

# 2022 MBLG PARENT HANDBOOK



# First Day Checklist

- ☐ Swim Suit ON
- ☐ Sunblock ON and in backpack
- ☐ Wetsuit IN BACKPACK (not worn)
- ☐ Flip flops
- ☐ Towel
- ☐ Sweatshirt
- ☐ Hat
- ☐ Drinking water and snacks
- ☐ Know who the ride home is with



## First Day Check In

On the first day, park near the gate to Widdle Walls and walk with your participant out to the large red shipping container overlooking Widdle Walls beach. A staff member will be waiting for you there and will let you know which tent to send your participant to.

**PLEASE DO NOT WALK DOWN TO THE BEACH WITHOUT KNOWING WHICH TENT YOUR PARTICIPANT BELONGS IN!**

Have any questions about what you just read?

Please keep reading this parent manual, all the information you need is here!

# WELCOME TO MORRO BAY LITTLE GUARDS!

Welcome to the Morro Bay Little Guards Program, summer 2022! Our goal is to provide LG's with an introduction to the beach and ocean environment, tide pools, beach games, bodyboarding, surfing, marine life, and more!



Having fun is an important first step to respect and enjoy the beach and ocean.

This is a non-competitive and fun program. We are hopeful this will give younger children a positive experience at the beach and they will want to continue on and improve their ocean skills by spending the summer with us at the beach!

The Program emphasizes safety, in and out of the water. Our staff undergoes CPR/First Aid training, and the Morro Bay Lifeguards and Harbor Patrol are right around the corner.

It's our pleasure to have you and your child join our Little Guard Family. We thank you for your participation, and hope you are as excited about this summer as we are!

Sincerely,

Kennedy Gilbert and Shane Crockett  
Owners, Morro Bay Little Guards



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# QUICK REMINDERS

## **START TIME:**

Your LG's session BEGINS at either 9:00 AM (Morning) or 1:00 PM (Afternoon). Meaning, your LG needs to be sitting in front of their Instructor (under their tent) at 9:00 AM or 1:00 PM ready for roll call and the fun to begin! It takes about 5 minutes to walk your participant from the gate to the beach, so plan accordingly. Supervision of children underneath their canopies won't be available until 5 minutes before the normal start time for their session. See page 14 for information about dropping off.



## **SUNSCREEN**

Please help your LG's apply sunscreen BEFORE arriving at the beach, feet, hands, ears, arms, and legs.

We take sunscreen breaks during the LG session but the initial coat of sunblock before arriving to the beach is IMPORTANT!



# **MBLG CONTACT INFORMATION**

## **Website:**

**[www.morrobaylittleguards.com](http://www.morrobaylittleguards.com)**

Please reference the website for the most up to date calendar information.

## **Email:**

**[shane@morrobaylittleguards.com](mailto:shane@morrobaylittleguards.com)**

Email is checked regularly and is the most efficient way to receive an answer to your questions.

## **Phone:**

Kennedy Gilbert: (805) 801-4270

Shane Crockett: (805) 459-4753

We recommend sending a text for a quick response during program hours because it is very hard to hear and conduct phone calls at the beach with all the activity going on!

## **Contacting Instructors:**

If you would like to speak to your LG's instructor, please respect the Instructor's and LGs' group time by coming to see him or her before or after the session ends for the day. You can also email [shane@morrobaylittleguards.com](mailto:shane@morrobaylittleguards.com) or call (805) 801-4270 to schedule an appointment.



# GENERAL INFORMATION

## **Daily Requirements:**

Each day, Little Guards should bring:

- a backpack/bag with shoes or sandals
- a DRY, right-side-out wetsuit
- sweatshirt
- a dry towel
- sunscreen
- a hat
- drinking water and a snack

Be sure to write your last name on all of your personal gear (uniform, towels, etc.) Please do not bring your own surfboard/bodyboard, or anything else of value to the beach.

\* The MBLG program and Staff are not responsible for any lost uniform items or personal property.



## **Friends and Relatives**

Due to liability and safety reasons we do not allow any children to participate in Little Guard activities who are not enrolled.



## **Special Medical Needs or Medications/EPI PENS**

If your child is on medication or has special medical needs please promptly inform his/her Instructor with a written note.

EpiPens- If your child needs an EpiPen for any reason, we suggest your child have 2 EpiPens for LGs. 1 to keep in their backpack and 1 to give to their Instructor.. Please label clearly with name and any pertinent information.

