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# Oceano Dunes Junior Lifeguards

## Parent Handbook

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## What You Need to Know

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### 1. Program Overview

The Junior Lifeguard program is a fun, active way for kids to learn ocean safety, improve fitness, and build teamwork skills. Activities include swimming, surfing, paddling, and beach safety lessons.

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## 2. Locations & Contact Info

### Location:

- **Beach:** Near Tower 33, past the boardwalk at 25 W. Grand Ave., Oceano, CA
- **Parking:** (Free parking) Available near Fin's Restaurant

### Contact Info:

- **Phone:** (805) 888-1231
- **Email:** kaitlyn.tolin@parks.ca.gov
- **Website:** [Oceano Dunes Junior Lifeguards](#)
- **Emergencies:** Call 911

### Mailing Address:

928 Pacific Blvd. Oceano, CA 93445

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## 3. Mission Statement

We aim to teach ocean safety, promote fitness, and foster respect for nature and others through engaging activities like swimming, surfing, and environmental education.

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## 4. Program Hours & Responsibilities

- **Regular Hours:** Monday–Friday, 10 AM–2 PM
  - **Special Days:** Field trips and competitions may require earlier drop-offs and later pick-ups.
  - **Parent Responsibility:** Parents must ensure drop-off and pick-up on time.
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## 5. Enrollment & Tryouts

- **Enrollment:** First-come, first-served. Submit a completed application, liability form, and payment via [ReserveCalifornia.com](#).
- **Tryouts:**
  - Swim 100 yards (under 2 minutes)
  - Swim 10 yards underwater

- Tread water for 3 minutes
- **Note:** Tryouts ensure all participants are ready for dynamic ocean activities.

Returning JGs do not need to retake tryouts.

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## 6. Attendance & Participation

- **Attendance:** Daily roll call ensures accountability. Call ahead for absences.
  - **Participation:** Active involvement is required. If a child cannot participate due to illness or injury, please keep them home.
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## 7. Age Requirements

- **Ages 9–17:** Divided into groups by age and ability:
    - C Group: 9–11 years
    - B Group: 12–14 years
    - A Group: 15–17 years
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## 8. Wetsuits & Uniforms

### **Wetsuits:**

- Ocean temperatures average 55°–60°F. A full wetsuit is highly recommended.
- Borrowed wetsuits must be rinsed daily and returned in good condition.

### **Uniforms:**

- Required: White JG t-shirt and navy blue swim trunks/swimsuits (included in fees).
  - Write your child's name on all belongings.
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## 9. Program Fees & Refunds

**Fees:** \$285 + \$10 service fee per 3-week session. Covers uniform, field trips, equipment, and instruction.

**Prorating** is available if a child misses several days due to other sports etc.

### **Refunds:**

- Granted only for injuries (with a doctor's note) or unforeseen emergencies.
  - No refunds for disciplinary suspensions or expulsions.
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## **10. Discipline Policy**

### **Expected Behavior:**

- Be respectful to others and property.
- Follow instructions and safety rules.
- Participate actively.

### **Steps for Misconduct:**

1. Verbal warning and counseling.
  2. Physical discipline (e.g., laps or push-ups).
  3. Parent contact and discussion.
  4. Suspension (no refund).
  5. Expulsion (no refund).
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## **11. Daily Schedule & What to Bring**

### **Schedule:**

- **10:00 AM:** Roll call & announcements
- **10:15 AM:** Warm-ups & exercises
- **10:45 AM – 12:30 PM:** Activities (swims, CPR, games, etc.)
- **12:30 PM – 1:00 PM:** Lunch (bring your own)
- **1:00 PM – 1:40 PM:** Recreation (surfing, games, etc.)
- **1:40 PM – 2:00 PM:** Clean-up & roll call

### **What to Bring:**

- **Required:** Full uniform, wetsuit, sunscreen, lunch, water, towel, warm clothes, sandals or shoes.
  - **Optional:** Boogie boards, fins, or surfboards (ask an instructor first).
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## **12. Special Accommodations**

We strive to include all participants. Contact us at least 60 days in advance to discuss specific needs or accommodations under the ADA.

**Beach Wheelchair:** Available for those with mobility limitations. Reservations can be made at the Pier Ave. or Grand Ave. kiosks.

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## **13. Additional Information**

### **Comments & Suggestions:**

We value your feedback! Please share any ideas to help us improve.

Thank you for joining the Oceano Dunes Junior Lifeguards program!

- **The Oceano Lifeguard Team**
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This version is streamlined for clarity while retaining all essential information. Let me know if you'd like further adjustments!