CHICAGO PARK DISTRICT
JUNIOR LIFEGUARD PROGRAM

Summer
Information Packet

2020
Dear Parents and Junior Guards:

This packet has been prepared as a guide for the upcoming summer Junior Lifeguard program. The Jr. Guard program will begin on Monday, July 6, and end on Friday, August 14, 2020.

**PROGRAM SITES**
- Burroughs Beach
- Calumet Beach
- Leone Beach
- Montrose Beach
- North Avenue Beach
- Oakwood Beach
- Osterman Beach
- Rainbow Beach
- South Shore Beach

**PROGRAM OPTIONS**

<table>
<thead>
<tr>
<th>Age</th>
<th>Times</th>
<th>Fees</th>
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<tbody>
<tr>
<td>8 – 15 years</td>
<td>10:00 AM - 4:00 PM</td>
<td>$121.00</td>
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</tbody>
</table>

15% fee for refunds, even if child fails the swim test!

Online registration opens on June 26th at 9:00 am. Go to [www.chicagoparkdistrict.com](http://www.chicagoparkdistrict.com) for more info. On-line registration ends on July 3rd, the Friday before program begins.

There will be no in-person registration.

In compliance with health and safety guidelines issued to reduce the spread of the coronavirus, the following expectations have been added to the program:

- Don’t come to the beach if you, or someone you live with, is sick
- Maintain at least 6 feet distance from others at all times (except between members of the same household)
- Wear face coverings when out of the water AND around others
- While at the beach, remain with your squad and avoid unnecessary interaction with other groups.

This packet includes:

- Swim Test Information
- Junior Lifeguard Guidelines
- Sample list of Activities
- Code of Conduct Form
- Participant Agreement Form

*All forms are due TO THE LOCATION on or before THE FIRST DAY OF THE PROGRAM. Participants may not attend the program without the forms being turned in to the instructor / coach.*
SWIM TEST INFORMATION

The Jr. Lifeguard Program is not a learn-to-swim program. The following skills tests are required for participation in the outdoor summer junior lifeguard programs at beach locations. A swim test will be administered by the Jr. Guard Coach during the first two days of program. Participants must successfully demonstrate the indicated swimming skills in order to remain in the program. Any participant who is unsuccessful will be released from the program and issued a refund with a 15% penalty.

<table>
<thead>
<tr>
<th>GROUP</th>
<th>C &amp; CC</th>
<th>B</th>
<th>A</th>
</tr>
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<tbody>
<tr>
<td>AGE</td>
<td>8 – 11</td>
<td>12 – 13</td>
<td>14 – 15</td>
</tr>
<tr>
<td>SWIM SKILLS</td>
<td>100 yard continuous swim, with stroke proficiency. Tread water for 2 minutes. Retrieve object 5’ depth.</td>
<td>150 yard continuous swim with stroke proficiency. Tread water 3 ½ minutes. Retrieve object 8’ depth.</td>
<td>200 yard continuous swim with stroke proficiency. Tread water 5 minutes. Retrieve object 10’ depth.</td>
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SWIM TEST VERIFICATION FORM

All children registering for Chicago Park District Junior Lifeguard programs must successfully pass a swim test. A Jr. Guard coach will observe the participant perform the skills listed above and, if successful, will sign the form to indicate successful completion. This form will be retained by staff at the Jr. Guard program site.

Swimmers Name: __________________________________________
Address: ________________________________________________
Age: _______ Date of Birth: _______ Program Location: _______

I verify that the person indicated above has successfully demonstrated the swim skills for (check one)

☐ 8 - 11  ☐ 12 - 13  ☐ 14 – 15

_________________________NI / Lifeguard Name (Please Print)_________________________
_________________________Signature_________________________
_________________________Test Location_________________________
_________________________Date_________________________
PARENT COMMUNICATION

Parents are encouraged to supply an e-mail address at registration; the coach will then be able to send information about drop-off / pick-up procedures and other information in this manner. If you do not have access to an e-mail account, please let us know that as well. Communication will be forwarded through your junior lifeguard. You will also be given the phone number of the location so you may talk directly to the coach. *A parent orientation session will be offered virtually during the week of June 29th.* Parents will have an opportunity to meet the Junior Lifeguard coaches and lifeguard staff.

