

CHICAGO PARK DISTRICT

JUNIOR LIFEGUARD PROGRAM

Summer
Information Packet
2025



CHICAGO PARK DISTRICT
2025 JUNIOR LIFEGUARD PROGRAM

Dear Parents and Junior Guards:

This packet has been prepared as a guide for the upcoming summer Junior Lifeguard program. **The Jr. Guard program will begin on Monday, June 23rd, and end on Friday, August 1st, 2025.**

PROGRAM SITES

Burroughs Beach	Calumet Beach	Leone Beach
Montrose Beach	North Avenue Beach	Oakwood Beach
Osterman Beach	South Shore Beach	

PROGRAM AGES

8 – 15 years

TIMES

10:00 AM - 4:00 PM

FEE

\$242.00

Please Note, there is a 15% processing fee for refunds, even if a child fails the swim test.

Online registration opens on April 15th at 9:00 am. Go to www.chicagoparkdistrict.com for more info.

On-line registration ends on June 20th, the Friday before the program begins. In-person registration at beach sites is not available. If registration assistance is needed, please visit any park fieldhouse and they will assist you with registration.

All registration is contingent upon receipt of swim test verification form.

Swim tests can be taken at ANY Chicago Park District indoor pool. Tests can only be taken at a Chicago Park District Facility. Please call ahead to your preferred location for available times and days to make sure the pool is open and a lifeguard is available. **IMPORTANT: Verification form must be signed by an Aquatics staff member. The head coach has the ability to ask for a participant to be re-tested after the initial verification form has been turned, for safety reasons.**

This packet includes:

- Medical/Emergency Policies
- Swim Test Verification Form
- Junior Lifeguard Guidelines
- Sample list of Activities
- Competition Schedule
- Code of Conduct Form

All forms must be turned in to the location on or before the first day of attendance to the program. Participants may not attend the program without the forms being turned in to the instructor / coach. It is recommended that you have the verification swim test form completed and signed in April or May, before the busy summer season begins. Please call your local Chicago Park District Pool and inquire on scheduling a time.

CHICAGO PARK DISTRICT
2025 JUNIOR LIFEGUARD PROGRAM
MEDICAL/EMERGENCY POLICIES

The Chicago Park District strives to provide a safe and healthy environment for your child/children. In the event of an emergency, the staff will adhere to the following procedures:

1. Staff will call 911 for medical professionals to handle all
2. A call will be made to you to inform you of the situation. If a parent is not available, the staff will call the first and second emergency contacts listed in the online account information. Please be sure those are the primary numbers to be called.

Medication

The Chicago Park District always attempts to make any special accommodations to help children have a successful and enjoyable camp experience. If medication administration is required, please inform the Coach in advance. The Coach will provide the parent/guardian the appropriate forms to complete. The Medical Manager will review the medication requirement. This will be on a case-by-case basis. If necessary, or requested, a meeting with a parent/ guardian will be available/required. This is not a guarantee of medication administration.

Severe Allergies

Anaphylaxis is a potentially life-threatening medical condition occurring in allergic individuals after exposure to their specific allergens. If the parent/care giver requests that the Chicago Park District administer emergency treatment to a child during certain emergencies such as an anaphylactic reaction (including the administration of epinephrine or “Epi Pen”), the parent/care giver must request and complete a "Release of Waiver and Liability for Administering Emergency Treatment to Child With Severe Allergies” Form. See the Coach for the Anaphylaxis Policy, Acknowledgement of Receipt, and Release of Waiver and Liability forms. All Medical devices and equipment must arrive and leave with the child. Staff does not store/hold medicine overnight.

Public Health Concerns

A contagious disease is any illness which may be transmitted from one person to another, and will be dealt with quickly to prevent their spreading among the general population. The most common conditions observed among children are:

- Ringworm (Tinea): small worm-like lesions just beneath the skin which spread outwardly
- Head lice (Pediculosis): itchy scalp, most commonly found in hair and base of the neck
- Pink Eye (Conjunctivitis): red coloring of the eye, slight swelling and fluid discharge

Also of concern are:

- Mononucleosis | Hepatitis | Meningitis | Mumps

If a member of the Chicago Park District staff suspects that a child may have a communicable disease, the child’s parent/care giver will be contacted. The child must be picked up immediately and cannot return to camp until a doctor’s statement is presented. The Park District will only notify the parents of other children enrolled in the program. The name(s) of any child (ren) in these cases will remain confidential. If you, the parent/care giver suspects that your child has one of the above communicable diseases, please refrain from bringing them to camp and alert the Junior Guard Coach.

