



**Almaden Cabana Club  
Junior Lifeguard Program**

**2023**

**Parent and Participant  
Information Packet**

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## **PROGRAM OVERVIEW**

The Almaden Cabana Club Junior Lifeguard program will provide your child with an understanding of the skills required to become a pool lifeguard by emphasizing fun and physical fitness through a variety of activities.

This course does not certify participants as lifeguards. It does, however, provide them with an in-depth understanding of many aspects of what it means to be a lifeguard. The program will provide a foundation of knowledge, attitude, and skills that will prepare participants for lifeguard training in the future if they choose. Participants will also participate in both dryland and in-water exercises each day.

Under the supervision of our certified and experienced Lifeguards, your child will practice the skills necessary to become a successful lifeguard, and will learn about the most common poolside injuries and other medical emergencies and how to properly treat them as well as when to know when it is proper to call for professional emergency medical response.

All sessions will consist of conditioning and lifeguard instruction. Conditioning will include swimming, running, calisthenics and team-building games, in addition to other physical activities.

## **THE PHYSICAL CHALLENGE**

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 Lifeguard Program, please contact us to discuss concerns before the program begins.

## **PREREQUISITES**

- Must be 11-14 years of age by the first session date.
- The Junior Lifeguard Program is NOT a learn-to-swim school. Therefore, prospective participants are screened at a tryout test to see if they have the minimum skills to benefit from the Junior Lifeguard Program. The instructors approve a child's skill level based upon successful completion of the test and on the child's swimming competence and confidence.

## **TRYOUT TEST**

The tryout test consists of:

- Swim the front crawl (freestyle) for 100 yards in 2 ½ minutes or less without fins or other assistance.
- Step into deep water from the side, submerge, and swim a distance of 10 feet underwater.
- Tread water for three minutes using arms and legs.

## **REGISTRATION**

Enrollment in the Junior Lifeguards Programs is available online for both 2023 sessions. On the Cabana website, click on the Programs tabs and then click on the Junior Lifeguard page. If the session you would like to attend is full, please add yourself to the waiting list.

## **TRYOUT DATES, TIMES, AND LOCATION**

All tryouts will be held at the Almaden Cabana Club, located at 6975 Bret Harte Dr., San Jose, CA. The tryout will last between 15-30 minutes. The below times are a window to attend, but please arrive at least 45 minutes prior to the end of the tryout. All participants must attend one of the below-listed tryouts:

Tuesday, June 20, 2023      12:30 pm – 2:30 pm

Tuesday, June 27, 2023      5:30 pm – 7:30 pm

## **PROGRAM DATES, TIMES, AND LOCATION**

Both sessions will be held at the Almaden Cabana Club. Roll call will happen each morning at 9 am sharp. Junior Lifeguards are expected to arrive on time, in uniform, and be ready to go.

### Session One:

July 24, 2023 – July 28, 2023

Monday – Friday      9:00 am – 12:00 pm

### Session Two:

July 31, 2023 – August 4, 2023

Monday – Friday      9:00 am – 12:00 pm

## **DAILY SCHEDULE**

Schedules are subject to change slightly depending on activities for the day, however, below is a general outline of a daily schedule:

- 9:00 – 9:15      Roll call and program meeting, warm-ups, stretching, and calisthenics
- 9:15 – 9:30      Daily workout (running, swimming, kickboard, etc.)
- 9:30 – 9:45      Review and verbal instruction on first aid training
- 9:45 – 10:15    First aid skills and activities
- 10:15 – 10:30   Restroom, water, and snack break
- 10:30 – 10:45   Relay/team-building activities
- 10:45 – 11:00   Verbal instruction on rescue skills
- 11:00 – 11:45   Rescue skills and activities in the water
- 11:45 – 11:55   Program clean-up and review
- 12:00            Dismissal and the end of another great day!

## **PARTICIPANT ARRIVAL AND DEPARTURE**

It is the sole responsibility of each parent or guardian to insure safe travel for their child to and from the Junior Lifeguard Program. The Junior Lifeguard Program is not responsible for students outside of scheduled program hours and activities. The Program does not certify parent carpools.

