



East Bay Regional Park District Lifeguard Service



Application Packet:

Junior Lifeguard Cadet Program 2024

Thank you for expressing interest in the Junior Lifeguard Cadet Program. You must be **14-17** years old to apply (or an incoming freshman through senior year in high school).

Program Description:

Parents: This is a lifeguard training program conducted in an open water environment, **Don Castro**. Participants 15 and older will have the opportunity to earn certification in American Red Cross Lifeguarding, CPR and AED. Those under 15 will participate in all activities but will only be eligible to earn a CPR/AED for the Professional rescuer certification due to age requirements for lifeguard certification.

Cadets: The Junior Cadet program will challenge you mentally and physically to embrace the EBRPD Lifeguard Service's core values of **Safety, Service, Honesty, Integrity, and Respect**. Junior Cadets do this through developing skills in teamwork, professionalism, communication, and other soft skills employers look for when hiring new employees. You will be training like a lifeguard. Cadets should expect daily activities to include physical fitness, swimming, and rescue skill training, first aid lectures, in depth skill sessions, practicing emergency operation procedure drills, and insider knowledge of how to become an EBRPD lifeguard. If you hope to become a lifeguard and/or prepare for any future career, this is THE program you want to be in!

Location: Don Castro, Hayward

Application Process:

There will be **10** spots available in each session. There will NOT be on-site registration NOR online registration. Cadets must apply, interview, and be accepted into the program.

1) Send a completed application packet by **May 29th**. Late applications *may* be considered. This packet has just about everything you need to know about the Cadet program. **Please read each part carefully!**

Please email applications to twaespi@ebparks.org OR Mail your completed application to:

Tyler Waespi; Aquatic Assistant
17930 Lake Chabot Road
Castro Valley, CA 94546

2) Attend ONE interview date

* The interview will include a swim test that requires applicants to **swim continuously for 10 minutes** and then **tread water for 2 minutes**. Applicants will then interview with a supervisor or head lifeguard for approximately 10 minutes.

3) Applicants will be notified if accepted into the Cadet program by **June 14th**. Applicants will be chosen based on completing the swim test and interpersonal skills during the interview. *Past experience in a junior lifeguard program is not required.*

4) If accepted, pay **\$400** registration fee by **June 14th**. The fee includes the 2-week session, full uniform (shorts, shirt, hat, and rash-guard), and an American Red Cross certification in CPR/AED for the Professional Rescuer. Failure to pay on-time will result in your spot given to someone on the waitlist.

Please keep this first page for your records. Please only mail or email application pages 2-5.

Interview date: _____ Session preference(s): _____



Junior Cadet Application:

Please PRINT CLEARLY and fill-in ALL sections

Part 1: Interview

Where: Don Castro, Hayward, CA

When: Saturday, June 1st, Sunday June 2nd

Time: 9:30am-11:30am

***Please arrive between 8:45-9:00am to check-in. Applicants will complete the interview and swim test.*

Bring: bathing suit, towel, water, extra dry clothes

Please check ONE interview date you will attend:

_____ Interview #1: Saturday, June 1st **OR** _____ Interview #2: Sunday, June 2nd

Part 2: Session preference(s)

Three 2-week sessions will be offered. Each session operates Monday through Friday; 9am-4pm. Parents may drop off their Jr. Cadet as early as 8:30am and pick-up as late as 4:30pm.

Please select the preferred session with the number 1. Due to class size limits your first choice may not be available. To ensure placement please select the other choice preference with the number 2.

_____ Session 1: June 17th – June 28th (*field trips: Crown Beach on June 20th and Del Valle on June 28th*)

_____ Session 2: July 8th - July 19th (*field trips: Del Valle on July 12th and Crown Beach on July 18th*)

_____ Session 3: July 22nd – August 2nd (*field trips: Del Valle on July 26th and Crown Beach on August 1st*)

**Field Trips to Del Valle include a bus ride that begins and ends at Don Castro (22400 Woodroe Ave, Hayward)*

**Field Trips to Crown require Parent/Guardian to drop off/pick up at Crown Beach (8th St., Oatis Drive, Alameda)*

*Are you interested in attending more than one session? **YES** **NO**

Additional sessions will be offered if space is available, using your ranked order from above. The **additional session cost will be reduced to \$300.**

Part 3: Uniform

Please mark which size you would like for each item so we can estimate what to stock in our inventory. Uniforms will be passed out on the first day of each session.

