

Morro Bay Junior Lifeguard Program

Lifeguard in Training Tryout Information

Lifeguards in Training are instructors, aides and beach lifeguards in training. They assist staff in the daily operations of the program. LIT's learn role modeling and mentoring skills while becoming familiar with lifeguard responsibilities. LIT's practice observation and hazard recognition skills. The ultimate goal of the Lifeguard in Training program is to prepare the participant for tryouts and interviews for surf lifesaving jobs including instructors, aides and beach lifeguards. In an effort to provide more junior lifeguards with this valuable opportunity, the program has been expanded this year to include younger candidates.

Requirements to become a Junior Lifeguard Volunteer:

1. Be at least 14 years of age by June 13th, 2022.
2. Be available full-time during at least one of the 2-week beach sessions.
3. Have past ocean experience such as junior lifeguard, competitive swimmer or avid surfer, etc.
4. Must complete LIT application and return to Morro Bay Recreation by May 13th, 2022.
5. Participate in the LIT Tryout date TBD but will be conducted at Coleman Beach in Morro Bay Harbor. The tryouts will include: a. 500M Open Water Swim b. Run-Swim-Run c. Oral Interview
6. Attend an All Staff Meeting TBD.
7. Attend First-Aid and CPR training June 18th, 2022
8. Attend a final Staff Meeting the weekend prior to the start of the beach session. Date and time TBD.

Expectations:

- Be a mentor and role model for Junior Lifeguards.
- Show appropriate respect for yourself and others.
- Follow directions in a timely manner.
- Be responsive to constructive criticism, including instructor evaluations.
- Communicate concerns promptly to Instructors and Aides.
- Wear a clean, appropriate uniform daily.

Lifeguard in Training Benefits:

- Develop job skills, work habits, and leadership qualities.
- Prepare for future job as a Lifeguard.
- Uniform items are provided.
- "Community Service" hours are available.

For more information: Contact Kirk Carmichael at kcarmichael@morrobayca.gov or call 805-772-6278



MORRO BAY RECREATION SERVICES

1001 Kennedy Way, Morro Bay, CA 93442 ~ (805)772-6278

City website: www.morrobayca.gov ● Sports website: www.leaguelineup.com/mbsports

2022 Morro Bay Junior Lifeguard Program Lifeguard in Training Application

Name _____ Date of Birth _____ Age _____

Phone Number _____ Email _____

Parent's Name _____ Phone _____

What experience, education or training do you have that prepares you to be a Lifeguard in Training?

Education: _____ What is your GPA: _____

Training:

Leadership Experience:

Why do you want to be a Lifeguard in Training?

I am available: Session A (June 20-July 1)

Session B (July 5-July 15)

Session C (July 18-July 29)

Session D (August 1 -August 12)



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