Parents are expected to be prompt at dropping-off and picking-up their Junior Lifeguards. Parents are responsible for their children immediately prior to and immediately following scheduled program hours.

### **ATTENDANCE**

Attendance is taken daily. We would appreciate being notified if your child will be absent. Please text the Program Coordinator/Supervisor or call between 8:00 and 8:45 a.m. at (408) 410-1593.

### **DAILY REQUIREMENTS**

All Junior Lifeguards are expected to be able to participate in all activities, unless they have a note from their parent/guardian saying otherwise. Junior Lifeguards should arrive on time, in uniform, and prepared for both dryland and swimming activities.

All Junior Lifeguards should bring a shoulder bag or backpack containing the following:

- A towel.
- A small snack of nutritious, wholesome food (i.e.: fresh fruit, trail mix, energy bar, granola bar, nuts, etc.).
- Lots of drinking water (at least 24 ounces) for a full active morning.

### **PHONE POLICY**

Junior Lifeguards is a fun and interactive program that thrives when participants interact with each other and instructors and participate in all activities. Phone use will not be permitted during the program, and participants will be asked to leave phones in their backpacks at all times. If you need to contact your child, please call the pool directly and a staff person will either convey a message for you or bring your child to the office to speak with you. If you expect to need to contact your child during the program due to an extenuating circumstance, please notify the instructors ahead of time and they can make accommodations accordingly.

## **UNIFORM REQUIREMENTS**

**Participant's Required Uniform** (available at most swim and surf shops):

- Junior Lifeguard T-shirts will be included in the registration fee, and handed out on the first day of the program.
- Boys: Navy Blue swim trunks, board shorts or jammers and program T-shirt.
- Girls: Navy Blue athletic style swim suit and program T-shirt. (Racing style: 1-piece or 2-piece suits okay)

## **REFUND / CANCELLATION POLICY**

A Request for Refund, Transfer and Credit Form must be received by the criteria deadlines listed below:

- Cancellations will be charged an administration fee of \$25 per session. You must notify the coordinator of the cancellation at least 7 calendar days before your session begins. No credits, transfers or refunds will be issued for class materials purchased.
- No credits or refunds will be issued for days missed.
- If your child does not pass the Tryout Test you will receive a full refund.

## **PARTICIPANT DISCIPLINE FOR MINOR INCIDENTS**

In order to provide an emotionally and physically safe place for all program participants, the Almaden Cabana Club Junior Lifeguard Program has established guidelines regarding acceptable behavior. In general, staff asks that all children show respect toward all participants and staff. Any type of mildly aggressive, destructive, intrusive or distracting actions toward a fellow participant or staff member will be considered an incident and will bring about the following sequence of events:

1<sup>st</sup> step – Verbal Warning/Explanation – a discussion between participant and staff regarding incident and explanation of why the behavior is not acceptable and also what behavior is expected in the future.

2<sup>nd</sup> step – “Time Out”/“Take A Lap” – a “Time Out” is a period of 5-10 minutes that the participant will sit aside and be asked to reflect on the incident followed by discussion with a staff member. “Take A Lap” is a supervised run of reasonable distance or other exercise such as

push-ups, sit-ups, squats, etc. After the “Time Out” or “Take A Lap” the participant is allowed to rejoin in the group.

3<sup>rd</sup> step – Staff discussion with parents/guardians regarding the incident and/or behavior exhibited. At this point the child may be asked to be picked up early from the program and not return that day and/or the next program day.

Final Step – If we see any major or recurring problems and have previously notified parents/guardians of such behavior, and it cannot be resolved, the participant will be dismissed from the program. There will be NO REFUND if a child is asked to leave the program for disciplinary reasons.

Any single incident of aggressive, destructive, or physical behavior toward another participant or staff member that could potentially cause injury will result in an immediate Time Out, discussion with the parent/guardian, and potential dismissal from the program.

#### **CONTACT INFORMATION**

Program Coordinator/Supervisor (408) 410-1593