



JR. GUARD CLASS

PARENT HANDBOOK



101 WAVE DR.
VISTA, CA 92083
760-940-9283
THEWAVEWATERPARK.COM

Jr. Lifeguard General Information

JR. GUARD TIMES: Monday – Friday 7:30am-1:45pm
Drop off from 7:30am-8am | Pick up from 1:45-2:00pm

JR. GUARD PRICE: \$195 per week / per Jr. Guard

JR. GUARD CLASS MAXIMUMS: Only 24 Jr. Guard spots are available each week. If maximum registrations are received a wait list will be started.

JR. GUARD REQUIREMENTS:

- Must be 10-15 years old
- Be able to swim 50 yds. (two pool lengths) comfortably or they will be placed in a lifejacket for all water activities.

JR. GUARD INSTRUCTORS: Each Jr. Guard instructor is a certified lifeguard trained in first aid, CPR for the professional rescuer, AED and supplemental oxygen use. Jr. Guard instructors are also put through The Wave's counselor training and are hand-picked out of our elite lifeguard staff.

JR. GUARD PURPOSE: To provide Jr. Guards with encouragement and confidence that will allow them to reach their highest potential while participating in a fun, safe and exciting environment. The course is designed to teach all the major components of our lifeguard training program; however no official license is earned.

What to Bring

- Swimming attire – wear daily
- Jr. Guard shirt (given on first day of the week)
- Jr. Guard handbook (given on first day of the week)
- Water bottle with water and labeled with Jr. Guards name
- Sunscreen
- Towel
- Shoes / Sandals
- Lunch (sack lunch, \$5, or money for the snack bar)
 - Meals can be purchased daily for \$5 at check in, please have exact change. Meal includes chips, drink and choice of one slice of pizza, hot dog or hamburger
- Snacks
- Goggles (optional)
- Smile and great attitude



Jr. Guard Daily Check-In

- Jr. Guards must be checked in by a parent or guardian each day.
- Jr. Guard check in will start at the main gate at 7:30am each day. Check-in gate will be locked at 8:00am.
- All late Jr. Guard check-ins will need to report to the Wave office or main gate for sign-in. Please be advised that late check-in's can be an extended wait time since the program director is out in the park leading activities.

Jr. Guard Daily Check-Out

- Checkout begins at the Main gate at 1:45pm each day; we will be checking parent or guardian IDs. Checkout will end promptly at 2:00pm.
- Only parents, guardians or persons designated on the registration form will be allowed to checkout Jr. Guards with ID.
- Jr. Guards who are not picked up by 2:00pm will need to be picked up in The Wave office.

EARLY CHECK OUT

Parents or guardians that would like to check out their child before the 1:45pm pick up time may do so in the Wave office. It is possible that it may take up to 20 minutes to retrieve your child and their belongings since they are at different locations in the park throughout the day. Please plan your time accordingly.



STAY AND PLAY

Those that would like to have their child stay in play in the park until 4:00pm will need to sign a waiver for each day their child will participate in stay and play. The Jr. Guards that are participating in stay and play will be released into the waterpark by themselves without direct supervision and will be guarded by the daily lifeguard staff. Jr. Guards will not be kept inside the gates by The Wave staff after the 1:45pm end time and may exit the park if they choose to do so. Jr. Guards will need to keep their red t-shirt on during stay and play.

Picking up your child after stay and play:

There are a few options when planning to pick up your child after Jr. Guards ends. The options are:

- Set a time to meet your Jr. Guard at the main gate.
- Leave keys or an ID at the main gate to have 10 minutes to look for them in the park.
- Buy a happy hour ticket for \$10.95 starting at 2:00pm and spend the last two hours of the day playing in the waterpark with your Jr. Guard.

Sample Daily Schedule

Below is a sample of what a week in Jr. Guards may look like. The schedule is not exact and activities may change throughout the week.

