mrs."
8. Do not use JG equipment without permission and treat all JG equipment with extreme care.
9. Do not take other people's things without permission.
10. Do not engage in inappropriate behavior or use inappropriate language.

UNIFORM POLICY AND REQUIREMENTS

Junior Lifeguards (JGs) must report each day in the required uniform. JGs not conforming to policy will not be allowed to participate that day. For safety reasons, there will be **NO EXCEPTIONS!**

1. All JGs must wear a SDJG (yellow) uniform t-shirt or uniform rash guard. **No other shirts or rash guards are permitted.**
2. All JGs **must** wear a SDJG hat for sun protection.
3. Girls must wear a red one-piece with a SDJG patch sewn on the left front. Two-piece swimsuits may be worn, but must first be approved by JG Management.
4. Girls **may only wear red shorts** over their suits. The shorts must have a SDJG patch sewn on the left front. **Shorts may not have any trim or designer logos.** Small brand tags are acceptable.
5. Boys must wear red shorts with a SDJG patch sewn on the left front. **Shorts may not have any trim or designer logos.** Small brand tags are acceptable.
6. All shorts must be worn appropriately and around the waist. Boys may not have any undergarments showing.
7. Additional required items include: proper foot protection (beach appropriate sandals or shoes), swim fins (with ocean straps – Da Fins, Duck Feet, Vipers) sunscreen, a pen, and Field Training Guide (FTG).
8. Any optional uniform items must be official SDJG issue. Wetsuits may only be worn with an official SDJG rash guard.
9. Finally, all personal gear should be marked with your first and last name on the **outside for easy identification.** The SDJG Program and Staff are not responsible for any lost uniforms items or personal property.
10. For safety reasons **JGs are not permitted to wear any jewelry** during JG operations.

FORMS REQUIRED TO BE SIGNED
SAMPLE COPIES
COPIES TO BE SIGNED ARE MAINTAINED AT THE BACK OF FTG



JG's NAME	AGE	MALE / FEMALE
HEIGHT / WEIGHT	EYE COLOR / HAIR COLOR	INSTRUCTOR'S NAME
EMERGENCY CONTACT NAME / NUMBER [1]	EMERGENCY CONTACT NAME / NUMBER [2]	JG'S CELL PHONE NUMBER

DISCIPLINE POLICY

Depending on the seriousness of the violation, disciplinary action will be progressive and may begin at any of the following steps. However, discipline for misconduct may not be limited to just the Discipline Policy. The following are steps in disciplining a JG:

1. **Oral counseling** (warning) from Instructor.
2. **Written counseling** from Instructor. Parent/guardian will be notified of the counseling by the Instructor as well as the Coordinator and Manager.
3. **Joint counseling** from Instructor and Manager. Parent/guardian will be notified of the counseling and a meeting with the parent/guardian will be required. In addition, the SDJG Director will be notified of the counseling and subsequent meeting.
4. **Suspension.**
5. **Expulsion.**

Disciplinary action will be fully documented and parent/guardian will be informed of all actions taken. At any time during the process the student and/or parent/guardian may request a meeting be held with the SDJG team.

I have read and understand the SDJG Code of Conduct, Uniform Policy, and Discipline Policy.

Junior Lifeguard Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

 Print Parent/Guardian Name

MEDICAL INFORMATION

Please check the appropriate boxes and explain below if your JG is currently:

- ☐ Under a doctor's care? Doctor's Name: _____
Phone: _____
Reason: _____
- ☐ Required to take any prescribed medications while at JGs?
What medication? _____ When? _____
- ☐ Has allergies?
Please explain. _____
- ☐ Has an asthma inhaler and/or EpiPen and will have it with them while at JGs?
Please explain _____
- ☐ Has other physical limitations or needs we should know about?
Explain _____
- ☐ Additional information has been attached.

CONTACT, TRANSPORTATION, & PICK-UP INFORMATION

Check the appropriate boxes and complete required information.

