



2021

PROGRAM INFORMATION  
HANDBOOK

Dear Junior Lifeguard Parents,

Welcome to the 2021 Santa Barbara County Junior Lifeguard Program!

At the time of this update in early March 2021 the program must reflect the information and constraints placed on youth activities by Santa Barbara County Public Health Department. There are several modifications to the program for this summer and parents should carefully read the handbook. COVID health protocols will be strictly enforced during the 2021 program with face coverings and social distancing required. Your JG's safety is our priority.

This handbook serves a number of purposes. It is used to communicate aspects of the program; program expectations, daily requirements, uniform requirements, important dates, rules and regulations. Please take the time to read the information in this handbook. If you have questions after reviewing the handbook please email [sbcojg@sbparks.org](mailto:sbcojg@sbparks.org)

We are excited that you have chosen us to be a part of your child's summer plans. This Junior Lifeguard Program will provide a safe environment for children ages 8 – 17 to learn about ocean safety. This program is designed to help improve your child's physical conditioning while emphasizing the importance of safety, respect, teamwork and the building of self-esteem. Activities include running, swimming, paddling, water sports, games and training drills. In addition, your Junior Lifeguard will learn about marine ecology and the ocean environment.

### **REGISTERING RETURNING JUNIOR GUARDS**

Returning JG's may only enroll in one session of JG's this summer. Online enrollment will begin on April 1, 2021 at 8:00 AM. Parents/Guardians of returning JGs will receive an email with registration links and instructions. There will also be a Parent Zoom meeting on March 29, 2021 at 6:00 PM to go over changes for the 2021 season, along with registration information. Returning Hendry's JG's do not need to attend tryouts. They are guaranteed space in the program as long as their enrollment is complete by April 15, 2021 at 5:00 PM. Applications received after the April 15, 2021 deadline will not be accepted and your JG must then enroll as a new student. Siblings new to the Hendry's program must enroll as new students.

### **TRYOUTS for NEW JUNIOR GUARDS**

There may be limited spots for new students at Hendry's JG's and you cannot be guaranteed a space in the program until your JG passes tryouts and payment is received. Tryout dates will be determined May 1st. A lottery may be used for new student priority for tryouts.

### **STEPS FOR NEW JG ENROLLMENT:**

1. You must sign up for your tryout heat in advance by visiting [www.sbparks.org/jgs](http://www.sbparks.org/jgs) and submitting a tryout request. Priority will be honored in the order received and does not guarantee space in the program.  
\*2021 – Due to limited space, a lottery system may be used.
2. Within two business days, you will receive a confirmation email with your heat time and an application to bring to tryouts.
3. Bring your completed application to your assigned time at the tryout. Once your child passes the tryout, please be prepared to pay the registration fee.

Please do not call or email about your chance of securing a space as we cannot know this information until tryouts are complete. Thank you for your understanding.

New students to the program must meet the following swimming requirements. These may be conducted in a swimming pool or in the ocean under close supervision at tryouts. New students may not test or be certified by another agency other than Santa Barbara County Parks.

## **Pool Tryout Requirements**

- Swim 100 yards using any stroke desired without fins or other assistance in
  - 2 minutes for 12 years and older (2:15 for meters)
  - 2 minutes and 30 seconds for 8 to 11 year old's (2:45 for meters)
- Tread water for 2 minutes
- Swim underwater for 10 yards

## **Ocean Tryout Requirements**

- Ocean Tryouts will be a swim 100 yards using any stroke desired without fins or other assistance.
- Student must enter the water without hesitation
  - 2:30 minutes for 12 years and older
  - 3 minutes for 8 to 11 years old
- Tread water for 2 minutes
- Swim underwater for 10 yards

## **FEES & CANCELLATIONS**

\$315.00 per session, \$275.00 sibling rate.

Payment will be accepted in the form of the following credit cards: Visa, Mastercard and Discover. A \$50.00 fee will be charged for cancellations made up to 7 days before the session begins. No refunds or credits will be issued within 7 days of session start.

