

## LONG BEACH LIFEGUARD PATROL- LONG BEACH CHAPTER USLA

### GOALS OF THE JUNIOR LIFEGUARD PROGRAM

- To demonstrate and teach water safety 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. Boys and girls will be instructed in many aspects of beach and water safety and environmental topics, such as...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 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 "35-40" 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 even though applicant swim time may be below Program Cutoff Times, 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 that make the cut-off swim will be posted on our website the next day where you next follow the directions for Registration on our website.

Please remember...For the safety of all children, our program has rules set in place that need to be followed by all parents/children in order for all in the program to succeed!!!!

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

The Swim Qualifying Tryout will be one day ONLY—Tuesday, June 10<sup>th</sup> @ 6 P.M at the Long Beach Recreation. 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. Child MUST be 10 yrs of age or older by July 1, 2020! NO EXCEPTIONS!!!!
2. Applicant must print out 2019 Waiver Form from Junior Lifeguard website, complete form and bring it to swim try out. No form, no tryout.  
\*\* Parents be advised—child will only have ONE chance to swim, there are no second chances

C- 10 &11 years old must swim 100 yards (4 laps) FREESTYLE in 1 minute 45 seconds

B- 12-13 years old must swim 150 yards (6 laps) FREESTYLE in 2 minutes and 20 seconds

A- 14 years old must swim 200 yards (8 laps) FREESTYLE in 3 minutes and 20 seconds

AA- 15 years old must swim 200 yards (8 laps) FREESTYLE in 3 minutes and 10 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. JL cannot miss more than 2 out of 10 days or jeopardize being released from the program. All types of camps, vacations, and other sport camps count as an absence from the program so please be diligent when scheduling around program. Illness does not count.

**New JL REGISTRATION PROCESS**

**Monday June 15<sup>th</sup> between 5:30-7PM only!!!**

At the Long Beach Ice Arena

A- Child's name must be on our website list that made cut-offs.

B- Child must be a City of Long Beach Resident OR a Long Beach School District Student to be in program.

C- There is a REGISTRATION FEE of **\$225.00** to join the Junior Lifeguard Program. Please note the fee includes MINIMUM INSURANCE COVERAGE, a Junior Lifeguard Program uniform, and a sun care product.

D- Will accept cash or please make all checks payable to the “**City of Long Beach**”. Parents will receive, fill out and sign the Registration form on date above!

E- Parents must bring in order to register...**Program fee, Birth Certificate, Proof of Residency, and Current School Report Card** with you when register on Monday June 17th .

**\*\*\*Long Beach Junior Lifeguard Rash Guard is available for an additional \$25.00 fee and can be purchased in person after the program starts.**

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