



LOS ANGELES COUNTY

Junior Lake Lifeguard Program



Thank you for your interest in becoming a Los Angeles County Junior Lifeguard Assistant Instructor. As you know, the purpose of this program is to provide challenging experiences and advanced training to 16 and 17 year old Junior Lifeguards. The program is designed to maximize the participant's knowledge of L.A. County Lifeguard operations, rescue techniques, physical training, First-Aid and CPR. Each Assistant Instructor will be expected to demonstrate leadership and responsibility while assisting JG Instructors with training and instruction to the various Junior Lifeguard age groups. Some of the duties include assisting with daily equipment checks, monitoring participants during running and swimming activities, collecting paperwork and answering questions or directing JG's to the proper person to have their question answered.

Participants must be at least 16 years of age by June 13, 2016 and have a minimum of three years of prior experience in the Junior Guard program (at the lake you wish to apply). You must submit a letter of interest to the Director of your program explaining why you wish to hold the assistant position and why we should choose you. All interested Junior Lifeguards must first demonstrate the ability to swim **500 yards freestyle successfully (no time limit) and tread water for 3 minutes.**

Upon successful completion of the 500 yard swim and water tread, you will be an eligible candidate for our Assistant Instructor position. The program Instructors will then make recommendations with the Director of the Program making the final decision. We will notify all applicants prior to the start of the program of their status. All applicants must have a Junior Lifeguard application submitted.

ALL FEES STILL APPLY TO THE APPLICANTS IN THE ASSISTANT INSTRUCTOR POSITION AND MUST BE PAID IN FULL PRIOR TO THE START OF THE PROGRAM

APPLICANT REQUIREMENTS:

- Must be 16 before June 13, 2016
- Must have a Junior Lifeguard application on file at the desired lake the wish to participate
- Must have a minimum of 3 years experience as a Junior Lifeguard at the lake you wish to participate.
- Submit a letter of interest including why you wish to be an Assistant Instructor and why we should choose you for the position.
- Obtain a current Lifeguard, First-Aid and CPR certification through the American Red Cross
- Complete a 500 yard swim and tread water for 3 minutes