

Jr. Lifeguard Camp Parent Packet

Welcome to the City of Gainesville Parks, Recreation and Cultural Affairs (PRCA) Department's Jr. Lifeguard Camp program. We are glad you chose to participate in this unique program. The Aquatics Team looks forward to serving you in the weeks ahead. Please take a few moments to look through this packet of information. This packet contains the information you will need to know about Jr. Lifeguard Camp. If you have any additional concerns or questions, please do not hesitate to contact us anytime.

The Program

The purpose of the PRCA's Jr. Lifeguard Camp is to increase self-confidence and promote safe behavior in the aquatic environment. Throughout the course of the camp campers will learn a wide range of skills including first-aid, CPR and rescue techniques. The program will encourage campers to take on leadership roles as well as challenge them mentally and physically. In addition to learning important lifesaving skills of a lifeguard this course is action packed with fun activities, games and free swim!

Dates

Session 1: June 10-14
Session 2: June 17-21
Session 3: June 24-28
Session 4: July 8-12
Session 5: July 15-19

Themes

Basic Lifeguarding
Waterfront
Waterpark Lifeguarding
Lifeguard games
Beach Lifeguarding

Fieldtrips

Poe Springs
Ichetucknee Springs (\$25 fee)
Daytona Lagoon (\$25 fee)
Depot park and Hunter pool
Crescent Beach

Note there is no camp scheduled for the week of the 4th of July

Prerequisites

Campers attending the Jr. Lifeguard Camp must be between ages 11–14 and be able to complete the following swim test **BEFORE** the first day of camp:

- 100 yard swim
- 1 minute unaided float
- Retrieval of a 10 pound rubber brick from 8- 10 feet of water

Swim tests can be administered Monday-Friday between 4-7 pm, at Northeast or Westside pools. Please call the pool before coming. Northeast – 352-334-2191; Westside – 352-334-2187

What to bring everyday

- Shirt and shorts/pants
- Swimsuit
- Socks
- Tennis shoes
- Towel
- Sunscreen
- Lunch
- Snacks or snack money

Denim shorts or cut-offs are not allowed to be worn in the water. Due to the nature of the camp, it is required that all female participants wear a one-piece swimsuit.

First Day Expectations

Please make sure that all participants come dressed and ready for camp between 8:00 am–9:00 am. The instructors will be there to greet you and have you sign your child in for the day. If you have any questions, feel free to ask the instructor when you drop your child off.

During the week

We will begin every morning at the same time, 8:30 am. If you need to pick up your child early please let the instructors know that morning. The day will consist of reviewing lifesaving skills, conditioning both in and out of the water, shadowing the lifeguards at the pool, free swim, games and more.

Certification

Campers will have the opportunity to earn a certification in CPR/First Aid but not in Lifeguarding or AED.

Field trips

Field trips are scheduled for Fridays. We may be leaving early or returning later for some. Phone number for field trip communications: (352) 317-0369

June 14	Poe Springs
June 21	Ichetucknee Springs \$25 fee
June 28	Daytona Lagoon \$25 fee leaving @ 7:45 am and will be returning @ 6pm
July 12	Depot park and Hunter pool
July 19	Crescent Beach

Drop-off and Pick-up

- Participants must be signed in and out each day by a parent or guardian.
- Campers may not be picked up by anyone not listed on the emergency contact card unless prior arrangements have been made with the instructor.
- Parents or guardians will be asked for ID every day at pick up.
- A camper may walk or bike to and from camp; however the parent must have marked that on the emergency contact form and signed, prior to this occurring.

Campers should be dropped off between 8:00-8:30 am and picked-up no later than 5:30 pm each day. We do understand that during the course of the summer, you may need to arrive late for pick-up. If you know you are going to be late, please call the pool at 352-334-2187, and notify staff as soon as possible prior to late pick-up. If the child is picked up late three times, or is left for an extended period of time, then the child is subject to be withdrawn from camp.

Inclement Weather and Parent Communication

We use the *Remind* app for important parent communications. In order to receive these communications from aquatics staff, please text **@cogjlg to 81010**. You will receive mass communications via text message or you can download the *Remind* app from the App Store or Google Play.