NOTE: Female cadets are required to wear a swimsuit that doesn't have straps that tie or clasp (basically wear a suit where nothing can become untied or unclasped). The color should be red or blue.

T-shirt	S	M	L
Trunks	S	M	L
Rash-guard	S	M	L
Hat	one size fits all		



**EAST BAY REGIONAL PARK DISTRICT OPEN WATER
JUNIOR LIFEGUARD CADET WAIVER**



Participant's Information

Directions: Please PRINT CLEARLY and complete all sections.

Participant's Name: _____ Age: _____
Last First M.I.

Birthday (month/day/year): _____

Address: _____
House # Street City Zip Code

Parents Cell Phone Number: _____

Parent/guardian E-mail Address: _____

Do we have permission to share your email address with other parents for carpooling purposes? YES NO

Emergency Contact Information:

Parent/Guardian #1: _____
Name Daytime Phone

Parent/Guardian #2: _____
Name Daytime Phone

Emergency Contact (Local): _____
Name Daytime Phone

To better serve you, please provide information regarding any special accommodations you may need. Reasonable accommodations can be made upon request. If special accommodations are needed please contact staff at 510-544-2517 or TTY/TDD 510-633-0460 to arrange. All information will be kept confidential.

Please explain: _____

Do you give your son/daughter permission to leave E.B.R.P.D. property on his/her own at the end of the day?
 YES NO

Are there any adults (other than those listed above) who have your permission to pick up your child from this program? YES NO

If yes, please list:

1. _____
Name Daytime Phone

2. _____
Name Daytime Phone

Parent/Guardian Signature: _____ Date: _____



**EAST BAY REGIONAL PARK DISTRICT
OPEN WATER JUNIOR LIFEGUARD CADET**



**WAIVER, RELEASE AND ASSUMPTION OF RISK AGREEMENT AND
AUTHORIZATION FOR EMERGENCY TREATMENT OR TRANSPORTATION**

I, the undersigned, (as parent or legal guardian of the child) listed on this registration form, in consideration of the request, give my permission (for my son/daughter) to participate in East Bay Regional Park District Junior Lifeguard Program. I hereby assume full responsibility for all risk of injury or loss which may result from my son's/daughter's participation in this activity, and hereby agree to hold harmless, release and forever discharge THE EAST BAY REGIONAL PARK DISTRICT, IT'S OFFICERS, DIRECTORS, AGENTS, AND EMPLOYEES FROM ANY AND ALL CLAIMS AND DEMANDS WHATSOEVER WHICH THE UNDERSIGNED, AND ANY OF THEM OR THEIR BEHALF HAVE, OR MAY HAVE, AGAINST THE DISTRICT, IT'S OFFICERS, DIRECTORS, AGENTS, OR EMPLOYEES BY REASON OF ANY ACCIDENT, ILLNESS OR DESTRUCTION OF PROPERTY ARISING OR RESULTING DIRECTLY OR INDIRECTLY FROM MY SON'S/DAUGHTER'S PARTICIPATION IN THE AFORMENTION AND OCCURRING DURING SAID PARTICIPATION, OR ANYTIME SUBSEQUENT THERETO REGARDLESS OF WHETHER SAID CLAIMS OR DEMANDS ARISE OUT OF NEGLIGENCE (WHETHER GROSS OR ORDINARY) ON THE PART OF THE DISTRICT. THE TERMS OF THIS RELEASE SHALL SERVE AS A RELEASE AND ASSUMPTION OF RISK FOR MYSELF, MY SON/DAUGHTER, HEIRS, EXECUTIVES, ADMINISTRATORS, AND FOR ALL OF MY FAMILY MEMBERS.

