

LEARN TO SURF

PLAYA



PARENT MEETING

PROGRAM INFORMATION

- **What is Learn to Surf?:** A program for kids ages 9-17 hosted by the City of Los Angeles Aquatics Division designed to teach participants how to surf. No prior experience is required but participants will need to pass a swim evaluation to continue with the program.
- **Where will the program take place?:** The site for the program will vary depending on the session you sign up for. Monday-Friday sessions will primarily be at Venice Beach, however the first day will be at Cabrillo Beach. Monday, Wednesday, Friday sessions will take place at Cabrillo Beach.
- **What will the program consist of?:** The first day will consist of some basic body movements to teach participants how to pop up, paddle & how to sit on the board on the Cabrillo's *Inner Beach*. After the first day, participants will receive ongoing instruction regarding surf fundamentals and safety tips as beachgoers.
- **How will they get to the beach?:** Transportation is an option if needed and will only be offered at the registration site. There will be no adjustments to where we will be picking up or dropping off each session. Parents may also drive participants themselves. Parking passes/discounts are not available.
- **Do they need their own equipment?:** No, we will be providing equipment to use daily.

Please note that program parameters are subject to change in response to staffing shortages and limited availability of equipment

PROGRAM REQUIREMENTS

What are the registration requirements?:

- **100 Yards continuous freestyle**
 - **Evaluation must be completed at an LA City Recreation & Parks Swimming Pool.**
 - **Must be completed by the Thursday before the start of the session.**

Proof of evaluation will be requested for all participants.

Repeat participants registered as of Spring 2023 will not be required to resubmit an evaluation sheet.

Please note that onsite staff may determine that it is unsafe for your child to continue in the program on our first day.

Monday - Friday Sessions

Bus Transportation

Site 1 Pick Up @ 7:00 AM

Site 2 Pick Up @ 7:30 AM

Van Transportation

Site 3 Pick Up @ 7:30 AM

Beach time approximately 9am-1pm

****Water Time approximately 9:30am - 12:30pm****

Drop off time approximately 2pm

All sites will be reporting to Cabrillo Beach on the 1st day.

Remainder of the week will take place at Venice Beach unless notified of changes due to unsafe oceanic conditions, Dept. of Health Water Quality Advisories, or other restrictions put in place by LA County Lifeguards.

Monday - Friday Sessions

	Session	Registration	Locations
#1	June 20 - 23	June 3 @ 9:00 AM	Hansen Dam, Celes King III, Algin Sutton
#2	June 26 - 30	June 10 @ 9:00 AM	Sun Valley, Pecan, South Park,
#3	July 3, 5 - 7	June 17 @ 9:00 AM	Highland, Downey, 109th St
#4	July 10 - 14	June 24 @ 9:00 AM	Sylmar, Reseda, Valley Plaza
#5	July 17 - 21	July 1 @ 9:00 AM	Hansen Dam, Celes King III, Algin Sutton
#6	July 24 - 28	July 8 @ 9:00 AM	Sun Valley, Pecan, South Park,
#7	July 31 - August 4	July 15 @ 9:00 AM	Highland, Downey, 109th St
#8	August 7 - 11	July 22 @ 9:00 AM	Sylmar, Reseda, Valley Plaza



Monday - Friday Pick Up Schedule

7:00 AM

7:30 AM

7:30 AM (Van)

#1	Algin Sutton Pool	Celes King III	Hansen Dam
#2	Pecan Pool	South Park Pool	109th
#3	Downey Pool	Highland Park Pool	Sun Valley
#4	Sylmar Pool	Valley Plaza Pool	Reseda
#5	Algin Sutton Pool	Celes King III	Hansen Dam
#6	Pecan Pool	South Park Pool	109th
#7	Downey Pool	Highland Park Pool	Sun Valley
#8	Sylmar Pool	Valley Plaza Pool	Reseda

Drop Off Time approximately 2:30 PM - 3:00 PM

Participants will be encouraged to notify parents if traffic does not allow for drop off at the approximate time

Pickup & Drop Off

- The Parent Agreement for Field Trip must be submitted to the Instructor on the first day.
- IF parents are able/willing, they will be allowed to drive their children to and from the site location.
- If your child is unable to attend, accommodations will not be made.