CHICAGO PARK DISTRICT
2025 JUNIOR LIFEGUARD PROGRAM

SWIM TEST INFORMATION

The Jr. Lifeguard Program is not a learn-to-swim program. The following skills tests are required for participation in the outdoor summer junior lifeguard programs at beach locations. A swim test verification form must be signed by a **Chicago Park District Aquatics Instructor or Lifeguard** and will be kept on file at the beach location. Registration for the summer program is contingent upon receipt of the verification form.

GROUP	C & CC	B	A
AGE	8 – 11	12 – 13	14 – 15
SWIM SKILLS	100 yard continuous swim, with stroke proficiency. Tread water for 2 minutes. Retrieve object 5' depth.	150 yard continuous swim with stroke proficiency. Tread water 3 ½ minutes. Retrieve object 8' depth.	200 yard continuous swim with stroke proficiency. Tread water 5 minutes. Retrieve object 10' depth.

SWIM TEST VERIFICATION FORM (Please print out and bring this form with you to your test)

All children registering for Chicago Park District Junior Lifeguard programs must successfully pass a swim test. A CPD Lifeguard or NI will observe the participant perform the skills listed above and, if successful, will sign the form to indicate successful completion. This form will be retained by staff at the Jr. Guard program site. *A head coach may ask for a participant to be re-tested, even after being signed off by a CPD staff member.*

Swimmers Name: _____

Address: _____

Age: _____ Date of Birth: _____ Program Location: _____

I verify that the person indicated above has successfully demonstrated the swim skills for (check one)

8 - 11

12 - 13

14 – 15

NI / Lifeguard Name (Please Print)

Signature

Test Location

Date

Jr. Guard candidates must submit their completed form to the Jr. Guard coach the first day at the beach location where they will participate. Do not submit it at the park where the test was administered.

CHICAGO PARK DISTRICT
2025 JUNIOR LIFEGUARD PROGRAM

PARENT COMMUNICATION

Parents are required to supply an e-mail address at registration; the coach will then be able to send information about drop-off / pick-up procedures and other information in this manner. If you do not have access to the e-mail account you registered with, please let us know that as well. Communication will often be forwarded through your junior lifeguard. You will be given the phone number of the location so you may talk directly to the coach. *A parent orientation session will be offered virtually during the week of June 9th*. Parents will have an opportunity to meet the Junior Lifeguard coaches and lifeguard staff at that time.

COMPETITIONS

Jr. Guards will participate in competitive events on Wednesdays, as listed below. These competitions are open to all patrons registered with a team. There will be no Jr. Guards at home beaches on these days as all coaches will be at the competitions, so please do not go to your regular location on these days we will not have staff there to accept your junior guard. Athletes are expected to check in with coaches at 8:45am on competition days.

Wednesday, July 9th @ Montrose Beach (4400 N. Lake Shore Drive)

Wednesday, July 16th @ Rainbow Beach (3111 E. 77th St)

Wednesday, July 23rd @ 63rd Street Beach (6300 S. Lake Shore Drive)

Wednesday, July 30th @ Montrose Beach (4400 N. Lake Shore Drive) Tentative

***Unsportsmanlike conduct from parents and guardians, will not be tolerated and will result in max points deducted from the team. **Questions from parents and guardians should be directed to the coaches of that team. Head coaches or assisting coaches should be present at every course when their team is participating for any clarification.** Coaches are the advocates for the athletes, and coaches should be communicating with parents/guardians.

Wednesday July 30th competition is tentative, make up for any cancelations due to weather time permitting.

Please note: We will need parent volunteers on Wednesday, July 9th @ Montrose Beach. Reach out to your coaches if you are interested.

CHICAGO PARK DISTRICT
2025 JUNIOR LIFEGUARD PROGRAM

GUIDELINES

Release Authorization

For the safety of your child, the following attendance procedures have been established for all Chicago Park District summer camp programs (including Junior Guards). Your cooperation in helping us fulfill these procedures is greatly appreciated.

When you pick up your child, go to the beach's designated pick-up spot, sign the roll sheet and write down the time. The staff will not dismiss a child without a parent or authorized person signing the child out for the day. When entering your Chicago Park District online account information, or when registering in-person, you may check the appropriate box if you wish for your child to leave the grounds at dismissal time unescorted.

