

## 2026 Jr. Guard Parent Packet



Packet includes:

1. Important Dates to Remember
2. Area businesses offering Junior Guard discounts
3. SCJG Competition Philosophy
4. Jr. Guard Behavior Agreement
5. SCJG Parent Code of Conduct
6. Parent Concussion Fact Sheet – *English & Spanish*
7. Drop off and Pick up locations



## **IMPORTANT DATES TO REMEMBER**

### **Session 1: June 8- July 2**

**Picture day** - Tu. June 16, 11am & 1pm

**Capitola Comp** – Tuesday, June 23 (Little Guards) & Wednesday June 24 (Junior Guards)

**No program on June 19**

**No program on July 3**

### **Session 2: July 6 – July 31**

**Picture day** - Tu. July 14, 11am & 1pm

**NorCals at Main Beach** – Wednesday, July 15 (Little Guards) & Thursday, July 16 (JGs)

**No program on July 24**

***Buy your...2026 SCJG GEAR all summer at***

***Pacific Wave Surf Shop***

**1502 Pacific Avenue**

**JG GEAR: JG sweatshirts, JG sweatpants, JG rash guards & JG hats!**



*100% of JG Gear sales go to FOPAR JG Booster Club to support the Jr. Guard program*

**2026 JUNIOR GUARD DISCOUNTERS**

The following businesses offer discounts to participants who are registered in the Santa Cruz City Junior Lifeguard Program. Discounts vary according to each business and are subject to change or elimination without notice. Supplies may be limited to stock on hand. Participants are required to provide a receipt showing proof of registration in the City Junior Guard Program. For further information, visit or contact each of the following local businesses:

- **Pacific Wave Board Shop**, 1502 Pacific Avenue, downtown Santa Cruz, CA 95060, (831) 458-WAVE (9283), 25% off Jr. Guard boardshorts or swimsuit. Website: [www.pacwave.com](http://www.pacwave.com). **JG Gear sold at Pac Wave – info at bottom of page**
- **Picnic Basket** – Meal Deal Monday – Friday: Bean & Cheese Burrito and Juice Box - \$7

**Thank you to the businesses listed above for supporting the Santa Cruz City Junior Lifeguard program!**

**2026 UNIFORM INFORMATION**

**Boys:** must wear **RED** swim shorts. Shorts should be “board short” style and above the kneecap to allow for unimpaired running while wet.

**Girls:** must wear **RED** one-piece or sport type two-piece swimsuit. **Bikini style suits are not permitted.** Girls’ swimsuits must be similar to competitive pool swimwear. Girls may also wear red “board shorts.”

**Captain Corps Boys & Girls:** must wear **BLACK** swimsuits. **Bikini style suits are not permitted**

*An official Junior Guard T-shirt will be provided the first week of each session.*

**Get your... 2026 SCJG GEAR now!**

**On sale at *Pacific Wave Surf Shop***

**623 Swift Street**

**JG sweatshirts, JG sweatpants, JG rash guards & JG hats**



*100% of all JG Gear sales go to FOPAR JG Booster Club to support the Jr. Guard program*



## PARKS AND RECREATION

### **Santa Cruz City Junior and Little Guard Competitive Philosophy**

The Santa Cruz City Junior Lifeguard program believes in healthy competition for our participants. Therefore, it is important to share our competitive philosophy with all Junior Guards, Little Guards, parents and constituents. In every competition, there are a number of open events and team relay events. Open events are open to all competitors from every agency, and relay events have a limited number of entries depending on the event and the competition.

We encourage all Junior Guards/Little Guards to compete in all open events, which have unlimited entries. There are certain circumstances that may prevent some individuals from participating in particular events, but the training and conditioning provided in our day-to-day program prepares Junior Guards/Little Guards for a full day's worth of competition. We expect most Junior Guards/Little Guards to compete in all open events.

Little Guards are learning the meaning of competition. Little Guards are taught to give their best effort during all events and activities, but the primary focus is on participation. Team events have limited entries, thus not every Little Guard will be able to compete in every relay or team event. We make an effort to include every Little Guard in a minimum of one team relay.

