

Summer 2021 Pool Junior Guards
Overview and Parent Resource



PROGRAM OVERVIEW

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. Daily activities will closely follow typical Junior Guard programming.

Due to the ongoing Corona Virus Pandemic many changes will be made to our normal programming. We will follow the social distancing, sanitation, and hygiene practices recommended by the CDC, State, and local health orders. Our practices and guidelines are subject to change as additional health orders and/guidelines are released. Please carefully read all the following information to gain a full understanding of the program's activities and guidelines.

Session Dates and Hours of Operation

Morning Sessions:

Session One: June 7th – June 25th , 9am – 1pm
Session Two: June 28th – July 16th , 9am -1pm
Session Three: July 19th – August 6th , 9am -1pm

Afternoon Session:

Session One: June 7th – June 25th , 2pm – 6pm
Session Two: June 28th – July 16th , 2pm – 6pm
Session Three: July 19th – August 6th , 2pm – 6pm

Morning sessions of this program begin at 9AM and end at 1PM. Participants may not arrive earlier than 8:45AM prior to the start of program each day.

Afternoon sessions of this program begin at 2PM and end at 6PM. Participants may not arrive earlier than 1:45PM prior to the start of program each day.

Enrollment Totals

Each morning and afternoon session will be made up of three stable groups of 14 participants.

Each morning and afternoon session will have a total of 42 spaces available.

Note If local and State guidelines allow for an expansion on group size, we will modify enrolment totals. In this event registration priority will be given to waitlisted participants.

Registration

Registration for all sessions will open online and over the phone **Saturday, April 3rd** and will open on a rolling basis by session.

Session one: 04/03/21 @10am



Session Two: 04/03/21 @11am

Session Three: 04/03/21 @12pm

Over the phone registrations opens at the same time as online registration.

For each morning and afternoon session, 6 spots will be held for over the phone registration.

These spots will not be available online, if they do not fill, they will be given to waitlist participants.

All registrations will take place online or over the phone. In person registration will not be available.

Participants will be allowed to enroll in up to one session only.

Costs (All Sessions)

Resident: \$480

Non-Resident: \$528

15% sibling discount(s) available for any siblings registered in any combination of session(s) Discount applies additional registration(s) of a lower amount.

Refund/ Cancellation Policy

- More than 3 weeks prior to start of the program a \$50.00 cancellation fee
- Less than 3 weeks prior to start of program 50% cancellation fee. After the 2nd day of the program refunds or credits will not be given
- Refunds will be issued for any COVID related closures or suspensions to camp.
- There are no refunds or credits for participants suspended or removed from the program for disciplinary reasons

AGE REQUIREMENTS

The age requirement for this program is **7-13 years old**. Participants that cannot meet the swimming requirements for this program may not register for Little Guards.

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 Guards program, please contact us to discuss it before the program begins.

To participate in the Junior Guards, the following skills must be demonstrated prior to the beginning of instruction on the first day of class:

- **Swim the front crawl for 25 yards continuously while breathing to the side.**
- **Tread water for one minute using arms and legs.**



- **Submerge and swim a distance of 10 feet underwater**

All campers will need to fulfill the minimum requirements in order to participate in the program. Instructors will notify you after the skills assessment if your child does not complete the minimum requirements for participation. **You must remain at the facility on the first day of instruction until staff has cleared your child for participation in the program.** 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.

Daily Requirements

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.

Participants must bring the following items to program every day:

- Swimsuit, towel, warm clothing, athletic shoes
- Lunch, snacks and lots of water
- Sunscreen, goggles, and a hat
- Optional items are rash guards and wetsuit tops

Weekly Calendar and Programing

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.

Drop off and Pick Up Procedure

Our goal is to limit outside adult to youth interaction beyond the site staff and participating children. We greatly appreciate your support in helping our staff team implement an efficient check-in and check-out system. Parents/guardians or others designated to pick up your child must present a valid photo ID at check-out. Please also bring your own pen to sign your child in and out. Drop off and pick up will done at the **orange gates kiosk entrance** not in the main lobby of the pool.

Important Reminders!

- **Orange Gates Kiosk Entrance** – Junior Guards program participants will enter through the rear orange gates at the Swim Center and check in and out each day at the Kiosk window. They will then meet next to the 50M pool in the new patio area.



- **Early Pick Ups** – Please provide advanced notice if you would like to pick up your child early from the program.
- **Lost and Found** – There is a lost and found bin 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.

Best Practices and Special Considerations Due to COVID-19

In order to maintain a safe and healthy environment for our staff and program participants we will be taking the following safety precautions.

