

2026

JUNIOR LIFEGUARD

FAMILY HANDBOOK

This handbook provides valuable information about the day-to-day operations of the Long Beach Junior Lifeguard Program. Included are details about the 2026 program, special events, the program calendar, and helpful hints for Junior Guards. Please read this handbook thoroughly and discuss with your Junior Guard.

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PROGRAM OVERVIEW

A) OBJECTIVES

The main objective of the program is to provide children between the ages of 9-17 with training and instruction in ocean safety. The program consists of the following objectives: ocean safety, physical conditioning and development, personal development, and first aid / lifeguard rescue techniques.

B) JG LEADERSHIP TEAM

The Junior Lifeguard Program is part of the Long Beach Fire Department, Marine Safety Division. The JG Leadership Team consists of:

- Marine Safety Chief Gonzalo Medina
- Marine Safety Administrative Battalion Chief Omar Naranjo
- Administrative Assistant Kylee Yocky
- Marine Safety Officer / Program Coordinator Gabriel Buso
- Lifeguard / Assistant Coordinator Brooke Gruneisen

C) TIMES AND LOCATION

- **Dates:** June 22-July 31 (Monday-Friday)
- **Times:** 9:00am-12:00pm (Morning Session) / 1:00-4:00pm (Afternoon Session)
- **Location:** Long Beach Junior Lifeguard Headquarters (5347 E Ocean Blvd.)

D) DROP-OFF AND PICK-UP

Drop-off and Pick-Up takes place in the Claremont Parking Lot. Instructors will meet participants near the lot and walk them back to the lot at the end of the day.

We ask parents / guardians to please be **ON TIME** when dropping off and picking up their Junior Guards. If your JG is late to the program, their group may have already left that area of the beach for the day depending on what the instructor has planned. We also ask that parents be prompt in picking up their participants, as our JG Instructors wait at the parking lot until every Junior Guard has been picked up.

E) PARKING

All JGs should be dropped off at the Claremont Parking lot (5400 E Ocean Blvd, Long Beach, CA 90803) located off Claremont and Ocean Blvd. Drivers must obey all posted signs. Any vehicles parked illegally or blocking access are subject to citation.

F) AGE DIVISIONS

Junior Guards are separated into 4 divisions based on their age as of July 1, 2026. The divisions are as follows:

- Cadets: 15-17 years old (Those in the Cadet Program require an additional application, along with a supplemental tryout and interview)
- A: 14-17 years old
- B: 12-13 years old
- C: 9-11 years old

G) UNIFORM

Junior Lifeguards are **required** to arrive in uniform every day of the program, unless otherwise specified. The JG uniform consists of a red JG shirt and navy JG trunks. One shirt and one pair of trunks will be provided with registration. Cadets will receive one yellow shirt and one pair of navy trunks.

Any additional uniform items can be purchased via the [JG Online Store](#). Additional uniform items include a navy JG sweatshirt, navy JG hat, red JG rash guard.

Every year we have TONS of Lost & Found items. ALL personal belongings (shirt, trunks, towel, hat, water bottle, etc.) should be **LABELED** with your JG's first AND last name.

H) SWIMWEAR

Boys

When going in the water, boys may choose to wear their JG issued trunks, or a well-fitted, competitive style suit such as a speedo or jammers. Navy in color is *highly* preferred.

Girls

Girls should wear a well-fitted, competitive style one or two-piece swimsuit. Navy in color is *highly* preferred. Swimsuits should always be worn under their issued uniform. When going in the water, girls are welcome to wear their JG issued trunks over their swimsuit, or just their swimsuit.

Any brand of swimsuit is acceptable; however, the suit **must** be full coverage. Our paid lifeguards are issued [JOLYN](#) suits. On a two-piece, it's best if the bottoms have a drawstring. For tops and one-pieces, both fixed and tieback are permitted. If purchasing from [JOLYN](#):

- Recommended bottoms include, but are not limited to: [Andy](#), [Ally](#), or [Justine](#).
- Recommended tops include, but are not limited to: [Ryan](#), [Tomcat](#) and [Heidi](#).
- Recommended one-pieces include, but are not limited to: [Devon](#), [Brandon](#), and [Jackson](#).

I) PARTICIPATION

Junior Guards (JGs) are expected to participate in every activity, every day. If an injury or illness prevents a JG from ANY water activities OR running – please do not have your child attend the program until they are able to fully participate.

To ensure the safety of all participants, instructors are required to be with their group throughout the day – including on distance runs and swim/water events. JGs cannot sit out of swimming/running activities, as this would leave them unattended on the sand. JGs who show up unable to participate in all activities for the day will be subject to disciplinary action.

J) ABSENCES

Absences must be submitted **on the JG website** (longbeachjgs.com). Before the summer program starts, an “Absence” page will be added to the JG website. Please follow the link on the

home page to log any absences as soon as possible. Please do not email the LBJG office regarding any absences, late arrivals, or early dismissals.

See next section for early dismissal procedures.

K) LEAVING EARLY

If your JG needs to leave early, please send them with a note specifying what time they need to be picked up. The JG should give their early release note directly to their instructor at the beginning of the session.

Advanced notice is required because there are occasions when Instructors plan activities away from the station. On those days, arrangements need to be made for early release requests before the Instructor takes their group to their designated area.