Monday/Wednesday/Friday Sessions @ Cabrillo

	Session	Registration	Locations
#1	June 20, 21, 23	June 4 @ 9:00 AM	Cabrillo Beach
#2	June 26, 28, 30	June 10 @ 9:00 AM	Cabrillo Beach
#3	July 3, 5, 7	June 17 @ 9:00 AM	Cabrillo Beach
#4	July 10, 12, 14	June 24 @ 9:00 AM	Cabrillo Beach
#5	July 17, 19, 21	July 1 @ 9:00 AM	Cabrillo Beach
#6	July 24, 26, 28	July 8 @ 9:00 AM	Cabrillo Beach
#7	July 31, August, 2 4	July 15 @ 9:00 AM	Cabrillo Beach
#8	August 7, 9, 11	July 22 @ 9:00 AM	Cabrillo Beach

**Online Registration only for Cabrillo Beach Sessions.
No participant transportation for Cabrillo Beach
Sessions.**

Cabrillo Beach
3720 Stephen M White Dr
San Pedro, CA 90731
Bluff Tower
Parking \$9
15 minute pass for drop
off/pickup available upon
request

Venice Beach
Breakwater
1817 Ocean Front Walk,
Venice, CA 90291
Tower 19
Parking \$9+
Drop off/Pickup passes
unavailable



Alternative Activities

- Learn to Surf is subject to cancellation in the event of a beach closure per the County of Los Angeles Department of Public Health.
- If able, alternative programs will be arranged for participants.
 - Kayaking @ Hansen Dam
 - Stand Up Paddling @ Hansen Dam
 - Surf oriented conditioning workout @ Pool or Hansen Dam
 - Note: Scheduled time for days with alternative activities may be changed from our normal hours

Beach Water Quality Advisories

Beach Closures

A beach is closed anytime there is a known sewage or chemical spill impacting ocean waters. Water contact may cause someone to become ill. When a beach is closed, the Department of Public Health advises beach users to avoid all contact with ocean water in the closure area and where closure signs are posted.

None.

Ocean Water Quality Rain Advisory

A rain advisory is issued when there is significant rainfall that may cause bacteria levels in ocean waters to increase. Bacteria levels can increase significantly during and after rainstorms, as contaminants within the runoff enters the ocean. Bacteria levels may remain elevated up to 3 days depending upon the intensity of the rain and the volume of runoff. Elevated bacteria levels in ocean water may cause illness, especially in children and the elderly. The Department of Public Health recommends that beach users avoid contact with ocean water for a period of 3 days after significant rainfall, especially near flowing storm drains, creeks and rivers.

An Ocean Water Quality Rain Advisory has been declared for all Los Angeles County beaches. The advisory will be in effect at least until 9:00 am, Saturday, April 1, 2023 (72 hours after significant rainfall). Beach users should avoid water contact for at least 72 hours after significant rainfall. This advisory may be extended depending on further rainfall.

While at the Beach

- Meeting Location:
 - @ Cabrillo Beach will be on the sand in between the Cabrillo Beach Bath House & The Bluff Tower.
 - @ Venice Beach will be near Tower 19 located near Pickleball Courts off of Venice Blvd
 - Blue *Learn to Surf* Shade Canopies will be up as the visual marker to look for
- Additional staff will be on site to monitor the group when they are not in the water & to assist/chaperone participants when walking to & from the bathroom.



LEARN TO SURF



While at the Beach Continued

- **Parking @ Cabrillo Beach:**

- \$9 for the day due at the entrance of the parking lot if staying for the duration of the class.
 - Pass available for drop off/pickup upon request. Good for 15 minutes
 - Park Rangers Patrol parking throughout the day.

- **Parking @ Venice Beach:**

- Parking lot operated by Beaches & Harbors. We do not have the ability to offer passes/discounts for parking.
- Parking prices vary upon the time of entry and can be as high as \$20