In Junior Guards, divisions, C's – AA's, the focus is more competitive. The goal is to place as high as possible and score the maximum amount of points for the team. That being said, win or lose, we as a team know that we have put forth our best effort. We encourage all Junior Guard competitors to participate in all open events, but in the limited team events, we will to put together the best teams possible. Instructors spend hours reviewing practice times and putting together the fastest teams possible. Not every Junior Guard is able to compete in team events, particularly in large divisions such as C's. We understand, and take into account, that attitude and determination play a significant role in competitive success, but in a race to the finish line, speed has a significant impact as well. Please understand that the decision to include or not include a Junior Guard in a team event is not something instructors take lightly, and that we do our very best to support the success of all Junior Guards.

Agreeing to the terms and conditions of the Program Activity Waiver, acknowledges that parents and participants agree to abide by the competition philosophy.





## Parks and Recreation

### Jr. Guard Behavior Agreement

For the Junior Lifeguard Program to be successful, participants must exhibit behavior that is respectful of staff, other participants, equipment, and facilities. Group activities are vital to the success and safety of the program. A participant that is disruptive to group activities and disrespectful to instructors diminishes the enjoyment and education of the other participants.

The intent to correct behavior is to instruct participants how to achieve compliance with acceptable behavior norms.

Please review the following expectations with your Jr. Guard participant:

- Arrive and pick up on time
- Respect Instructors, staff and volunteers
- Respect other participants: pushing, shoving, hitting, or name-calling is not tolerated
- Respect the environment, wildlife, facility, equipment and other people's property.
- Cooperate with others.
- Practice good sportsmanship.
- Follow all safety rules and instructions.
- Listen quietly to directions/announcements.
- **Participate daily in regular program activities.**

The progressive steps of corrective behavior are as follows:

1. When a minor discipline situation occurs, the participant will be counseled about the situation and given an explanation of what behavior change is expected.
2. If a subsequent incident occurs, the participant will be asked to take a **"TIME OUT"** or **"TAKE A LAP."** A time out is a period of two to five minutes that the participant spends quietly reflecting on the incident. A **"TAKE A LAP "** is a supervised swim or run of reasonable distance. After the **"TIME OUT"** or **"TAKE A LAP"** the participant is allowed to rejoin in the group activity.
3. When a participant has a series of **"TIME OUT'S"** or **"TAKE A LAP'S"** in the same day or a series of discipline situations over several days, the lead instructor will inform the participant's parent or guardian about the situation.
4. When a participant continually disregards the instructors or shows little or no improvement with steps 1 through 3, the participant will be suspended for one or two day(s). The parent or guardian of the participant will be informed that the participant has been suspended. There are no prorated refunds of fees.
5. If participant's behavior has not improved after suspension, the parent or guardian will be notified that the participant is suspended from the remainder of the program without refund or credit, for days missed.

Major first time incidents may progress a participant directly to step 4 or step 5 of the above procedures. Major incidents would include:

- Leaving the program without authorization.
- Use of profanity and/or aggressive, confrontational or argumentative behavior
- Fighting with another participant or other person
- Unlawful or non-consensual touching of another person
- Flashing gang signs or inappropriate poses during photos/videos
- Stealing the property of another
- Vandalism of equipment or facilities
- Throwing items at participants, wildlife, or property.
- Other conduct or poses which brings disrespect on the Jr. Guard program or the City of Santa Cruz.

Agreeing to the terms and conditions of the Program Activity Waiver, acknowledges that parents and participants agree to abide by the Jr. Guard Behavior Agreement.



