



Surf City Beach Patrol

813 Long Beach Blvd., Surf City NJ 08008
609-494-3064 (Borough)

2020 Surf City Lifeguard-In-Training Program Application

Thank you for your support of the Surf City Lifeguard-In-Training Program! In order to maintain high quality individualized instruction, the program will be limited to 30 participants for each session for 2020. Returning applicants will be given priority over new applicants and returning applicants are not required to attend the swim test. Please read the following information carefully if you plan to attend our program.

Program Content and Goals

The primary goal of our Lifeguard-In-Training Program (LIT) is to teach young people about ocean lifeguarding and safety. The areas stressed in the program include water safety and basic rescue techniques, respect and understanding of the ocean, physical fitness, teamwork and sportsmanship, the ability to listen/follow directions, and the development of positive self-esteem. These skills are developed primarily through hands-on activities guided by the LIT instructors. The participants will do a fair amount of swimming (in both the ocean and the bay), running, paddling on rescue boards, and bodyweight circuit-style exercises. We also do lessons and simulations on lifesaving skills. It is an encouraging and fun environment, but we do expect that the participants want to be active and that they are willing to try their best every day.

Participants will also have the opportunity to compete against each other and other LBI LIT programs in ocean lifeguarding events such as running, swimming and paddling. On tournament days, the LITs will meet at the beach of the tournament (e.g. Barnegat Light, Ship Bottom, Harvey Cedars). Even if your child is not competing, they will still meet at the tournament location. No instructors will be at the Surf City Borough on tournament days. Please note that the application fee for this program does not include tournament fees, which are the responsibility of the competing participant. Competing in tournaments is encouraged but not required.

Requirements for the Applicants

- Participants are expected to engage in active and challenging fitness and team building activities on a daily basis. Parents, please make sure your children are up for this type of program.
- The program is open to applicants from the ages of 10 through 15. Some activities will encompass all of the participants while for other activities the participants will be broken out into two age groups, 10 through 12 years of age (B or "Basic" LIT) and 13 through 15 years of age (LIT).
- New applicants will be swim tested prior to acceptance into the program. Swim time, stroke efficiency, and general comfort in the water will be evaluated. Applicants will swim 150 yards. Goal times for applicants should be 3 minutes or less for 10 to 12 year olds, and 2:30 or less for 13 to 15 year olds.

What Should Your Child Bring to the Surf City LIT Program?

We will provide your child with a t-shirt, one pair of shorts, and a sweatshirt. Each day, LITs should arrive wearing uniform and swimsuit and should bring a bag or backpack including the following items:

- Water
- Goggles and a towel
- Sunglasses, sunscreen, and a hat for sun protection

Please have your child apply sunscreen at home and remind them to reapply during the session. We recommend wearing flip flops since the street can get hot on the walk up to the beach.

Swim Test Dates and Times

The swim test will be held Saturday, April 4 at 10:00 am at the St. Francis Community Center pool located at 4700 Long Beach Boulevard, Brant Beach NJ 08008. If you cannot attend the swim test you may send a video of your child swimming. See information under "Application Admission Policy" below.

Session Dates, Times, and Meeting Location

There will be two 4-week sessions.

- Session I will run from Monday, June 29 to Friday, July 24.
- Session II will run from Monday, July 27 to Friday, August 21.

Sessions will run Monday through Friday from 10:00 am until 12:00 pm (noon). LITs will meet at the Surf City lifeguard garage. The Borough of Surf City and the Surf City Beach Patrol is not responsible for LIT program participants before or after the specified hours of the program.

Fees

Session fee is \$250 for one session, \$450 for both paid by cash or check made to "Borough of Surf City." Please note that this fee is non-refundable. Returning applicants are automatically accepted to the program assuming they submit completed applications by March 31 and submit payment and Doctor's note by May 1. After the swim test on Saturday, April 4 new applicants will be informed if they are admitted to the program and have until May 1 to submit payment and Doctor's note to the borough. Address and further information below.