Please be aware of the following considerations regarding Early Release:

- If your JG's Instructor has scheduled activities away from JG HQ, and your JG needs to be picked up early, your JG may be asked to stay with another group or may be on standby at the JG station.
- If the JG instructor / JG team is not made aware of the early release request at the appropriate time, your JG may not be ready for pick up at the requested time.
- **Early release requests made over the phone are not guaranteed.**

L) SPECIAL CONCERNS

If your child has any medical conditions (asthma, diabetes, allergic reactions, etc.) that require special attention, please inform their instructor and send an email at the beginning of the program. Be sure to send your child with any necessary medical aid, along with special details and/or instructions.

M) SUN SAFETY

It is highly recommended that all Junior Guards bring SPF 30 or higher water-resistant sunscreen with them every day. The LBJG Program does not provide sunscreen to participants. Sunscreen should be applied at home before the JG's session. Instructors will allow JGs time during their assigned session to reapply – typically at the beginning and towards the middle of the program.

JGs who burn easily should wear a shirt or rash guard whenever possible, in addition to applying sunscreen. It is also recommended that all JGs wear a hat and sunglasses whenever possible.

N) WATER QUALITY

The health and safety of the JGs is of the utmost priority. The Long Beach Health Department routinely tests the water quality within the City of Long Beach. Whenever a water sample exceeds the minimum bacterial standard, an advisory is issued to warn swimmers of potential for increased risk for illness, and additional water samples are taken. Whenever there is an advisory, both JGs and instructors stay out of the water until it is clear to return by the Health Department.

Rain advisories are issued when rainfall exceeds 0.1". Water contact is avoided for at least 72 hours after the rain has stopped due to storm drain run-off. Rainstorms are infrequent throughout July/August, so it's rare for the program to have a water closure for this reason.

In the event of a sewage release/spill, closure signs are posted at the discretion of the Health Officer or at any sites that are known to be impacted. JGs and Instructors will avoid water contact until it is clear.

O) MARINE ANIMALS

Stingrays

Stingrays are a small, flat fish that are common on Southern California beaches. They are not normally aggressive, but they may sting if they are stepped on. Treatment of a stingray sting involves soaking the affected area (usually the foot) in hot water for as long as it takes the pain to subside - usually 30 minutes to an hour. Instructors will teach JGs the "stingray shuffle" - a method of walking through the water that disrupts the sand and gives stingrays a chance to get out the way.

In the case that a JG is stung, their instructor will notify a JG Team Member, and will get the participant to JG HQ for immediate treatment. A JG Team Member will notify the parent or guardian listed on the JG's contact sheet via phone call. It will be up to the JG if they want to stay at JGs, or self-treat at home.

Sharks

Long Beach has a thriving ecosystem, with dolphins, stingrays, seals, and sharks all calling Long Beach their home. Long Beach Marine Safety has partnered with the CSULB Shark Lab to monitor shark activity in real time thanks to underwater acoustic technology. While Long Beach is denoted as a shark habitat, shark encounters are rare. Personnel conduct daily area patrols, and in the case of a possible sighting our instructors will keep JGs out of the water and move to alternate activities until the water is clear.

P) LOST ITEMS

Belongings left behind by JGs will be put in the designated "Lost & Found" area at the JG Station. It is the responsibility of the JG to retrieve their lost item(s) by asking their instructor to escort them to the "Lost & Found". Items left in the "Lost & Found" after the end of the program will be donated.

We highly recommend labeling **ALL** items to make it easier for participants to find their belongings.

Q) BIKING / BIKE SAFETY

Junior Guards who ride their bike to the program are required to wear a helmet - it is the law. Helmets must be properly secured and buckled while riding. It is required that JGs properly lock up their bikes to the bike racks located at the designated pick-up/drop-off location.

Please be sure to discuss bike safety tips with your JG if they will be frequently biking to the program (i.e. obeying the rules of the road, stopping at traffic signals and stop signs, and staying off their phone).

R) CODE OF ETHICS

All participants are required to acknowledge this document while registering for the program (see following page):

LONG BEACH JUNIOR LIFEGUARD CODE OF ETHICS



For the Junior Lifeguard Program to achieve all of its goals and objectives, every Junior Lifeguard must adhere to the *Code of Ethics* as written below.

- Junior Guards are not to possess or threaten others with any weapon, dangerous instrument, or imitation firearm.
- Fighting and/or intentionally causing harm to another Junior Lifeguard will not be tolerated.
- Junior Guards are not to be under the influence of illegal drugs, alcohol, or substances of abuse. The manufacture, distribution, possession, sale or purchase of controlled substances of abuse is prohibited and shall be subject to immediate suspension/expulsion.

***Violation of any of the above rules are grounds for immediate suspension / expulsion.**

- Junior Guards are to follow all City ordinances – this includes no bridge jumping, wearing a helmet while riding a bike, and adhering to the “rules of the road”.
- Throwing of sand, sticks, rocks, etc. will not be tolerated.
- Never make any profane or inappropriate gestures or statements.
- Never engage in any form of harassment, including but not limited to physical, emotional, verbal or sexual.
- Display the utmost courtesy and respect to all persons with whom you come in contact with (this includes but is not limited to: maintaining an appropriate distance from beach patrons and their belongings while running on the sand, being aware of pedestrians while riding your bicycle, etc.).
- Stealing of any kind will not be tolerated. Do not take or use any gear or personal effects of another Junior Guard or beach patron without their permission.
- Attempt all training and instructional activities. Disciplinary action will be taken if a Junior Lifeguard repeatedly refuses to attempt any and all daily activities.
- Give all Marine Safety personnel full attention at all times.
- Act IMMEDIATELY when requested by instructors and/or lifeguard personnel.
- Show honesty and integrity at ALL times.
- Be respectful of all private and public property. This applies to program equipment, lifeguard stations, private vehicles, etc.