- **Pets:**

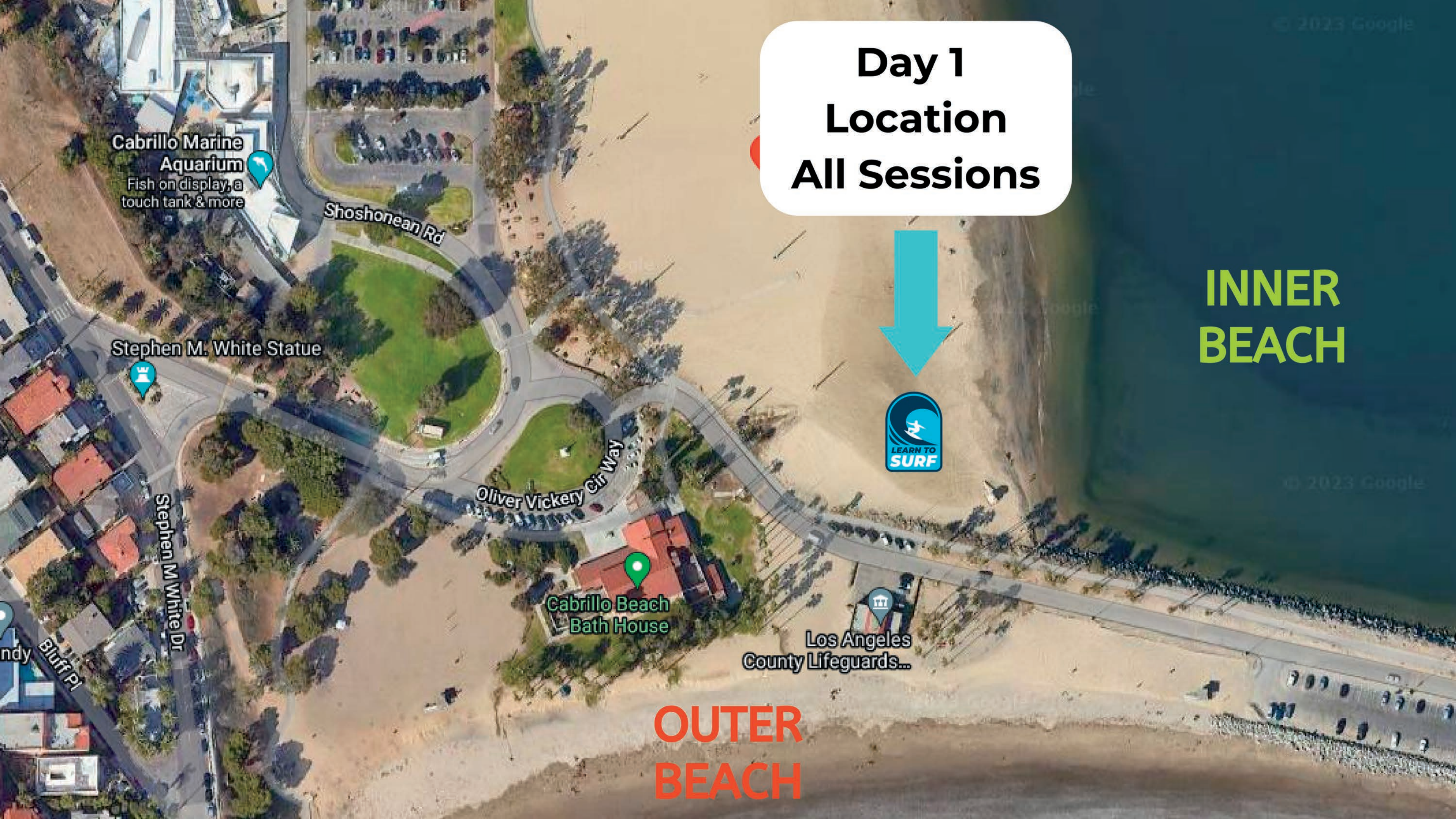
- Pets are not allowed on either side.
- More strictly enforced on the Inner Beach

**Day 1
Location
All Sessions**



**INNER
BEACH**

**OUTER
BEACH**



Cabrillo Marine Aquarium
Fish on display, a touch tank & more

Cabrillo M/W/F Sessions only

Stephen M. White Statue

Day 2 & 3 Location



Cabrillo Beach

INNER BEACH

Cabrillo Beach Bath House

Los Angeles County Lifeguards...