Health Questionnaire at Intake:

Staff and parents will be required to respond to the following questionnaire daily upon intake.

- Do you or your child live with, or have you had close contact with anyone with:
 - a prolonged cough?
 - fever or flu-like symptoms?
 - anyone who has been diagnosed with COVID-19 within the last 14 days?
- Do you or your child have a fever, cough and/or shortness of breath? For children, fever is 100.4 degrees Fahrenheit for forehead thermometer, 99 degrees Fahrenheit or higher with armpit thermometer or 99.5 degrees Fahrenheit with oral thermometer.
- Do you or your child have any other signs of communicable illness such as a cold or flu?
- Have you or your child experienced diarrhea or vomiting within the past 24 hours?

Signs of Illness During Program:

Children will be monitored for signs of illness throughout the day including:

- Headache or tiredness, unable to participate in routine activities or need more care than staff can provide.
- Fever with behavior changes, difficulty breathing, uncontrolled coughing, unusually tired, persistent crying, etc.
- Open sores, rash, signs of infection, etc.
- Runny nose with colored mucus

If children are exhibiting any of the above symptoms, they will be physically separated from the group and will be required to wear a mask/face covering until pick-up. ***Parents/guardians are required to and must agree to pick up their child without delay if they are exhibiting these symptoms.*** A child can return to the program after they have been symptom and fever free for 72 hours (without the use of medicine) AND wait a full 7 days since onset of symptoms.

Staff to Child Ratio:

Programs will be staffed by County Parks lifeguards, all of whom have been fingerprinted and background checked. As detailed in guidelines from the Public Health Department, children will be divided into stable groups of 14 or fewer and will not change from one group to another. All groups will be assigned a stable team of staff for morning and afternoon/evening staff shifts.



Staff Training:

Staff will review the current Public Health guidelines on Novel Coronavirus (COVID-19) Childcare Guidance and coordinate schedules to ensure meals, outdoor activity time, and toileting activities are kept separate for each group. Staff will also receive training by the Public Health Department on proper techniques in taking body temperatures. An emphasis will be placed on teaching and practicing infection control measures and social distancing to the extent possible, as detailed in state and local public health advisories.

Health & Safety Checks:

It is vital that all parents and guardians keep children at home if they are sick and, if possible, check their child's temperature before arriving in order to minimize exposure. We will provide each center with a thermometer and will check body temperatures upon check-in each day. If a child's temperature is above the threshold noted below, they will be excluded from participation. A child can return to the program after they have been symptom and fever free for 72 hours (without the use of medicine) AND have waited a full 7 days since onset of symptoms.

Facilities and Cleaning:

All sites will be equipped with cleaning and sanitation supplies including hand sanitizer, Clorox wipes and/or disinfectant solutions. High-touch surfaces will be wiped down several times a day and there will be a thorough cleaning of the site each day. Staff will follow CDC sanitation guidelines for schools and childcare centers.

Best Practices:

Administrators and staff will make every effort to implement best practices as defined by the California Department of Social Services (CDSS) including:

- Review all updates from CDC, CDSS and local Public Health Department guidance for childcare centers
- Have clearly designated family drop-off/pick-up stations
- Screen all children/family/visitors before entry
- Self-screen at home before coming to work
- Stay home if showing or experiencing any sign of sickness and only return to the program when symptom and fever free for 72 hours (without the use of medicine) AND have waited a full 7 days since onset of symptoms.
- Post signage of COVID-19, risk assessment and preventative measures
- Limit parent volunteers (not permitted currently)
- Restrict activities and visitors, including volunteers and parent tours
- Require children and youth to conduct handwashing as their first activity upon arrival each day
- Require children/youth/staff to wear face coverings when not in water
- Stock hand sanitizer and disinfectant materials for each childcare site and make them visible at the intake table
- Have a stock of masks/face coverings in the event that a child or staff member



exhibits symptoms

- Clean and disinfect frequently
- Keep play materials on site
- Teach and model social distancing practices
- Keep emergency contact information up to date

Key Documents / Resources / Links:

- [CDC Guidance for School Settings](#)
- [Reminders for Using Disinfectants at Schools and Childcare Centers](#)
- [CDC Environmental Cleaning and Disinfecting Recommendations](#)
- [CDC Guidance for Public Pools](#)

Questions and Contacts:

If you have any questions about this overview document, staffing, and logistics, please email swimcenter@scparks.com or call us: 831-454-7960. Once your child is assigned to a group, please direct inquiries to the site staff.

Thank you for all you are doing for our community!



2021 Santa Cruz County Summer Camp Program will be operated in strict accordance with CDC COVID-19 guidance and recommendations.



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