- Keep to public property during program hours. Any activities on private property, including docks and gangways, are not permitted.
- Exhibit good sportsmanship at all times.
- Be prompt to all Junior Lifeguard functions.
- Uniform is not to be worn outside of program hours while the Summer Program is in session. Exceptions to this include transitioning to and from the program and while attending JG sanctioned events.
- Be in proper uniform throughout the duration of the program.
- Never make any false reports to your instructor regarding injury or illness in order to avoid having to participate in any activity.
- Assist with cleaning up instructional areas and equipment after use.
- Preserve the beach environment, keeping it a clean and safe place. JGs should throw away any trash and alert their instructor to any beach hazards.
- Submit a written note of excuse from a parent or guardian for any missed activity or day to your instructor. See JG Handbook for more details.
- Parents are not allowed to participate in the program with the exception of the Pier Jump Fundraiser, the Ironguard, and when acting as a designated JG Parent Volunteer.

Disciplinary Procedures

- Minor offenses will result in coaching/counseling and written documentation by the Instructor.
- First major violation will result in a verbal coaching / counseling session with the Instructor. The JG Coordinator and parents will be notified dependent on the situation.
- Second violation (or multiple minor violations) will result in a meeting with the Instructor and JG Coordinator, along with parent notification.
- Third violation will result in a parent conference with the Program Coordinator. Suspension is to be issued as seen fit.
- Fourth violation will result in suspension and/or expulsion, the length of which is to be determined by the Program Coordinator and JG Battalion Chief.
- Any further violations will result in expulsion without refund.

The Junior Lifeguard Leadership Team reserves the right to deviate from the above procedures as deemed necessary – this includes immediate suspension or expulsion of a participant dependent on the situation. Please see JG Family Handbook for more details on disciplinary procedures.

By signing below, I acknowledge that I have read the Long Beach Junior Lifeguard Code of Ethics in its entirety, and fully understand and agree to this document and the associated disciplinary procedures.

LBJG Printed Name: _____ **Date:** _____

LBJG Signature: _____ **Date:** _____

LBJG Parent Printed Name: _____ **Date:** _____

LBJG Parent Signature: _____ **Date:** _____

S) DISCIPLINE

To maintain safety for all those involved and achieve program goals and objectives, Junior Lifeguards must be on their best behavior while participating in the JG program. Adhering to the Code of Ethics will allow all participants to have a fun and safe experience. Violation of the Code of Ethics will result in the following actions:

- **Minor offenses** will result in coaching/counseling and written documentation by the instructor.
- **First major violation** will result in a verbal coaching / counseling session with the instructor. The JG Coordinator and parents will be notified dependent on the situation.
- **Second violation** (or multiple minor violations) will result in a meeting with the Instructor and JG Coordinator, along with parent notification.
- **Third violation** will result in a parent conference with the Program Coordinator. Suspension is to be issued as seen fit.
- **Fourth violation** will result in suspension and/or expulsion, the length of which is to be determined by the Program Coordinator and JG Battalion Chief.
- **Any further violations** will result in expulsion without refund.

The Junior Lifeguard Leadership Team reserves the right to deviate from the above procedures as deemed necessary – this includes immediate suspension or expulsion of a participant dependent on the situation.

T) PROGRAM COMPLETION CERTIFICATE REQUIREMENTS

Junior Lifeguards will receive a certificate and accolade at the end of the program based on completion of age division requirements. These accolades are meant to encourage learning and participation throughout the program. The accolade a Junior Lifeguard receives is determined by the total number of performance points earned throughout the summer. The following pages detail the Junior Lifeguard age division requirements and how points can be earned.

"A" Junior Lifeguard Requirements



JG Name: _____

JG Instructor Name: _____

The rank a Junior Lifeguard receives is determined by the total amount of performance points earned throughout the summer. The table below shows all areas where Junior Lifeguards can earn performance points.

