

JUNIOR LIFEGUARD GENERAL ORDERS

In a program of this size, discipline is of major importance. It not only maintains order, but also facilitates safe instruction. In order to ensure that the program operates smoothly and efficiently, the following General Orders for Junior Lifeguards have been adopted. All Junior Lifeguards and parents will be expected to completely familiarize themselves with the following regulations by the first week of the program. Parents and junior lifeguards are asked to please sign a copy of these General Orders to verify understanding and acceptance of the program guidelines.

Junior Lifeguards Will:

1. Report to class each day wearing a Junior Guard T-shirt and trunks with the patch (HBJG issued visors only are optional). Junior Guards will be responsible to see that their uniforms are clean and neat at all times. HBJG rash guards may also be worn for water events/sun protection
2. Wear assigned colored beanies at all times during the class except when the instructor permits removal.
3. Bring a towel to class along with any other items needed to protect you from exposure to the elements (suggestions include: sweatshirt, sunscreen, chapstick, sunglasses).
4. Address all officers of the Marine Safety Division by their rank and last names. If you are not sure of the rank, address them as "Sir/Ma'am " or Mr. or Miss (last name)".
5. At all times, display the utmost courtesy to all persons with whom you come in contact while in uniform.
6. Answer "Yes Sir", "No Sir", "Yes Ma'am", or "No Ma'am" when addressed, depending on the person by whom you are addressed by.
7. Report to class promptly at the scheduled time.
8. Give your instructors your full attention at all times.
9. Exhibit the attitude of a good sportsman at all times and especially during competitive events.
10. Act immediately upon being instructed to act by any instructor.
11. Assist in cleaning up the instruction area after use. Keep the beach clean.
12. Use the utmost caution when handling any department equipment.
13. Maintain good physical fitness habits.
14. Enter into all training and instructional activities with enthusiasm and alertness.
15. Refrain from making any profane gestures and statements.
16. Be required to submit a written note of excuse from parents or guardian when absent from class.
17. Avoid making false reports to your instructor.
18. Not indulge in horseplay, practical jokes, and bullying.
19. Not use cell phones during instructional hours, unless given permission by an instructor.
20. Not take or use any gear or personal effects of another Junior Guard without his or her permission.
21. Keep hair neat and out of the eyes.

"I have read the Junior Guard General Orders and I agree to follow them. I understand that violating any of the Junior Lifeguard General Orders, may result in disciplinary action and possible dismissal from the program."

_____ Date: _____
JUNIOR LIFEGUARD SIGNATURE

_____ Date: _____
PARENT SIGNATURE

If you have any questions concerning the General Orders or any portion of the Junior Lifeguard Program, please contact Mr. Mike Eich, Junior Lifeguard Program Coordinator at 714-375-8492