## Parks and Recreation

# JUNIOR LIFEGUARD PARENT CODE OF CONDUCT

I hereby pledge to provide positive support and encouragement for my child participating in Junior Lifeguards by following this Parents' CODE OF CONDUCT:

- I have read and understand the “Santa Cruz City Junior and Little Guard Competitive Philosophy”
- I will encourage good sportsmanship by demonstrating positive support for all participants, Instructors, and other parents at competitions as well as during daily beach activities.
- I will support Instructors and Lifeguards working with my child in order to encourage a positive and enjoyable experience for all.
- I understand that Junior Lifeguards is very physically demanding and **not** a learn-to-swim program.
- I am familiar with my child’s Behavior Agreement and understand the disciplinary actions that may be taken by Instructors during the course of the program. Expectations for my child outlined in the Behavior Agreement include:
  - Arriving on time and being promptly picked up from the program
  - Respect of Instructors and other staff
  - Respect of other participants: no shoving, hitting, bullying or name-calling.
  - Respect of the facilities, wildlife, equipment and property of others.
  - Cooperate with others.
  - Practice good sportsmanship.
  - Follow all safety rules and all instructions.
  - Listen quietly to directions/announcements.
  - **Willing participation in daily program activities in and out of the water.**
- I will drop off/pick up my child on time and I understand that Instructors are not responsible for supervising children outside of program hours.
- I will place the emotional and physical well being of my child ahead of my personal desire to win.
- I will remember that the Junior Lifeguard program is for youth ages 6-17 and not for adults.
- I will address concerns or questions to the JG Lieutenant or “on site supervisor” so as not to distract program Instructors from their safety duties.

Agreeing to the terms and conditions of the Program Activity Waiver, acknowledges that parents agree to abide by the Jr. Guard Parent Code of Conduct.

# A FACT SHEET FOR Youth Sports Parents



This sheet has information to help protect your children or teens from concussion, or other serious brain injury.

## What Is a Concussion?

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.

## How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - Work with their coach to teach ways to lower the chances of getting a concussion.
  - Emphasize the importance of reporting concussions and taking time to recover from one.
  - Ensure that they follow their coach's rules for safety and the rules of the sport.
  - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no "concussion-proof" helmet. Even with a helmet, it is important for children and teens to avoid hits to the head.

**Talk with your children and teens about concussion.** Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*

## How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

### Signs Observed by Parents

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to* or *after* a hit or fall

### Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

**GOOD TEAMMATES KNOW:  
IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.**



[cdc.gov/HEADSUP](https://cdc.gov/HEADSUP)

# CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



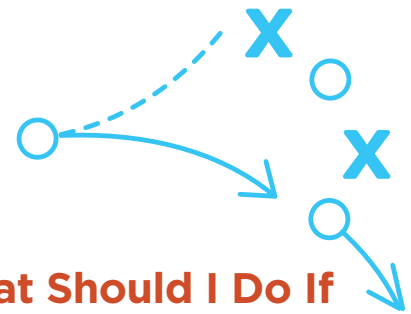
**Plan ahead.** What do you want your child or teen to know about concussion?

## What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1, or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

**Children and teens** who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.



## What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare 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 healthcare provider should assess a child or teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

Revised January 2019

To learn more,  
go to [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)



# Hoja informativa para **PADRES CON HIJOS QUE PARTICIPAN EN DEPORTES JUVENILES**



Esta hoja contiene información para ayudarle a proteger a sus niños o adolescentes de una conmoción cerebral u otra lesión cerebral grave.

## ¿Qué es una conmoción cerebral?

Una conmoción cerebral es un tipo de lesión cerebral traumática o TBI (por sus siglas en inglés) causada por un golpe, impacto o sacudida en la cabeza o por un golpe en el cuerpo que hace que la cabeza y el cerebro se muevan rápida y repentinamente hacia adelante y hacia atrás. Este movimiento rápido puede hacer que el cerebro rebote o gire dentro del cráneo y provoque cambios químicos en el cerebro, y a veces hace que las células cerebrales se estiren y se dañen.

