



Surf City Beach Patrol

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

2021 Surf City Lifeguard-In-Training LIT Application

Thank you for your interest in the Surf City Lifeguard-In-Training Program. Please read the following information carefully if you plan to apply to our program.

Program Content, Goals, Expectations, and Tournaments

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 the following:

- Water safety and basic rescue techniques
- Respect and understanding of the ocean
- Physical fitness, teamwork and sportsmanship, the ability to listen/follow directions
- The development of positive self-esteem, ability to persevere

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 body-weight 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, which include 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 willing to participate in 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.

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.

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 the provided uniform (so we may easily spot them) 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

Session Dates, Times, and Meeting Location

There will be two 4-week sessions.

- Session I will run from Monday, June 28 to Friday, July 23.
- Session II will run from Monday, July 26 to Friday, August 20.

Sessions will run Monday through Friday from 10:00 am until 12:00 pm (noon). LITs will meet on the 8th street beach in Surf City. Please be aware that the Borough of Surf City and the Surf City Beach Patrol are not responsible for LIT program participants before or after the specified hours of the program.

Fees

\$250 for one session, \$450 for both sessions paid either by cash or check made to "Borough of Surf City." Please note that fees are non-refundable. *If this is your first time in the program please do not submit any fees until you have been notified that your child has been accepted into the program.*

Please note that these session fees do not include tournament entry costs.

COVID-19 Information

Included in this application packet is information detailing the precautions our LIT program takes regarding COVID-19. Please be sure to print and sign your name to this document to verify that you have read, understand, and agree to these precautions. Also, since we don't know what the specific state of the pandemic will be this summer, or possible changes to the Governor's Executive orders, there may be changes to this document of which you will be notified.

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 almost definitely 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 participation in both sessions.

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

Returning applicants are guaranteed admission into the program as long as the application process is completed by the dates indicated below. New applicants will be admitted to the program based on swimming competency (see below) and the timeliness and completeness of applications. Please be sure all parts of the application are completely and neatly filled out and the scan/photo you are returning is legible. If you have more than one child applying to the program please submit an application for each child.

STEP 1 - These Items Should Be Completed and e-mailed to dileomd1@gmail.com As Soon As Possible (April 24th deadline)

1. 2021 SCBP LIT Program – Information Form Application (page 4)
2. 2021 SCBP LIT Program – Hold Harmless and Medical Release Form (page 5)
3. 2021 SCBP LIT Program – Media Consent Form (page 6)
4. 2021 SCBP LIT Program – COVID-19 Protocols Form (page 7)

STEP 2 - Swimming Competency Requirement for New Applicants is Due by April 24th

Please send the Lifeguard Captain (dileomd1@gmail.com) a link showing your child performing the skills indicated below without stopping the video. We will be looking to see how comfortable your child is in the water, how well he/she can maintain the freestyle/crawl stroke without stopping, and tread water immediately after the swim.

1. In a 25 yard (or meter) pool, starting in the pool at the deep end push off the wall and swim freestyle/crawl 25 yards (or meters) to other side, touch the wall, push off (or flip turn) and swim 25 yards (or meters) back and touch the wall. Do not touch the pool bottom at any time during the skills test.
2. Immediately after touching the wall tread water for 1 minute.

STEP 3 - New Applicants Will be Notified of their Status in the Program During the 1st Weekend in May

New applicants who have been notified that they have been admitted to the program and returning applicants should submit payment and doctor's note (see below) by June 1st. In addition, newly accepted applicants will also need to submit a copy of their birth certificate. Applicants who are not admitted into the program will be placed on a waiting list. Unfortunately we always have more applicants than spaces in the program so not all applicants can be admitted.

Doctor's Note for New Applicants (once admitted) and Returning Applicants

If your child is accepted into the program we will need a note from a doctor specifically stating that your child is **“fit to participate in a Lifeguard-In-Training Program.”** This may be a note on the doctor's prescription pad and should be submitted with payment by June 1st.

