



Official
PROGRAM GUIDE

ENCINITAS JUNIOR LIFEGUARDS

SUMMER 2022

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The 2022 Encinitas Junior Lifeguard Staff welcomes you to another
fun-packed summer at Moonlight Beach!

CONTACT US

EncinitasJG.com

encjrguards@encinitasca.gov (Best for timely response)

(760) 633-2752

MISSION STATEMENT

The mission of the Encinitas Junior Lifeguard Program is to educate participants about ocean and beach safety, while building self-confidence and an appreciation for the dynamic ocean environment. The Junior Lifeguard Program introduces participants to safe marine and aquatic recreational activities such as: stretching, running, open water swimming, paddling, body surfing, surfing, boogie boarding, mock rescues, beach games and friendly competitions. In addition, the program is designed to improve the participant's physical conditioning, their understanding and appreciation for the environment, and their respect for themselves and others.

Please Note:

Teaching sessions and discussions are conducted daily. Be aware that we often need to adjust our program's daily activities during periods of cold-water temperatures and unfavorable ocean conditions to keep our participants safe. Throughout the program, instructors educate Junior Lifeguards about various topics pertaining to the ocean environment and on the job duties of an ocean lifeguard. Some of the topics include CPR, first aid, marine life, and spinal immobilization skills. Junior Lifeguards are taught invaluable skills and techniques utilized by certified professional lifesavers.

AGE GROUPS

Junior Lifeguards range from nine to seventeen years old. Groups are determined by participant age. Due to City policy, participants MAY NOT transfer into older or younger age groups even if their birthday falls during the session.

Groups	Ages
"C"	9 - 10
"B"	11 - 12
"A"	13 - 17

SESSIONS (2 WEEKS)

MORNINGS 9:00 AM – 12:00 PM (Monday – Friday)

AFTERNOONS 1:00 PM – 4:00 PM (Monday – Friday)

SESSION 1AM June 20 – July 1

SESSION 1PM June 20 – July 1

SESSION 2AM July 5 – July 15 (No class on July 4th)

SESSION 2PM July 5 – July 15 (No class on July 4th)

SESSION 3AM July 18 – July 29

SESSION 3PM July 18 – July 29

SESSION 4AM August 1 – August 12

SESSION 4PM August 1 – August 12

FEES

Junior Lifeguards	Resident - \$335	Non-Resident - \$345
Junior Lifeguard Aides	Resident - \$10	Non-Resident - \$20

REGISTRATION

Registration opened on **March 7, 2022**. No registration or transactions occur on-site at Moonlight Beach. All program registration is handled through the City of Encinitas Parks and Recreation Department. You can register online at [EncinitasParksandRec.com](https://www.EncinitasParksandRec.com).

For any questions regarding registration for the program or swim tests contact us at:

EncinitasParksandRec@encinitasca.gov

(760) 633-2740

Monday – Friday: 7:00 am – 6:00 pm (closed alternating Fridays)

CANCELLATIONS/REFUNDS

Please visit [EncinitasParksandRec.com](https://www.EncinitasParksandRec.com) If you have questions, contact the Parks and Recreation Department.

TRYOUTS

REGISTER NOW for any 1-hour timeslot on one of the dates listed below. You can register online at www.EncinitasParksandRec.com. **Time slots are intended to help control a steady flow of tryouts throughout the day. Be prepared to wait for an hour or more.*

***** TRYOUTS ARE FOR PARTICIPANTS REGISTERED OR ON THE WAITLIST**

All **new** participants must attend one of our tryouts and pass the required swim test in order to participate in the program for the 2022 summer season.

The following are considered **new** participants:

- All participants age 9.
- Participants who have never attended the Encinitas JG program.
- Participants who have attended a different junior lifeguard program.

The following do not need to attend a tryout:

- Returning Encinitas Junior Lifeguards.

Swim tests are \$10 this year and you can sign up on our registration website for a time slot that works for you. The process is exactly the same as registering for the program.

