

chicago park district
JUNIOR LIFEGUARD PROGRAM

**Summer
Information Packet**

2009



**CHICAGO PARK DISTRICT
JUNIOR LIFEGUARD PROGRAM
SUMMER 2009**

Dear Parents and Junior Guards:

This packet has been prepared as a guide for the upcoming summer Junior Lifeguard program. The summer Junior Guard program will begin on Monday June 22, 2009 and end on Friday July 31, 2009. **NOTE: Leaders will begin on Monday June 15, 2009 and will meet 12:00 – 4:00. There will also be an optional week of triathlon training for Leaders August 3 – 7, 2009. More information will be forwarded.**

- There will be seven (7) program sites, program meets Monday – Friday:
 - Leone; Montrose; North Avenue; 31st Street; 63rd Street; South Shore; Calumet
- There are 4 program options
 - AM Only for 8-11 year olds TIME: 10:00 – 1:00 FEE: \$135.00
 - Junior Leaders for 12-13 year olds TIME: 10:00 – 4:00 FEE: \$220.00
 - Safety Leaders for 14 – 15 year olds TIME: 10:00 – 4:00 FEE: \$220.00
 - Leaders (12 – 15) TIME: 1:00 – 4:00 FEE: \$135.00
 - 10-11 year olds, with coach's approval and who pass skills test are eligible to be a Jr. Leader
- NON – RESIDENT FEE IS DOUBLE.**
- On-line registration begins on April 20, 2009. Go to www.chicagoparkdistrict.com
- In-person registration will be held at the individual beach sites beginning May 22, 2009.
 - Registration time is 11:00am to 6:00pm
 - There are limited spots available for in-person registration.
- **ALL registration is contingent upon receipt of swim test verification form.**
- **ALL registration will close as of June 22, 2009.**
- Swim tests can be taken at ANY Chicago Park District pool. Call ahead for times and days.

This packet includes:

- Swim Test Verification Form - **to be submitted by Natatorium Instructor**
- Junior Lifeguard Guidelines
- Sample list of Activities
- Competition Schedule
- Leader Information
- Code of Conduct Form
- Uniform Order Form
- Participant Information Form

For on-line registrations, mail Code of Conduct, Uniform Order Form and Participant Information Form to:

**Chicago Park District
541 N. Fairbanks Court
Chicago, Illinois 60611
Attention: Beaches and Pools Office**

CHICAGO PARK DISTRICT



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SUMMER 2009**

SWIM TEST INFORMATION & FORM

The following skills tests are required for participation in the outdoor summer junior lifeguard programs at beach locations. A swim test verification form **MUST** be signed by a **Natatorium Instructor** and **MUST** be kept on file. All verification forms are to be forwarded to the Beaches and Pools office by the instructor. Registration for the summer program is contingent upon receipt of the verification form.

PROGRAM	AM PROGRAM	JUNIOR LEADER	SAFETY LEADER
TIME	10:00am – 1:00pm	12:00pm – 4:00pm (6/15 – 19) 10:00am – 4:00pm OR 1:00pm – 4:00pm	12:00pm – 4:00pm (6/15 – 19) 10:00am – 4:00pm OR 1:00pm – 4:00pm
DATES	June 22 – July 31	June 15 – July 31 Optional Triathlon Aug 3 - 7	June 15 – July 31 Optional Triathlon Aug 3 - 7
AGE GROUP	8 – 11 years	12 – 13 years	14 – 15 years
SWIM SKILLS	100 yard continuous swim, with stroke proficiency Tread water for 2 minutes Retrieve object 5' depth	150 yard continuous swim, with stroke proficiency Tread water 3 ½ minutes Retrieve object 8' depth	200 yard continuous swim, with stroke proficiency Tread water 5 minutes Retrieve object 10' depth

NOTE: 10 – 11 year olds who have prior approval of coach and who can successfully pass skills test are eligible to participate as a Junior Leader.

SWIM TEST VERIFICATION FORM

All children registering for Chicago Park District Junior Lifeguard programs must successfully pass a swim test. Present this form at ANY Chicago Park District indoor pool. The Natatorium Instructor **MUST** sign the form after successful completion of the swim test.

SWIMMER'S NAME _____

ADDRESS _____

AGE _____ DATE OF BIRTH _____ PROGRAM LOCATION _____

This certifies that the above named swimmer has successfully completed the Junior Lifeguard pretest.
The swimmer is registering for:

AM only _____ Junior Leader _____ Safety Leader _____

Natatorium Instructor Signature

Natatorium Instructor Printed Name

DATE

**CHICAGO PARK DISTRICT
JUNIOR LIFEGUARD PROGRAM
SUMMER 2009**

JUNIOR LIFEGUARD 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 notification from a parent or guardian. This notification form must be on file at the location.

FOUL WEATHER DAYS

On foul weather days, Junior Lifeguard Sessions may 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 and clicking on the Beach Report.

