



Junior Recreation Leader Program

2023 Leader Handbook



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Welcome Letter

Dear Junior Recreation Leaders,

Congratulations on being accepted into the City of Antioch Recreation Department's Junior Recreation Leader Program. We are excited to welcome you into the program and into the Recreation Department! This handbook will help you in making the most of your Junior Recreation Leadership (JRL) experience. Here are the basics, let's get started!

The City of Antioch Recreation Department's mission is "to unify and strengthen the Antioch community by creating quality experiences that inspires lifelong learning." The department is dedicated to its mission and provides the community with meaningful opportunities and experiences. The Junior Recreation Leadership Program has been created to provide youth with the opportunity to serve their community and gain valuable experience and knowledge.

It is not an uncommon fact that many public service professionals developed their passion for the field at a young age through programs like this. The hope is that throughout this program, the participants like you will begin to discover what your passions encompass and how you can achieve your goals. This program is a training and introduction to the workforce. One of the goals is to provide participants with the skills to be effective leaders.

Daily Attendance/Schedule: JRLs are required to attend all 7 weeks of the program. All vacation days should be sent in advance to staff. If JRL will not be able to attend program, please email ljackson@antiochca.gov or leave a message at 925-779-3073. Families must commit to an entire session.

We look forward to an enriching and exciting summer!

City of Antioch Recreation Department Staff

Frequently Asked Questions

SUMMER CALENDAR

JUNE 2023

SUN	MON	TUES	WED	THURS	FRI	SAT
25	26	27	28	29	30	1
4	5	6	7 BUS/DAKLEY LAST DAY OF SCHOOL	8 AIRD LAST DAY OF SCHOOL	9	10
11	12	13	14	15	16	17
MANDATOR TRAINING WEEK						
18	19 JUNETEENTH HOLIDAY CLOSURE	20 JRL PROGRAM STARTS	21	22	23	24
25	26 JRL IN-SERVICE TRAINING	27	28	29	30	1
2	3	4	5	6	7	8

JULY 2023

SUN	MON	TUES	WED	THURS	FRI	SAT
15	16	17	18	19	20	21
2	3	4 FOURTH OF JULY CLOSURE	5	6 SIX FLAGS DISCOVERY KINGDOM	7	8
9	10 JRL IN-SERVICE TRAINING	11	12 JELLY BELLY FACTORY	13	14	15
16	17	18	19 OAKLAND ZOO	20	21	22
23	24 JRL IN-SERVICE TRAINING	25	26	27 END-OF-SUMMER WATER PARK BASH	28 JRL LAST DAY	29
30	31	1	2	3	4	5

 Holiday Closures  Program Start/End  Off-Site Field Trips  In-Service Training

Program Dates

Program begins **Tuesday, June 20th** through **Friday, July 28, 2023**. We will be closed on *Monday, June 19th* and *Tuesday, July 4th* in observation of federal holidays Juneteenth and Independence Day. **All in-service trainings are mandatory.** Off-site field trip dates are open to all JRLs, no matter which location they are stationed: *July 6th, July 12th & July 19th*. **On Thursday, July 27th, JRLs will have their End-of-Program Water Park Bash!**

What Items to Bring Daily: Each day, no matter the location, JRLs should wear their provided shirt, closed-toed shoes, and bring a lunch. Please note that summer camps will have swimming days at the Antioch Water Park throughout the week. Swimming attire is required.

How to Sign In: All JRLs arrive as early as 8:30am to their designated site and check-in with the site supervisor. Each JRL must be dropped off by a parent/guardian or an approved pick-up person identified on your registration form. Forgot to add someone? Have your parent/guardian give us a call at 925-779-3073 and we'll add them for you!

How to Pick Up: Only persons listed on the emergency form will be eligible for pick up. All pick up persons must be prepared to show ID to site staff for participant release. There will not be any JRLs released before their assigned schedule. Our program will occasionally go off-site for local field trips and will turn to home sites before the end of the program day. Please note that assignment ends at different times for different sites. Please make sure your JRL is picked up on time.

Walk Waivers: If a JRL is capable of walking to and/or from program sites, a Walk Waiver must be completed and submitted to the site supervisor. Walk waivers authorize JRLs to sign themselves in and out of the program at the beginning and end of program days, effective only for the dates listed by a parent/guardian on the Walk Waiver. To have a parent/guardian complete or make updates to your Walk Waiver, please reach out to the site supervisor.

Ouch Reports and Thought You Should Know(s):

- **Ouch Reports** are reports we give to parents if a minor injury occurs, and first aid was given.
- **Thought You Should Know(s)** are given to parents if there is anything we think they should be made aware of whether it be of a good or concerning nature.