OUTER BEACH

ndy

Bluff Pl

Stephen M White Dr

Oliver Vickery Cir Way

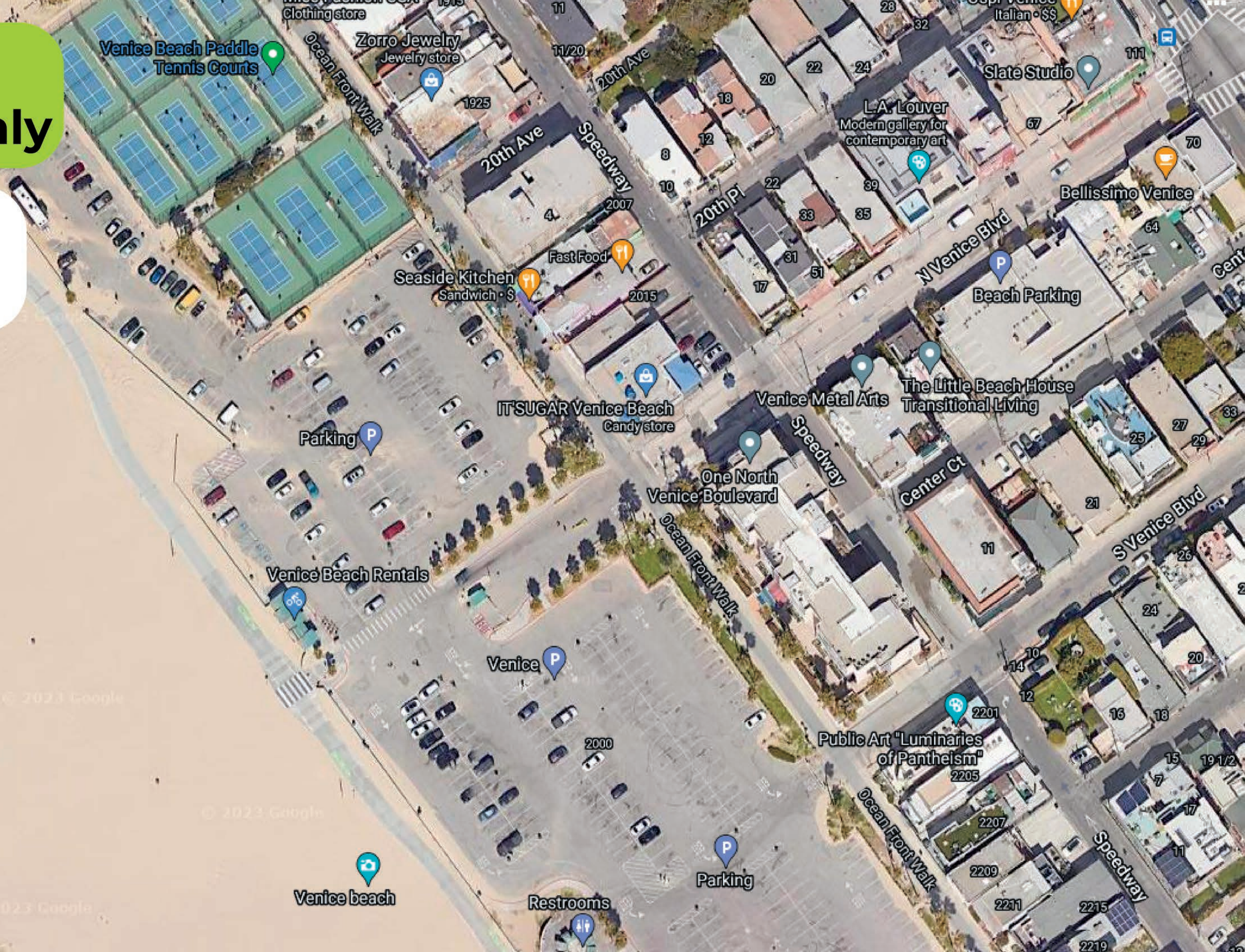


**M-F
Sessions only**

**Day 2-5
Location**



 **Lifeguard Tower 19**





Mandatory Paperwork

The following must be submitted on the first day of *Learn to Surf* prior to leaving the pickup site.

- Camp Registration Form
- Parent Agreement for Field Trip
- Parental Consent for Teen Camper Self Check Out
 - For participants 13+ Only
 - NO EXCEPTIONS

Parent Responsibilities

- It is the parents' responsibility to submit all required documents, adhere to the sign-in/sign/out procedures.
- Participants will not be allowed to participate without submission of all paperwork & information entered online via *Google form*
 - *The form* will be sent out and must be filled out prior to the start of the 1st day.
 - 1 submission per participant
 - Submission of paper copies will still be required on the first day.