REQUIREMENTS	INST. Initials	POINTS EARNED
GENERAL ORDERS (Code 4, Squad Order, Code, 3 etc.)		
PADDLE BOARD ENTRY/EXIT		
SIMULATED RESCUE		
BOWLINE KNOT		
20 PUSH UPS		
40 SIT UPS		
TREADING WATER FOR 7 MINUTES		
EQUIPMENT FAMILIARITY		
FIRST AID EQUIPMENT/SKILLS/ CPR CERTIFICATION		
OCEAN FRONT BRACKET SWIM		
TOTAL POINTS:		/10
COLORADO LAGOON RUN		
RUN-SWIM-RUN		
SWIM LONG BEACH (14+ buoys = 5 pts., 11-13 buoys = 4 pts., 8-10 buoys = 3pts., 6-7 buoys = 2pts., 1-5 buoys 1 pt.)		
PIER SWIM (3pts.)		
PIER JUMP (2pts.)		
IRONGUARD (Ironguard under 2hrs = 4pts, Ironguard 2+hrs = 2 pt.)		
PADDLE		
DISTANCE SWIM		
DIVE FOR SAND (DEPTH OF AT LEAST 15 FEET)		
JETTY JUMP/RESCUE		
TOTAL POINTS:		/20
QUIZ #1 (90-100% = 5 pts., 80-89% = 4 pts, 70-79% = 3 pts., 60-69% = 2 pt., 59% and lower = 1 pts.)		
QUIZ #2 (90-100% = 5 pts., 80-89% = 4 pts, 70-79% = 3 pts., 60-69% = 2 pt., 59% and lower = 1 pts.)		
QUIZ #3 (90-100% = 5 pts., 80-89% = 4 pts, 70-79% = 3 pts., 60-69% = 2 pt., 59% and lower = 1 pts.)		
TOTAL POINTS:		/15
LEADERSHIP (0-5pts)		
EFFORT (0-5pts)		
ATTITUDE (0-5pts)		
DEDUCTIONS (point deductions are behavior based)		
ABSENCES (0-1 absences = 5 pts., 2-4 absences = 4pts., 5-6 absences = 3 pts., 6-8 absences = 2pts., 9-10 absences = 1pts., 11+ absences = 0 pts.) First week absences are omitted.		
TOTAL POINTS:		/20
TOTAL POINTS:		/65

- If 36-45 points are earned, the accolade of **Junior Lifeguard Sergeant** is awarded.
- If 46-55 points are earned, the accolade of **Junior Lifeguard Sergeant First Class** is awarded.
- If 56-65 points are earned, the accolade of **Junior Lifeguard Captain** is awarded.
- If a participant earns 35 points or less, they will not receive a ranking or program completion certificate.

"B" Junior Lifeguard Requirements



JG Name: _____

JG Instructor Name: _____

The rank a Junior Lifeguard receives is determined by the total amount of performance points earned throughout the summer. The table below shows all areas where Junior Lifeguards can earn performance points.

REQUIREMENTS	INST. INITIALS	POINTS EARNED
GENERAL ORDERS (Code 4, Squad Order, Code, 3 etc.)		
WATER ENTRY/EXIT		
SIMULATED RESCUE		
PERSONAL SAFETY & SUN PROTECTION		
15 PUSH UPS		
30 SIT UPS		
TREADING WATER FOR 5 MINUTES		
EQUIPMENT FAMILIARITY		
FIRST AID EQUIPMENT/SKILLS		
OCEAN FRONT BRACKET SWIM		
TOTAL POINTS:		/10
COLORADO LAGOON RUN		
RUN-SWIM-RUN		
SWIM LONG BEACH (14+ buoys = 5 pts., 11-13 buoys = 4 pts., 8-10 buoys = 3pts., 6-7 buoys = 2pts., 1-5 buoys 1 pt.)		
PIER SWIM (3pts.)		
PIER JUMP (2pts.)		
IRONGUARD (Ironguard under 2hrs = 4pts, Ironguard 2+hrs = 2 pt.)		
PADDLE		
DISTANCE SWIM		
DIVE FOR SAND (DEPTH OF AT LEAST 10 FEET)		
JETTY JUMP/RESCUE		
TOTAL POINTS:		/20
QUIZ #1 (90-100% = 5 pts., 80-89% = 4 pts, 70-79% = 3 pts., 60-69% = 2 pt., 59% and lower = 1 pts.)		
QUIZ #2 (90-100% = 5 pts., 80-89% = 4 pts, 70-79% = 3 pts., 60-69% = 2 pt., 59% and lower = 1 pts.)		
QUIZ #3 (90-100% = 5 pts., 80-89% = 4 pts, 70-79% = 3 pts., 60-69% = 2 pt., 59% and lower = 1 pts.)		
TOTAL POINTS:		/15
LEADERSHIP (0-5pts)		
EFFORT (0-5pts)		
ATTITUDE (0-5pts)		
DEDUCTIONS (point deductions are behavior based)		
ABSENCES (0-1 absences = 5 pts., 2-4 absences = 4pts., 5-6 absences = 3 pts., 6-8 absences = 2pts., 9-10 absences = 1pts., 11+ absences = 0 pts.) First week absences are omitted.		
TOTAL POINTS:		/20
TOTAL POINTS:		/65

- If 35-45 points are earned, the accolade of **Junior Lifeguard** is awarded.
- If 46-55 points are earned, the accolade of **Junior Lifeguard Officer** is awarded.
- If 56-65 points are earned, the accolade of **Junior Lifeguard Officer First Class** is awarded.
- If a participant earns 35 points or less, they will not receive an accolade or program completion certificate.

"C" Junior Lifeguard Requirements



JG Name: _____

JG Instructor Name: _____

The accolade a Junior Lifeguard receives is determined by the total amount of performance points earned throughout the summer. The table below shows all areas where Junior Lifeguards can earn performance points.