- ☐ Will be picked up daily by parent/guardian.
Parent/Guardian name(s): _____

*Please include addition phone numbers if needed
- ☐ Will be part of a carpool.
Carpool driver's name(s): _____

*Please include addition phone numbers if needed.
- ☐ Will walk, ride a bicycle, or drive a vehicle. (Circle mode of transportation)
- ☐ Other (Please explain): _____

We understand that circumstances may require adjustments in your transportation plans on certain days. In such cases, please have the JG bring their instructor a signed note by a parent/guardian authorizing the change. Finally, if needed, you may leave a message at (858) 581-7861, the SDJG telephone number.

This information will remain confidential and will only be used by the SDJG program. **This form must be completed, signed, and returned to the JG's instructor by day three of the session.**

CITY OF SAN DIEGO
Junior Lifeguard Program Waiver and Release of Liability

For and in consideration of the participation in the Junior Lifeguard Program of the City of San Diego, I [we] acknowledge and agree that:

1. The City of San Diego does not maintain health insurance for injuries to the junior lifeguard participants that may arise out of involvement in the Junior Lifeguard Program.
2. My child and I [we] realize that participation in all Junior Lifeguard Program activities and events are voluntary and as such voluntarily enroll him or her in accordance with and subject to the following terms:
3. My child's participation presents risks of bodily injury, dismemberment, death, and other loss including damage to property;
4. I [We] knowingly and freely assume all such risk;
1. The undersigned parent[s]/legal guardian[s] do release, hold harmless and promise not to sue the City of San Diego, its officers, agents, employees, with respect to any and all such injury, dismemberment, property damage, death or loss, except that injury or loss which results from gross negligence or willful or wanton misconduct of one of those individuals or organizations;
2. I [We] will inform my child that he/she must follow all Junior Lifeguard Program safety rules as well as any other rules or directions given during participation in the Program;
6. Unless prior arrangements are made the City of San Diego shall not be held accountable for children's safety after program hours;
7. I [We] hereby give to the Junior Lifeguard Program the absolute and irrevocable right and permission to photograph, film, videotape, or record my child's likeness and/or voice and to use the results and proceeds thereof as follows: (a) on the Junior Lifeguard website and (b) for aquatic outreach and/or educational material produced for the Junior Lifeguard Program.

Student's Name (Print) _____ Session: 1 2 JGrom AM PM _____ JG's DOB _____

This is to certify that as a parent/guardian of this participant, I do consent to his/her waiver and release as set forth above.

Parent and/or Legal Guardian (Signature) _____
Date

AUTHORIZATION FOR MEDICAL TREATMENT OF A MINOR

In accordance with California Family Code Section 6910, I [we] _____ give authorization to a physician or surgeon, licensed under the provisions of the Medical Practice Act, for (student's name) _____ to receive care and/or emergency medical treatment when necessary. I [We] understand and agree that any expenditure incurred for the care and transportation of the above named minor is my responsibility.

Period Covered _____ Parent/Legal Guardian (Signature) _____

Date Signed: _____ Print Name: _____

SOUTH MISSION BEACH SURF DAYS SAN DIEGO JUNIOR LIFEGUARD PROGRAM

DATE: *See Calendar for selected dates and groups.

TIME: AM Classes 8:30 AM to 11:30 AM
PM Classes 12:30 PM to 3:30 PM

LOCATION: South Mission Beach (700 North Jetty Road San Diego CA. 92109)
at the Lifeguard Tower just north of the Mission Bay entrance jetty.

DO NOT go to Santa Clara Recreation Center

On select days groups will report directly to South Mission Beach [SMB] for JG activities. Please review the calendar for specific dates and groups. South Mission Beach activities will include surfing, snorkeling, and other physical activities.

DIRECTIONS:

Directions are basically the same as those to reach at the Santa Clara Recreation Center [JG Headquarters]. However, when you reach Mission Boulevard continue south past the roller coaster until you reach the 2600 block of Mission Boulevard where the street dead ends at the Mission Bay jetty. Turn right into the parking lot. The South Mission Beach lifeguard tower address is 700 North Jetty Road, San Diego, California, 92109.

What to Bring: PERSONAL SURFBOARD, WETSUIT, MASK AND SNORKEL (IF YOU HAVE THEM); AND ALL OTHER REQUIRED JG EQUIPMENT.