<https://forms.gle/7cyxkNKnSsd9ofCc9>

Parent Responsibilities - Check-In/Out Procedure

- **Only authorized relatives are allowed to check-in and check-out the child**
- **Authorized relatives: parent/guardian and any other relative the parent/guardian has authorized to pick up their child**
 - Making additions to the authorized pick up list after the initial submission will only be approved if done in person & vetted through the program coordinator.
- **Requirements for Check-In**
 - Child must be walked all the way to the check-in station
 - Proof of ID (no exceptions)
 - Full signature
- **Requirements for Check-Out**
 - The child will only be released to authorized parent/guardian and authorized persons
 - Proof of ID (no exceptions)
 - Parental Consent for Teen Camper Self Check Out
 - 13 years and older only. No exceptions
- **Non-Custodial Parent**
 - Allowed, unless a copy of a current restraining order is on file at the facility
 - The happiness of the child is of utmost importance and we ask all divorced or separated couples agree to review and abide by the policies
- **Early pick-up**
 - Please call Citywide Aquatics (323-906-7953) to arrange for early pickup.
 - Note that early pickup will require pickup on site @ the beach.

Parent Responsibilities - Participation and Dress Code

- **Participation**

- Participants are expected to participate in all activities
- Please encourage your child to participate in the activities that are being provided throughout the day
- Activities have been planned that is catered to all age groups and specific age groups

- **Dress Code**

- Learn to Surf T-Shirt at all times (mandatory once distributed)
 - Will be distributed on Day 1 (please fill out Google Form!)
- Appropriate swim attire - swimsuit/jammers



Parent Responsibilities - Participation and Dress Code



A Google Form will be sent out to everyone via email to input uniform sizes.

Entries for each session must be submitted by the Thursday prior to the start of session.

Participants who already received a uniform in prior sessions will not receive additional uniforms throughout ongoing sessions.

DOCUMENT DUE DATES FOR ALL SESSIONS

All documents are due the Thursday before the session starts by 8:00 PM. If unable to submit documentation on time, participation may be subject to review by coordinating staff.

Session 1: June 15th

Session 2: June 22nd

Session 3: June 29th

Session 4: July 6th

Session 5: July 13th

Session 6: July 20th

Session 7: July 27th

Session 8: August 3rd

Parent Responsibilities - What to Bring

- We highly recommend packing the following items for participants to bring:
 - Sandals
 - Rash guards/swim shirt
 - Wetsuits highly recommended but will be available on site
 - Booties for feet (useful for Cabrillo)
 - Appropriate swim attire - swimsuit/jammers
 - Towels
 - Sunblock
 - Additional clothes and towel
 - Extra bag to carry their wet clothes
 - Water
 - Snacks/Lunch



Water Temp & Booties

Wetsuits will be provided for all although participants are welcome to bring their own if available.

Wetsuit booties are not provided but are encourage for those who are more sensitive to the cold.

Booties also help provide protection from the rocks.

The image shows a screenshot of a weather application with two panels. The top panel is for 'Cabrillo Beach' and the bottom panel is for 'Venice Beach Pier'. Both panels show surf conditions, wind, tide, and water temperature.

Cabrillo Beach

- Live Forecast Analysis Charts
- Knee to thigh: **1-2ft** POOR TO FAIR
- 0.8ft 12s S 187°
- 0.9ft 15s SW 221°
- 0.4ft 12s SW 229°
- Onshore wind: **1kts**, 2kts gust, SW
- Falling tide: **3.5ft** ↓, 1.8ft low at 2:10pm
- 3/2mm wetsuit: **64°f**, 65°f

Venice Beach Pier

- Analysis Charts
- 1.1ft 16s SSW 212°
- 0.9ft 15s WSW 241°
- 1.6ft 6s WSW 258°
- 3/2mm wetsuit: **63°f**, 59°f



Synergy Swim Cap - Neoprene Smoothskin S...
 ★★★★★ 272
 ✓prime

Synergy Swim Socks Neoprene Swim Booties
 ★★★★★ 89

Synergy Neoprene Thermal Swim Gloves
 ★★★★★ 246
 ✓prime

RESULTS

Price and other details may vary based on product size and color.