SWIMMING REQUIREMENTS

Swimming requirements must be met in order to be accepted into the Program. We strongly recommend regular swim workouts before attending a tryout. If you have any questions regarding tryouts and the swim test, please email us at encjrguards@encinitasca.gov

Junior Lifeguards must meet the following swimming requirements:

Groups	Ages	Skill	Qualifying Time
ALL	9 - 17	Water Tread	3 minutes
Groups	Ages	Skill	Distance
ALL	9 - 17	Underwater Swim	5 yards
Groups	Ages	Distance	Qualifying Time
"C"	9 - 10	100 yards	2 minutes 45 seconds

"B"	11 - 12	100 yards	2 minutes 35 seconds
"A"	13 - 17	100 yards	2 minutes 25 seconds

TRYOUT DATES, TIMES, AND LOCATIONS

Sunday, March 27th: 3:30pm - 5:30pm

Sunday April 24th: 3:30pm - 7:30pm

Sunday, May 22nd: 3:30pm - 7:30pm

Sunday June 12th: 3:30pm - 7:30pm

All swim tests will be located at the Solana Beach Boys and Girls Club: 533 Lomas Santa Fe Dr. Solana Beach, CA 92075

Again, please be prepared to wait in line for the tryout. Our staff will work as quickly as possible to get everyone through the tryout process.

FREQUENTLY ASKED QUESTIONS

HOW SHOULD MY CHILD PREPARE FOR THE SWIM TEST?

We encourage parents to work with their children on their swimming skills before the beginning of the program to ensure that their children can pass the test with confidence. It is beneficial for any child to partake in swim lessons and to learn proper swimming technique.

DO I NEED TO REGISTER FOR A SWIM TEST?

Yes, you must register for a test date and time prior to the beginning of your session.

AM I PERMITTED TO REGISTER FOR MULTIPLE TEST SPOTS?

No. We have extremely limited pool time. In order to make sure that all participants get a chance to take a test, please register for only one spot.

HOW DO I REGISTER MY CHILD FOR A SWIM TEST?

Register for any 1-hour timeslot on one of the dates listed above. You can register online at www.EncinitasParksandRec.com

IF I FAIL THE SWIM TEST, WILL I GET A CHANCE TO RETEST?

Yes, you can retest on the same day.





UNIFORMS

We are proud to announce that **WATERMEN BRAND**® will produce all official 2022 uniform items!







Uniforms are required for all participants. The uniform enables instructors and other lifeguards to monitor Junior Lifeguards and easily spot them on the beach and in the water. For each Junior Lifeguard's safety, everyone must wear the required uniform to participate.

*Registered participants will receive a free t-shirt on the first day of Junior Guards.

REQUIRED UNIFORM ITEMS

IMAGE	ITEMS	COLOR	PRICE
	Bondi Boardshort	Navy	\$36.00
	X Back Suit	Navy	\$40.00
	Rescue Bikini Top	Navy	\$24.00
	Rescue Bikini Bottom	Navy	\$16.00

RECOMMENDED UNIFORM ITEMS

IMAGE	ITEMS	COLOR	PRICE
	Yellow Short Sleeve Rashguard	Navy	\$27.00
	Yellow Long Sleeve Rashguard	Navy	\$29.00
	JR Guard Snap Back Hat	Navy	\$24.00
	Girls Stretch boardshort	Navy	\$26.00
	Encinitas Hooded Sweatshirt	Navy	\$35.00
	Encinitas Zip Sweatshirt	Navy	\$40.00

WHEN AND WHERE TO PURCHASE UNIFORMS:

All uniform items will be available for purchase at each swim test as well as on the first day of each Junior Guard session or online at www.watermenbrand.com

- Log onto
<https://www.originalwatermen.com/boardwalk/customer/account/login/>
- Click “Lifeguard Agency Log In” on top right of website, then “Create Account” then input your personal information and password.
- Under Lifeguard Association special password: ejl2022 (cap sensitive)
- Click Register
- Click the RED box at the top of the screen that says “Click here to shop Encinitas JR Lifeguards Catalog”

INSTRUCTORS

The Encinitas Junior Lifeguard program is conducted by professional ocean lifeguards. Each instructor has successfully completed an intensive open water lifeguard training course and most have worked as lifeguards for more than two years. Instructors are also certified in emergency first-aid and CPR. Some instructors are certified Emergency Medical Technicians or Paramedics. Other skills include Emergency Vehicle Operations, Personal Watercraft Operations (Jet Ski), Rescue Boat Operations, Cliff Rescue, River Rescue, and SCUBA Search and Recovery. Many of the instructors have been Junior Lifeguards themselves!

DAILY INSTRUCTION

Each day we teach lessons on various topics relating to the Junior Lifeguard program. Be sure to ask your Junior Lifeguard what they have learned each day! Please be aware that water activities may be limited due to the following: anytime safety becomes an issue, lightning, waterspouts, unfavorable water conditions, large surf, or a major drop in water temperature.

