



# Surf City Beach Patrol

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

## 2019 Surf City Lifeguard-In-Training Program Application

Thank you for your support of our inaugural season of the Surf City Lifeguard-In-Training Program. In order to maintain high quality individualized instruction the program will be limited to 30 participants for each session for 2019. Returning applicants will be given priority over new applicants and returning applicants are not required to attend the swim test.

### **Program Content and Goals**

The primary goal of our LIT program is to teach young people about ocean lifeguarding and safety. The areas stressed in the program include water safety and basic rescue techniques, respect and understanding of the ocean, physical fitness, teamwork and sportsmanship, the ability to listen/follow directions, and the development positive self-esteem. These skills are developed primarily through “hands on” activities guided by the LIT instructors. The participants will also have the opportunity to compete against each other and other LBI LIT programs in ocean lifeguarding events such as running, swimming and paddling. 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.

Note that on tournament days the LITs will meet at the beach of the tournament the program is attending that day (Barnegat Light, Ship Bottom, Harvey Cedars, ..). Even if your child is not competing they will still meet at the beach holding the competition. No instructors will be at the Surf City Borough on tournament days!

### **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 up for 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 children will be broken out into two age groups, 10 through 12 years of age (B or “Basic” LIT) and 13 through 15 years of age (LIT).
- New applicants will be swim tested prior to acceptance into the program. Swim time, stroke efficiency, and general comfort in the water will be evaluated. Applicants will swim 150 yards. Goal times for the kids should be 3 minutes or less for 10 to 12 year olds and 2:30 or less for 13 to 15 year olds.
- All applicants accepted into the program will submit a doctor’s note indicating they are physically able to participate in a LIT program, which includes swimming in the ocean, running in the sand, and other strenuous physical activities. Dr. note need only say “fit for Lifeguard-In-Training Program.”
- First time applicants must submit a copy of their birth certificates.
- Parents must sign “arrival/departure” release on the application if their child is going to ride their bike to and from the program. Also participants riding bikes must wear helmets or they will be turned away.
- The Borough of Surf City and the Surf City Beach Patrol is not responsible for LIT program participants before or after the specified hours of the program.

## The Application Process

- A completed application includes five (5) items.
  - 2019 application
  - Hold harmless and medical release agreement form
  - Media Consent form
  - Permission note from doctor indication wellness to participate in the LIT program
  - Proof of age (photocopy of birth certificate). **Only required for 1<sup>st</sup> time LITs.**
- ***The deadline for applications is May 15.***
- ***If you child(s) is a returning participant in the program you may submit your completed application to the Borough clerk.***
- ***If you child(s) is a new applicant, after the swim test if your child is accepted into the program you will be e-mailed confirmation that your child(s) has been accepted into the program. Payments will not be accepted at the Borough unless you are on the “accepted” list.***

Completed applications may be mailed Mark Dileo at the following address. Incomplete applications will not be accepted. If you have questions I may be reached through the borough or at [DileoMD1@gmail.com](mailto:DileoMD1@gmail.com)

Borough of Surf City  
c/o Mark – LIT program  
813 Long Beach Blvd., Surf City NJ 08008

## Session Dates, Times, and Meeting Location

There will be two 4-week sessions.

Session I will run from Monday June 24 to Friday July 19.

Session II will run from Monday July 22 to Friday August 16.

Sessions will run Monday through Friday from 10AM until 12PM (noon).

Enrollment will be limited to 30 participants.

LITs will meet at the Surf City lifeguard garage.

## Swim Test Dates and Times

Swim test will be held Saturday April 27 at 8AM at the St. Francis Community Center pool located at 4700 Long Beach Boulevard, Brant Beach NJ 08008.

## Fees

Session fee is \$250 by cash or check made to “Borough of Surf City.” If both sessions are attended the second session price will be reduced by \$50 and no additional clothing will be provided. If this is your first year in the program please do not make a payment until I confirm with you that your child(ren) is/are accepted into the program.

Session fee includes a t-shirt, a pair of shorts, and a sweatshirt. Please note that these fees do not include tournament fees.

# 2019 Surf City Beach Patrol Lifeguard-In-Training Application

## Applicant Information

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

E-mail address: \_\_\_\_\_ Phone: \_\_\_\_\_

Summer Address: \_\_\_\_\_

Permanent Address (if different): \_\_\_\_\_

T-Shirt size: \_\_\_\_\_

Sweatshirt size: \_\_\_\_\_

Short size: \_\_\_\_\_

Have you participated in an LIT program in the past? \_\_\_\_\_

## Parent/Guardian Information

Name: \_\_\_\_\_

E-mail address: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_

E-mail address: \_\_\_\_\_ Phone: \_\_\_\_\_

## Arrival/Departure Release

“My LIT/B-LIT participant(s) is permitted to walk or ride his/her bike to and from the program meeting place. I also understand that if my child(s) is not wearing a helmet he/she will be turned away.”

Signature of parent/guardian: \_\_\_\_\_

## Sessions and Fees

The fee is \$250 for one session, \$450 for both sessions. Please note that if your child attends both sessions only one t-shirt, sweatshirt and shorts will be provided. Tournament fees are not included.

### **Session I (6/24-7/19) 10AM to 12PM**

Number of participants: \_\_\_\_\_

### **Session II (7/22-8/16) 10AM to 12PM**

Number of participants: \_\_\_\_\_

# 2019 Surf City Beach Patrol Lifeguard-In-Training Hold Harmless and Medical Release Information

## Medical and Emergency Information

Name of Participant(s): \_\_\_\_\_

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.

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***Please include a permission note from your doctor and your child(s) birth certificate with this application.***

## **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.

Guardian's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian's printed name: \_\_\_\_\_

# 2019 Surf City Beach Patrol Lifeguard-In-Training Media Consent

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.

Guardian's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian's printed name: \_\_\_\_\_