REQUIREMENTS	INST. INITIALS	POINTS EARNED
GENERAL ORDERS (Code 4, Squad Order, Code 3 etc.)		
WATER ENTRY/EXIT		
SIMULATED RESCUE		
PERSONAL SAFETY & SUN PROTECTION		
10 PUSH UPS		
20 SIT UPS		
TREADING WATER FOR 3 MINUTES		
EQUIPMENT FAMILIARITY		
FIRST AID EQUIPMENT/SKILLS		
OCEAN FRONT BRACKET SWIM		
TOTAL POINTS:		/10
COLORADO LAGOON RUN		
RUN-SWIM-RUN		
SWIM LONG BEACH (20+ buoys = 5 pts., 17-20 buoys = 4 pts., 14-16 buoys = 3pts., 11-13 buoys = 2pts., 1-10 buoys 1 pt.)		
PIER SWIM (3pts.)		
PIER JUMP (2pts.)		
IRONGUARD (Ironguard under 2hrs = 4pts, Ironguard 2+hrs = 2 pt.)		
PADDLE		
DISTANCE SWIM		
DIVE FOR SAND (DEPTH OF AT LEAST 10 FEET)		
JETTY JUMP		
TOTAL POINTS:		/20
QUIZ #1 (90-100% = 5 pts., 80-89% = 4 pts, 70-79% = 3 pts., 60-69% = 2 pt., 59% and lower = 1 pts.)		
QUIZ #2 (90-100% = 5 pts., 80-89% = 4 pts, 70-79% = 3 pts., 60-69% = 2 pt., 59% and lower = 1 pts.)		
QUIZ #3 (90-100% = 5 pts., 80-89% = 4 pts, 70-79% = 3 pts., 60-69% = 2 pt., 59% and lower = 1 pts.)		
TOTAL POINTS:		/15
LEADERSHIP (0-5pts)		
EFFORT (0-5pts)		
ATTITUDE (0-5pts)		
DEDUCTIONS (point deductions are behavior based)		
ABSENCES (0-1 absences = 5 pts., 2-4 absences = 4pts., 5-6 absences = 3 pts., 6-8 absences = 2pts., 9-10 absences = 1pts., 11+ absences = 0 pts.) First week absences are omitted.		
TOTAL POINTS:		/20
TOTAL POINTS:		/65

- If 36-45 points are earned, the accolade of **Junior Lifeguard** is awarded.
- If 46-53 points are earned, the accolade of **Junior Lifeguard Recruit** is awarded.
- If 54-65 points are earned, the accolade of **Junior Lifeguard Recruit First Class** is awarded.
- If a participant earns 35 points or less, they will not receive an accolade or program completion certificate.

SPECIAL EVENTS

A) UNIFORM DISTRIBUTION

All JGs are required to arrive in uniform every day of the program unless specified otherwise. With registration, a JG will receive 1 shirt and 1 pair of trunks. Families can purchase additional uniform items if they would like. The JG Team schedules 4 different uniform distribution days prior to the start of the program. All JG families should plan on picking up their uniform items on 1 of those 4 days.

DETAILS

- **Dates/Times:**
 - June 5, 2026 (Friday) 3:00-6:00pm
 - June 6, 2026 (Saturday) 9:00am-12pm
 - June 7, 2026 (Sunday) 9am-12pm
 - June 17, 2026 (Wednesday) 3:00-6:00pm
**this date is the only distribution date where you can exchange uniform items
- **Location:** Junior Lifeguard Headquarters (5347 E Ocean Blvd., Long Beach, CA 90803)
- **Who:** All JG Participants
- These will be the only uniform distribution dates offered
- Uniforms **will not** be distributed at the Welcome Picnic
- If you can't make it to any of these pick-up or exchange dates, your JG will receive their uniform items on the first day of the program during their assigned session.
- If you are having a family member or friend pick up your child's items, please give them the following information to relay to our instructors at uniform pick-up:
 - Your child's first and last name
 - Your child's age / age group (A, B, or C)

ADDITIONAL UNIFORM ITEMS

- If you decide to purchase additional items, please bring a printed or digital receipt of your order with you.
- Please note, if you place an online order within 72 hours of your pick-up date - it is not guaranteed we will have it ready! So please place any orders for additional items ahead of time

EXCHANGES

- The only date that you can exchange items is Wednesday, June 17th. This is to ensure all JG families receive the size they ordered.

PARKING

- Parking is available in the Claremont Parking Lot (5400 E Ocean Blvd, Long Beach, CA 90803).

B) WELCOME PICNIC

This is a fun event for new (and returning) JG Families to come and meet the JG Team before the program starts. Stay awhile and picnic in the park, or just stop by and say hi! The JG Team will be answering questions about the summer program, selling JG LIFE apparel, and setting up some fun games for the JGs!



DETAILS

- **Date:** Saturday, June 20th
- **Time:** 11:00am-1:00pm
- **Location:** JG Station (5347 E Ocean Blvd 90803)
- **Who:** All JG Families
- JG uniform items will **NOT** be distributed
- JG LIFE merchandise will be available to purchase

WHAT TO BRING

- Picnic lunch
- Something to sit on
- Any questions you might have

C) FIRST DAY OF JGS



It's the day we've all been looking forward to! JGs should be dropped off at Claremont Parking Lot (5400 E Ocean Blvd, Long Beach, CA 90803) dressed in uniform and ready to go

DETAILS

- **Date:** Monday, June 22nd
- **Time:** Regular session times (9am-12pm / 1pm-4pm)
- **Location:** JG Headquarters (5347 E Ocean Blvd 90803)
- **Who:** All JG Participants

Prior to this day, all JG families should receive an email specifying their child's instructor. On the first day, participants should locate the flag

with their instructor's name on it, and head in that direction to meet their group! If you do not know your instructor's name, visit a JG Team member at the info table. Make sure your JG brings sunscreen, a towel, snacks, water, and a bag to carry every day!

