

2010 VENTURA COUNTY JUNIOR LIFEGUARD PROGRAM

Dear Junior Lifeguard Families and prospective Junior Lifeguards:

Enclosed is your 2010 PARENT HANDBOOK. Please retain it for the duration of the Junior Lifeguard Program year. You will find this handbook useful when you refer to it for questions about:

- Tryout testing standards
- Program dates and times
- Refunds
- Behavioral expectations of Junior Lifeguards
- Disciplinary procedures
- Program activities

ENROLLMENT

Enrollment for the Junior Lifeguard Program is first come first served. Due to the popularity of the Program, enrollment is expected to fill to capacity very quickly.

Students are considered enrolled in the program when the Harbor Patrol Office receives the completed forms and full payment of tuition fees.

NOTE: It is necessary to submit the program fees with the application and waiver forms to insure your child's place in the Junior Lifeguard Program. Enrollment may be limited to 150 participants for each session.

PROGRAM FEES:

- \$335.00 for the first child from a family
- \$305.00 for each additional child from the same family
- \$640.00 enrollment in both sessions
- \$45.00 Anacapa Trip (trip optional, space limited, fee must be paid with tuition)
- Make checks payable to the **County of Ventura Harbor Department**

AGE REQUIREMENTS: 8 through 15 years of age at 1st day of instruction. ***New participants will be required to show a birth certificate.***

TRYOUTS: Tryouts will be held in the pool at the Oxnard High School Aquatic Center, 3400 West Gonzales, Oxnard, CA 93030 on June 5th & July 10th, 2010, from 10:00 a.m. to 12:00 p.m. **Tryouts are required for first year Jr. Lifeguards only.**
Parent/Guardian must be present during tryout.

SESSION ONE (1) PROGRAM DATES: June 21, 2010 through July 16, 2010. An awards barbecue will be held on the last day of the program at Silver Strand Beach.

SESSION TWO (2) PROGRAM DATES: July 19, 2010 through August 13, 2010. An awards barbecue will be held on the last day of each program at Silver Strand Beach.

PROGRAM TIMES: Monday through Friday, 9:00 a.m. until 2:00 p.m.

**VENTURA COUNTY HARBOR DEPARTMENT
JUNIOR LIFEGUARD PROGRAM
2010 STUDENT APPLICATION**

Student's Name:

Last First Middle

Address: _____

Number Street City Zip

Home Phone: () _____

I want my name, zip code and telephone number published to assist me and other parents in forming carpools.

SEX: Male Female Date of Birth: ____/____/____ Age 1st day of program: _____

____ **Session one June 21, 2010 - July 16, 2010** ____ **1st Session Island Trip July 8, 2010**
 ____ **Session two July 19, 2010 - Aug. 13, 2010** ____ **2nd Session Island Trip Aug. 5, 2010**

AMOUNT ENCLOSED \$ _____
 (See PROGRAM FEES in Parent Letter)

Child's Physician or HMO: _____ Phone: () _____

List any restrictions to medical treatment:

Allergies to foods/drugs: _____

Any special medications, pertinent information or special instructions: _____

EMERGENCY CONTACTS

Please list emergency contact numbers in the order in which they should be called.

Contact Name # 1	Phone Numbers	Contact Name # 2	Phone Numbers	Contact Name # 3	Phone Numbers

MAIL COMPLETED APPLICATION AND FEES TO: Ventura County Harbor Department
 3900 Pelican Way
 Oxnard, CA 93035
 Attn: Jack Peveler
 Phone: (805) 382-3011 Fax: (805) 382-3015

Office Use Only:		
_____ check #	_____ island trip pd.	_____ birth cert
_____ receipt #	_____ signed & initialed release	_____ tryout
_____ amount pd.	_____ parent participant survey	_____ LG aide

2010 VENTURA COUNTY JUNIOR LIFEGUARD PROGRAM TESTING STANDARDS

TRYOUTS: Tryouts will be held in the pool at the Oxnard High School Aquatic Center, 3400 West Gonzales, Oxnard, CA 93036 on June 5th and July 10th, 2010, from 10:00 a.m. to 12:00 p.m. Tryouts are required for first year Jr. Lifeguards only. **Parent/Guardian must be present during tryout.**

The following requirements must be met in order for the applicant to successfully be admitted into the program:

- A timed 150 yards swim, the swim must be completed within 4 minutes.
- Applicant must be able to float or tread water for two minutes.
- Applicant must be able to dive down underwater to a depth of 7 feet.

