

# **Morro Bay Junior Lifeguard Program Lifeguard in Training Tryout Information 2026**

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 goal of the Lifeguard in Training program is to prepare the participant for tryouts and interviews for positions involved with administering Junior Guards.

## **Requirements to become a Junior Lifeguard Volunteer:**

1. Be at least 14 years of age by June 15th, 2026.
2. Be available full-time during at least one of the 2 or 3-week JG sessions.
3. Have past ocean experience such as junior lifeguard, competitive swimming, or avid surfer, etc.
4. Must complete LIT application and return to Morro Bay Recreation Services by May 4, 2026.
5. Register for and participate in the 2 day LIT program projected for June .
6. 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 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:**

- Get to know fellow lifeguards and recreation services staff
- Develop job skills, work habits, and leadership qualities.
- Prepare for future job as a Lifeguard.
- Uniform items are provided.
- "Community Service" hours are available.
- Gain valuable job experience through volunteering

For more information: Contact Ken Zink at [kzink@morrobayca.gov](mailto:kzink@morrobayca.gov) or call 805-772-6281



# **MORRO BAY RECREATION SERVICES**

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

**City website: [www.morrobayca.gov](http://www.morrobayca.gov) ● Sports website: [www.leaguelineup.com/mbsports](http://www.leaguelineup.com/mbsports)**

# 2026 Morro Bay Junior Lifeguard Program Lifeguard in Training Application

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_

Phone Number \_\_\_\_\_ Email: \_\_\_\_\_

Parent's Name \_\_\_\_\_ Parent Phone: \_\_\_\_\_

\*If you have a resume or cover letter, please attach it to your application.

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 (circle all that apply):

LIT Session (TBD-week of June 8)

Session A (June 15-June 26)

Session B (June 29-July 10)

Session C (July 13-July 24)

Session D (July 27-August 7)



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