Questions During Drop-off?

Please note, parents will be asked to stay behind the information table while their child meets with their instructor for the first time. Please do NOT approach any instructors with questions on this day, as they will be busy with their groups. JG Team Members will be available at the info table to answer any questions or concerns.

D) Aquarium of the Pacific Day

This summer, we have partnered with the Aquarium of the Pacific for some incredible opportunities! All JGs will be able to take a tour of the Aquarium on this day.

- **Date:** Thursday, June 25th
- **Time:** Regular session times (9am-12pm / 1pm-4pm)
- **Location:** Aquarium of the Pacific (100 Aquarium Way, Long Beach, CA 90802)
- **Who:** All JG Participants

E) CPR Training

During the summer, all our A groups will have the opportunity to get CPR certified. These are the only two dates we will be offering the course, so make sure you save the date! More information will be sent out to A group families during the summer.

Dates:

- Monday, June 29th
- Tuesday, July 30th

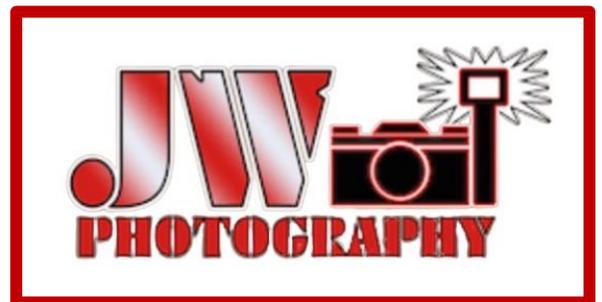
F) Fourth of July

There is no JGs on the Fourth of July! We hope you enjoy the day with your friends and family. If you find yourself on the beach, look out for our JG instructors working in towers and make sure to say hi!

G) PICTURE DAY

Say cheese! JG Families can order individual, buddy, or group shots from **JW Photography**. JW Photography has worked with Junior Lifeguard Programs up and down the coast, and we are excited to have them at our program this summer!

All Junior Guards will be given a printed order form the week prior to picture day. There will be options to purchase individual, buddy (2-6 people), or group photos. More details and cost information will be given out at a later date. Please make sure your JG brings the filled-out form on this day. JW Photography will handle any questions, process all of the orders, and photos will be shipped directly to your doorstep.



DETAILS

- **Date:** Thursday, July 2nd
- **Time:** Regular session times (9am-12pm / 1pm-4pm)

- **Drop Off / Pick Up:** Claremont Parking Lot
- **Who:** ALL JG Participants
 - Even if you aren't ordering any individual or buddy photos of your JG, everyone will be included in the group photo!
- **Contact:** JW Photography
 - Email: karen@jwpartypictures.com or jeff@jwpartypictures.com
 - Phone: (310) 640-7212
 - Website: <https://jwpartypictures.com>

H) ROGER COULTER INTERCREW RELAY



To honor the legacy of Long Beach Lifeguard legend, Roger Coulter, the Intercrew Relay is held as a kickoff summer event that showcases the physical abilities of our lifeguards and JG Cadets. This is a relay event consisting of a run, swim, and paddle.

DETAILS

- **Date:** TBD
- **Time:** 8am start
- **Location:** Bayshore
- **Who:** Selected Cadet participants

While this event is only for our Lifeguard and Cadet competitors, everyone is encouraged to come and cheer on each team!

I) Long Beach JG Classic

Each summer the California Surf Lifesaving Association hosts a regional competition for JGs from up and down the California coast. Long Beach JGs sends a group of JGs to participate in this annual lifeguard competition. Previously known as “Regional Run-offs”, this event is held every year to determine the LBJG Regional Team. This is an all-day event (10am-3pm), and all JGs are encouraged to participate! Each JG will compete in at least 3 events with those in their age group. We ask that everyone pack extra snacks, lunch, and water on this day.

DETAILS

- **Date:** Tuesday, July 7th
- **Time:** 10:00am-3:00pm
- **Drop Off / Pick Up:** Claremont Parking lot (500 E Ocean Blvd 90803)
- If your JG is absent for this event, they will not be considered for the LBJG Regionals competition team.
- ALL JGs will be asked to participate in both swimming and running events on this day.
- If your JG is injured, unable to run or swim for ANY reason, or not feeling well, we ask that you please keep them home.



CSLSA RULES & EVENTS

- Regionals competition separates competitors by age group. If a JG doesn't meet the age requirement for their current group, they may be moved (ex: if your JG is a 12-year-old C, they will be moved to the B group for run-offs).
- The age classifications are as follows:
 - "U-19" Division: 16-17 years old (as of July 24, 2026)

- "A" Division: 14-15 years old (as of July 24, 2026)
- "B" Division: 12-13 years old (as of July 24, 2026)
- "C" Division 9-11 years old (as of July 24, 2026)
- More information about the CSLSA JG Surf Lifesaving Championships can be found online [here](#).

J) PIER JUMP FUNDRAISER

The Pier Jump Fundraiser is one of the biggest JG events of the summer! ALL JGs will have the opportunity to make the jump, but JG family members, siblings, and friends (**over the age of 18**) can donate to make the jump WITH their Junior Guard!