NOTE: Traffic and parking can be a problem. Prepare yourself for a quick drop-off and pick-up and early arrival to help alleviate the traffic jams that often occur. Please do not park illegally. Parking laws are strictly enforced in this area. **Please use extreme caution and always drive slowly when near JG areas.**

LA JOLLA ROCKS DAY SAN DIEGO JUNIOR LIFEGUARD PROGRAM

DATE: See Calendar

TIME: A.M. Classes: 8:30 to 11:30
P.M. Classes: 12:30 to 3:30

LOCATION: LA JOLLA COVE (SCRIPPS PARK - 1100 COAST BLVD.)

DO NOT go to Santa Clara Recreation Center

The coast of La Jolla is regarded as one of the most spectacular attractions in all of California. Junior Guards will spend the day learning about the opportunities and hazards that exist along this beautiful rocky coastline known in lifeguard language as "The Rocks." JGs will tour "The Rocks" both above and below the water by hiking, swimming, skin diving, and exploring caves. In addition, JGs will have a chance to meet some of the local marine mammals.

DIRECTIONS:

From the South: Take Interstate 5 North and take La Jolla Parkway West (52 west). Go straight onto Torrey pines Rd. and turn right onto Prospect St. Follow the signs to La Jolla Cove. 1100 Coast Blvd.

From the North: Take Interstate 5 South and exit at La Jolla Village Rd. and go west. Turn left onto Torrey Pines Rd. Turn right onto Prospect St. and follow the signs to La Jolla Cove located at 1100 Coast Blvd.

MTS bus service to La Jolla Cove is available on routes 30 and 34. Get off at Girard St. and Silverado St. bus stop, walk west on Girard down the hill to Scripps Park. Allow 10 minutes for the walk.

What to Bring: WETSUIT, MASK AND SNORKEL (IF YOU HAVE THEM); AND ALL OTHER REQUIRED JG EQUIPMENT.

NOTE: Traffic and parking will be a problem. Prepare yourself for a quick drop-off and pick-up and early arrival to help alleviate the traffic jams that often occur. Please do not park illegally. Parking laws are strictly enforced in this area. **Please use extreme caution and always drive slowly when near JG areas.**

LA JOLLA SHORES DAY SAN DIEGO JUNIOR LIFEGUARD PROGRAM

DATE: See Calendar

TIME: A.M. Classes: 8:30 to 11:30
P.M. Classes: 12:30 to 3:30

LOCATION: **LA JOLLA SHORES LIFEGUARD STATION** (Kellogg Park - 8260 Camino Del Oro) on the grass behind the Lifeguard Tower.

DO NOT go to Santa Clara Recreation Center

This San Diego beach is world famous for its beauty and range of attractions. "The Shores" is the only oceanfront beach in San Diego that allows boat launching. SCUBA divers flock to this beach for the excellent diving conditions. Surfers enjoy larger waves at the north end of the beach also known as Scripps Beach, while swimmers and body boarders use the area in front of the lifeguard station where the surf is usually smaller. At the far North end of the beach, Scripps Institute researchers use Scripps Pier to conduct studies and to launch boats for their research. There are tide pools located at the South end of the beach.

DIRECTIONS:

From the South: Take I-5 North to La Jolla Parkway West (52 West). Go straight onto Torrey Pines Rd. and turn right onto La Jolla Shores Dr. and left onto Calle Frescota and locate the large parking lot.

From the North: Take I-5 South and exit at La Jolla Village Rd. and go west. Turn left onto Torrey Pines Rd. and right on to La Jolla Shores Dr. Then make a left onto Calle Frescota and locate the large parking lot.

MTS bus service to La Jolla Shores is available on route 34. Get off on La Jolla Shores Dr. at Calle Frescota and walk west to La Jolla Shores. Allow 5 Minutes for the walk.

WHAT TO BRING: FINS, MASK & SNORKEL (IF YOU HAVE THEM), WETSUIT (OPTIONAL), SUNSCREEN, HAT, TOWEL, AND OTHER ITEMS AS DIRECTED.