Only those persons listed as authorized in the account creation section of your Chicago Park District online account, may pick up your child (including parents' names). **We will not release any child to an unauthorized person for any reason.** Please remember to update your online account preferences as necessary throughout the summer or to revise your account information with our staff at the park if you registered in-person.

Please follow these steps to confirm/update the information on file for your child:

- From the home page (chicagoparkdistrict.com) click on Programs, then Registration Information, then Login to your Account
- Enter your email and password and Submit
- From the Account Options page, choose Answer/Edit Account Questions within Personal Information section - Questions are divided by Family Member, then by occasion.
- "Account Creation Questions" for each family member must have the most up-to-date information; To modify a question's answer, click on the question. Provide the answer on the subsequent page and click Submit. You will be returned to the Customer Questions page.

To confirm a family member's phone number, email address or emergency contact information:

- From Account Options page, choose Change Information about Family members within Personal Information section
- Click on a family member's name
- Update necessary information, click Save
- Address and Date of Birth changes must be made in person at a park, with supporting documentation.

If you need assistance updating your preferences, you may also visit our web site for directions by typing in the URL <http://www.chicagoparkdistrict.com/programs/registration-check-list/>

Children will not be released to anyone who is visibly incompetent or intoxicated. In such a case, the designated emergency person will be contacted. If a special, one-day circumstance requires someone not listed in the account to pick up your child, a note may be sent PRIOR to dismissal with that person's name and details.

CHICAGO PARK DISTRICT

2025 JUNIOR LIFEGUARD PROGRAM

GENDER DIVERSITY POLICY

The Chicago Park District supports the members of the transgender, nonbinary, and gender-nonconforming community and recognizes that the Park District plays an important role in creating and sustaining safe, supportive and inclusive environments for youth, patrons, and employees.

The following is intended to address the needs and concerns of transgender, nonbinary, and gender nonconforming Junior Lifeguards while they are participating in the Junior Lifeguard Program.

For more information about the Chicago Park District's Gender Diversity Policy, please visit [Chicago Park District | The Official Website of the Chicago Park District](#)

Definitions

Affirmed Gender/Affirmed Name: The name and gender with which a person identifies. This is also referred to as "preferred name."

Gender Expression: A person's actual or perceived appearance, expression, identity, or behavior of being male, female, a blend of both or neither, whether or not that appearance, expression, identity or behavior is different from the person's assigned sex at birth. This includes an individual's characteristics and behaviors such as appearance, dress, mannerisms, speech patterns, and social interactions that are perceived as masculine or feminine.

Gender Identity: A person's internal and individual experience of gender and a person's sense of being male, female, a blend of both, something different, or neither, which may be the same or different from the sex assigned at birth. Everyone has a gender identity. Common examples may include "male/man/boy," "female/woman/girl," "nonbinary," "agender," "trans/transgender," "gender expansive," "gender nonconforming," any combination of these terms or something else.

Gender Nonconforming (also known as Gender Expansive, Gender Variant, or Gender Creative): A term that refers to individuals whose gender expression does not follow traditional or societal expectations or stereotypes based on their sex assigned at birth. Keep in mind that these expectations can vary across cultures and have changed over time. This may be used as an umbrella term when referring to young people still exploring the possibilities of their gender expression and/or gender identity.

Gender Pronouns: The set of pronouns that an individual would like others to use when referring to that individual. Common examples include, "she/her/hers," "he/him/his," "they/them/theirs," and "ze/zir/zirs." Transgender, nonbinary and gender nonconforming patrons may wish to use a different set of gender pronouns than the pronouns associated with their sex assigned at birth. These are sometimes called "affirmed gender pronouns" or "preferred gender pronouns." Employees will use the gender pronouns which affirm a Junior Lifeguard's gender identity. Using the correct terms for someone is a sign of respect and recognition that you see them as they see themselves.

Nonbinary: A term used to describe people whose gender identity is not exclusively male or female, including those who identify as a gender other than male or female, as more than one gender, or as no gender.

Questioning: Being unsure of and/or exploring your gender identity, your sexual orientation, or both. Many people go through stages of questioning as they learn new words that fit them better or as their feelings change over time.

