

# 2010 AVILA BEACH JUNIOR LIFEGUARD PROGRAM

(June 28<sup>th</sup> – July 30<sup>th</sup> )

## Title Sponsors:

**• Port San Luis Harbor District • Avila Beach Community Foundation**

### THE PROGRAM

- Provides training in water safety, beach and ocean dynamics, ocean swimming, lifeguarding, rescue techniques, physical training, first aid, CPR, body surfing, kayaking and canoeing.
- Develops teamwork skills and fitness.
- Teaches discipline and sportsmanship.
- All instructors are experienced lifeguards certified in accordance to the United States Lifesaving Association standards (USLA).

### GENERAL INFORMATION

- Program open to boys and girls of San Luis Obispo county.
- **Ages 10-17 years.**
- **200** participants.
- Monday – Friday, 9am – 12pm.
- Many Fridays are all day (competitions).
- **Cost \$400**
- Cost includes – five weeks instruction, boardshorts, t-shirt, JG patch, swimsuit, sweatshirt, swim cap, USLA JG membership, highlight DVD and much more.

### OTHER INFORMATION

- On August 19, 2003 a fatal shark attack occurred in Avila Beach. While there is always risk associated with ocean activities the following measures have been put in place to reduce the risk of injury:
1. In the event of abnormal marine activity, or marine activity above the norm in the vicinity of Avila Beach, the program on that day will not involve water activities.
  2. The Junior Lifeguard Program will be cancelled if a shark incident occurs one month prior to the start of the program or anytime during the program. A prorated refund will be in effect if such an incident should occur.

### REGISTRATION

- **ALL REGISTRATION WILL TAKE PLACE AT THE TRYOUT SITE. DO NOT MAIL ANYTHING IN.**
- Bring registration form and cash or check with you to the tryout. You will not be allowed to tryout without them!
- The first 200 that turn in the registration form, pay, and pass the required swim time are in.
- **Check made payable to Avila Beach Junior Lifeguards for \$400.**

### TRY-OUTS

- #1 – April 11<sup>th</sup>, 2010 from 2-4pm @ Sinsheimer Pool  
\* **This tryout date is FOR RETURNERS & SIBLINGS ONLY.**
- #2 – April 18<sup>th</sup>, 2010 from 2-4 pm @ Sinsheimer Pool  
\* **This tryout date is OPEN FOR EVERYONE.**
- #3 – May 16<sup>th</sup>, 2010 from 2-4 pm @ Sinsheimer Pool  
\* **This tryout date will NOT happen if we fill up at the first two.**
- \* **All those after the 200 mark will be put on a waiting list.**

### REQUIRED SWIM TIMES

- All applicants must pass a 100 yard swim test within the required time limit:
  - 14-17 year olds – 1 min. 40 seconds or less
  - 12-13 year olds – 2 min. or less
  - 10-11 year olds – 2 min. 20 seconds or less

**Practicing the timed swim prior to the tryout date is highly recommended!**

**For more information call Russ Edwards at 440-4621, or email: [redwards@lmusd.org](mailto:redwards@lmusd.org)**