It is your responsibility to pick up their EpiPen from the MBLG Instructor under the tent on the last day of the session. Unclaimed EpiPens will be disposed of at the end of each session.



### **NOTES:**

As the beach is very exciting and fun, many times LG's "forget" who is picking them up or where they should wait or who they may be going home with if it is different from their daily routine. Instructors ask that parents write a note and send it to the beach with your LG if for any reason their exiting the beach is "different" than what they are used to. This helps the Instructors organize and "remind" the LG's of their plans at the end of the LG's day. No emails or phone calls please, notes only! Thank you for your assistance in writing notes to your LG's Instructor!

## **Absences:**

All Absences require a note upon LG's return. This allows Instructors to make sure parents know of LG's absence. Each Instructor is responsible for their group's attendance.

**WRITTEN SIGNED NOTES ONLY.**

**NO EMAILS OR PHONE CALLS PLEASE.**



## **Parents on the Beach:**

Parents are welcome at any time to watch the Little Guard Sessions.

- We ask that you watch from a distance and respect the Little Guard's and Instructor's time together.
- We ask that parents please do not participate with the group unless prearranged with the Instructor.
- Part of being a Little Guard is learning independence in a safe and fun beach environment without parents present at all times.

## **Weather/ Surf Conditions**

Little Guards will be held in all surf and weather conditions unless the entire beach, water and land, is closed by the authorities for safety reasons (e.g. due to lightning). While in session, activities will be adjusted appropriately according to conditions. Refunds and rain checks will not be offered for inclement weather.

In the unlikely event of a beach closure, Little Guards will be canceled for the day. If classes are in session at the time of the closure, all Little Guards will be moved off the beach to the area immediately above the beach and a text from the MBLG program will be sent to all parents with early pick up information. Phones will also be made available to the LG's to call parents if needed. The MBLG facebook page will be updated with content regarding beach closures as information becomes available.



## **Goggles**

If your LG is attached to their pair of swim goggles, and feels like they NEED to have them to participate as a Little Guard, please know that we are not responsible if they are left at the beach or lost in the water.

## **Waste Free Lunch Program:**



The MBLG Program encourages

Waste-free lunch/snack.

We are asking every LG to favor the use of reusable food containers, drink containers, utensils, and napkins. We

are discouraging the use of disposable packaging, such as prepackaged foods, plastic bags, juice boxes and pouches, paper napkins, and disposable utensils. We are doing our part to keep the beach, ocean and environment clean.



## **Lost and Found**

The Lost and Found box will be on the beach next to the MBLG Storage Container during MBLG program hours.

# Photo Day

## (First Friday of each session)

Photos of your LG's group, fun "buddy photos" and individual photos of your LG's are available for purchase. Order forms are handed out to parents at the end of the first day of each session.





## **2022 Uniforms**

It is mandatory that LGs wear their uniform daily. Uniforms are required for easy recognition of participants providing safety in and out of the water. LG uniforms signify each individual is part of our prestigious MBLG TEAM!

### **2022 LG Uniform:**

- 2022 MBLG T-shirt (included with registration).
- 2022 MBLG Sweatshirt (available for purchase starting the 2nd day of each session). This is optional and participants who do not wish to purchase an MBLG sweatshirt can wear a jacket of their choice.
- Swimsuit (any color is okay) we have green Quiksilver boardshorts available for purchase at the beach, but supply is limited!
- 2022 MBLG Hat (available for purchase starting the 2nd day of each session). This is optional and participants who do not wish to purchase an MBLG hat can wear a hat of their choice





## **Morro Bay Little Guard Uniform Policy**

1. All LG's must wear their MBLG uniform T-shirt **No other shirts are permitted.**
2. All shorts must be worn appropriately and around the waist. Please don't wear boxer shorts underneath boys shorts. Instead, they can wear Jammers or a Speedo.
3. Bathing Suits should be worn under trunks.
4. Wetsuits should not be worn prior to arriving at the beach. We teach the LG's to don and doff their wetsuits independently.
5. All personal gear should be marked with a last name.

**UNIFORMS WILL BE HANDED OUT at the end of the 1<sup>st</sup> day!**



## PROGRAM LOCATION

The program is held on the south side of Morro Rock inside of the North Jetty, at the beach commonly referred to as Widdle Walls. There is a gate that keeps cars from driving up to the beach, so kids can either be walked out to the beach with a parent or with a staff member who will be waiting outside the gate in the morning.