NOTE: Traffic and parking will be a problem. Prepare yourself for a quick drop-off and pick-up and early arrival to help alleviate the traffic jams that often occur. Please do not park illegally. Parking laws are strictly enforced in this area. **Please use extreme caution and always drive slowly when near JG areas.**

OCEAN BEACH DAY (Pier Jump Day) SAN DIEGO JUNIOR LIFEGUARD PROGRAM

DATE: See Calendar

TIME: A.M. Classes: 8:30 to 11:30
P.M. Classes: 12:30 to 3:30

LOCATION: Ocean Beach Lifeguard Station (1950 ABBOTT ST.)

*** DO NOT go to Santa Clara Recreation Center***

Ocean Beach (OB to the locals) is the birthplace of the San Diego Lifeguard Service and has been one of San Diego's busiest beaches for lifeguards over the years. OB has several rock jetties that extends out into the ocean where rip currents consistently form, making OB a dangerous place for people to swim. There is also a large fishing pier (the longest on the U.S. west coast) at the south end of the beach. Occasionally, Lifeguards must jump from this pier to make water rescues. As a part of the day's activities, all JG groups will have an opportunity to experience jumping off the pier.

DIRECTIONS:

Drive to Ocean Beach on either I-8 West or Sea World Drive. Take Sunset Cliffs Boulevard and turn right onto West Point Loma Avenue. Turn left onto Abbot St., then turn right into the parking lot next to the Lifeguard Station past Saratoga Ave. Look for our canopies adjacent to the parking lot.

MTS bus service to Ocean Beach is available on Route 35. Get off on Cable St. at the stop nearest Santa Monica Ave. Santa Monica leads directly to the Ocean Beach Lifeguard Station. Allow 5 minutes for the walk.

What to Bring: WETSUIT (IF DESIRED); AND ALL OTHER REQUIRED JG EQUIPMENT.

NOTE: Traffic and parking will be a problem. Prepare yourself for a quick drop-off and pick-up and early arrival to help alleviate the traffic jams that often occur. Please do not park illegally. Parking laws are strictly enforced in this area. **Please use extreme caution and always drive slowly when near JG areas.**

GRADUATION DAY / AWARD CEREMONY PIETER KOONINGS MEMORIAL LUNCH / BBQ SAN DIEGO JUNIOR LIFEGUARD PROGRAM



DATE: *See Calendar

TIME: AM Ceremony 9:00 to 11:30
PM Ceremony 1:00 to 3:30

LOCATION: **SAN DIEGO LIFEGUARD HEADQUARTERS** (2581 Quivira Court)

The San Diego Junior Lifeguards will celebrate the completion of the program with an award ceremony lunch/BBQ. Junior Guards are encouraged to invite family and friends to attend. To conclude the session of the San Diego Junior Lifeguard Program, certificates of completion will be distributed as well as awards for most improved, most inspirational, captain, and honor guard.

In addition, the San Diego Junior Lifeguards will celebrate the completion of the program with a lunch/BBQ and celebrate the memory of a remarkable Junior Guard named Pieter Koonings.

Hawaiian attire is encouraged. Because the ceremony will be outside - hats, umbrellas, easy-ups, chairs, blankets and sunscreen are recommended.

Please make arrangements to be picked up when graduation is over.

DIRECTIONS:

From I-5, take the Sea World Exit west. Take the West Mission Bay exit toward Mission Beach. Turn left at first light, Quivira Way. Take immediate left to continue on Quivira Way. Follow around the marina and park in gravel lot to the south [towards the San Diego River].

Please use extreme caution and always drive slowly when near JG areas.

BEACH SAFETY TIPS

The most common reason for aquatic problems is a lack of safety knowledge. San Diego Lifeguards recommend the following safety tips:

