

## Application Process

There are 12 spots available in each session. There is NO on-site registration OR online registration. Cadets must apply, interview, and be accepted into the program. Applications are available in February.

### Application Packet:

Contact Tyler Waespi, Lifeguard Services Assistant at [twaespi@ebparks.org](mailto:twaespi@ebparks.org)

## Fees and Financial Assistance

If accepted, there is a \$400 registration fee. The fee includes the two-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 wait list.

The Regional Parks Foundation provides financial assistance to families in need. Application or donor information: 1-888-EBPARKS, option 2



Healthy Parks Healthy People

**East Bay Regional Park District**  
2950 Peralta Oaks Court, Oakland, CA 94605  
1-888-EBPARKS or 1-888-327-2757 (TRS 711)  
[ebparks.org](http://ebparks.org)



# Junior Cadet Program

## LIFEGUARD SERVICES





# Junior Cadet Program



## Program Goals

- **Prepare** Junior Cadets for East Bay Regional Park District “EBRPD” Lifeguard Academy
- **Instill** Confidence through physical fitness
- **Encourage** development of focus traits
- **Impart** the value of public service



## Program Description

**Parents:** This is a lifeguard training program conducted in an open water environment. This is for ages 14-17. 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!

## Program Location

**Don Castro Regional Recreation Area** ..... Hayward  
Includes a field trip day to Crown Beach in Alameda.



## Program Schedule

The Junior Cadet program is organized as a two-week session. Typically, four sessions are offered each summer. The sessions are only offered as a full day class.

## Daily Agenda Topics

- **Day 1** – Welcome to the EBRPD!
- **Day 2** – Safety, First Aid, and Rescues
- **Day 3** – Affecting the Crowd, Spinal Management, and Multiple Victim Rescues
- **Day 4** – Communication, Alternate Stations, and Victim Extrication
- **Day 5** – Missing Persons Scenarios
- **Day 6** – Passive Victim Rescues, CPR, and Triage
- **Day 7** – CPR, First Aid, and Rescues Without Equipment
- **Day 8** – MIR’s, CPR, and First Aid
- **Day 9** – Full Simulations and CPR Testing
- **Day 10** – Rescue Watercraft and Competitions