Sponsored ⓘ



+10 colors/patterns

Sponsored ⓘ
COPOZZ Diving Socks 3mm Neoprene Beach Water Socks-Anti Slip for Snorkel Swim Youth Men Women
 ★★★★★ ~ 3,908
 \$16⁹⁹ ~~\$17.99~~
 ✓prime
 FREE delivery **Fri, Feb 3** on \$25 of items shipped by Amazon
 Or fastest delivery **Thu, Feb 2**
 Only 5 left in stock - order soon.



+1 colors/patterns

Sponsored ⓘ
Aqua Lung Mens 5mm Superzip Boots
 ★★★★★ ~ 40
 \$65⁹⁵
 ✓prime
 FREE delivery **Fri, Feb 3**
 Or fastest delivery **Wed, Feb 1**
 Only 1 left in stock - order soon.



Sponsored ⓘ

XUKER Neoprene Diving Boots, Wetsuit Booties Men Women Water Shoes with Anti-Slip Sole Sand Beach Shoes for Water...
 ★★★★★ ~ 63
 \$34⁹⁹
 ✓prime
 FREE delivery **Fri, Feb 3**
 Or fastest delivery **Mon, Jan 30**



+2 colors/patterns

Sponsored ⓘ
Cressi Neoprene Adult Anti-Slip Sole Boots - for Water Sports: Scuba Diving: Snorkeling, Diving, Rafting, Windsurfing - Minorca...
 ★★★★★ ~ 619
 \$34⁶⁷
 ✓prime
 FREE delivery **Fri, Feb 3**
Prime Try Before You Buy
 Only 6 left in stock - order soon.



Best Seller

+5 colors/patterns

XUKER Neoprene Socks 3mm Beach Volleyball Sand Soccer Socks Water Booties for Diving Swimming Surfing Snorkeling
 ★★★★★ ~ 1,632
 \$16⁹⁹
 ✓prime
 FREE delivery **Fri, Feb 3** on \$25 of items shipped by Amazon
 Or fastest delivery **Mon, Jan 30**

Best Seller

Parent Responsibilities - Lunch

- Lunch will NOT be provided
- Participants will not be allowed to leave the facility/beach to buy food.
 - NO EXCEPTIONS
- Child is recommended to bring enough food/snacks/water for the day

PARTICIPANT GUIDELINES

- Each child is expected to follow directions and participate in all activities
- Child is not allowed to leave the group or area at any time with the exception of the following:
 - Early pick-up by an authorized person
- **ZERO tolerance for the following:**
 - Bullying, hazing, profanity, physical violence
 - We encourage that you speak to your child about respecting those in the camp as well as staff
 - We encourage you to let your child know to speak up if they feel like they are experiencing a form of bullying, hazing, etc. OR if they are witnessing such behavior



LESSON PLAN & WHAT TO EXPECT

Day 1 @ Cabrillo Beach:

- Participants will spend the 1st portion of the day on the "Inner Beach" where the water is much calmer, learning how to pop up, paddle fundamentals & techniques for paddling through the surf.
- Participants will have demonstrations on the sand prior to getting in the water.
- Paddle relay
- The 2nd portion of the day will be spent on the outer beach for practical surfing instruction.



LESSON PLAN & WHAT TO EXPECT

Participants will do a variation of the following daily while at the beach:

- Surf Check
- Bottom Check
- Stretch Routine
- Body Surfing (learn how to play in the waves safely)
- Body Boarding/Boogie Boarding
- Paddling
- White Water surfing
- Identify Hazards in & out of the water



Learn To Surf Overview - Camp Guidelines

- All personal belongings that are left will be placed in the lost and found bin
- Please encourage your child to keep all belongings in one place and refrain bringing anything of value
- Phone calls
 - Cell phones may be utilized for emergency purposes only
 - Everything should be stored in their bag



Illness, Emergency Medication

- **Illness/Injuries**

- We encourage you to keep the child at home if they are experiencing symptoms of the common cold and/or Covid-19
- They will not be able to enter upon screening if experiencing symptoms
- If the child exhibits Covid-19 symptoms, we will notify you immediately and the child must get picked up immediately
- If your child is injured on site, we will immediately notify you

Learn to Surf Staff and Coordinators

COORDINATORS

- Leon Aguilar
 - leon.aguilar@lacity.org

Please email and refer all questions and concerns to:

- leon.aguilar@lacity.org
- citywide.aquatics@lacity.org
- rap.learntosurf@gmail.com