Application Check off List
<input type="checkbox"/> 2010 Student Application
<input type="checkbox"/> Authorization to Treat a Minor Form (Note: If your child is new to the program, tryouts are required and the dates are listed on this page.)
Parent Participant Survey Form <input type="checkbox"/> To be completed at the beginning of the Junior Lifeguard program
<input type="checkbox"/> A copy of Birth Certificate (If child is new to the program)
<input type="checkbox"/> If you would like to Pre-Order Boys and/or Girls Board Shorts for \$25.00, please include it in your check/money order.
<input type="checkbox"/> Check/Money Order

RELEASE FROM LIABILITY

In consideration of the acceptance of the application of my child as a participant in the Junior Lifeguard Program, my child and I hereby agree to assume all risks attendant upon myself and my child while participating in the Junior Lifeguard Program. My child and I hereby waive, release and discharge any and all claims for damages for death, personal injury or property damage which my child or I may have, or which may hereafter accrue to me or my child, as a result of my child's participation in the Junior Lifeguard Program. I agree to save and hold harmless from liability the County of Ventura, any of its agents, servants or employees by reason of any accident, death, injury, or damages to persons or property which my child or I may suffer from and against any and all liability arising out of or connected in any way with my child's or my participation in the Junior Lifeguard Program, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above.

I further understand that serious accidents or death can occur during aquatic and marine activities, and that participants in aquatic and marine activities occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risk of aquatic and marine activities (swimming, surfing, lifesaving, body boarding, competition, and the like), nevertheless, I hereby agree to assume on my behalf and the behalf of my child those risks and to hold harmless all of the persons or entities mentioned above, who (through negligence or carelessness) might otherwise be liable to me or my child (or my heirs or assigns, or my child's heirs or assigns) for damages.

It is further understood and agreed this waiver, release and assumption of risk is to be binding on my heirs and assigns, and the assigns of my child. I agree to assume all responsibility for any property damage or injury to any persons caused by me or my child while participating in the Junior Lifeguard Program.

VIDEO-PHOTO RELEASE

I understand that during the Junior Lifeguard Program or related activities, my photograph and/or the photograph of my child may be taken by the Junior Lifeguard Program, producers, sponsors, organizer, and/or assigns. I agree that my photograph and/or the photograph of my child, including video photography, film photography, or other reproduction of my likeness or the likeness of my child, may be used without charge by the Ventura County Harbor Department Junior Lifeguard Program, producers, sponsors, organizers and/or it's assigns for such purpose as they deem appropriate.

AUTHORIZATION TO TREAT A MINOR

I, the parent or legal guardian of the child listed above, do hereby authorize and consent to any X-ray examination, anesthetic, medical, or surgical treatment rendered under the general or special supervision of any member of the medical staff and emergency room staff licensed under the provisions of the Medical Practice Act or a Dentist licensed under the provisions of the Dental Practice Act and on the staff of any acute general hospital or emergency care facility holding a current license to operate a hospital or emergency care facility from the State of California Department of Public Health. I understand that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required, but is given to provide authority and power to render care which the aforementioned physician, in the exercise of his/her best judgment, may deem advisable for my child. Further, I understand my child will be participating in inherently dangerous activities (swimming, surfing, lifesaving, body boarding, competition, and the like) and agree to pay for my child's medical expenses. I understand that all effort shall be made to contact me prior to rendering treatment to my child, but any of the above treatment will not be withheld if I cannot be reached. This authorization is given pursuant to the provisions of the California Civil Code. This consent shall remain in effect until September 1, of the subject year.

INITIAL

I have read, understand and approve the **RELEASE FROM LIABILITY** and the **VIDEO-PHOTO RELEASE**.

I have read, understand and approve the **AUTHORIZATION TO TREAT A MINOR** with any restrictions I may have listed above.

I request that my child not tryout this year. He/she was in last years Junior Lifeguard Program. I certify that my child is physically fit to participate in the Junior Lifeguard Program this summer.

I understand there is a \$50.00 fee for all returned checks and that my child cannot participate in any program activities until all fees have been paid in full.

I accept the provisions of the Ventura County Junior Lifeguard Program refund policy as stated in the **PARENT HANDBOOK**.

I understand that if I do not initial the boxes approving **RELEASE FROM LIABILITY** and the **AUTHORIZATION TO TREAT A MINOR**, and if I refuse to sign this document, my child's application will not be processed.

Signature of Parent or Legal Guardian

Date

NOTICE OF NONDISCRIMINATORY POLICY AS TO STUDENTS

The Ventura County Junior Lifeguard Program admits students of any race, color, national and ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the school. Ventura County Junior Lifeguard Program does not discriminate on the basis of race, color, national and ethnic origin in administration of educational policies, admissions policies, athletic and other school-administered programs.

STUDENT DISCIPLINE FOR MINOR INCIDENTS

For the Junior Lifeguard Program to be successful, students must exhibit behavior that is respectful of our staff, other students, our equipment and facilities. Group activities are vital to our program. A student that is disruptive to group activities and disrespectful to instructors, diminishes the enjoyment and education of the other students.