Junior Recreation Roles & Site Information

Coyote Hills Summer Day Camp & Antioch Youth Sports Camp

Location: Antioch Community Center, 4703 Lone Tree Way, Antioch, CA 94531

Schedule: Monday-Friday 8:30am-4:00pm

Swim Days - Tuesdays, Thursdays & Fridays

Swim Days - Tuesdays & Thursdays

JRL Responsibilities:

- Help prepare, organize, and set up equipment and materials for camp activities.
- Engage with campers by participating in activities & assisting counselors with supervising small groups.
- Serve as a role model to campers of proper behavior and engagement with activities.
- Assist with sanitizing rooms and equipment used at the end of the camp day.



Contact Information:

Shahad Wright - Recreation Supervisor
Email: szwright@antiochca.gov
Phone: (925) 779-7073

Troy Faulk - Recreation Supervisor
Email: tfaulk@antiochca.gov
Phone: (925) 779-7075

La'Nae Jackson - Programs Coordinator
Email: ljackson@antiochca.gov
Phone: (925) 776-3073

Alyssa Millhouse - Camp Director
Email: amillhouse@antiochca.gov

Zakiya Adams - Camp Director
Email: zadams@antiochca.gov

Senior Services

Location: Antioch Senior Center, 415 W. 2nd Street, Antioch, CA 94509

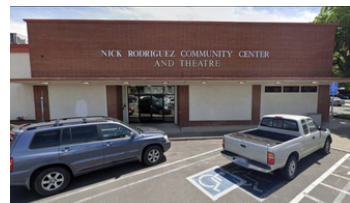
Schedule: Monday-Friday 8:30am-1:00pm

JRL Responsibilities:

- Interact/socialize with seniors
- Assist seniors with operating technology
- Assist with Lunch Program
- Organize files and storage
- Assist with room set-up for classes and activities
- Assist with sanitizing areas and equipment

Contact Information:

Jun Gandia - Recreation Supervisor
Email: jgandia@antiochca.gov
Phone: (925) 779-7090



Junior Recreation Roles & Site Information

Program Goals

This summer, each Junior Recreation Leader will have the opportunity to gain experience at all three recreation sites: 1) *Coyote Hills Summer Day Camp at the Antioch Community Center*, 2) *Youth Sports Camp at the Antioch Community Center*, and 3) *Antioch Senior Center*. **Starting Tuesday, June 20, 2023, each JRL will spend 2 program weeks at one recreation site before rotating to the next.** Our goal is to expose JRLs to the many recreation positions we have to offer as we further develop your previously existing interests through empowerment.

While at summer camp:

- JRLs will understand the role of a Recreation Camp Counselor and the duties that the role entails.
- JRLs will know the basic safety guidelines required for youth recreation programming.
- Each JRL will experience guiding participants through an activity or craft with staff support.
- JRLs will understand the value and importance of teamwork and camaraderie required to operate a successful recreation program.
- JRLs will build connections with fellow participants and city staff.

While at the Senior Center:

- JRLs will experience and foster community development through engagement with senior residents.
- JRLs will understand the value and communal necessity of services offered for senior members of a community.

In-Service Training

In addition to the training completed during our mandatory training week, JRLs will attend three in-service trainings throughout the program:

- **Monday, June 26th** at the Antioch Community Center from **2pm-4pm**
- **Monday, July 10th** at the Antioch Community Center from **2pm-4pm**
- **Monday, July 24th** at the Antioch Community Center from **2pm-4pm**

Run by our youth development specialist, these trainings will provide JRLs will the knowledge and skills to be successful in a professional setting. Teens will learn how to advocate for themselves, standard workplace practices, the benefits of working in recreation, and will have the opportunity to talk and ask questions about other interests and enriching topics relating to work experience.

Coaching Cards: At each in-service training, JRLs will receive a coaching card based on their most current site that highlights the JRLs strengths and/or areas of improvement for the following week.

Program Feedback: In-service training provides a designated time for JRLs to provide feedback about their experiences within the program and ways staff can further curate an empowering environment for JRLs.

L.E.A.D.E.R.

Lead By Example

Encourage Growth and Opportunity

Acquire New Skills

Develop Relationships

Empower Youth

Realize Your Own Potential

Throughout your time in the Junior Recreation Program, it is important that you view yourself as a leader. This means applying the pillars of character expected of all recreation leaders while inside or outside of the Junior Recreation Leader Program:

Lead by example for younger participants or peers who look up to you. Encourage character growth in youth and peers, and encourage them to embrace opportunity. Don't be afraid to acquire new skills and learn new things. Develop relationships within your community. Empower the youth around you to be more confident and make correct decisions. And finally, take the time to realize your own potential through your interactions and experiences as a leader.

