



# Jr. Guards Parent Handbook



# General Jr. Guard Information

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## Class Times:

Monday – Friday 7:30am-1:30pm\*

\*Extended play until 4:00pm available with signed waiver. See additional information under checkout section (page 4).



## Jr. Guard Prices:

\$140 per session / per student

Meal Options: \$5.00 per day / \$25 per week (or pack a sack lunch)

## Jr. Guard Requirements:

Jr. Guards Must Be:

- Between 10 and 15 years old
- Able to swim 50 yds. comfortably (two pool lengths) or they will be placed in a lifejacket for all water activities.

## Class Maximums:

All Jr. Guard programs have a maximum number to maintain counselor ratios. If sessions are at maximum registrations, a wait list will be started.

## Jr. Guard Purpose:

To provide Jr. Guards with encouragement and confidence that will allow them to reach their highest potential while participating in a fun and exciting environment.

*Please Note: Jr. Guard sessions will have water time and non-water time throughout the day.*



# Jr. Guard Sample Schedule

Jr. Guard Class is designed to teach all the major components of our lifeguard-training program; however, no official license is earned. Participants will be tested on the course material and will be able to earn a completion certificate. Below is a sample of what a week in Jr. Guards may look like. This schedule is not exact and activities may change throughout the course.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Check-In	Check-In	Check-In	Check-In	Check-In
Warm-up / Teams	Warm-up Activity	Warm-up Activity	Warm-up Activity	Warm-up Activity
Water - Active Rescues	Water - Passive Rescues	Water - Extrications	Water - Spinal Back boarding	Water - Team Scenarios
Water - Active Rescues	Water - Passive Rescues	Water - Extrications	Water - Spinal Back boarding	Water - Team Scenarios
Water - Active Rescues	Water - Passive Rescues	Water - Extrications	Water - Spinal Back boarding	Water - Team Scenarios
Break / Sunscreen	Break / Sunscreen	Break / Sunscreen	Break / Sunscreen	Break / Sunscreen
CPR Demo	First Aid - Part 1	AED Demo	First Aid - Part 2	Lifeguard Shadowing
Sun Protection	First Aid - Part 1	Equipment Bag	First Aid - Part 2	Lifeguard Shadowing
Game / Activity	Game / Activity	Game / Activity	Game / Activity	Lifeguard Shadowing
Lunch	Lunch	Lunch	Lunch	Lunch
Lunch	Lunch	Lunch	Lunch	Lunch
Free play	Free play	Free play	Free play	Free play
Free play	Free play	Free play	Free play	Free play
Park Tour	Water - Scanning Activity	Whistle School	Water - Scanning Activity	Lifeguard Shadowing
Park Tour	Water - Scanning Activity	Whistle School	Water - Scanning Activity	Graduation / Certificate
Closing / Review	Closing / Review	Closing / Review	Closing / Review	Closing / Review



# What to Bring:

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## Important things each Jr. Guard will need to bring to class daily include:

- Swimsuit (one piece female suits are preferred)
- Jr. Guard Shirt - will be given on first day of class
- Jr. Guard Handbook - will most likely be kept at The Wave until Friday
- Water bottle with water
- Sunscreen with name on bottle
- Towel
- Shoes / Sandals
- Lunch (either a packed lunch or money for the snack bar)
  - Parents can purchase a meal daily for \$5.00 or \$25.00 for the week. Meals can be purchased at the Wave Office, or at check in (please bring exact change if meals are purchased at check in). Meals include chips, drink, and a choice between one slice of pizza, a hot dog or a hamburger.
- Snack (for afternoon break)
- Goggles (optional)
- A smile and a great attitude!



## Jr. Guard Check In

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Parents / Guardians will be responsible for checking in their child on a daily basis.

- Jr. Guards cannot check-in without a parent present each day!
- Jr. Guard check in will start at the Main gate at 7:30am each day. Check-in gate will be locked at 7:45am.
- All late Jr. Guard check-ins will need to report to the Wave Office for sign-in. Please be advised that late check-in's can be an extended wait time since the program director is out in the park leading activities.

## Jr. Guard Checkout

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Parents / Guardians will be responsible for checking out their child on a daily basis.

- Checkout begins at the Main gate at 1:30pm each day; we will be checking parent/guardian IDs. Checkout will end promptly at 1:45pm.
- Only Parents / Guardians or persons designated on the Registration Form will be allowed to checkout Jr. Guards with ID.
- Jr. Guards who are not picked up by 1:45pm will need to be picked up in The Wave Administration Office and will be charged the \$5.00 for each 5 minutes beyond the 1:45 check out time that The Wave Staff will be responsible for supervising the Jr. Guard.
- Those who would like to stay and play in the waterpark after class, will need to have a signed waiver by their parent / guardian stating they can be released into the park at 1:45pm without supervision (See Jr. Guard Staff daily for waiver). The Wave closes at 4:00pm, and all Jr. Guards will need to be picked up at the main gate as a normal day guest. There will be no checkout process for stay and play participants.
- Parents / Guardians who would like to check-out their child before the 1:30pm end time may do so at the Wave office, however there will most likely be a delay in the sign-out process since the Jr. Guards will be at different locations in the park and the Program Director will need to break away to coordinate the release. Please plan accordingly for the potential delay in early pick up.