The intent of discipline is to instruct the student so as to gain compliance with acceptable behavior norms. Therefore, please familiarize your Junior Lifeguard with the following expected behaviors:

- Respect of instructors and other staff
- Respect of other students; no shoving, hitting or name calling
- Respect of facilities, equipment and property
- Cooperation with others and good sportsmanship
- Following all safety rules and all instructions
- Listening quietly to directions and announcements
- Participation in regular program activities

The progressive steps of discipline are as follows:

1. When a minor discipline situation occurs, the student will be counseled about the situation and given an explanation of what behavior change is expected.
2. If a subsequent incident occurs, the student will be asked to take a **“TIME OUT”** or **“TAKE A LAP”**. A **“TIME OUT”** is a period of five to ten minutes that the student spends quietly reflecting on the incident. A **“TAKE A LAP”** is a supervised swim or run of reasonable distance. After the **“TIME OUT”** or **“TAKE A LAP”**, the student is allowed to rejoin the group activity.
3. When a student has a series of **“TIME OUT”** or **“TAKE A LAP”** in the same day, or a series of discipline situations over several days, the lead instructor will inform the youth’s parent or guardian about the situation.

4. When a student continually disregards the Instructors or shows little or no improvement with steps 1 through 3, the student will be suspended from the program for one day. The parent or guardian of the student will be informed that the student has been suspended. There will be **no** pro-rated refund of fees.

If, after suspension, the student's behavior is still not acceptable, the parent or guardian of the student will be informed that the student may no longer attend any of the program's activities. There will be **no** refund of fees.

Major first time incidents may progress the student directly to step 4 or step 5 of the above procedures. Major incidents would include:

- Leaving the program area without permission
- Insubordination
- Fighting with another student or other persons
- Unlawful or non-consensual touching of another person
- Stealing property
- Vandalism of equipment or facilities
- Other conduct which brings disrespect on the Junior Lifeguards or the County of Ventura

Any time a major behavior problem occurs, the Program Supervisor will be advised.

ATTENDANCE

Attendance is taken daily. We would appreciate being notified if your child will be absent. Please phone the Harbor Patrol office between 8:00 and 8:45 a.m. at 382-3011.

REFUND POLICY

1. There is a **\$50.00 fee** for cancellations made prior to the first day of instruction.
2. Students may drop from the program at any time prior to the completion of the first week of instruction and receive a **50% refund** of tuition. After commencement of the first day of instruction of the program's second week, **no refunds will be made.**
3. Student injuries that occur during the program that preclude the student's continuation in the program will be given a pro-rated refund based upon the remaining number of days in the program, including the day of injury.
4. There is **no** refund of fees for students suspended (1-3 days) or for students that are removed from all further program activities for disciplinary reasons.

PARTICIPATION IN ACTIVITIES

Students are encouraged to participate in all regular program activities. The younger, smaller students may not have the same opportunities as the older students to utilize the kayaking equipment and other equipment, which require body weight and strength. Daily activities include strength conditioning, stretching, running, paddling, surfing and swimming. If you have questions, please see one of the lead instructors. Participants will be given boat rides with the Harbor Patrol and instructed on local marine life and habitats.

UNIFORMS

Boys and Girls Board Shorts Now Available

Student's required uniform shirts provided on 1st day of session

Ventura County Junior Lifeguard T-shirts will be provided to all participants

Boys/Girls: Navy Blue Board Shorts - \$25.00

Girls: Navy Blue tank top type swim suit (not provided) Sports Chalet, Sportmart

Student optional uniform items: Optional items would include sweatshirts, sun hats, sunglasses, sunscreen, towel, etc. Some items are available at the Harbor Patrol Office

Instructors: Instructors are distinguished from Assistants and students by their red Lifeguard swim trunks, suits and Ventura County Lifeguard patch.

PARENT PARTICIPANT SURVEY
(To be completed at the beginning of the Junior Lifeguard Program)

This survey is designed to measure the effect that the Junior Lifeguard program has on the lives of its participants. It is important that **ALL** parents or guardians of Junior Lifeguard participants complete this survey and return it with the application.

Has your son/daughter ever participated in the Junior Lifeguard program? **Y** **N**
 If yes, how many years have they attended? _____

How old is your son/daughter? _____ Age when started Program: _____

Use the following five-point scale to answer questions 1-14. Circle the number that you feel best describes your son/daughter. Please read all questions before you begin circling your answers.

	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
1. My child has self-respect.	1	2	3	4	5
2. My child has respect for all family members.	1	2	3	4	5
3. My child has respect for others.	1	2	3	4	5
4. My child has respect for the environment.	1	2	3	4	5
5. My child gets good grades.	1	2	3	4	5
6. My child has good school attendance.	1	2	3	4	5
7. My child is in good physical condition.	1	2	3	4	5

PARENT SURVEY

(To be completed and returned at the end of the Junior Lifeguard Program)

Using the same set of questions, how do you feel your child's involvement in the Junior Lifeguard program has improved these traits.

"Because of participation in the Junior Lifeguard program, my child has..."

	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
8. ...shown improvement in self-respect."	1	2	3	4	5
9. ...shown improvement in respect for family members."	1	2	3	4	5
10. ...shown improvement in respect for others."	1	2	3	4	5
11. ...shown improvement in respect for environment."	1	2	3	4	5
12. ...shown improvement in grades."	1	2	3	4	5
13. ...shown improvement in school attendance."	1	2	3	4	5
14. ...shown improvement in physical condition."	1	2	3	4	5

Comments:

Please relate any success stories because of involvement in this Junior Lifeguard program