- Jr. Guards will take breaks throughout the day. They will also be reminded to drink water and reapply sunscreen.
- The instructors have a delicate job of balancing in water and dry land activities. Our goal is to provide at least 50% water time during each day. It is important to understand that kids need breaks from the water to rest and let their skin and body recover too.
- Jr. Guards will have free time in the waterpark daily and various water activities both in the pool and water activities on dry land.
- The instructors will have a schedule board at the check-in and check-out locations for you to review. This board will cover the daily topics and lessons learned.
- Topics include CPR, first aid, sun safety, back boarding, in water rescues, pool extractions, oxygen & AED use, scanning, rule enforcement and dispatch. Activities may include challenges, obstacle courses, games, experiments, team time and free time!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
730-800	Check-In/Shirts	Check-In/ Opening Game	Check-In/ Opening Game	Check-In/ Opening Game	Check-In/ Opening Game
800-815	Intro/Park Rules	H2O Ready/Sunscreen	H2O Ready/Sunscreen	H2O Ready/Sunscreen	Whistle School (pg.34,36)
815-830	Swim Test	Water - Active Rescues	Water - Passive Rescues	Water - Rapid Extractions	Park Tour
830-845	Water - Rescue Tubes/ Compact Jump				
845-900	Fun Game	Fun Game	Fun Game	Fun Game	Bridge Of Death/Flow/Slides
900-915	Fun Game				
915-945	Skill Game	Skill Game	Skill Game	Skill Game	
945-1000	Sunscreen/Water/Snack	Sunscreen/Water/Snack	Sunscreen/Water/Snack	Sunscreen/Water/Snack	Sunscreen/Water/Snack
1000-1030	CH2: Administering Care/CAB's	CH3: Trauma Bag	CH4: First Aid	CH1: Spinals	Lifeguard Shadowing
1030-1120	Freeplay!	Freeplay!	Counselors Got Talent	Team "Line" Challenges	Lip Sync Battle
1120-1130	Sunscreen/Water	Sunscreen/Water	Sunscreen/Water	Sunscreen/Water	Sunscreen/Water
1130-12	Lunch	Lunch	Lunch	Lunch	Lunch
12-1245	Freeplay!	Freeplay!	Freeplay!	Freeplay!	Freeplay!
1245-1	Sunscreen/Water	Sunscreen/Water	Sunscreen/Water	Sunscreen/Water	Lifeguard Shadowing
1-130	CH5:10/20 Rule of Protection	Practice Group CPR	First Aid Tour (15min) Act it Out	CH6: p.32-33, 35	
130-145	Noodle-Name Game	Pow-Wow/End Game	Pow-Wow/End Game	Pow-Wow/End Game	Water Ballon Fight
145-2	Sign-Out / Clean Up	Sign-Out/Clean-Up	Sign-Out/Clean-Up	Sign-Out/Clean-Up	Sign-Out/Clean-Up

Waterpark Rules



WELCOME TO THE WAVE



PLEASE DO NOT ENTER THE PARK WITH COOLERS, FOOD, BEVERAGES, GLASS CONTAINERS, RADIOS, EXTERNAL MUSIC, OR PETS.



PERSONAL FLOATATION DEVICES, TOYS, MASKS, SNORKELS, AND MERMAID TAILS WILL NOT BE ALLOWED IN THE POOLS / ATTRACTIONS.



APPROPRIATE SWIMWEAR IS REQUIRED & DETERMINED BY MANAGEMENT. NO PANTS, VISIBLE UNDERGARMENTS, TRANSPARENT ATTIRE, DENIM, THONG, G-STRING, OR BRAZILIAN STYLE SUITS ARE ALLOWED.



SOME ATTRACTIONS MAY REQUIRE RIDERS TO BE FREE OF RIVETS, LIFE VESTS, FOOTWEAR & EYEWEAR.



NO RUNNING OR HORSE PLAYING. AGGRESSIVE OR ABUSIVE BEHAVIOR, PROFANITY, AND SPITTING IS NOT PERMITTED.



NO DIVING. UNDERWATER BREATH HOLDING ACTIVITIES ARE NOT PERMITTED.



LIFE VESTS ARE PROVIDED FREE OF CHARGE. WE RECOMMEND WEAK OR NON-SWIMMERS WEAR A LIFE VEST AT ALL TIMES.



DIAPER AGED CHILDREN MUST WEAR A WATERPROOF SWIM DIAPER IN ORDER TO PARTICIPATE IN ATTRACTIONS. PLEASE DO NOT CHANGE DIAPERS ON THE POOL DECK; USE THE RESTROOM.



CHAIRS AND SHADE ARE AVAILABLE ON A FIRST COME, FIRST SERVE BASIS.



SECURITY CAMERAS ARE IN USE. BY ENTERING THE FACILITY EACH GUEST GRANTS THE WAVE THE RIGHT TO VIDEOTAPE OR PHOTOGRAPH HIM/HER ON PARK PROPERTY WITHOUT PAYMENT OR CONSIDERATION.



RIDE RESTRICTIONS DO APPLY. PLEASE READ ALL SIGNS AND LISTEN TO ALL LIFEGUARD INSTRUCTIONS BEFORE RIDING. PERSONS NOT FOLLOWING RIDE RULES ARE SUBJECT TO REMOVAL FROM THE PARK.



SMOKING IS NOT PERMITTED INSIDE THE WATERPARK. SMOKING MUST TAKE PLACE 50 FEET AWAY FROM THE PARK ENTRANCE.



