



Simpkins Family Swim Center
979 17th Avenue, Santa Cruz, CA 95062
831.454.7960
swimcenter@scparks.com
scparks.com

Junior Guards

Program Overview and Parent Resource Guide

A. PROGRAM OVERVIEW

- i. The Santa Cruz County Parks Junior Guards program will provide your child with an understanding of the skills required to become aquatically proficient, emphasizing fun and physical fitness through a variety of activities. Under the supervision of our qualified and experienced instructors, your child will practice the skills necessary to become a successful lifeguard. All the sessions will consist of conditioning, lifeguard instruction and special activity days. Conditioning will include swimming, running, calisthenics and team-building games, in addition to other physical activities.

B. PREREQUISITES

- i. **Age:** Children ages 7 to 13 may participate in the Junior Guards Program.
- ii. **Swim Test:** All participants must successfully pass the Swim Test. The Swim Test is designed to ensure participants have the endurance and skills to safely partake in the program. Participants who cannot meet the swimming requirements for this program may not register for Little Guards.

C. SESSIONS

- i. A total of 6 sessions are offered. Each session is held in the mornings or the afternoons on weekdays throughout 3 weeks.
 - i. Please note, the program will not be held on July 4th in observance of Independence Day.
- ii. **Morning Session**
 - i. **Time:** 9am – 1pm
 - ii. **Early Check In:** Participants may not arrive earlier than 8:45am.
 - iii. **Late Departure:** Morning Session participants may stay for Recreation Swim from 1pm–3:30pm, free of charge with written approval from parent/guardian.
- iii. **Afternoon Session**
 - i. **Time:** 2pm – 5pm
 - ii. **Early Arrival:** Afternoon Session participants may swim prior to the start of their camp session from 1:15pm–1:45pm, Monday through Friday.
 - iii. **Early Check In:** Participants may check in at 1:45pm, but no earlier.
- iv. **Camp Size:** To create the best and safest experience for all our campers, each morning session will have a maximum of 80 participants and each afternoon session will have a maximum of 40 participants.

D. REGISTRATION

- i. Registration is available online at scparks.com or by phone beginning in April. In-person registration is not available at this time. Please see the Junior Guards Fees document for the exact date.
- ii. Registration is limited to one session per individual.

E. FEES



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- i. **Residency:** You are a nonresident if you live outside Santa Cruz County; in one of the 4 cities in the County (Santa Cruz, Capitola, Watsonville, Scotts Valley); or in one of the Special Recreation Districts (Alba and La Selva Beach).
- ii. **Sibling Discount:** 15% sibling discount is available for any siblings registered in any combination of session(s). Discount applies additional registration(s) of a lower amount.
- iii. **Cancellations Fee:** All cancellations must be made in writing.
 - i. \$50 cancellation fee if cancelled more than 3 weeks prior to start of the program.
 - ii. 50% of all fees paid if cancelled less than 3 weeks prior to start of program.
 - iii. No refunds or credit will be given for absences. No refunds or credits will be given for cancellations after the second day of the program. No refunds or credits will be given for participants suspended or removed from the program for disciplinary reasons.
 - iv. Participants that do not pass the swim test will be given a full refund.

F. BEHAVIORAL GUIDELINES

- i. The Santa Cruz County Parks Junior Guard Program provides children (ages 7-13) an opportunity to learn and be engaged in all aspects of water safety around the Simpkins Family Swim Center Facility. To allow for the full engagement of its participants, the Junior guards program has behavioral guidelines set out for participant safety.
 - i. We ask that participants show respect to the Junior Guards Supervisor, instructors, volunteers, and fellow participants.
 - ii. We ask that participants follow the instructions and participate in Junior Guard activities to the best of their ability.
 - iii. Participants must keep their electronic devices in their bags during the program to not distract the other participants.
 - iv. Junior Guards must follow all rules of the pool deck.
 - v. No Tolerance for Bullying Policy: We do not tolerate any bullying. Bullying will result in the Second Warning on the Disciplinary Action Plan and, depending on severity, the Third Step.
- ii. **Disciplinary Actions:** The following actions will be taken if there is a breach in this agreement:
 - i. First Warning: The Junior Guard will receive a verbal warning from the program supervisor explaining the issue and noting the discontinuance of the behavior.
 - ii. Second Warning: The Junior Guard's parent/ guardian will be contacted by the Junior Guards Supervisor
 - iii. Third Warning: The Junior Guard will be withdrawn from the program without refund.