Sex Assigned at Birth: A label a person is given at birth, often based on a medical professional's

CHICAGO PARK DISTRICT

2025 JUNIOR LIFEGUARD PROGRAM

interpretation of the newborn’s physical characteristics. Common examples may be “male,” “female,” or “intersex.” This is typically the sex reflected on one’s original birth certificate.

Transgender: A term used to describe people whose gender identity is different from the sex they were assigned at birth. This is an umbrella term for a variety of gender identities.

Why Do We Have This Policy?

This policy fosters a more inclusive environment – it ensures that our spaces are welcoming to all members of our community by reducing tension, anxiety, and gender policing (treating others with hostility because of how they look, speak or act). This policy also promotes health as it relates to our facilities – allowing Junior Lifeguards to relieve themselves instead of holding it in.

Our community already includes transgender and nonbinary people, along with Junior Lifeguards who already identify as gender nonconforming or who are questioning their gender identity.

We are not the first organization to implement such a policy – our policy is modeled after Chicago Public Schools’ policy, and we are aligning with other park systems across the country that have already implemented more inclusive policies (Seattle, Los Angeles, and New York, for example.) Many young people are likely already familiar with some of the best practices outlined in our policy.

Reporting Discrimination or Harassment

Each employee will ensure that all patrons, including those who are transgender, nonbinary and gender nonconforming, have a safe and welcoming environment. This includes ensuring that any incident of discrimination, harassment, or violence is handled in accordance with Chapter 4 of the Chicago Park District Code by reaching out to the Park District’s Office of Prevention and Accountability.

Privacy

All Junior Lifeguards have a right to privacy. This includes the right to keep their transgender or non-binary identity or gender nonconforming presentation private while engaged in Park District activities.

Transgender, nonbinary and gender nonconforming Junior Lifeguards have the right to openly discuss and express their gender identity and expression at parks and during Park District activities and to decide when, with whom, and how to share private information. Park District employees will not disclose information that may reveal a gender identity to others without the Junior Lifeguard’s consent or unless authorized by the Park District’s Office of Protection and Accountability or Law Department.

Names/Pronouns

Junior Lifeguards have the right to be addressed by a name and pronouns that correspond to the gender identity they consistently assert while at the Park District or engaged in Park District activities. Employees will address Junior Lifeguards by their affirmed name and pronouns.

Restroom and Locker Room Accessibility

Junior Lifeguards may use facilities in a manner that makes them feel supported, safe, and affirmed in Park District activities.

CHICAGO PARK DISTRICT

2025 JUNIOR LIFEGUARD PROGRAM

All Patrons, including Junior Lifeguards, are allowed to use restrooms and locker rooms that correspond with their gender identity. An alternative request may be made by a Junior Lifeguard for privacy, safety, or other reasons. No Junior Lifeguard will be required to use a private facility because of their transgender identity, nonbinary identity, or gender expression.

Supports and accommodations may also be provided to nonbinary Junior Lifeguards questioning their gender identity. These accommodations will be assessed on a case-by-case basis to ensure that these Junior Lifeguards feel supported, safe, and affirmed. Where possible, employees will make the requested restrooms and locker rooms available immediately upon consultation with the Junior Lifeguard.

Any Junior Lifeguard who has a need or desire for increased privacy, regardless of the underlying reason, may be provided with reasonable alternative arrangements, where possible. Reasonable alternative arrangements may include the use of a private area, a separate changing schedule, or use of a single-stall restroom, if available. Any alternative arrangement will be provided in a way that protects the Junior Lifeguard's privacy.

All Gender Restrooms

The Park District has dozens of All Gender Restrooms throughout its facilities. These are single user restrooms that are open to anyone, regardless of gender. This means that Junior Lifeguards are welcome to use these facilities. However, no Junior Lifeguard will be forced to use an All Gender Restroom because of their transgender identity, nonbinary identity, or gender expression.

All Gender Restrooms benefit many people, including transgender and gender diverse individuals, people who require the assistance of a caregiver of a different gender, and parents with children of a different gender.

LATE FEE

Any parent or authorized person who arrives after dismissal time to pick up a child will be charged a late fee of \$5 after every 15 minutes the parent is late. Prompt payment is required and due by the following morning before your child will be admitted back. A receipt will be issued for all late pick-ups. If a late pick-up becomes an on-going problem, more than twice per week, or a total of five times throughout the summer program, the child will be dropped from the program with no refund of fees.