PARENTS / GUARDIANS ARE RESPONSIBLE FOR THEIR CHILDREN WHO CHOOSE TO EXIT THE PARK UNATTENDED. IT IS RECOMMENDED THAT ALL CHILDREN UNDER 8 YRS. BE ACCOMPANIED BY A RESPONSIBLE ADULT AT ALL TIMES.



ALL RIDES AND ATTRACTIONS CLOSE FIFTEEN MINUTES BEFORE PARK CLOSING.



THE WAVE IS NOT RESPONSIBLE FOR LOST, STOLEN, OR DAMAGED ARTICLES. LOST & FOUND IS LOCATED AT THE WAVE SHACK. PLEASE DESIGNATE A GROUP MEETING SPOT, AS WE ARE UNABLE TO PAGE GUESTS.



DO NOT DRINK THE POOL WATER.

PLEASE SHOWER BEFORE ENTERING THE POOL.



LIFEGUARD TESTING / TRAINING IS AN ONGOING PART OF OUR SAFETY PROGRAM. USE OF SUBMERSIBLE MANNEQUINS AND LIVE ACTIVE GUESTS MAY OCCUR DURING YOUR VISIT.



CAMERAS ARE NOT ALLOWED ON ANY ATTRACTION OR IN USE IN THE RESTROOMS. PLEASE KEEP PHOTOS / VIDEOS TO WITHIN YOUR OWN PARTY.



TICKETS ARE NON-TRANSFERABLE AND NON-REFUNDABLE. HOURS & ATTRACTION AVAILABILITY ARE SUBJECT TO CHANGE WITHOUT NOTICE. GENERAL ADMISSION TICKETS ARE NOT VALID FOR SPECIAL EVENTS.



TICKET OR SEASON PASS IS REQUIRED FOR ADMISSION. HANDSTAMP MUST ACCOMPANY TICKET OR PASS FOR RE-ENTRY. RE-ADMISSION IS NOT GUARANTEED BASED ON PARK CAPACITY NUMBERS.

THANK YOU & ENJOY YOUR VISIT!

Jr. Guard Policies

SAFETY AND FUN:

The Jr. Guards' safety is our number one priority. The class is very safe and fun at the same time. The instructors will supervise the Jr. Guards, and our outstanding lifeguard staff will be throughout the park at designated locations. Games and activities are intermixed to keep the days interesting and fun. Jr. Guards will also enjoy shadowing a real Wave Lifeguard on the job.

MEAL OPTIONS AND FOOD:

- Jr. Guards can bring a sack lunch and snacks.
- Meals can be purchased daily for \$5 at check in, please have exact change. Meal includes chips, drink and choice of one slice of pizza, hot dog or hamburger.
- If a Jr. Guard forgets their lunch they will receive a \$5 lunch from our concessions stand. Parents will need to pay for the meal upon pick-up that day.
- If your child has special dietary needs, please list on their registration form. Jr. Guards are allowed to bring in any food that meets their needs. We would be happy to review our nutritional information from our concession stand if you would like to know ingredients or any specifics of the food we serve.

CONTACTING YOUR JR. GUARD:

If you need to relay a message to your child during Jr. Guards you may do so by calling The Wave office at (760) 940-9283. The office staff will relay the message to the programs director.

SICKNESS / INJURY DURING JR. GUARDS:

Children are often susceptible to the common cold and other flu-like symptoms that may be going around. If a child becomes ill while attending Jr. Guards, they will be sent home if they exhibit the following symptoms:

- Temperature of 100° or more
- Regular coughing
- Continuously runny nose
- Diarrhea
- Vomiting

If an injury occurs our highly trained lifeguard staff will treat your child immediately. If it is a non-emergency situation parents or guardians will be contacted from the information listed on the registration form. If necessary, we will ensure that any higher medical attention needed is called immediately.



CONCUSSION INFORMATION:

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells. It is The Wave’s policy that if any child is suspected of sustaining a concussion, the child will be removed from activities and will only be allowed to return until they are evaluated and cleared to return by a health care professional who is experienced in evaluating for concussions.

SIGNS OBSERVED BY STAFF / OTHERS	SIGNS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets and instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior or personality changes	Concentration or memory problems
Can’t recall events prior to hit or fall	Confusion
Can’t recall events after hit or fall	Just not “feeling right” or feeling down”

- Most concussions occur without the loss of consciousness.
- Anyone who has, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.
- Concussion danger signs include: one pupil larger than other, is drowsy and cannot be awakened, a headache that not only does not diminish, but gets worse, weakness, numbness, or decreased coordination, repeated vomiting or nausea, slurred speech, convulsions or seizures, cannot recognize people or places, becomes increasingly confused, restless, or agitated, has unusual behavior, loses consciousness (even a brief loss of consciousness should be taken seriously).