## ¿Cómo puedo mantener a mis niños o adolescentes a salvo?

Los deportes son una buena manera para que los niños y los adolescentes se mantengan saludables y los ayudan a que les vaya bien en la escuela. Para ayudar a reducir las probabilidades de que sus niños o adolescentes tengan una conmoción cerebral, usted debe:

- Ayudar a crear una cultura de seguridad para el equipo.
  - › Junto con el entrenador, enséñeles maneras de disminuir las probabilidades de sufrir una conmoción cerebral.
  - › Ponga énfasis en la importancia de notificar las conmociones cerebrales y tomarse el tiempo para recuperarse de estas.
  - › Asegúrese de que sigan las reglas de seguridad del entrenador y las reglas del deporte.
  - › Explíqueles a sus niños o adolescentes que espera que mantengan el espíritu deportivo en todo momento.
- Cuando sea adecuado para el deporte o la actividad, enséñeles a que deben usar un casco para disminuir sus probabilidades de sufrir los tipos más graves de lesiones en la cabeza o el cerebro. No existe un casco "a prueba" de lesiones cerebrales. Incluso con un casco, es importante que los niños y los adolescentes eviten golpes en la cabeza.

## ¿Cómo puedo indentificar una posible conmoción cerebral?

Los niños y los adolescentes que muestran o notifican uno o más signos y síntomas enumerados a continuación, o simplemente dicen que no se "sienten del todo bien" después de un golpe, impacto o sacudida en la cabeza o el cuerpo, podrían tener una conmoción cerebral u otra lesión cerebral grave.

### Signos observados por los padres

- Parece estar aturdido o desorientado.
- Se olvida de una instrucción, está confundido sobre su deber o posición, o no está seguro del juego, puntaje u de quién es su oponente.
- Se mueve con torpeza.
- Responde a las preguntas con lentitud.
- Pierde el conocimiento (*aunque sea por poco tiempo*).
- Muestra cambios de ánimo, comportamiento o personalidad.
- No puede recordar eventos *antes* o *después* de un golpe o una caída.

### Síntomas reportados por los niños y los adolescentes

- Dolor o "presión" en la cabeza.
- Náuseas o vómitos.
- Problemas de equilibrio o mareo, o visión borrosa o doble.
- Sensibilidad a la luz o al ruido.
- Se siente débil, desorientado, aturdido o grogui.
- Confusión o problemas de concentración o memoria.
- No se siente "del todo bien" o está "bajoneado".

**Hable con los niños y los adolescentes sobre las conmociones cerebrales.** Pídeles que notifiquen sus síntomas de conmoción cerebral de inmediato tanto a usted como al entrenador. Algunos niños y adolescentes piensan que las conmociones cerebrales no son grave o les preocupa que si notifican la conmoción cerebral pueden perder su posición en el equipo o verse débiles. Recuérdeles que es preferible perderse un juego que toda la temporada.



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

**LOS BUENOS COMPAÑEROS SABEN QUE:  
ES MEJOR PERDERSE UN JUEGO QUE TODA LA TEMPORADA.**

**Las conmociones cerebrales afectan a cada niño y adolescente de manera diferente.** Mientras que la mayoría de los adolescentes con una conmoción cerebral se sienten mejor después de un par de semanas, algunos tienen síntomas que duran meses o más tiempo. Hable con el proveedor de atención médica de su niño o adolescente si los síntomas no desaparecen o si empeoran después de que regresa a las actividades normales.



## Planifique.

¿Qué quiere que su niño o adolescente sepa sobre las conmociones cerebrales?

## ¿Cuáles son algunos signos de peligro más graves a los que debo prestar atención?

En raras ocasiones, después de un golpe, impacto o sacudida en la cabeza o en el cuerpo puede acumularse sangre (hematoma) de forma peligrosa en el cerebro y ejercer presión contra el cráneo. Llame al 9-1-1 o lleve a su niño o adolescente a la sala de urgencias de inmediato si después de un golpe, impacto o sacudida en la cabeza o el cuerpo, presenta uno o más de estos signos de riesgo:

- Una pupila más grande que la otra.
- Mareo o no puede despertarse.
- Dolor de cabeza persistente y que además empeora.
- Dificultad de dicción, debilidad, entumecimiento o menor coordinación.
- Náuseas o vómitos, convulsiones o ataques (temblores o espasmos) periódicos.
- Comportamiento inusual, mayor confusión, inquietud o nerviosismo.
- Pérdida del conocimiento (desmayado o inconsciente). Incluso una breve pérdida del conocimiento debe considerarse como algo serio.



