



# City of Long Beach Junior Lifeguard Program



## LONG BEACH LIFEGUARD PATROL - LONG BEACH CHAPTER USLA INFORMATION FOR NEW APPLICANTS

### GOALS OF THE JUNIOR LIFEGUARD PROGRAM

- To demonstrate and teach water safety education and training while enjoying the beach and ocean
  - To meet other young people with similar interests and to make new friends
  - To promote and develop future lifeguards.

### ACTIVITIES PLANNED

The Long Beach Junior Lifeguard Program will be under the supervision of the Long Beach Lifeguard Patrol personnel and staff. Junior Lifeguards will be instructed in many aspects of beach and water safety and topics, including...Ocean swimming, use of Rescue soft boards, lifesaving skills, relay races, running, beach flags, competition, and much more!

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**\*\*\*IMPORTANT INFORMATION, PARENTS PLEASE READ\*\*\***

Please understand enrollment is very limited each year & last year's Junior Lifeguards have the opportunity to pre-register. Unfilled spots will be filled after swim tryouts in June.

**Please Note:** Due to water safety reasons & an increase in the number of new applicants, we will be accepting a total number of "25-30" new applicants this year to be Junior Lifeguards. A specified amount in each group will be allowed to register for the program based on the best swim times (in order) and swimming ability for each group. Please be aware that even though the applicant's swim time may be below program cutoff times, it does not mean you are in the program. You still need to be one of the best times and swimming ability in your group. New applicants who make the cut-off swim will be posted on our website the next day. Directions for registration will also be posted on our website.

Please remember, for the safety of the children and in order for the program to succeed, we ask that all parents/children in our program review and follow the rules set in place.

### In order to be in the program & for swim tryout....

The Swim Qualifying Tryout will be one day ONLY—Tuesday, June 11th and will begin at 5:30 P.M. at the Long Beach Recreation. Please come dressed in your suit under clothes. Only things allowed on deck are goggles towel, and a bag. Only a certain amount will be picked from the best times under the program cutoff times.

1. Applicant must be a year-round City of Long Beach Resident OR a Long Beach School District Student. The child MUST be 10 years of age or older by July 1, 2024! NO EXCEPTIONS!!!!

2. Applicant must print out 2024 Waiver Form from the City of Long Beach website at [www.longbeachny.gov/lifeguards](http://www.longbeachny.gov/lifeguards) and click on Junior Lifeguards. Complete the form and bring it to the

swim tryout. No form, no tryout. \*\* Parents be advised—the child will only have ONE chance to swim, there are no second chances

C Group - 10 & 11 years old must swim 100 yards (4 laps) FREESTYLE in 1 minute 45 seconds  
B Group - 12-13 years old must swim 150 yards (6 laps) FREESTYLE in 2 minutes and 35 seconds  
A Group - 14-15 years old must swim 200 yards (8 laps) FREESTYLE in 3 minutes and 45 seconds.

- All Junior Lifeguards must tread water in 11 feet of water for a minimum of 1 minute.
- All swimming must be in good form. Face in water and not breaking stroke.
- A MANDATORY 80% attendance rate is required of all JLs throughout the program. A Junior Lifeguard cannot miss more than 2 out of 10 days or jeopardize being released from the program. All types of camps, vacations, and other sports camps count as an absence from the program so please be diligent when scheduling around the program. Illness does not count.

**New JL REGISTRATION PROCESS**  
**Tuesday, June 17, 2024 between 5:30-7PM only!!!**  
**At the Long Beach Ice Arena**

- A- The child's name must be on our website list that made cut-offs.
- B- The child must be a City of Long Beach Resident OR a Long Beach School District Student to be in the program.
- C- There is a REGISTRATION FEE of \$300.00 to join the Junior Lifeguard Program. Please note the fee includes MINIMUM INSURANCE COVERAGE and a Junior Lifeguard Program uniform.
- D- Will accept cash or check payable to the "City of Long Beach" or VISA or MASTERCARD. (An additional service fee is applied to credit card charges). Parents will receive, fill out, and sign the Registration form on the date above!
- E- Parents must bring the following in order to register...Program fee, Birth Certificate, Proof of Residency, and Current School Report Card with you when register on Tuesday, June 17<sup>th</sup>.

A Waiver Form does not guarantee placement in the Junior Lifeguard Program!!!