



Dewey Beach Patrol

Junior Lifeguarding Registration

2015

Participant's Name _____

Address: _____ City: _____ State: _____ Zip: _____

Phone #: (local) _____ (Cell) _____

Age: _____ Date of Birth: ____/____/____ Male: _____ Female: _____

Parent of Guardian Name(s): _____

Does your child have any physical or mental disabilities that would permit him/her from participating in this program or require special accommodations? _____ No _____ Yes Explain:

**REGISTRATION FEE OF \$20.00 MUST ACCOMPANY THIS REGISTRATION FORM
CHECKS TO BE MADE PAYABLE TO DEWEY BEACH JUNIOR LIFEGAURDS**

A PHYSICAL EXAM SIGNED BY A MEDICAL DOCTOR AND/OR NURSE PRACTITIONER CERTIFYING THAT THE PARTICIPANT IS PHYSICALLY CAPABLE TO PARTICIPATE IN THE PROGRAM IS REQUIRED PRIOR TO PARTICIPATION.

Emergency Contacts (Please list two):

Name: _____ Relation: _____ Phone #: _____

Name: _____ Relation: _____ Phone #: _____

List of Days in which participant may not be able to attend:

By signing this registration form, I hereby release the Dewey Beach Patrol, the Town of Dewey Beach, and its' designee's from any and all liability from my child participating in the Dewey Beach Patrol Junior Lifeguarding Program. (Both parent signatures required if applicable)

Participant Signature: _____ Date _____

Parent Signature: _____ Date _____

DBP Junior Lifeguard Program
Rules and Regulations

- 1. Attendance: Check in with the group leader as soon as you arrive and place gear in the designated area.**
- 2. Do not leave assigned areas without telling your group leader.**
- 3. Wear your uniform shirt for identification**
- 4. All personal gear should be clearly marked with your name.**
- 5. Bring a towel, appropriate sun protection, and proper clothing daily.**
- 6. Display courtesy, respect, and good sportsmanship to instructors and fellow guards at all times.**
- 7. Use caution and good sense in handling equipment.**
- 8. Assist in setting up and cleaning up of instructional equipment and area.**
- 9. Abusive language, profanity, stealing, or horseplay will not be tolerated.**
- 10. Obey all beach and water safety rules**

Daily Routine

- **Junior Guards meet in assigned area and roll call is taken.**
- **Announcements and distribution of written material.**
- **Lecture and discussion of water/beach safety subject of the day.**
- **Stretching and warm up activities. (distance run)**
- **Demonstration and lecture on beach activity or lifeguard skill of the day.**
- **Instruction and practice of skills learned.**
- **Free swim, bodyboard, or other activity.**
- **Check area for any lost items and return equipment.**

**** In case of inclement weather, a limited program will be run.**

SWIMMERS

RESPONSIBILITY CODE

- 1. Learn to Swim.**
- 2. Never Swim Alone. Swim near a Lifeguard.**
- 3. Check with the Lifeguards on Water Conditions.**
- 4. Learn and Obey the Rules of your Swimming area.**
- 5. Report any Dangerous Situations to the Lifeguards or Management.**
- 6. Check the Depth of Underwater Surface by Jumping, Not by Diving Head First.**
- 7. If you are in trouble, CALL or WAVE for HELP!**

ENJOY THE BEACHES

Don't Let Foolish Actions Ruin Your Day!



“This is only a partial list of safety precautions”