I understand, agree and acknowledge that some activities may be of a hazardous nature and/or include physical and/or strenuous activity. Understanding this, I state to the best of my knowledge that I, (my son/daughter) listed on this form have no medical, physical, mental, or emotional health conditions which would hinder my (his/her) active participation in this East Bay Regional Park District Recreation Program.

In the case of an emergency in which I am not able to give permission for medical treatment and my designated emergency contact cannot be reached, I authorize the staff or agents of the East Bay Regional Park District to obtain whatever medical treatment he/she deems necessary for my child's welfare. In the case of my child, this authorization is given pursuant to the provisions of Section 25.8 of the Civil Code of California. I further understand and agree that I will be financially responsible for all charges and fees incurred in the rendering of said emergency treatment, regardless of whether my medical insurance would cover such charges and fees.

- ✓ I give my full permission to East Bay Regional Park District and any other media sources to use my or my child's name and any photographs, video graphs, motion pictures or recordings for any publicity and promotion purposes without obligation or liability to me.

Parent/Guardian Signature: **X** _____ Date: _____



Junior Lifeguard Cadet Program Code of Conduct Agreement

Name of Junior Cadet (print clearly): _____

Lifeguarding is a noble calling, one which is founded on mutual respect and trust between lifeguards and the citizens they serve. To ensure the continuing integrity of the Lifeguard Service Unit, the highest standards of ethical conduct must always be maintained. As a Junior Cadet you are asked to uphold these standards.

The East Bay Regional Park District Lifeguard Service Unit is founded on the core values of integrity, honesty, respect, service, and safety. These five core values will help you make the best decisions whether easy or challenging. Adopting these core values will promote a culture of ethical integrity and high standards of professionalism.

Integrity – do the right thing even when no one is looking

1. Arrive on time and sign in each day.
2. Always use your best judgment and common sense.
3. Participate in all activities with effort and enthusiasm. (Unless direct communication from a parent or guardian indicates physical limitations or restrictions due to injury/illness)
4. Respect each other's belongings and all EBRPD equipment.

Honesty – be truthful and honest in all communication

1. Your instructor is responsible for the entire program at all times. Ask permission before leaving the area. Do not wander off without a buddy and permission.
2. Immediately alert your instructor to any problems.
3. Leave all valuables at home.

Respect – treat all individuals the way they would like to be treated

1. Always give your instructor your full attention.
2. Show respect to your instructor, other cadets, District staff, and the public always.
3. Do not bully, tease, or bad-mouth others. Do not engage in horseplay or practical jokes.

Service – professionalism and conduct

1. Do not interact with on-duty lifeguards so as not to interfere with their daily operations.
2. Always wear Junior Lifeguard Cadet uniform during the program: T-shirt/shorts/rash guard/hat.
3. Always help with equipment set-up and clean-up
4. Keep area clean and pick up after yourself and others.

Safety – for you, other cadets, park staff, and the park visitors.

1. Junior Lifeguard Cadets are not allowed in the water without instructor permission.
2. Reapply sunscreen at every break (at least 4x per day).
3. Come prepared with a lunch, water, snacks, and athletic shoes.
4. Weather and water conditions will dictate your activities for the day.

*NOTE: At the end of each session, the Instructors will fill out an evaluation on each Cadet. The evaluation will follow this Code of Conduct agreement closely. Failure to follow this agreement will be reflected in the End of Session evaluation form.

*I have completely read and agree to abide by the aforementioned rules and regulations. I understand Cadets will be given **one verbal warning** before proceeding to disciplinary action which includes a parent/guardian phone call and/or a conference meeting with the Aquatic Assistant. I understand that failure to change my behavior or the continuation of violating any parts of the Code of Conduct Agreement will result in my removal from the program-- **without a refund.***

Signature of Junior Lifeguard Cadet _____ Date: _____

Signature of parent/guardian _____ Date: _____