Usted también puede descargar la aplicación de CDC **HEADS UP** (en inglés) para obtener información a su alcance sobre las conmociones cerebrales. Simplemente scanee con su teléfono celular inteligente el código QR de la imagen a la izquierda.

## ¿Qué debo hacer si creo que mi niño o adolescente tiene una posible conmoción cerebral?

Como padre, si usted cree que su niño o adolescente puede tener una conmoción cerebral, usted debe:

1. Retirarlo del juego.
2. No permitir que regrese a jugar el día de la lesión. Su niño o adolescente debe ver a un proveedor de atención médica y solo podrá regresar a jugar con el permiso de un profesional médico con experiencia en la evaluación de conmociones cerebrales.
3. Pedirle al proveedor de atención médica de su niño o adolescente que le dé instrucciones por escrito sobre cómo ayudarlo a que regrese a la escuela. Usted puede darle a la enfermera de la escuela indicaciones, y al entrenador o instructor deportivo puede darles instrucciones sobre cómo regresar al juego.

No trate usted mismo de juzgar la gravedad de la lesión. Solo un proveedor de atención médica debe evaluar a un niño o adolescente de una posible conmoción cerebral. Es posible que al principio usted no sepa qué tan grave es la conmoción cerebral y algunos síntomas pueden tardar horas o días en aparecer. El regreso del niño o adolescente a la escuela y los deportes debe ser un proceso gradual manejado y vigilado por un proveedor de atención médica.

Los niños o adolescentes que continúan jugando mientras tienen síntomas de conmoción cerebral o que regresan al juego muy temprano, mientras el cerebro todavía se está curando, tienen mayor probabilidad de tener otra conmoción cerebral. Tener otra conmoción cerebral que ocurra mientras el cerebro todavía se está curando de la primera lesión puede ser muy grave y puede afectar al adolescente de por vida; hasta puede ser mortal.

Febrero del 2016



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

Para obtener más información, visite:

[www.cdc.gov/headsup/youthsports/index-esp.html](http://www.cdc.gov/headsup/youthsports/index-esp.html)

Hello JG Parents,

We'd like to remind everyone of appropriate drop-off areas for your Junior Guards.

1) **Junior Guard Headquarters (Depot Park)**, (119 Center Street), we have instructors available to escort kids to and from JGs.

Morning Session: **Drop off 8:45-9am, pickup 12-12:15pm.**

Afternoon Session: **Drop off 12:45-1:00pm, pickup 4-4:15pm.**

**\*Please note we are no longer offering pick up /drop off on the Wharf at Lifeguard HQ.**

2) **City Parking Spaces**, there's often parking available either on Beach Street, West Cliff Hill, or the City Lot adjacent to the Monterey Bay Sanctuary Center. Meters start at 10am. The "Park Mobile" app works great to pay the meters, just remember to turn it off when you leave.

3) **Lighthouse Avenue**, after Gharkey Street there is unlimited parking. Give yourself an extra 5 minutes and walk down to the beach like a local.

And that brings us to the unacceptable drop-off locations;

1) **In The Roadway**. Blocking the bike lane on the downhill side of West Cliff/Beach Street or the Round-about to eject your child is extremely dangerous! **PLEASE DO NOT DO THIS!** It forces bikes to swerve into traffic where waiting cars are clogging the traffic circle. Both of these locations pose significant risks to other motorists and your children!

2) **Dream Inn** the lower lot of the Dream Inn, (at the entrance to the Jack O'Neill restaurant), is not for JG drop-off. The Dream Inn does a lot for the program and they have asked us to remind parents of this limitation. Please help us respect all that they do for us!

3) **The Wharf Lanes**, Stopping by the wharf kiosk lanes is dangerous and not allowed, even more so reversing into the traffic circle from that location!! Please continue on to the wharf to turn around safely, **you will not be charged for 20 minutes.**

**Reminder!** In order to create a safe route to the beach for your children, the Cowell's parking-lot is closed from **8:50-9:10am & 11:50-12:10pm** and from **12:50-1:10pm & 3:50-4:10pm.**

Yours In Lifesaving,  
JG LT. Fishbein



Red is **No DROP** zone  
Green is Okay