



Weaverville/Douglas City Parks & Recreation District
101 Park Ave., Bldg. #3 P.O. Box 1453
Weaverville, CA 96093
Phone/Fax (530)623-5925 wdcprdooffice@gmail.com

Dear Junior Lifeguarding Participant and Parent:

Thank you for considering enrolling in the Weaverville/Douglas City Parks & Recreation Junior Lifeguarding course. We will have a pool operations training day for all Jr. Lifeguards alongside our Lifeguard Staff in June. Time is currently TBD. Beginning in June, there may be additional training days scheduled in the evenings or on weekends as necessary. Lowden Pool opens to the public on June 12, 2023. Jr. Lifeguards will be part of our team and will receive weekly scheduling through our online app Humanity.com Their CPR/First Aid/AED Certification classes will be scheduled by instructor Greg MacLaren. Those dates will be shared when available. The cost of the certification class training is included in your Jr. Lifeguard program cost of \$30.00; however, there will be an additional charge of \$36.00 for American Red Cross certification registration. That fee will be due upon completion of class. Certifications are good for two years.

This course will teach water safety and introduce participants to the duties and responsibilities of a lifeguard; however, this course will not certify anyone to be a lifeguard. It will build a foundation of knowledge, attitudes and skills in preparation for the American Red Cross Lifeguarding course. Participants will also be part of facility upkeep and maintenance. Pride in your workplace is important! We will be providing uniform T-shirt and sun visor that Jr. Lifeguards will need when volunteering at Lowden Park Pool.

The skills evaluation will occur TBD. at Lowden Pool. Participants should wear swimwear under their clothes and bring a towel for the skills evaluation and for every class. Upon completion of the water test there will be some paperwork to fill out and the \$30 program fee will be due. Successful candidates will also be invited to participate in WDCPRD Aquatic Conditioning Camp May 1 – May 11, 2023.

Successful completion requires participation in skills practice. The practice sessions will require some strenuous physical activity. You are encouraged to check with your family health-care professional before participating in the practice sessions. If a medical condition or disability exists that might prevent participation in the activities, or if there are questions about fully participating in Junior Lifeguarding, please contact me to discuss this before the program begins.

To participate in Junior Lifeguarding, the following skills must be demonstrated:

- Swim the front crawl for 25 yards continuously while breathing to the front or side.
- Tread water for 1 minute using arms and legs.
- Show a level of comfort on the back by floating on the back for 30 seconds or swimming on the back for 25 yards using elementary back stroke or back crawl.
- Submerge and swim a distance of 10 feet underwater.

Completion of all volunteer hours, training and classes will result in successful completion of Jr. Lifeguard program year.

If there are any questions regarding Junior Lifeguarding, please contact us at 530-623-5925 or wdcprdooffice@gmail.com

Sincerely,
Greg MacLaren
Aquatics Director

Veronica Kelley-Albiez
WDCPRD Administrator

JUNIOR LIFEGUARD REGISTRATION INFORMATION

PARTICIPANT NAME: _____ D.O.B. /_____/_____

PARENT(S) NAME(S): _____

PRIMARY CONTACT #: _____ (cell or home) _____

***primary number will be used for any/all recorded messages sent**

EMAIL ADDRESS _____

SECONDARY CONTACT # _____ (cell or home) _____

T-SHIRT SIZE (PLEASE CIRCLE ONE)

YOUTH SMALL YOUTH MEDIUM YOUTH LARGE YOUTH X-LARGE

ADULT SMALL ADULT MEDIUM ADULT LARGE ADULT X-LARGE

For administrative use only (check and initial when received):

_____ Program Fee Paid ck/cash _____

_____ Medical Emergency Release Form

_____ A.R.C. Certification Complete & Paid

_____ Participant completed all requirements

of Volunteer Hours Completed by August 12th, 2023 _____ hours

Notes: _____

and sign voluntarily. I the parent/legal guardian, consent to the minor's participation in the WDCPRD Junior Lifeguard Program. I consent to be photographed and to allow the WDCPRD to use photos taken of me and/or my minor for promotional purposes.

Signature of Parent or Guardian

Date

COVID-19 Disclaimer

By signing below, I understand that my and/or my child's participation in any LPP program is voluntary and that there is a potential risk of exposure to illness, including COVID-19. I also understand that LPP cannot guarantee that me and/or my child will not be exposed or contract illness including COVID-19 while attending a LPP Program. I also agree that I will keep myself and/or my child home should me/he/she show any symptoms of illness including cough, fever, or similar flu-like symptoms in advance of any program day. Further, I will remove myself or pickup my child from the LPP program immediately upon notification that he or she is exhibiting any such symptoms.

Signature of Parent or Guardian

Date