Always remember, City staff is there to support you in your efforts to becoming the best leader you can be!

General Rules, Policies, and Procedures

Items to Bring/Wear to Rec Site

- Book bag or similar item that can be zipped or securely closed for the protection of personal items
- Socks and sneakers or other closed-toed shoes (no sandals, slides, flip flops, open-toed shoes or crocs unless at the pool)
- Loose fitting pants or shorts (no exceptionally short shorts, spunks, tights, or jean shorts)
- Sweatshirts or jackets are permitted
- Hats, visors, and sunglasses are encouraged and must remain in the possession of the owner throughout the entirety of the program day.
- Sunscreen
- Towel, bathing suit, and other swim time materials
- Lunch (**Note: Summer camps will have two 15-20 minute snack times and one 30 minute lunch break for campers daily. JRLs are welcome to bring snacks for their own personal enjoyment, in addition to a lunch.**)

Food/Water

- Outside food is permitted for lunch/snacks and we ask that is healthy and nut-free.
- Food delivery is not permitted, even by parents/guardians. Programs will occasionally be off-site and food delivery can affect program schedules.
- To avoid allergic reactions and the risk of exposure, food sharing is not permitted.
- Gum and nuts are NOT allowed at sites.
- Please ask a supervisor before you bring any celebratory sweets for JRLs to enjoy.

Cell Phones, Electronics & Toys

Cell phones are not allowed out at JRL worksites, even for staff. If parents/guardians need to contact their JRL, they can call the main desk for contact. *See Page 2 for front desk contact information.* If a JRL needs to respond to a call or message using their phone, they should let their site lead know BEFORE attempting to do so.

Apple watches are permitted at camp, however, the same rules as cell phones apply to texting or calling on watches. Other electronic devices such as a Nintendo Switch, iPod, laptop and headphones/earbuds are NOT permitted as they can easily be damaged.

Any personal toys such as water guns, playing cards, figurines, or other miscellaneous items that cannot be worn throughout the program day are not permitted.

Lost & Found

At the Antioch Community Center, the Lost & Found is located in the lobby and lost items can be picked up from the front desk. Summer camps at the Community Center hold their own lost and found piles for the duration of the summer. All found items will be locked away and displayed at the end of each camp week for retrieval.

At the Antioch Senior Center/Nick Rodriguez Community Center the lost and found is at the main desk.

General Rules, Policies, and Procedures

Safety Protocols and Guidelines

We utilize safety guidelines from the Contra Costa County Public Health Department, California Department of Public Health. Materials and frequently touched surfaces are disinfected twice a day and a deep cleaning takes place by custodial staff each night. Staff are trained on all guidelines. If you'd like more information on our safety guidelines, please call 925-776-3050.

Medications

All present medications need to be disclosed on the registration form and held by the site supervisor. Medical conditions including allergies should be disclosed on the JRL emergency form so staff are able to take proper precautions in monitoring your JRLs conditions.

If you need one on one or small group support due to a behavior, cognitive or physical disability please let us know by indicating such needs on the medical consent and instructions form apart of your JRL emergency packet.

Illness & COVID-19 Policy

If you become ill during the program day, we will call for immediate pick up (within 1 hour). Any JRL who is observed to be sick will be moved to a designated space with a staff member until they can be picked up, as to limit potential exposure for other participants.

If you have the following, they cannot attend the program: Coronavirus/COVID-19, fever, diarrhea, vomiting, pink eye, flu/stomach flu, conjunctivitis, rash, impetigo, lice, hand/foot/mouth, tuberculosis, roseola, measles, rubella and mumps. You may need to receive medical clearance prior to returning to program.

Masks are **STRONGLY RECOMMENDED** indoors for individuals over the age of 2 who are not fully vaccinated for COVID-19. Full vaccination is defined as two weeks after receiving the second base dose of a two-dose vaccine, or two weeks after receiving a single dose vaccine.

Fully vaccinated individuals are recommended to continue indoor masking. Surgical masks or higher-level respirators (e.g., N95s, KN95s, KF94s) with good fit are highly recommended. Any participant without a mask can request one from a staff member.

Concussion/Concussion Symptoms

If a child sustains an injury from the neck up, staff will ask the JRL a series of questions to determine if the JRL has sustained a concussion. If they are showing symptoms, we will call 911 emergency services to conduct a more in-depth health screening. If they determine the JRL needs medical care, they will take them to a nearest hospital. We will contact you when medical personnel is called or sooner. All JRLs must receive medical clearance or modified activity paperwork in order to return to the program.

