

# Marinwood Community Services District - GUARDS in Training (GIT) Application -

775 Miller Creek Rd, San Rafael, CA 94903

Phone: (415) 479-0775 [www.marinwood.org](http://www.marinwood.org) Fax: (415) 479-7759

**Return your application to:**

Marinwood Community Center  
Attn: Luke Fretwell  
775 Miller Creek Rd, San Rafael CA 94903  
(415) 479-0775 phone / (415) 479-7759 fax

**Questions?**

Contact Luke Fretwell – Recreation Coordinator  
Phone: (415) 479-0775x15 Email: [lfretwell@marinwood.org](mailto:lfretwell@marinwood.org)

**Marinwood Community Center office hours:**

Monday – Friday, 9am-5pm

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Email: \_\_\_\_\_ Last Grade Completed: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

## **SESSION AVAILABILITY**

The GIT program is Monday through Friday, 8:45am–3:00pm. Each session is one week long. You must be available to volunteer everyday during the sessions you check. **I am available and would like to be a GIT the following sessions:**

_____ Session 1	June 14 - 18
_____ Session 2	June 21 - 25
_____ Session 3	June 28 - July 2
_____ Session 4	July 6 – 9 (no GIT 7/5)
_____ Session 5	July 12 - 16
_____ Session 6	July 19 - 23
_____ Session 7	July 27 - 30
_____ Session 8	August 2 - 6
_____ Session 9	August 9 - 13
_____ Session 10	August 16 - 20

## **GIT APPLICATION QUESTIONS**

Please answer the following questions: (Attach additional sheet if necessary)

1. Why do you want to be a G.I.T.?

**Marinwood Recreation Department**  
**775 Miller Creek Road, San Rafael, CA 94903**  
**(415) 479-0775 www.marinwood.org (415) 479-7759 fax**  
"We Create Community through People, Parks and Programs"

2. Explain why you would be a good G.I.T. as well as any experience you have with swimming, babysitting, camps, working with children etc.

3. List 3 to 4 safety rules you think are important for children to follow at the pool.

4. What are some qualities or characteristics that every good lifeguard should possess?

5. What makes a good leader?

6. Do you consider yourself to be: (check all that apply)

<input type="checkbox"/> Funny	<input type="checkbox"/> Hard Working	<input type="checkbox"/> Artistic	<input type="checkbox"/> Patient
<input type="checkbox"/> Athletic	<input type="checkbox"/> Creative	<input type="checkbox"/> Loud	<input type="checkbox"/> Cooperative
<input type="checkbox"/> Friendly	<input type="checkbox"/> Outgoing	<input type="checkbox"/> Quiet	<input type="checkbox"/> Assertive

**---Please return this form with your application---**  
**Mail, Drop-off, or Fax (415-479-7759) completed applications to Marinwood CSD by May 6, 5pm**

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***Keep this page  
for your records!***

**GUIDELINES FOR GUARDS IN TRAINING (G.I.T.)**

The GUARDS in Training program is a unique opportunity for participants to receive hands-on training and education in the fields of aquatics and recreation. The program is designed for participants who have completed 7<sup>th</sup> grade through 14 years old. As a G.I.T. you will learn a number of exciting lifeguard skills, have an opportunity to assist with teaching swim lessons, participate in lifeguard trainings, skill sessions and games, shadow professional lifeguards, and enjoy free swim time and a weekly barbecue. Participants will be assigned specific summer 1-week sessions to volunteer.

**DATES TO REMEMBER:**

**Once you have submitted this application, please plan to attend the interview process on May 13**

- **Thursday, May 6 – Applications due**
- **Thursday, May 13, 3:30-5:00pm – Interviews**  
Interviews will be conducted on (You will need to be there the entire time).
- **Monday, May 17 – Session Announcements & Assignments**  
After 2pm, a list will be posted at the Marinwood Community Center for those chosen to participate. Check the front windows for your assignments!
- **Thursday, May 20 – Training**  
If chosen to be a GIT, a mandatory training will be held from 3:30-5:00 p.m.

**Note: If selected a fee of \$65 per session is due by Thursday, May 20.  
(Session 4 is \$52 due to shortened week)**

**GIT RULES**

As a G.I.T. you are part of the aquatics staff team. You will be expected to observe the following guidelines:

- Know and follow all pool rules.
- Be present every day (1 week sessions = 5 working days)
- Come ready to participate (come wearing swimsuit, bring towel, change of clothes)
- Listen, understand and follow Director's instructions.
- Be friendly, patient, polite, positive and enthusiastic to children, parents and staff.
- While assisting with swim lessons watch children at all times and follow instructor's instructions.
- Participate in all aspects of the day's activities: skills, demos, games etc.
- Learn all the children's names and call them by name when talking to them.
- Be respectful and attentive to the lifeguard staff as you work together.
- Have fun while participating, the children will see you do this and do the same.

If you are chosen as a G.I.T. it is your responsibility to notify the GIT Director in case of illness or any other incidence that would cause your absence. If GIT personnel cannot be reached, a message can be left on the center recorder 24 hours a day (479-0775, ext 10.) Excessive absence or tardiness may result in dismissal.

**FOR YOUR RECORDS – SESSION DATES**

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Session 2	June 21 - 25
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