# Frequently Asked Questions

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## **1. What are the qualifications of the Jr. Guard staff?**

Each Jr. Guard Counselor is a certified Lifeguard trained in First Aid, CPR for the professional rescuer, AED and supplemental oxygen use. Jr. Guard counselors are also put through The Wave's counselor training and are hand picked out of our elite lifeguard staff.

## **2. Is the class safe? Fun?**

Yes! The Jr. Guards' safety is our number one priority! The class is very safe and fun at the same time. The counselors will supervise the Jr. Guards, and our outstanding Lifeguard staff will be throughout the park at designated locations. We will also do our best to make class fun and entertaining! Games and activities are intermixed to keep the days interesting and fun. Jr. Guards will also enjoy shadowing a real Wave Lifeguard on the job!

## **3. Do the Jr. Guards take breaks?**

Yes, the Jr. Guards will take sunscreen breaks along with free time and lunchtime. Jr. Guards will be encouraged to drink water and re-apply sunscreen at every break.

## **4. Are the Jr. Guards required to put on sunscreen? Drink water?**

We highly recommend that each child bring their own water bottle and sunscreen (please label with your child's name) with them to class each day. Staying hydrated and keeping the children from being sunburned will ensure the Jr. Guards have an enjoyable experience. The counselors have a daily Sunscreen Log to help ensure every child puts on sunscreen.

## **5. What happens if my child gets sick / injured during class?**

If your child unfortunately becomes sick or injured while enjoying class our highly trained lifeguard staff will treat your child immediately. If necessary, we will also ensure that any higher medical attention needed is called immediately. If there is a non-emergency situation, parents / guardians will be contacted from the information listed in the emergency contact information section of the Programs Registration Form (please keep your contact information current).

## **6. What happens if I need to contact / pull out my child during class?**

If you need to pull your child out of class early, please go to the Wave Office. Be advised that it may take up to 20 minutes to get your child and all of their belongings, so please plan accordingly. If you simply need to relay a message to your child, you may do so by calling The Wave Administration Office at (760) 940-9283 and staff can relay a message to your child.

## **7. Will class continue during inclement weather?**

Most often, class will continue during inclement weather. Counselors will modify activities and locations to accommodate the Jr. Guards. If classes will be cancelled, parents / guardians will be contacted by the information listed on the emergency contact portion of the Program Registration Form.

## Frequently Asked Questions (con't)

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### 8. What happens if my child forgets their lunch / snack?

Jr. Guards who forget their lunch will be issued a meal voucher for the Concessions Stand to trade in for a \$5.00 meal (pizza, snack, drink). Parents will need to pay for the meal upon pick-up that day.

### 9. What topics are covered during class?

Jr. Guards is a scaled down version of our lifeguard training class. Topics include a variety of wet and dry activities to engage students and keep them interested in class! Including CPR, first aid, sun safety, back boarding, in water rescues, pool extrications, oxygen & AED use, scanning, rule enforcement and dispatch. Activities may include challenges, obstacle courses, games, experiments, team time and free time!

### 10. How do I know what my child has done at class?

Please refer to the Jr. Guard schedule in this handbook for an overview of what is planned for class. Each day will look slightly different and activities for each week will follow the same structure with individual variations. In addition, counselors will have a schedule board at the check-in and checkout locations for you to review. This board will cover the daily topics and lessons learned.

### 11. What is the normal corrective behavior process for the Jr. Guards?

During typical situations, Jr. Guards will be given a verbal warning to clarify expectations from the Counselors. Additional concerns may result in a time-out or discussion with the Program Director or Waterpark Manager. The next level will result in a call to the Parent / Guardian, and any additional problems may result in the Jr. Guard being removed from class. Jr. Guards are warned about appropriate behavior and expectations on the first day of class. Certain types of serious infractions may result in a Parent / Guardian phone call for the first infraction. Our goal is to create a positive and fun environment for all Jr. Guards.

### 12. What happens if I do not pick up my child between 1:30 and 1:45pm?

Jr. Guards who are not picked up during the designated time for checkout between 1:30 and 1:45pm will be supervised in The Wave Administration Offices until the parent / guardian arrives. Parents will be charged \$5.00 for each additional 5-minute period after 1:45pm.



### 13. What should I do if my child would like to stay after class to play in the waterpark?

Parents who would like their Jr. Guard to stay and play after class need to understand that The Wave counselors will no longer be supervising the Jr. Guards. These Jr. Guards will be released into the waterpark by themselves without direct supervision, and will only be guarded by the daily lifeguard staff. Jr. Guards will not be kept inside the gates by The Wave staff after the 1:45pm end time and may exit the park if they choose to do so. Parents / Guardians wishing to take part in this program will need to fill out a stay and play waiver daily at check in.