THE DETAILS

- **Dates:** Thursday, July 9th and Friday, July 10th
- **Time:** Regular session times (9am-12pm / 1pm-4pm)
 - Pier Jump participants will be notified of their specific time slot via email before the event
- **Location:** Belmont Veterans Memorial Pier (see below for additional information)
- All JGs can jump off the pier on their designated day, even if a family member doesn't donate to jump with them.
- Parents, sibling, relative, or friend (*over the age of 18*) who **donate to the LBJG nonprofit** can jump off the pier with their JG! This is the only time jumping from the pier is allowed!
- Safety is our number one priority! **EVERYONE** must participate in a **swim test** before jumping.
 - The swim test will take place in front of the **Termino Lifeguard Tower**. We need to make sure that everyone is a confident swimmer before making the jump and swimming back to shore.
 - The lifeguard supervising the swim test has the authority to cancel a participant's pier jump due to the results of the swim test.



LOCATION

- All JGs need to be dropped off at **Termino Lifeguard Tower** at their regularly scheduled session time
- Participants jumping with their JG will meet the Junior Guards at Termino Lifeguard Tower at their group's designated time.
- Participants can find street parking or pay to park in the Belmont Pier Parking Lot
- No participants or JGs are permitted to arrive at JG Headquarters on this day.

DONATE

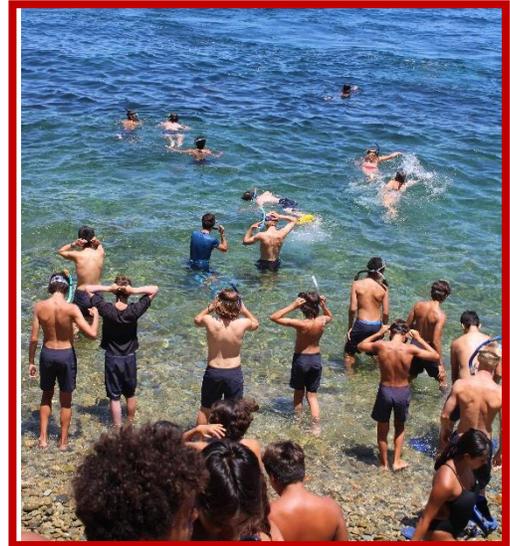
- You can make your donation online via our [JG store](#) on the JG website
- There are three donation tiers:
 - **\$25:** 1 jump with your Junior Guard!
 - **\$50:** 1 jump with your Junior Guard, AND a Pier Jump t-shirt for yourself & your JG!
 - **\$100:** 1 jump with your Junior Guard, a Pier Jump t-shirt for yourself & your JG, AND photo/video footage of the jump!
 - Pier Jump shirts will also be available to purchase for \$20 each.
- Donations are non-refundable and non-transferable.
- If you have multiple children in a single group, you will be able to jump together. Those who have JGs in multiple age groups will have to make separate donations & participate in the swim test each day.

K) CATALINA TRIP (CADETS / A GROUP ONLY)

The Catalina Trip is a yearly favorite of the A group and Cadets. The groups will be taken over to Catalina on the Catalina Express. JGs will spend the day free-diving, snorkeling, and exploring. The morning session will go to Catalina on one day, and the afternoon will go on another day. The JG Team will bring masks and snorkels to use, but we have a limited number, so if your child has their own, they are encouraged to bring it. JGs should also bring lunch and some snacks for the day. This is a full day event (6AM-5PM). More details will be provided during the summer program.

RESERVATION REQUIRED

An RSVP email will be sent to Cadet/A Group families during the summer. If you do not receive your RSVP email, please email a JG Team member at lbjg@longbeach.gov



WHAT TO BRING

- Closed toe shoes suitable for hiking
- Lunch & snacks
- Plenty of water
- Sunscreen
- Sunglasses & hat
- Towel
- Backpack / duffle bag (One carry-on per JG Is allowed)
- Masks, snorkels, and fins (optional)
- Money (optional)

DETAILS

- **Date:** July 14th
- **Time:** 6am-5pm
- **Who:** A group and Cadet participants

DROP-OFF & PICK-UP LOCATION

- Catalina Classic Cruises
- 1046 Queens Hwy, Long Beach, CA 90802
- Parents are responsible for dropping off and picking up their JG at the Long Beach Catalina Terminal

L) SWIM LONG BEACH BUOY-A-THON

JGs have one hour to swim as many buoys as they can! The program goal is to swim the same distance as the perimeter of Long Beach! That's 82 miles!

The Swim Long Beach Buoy-A-Thon is also a fundraiser for the LBJG nonprofit. We encourage all JGs to get sponsors for this event. Fundraising sheets are available on our website on the "Forms" page of the JG website.

There will be prizes for the top 3 Junior Guards who raise the most money for this event, as well as for those who swim the most buoys! Donations will be accepted until the last day of the program.

DETAILS

- **Date:** Thursday, July 23rd
- **Time:** Regular session times (9am-12pm / 1pm-4pm)
- **Drop Off / Pick Up:** Claremont Parking Lot
- **Who:** All JG Participants
- **Locations:**
 - The C Group will be swimming at Leeway (located on the bayside)
 - The A and B group will be swimming directly in front of JG Headquarters on the oceanfront
- Instructors will keep track of their buoys as they swim.



- Spectators are welcome!