INCLEMENT WEATHER DAYS

On inclement weather days, Junior Lifeguard activities **will** be cancelled. Weather status updates can be obtained by dialing the Junior Lifeguard location after 9:30am. Parents can also check beach status for swim bans and advisories at www.chicagoparkdistrict.com/beaches.

LUNCHTIME

Junior Lifeguards will have lunch in a designated area. Junior Lifeguards must bring a lunch with them each day.

CHICAGO PARK DISTRICT
2025 JUNIOR LIFEGUARD PROGRAM

SUNSCREEN

All Junior Lifeguards are strongly encouraged to apply sunscreen in the morning. Best results are achieved when sunscreen is applied at home, when the Junior Guards are cool and dry. Packing an extra t-shirt is suggested for added protection. Junior Lifeguards should reapply sunscreen as necessary.

BEACH CLEAN-UPS

All Junior Lifeguards will be expected to take an active role in keeping the beach clean.

WHAT TO BRING TO THE BEACH

Backpack, hand sanitizer, water bottle, sunscreen, towel(s), running shoes, sweatshirt/sweatpants, goggles, swim cap, an extra t-shirt and lunch.

WHAT TO WEAR TO THE BEACH

Swimsuits, shorts, t-shirt, sandals/aqua socks/gym shoes.

WHAT TO LEAVE HOME

Valuables, large sums of cash, electronics, expensive clothing.

CHICAGO PARK DISTRICT
2025 JUNIOR LIFEGUARD PROGRAM

SAMPLE DAILY ROUTINE

- 10:00 Junior Guards arrive, sign in on their age group's clipboard. Junior Guards help with equipment needed for the day's activities
- 10:15 Warm-ups for daily activities. Will include:
- Stretching
 - Jumping Jacks / Push-ups
 - Daily Run – Distance will vary according to age and ability
 - 8 to 11 year olds will run up to 1 mile in distance
 - 12 to 15 year olds will advance to a 2 mile distance
- 11:00 – 12:30 Activities will vary daily and will include the following:
- Swimming
 - Paddling
 - Rowing
 - Beach Safety
 - Basic Water Rescue
 - Beach Games and Activities
- 12:30 – 1:00 Lunch (bring your own), Lunch Clean-up
- 1:00 – 3:45 Activities will vary daily and will include the following:
- Swimming
 - Paddling
 - Rowing
 - Beach Safety
 - Basic Water Rescue
 - Beach Games and Activities
- 3:45 – 4:00 Equipment cleaning, sanitizing, and storage. Parents or their designated replacement must sign out on clipboard at the end of the day.

DAILY ACTIVITIES WILL VARY ACCORDING TO WEATHER AND WATER CONDITIONS.

CHICAGO PARK DISTRICT
2025 JUNIOR LIFEGUARD PROGRAM
CODE OF CONDUCT

JUNIOR LIFEGUARDS:

1. Follow the three R's of good conduct:
 - Respect for yourself
 - Respect for others and their personal belongings
 - Responsibility for your actions
2. Follow the Junior Guard Guidelines.
3. Follow all rules of beach safety.
4. Give the Lifeguard Coaches their full attention at all times.
5. Be courteous to all persons they come in contact with at the beach.
6. Always exhibit good sportsmanship, and demonstrate a sense of fair play.
7. Refrain from horseplay, teasing, bullying, profanity, and false statements.
8. Act immediately when requested by the Lifeguard Coaching staff.
9. Use caution when using instructional equipment.
10. Assist in cleaning up instructional areas after use.
11. Be enthusiastic and alert in all training and instructional activities.
12. Abide by the "Just Say No" motto regarding smoking, drugs, and alcohol.
13. Always exhibit good citizenship.
14. All of the above applies during camp and all competitions attending.

This Code of Conduct will be enforced with a three-strike system:

- First Offense: Lifeguard Coach on staff speaks to Junior Guard; offense noted, and parents are informed.
- Second Offense: Parents notified. Junior Guard is sent home.
- Third Offense: Junior Guard removed from program.

Offenses resulting in immediate expulsion:

- Possession of drugs, alcohol, or weapons at the beach
- Inflicting serious injury upon another person
- Theft

_____ has read and understands the Junior Lifeguard Code of Conduct
Junior Lifeguard's Name
and agrees to abide by the standards of good sportsmanship and good citizenship described therein.

Jr. Lifeguard Signature _____

Parent Signature _____