3. Learn to swim and never swim alone.
4. Swim near a lifeguard.
5. Ask a lifeguard about the conditions before entering the water.
6. Children should be supervised closely, even when lifeguards are present.
7. Do not rely on flotation devices such as rafts; they may be lost while in the water.
8. Swim parallel to shore if you wish to swim long distances.
9. Scuba dive only when trained and certified and within the limits of your training.
10. While in the water, never turn your back to the ocean; large waves can come without warning.
11. Protect your head, neck, and spine—do not dive head first into unfamiliar waters.
12. Follow posted regulations and lifeguard instructions.
13. No glass containers at the beach. Broken glass and bare feet do not mix.
14. Keep beach fires in designated areas. Fire residue and superheated sand can severely burn bare feet. Keep barbeques elevated above the sand at least 12".
15. Report hazardous conditions to lifeguards or beach management personnel.
16. Stay clear of coastal bluffs. They can collapse and cause injury.
17. Substances that impair judgment don't mix well with ocean activities.
18. Rip Currents
 - ☐ Rip currents are the most threatening natural hazard along our coast. They pull victims away from the beach. The USLA has found that 80% of the rescues made by ocean lifeguards involve saving those caught in rip currents.
 - ☐ Rip currents are sometimes mistakenly called "rip tides" or "undertows." These terms are incorrect. Rip currents are not associated with tides and do not pull people under.
 - ☐ Avoid swimming where rip currents are present. However, if you are caught in a rip current, swim parallel to the shore (don't swim against the current) until the pull stops and then swim back to shore. If you are unable to return to the beach, remain calm, tread water, and wave for lifeguard assistance.
 - ☐ To avoid rip currents, stay at least 100 feet away from piers and jetties. Rip currents often exist along the side of fixed objects in the water.

BEACH LAWS

San Diego beach regulations are designed to ensure a safe and enjoyable time for all who visit. The following is a partial list of laws that pertain to City of San Diego beach, park, and water areas. This is not an exhaustive list and all laws are subject to change without notice. If you have any questions, check posted signs or ask a lifeguard.

Glass Containers	Glass containers are prohibited.
Beach Fires	Fires are permitted only in designated fire squares or in personal barbeques elevated at least 6" off the ground. Dispose of hot coals in designated containers or fire rings.
Dogs	Dogs are NOT permitted on beaches, coastal parks, and adjacent walkways between 9:00 a.m. and 6:00 p.m. (9:00 a.m. to 4:00 p.m. during Daylight Savings) and must be leashed at all times. Dogs are prohibited during all other hours except at Dog Beach (adjacent to Ocean Beach) and Fiesta Island (in Mission Bay), which are 24 hour off-leash areas. Always clean up after your pet.
Alcohol	The City of San Diego does not allow alcohol on its beaches.
Water Use Areas	Water areas off the major beaches are divided into swimming and surfing zones. A black and yellow-checkered flag separates the zones. Check signs or ask a lifeguard for the proper zone for your activity.
Unsafe Behavior	Use of any water recreational device (surfboard, boat, etc.) in a manner that endangers others is unlawful.
Overnight Camping	Overnight camping and sleeping are prohibited.
Boardwalks	The maximum speed on the Mission Beach/Pacific Beach boardwalk is 8 mph.
Cliff Jumping	Jumping from cliffs or other objects from a height greater than five feet into the Pacific Ocean is prohibited.
Lifeguard Power	Failure to follow the lawful order of a lifeguard and providing false information to a lifeguard are misdemeanors.
Injuring a Lifeguard	Any person who intentionally injures a lifeguard in the State of California may be convicted of felony battery.

PUBLIC RELATIONS

When Junior Lifeguards are wearing their uniform they represent the City of San Diego. Consequently, Junior Lifeguards are expected to be on their best behavior. Many members of the public recognize the San Diego Junior Lifeguard uniform and citizens looking for information may approach Junior Lifeguards. Junior Lifeguards are expected to answer questions from the public politely and correctly. If they do not know the answer, they should refer the citizen to an instructor or other lifeguard.

Occasionally, Junior Lifeguards may be present during emergencies on the beach. During emergencies, crowds often gather, creating a complicated situation for lifeguards and other rescue personnel. To avoid interfering with emergency personnel, Junior Lifeguards should immediately go to their instructors and wait for direction. Older Junior Lifeguards (Cadets/"A's") may be asked by their instructors to help with an emergency. Junior Lifeguards assisting with emergency incidents are expected to behave responsibly and to follow directions exactly.

Maintaining a positive relationship with the public is a top priority of the San Diego Lifeguard Service. The Junior Lifeguard program is a critical component of this relationship. All of our uniformed personnel, including our Junior Lifeguards, should view themselves as ambassadors of the city.