## Frequently Asked Questions (con't)

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### **14. How much time will my child be spending in the water?**

Counselors have the delicate job of balancing in water and dry land activities. Our goal is to provide at least 50% water time during each day. It is important to understand that kids need breaks from the water to rest and let their skin and body recover too! Jr. Guards will have free time in the waterpark daily and various water activities both in the pool and water activities on dry land. Please refer to the daily information board located at the checkout tables to note the activities for each day.

### **15. What if my child has a special dietary need?**

Please let us know if your child has any special dietary needs and we will be happy to assist! Jr. Guard medical information should be indicated on their registration form and Jr. Guards are allowed to bring in food that meets their needs. We would be happy to review our nutritional information from our concession stand if you would like to know ingredients or any specifics of the food we serve. Please let us know if we can be of assistance.

### **16. What should I do if I have a concern regarding Jr. Guards?**

Please talk to us! We are here to make your program experience the most enjoyable adventure it can be. The counselors will be happy to speak with you and are available at check in or check out every day. You can also contact the Program Directors at (760) 940-9283.

### **17. What if my child has a problem with another participant?**

We are always here to help and want to make sure that class is an enjoyable experience for all students. If there is ever a concern between Jr. Guards please bring it to our attention and we will be happy to address it immediately. Jr. Guard parents may be contacted if appropriate, and/or we are able to change groups or take other corrective measures to ensure the situation is handled for everyone involved.

### **18. What is the programs refund policy?**

When registrants request a refund prior to the second scheduled class, a refund will be granted minus a cancellation-processing fee of \$5, and the prorated fee for the first class (total class fee divided by number of classes). Transfer credits to a different class or program will be allowed with manager approval. Beginning on the second-class date, no refunds or transfer credits will be given. All transfer credits must be used within 30 days or they will expire. If registrants fail to attend a program after it begins, they are not entitled to a refund or transfer. Refunds may take up to 2 weeks to process depending on payment type.

### **19. How does the wait list work?**

When a class is full, a wait list will be generated. If a spot becomes available, we will make calls beginning at the top of the wait list to fill the spot. The first person we are able to reach will be able to sign up for the class. Payment must be made at that time in order to reserve the spot, or we will continue down the wait list.

## Concussion Information

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Although we strive to make class as fun as possible, injuries do occur. We are required by the Assembly Bill # 588 to provide all Parents / Athletes with information related to concussions. It is The Wave's policy that if any child is suspected of sustaining a concussion, the child will be removed from activities and will only be allowed to return until he / she is evaluated and cleared to return by a health care professional who is experienced in evaluating for concussions. If a participant reports one or more symptoms from the list below after a jolt to the head or body, he / she will be removed from play until he / she can be evaluated.

SIGNS OBSERVED BY STAFF / OTHERS	SIGNS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets and instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Just not "feeling right" or feeling down"

## Did you know?

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- A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding" "getting your bell rung" or what seems to be a mild bump or blow to the head can be serious.
- Most concussions occur without the loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.
- Concussion Danger signs include: one pupil larger than other, is drowsy and cannot be awakened, a headache that not only does not diminish, but gets worse, weakness, numbness, or decreased coordination, repeated vomiting or nausea, slurred speech, convulsions or seizures, cannot recognize people or places, becomes increasingly confused, restless, or agitated, has unusual behavior, loses consciousness (even a brief loss of consciousness should be taken seriously).
- More information can be found at [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)

### Why should an athlete report their symptoms?

If an athlete has a concussion, his / her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

### What should you do if you think your athlete has a concussion?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play. Rest is key to helping the athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

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# Healthy Kids & Medication

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**Healthy Kids** – Children are often susceptible to the common cold and other flu-like symptoms that may be going around. If a child becomes ill while attending camp, they will be sent home if they exhibit the following symptoms.

- ◆ Temperature of 100° or more
- ◆ Regular Coughing
- ◆ Continuously Runny Nose
- ◆ Diarrhea
- ◆ Vomiting

**Medication** – Counselors may assist in administering medication to students provided the parent/guardian has completed a Medication Release Form, and if a licensed physician prescribed the medication. Please accompany medication with written instructions from the parent. Children may only medicate themselves in the presence of a counselor. Medication must be in a prescription bottle with the prescribing physician's name and phone number. Medication will not be accepted in any other container. Medication Release Forms are only valid for thirty days, after that time any medication not removed will be appropriately disposed of. We will do our best to reasonably accommodate all needs. Please make sure our counselors are aware of all allergies, medications, and medical history information by indicating information on your registration form. The Wave counselors are all licensed lifeguards, certified in CPR, First Aid, Oxygen use, and AED.

## Thank You

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On behalf of The Wave Waterpark Staff, we would like to thank you for choosing The Wave for your Jr. Guard Program. We will do our best to provide a memorable experience. Please do not hesitate to ask any questions or contact us with any concerns. Thank You!