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, sunscreen, towel(s), running shoes, sweatshirt/sweatpants, goggles, swim cap

WHAT TO WEAR TO THE BEACH

Swimsuit, shorts, t-shirt, sandals (aqua socks) / gym shoes

WHAT TO LEAVE HOME

Valuables, large sums of cash, electronics, expensive clothing

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SUMMER 2009**

SAMPLE DAILY ROUTINE

MORNING SESSION

- 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
- 10:45 – 12:30 Activities will vary daily and will include the following:
- Swimming
 - Paddling
 - Rowing
 - Landline Rescue
 - Beach Flags
 - Beach Safety
 - Basic Water Rescue
 - Beach Games and Activities
- 12:30 – 1:00 Lunch / Lunch Clean-up / Check-out for AM Session
Junior Guards must sign out on clipboard / check out with Coach

AFTERNOON SESSION

- 1:00 – 4:00 Junior Leaders (ages 12-13) and Safety Leaders (ages 14 – 15) participate in advanced drills and water activities.

DAILY ACTIVITIES WILL VARY ACCORDING TO WEATHER AND WATER CONDITIONS.

Summer 2009 activities will incorporate the Chicago Park District's "Summer of Sport" and "Catch the Spirit" themes of the Olympics. Each location will have a country that is well known for its lifesaving proficiency and learn more about its customs, etc.

**CHICAGO PARK DISTRICT
JUNIOR LIFEGUARD PROGRAM
SUMMER 2009**

COMPETITION SCHEDULE

Competition #1

DATE: **Friday July 10, 2009**

PLACE: South Shore Beach (7059 S. South Shore)

TIME: 9:30am Team Check-In 10:00am Start

EVENT:

Beach Flags

Beach Flags are individual events by age and gender (8&9, 10&11, 12&13, 14&15)

Tug-of-War (Co-ed event with NO AGE divisions) 1000LB weight limit

Each Junior Guard location can enter multiple teams

Competition #2

DATE: **Friday July 17, 2009**

PLACE: Montrose Beach (4400 North) Montrose Exit then East to Beach

TIME: 8:30am Team Check-in 9:00am Start

EVENTS:

Distance Run – individual by age group and gender

Run-Swim-Run - individual by age group and gender

Paddle Board* - individual by age group and gender

Distance Swim - individual by age group and gender

Dash Relay – co-ed by age group

Swim Relay – co-ed by age group

Competition #3

DATE: **Friday July 24, 2009**

PLACE: Calumet Beach (9500 S. South Shore Drive)

TIME: 9:30am Team Check-In 10:00am Start

EVENT:

Rowing* (individual event by age group and gender 12&13, 14&15 only)

Land-Line Relays (can be co-ed by age group 8&9, 10&11)

Rescue Relays (2-person; can be co-ed by age group 12&13, 14&15)

Leader Event

Team points will be totaled at completion of competition Day #3 and awards presented.

Please note start times for competition days

All competition days are full days ending at 3:30 or 4:00pm

* Only Junior Lifeguards currently registered at Beach Locations may participate in these events!

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JUNIOR LIFEGUARD PROGRAM
SUMMER 2009**

JUNIOR LEADERS and SAFETY LEADERS

All Junior Lifeguards aged 12 – 15 are eligible to be leaders for their Junior Lifeguard Squad.

Leader Training will take place beginning Monday June 15, 2009 from 12:00pm to 4:00pm.

- Notebook and pen or pencil
- Sunscreen
- Swimsuit / Towel
- Running shoes
- Extra clothes
- Backpack or gear bag
- Lunch or snack

A JUNIOR LIFEGUARD LEADER:

**Leads by
Example
Athletic
Dedicated
Enthusiastic
Responsible
Safety-Conscious**

LEADER TRAINING:

- Use of equipment and proper care
- Fundamentals of First Aid, Rescue Breathing, and Basic Water Safety
- Beach and water games / activities
- Team building exercises

PARENT COMMUNICATION

Parents are encouraged to supply an e-mail address at registration, found on the uniform order page. The coach will be able to send information about drop-off / pick-up procedures and other information in this manner. If you do not have access to e-mail, 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 on June 10, 2009 at 6:30pm and also on the first day of camp from 10:00am – 11:00 am. These sessions will be held at each beach location. Parents will have an opportunity to meet the Junior Lifeguard coaches and lifeguard staff.

**CHICAGO PARK DISTRICT
JUNIOR LIFEGUARD PROGRAM
SUMMER 2009**

CODE OF CONDUCT

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.

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

(Junior Lifeguard Name)

of Conduct and agrees to follow the standards of good sportsmanship and good citizenship as described in the code.

Junior Lifeguard Signature _____

Parent Signature _____

**The Junior Lifeguard Code of Conduct and Signature should be mailed as indicated on .
You may make a copy to keep for your records.**

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JUNIOR LIFEGUARD PROGRAM
SUMMER 2009**

T- SHIRT ORDER FORM

JUNIOR GUARD NAME _____ **AGE** _____

PROGRAM LOCATION _____

SIZE FOR T-Shirt _____

Sizes for T-Shirts are:

10-12(Youth Medium), 14-16(Youth Large),

Adult Sizes: Small, Medium, Large, X-Large, and XX-Large

PARENT E – MAIL ADDRESS: _____