PHONETIC ALPHABET

A	ALPHA
B	BRAVO
C	CHARLIE
D	DELTA
E	ECHO
F	FOXTROT
G	GOLF
H	HOTEL
I	INDIA
J	JULIETTE
K	KILO
L	LIMA
M	MIKE
N	NOVEMBER
O	OSCAR
P	PAPA
Q	QUEBEC
R	ROMEO
S	SIERRA
T	TANGO
U	UNIFORM
V	VICTOR
W	WHISKEY
X	XRAY
Y	YANKEE
Z	ZULU

SAIL

S -
A -
I -
L -

KNOTS

SQUARE KNOT



FIGURE EIGHT IN A BIGHT



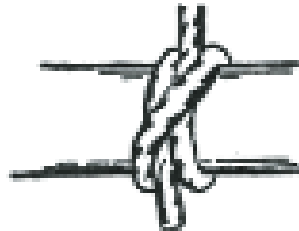
FIGURE EIGHT



OVERHAND



CLOVE HITCH



BOWLINE



DOUBLE FISHERMANS



“A” DIVISION CURRICULUM CHECK OFF LIST

Event	Instructor Initials	Comments	Date
Citizenship & Leadership (Lecture)			
Code of Conduct (Lecture)			
SMART Goals			
Healthy Habits - Exercise			
Beach Rules and Regulations			
Rescue Breathing/CPR			
First Aid			
Communications - Radio Operations/SAILS			
Interview Training for Lifeguard I			
Stand Up Paddle Board Proficiency - Surf			
Knot Proficiency			
Snorkeling Proficiency			
Water Observation -Scanning Techniques			
Water Observation -Victim Identification			
Water Observation - Rip Current (Parts)			
Rescue Techniques - Buoy & Fins			
Rescue Techniques - Paddle Board			
Rescue Simulation[s]			
Rock and Reef Beaches Familiarization			
Marine Life & Environmental Hazards			
Pier Jump - Training			
Rescue Vessel Familiarization			
SCUBA Discovery			
Cliff Rescue Discovery			
CPR Certification			

CAPTAIN REQUIREMENTS

“A”

Event	Criteria	Week 1 Performance	Week 4 Performance	Instructor Signature
Beach Run [One Mile]	Rank/Time:			
L.J. Cove ½ Mile Buoy Swim	Rank			
O.B. Pier Sprint	Rank			
L.J. Shore Green Wall - RSR	Rank/Time			
Paddle [One Mile]	Rank			
Surf Paddle [½ Mile]	Rank			
Swim/Paddle Sprint	Rank			
Ins & Outs Competition	Rank			
Swim [Bay No fins]	Rank/Time			
Crunches [65]	1 Minute			
Push-ups [40]	1 Minute			
Instructor's Choice	TBA			
Pier Jump	Jump			
SEAL Team Day	Participate			
Hawaii Day	Participate			
Written Test-Ocean Familiarization	85% or better			
CPR Test - Practical/Written	Pass			
Volunteer Project	Participate			
Attendance	90% or better			
Exhibits Excellent Leadership & Citizenship	Instructor's/Peers Evaluation			

“A” CURRICULM

Training topics for the session may include:

- First Day - Evaluation Day.
- Healthy Habits and Wellbeing.
- Goal Setting.
- Code of Conduct, Citizenship and Leadership.
- Beach Rules and Regulations.
- Surf Beach Lecture.
- Water Observation - Scanning, Victim ID, and Rip Currents.
- South Mission Day - Rescue Board Training (What does a victim do? How to rescue a conscious victim.)
- Cove Day-Rocks, Reefs, & Rips (How to cross wet rocks, surf across rocks, etc.)
- Marine Life & Marine Hazards
- Knots and Anchors.
- First Aid - SAIL. Cspine, PRBELLS (When to call 911 and what to tell them.)
- Cliff Instruction.
- La Jolla Shores Day – Lifeguard Ocean Qualification (Green Wall) and Rescue Simulations.
- SCUBA training.
- Radio Communications.
- Beach Ops. / Observation.
- Ocean Beach Day - Pier Jump.
- Safety Service Day – Lifeguard Rescue Vessel Familiarization.
- Hawaii Day – Run / Swim / Run Challenge
- Interview Training for Intern / Lifeguard Position.