Minor Injuries

Minor injuries such as scrapes, bumps and falls will be reported as an Ouch Report at pick up on the same day of injury.

Conduct and Behavior

Participant Conduct & Behavior

1. JRL shirts and closed-toed shoes must be worn daily. If a JRL arrives without their shirt, they will be given a temporary shirt or asked to return home to change. **(Note: Crocs are not considered proper closed-toed foot attire when away from the pool.)**
2. Cooperate with staff by following instructions. If you have a question or suggestions, respectfully ask or give it. Recreation staff is open to improvements.
3. Respect peers, children, staff, equipment, and facilities.
4. Always remain with your assigned group at the assigned site. Ask for permission to use the restroom so staff are aware of your whereabouts and safety. Only go where you have permission to go and return in a timely manner.
5. If there is a conflict with a JRL or staff member, use calm language and ask for additional staff intervention to resolve the problem.

Our goal is to provide a safe, positive environment where you can grow and develop. We have created rules that contribute to this safe and harmonious atmosphere. It is important that all participants and parent/guardians review, understand and support these rules prior to the first day of program. If program rules are broken, participants will experience our 5-step behavior policy.

5-Step Behavior Management Policy

Step 1: Verbal Reminder of Rules & The Standard of Behavior

Step 2: Verbal Warning w/ Redirection From Assignment

Step 3: Verbal Warning, Check-In w/ Staff & Parent Thought You Should Know

Step 4: Sent Home For the Day

Step 5: Dismissal From The Program w/ Request For Immediate Pickup

Depending on the inappropriate behavior that the JRL is engaging in, any or all of these steps may be skipped if the City believes that immediate dismissal from the program is the best course of action. Likewise, students may not attend the program for a certain amount of days due to misbehavior. Please see below for possible actions that may result in immediate dismissal. We thoroughly investigate each issue and give equitable consequences. Decisions will include discussion around intent and the amount of physical or emotional harm done by the participant.

- Inappropriate Language (including profanity, insults, sexual references, racial and ethnic slurs, offensive language relating to gender identity or expression, physical appearance, or sexual orientation, and inappropriate jokes toward family members)
- Bullying/Harassment
- Physical Fighting/Hitting a staff or participant
- Theft
- Vandalism/Property Damage
- Bringing a weapon to site/program
- Consistent disregard of health and safety standards
- Leaving program or adult supervision without permission/not reporting to program within timely manner
- Misuse of recreation equipment and materials
- Using "self-defense" as a reason to harm others

The City defines self-defense as "stopping someone from causing bodily harm to you as it is happening and stopping once you are physically safe. Retaliation and revenge are not self-defense. Make the choice to find help, walk away, or use your voice to resolve conflict.

Youth Rights & Participant Disclaimer

Youth Rights

Each youth receiving services from the Recreation Department shall be afforded rights which include, but are not limited to, the following under the law:

1. To be accorded dignity in his/her personal relationship with staff and other persons.
2. To be accorded safe, healthful and comfortable accommodations, furnishings and equipment to meet his/her needs.
3. To be free from corporal or unusual punishment, infliction of pain, humiliation, intimidation, ridicule, coercion, threat, mental abuse, or other actions of a punitive nature, including but not limited to: interference with daily living functions,, including eating, sleeping, or toileting, or the withholding of shelter, clothing, medication, or aids to physical functioning.
4. To be free to attend religious services or activities of their choice and to have visits from the spiritual advisor of their choice
5. Not to be locked into any room.
6. Not to be placed in restraining devices without advanced approval by the licensing agency and the parent

Section 80072, and 101223, Title 22 California Administrative Code

Participant Disclaimer

All safety guidelines and procedures are for the protection of you as a JRL. Our goal is to provide a safe and fun program for all.

The City of Antioch does not discriminate. All participants regardless of race, religion, color, creed, national origin, gender identity or gender expression are eligible to participate in programs. While we refrain from any religious practices, we also comply with the Americans With Disabilities Act and will provide reasonable accommodations for persons with physical and/or mental limitations or disabilities without undue hardship to the City.

Thank you for choosing us!

In-Service Training

Topic:

Date:

Notes

Things I did well this week were:

Things I want to work on for next week are:

Topic:

Date:

Notes

Things I did well this week were:

Things I want to work on for next week are:

Topic:

Date:

Notes

Something I learned I was good at this summer is:

A lesson I learned this summer that I will take with me is:

Opportunity lives here. 