It is necessary that the doctor's note to be written exactly as above. A sports or other physical will not suffice.

Thank you for your interest in the Surf City Lifeguard-In-Training Program!

Sincerely,

Mark Dileo
Captain, SCBP
Dileomd1@gmail.com

2021 SCBP LIT Program - Information Form

Applicant Information

Name: _____ Age: _____ Date of Birth: _____

Summer Address: _____

Permanent Address (if different): _____

T-Shirt size: _____ Sweatshirt size: _____ Short size: _____
(Please see short sizing chart on page 8 of this application)

What is your child's swimming background? _____

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 not be allowed to participate that day and I will be contacted to pick him/her up."

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 in the application fee. Please circle which of the following session(s) you'd like to attend:

Session I (6/28-7/23) 10:00 am to 12:00 pm

Session II (7/26-8/20) 10:00 am to 12:00 pm

2021 SCBP LIT Program – Hold Harmless and Medical Release Form

Medical and Emergency Information

Name of Participant: _____

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.

1st Time Applicants – You do not need to include the doctor’s note with this form upon submitting your initial application due by April 24th. If you are accepted into the program you will need to submit a doctor’s note reading “fit to participate in a Lifeguard-In-Training Program” by June 1st.

Returning Applicants – Please remember that you will need to submit a doctor’s note reading “fit to participate in a Lifeguard-In-Training Program” by June 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: _____

2021 SCBP LIT Program – Media Consent Form

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: _____

2021 SCBP LIT Program – COVID-19 Protocols Form

The purpose of this mailing is to clarify and update the precautions for the Surf City Lifeguard-In-Training program for 2021. In accordance with NJ State Camp guidelines and the Governor’s Executive order issued July 8, 2020, which requires that masks must be worn outside when social distancing is not possible, we are taking the following actions effort to minimize the risk of transmission.

Upon arrival in the morning, an LIT Instructor will take the temperature of LIT participants using non-contact infrared thermometer. Instructors will also take temperatures of one another. If the infrared reading is over 100.4 F, then another reading will be taken. If it is still over 100.4 F, an oral thermometer will be used. If this final reading is over 100.4 F, then that individual will not participate that day. Further action will be decided on a case-by-case basis.

Each participant will be asked if he/she is experiencing COVID-19 symptoms such as cough or shortness of breath, muscle or body aches or headache, sore throat or nasal congestion, recent loss of smell or taste, nausea or vomiting.

It is the responsibility of the parent in each household to immediately notify us if your child or *any member of your household* is experiencing fever or any of the above symptoms. If you suspect a member of your household may have contracted COVID-19 as indicated by the symptoms above, you must keep your child home until a negative result has been confirmed by a testing facility. In addition, please notify us immediately if your child has come into contact with any person who is confirmed to have contracted COVID-19 or if any member of your household has recently travelled internationally or to a state with a high infection rate.

If it is determined that a participant comes to the program when a parent, sibling, or other person close to the family is sick or has tested positive for COVID-19 without notifying the program director ahead of time, that participant will be suspended from the program until all details are acquired and a decision is made on further participation for the season in question and future seasons. Absolute transparency in this matter is required.

During LIT, cloth face coverings will be worn at check-in/check-out and whenever social distance cannot be maintained. You must send your child with his/her own mask. Please write their name in it. Whenever possible, equipment will not be shared on a daily basis among groups. When sharing does occur, the equipment will be thoroughly rinsed in the ocean.

If a child is not complying with rules of social distancing and wearing masks, the parent will be notified and the child may be required to stay home. Please discuss this with your child.

Thank you for your continued cooperation in this matter.

I have read, understood, and agree to the above information regarding Surf City Beach Patrol Lifeguard-In-Training COVID-19 Protocols. I also acknowledge that while these precautions are being taken to lower the risk of infection, risk still exists for participants in the program.

Parent/Guard full name (printed)

Parent Signature

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				

	Men's 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				