**Driving Directions:** Follow Coleman Drive towards Morro Rock, and keep going all the way to the locked gate. On your right will be Morro Rock and on your left will be the harbor entrance/south jetty.

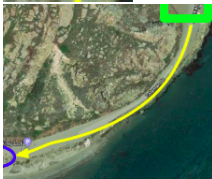
In the picture below, the red square is the parking spot/entrance gate and the blue circle is the location of the program. The next page of this handbook has more detailed directions.



## DROP OFF:



Park here. Before leaving your car, double check to make sure your LG has all of their equipment for the day.



Accompany your LG through the gate along the road to Widdle Walls. A staff member in a dark blue MBLG uniform will be posted at the gate. The bay will be on your left, and The Rock will be on your right during your walk.

**ALL LG's NEED TO BE ACCOMPANIED BY A PARENT TO THE BEACH.** This walk takes about 5 minutes, please plan accordingly! Remember, Little Guards need to be on the beach and ready to go at between 8:55 and 9:00 AM or between 12:55 PM or 1:00 PM.



Drop off your LG here (you will see a large storage container) with a staff member. They will walk down to the beach and join their group under their respective canopy.

## PICK UP:

### \*\*\*IMPORTANT NOTE\*\*\*

If someone other than you will be picking up the LG that day, please make sure to notify their instructor when you drop off. Please arrive 5-10 minutes prior to the end of the day for pick-up.

#### Steps to Pick Up:

1. Park and walk out to the drop off location.
2. Kids will be under their tent with their instructors. Please walk down to your kid's tent and the instructors will sign them out.



## LATE PICK UP POLICY

To ensure the safety of all Little Guards, we ask that you pick your LG's up promptly after your MBLG Session is finished for the day. Your LG and Instructor are counting on you to be on time. If a parent is consistently late, we will contact you.

**We thank you for your cooperation in helping to make drop off and pick up run as smoothly as possible for everyone.**

## **AN IMPORTANT NOTE ABOUT SAFETY FOR DROP OFF AND PICK UP**

We share the Morro Rock parking lot with the general public and as such, vehicular and pedestrian traffic regularly occurs during the summer. Please be extra cautious when navigating this area. If you are running late, please do not drive faster than the posted speed limit on coleman drive and limit your speed to 5mph while driving in the parking lot.

We have had one unfortunate instance of “MBLG parental road rage” that was brought to our attention during a previous summer. Such behavior is unacceptable and will result in further inquiry and possible dismissal from the program.



# CODE OF CONDUCT

We consider participation in the Moro Bay Little Guard Program a privilege for both the participant and the instructor, carrying with it a responsibility to act accordingly. These responsibilities include behaving with a proper attitude and showing respect for others, the environment, and oneself, as well as an enthusiasm and willingness to learn. Little Guards is an interactive program where participants learn and have the most fun when they put their best effort in the activities, games, and training we provide.

The following actions are strictly prohibited and will result in IMMEDIATE DISMISSAL from the program:

1. Use or possession of tobacco, alcohol, or other drugs.
2. Destruction of property or any other form of vandalism.
3. Theft of any kind.
4. Possession of weapons of any kind.

The following actions are prohibited:

1. Directly disobeying the request of an Instructor.
2. Damaging the environment (carving cliffs, littering, etc.)
3. Interfering with lifeguard duties.
4. Improper conduct while in uniform (including after session) such as lying, cheating in competitions, fighting, or using profanity.
5. Showing disrespect for others (including the public).
6. Intentional misuse or abuse of MBLG equipment.
7. Unsafe or reckless ocean behavior
8. Failure to wear the proper uniform

## **Consequences for these actions:**

- 1<sup>st</sup> incident = warning, phone call home
- 2<sup>nd</sup> incident = suspension from program
- 3<sup>rd</sup> incident = dismissal from program

# Morro Bay Little Guards Code of Conduct



- Always leave the beach cleaner than when you arrived
- Respect all living creatures, no matter how small
- Learn from every game, whether you win or lose
- Show humility in victory and grace in defeat
- Respect and support others in what they do
- Be honest to yourself and others
- Be your own strongest motivator
- Be proud of yourself when you try your hardest
- Protect the beach and ocean as your own



Thank you for reading this manual. If you have any questions, please don't hesitate to contact us!