## **DATES**

Session 1: June 28 - July 9, 2021 (no July 5)

Session 2: July 12 - July 23, 2021

Session 3: July 26 - Aug 6, 2021

## **HOURS**

Program hours are 9:15 AM to 12:45 PM, Monday through Friday. It is the responsibility of each parent or guardian to ensure safe travel for his or her child to and from Arroyo Burro Beach County Park, Goleta Beach County Park, or field trip locations.

The Santa Barbara County Junior Lifeguard Program is not responsible for participants outside of scheduled program hours and activities. Parents or guardians are responsible for their Junior Lifeguard immediately prior to and immediately following scheduled program hours.

## **LOCATION**

The Santa Barbara County Junior Lifeguard Program is held at Arroyo Burro Beach County Park and at Goleta Beach County Park for the 2021 season. Information on field trips and special events will be communicated well in advance and may occur off location. The program may also be partially relocated due to beach conditions. We will do our best to communicate updates as early as possible.

## **DROP OFF & PICK UP**

To avoid traffic at Hendry's Beach parking lot we ask parents to use the bus stop area for drop-off and pick-up whenever possible. There will be an instructor at the bus stop to supervise drop off in the morning from 9:00AM to 9:15AM.

If you drop off your Junior Lifeguard at the bus stop during a time that an instructor is not there please have them use the pedestrian path on the left side of the lot to go to the beach and do not allow them to walk through the parking lot.

In the afternoon, **DO NOT DRIVE THROUGH THE MAIN PARK LOOP**. An instructor will walk the JG's as a group to the bus stop (or another designated area to ensure social distancing) for pick-up at 12:45PM. We must keep traffic moving, especially when the busses arrive so please make pickups quick and safe! It is illegal to park in the bus stop turnaround.

## **UNIFORMS**

Hendry's Junior Lifeguards are required to wear a uniform each day of the program for safety. The uniform allows the instructors to safely monitor JG's and distinguish them from other beach patrons. No other attire will be allowed during program hours. The uniform consists of NAVY BLUE swimsuit or trunks, WHITE program T-shirt, and NAVY BLUE program sweatshirt. Girls must wear a one or two-piece navy "Speedo" type swimsuit. It is recommended that boys wear competition style swimsuit or jammers under their board shorts. All personal gear should be marked with the Junior Lifeguard's name in permanent ink.

- One long-sleeved shirt is included in program fees.
- Extra long-sleeved program shirts: \$15.00
- Rash guards: \$25.00
- Navy blue hooded sweatshirts: \$30.00
- Navy blue swimsuits and trunks will be available from Play it Again Sports in Goleta or online at Original Waterman.

## **WHAT TO BRING EACH DAY**

Here is a list of the things your child should bring each day to program in addition to the mandatory uniform:

- A healthy snack – fruit and vegetables are a great option (there will be no lunch break)
- Water
- Towel
- Sunscreen - You should instruct your child to re-apply sunscreen at least twice per day
- Backpack - Make sure it is labeled with your child's name
- Wetsuit – Optional but recommended

## **ATTENDANCE**

Attendance is taken daily for all groups in the program. If your child cannot fully participate in the day's activities, please do not send your child to Junior Lifeguards.

Please email us at [sbcjg@sbparks.org](mailto:sbcjg@sbparks.org) if your child will be absent for consecutive days. When your child returns from an absence please email us or send a written note with him or her.

## **PARTICIPATION IN ACTIVITIES**

Hendry's Junior Lifeguard program requires daily participation in all activities. If your child is not fully able to contribute or has an injury or illness that inhibits participation in any given activity please notify us immediately. Instructors cannot maintain sufficient supervision over their group when there is not full participation in each activity.

Parents or guardians should be aware that ocean swims are a daily part of the program. SBCO Junior Lifeguard's must also demonstrate the ability to enter the water willingly and without hesitation, as well as the ability to swim a given distance without instructor assistance. If after the first week, your child cannot or does not demonstrate these abilities you will be asked to reconsider your child's involvement in the program.