“B” DIVISION CURRICULUM CHECK OFF LIST

Event	Instructor Initials	Comments	Date
Citizenship & Leadership [Lecture]			
Code of Conduct [Lecture]			
Goal Setting [Hawaii Day]			
Healthy Habits [Nutrition]			
Beach Rules and Regulations			
First Aid [CAB]			
First Aid [SAIL]			
Communications			
Kayak/Outrigger Canoe			
Stand Up Paddle			
Knots			
Snorkeling			
Ins & Outs [Swimming]			
Surfing [Body/BodyBoard/Board]			
Rescue Techniques [Buoy & Fins]			
Rescue Techniques [Rescue Board]			
Lifeguard Tower Tour [MainTower]			
Victim Identification			
Rip Current Familiarization			
Marine Life & Environmental Hazards			
Pier Jump [Training]			
Environmental Day			

CAPTAIN REQUIREMENTS

“B”

Event	Criteria	Week 1 Performance	Week 4 Performance	Instructor Signature
Beach Run [One Mile]	Rank/Time:			
Buoy Swim [Bay]	Rank/Time:			
O.B. [RSR]	Rank/Time:			
Paddle [One Mile]	Rank/Time			
Crunches [60]	1 Minute			
Push-ups [35]	1 Minute			
Instructor's Choice	TBA			
Pier Jump	Jump			
Hawaii Day	Participate			
Written Test	Score 85% or better			
Volunteer Project	Participate			
Attendance	90% or better			
Exhibits Excellent Leadership & Citizenship	Instructor's/Peer Evaluation			

“C” DIVISION CURRICULUM CHECK OFF LIST

Event	Instructor Initials	Comments	Date
Citizenship & Leadership [Lecture]			
Code of Conduct [Lecture]			
Goal Setting [Hawaii Day]			
Healthy Habits [Sun Protection]			
Beach Rules and Regulations			
First Aid [Calling 911]			
First Aid [Direct Pressure]			
Ocean Awareness [Lecture]			
Ocean Swimming Techniques			
Water Entry [Sandy / Rocky Beach]			
Paddle Board			
Stand Up Paddle Board			
Kayak			
Body Surfing			
Body Boarding			
Board Surfing			
Lifeguard Tower Tour [Main Tower]			
Rescue [Recognize/React/Respond]			
Rip Currents [Identification/What To Do]			
Lifeguard Tower Simulation Exercise			
Marine Life & Environmental Hazards			
Pier Jump [Training]			
Environmental Day			

CAPTAIN REQUIREMENTS

“C”

Event	Criteria	Week 1 Performance	Week 4 Performance	Instructor Signature
Beach Run [One Mile]	Rank/Time:			
Buoy Swim [Bay]	Rank/Time:			
Run-Swim-Run [Bay]	Rank/Time:			
Paddle [½ Mile Bay]	Time:			
Crunches [50]	1 Minute			
Push-ups [25]	1 Minute			
Instructor's Choice	TBA			
Ocean Swim	Rank/Time			
Pier Jump	Jump			
Hawaii Day	Participate			
Written Test	Score 85% or better			
Volunteer Project	Participate			
Attendance	90% or better			
Exhibits Excellent Leadership & Citizenship	Instructor's/Peer Evaluation			

WORKOUT LOG

[illegible]

PERSONAL ADDRESS BOOK

[illegible]

[illegible]

[illegible]

**JUNIOR LIFEGUARD PROGRAM
REQUIRED SIGNED FORMS
PLEASE PRINT LEGIBLY**



JG's NAME	AGE	MALE / FEMALE
HEIGHT / WEIGHT	EYE COLOR / HAIR COLOR	INSTRUCTOR'S NAME
EMERGENCY CONTACT NAME / NUMBER [1]	EMERGENCY CONTACT NAME / NUMBER [2]	JG'S CELL PHONE NUMBER

DISCIPLINE POLICY

Depending on the seriousness of the violation, disciplinary action will be progressive and may begin at any of the following steps. However, discipline for misconduct may not be limited to just the Discipline Policy. The following are steps in disciplining a JG:

6. **Oral counseling** (warning) from Instructor.
7. **Written counseling** from Instructor. Parent/guardian will be notified of the counseling by the Instructor as well as the Coordinator and Manager.
8. **Joint counseling** from Instructor and Manager. Parent/guardian will be notified of the counseling and a meeting with the parent/guardian will be required. In addition, the SDJG Director will be notified of the counseling and subsequent meeting.
9. **Suspension.**
10. **Expulsion.**

Disciplinary action will be fully documented and parent/guardian will be informed of all actions taken. At any time during the process the student and/or parent/guardian may request a meeting be held with the SDJG team.