M) CSLSA REGIONAL CHAMPIONSHIPS

Each summer the California Surf Lifesaving Association (CSLSA) hosts a regional competition for junior lifeguards up and down the coast. CSLSA Regionals is a great way for Junior Guards to represent Long Beach in a friendly competition with other JG Programs. The Regionals Team is decided upon from the Long Beach JG Classic results. More information will be provided to competitors as we get closer to the date.

This is still a NORMAL session day for those who aren't going to Regionals. However, everyone is welcome to show up and cheer for their team!

DETAILS

- **Date:** Friday, July 24th
- **Time:** 8am-4pm
 - Participants are not required to be at the event all day, but must arrive at least an hour and a half before their scheduled event
- **Location:** TBD
 - Transportation will **NOT** be provided. Participants will need to find their own way to / from the event.
- Participants will be notified if they are selected via email before the event
- It is highly recommended that parents attend this event with their child.
- The competition event schedule will be emailed to all participants prior to the event.
- Long Beach Junior Lifeguard EZ Ups will be available for participants to use.
- Parents are encouraged to bring their own chairs, umbrellas, and any other personal items.



N) IRONGUARD

Each year, the final week of the LBJG program is marked by this event! JGs, parents, and swimming enthusiasts alike gather at 1st Place and race all the way to the end of the sand at 72nd Place. The course consists of a total of four miles of running and two miles of swimming. Participants swim 14 buoys, one at each lifeguard tower, plus all the way around the pier and run the distances in between.

Participants who complete the race in under 2 hours will receive an event hat. A perpetual trophy for the top boy and girl finishers of the A, B and C divisions respectively was created in 2009.

DETAILS

- **Date:** Tuesday, July 28th
- **Check-In:** 8:00am at 1st Place Lifeguard Tower under the red JG canopies (plan on arriving early!)
 - Registration is required for all JG participants
- **Start Time:** 9:00am sharp at 1st Place lifeguard tower
- **Finish Line:** 72nd Place Lifeguard station
- **Who:** ALL JG participants! Family and friends are invited to support and/or run the course, as well.
- This is NOT a regular session day. Once JGs complete the event, they are clear to go home.



- We will not provide gear transport between 1st and 72nd Place. If your JG has a backpack or other gear - you are responsible for getting it down to 72nd Place!

SAFETY / COURSE DETAILS

- If for any reason your child does NOT finish the course, they are **required** to notify a lifeguard truck or cart before leaving the beach.
- Water stations will be located at Beach Operations, Termino lifeguard tower, and Claremont lifeguard tower.

PARKING

- **Alamitos Beach Lot address (start):** 380 E. Shoreline Dr., Long Beach CA 90803
- **72nd Place Parking Lot address (finish):** 7200 E Ocean Blvd, Long Beach, CA 90803
- Parking for the day will be free in the 72nd Place and Alamitos Beach parking lots.
- We do not provide transportation between the finish and start.

HELPFUL HINTS

- Many parents or other supporters will run the course with their child (don't worry you get to rest while they swim). If you do so, it helps to have water, as well as mints for your child, as the salt water can dry out their mouths.
- We recommend putting Vasoline or Aquaphor on your child to prevent chaffing. If you have questions on where or how to apply you can ask at check-in. Be sure you put on sunscreen first and be sure not to get vasoline on goggles - it makes it tough to see!

L) AWARDS BANQUET

With all the fun and exciting events that take place during JGs, it is no surprise how fast the 6-weeks goes by. To mark the end of the program, a special last day and awards banquet is planned.

AWARDS BANQUET

All JG Families are invited to join us at the Aquarium of the Pacific to recognize our outstanding Junior Guards and celebrate the summer! The JG Team will provide more details as this date approaches.

Date: Friday, July 31st

Time: 6:00-9pm

Location: Marina Vista Park (5355 E Eliot St 90803)

Who: All JG Participants and their families



The following awards will be recognized at the Awards Banquet

- Instructor's Award recipient (one per Instructor group)
- Moxie Award recipient (one per Instructor group)
- Most Improved recipient (one per Instructor group)
- Cadet of the Year (one individual voted on by peers)
- Top 3 ranking Cadets
- Top Ironguard Finishers (top 3 men and top 3 women from each age group)
- JG LIFE Award recipient (one recipient)

***Please note that all JG event times are subject to change. We will notify families ASAP via email for any changes**



JUNIOR GUARDS 2026



SUN	MON	TUE	WED	THU	FRI	SAT
						20 June WELCOME PICNIC
21	22 1ST DAY OF JGS! 	23	24	25 AQUARIUM OF THE PACIFIC Field Trip 	26	27 ROGER COULTER RELAY (CADETS)
28	29 CPR TRAINING A GROUP (PT. 1) 	30 CPR TRAINING A GROUP (PT. 2) 	1 July	2 Picture Day 	3 BLOCK THE BLAZE 	4 4th of July
5	6	7 LONG BEACH JG CLASSIC 10AM-3PM DAY 	8 CSULB SHARK SHACK 	9 PIER JUMPS 2026 	10	11
12	13 CABRILLO JG'S INVADE (AM) 	14 A's Catalina Trip 	15	16	17	18
19	20	21	22	23 SWIM LB 	24 REGIONALS TBD 	25
26	27	28 IRONGUARD 1ST PLACE 8AM CHECK-IN	29	30 SWIM LB PRIZE DAY 	31 LAST DAY OF JUNIOR GUARDS Awards Banquet 	1