ATTENDANCE

Regular attendance is encouraged and will be recorded daily. Attending daily allows participants to fully benefit from the program. We understand that on occasion, parents and participants may have other commitments but please attempt to show up every day.

DAILY REQUIREMENTS

Junior Lifeguards shall check-in on time in full uniform at the north end of Moonlight Beach (big palm tree). Participants are expected to participate in all activities, unless they have notes from their parents stating otherwise. Each participant must be able to swim, enter the ocean readily and participate in water activities. Program activities require a good deal of physical exercise and ocean swims are a regular part of the program. When water temperatures are low, we encourage the use of wetsuits.

Junior Lifeguards should bring the following items to the beach everyday:

- Uniform – JG t-shirt and navy-blue swimsuit/boardshorts
- Warm clothing – JG sweatshirt, shorts, etc.
- Sun protection – sunscreen, hat, and rash guard
- Food and water
- Backpack for all your child's equipment
- Junior Lifeguard Field Guide (given to students at check-in on Day one).

Important Details to Remember

- Please label all equipment and uniforms with your child's name.
- Please do not come to class with expensive personal property. The Junior Lifeguard staff is not responsible for any lost items.
- Personal wetsuits may ONLY be worn with a JG rash guard over it.
- ABSOLUTELY NO CELL PHONES allowed during class times. Before or after class is OK.

JUNIOR LIFEGUARD FIELD MANUAL

At the beginning of each session, a Junior Lifeguard Field Manual will be distributed to all Junior Lifeguards. The manual contains lecture notes, daily activities, important upcoming events and information for Junior Guards and parents. Please make sure your JG receives the manual. Junior Guards are required to bring the Junior Lifeguard Field Manual every day.

JUNIOR LIFEGUARD AIDE

If you are interested in becoming a Junior Lifeguard Aide for the summer of 2022 you must be between the ages of 15-17 and have prior experience in the Junior Lifeguard program (at least one year).

Please send an email to the Junior Lifeguard Coordinator at encjrguards@encinitasca.gov with your name and contact information and desired session date(s). Please also include in your email if you prefer morning session or afternoon session or both sessions. You will also need to register online as a Junior Lifeguard Aide at EncinitasParksandRec.com

On the first day of your session at 8am, you must meet with the assigned Junior Lifeguard Instructor. You will be required to pass a series of small tests to ensure that you are more than comfortable in the ocean. The test will consist of a Run-Swim-Run and a Paddle Test. Requirements of each are listed below.

Run-Swim-Run – quarter-mile run, 500-yard swim, quarter-mile run.

If you have any further questions, please contact the JG Coordinator at Encjrguards@encinitasca.gov

Aide Uniforms

Fins are Required

Aides will be required to bring their own set of fins. Please label the fins with your initials before the first day. Recommended fins are Duck Feet, Viper, Yucca, and DaFin. Our uniform vendor will sell pairs of DaFin at a discounted rate on their

website or on the first day of each JG session. To order them online, please follow the directions outlined in section 12.

All swimsuits must be navy blue. NO suits may be revealing and must be athletic in nature and meet the required specifications. Aides will receive a free royal blue t-shirt and will be issued a rash guard that must be returned at the end of their session.

Community Service

Junior Lifeguard Aides who would like to receive community service during the hours that they are actively assisting instructors must complete the following steps:

- First, he/she must obtain necessary paperwork from their school.
- Second, they must contact their instructor and notify them of their desire to earn community service hours.
- Third, the aide must record their hours worked daily.

The aide will present their hours to their instructor and the instructor will sign off on their hours daily. At the end of the program, we will sign off on the total number of hours that have been recorded throughout the program.

SCHOLARSHIPS

Limited scholarships are available on a first-come, first-served basis. All scholarship applications and requests go through the Parks and Recreation Department office, located at 505 S. Vulcan Avenue. Contact the Parks and Recreation Department for information at (760) 633-2740.

DONATIONS

The City of Encinitas Marine Safety Department believes the Junior Lifeguard Program is a tremendous community asset. As our program continues to grow, support is greatly appreciated. Donations are used only to support the program and its participants (scholarships).

If you or your business is interested in donating to Encinitas Junior Lifeguards, please contact us at:

Phone: (760) 633-2740

Email: encjguards@encinitasca.gov.