COMPETITIONS

Jr. Guards will participate in competitive events at their location against other participants in their squad. Coaches at each location will determine the schedule of events and provide that to participants during the first week of program. To reduce the spread of germs, there will be no citywide competitions.
GUIDELINES

CHECK-IN/CHECK-OUT
The Junior Lifeguards will be divided into groups by age. These age groups are 8 & 9, 10 & 11, 12 & 13, 14 & 15. Junior Guards must check in and out each day with a coach. No Junior Guard may leave early or leave on their own without written approval from a parent or guardian. This approval document must be on file at the location.

FOUL WEATHER DAYS
On foul weather days, Junior Lifeguard activities will be cancelled. Weather status updates can be obtained by dialing the Junior Lifeguard location after 9:30am. Parents can also check beach status for swim bans and advisories at www.chicagoparkdistrict.com/beaches.

LUNCHTIME
Junior Lifeguards will have lunch in a designated area. Junior Lifeguards MUST bring a lunch with them each day.

SUNSCREEN
All Junior Lifeguards are strongly encouraged to apply sunscreen in the morning. Best results are achieved when sunscreen is applied at home, when the Junior Guards are cool and dry. Packing an extra t-shirt is suggested for added protection. Junior Lifeguards should reapply sunscreen as necessary.

BEACH CLEAN-UPS
All Junior Lifeguards will be expected to take an active role in keeping the beach clean.

WHAT TO BRING TO THE BEACH
Backpack, hand sanitizer, water bottle, sunscreen, towel(s), running shoes, sweatshirt / sweatpants, goggles, swim cap

WHAT TO WEAR TO THE BEACH
Face mask (required), swimsuit, shorts, t-shirt, sandals / aqua socks / gym shoes

WHAT TO LEAVE HOME
Valuables, large sums of cash, electronics, expensive clothing
SAMPLE DAILY ROUTINE

10:00  Junior Guards arrive, sign in on their age group’s clipboard. Junior Guards help with equipment needed for the day’s activities

10:15  Warm-ups for daily activities. Will include:
   - Stretching
   - Jumping Jacks / Push-ups
   - Daily Run – Distance will vary according to age and ability
     - 8 to 11 year olds will run up to 1 mile in distance
     - 12 to 15 year olds will advance to a 2 mile distance

11:00 – 12:30  Activities will vary daily and will include the following:
   - Swimming
   - Paddling
   - Rowing
   - Beach Safety
   - Basic Water Rescue
   - Beach Games and Activities

12:30 – 1:00  Lunch (bring your own), Lunch Clean-up

1:00 – 3:45  Activities will vary daily and will include the following:
   - Swimming
   - Paddling
   - Rowing
   - Beach Safety
   - Basic Water Rescue
   - Beach Games and Activities

3:45 – 4:00  Equipment cleaning, sanitizing, and storage. Parents or their designated replacement must sign out on clipboard at the end of the day

DAILY ACTIVITIES WILL VARY ACCORDING TO WEATHER AND WATER CONDITIONS.
JUNIOR LIFEGUARDS:

1. Follow the three R’s of good conduct:
   - Respect for yourself
   - Respect for others and their personal belongings
   - Responsibility for your actions
2. Follow the Junior Guard Guidelines
3. Follow all rules of beach safety.
4. Give the Lifeguard Coaches their full attention at all times
5. Are courteous to all persons they come in contact with at the beach.
6. Always exhibit good sportsmanship, and demonstrate a sense of fair play.
7. Refrain from horseplay, teasing, bullying, profanity, and false statements.
8. Act immediately when requested by the Lifeguard Coaching staff.
9. Use caution when using instructional equipment.
10. Assist in cleaning up instructional areas after use.
11. Are enthusiastic and alert in all training and instructional activities.
12. Abide by the “Just Say No” motto regarding smoking, drugs, and alcohol.
13. Always exhibit good citizenship.
14. Follow instructions regarding social distancing and hand-washing.

This Code of Conduct will be enforced with a three-strike system:

First Offense: Lifeguard Coach on staff speaks to Junior Guard; offense noted
Second Offense: Parents notified, Junior Guard is sent home.
Third Offense: Junior Guard removed from squad.

Offenses resulting in immediate expulsion:

- Possession of drugs, alcohol, or weapons at the beach
- Inflicting serious injury upon another person
- Theft

_________________________________________ has read and understands the Junior Lifeguard Code of Conduct

and agrees to abide by the standards of good sportsmanship and good citizenship described therein.

Jr. Lifeguard Signature

Parent Signature