

Rules, Regulations, and Responsibilities of a City of Santa Barbara Junior Lifeguard

1. For the safety and success of all Junior Lifeguards, it is crucial that all instructions from JG Instructors, Lifeguards, Aquatics Staff, and Emergency Services Personnel be followed immediately.
2. All Junior Lifeguards must report on time each day wearing a program T-shirt, hat, and solid red swimsuit / swim trunks. Swimsuits must allow for frequent and strenuous exercise (i.e. no bikinis for girls or over-sized trunks for boys.) Swimsuits and trunks can be purchased at <https://jrguards.com/collections/santabarbara> or any local surf shop or sporting goods store.
3. Requests by Junior Lifeguards to be dismissed early, or to be excused from a particular program activity, will only be granted with a written explanation from parents/guardians, unless an emergency occurs.
4. 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.
5. All Junior Lifeguards must wear/bring sunblock (waterproof SPF 30 or above) and a hat or visor each day. Time will be provided to reapply sunblock during program hours. (NOTE: sunblock adheres best to cool skin; therefore, we encourage the application of sunblock in the morning before dressing.) A towel and extra clothing to protect against the sun and cool temperatures are also recommended. Rash guards used to protect against sun damage are allowed as long as they do not interfere with daily activities.
6. The Aquatics Office and Equipment Room are off limits to Junior Lifeguards unless accompanied by a JG Instructor or Lifeguard. Junior Lifeguards are not allowed to use the office telephones unless accompanied by a JG Instructor.
7. The use of cell phones is not allowed during program hours without permission from a JG Instructor.
8. Junior Lifeguards may not use the Cabrillo Pavilion facilities (locker rooms, indoor showers). Outdoor showers are available to Junior Lifeguards after program hours.
9. Junior Lifeguards are advised to bring a refillable water bottle and a light lunch, as physical training activities will often immediately follow lunchtime.
10. All Junior Lifeguard equipment must be handled properly and with care as directed by the JG Instructors. Intentional misuse of equipment is potentially dangerous and will result in disciplinary action.
11. All Junior Lifeguards must assist in daily cleanup of training and meeting areas.

12. The following actions and behavior are clearly not representative of a City of Santa Barbara Junior Lifeguard, and will result in possible dismissal from the program:

- a. The throwing of sand, rocks, sticks, or other objects found in the sand/ocean.
- b. Stealing or handling of personal items belonging to another Junior Lifeguard, or any other person, without that person's permission.
- c. Physically attacking or using profane language/gestures toward another Junior Lifeguard, Instructor, Lifeguard, Aquatics Staff Member, or member of the public.
- d. Jumping off Stearns Wharf (Pier Jumping)
- e. Ditching the program
- f. Insubordination
- g. Fighting with another participant or other person
- h. Unlawful or non-consensual touching of another person

13. In order to maintain the outstanding reputation that the City of Santa Barbara Junior Lifeguards have earned within the community, all Junior Lifeguards must display courtesy to all persons with whom they come in contact, particularly while in uniform.

14. Violations of any of the above rules and regulations will result in disciplinary action in one or more of the following forms:

- a. Verbal counseling
- b. Temporary dismissal from the regular program activity in order to engage in an alternative training activity as directed by the JG Instructor.
- c. Parent conference.
- d. Suspension from the program.
- e. Dismissal from the program.

Behavior Expectations

For the Junior Lifeguard Program to be successful, participants must exhibit behavior that is respectful of our staff, other participants, our equipment, and our facilities. Group activities are vital to our program. A participant that is disruptive to group activities and disrespectful to JG Instructors diminishes the enjoyment, experience, and education of the other participants.

The intent of alternative training activities is to instruct the participant to gain compliance with acceptable behavior norms. Therefore, please familiarize your Junior Lifeguard with the following expected behaviors:

- Respect the JG Instructors and other staff.
- Respect other participants: no shoving, hitting or name-calling.
- Respect and protect the facilities, equipment, and property of others.
- Cooperate with others.
- Practice good sportsmanship.

- Follow all safety rules and all instructions.
- Listen quietly to directions / announcements.
- Participate in regular program activities.
- Arrive on time and be promptly picked up from the program.

Minor Behavior Incidents

When a minor behavior situation occurs, the participant will be counseled about the situation and given an explanation of what behavior change is expected.

If a subsequent incident occurs, the participant will be asked to take a "TAKE A LAP". "A LAP" is an alternative training activity which is a supervised swim, run or calisthenics of reasonable distance or quantity. After the "LAP", the participant is allowed to rejoin the group activity.

When a participant has a series of "LAPs" in the same day or a series of alternative training activities over several days, the JG Director will inform the youth's parent or guardian about the situation.

When a participant continually disregards the JG Instructors or shows little or no improvement, the participant may be suspended from the program for one day. The parent or guardian of the participant will be informed that the participant has been suspended. ***There will be no prorated refund of fees.***

If after the suspension, the participant's behavior is still not acceptable, the parent or guardian of the participant will be informed that the participant will be removed from the Junior Lifeguard Program. ***There will be no refund of fees.***

Major Behavior Incidents

Major first time incidents may progress the participant directly to suspension or removal from the program. Major incidents would include:

- The throwing of sand, rocks, sticks, or other objects found in the sand/ocean.
- Stealing or handling of personal items belonging to another Junior Lifeguard, or any other person, without that person's permission.
- Physically attacking or using profane language/gestures toward another Junior Lifeguard, JG Instructor, Lifeguard, Aquatics Staff Member, or member of the public.
- Jumping off Stearns Wharf (Pier Jumping)
- Ditching the program
- Insubordination
- Fighting with another participant or other person
- Unlawful or non-consensual touching of another person
- Vandalism of equipment or facilities.
- Other conduct that brings disrespect on the Junior Lifeguard Program