What to do if you suspect a concussion:

Remove your child or teen from play. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion. Ask your child’s or teen’s health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child’s or teen’s school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child’s or teen’s return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

To learn more, go to www.cdc.gov/HEADSUP

MEDICATION:

Instructors may assist in administering medication to Jr. Guards provided the parent or guardian has completed a medication release form, and if a licensed physician prescribed the medication. Please accompany medication with written instructions. Children may only medicate themselves in the presence of an instructor. Medication must be in a prescription bottle with the prescribing physician's name and phone number. Medication will not be accepted in any other container. Medication release forms are only valid for thirty days, after that time any medication not removed will be appropriately disposed of. We will do our best to reasonably accommodate all needs. Please make sure our instructors are aware of all pertinent allergies, medications, and medical history information by indicating information on your registration form. The Jr. Guard instructors are all licensed lifeguards, certified in CPR, first aid, oxygen use, and AED.

BEHAVIORAL PROBLEMS:

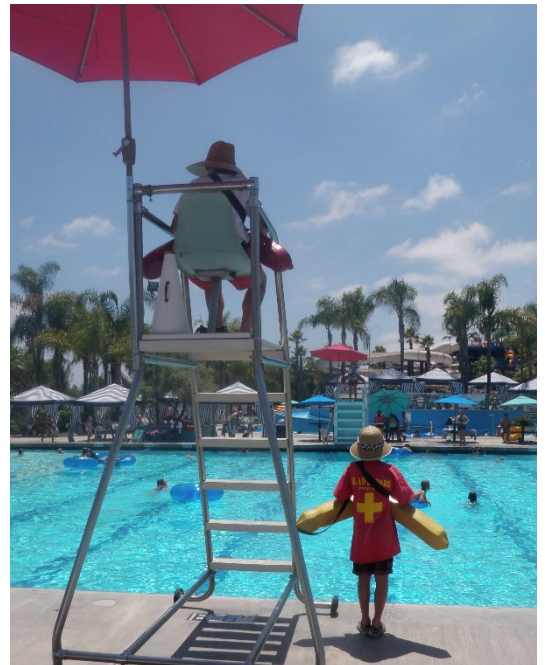
During typical situations, the Jr. Guards will be given a verbal warning to clarify expectations from the instructors. Additional concerns may result in a time-out or discussion with the program director or waterpark manager. The next level will result in a call to the parent or guardian, and any additional problems may result in the Jr. Guard being removed from class. Jr. Guards are warned about appropriate behavior and expectations on the first day of class. Certain types of serious infractions may result in a parent or guardian phone call for the first infraction. Our goal is to create a positive and fun environment for all Jr. Guards.

CONCERNS REGARDING OTHER JR. GUARDS:

We are always here to help and want to make sure that class is an enjoyable experience for all students. If there is ever a concern between Jr. Guards please bring it to our attention and we will be happy to address it immediately. Jr. Guard parents may be contacted if appropriate, and we are able to change groups or take other corrective measures to ensure the situation is handled for everyone involved.

CAMP CONCERNS:

We are here to make the Jr. Guard experience the most enjoyable adventure it can be. Please address any concerns you have with the camp directors at check-in or check-out. You may also speak to a camp director by calling the office at (760) 940-9283.



INCLEMENT WEATHER:

Most often, Jr. Guard camp will continue during inclement weather. Instructors will modify activities and locations to accommodate the Jr. Guards. If a day will be cancelled, parents and guardians will be contacted by the information listed on the emergency contact portion of the program registration form.

WAIT LIST:

When a class is full, a wait list will be generated. If a spot becomes available, we will make calls beginning at the top of the wait list to fill the spot. The first person we are able to reach will be able to sign up for the class. Payment must be made at that time in order to reserve the spot, or we will continue down the wait list.

JR. GUARD REFUND AND TRANSFER POLICY:

Refunds can be requested before the second scheduled class, with a deduction for a cancellation processing fee of \$10 per child/per camp week and the prorated fee for the first class (total class fee paid divided by the number of classes). No refunds will be given starting from the second-class date.

Registrants may request a transfer before the program starts. If transferred to a class/program with additional fees, payment is due immediately. Transfer requests made before the second scheduled class will receive a transfer credit minus the prorated fee of the attended class, with any fee difference payable immediately. No transfers will be granted starting from the second-class date. Transfer credits must be used within 30 days or will expire.

If registrants fail to attend a program, they are not entitled to a refund or transfer.

Refunds may take up to 2 weeks to process depending on payment type.

THANK YOU:

On behalf of The Wave Waterpark Staff, we would like to thank you for choosing The Wave Waterpark for your Jr. Guard Program. We will do our best to provide a memorable experience. Please do not hesitate to ask any questions or contact us with any concerns. Thank You!