If both sessions are attended the second session price will be reduced by \$50 and no additional clothing will be provided. If this is your first year in the program please do not make a payment until I confirm with you that your child(ren) is/are accepted into the program.

Session fee includes a t-shirt, a pair of shorts, and a sweatshirt. Please note that these fees do not include tournament fees.

If Your Child Will Be Absent Please Let Us Know!

Unless we are notified, our instructors will expect your child to attend all LIT sessions. To ensure your child's safety please notify us using the Remind Application if your child will be absent.

Application Admission Policy – The Program Fills Quickly – Please Read Carefully!

(Please note that we will not be accepting applications via e-mail)

Returning Applicants

Returning applicants are guaranteed spots only if their application is received by **March 31** and payment and doctor's note are received by the borough by **Friday May 1**. Please understand that if your application is not received by March 31 we will assume you are not attending and will fill your spot(s) with new applicants. In addition, doctor's note and payment must be received by May 1 to ensure your spot(s) in the program.

New Applicants

- The in-person **swim test for new applicants** will be held **Saturday April 4 at 10:00 am** at the St. Francis pool. New applicants should mail or deliver their completed applications to the borough by **March 31**. Please remember to include a birth certificate copy with the application. You don't need to include a doctor's note or payment at this point in time.
- If you **cannot attend the swim** test in person, you may e-mail me a video (or link) of your child swimming 150 yards in a pool **before** April 4. Please keep the video running during the entire swim and note the location of the pool.
- After the swim test on April 4 we will evaluate applicants based on swimming and completeness/timeliness of applications to determine program participants. You will be notified of your status by the end of the swim test weekend. If you are not accepted at this time you will be placed on a waiting list.

Payment Deadline

Assuming your child has been accepted into the program, all payments and complete application materials must be received (at the Borough of Surf City) by Friday, May 1, 2020. If your payment is not received, your child's spot will be given to the first person on the waiting list who completes the application process.

Signing Up for the 2nd Session

If you think your child may want to attend the 2nd session, I would suggest signing up for both sessions at the same time since **the 2nd session will be filled after the 1st session**. I realize this is a difficult decision to make, especially since the Borough does not refund program fees, but it is the only way to guarantee your child's spot in both sessions.

A Completed Application Includes 5 Items:

1. 2020 Surf City Beach Patrol Lifeguard-In-Training Application
2. Hold harmless and medical release agreement form
3. Media Consent form
4. Permission note from doctor **specifically** indicating wellness to participate in a Lifeguard-In-Training program. This may be a note on the doctor's prescription pad.
5. Proof of age (photocopy of birth certificate). Only required for 1st time Surf City LITs.

Completed applications may be mailed c/o Mark Dileo to the Borough of Surf City as noted below. We will not be accepting e-mailed or incomplete applications. If you have questions I may be reached at:

Borough of Surf City
c/o Mark – LIT program (LIT Application)
813 Long Beach Blvd., Surf City NJ 08008
Dileomd1@gmail.com

2020 Surf City Beach Patrol Lifeguard-In-Training Application

Applicant Information

Name: _____ Age: _____ Date of Birth: _____

Summer Address: _____

Permanent Address (if different): _____

T-Shirt size: _____

Sweatshirt size: _____

Short size: _____ See short sizing chart on the last page of this application.

Have you ever participated in an LIT program? _____

Parent/Guardian Information

Name: _____

E-mail address: _____ Phone: _____

Name: _____

E-mail address: _____ Phone: _____

Arrival/Departure Release

“My child, _____, is permitted to walk or ride his/her bike to and from the program meeting place. I also understand that if my child is not wearing a helmet he/she will be turned away.”

Signature of parent/guardian: _____

Sessions and Fees

The fee is \$250 for one session, \$450 for both sessions (both are nonrefundable fees). Please note that if your child attends both sessions only one t-shirt, sweatshirt and shorts will be provided. Tournament fees are not included.