During severe weather such as excessive rain, flooding, hail, tornado, hurricane, etc., please call the administrative office at 352-334-5067 for information regarding your child. In the event the program has to be evacuated, all parents will be contacted as soon as possible to inform you of your child's safety and location. If camp is canceled for any emergency, a PRCA representative will notify you by phone.

Camper Code of Conduct

As a camper, I will:

- Show respect to other participants, and treat them as well as I would like to be treated.
- Show respect to staff, and cooperate fully with their instructions.
- Know and follow the rules of the camp.
- Respect the rights and beliefs of others, and treat others with courtesy and consideration.
- Communicate in an appropriate manner, which means I must not use foul language or gestures, harsh words or tone of voice.
- Conduct myself responsibly. I understand that horseplay, unwelcome teasing or other unkind behaviors are not allowed.
- Refrain from deliberately causing bodily harm to other participants or staff. I understand that pushing, kicking, hitting or fighting are not acceptable and will not be tolerated.
- Use program equipment, supplies, and facilities properly.
- Respect the property of others.
- Be fully responsible for my actions and understand that irresponsible behavior will result in disciplinary action.

The code of conduct is designed to ensure that all participants have a safe and happy summer camp experience.

Discipline

This policy is enforced to ensure a safe, professional and organized program and to help each participant learn and grow as a responsible person in a fair and consistent manner. If a child shows consistent disregard for the program's rules, the following disciplinary steps will be followed:

- 1st Offense:** Verbal Warning and written report
- 2nd Offense:** Restrictions and written report – Conference with parent/guardian
- 3rd Offense:** Written Report and Suspension. One (1) to five (5) days mandatory suspension depending on the nature of the incident, and /or how many times the child has been disciplined.
- 4th Offense:** Written Report and involuntary withdrawal – parent conference to inform the parent/guardian the participant will be withdrawn from the program for a period of six days or more, but not to exceed 1 year.

All disciplinary actions are at the discretion of the staff on site at the pool. If the staff member feels that the violation is severe enough, he/she can make the first disciplinary action suspension.

All disciplinary actions shall include standards that prohibit children from being subjected to discipline which is severe, humiliating, frightening, or associated with food, rest, or toileting. Spanking or any other form of physical punishment is prohibited by all childcare personnel.

There is a zero tolerance for the following behaviors. These actions will result in suspension or expulsion:

- Possession of illegal drugs, alcohol, and/or tobacco
- Possession of firearms or any recognized weapon
- Possession of fireworks or explosives to include but not limited to firecrackers, rockets, sparklers, party poppers, etc...
- Behaviors or comments suggesting discrimination
- Fighting
- Making threats
- Bullying
- Stealing
- Inappropriate language, behavior or comments of a sexual nature

Cell Phones and Electronics

Use of cell phones and other electronic devices is prohibited during camp activities. Cell phones may be used at meals and break time and at the end of the day. Campers are solely responsible for cell phones. The City of Gainesville does not assume any responsibility for any cell phones or personal equipment brought from home that are lost, broken, or stolen, while at the camp.

Sick or Ill participants

For the safety of all campers we ask that sick children be kept at home. If your child has diarrhea, is vomiting, has head lice or ring worm, they must be picked up immediately. A doctor's note will be required for them to return to camp. Staff is not allowed to administer medications.

Medications

The City of Gainesville is not responsible for administering medications. Arrangements must be made to have medications administered to the campers by a parent/guardian.

Photography

To promote the City of Gainesville Parks, Recreation, and Cultural Affairs Department and its programs, we prefer to photograph or film the campers while they are active in our programs. Many times, television, newspaper, and outside camera crews will ask permission to take pictures or to film the participants during various activities.

As a parent/guardian, signing the household registration form gives your consent to have your child photographed or filmed and relinquish all rights, title, and interest in the finished photographs, tape, and negatives to be used for publicity purposes for the City of Gainesville Parks, Recreation, and Cultural Affairs Department.

CONTACT INFORMATION

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City of
Gainesville
Parks, Recreation and Cultural Affairs

I have received and read the Aquatic Leadership Camp Parent Packet and fully understand the material contained within. I agree to comply with the policies and statements set forth in this document.

Parent Signature

Date

Child's Name