I have read and understand the SDJG Code of Conduct, Uniform Policy, and Discipline Policy.

Junior Lifeguard Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Print Parent/Guardian Name

MEDICAL INFORMATION

Please check the appropriate boxes and explain below if your JG is currently:

- ☐ Under a doctor's care? Doctor's Name: _____
Phone: _____
Reason: _____
- ☐ Required to take any prescribed medications while at JGs?
What medication? _____ When? _____
- ☐ Has allergies?
Please explain. _____
- ☐ Has an asthma inhaler and/or EpiPen and will have it with them while at JGs?
Please explain _____
- ☐ Has other physical limitations or needs we should know about?
Explain _____
- ☐ Additional information has been attached.
-

CONTACT, TRANSPORTATION, & PICK-UP INFORMATION

Check the appropriate boxes and complete required information.

- ☐ Will be picked up daily by parent/guardian.
Parent/Guardian name(s): _____

*Please include addition phone numbers if needed
- ☐ Will be part of a carpool.
Carpool driver's name(s): _____

*Please include addition phone numbers if needed.
- ☐ Will walk, ride a bicycle, or drive a vehicle. (Circle mode of transportation)
- ☐ Other (Please explain): _____

We understand that circumstances may require adjustments in your transportation plans on certain days. In such cases, please have the JG bring their instructor a signed note by a parent/guardian authorizing the change. Finally, if needed, you may leave a message at (858) 581-7861, the SDJG telephone number.

This information will remain confidential and will only be used by the SDJG program. **This form must be completed, signed, and returned to the JG's instructor by day three of the session.**

CITY OF SAN DIEGO
Junior Lifeguard Program Waiver and Release of Liability

For and in consideration of the participation in the Junior Lifeguard Program of the City of San Diego, I [we] acknowledge and agree that:

1. The City of San Diego does not maintain health insurance for injuries to the junior lifeguard participants that may arise out of involvement in the Junior Lifeguard Program.
2. My child and I [we] realize that participation in all Junior Lifeguard Program activities and events are voluntary and as such volitionally enroll him or her in accordance with and subject to the following terms:
3. My child's participation presents risks of bodily injury, dismemberment, death, and other loss including damage to property;
4. I [We] knowingly and freely assume all such risk;
19. The undersigned parent[s]/legal guardian[s] do release, hold harmless and promise not to sue the City of San Diego, its officers, agents, employees, with respect to any and all such injury, dismemberment, property damage, death or loss, except that injury or loss which results from gross negligence or willful or wanton misconduct of one of those individuals or organizations;
20. I [We] will inform my child that he/she must follow all Junior Lifeguard Program safety rules as well as any other rules or directions given during participation in the Program;
6. Unless prior arrangements are made the City of San Diego shall not be held accountable for children's safety after program hours;
7. I [We] hereby give to the Junior Lifeguard Program the absolute and irrevocable right and permission to photograph, film, videotape, or record my child's likeness and/or voice and to use the results and proceeds thereof as follows: (a) on the Junior Lifeguard website and (b) for aquatic outreach and/or educational material produced for the Junior Lifeguard Program.

Student's Name (Print) Session: 1 2 JGrom AM PM _____
JG's DOB

This is to certify that as a parent/guardian of this participant, I do consent to his/her waiver and release as set forth above.

Parent and/or Legal Guardian (Signature) _____
Date

AUTHORIZATION FOR MEDICAL TREATMENT OF A MINOR

In accordance with California Family Code Section 6910, I [we] _____
give authorization to a physician or surgeon, licensed under the provisions of the Medical Practice Act, for (student's name) _____ to receive care and/or emergency medical treatment when necessary. I [We] understand and agree that any expenditure incurred for the care and transportation of the above named minor is my responsibility.

Period Covered _____
Parent/Legal Guardian (Signature)

Date Signed: _____ Print Name: _____