



Junior Lifeguard News Letter

Session 1 - Week 3, 2017

Wow it is week 3 already! The week started off cold but we have hopes of better weather for the end of the session. On Tuesday, The Lieutenants, Captains, and Cadets went on a dolphin Safari with Captain Dave. We found several pods of common dolphins, a minke whale, and even a sunfish.



This Friday is the last Friday of the session. This year we will be having our end of the session party at Tower 4. The day will start off with a group vitamin (workout), with plenty of free time to play in the water and on the beach. The day will end with our usual feast of healthy snacks and meals the JG's brought to share with their friends.



We were stoked to be able to jump off the pier this Wednesday, our third jump of the session.



The surf has been the perfect size for Junior Lifeguards, not too big and not too small. Here we see JG's catching a party wave.

Lectures covered this week:

- First Aid: CPR
- First Aid: Splinting
- First Aid: Heat/Cold Illnesses
- Communications: Hand Signals/Phones
- Communications: Radios
- Public Relations
- Laws and Ordinances
- History of Lifeguarding
- Sunscreen & Skin Cancer
- Oceanography

The Junior Lifeguard Staff is very happy with how things went during the first session and we hope all the Junior Lifeguards learned valuable beach and ocean safety skills. If you're doing another session with us, we can't wait to see you again. If not we look forward to seeing you all at our end of the year Awards Night on **August 9th**.