Session I (6/29-7/24) 10:00 am to 12:00 pm

Number of participants: _____

Session II (7/27-8/21) 10:00 am to 12:00 pm

Number of participants: _____

2020 Surf City Beach Patrol Lifeguard-In-Training Hold Harmless and Medical Release Information

Medical and Emergency Information

Name of Participant(s): _____

Physician: _____ Phone number: _____

Address: _____

Emergency Contact Name/Relationship: _____ Phone: _____
(Other than parent/guardian)

Does the participant have any medical conditions/allergies we should be aware of? _____ If yes please explain.

Returning Applicants – Please include a Doctor’s note reading “fit for LIT program” with this form.

1st Time Applicants – You do not need to include the Doctor’s note with this form upon submitting your initial application by March 31st. If you are accepted into the program you will need to submit a Doctor’s note reading “fit for LIT program” before May 1st.

Medical Release and Hold Harmless

As the lawful parent/guardian of the above child, I have read, completed and understand this form and give permission for him/her to participate in this activity. I also understand that my child will be participating in ocean and bay swimming and other related activities normally performed by lifeguards.

I acknowledge this to be a voluntary program that is not without risk, and I assume all risks involved with my child’s participation. In light of the foregoing, I hereby agree to indemnify and hold harmless and release from any and all liability for any and all injuries my child may sustain as a result of my child’s participation in the Borough of Surf City’s Lifeguard-In-Training Program, the Mayor and Borough Council, all Borough Officials, elected or appointed, and municipal employees.

I also understand that primary medical insurance is my responsibility if there is an injury. In addition, since I am not present I hereby give my permission for any and all medical attention necessary to my child in the event of an accident, injury, sickness or other event requiring medical attention until such time as I may be contacted.

I have read and understand all requirements of the LIT Program and I understand that my child could be removed from the LIT Program for not following the program’s rules, requirements, regulations, directions of instructors, or acting in any unsafe manner which endangers him/her or others.

Parent/Guardian’s signature: _____ Date: _____

Parent/Guardian’s printed name: _____

2020 Surf City Beach Patrol Lifeguard-In-Training Media Consent

I am the parent/guardian of _____ (print full name of child, "My Child"). I hereby grant the Borough of Surf City the absolute right and permission to use photographic portraits, pictures, digital images or video of my child (indicated above), or in which my child may be included in whole or part, or reproductions thereof in color or otherwise for any lawful purpose whatsoever, including but not limited to the Surf City Beach Patrol website, without payment or other consideration.

I hereby waive any right that I may have to inspect and/or approve the finished product or the copy that may be used in connection therewith, wherein My Child's likeness appears, or the use to which it may be applied.

I hereby release, discharge, and agree to indemnify and hold harmless the Borough of Surf City and the Surf City Beach Patrol, from all claims, demands, and causes of actions that I or My Child have or may have by reason of this authorization or use of My Child's image as describe above, including any liability by virtue of any blurring distortion, alteration, optical illusion, or use in composite form, whether intentional or otherwise, that may occur or be produced in the taking of said images or videos, or in the processing tending towards the completion of the finished product, including publication on the internet, in brochures, or any other advertisements or promotional materials.

I represent that I am at least eighteen (18) years of age and am fully competent to sign this Release.

We/I hereby certify that We/I are/am the parent(s) or guardian(s) of the above named child(s) and do hereby give our/my consent without reservation to the foregoing on behalf of My Child.

Parent/Guardian's signature: _____ Date: _____

Parent/Guardian's printed name: _____

Short Sizes

	Women's Sizes						
	JS	JM	JL	S	M	L	XL
Chest	26	28	30	34	36	38	40
Waist	22	24	25	27	28	30	32
Hips	27	30	32	36	38	40	41
Girl's Sizes	6/7	7/8	10/12				

	Mens' Sizes						
	JS	JM	JL	S	M	L	XL
Waist	24	26	28	30	32	34	36
Boy's Sizes	6/7	8/10	12/14				