G. PHYSICAL HEALTH AND ABILITY

- i. Successful course completion requires physical activity. Sessions will include some strenuous exercise. If a medical condition or disability exists that might prevent participation in the activities, or there are questions about fully participating in the Junior Guards program, please contact us to discuss it before the program begins.
- ii. **Swim Test**
 - i. To participate in the Santa Cruz County Parks Junior Guards program, the following skills must



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be demonstrated prior to the beginning of instruction on the first day of class:

1. Swim the front crawl (freestyle stroke) with face in the water for 25 yards continuously with rhythmic breathing to the side.
 2. Tread water for 1 minute using arms and legs.
 3. Submerge, push off underwater, and swim to the first set of flags / approximately 10 feet.
- ii. All Junior Guard participants will need to fulfill the minimum requirements to participate in the program.
 - iii. A parent/guardian must remain at the Simpkins Family Swim Center on the first day of instruction until staff has cleared your child for participation in the program. Instructors will notify you after the skills assessment if your child does not complete the minimum requirements for participation.
 - iv. Participants that do not pass the swim test will be given a full refund.
 - v. Participants that cannot meet the swimming requirements for this program may not register for Little Guards.
- iii. Swimming sessions occur daily between 45 – 75 minutes of swim workouts and swim coaching. Participants will be split into swim groups based on their age and swimming ability. Please ensure that your child has goggles, an athletic swimsuit and maximum swim protection (i.e. rash guard and waterproof sunscreen) for these long swim sessions.

H. ATTENDANCE

- i. Regular attendance is encouraged.
- ii. Please inform us as soon as possible and provide advance notice whenever possible if your child will arrive late, will be picked up early, or will be absent for the day.

I. UNIFORM

- i. The participant uniform consists of:
 - i. Junior Guard T-Shirt
 - ii. Red swim trunks or shorts
 - iii. Closed Toed Athletic Shoes
- ii. A Junior Guard T-Shirt will be provided to you on the first day of the program.
- iii. Program hoodies, sweatpants, and additional t-shirts will be available for purchase at the Simpkins Family Swim Center

J. PARTICIPATION

- i. All participants are expected to be able to participate in all activities, unless they have notes from their parents saying otherwise. Participants should arrive on time, in uniform, and prepared for both dryland and swimming activities.
- ii. Please remember to bring the following items every day:
 - Uniform (Junior Guard t-shirt, red swim trunks or shorts, and closed toed athletic shoes).
 - Swimsuit



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- Towel
- Warm clothing
- Lunch, snacks, and lots of water
- Sunscreen
- Goggles
- A hat
- Optional items:
 - Rash guards
 - Wetsuit tops
 - Fridays Only: No more than \$5 for the vending machine. Participants may get a maximum of two (2) items from the vending machines.

K. WEEKLY CALENDAR AND PROGRAMMING

- i. Staff will distribute a weekly calendar each Monday of the session. The calendar will provide information on that week's special activities and/or field trips and important upcoming information parents need to be aware of. Program highlights include daily water exercise and workouts, kayak and paddleboard use, and a beach day field trip.

L. DROP OFF AND PICK UP PROCEDURE

- i. We greatly appreciate your support in helping our staff team implement an efficient check-in and check-out system! Our goal is to limit outside adult to youth interaction beyond the site staff and participating children.
- ii. Parents, guardians, or another designated adult must present a valid photo ID at check-out.
- iii. **Location:** Drop off and pick up at the orange gates kiosk entrance. If you have children participating in both the Junior Guard and Little Guard programs, please enter through the orange gate and check in your Junior Guard at the kiosk first, then check in your Little Guard at the Little Guard Courtyard.
- iv. **Self Check Out:** If approved, participants may check themselves out of the program without a parent or guardian present and leave the facility. Self-checkout approval must be submitted by the participant's parent/guardian in writing.

M. FREE RECREATION SWIM

- i. **Fees:** Currently enrolled participants do not need to pay any fees to swim during weekday Recreation Swim Hours. All others, including parents, guests, and Junior Guard alumni, must pay the entrance fee to attend Recreation Swim with the participant.
- ii. **Recreation Swim Hours:** 1:00 pm - 3:30 pm, Monday through Friday
- iii. **Morning Session Participants** may stay for the entire Recreation Swim from 1pm-3:30pm, Monday through Friday.
- iv. **Afternoon Session Participants** may swim prior to the start of their camp session from 1:15pm-2pm, Monday through Friday.
- v. **Swim Responsibly:** A designated Junior Guard Instructor will be on the premises and available for your child if they need assistance, however, instructors are not responsible for the supervision of



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children after 1:00 pm. Lifeguards provide general pool supervision during recreation swim and are not available for one-on-one supervision.

N. LOST AND FOUND

- i. Santa Cruz County Parks is not responsible for items left, lost, or stolen. Overnight storage is not permitted.
- ii. The Lost and Found Bin is located at the camp courtyard against the green fence. Any clothing, shoes, lunch bags, or other miscellaneous personal belongings that are left on the pool deck may be placed in the lost and found bin at the end of the day by one of the camp instructors.
- iii. All items left in the Lost and Found Bin are donated at the end of each session.

O. CONTACT INFORMATION

- i. Please contact us if you have any questions about the program or this document.
- ii. **Email:** swimcenter@scparks.com
- iii. **Phone:** 831-454-7960