
Oceano Dunes Junior Lifeguards

Parent Handbook



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.

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

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.

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.

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.

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!