## **INSTRUCTION & SUPERVISION**

The Junior Lifeguards are instructed by the Santa Barbara County Lifeguards. All of the instructors have successfully completed an intensive United States Lifesaving Association (USLA) certified Open Water Lifeguard training course and have worked in the field as ocean lifeguards. Instructors are also certified in Emergency First Aid and CPR for the Professional Rescuer. During program hours, Junior Lifeguards are closely supervised by their instructors as well as under the watchful eye of on-duty lifeguards.

## **RULES, REGULATIONS & RESPONSIBILITIES**

For the safety and success of all Junior Lifeguards it is crucial that all orders from Instructors and Lifeguards be obeyed immediately. Participants must exhibit behavior that is respectful of staff and other participants as well as our equipment and facilities. A Junior Lifeguard who is disruptive and disrespectful to instructors diminishes the enjoyment and education of the other participants.

- Junior Lifeguards must display courtesy to all persons with whom they come in contact with, particularly while in uniform.
- All Junior Lifeguards must report on time to JG's each day wearing our official uniform. Failure to be in proper uniform may result in dismissal from regular scheduled activities for that day.
- Lectures and instructions provide important safety information for program participants, therefore full attention must be given at all times in order to avoid possible injury to oneself or other Junior Lifeguards.
- Respect fellow Junior Lifeguards and their personal gear.
- Treat all department equipment with respect and handle properly with care. Junior Lifeguard's are responsible for the equipment that they are using.
- Practice good sportsmanship. Especially during competitions.
- All Junior Lifeguards must assist in daily clean up.
- Preserve the beach environment, keeping it a clean and remember to throw litter in the trash cans after snack and don't leave it on the beach!
- Never make vulgar gestures, vulgar messages or use vulgar language.
- Give Instructors your full attention at all times.
- DO NOT throw rocks, sand, sticks or other objects at any time.

## **PROGRESSIVE STEPS OF JG PROGRAM DISCIPLINE**

The Santa Barbara County Junior Lifeguard staff follows a progressive discipline procedure. The intent of discipline is to gain compliance while instructing the student in acceptable behavior. The steps for disciplinary action are as follows:

1. **VERBAL WARNING and COUNSELING:** The student will be counseled about the situation and given an explanation of what behavior change is expected and what consequences will occur.
2. **TIME OUT:** If subsequent incidents occur the student may be given a "Time Out" or a "Lap". A "Time Out" is a 5 to 10 minute period that the student spends quietly reflecting on the incident. A "LAP" is a supervised swim, run or reasonable physical activity. The child then rejoins the group.
3. **PARENT CONTACT:** If a student has multiple behavior issues in the same day or over several days, the Instructor will inform the Junior Lifeguard Coordinator who will then inform the student's parent or guardian about the situation.
4. **SUSPENSION:** If a student continues to disregard the Instructors or shows little or no improvement in behavior, the student will be suspended from the program for a period of time not to exceed five JG days. There will be no prorated refund of fees.
5. **EXPULSION:** If the student's unacceptable behavior continues, the parent or guardian will be informed that the student will be expelled from program. There will be no refunds.

\* Major first-time incidents may lead directly to suspension or expulsion.

## **CREDIBLE SHARK SIGHTING**

After a credible shark sighting near Arroyo Burro Beach or Goleta Beach, the County will post Shark Sighting Advisory Signs on the beach. Santa Barbara County will not close the beach to patrons. During the warning period, Hendry's Junior Lifeguards will adjust water activities accordingly.

## **EMERGENCY EVACUATION**

In the event of a national disaster or catastrophic event, all Hendry's Junior Lifeguards will be evacuated to the area just east of the traffic circle along Cliff Drive. If we move the group to another location an email will go out as quickly as possible.

## **COMPETITIONS**

Several JG competitions are scheduled in the area during the summer and we will normally attend one competition each session.

## **PHOTO DAY**

Sessions may have a day when group and individual photos are taken. Parents will have the opportunity to purchase these photos.

## **ASSISTANT PROGRAM (Counselors-In-Training)**

Assistants must be 15 years of age by July 1st or an incoming sophomore in high school. The opportunity to become Junior Guard Assistants (CITs) will help with preparation for a paid Lifeguard or Instructor position. They operate under the guidance of a Junior Lifeguard Instructor.

