



Summer 2019

Parents and Junior Lifeguards,

The Junior Lifeguard Program will move at a fast pace and teach many of the basic skills needed during the American Red Cross Lifeguard Training.

Your days with us will be filled with swimming, running, learning rescue skills and first aid skills, games in the park and pool, and lots of fun. This is a high-energy program and requires participants to come in with a certain amount of swimming ability. The following is a list of the swimming skills that our Junior Lifeguards should be able to do:

- ✓ Swim 30 yards (The width of Nevada City Pool – 2 times)
- ✓ Tread water for 1 minute
- ✓ Swim under water for 10 feet

We don't expect perfect swimmers; we will work on swim skills most days, however, participants must be comfortable in the water.

Attached you will find information detailing what to expect from the program, what to bring each day, an approximate schedule of a typical day, as well as a Participant Emergency Form and Parent's Medicine Consent Form. **Please read all the information provided and return the Emergency Form and Medicine Consent Form one week prior to your first day of camp.**

We look forward to spending time with you this summer!

Thank you,

Nevada City Pool Staff

JUNIOR LIFEGUARD PROGRAM

What to Bring

Lunch or a substantial snack should be eaten at least 30 minutes before your Junior Lifeguard arrives at the pool, as the program begins promptly at 11a with an intense swimming workout. There will be two snack times during the day.

The following is a list of items that your Junior Lifeguard should bring to the program EVERY day. If any additional items are needed, the instructors will inform you in advance.

- ✓ Swimsuit (preferably one-piece for females)
- ✓ Two towels
- ✓ Flip-flops to wear at pool (optional)
- ✓ Comfortable clothes and running shoes to run, jump, and workout in
- ✓ Healthy, nutritious snacks and/or lunch (Tips provided below)
- ✓ Water bottle
- ✓ Sunscreen
- ✓ Sun glasses
- ✓ Goggles (optional)
- ✓ Hat (optional)
- ✓ Money for snack shack (optional)

Please do not bring cell phones, iPods, etc. Nevada City Pool and staff will not be responsible for these items.

Lunch/Snack Ideas:

We recommend parents keep the lunches & snacks nutritious & natural. Juices that come in containers or boxes are the easiest beverages to bring as they can be frozen, wrapped in foil, and put in the lunch to keep food cool as it defrosts. Adhering to these basic food safety rules will avoid the chance of Junior Lifeguard's getting sick.

- ✓ Do not send perishable food items (cream based products and egg products besides hard-boiled eggs.)
- ✓ If you send any semi-perishable food products (meats, cheeses, mayonnaise, etc.) you need to freeze your camper's beverage or water bottle and place it next to the semi-perishable food or freeze the food product.
- ✓ Small, insulated containers and non-breakable thermoses (small) may be used for semi-perishable foods.
- ✓ During extremely hot weather, it is best to use only processed/packaged food products.

Additional Information

How to Contact Us:

Nevada City Pool: 530-265-8223

Pool staff can contact program instructors and relay messages.

Guidelines and Policies

Medications

Pool staff cannot administer medications to participants without written consent from a parent. No medications can be provided by the Nevada City Pool or Nevada City Parks and Recreation. If your child needs to take medication while in our program, please complete a **Parent's Medicine Consent Form** (a copy is included with this packet) and give the form and medications to the Pool Manager. *Medications must be in their original container.* Medications will be stored in a locked cabinet and administered as directed on the form. The Parent's Medicine Consent Form must be completed for participants who carry Epi-Pens and Inhalers. These medications will remain with the child, not in the locked cabinet.

Program Guidelines

- Respect instructors and other students.
- Follow instructors' directions at all times – in the pool, park, and away from the park.
- Stay with the group at all times.
- **Come prepared and ready to swim, workout, and have fun every day.**
- Behavior, work ethic and cooperation are being observed by pool staff for future reference if participants decide to pursue employment with Nevada City Pool.
- There is no obligation or guarantee that any Junior Lifeguard participant will be hired as a Nevada City Pool employee.
- Junior Lifeguard participants are NOT certified lifeguards at the completion of the program.

It is important to Nevada City Parks and Recreation that all program participants feel emotionally and physically safe while spending time in any program. On the first day of the program we will discuss guidelines of the program and expectations of Junior Guards while participating in the program.

Misc.

On program days, Junior Lifeguards will be allowed free admission into the pool facility after they sign out from the program. If Junior Guards choose to do this it will be unsupervised time – since they are signed out of the program. Junior Guards are expected to follow all pool rules the same as other patrons in the facility.

One day during the 3 week program, Junior Lifeguards will meet in the evening to observe swim lessons. More information will be provided during the program.

On the last day of the program we will have a party. More information will be provided to participants as needed.

General Schedule

10:45 – 11:00a	Sign-in at front counter, Nevada City Pool
11:00a –noon	Endurance swimming and skill practice in pool
noon - 12:15p	Transition from pool to Pioneer Park field, snack time
12:15 - 1:30p	Instruction at field. The group generally takes a short run - route may vary somewhat, but this is a typical route: up Park Ave. extension, through cemetery to Red Dog Rd, left on Red Dog to intersection with Boulder, then either right on Boulder St. extension to Deer Creek, turn around at creek OR left on Boulder St. to intersection of Boulder and Nevada St., turn around at Nevada St, return to Pioneer Park via Boulder to Park Ave. to Nimrod St.
1:30 - 2:00p	Games on field or by creek
2:00 - 2:15p	Structured drills in deep end of pool
2:15 – 2:45p	Free time & snack time for JLG in pool area
2:50 - 3:00p	Review down at field
3:00p	Sign out at front counter. The participant or parent must sign out each day. Refer to the Emergency Form for more pick-up information.

Nevada City Parks and Recreation Participant Emergency Form

This form must be completed and returned to Nevada City Pool at least **1 week prior** to your first day of camp.

Participant Name: _____

Birthday: _____ Age: _____ T-Shirt Size: _____

Address, City, Zip: _____

Allergies (food, medicine, environmental): _____

Medications, Medical Conditions, Pertinent Past Medical History: _____

Parent Name: _____

Daytime #: _____ Cell #: _____

Parent Name: _____

Daytime #: _____ Cell #: _____

List all individuals who have permission to pick up your child:

NAME:	RELATIONSHIP:	PHONE#
_____	_____	_____
_____	_____	_____

My child may sign them self out from the Junior Lifeguard Program. (Participants will not be able to sign out before 3:00p unless prior arrangements have been made.)

. **YES** **NO**

Insurance Provider: _____

Membership #: _____

Physician Name: _____

Phone#: _____

Dentist Name: _____

Phone #: _____

This form only needs to be completed if your Junior Lifeguard will be taking medications while at the program.

Parent's Medicine Consent Form

I, _____ ,
(Name of parent)

give permission to _____
(Name of caregiver)

to give my child _____
(Name of child)

the following medicine _____
(Name of medicine)

for _____
(Problem or illness)

on _____
(Date or dates)

at _____
(Time or times)

in the amount of _____
(Amount or amounts)

by _____
(Body location and method of use)

Side effects of the medicine to watch for _____

(Possible side effects)

This medicine has been prescribed by _____
(Name of doctor)

The telephone number of the doctor is _____

By _____ (Signature of parent or legal guardian) _____ (Date)