Assistants will be challenged to learn lifeguard operations, ocean conditions and rescue techniques, first aid, and CPR. Assistants are also expected to lead younger Junior Guard's in practical and physical skills. This is a volunteer position.

To apply candidates must have previous Junior Lifeguard experience, be available for JG tryouts, training and one session of JG's. Candidates must submit a JG application with a resume by April 15th.

## **SCHOLARSHIPS**

Santa Barbara County Parks will offer partial scholarships to support new Hendry's Junior Lifeguard participants! Scholarships are limited and submitting an application does not guarantee an award of the scholarship.

Eligibility and Selection Criteria:

- Eligible households that are currently receiving other low income assistances such as: Free/Reduced Lunch Program, Food Stamps or Supplemental Security Income.
- Only new (first time) students to Hendry's are eligible.
- Only one scholarship each year per family.

Process:

- Your Junior Lifeguard must first pass the tryouts. You will submit your JG application and the "Scholarship Interest Application" at tryouts. Your place in the program will be secured at this point.
- Your qualifying documents may include Free/Reduced Lunch Program, Food Stamps or Supplemental Security Income and must be submitted as soon as possible. You can scan and email all documents to Jon Menzies, Aquatics Coordinator at [jmenzies@sbparks.org](mailto:jmenzies@sbparks.org) or you may bring or mail these documents to the Santa Barbara County Parks office. The information will be kept confidential and secure but please block out any social security numbers or other sensitive information.
- Scholarships will be awarded on a first come first served basis and all applicants will be notified of the award before June 1, 2021.
- If awarded, the final cost per student is \$100 which includes enrollment in one session, basic uniform items, and a program sweatshirt. Payment must be received by session start.
- Those that do not qualify still have an opportunity to pay the full amount by session start.

## Hendry's Junior Lifeguards Scholarship Interest Application

**FAMILY INFORMATION:**

Child's Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**OUR FAMILY RECEIVES:**

Free/Reduced Lunch Program       SS/SSI       Food Stamps

Other low-income assistance: \_\_\_\_\_

Please include proof of participation in a low-income assistance program and mail, email or bring all documents to:

Hendry's Scholarships  
c/o Jon Menzies, Aquatics Coordinator  
123 E. Anapamu St, 2nd Floor CSD  
Santa Barbara, Ca 93101  
Email: [jmenzies@sbparks.org](mailto:jmenzies@sbparks.org)

I HEREBY CERTIFY THAT THE INFORMATION PROVIDED IS CORRECT.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**HENDRY'S JG CONTACTS**

On Site Phone for Emergencies Only!: (805) 680-2809  
Email preferred for all other questions: [sbcojg@sbparks.org](mailto:sbcojg@sbparks.org)  
Website: <http://www.sbparks.org/jgs>

Al Fimlaid  
Hendry's Program Supervisor  
123 E. Anapamu St, 2nd Floor CSD  
Santa Barbara, CA 93101  
(805) 729-5028  
[afimlaid@sbparks.org](mailto:afimlaid@sbparks.org)

Jon Menzies  
Aquatics Coordinator  
123 E. Anapamu St, 2nd Floor CSD  
Santa Barbara, CA 93101  
(805) 729-7508  
[jmenzies@sbparks.org](mailto:jmenzies@sbparks.org)

Lyn Semenza  
Registration Coordinator  
123 E. Anapamu St, 2nd Floor CSD  
Santa Barbara, CA 93101  
(805) 568-2466  
[semenza@sbparks.org](mailto:semenza@sbparks.org) or  
[JGApps@sbparks.org](mailto:JGApps@sbparks.org)

If you wish to support the Junior Lifeguard Scholarship Fund, you can write a check to the Santa Barbara County Parks Foundation and submit it at tryouts or during a camp day. In the 'memo' section of your check write 'Junior Lifeguard Scholarship Fund'. This donation is tax deductible and will go towards supporting JG's. We appreciate the support!