

# Junior Lifeguard News Letter

Session 2 - Week 1, 2019



Session 2 has started! This first week is a short one with 4<sup>th</sup> of July falling on Thursday. **Remember No JG's on Thursday, July 4th.**

Monday started off the week with hot and sunny weather and good surf. The sunny mornings has made the day more fun and water more inviting to be in. Hopefully the continued sun will help the water warm up to the 70's.

With the forecast calling for 5-6+ foot surf on Friday, we attempted to hold pier jumps on Wednesday. Unfortunately the building swell caused PM pier jumps to be canceled. We are hoping the conditions will improve for the next two weeks.



Despite the large surf the Junior Guards have been charging into the water, bodyboarding, surfing, and even body surfing. These two lieutenants are dropping into a 4 foot face! Way to go guys!

Wednesday Operation Lifesaver came down to give a presentation on rail safety; as the railroad and the trains that travel on it are a distinct feature of the beaches of San

Clemente that all our Jr. Guards must cross every day coming to and from class. Crossing the tracks can be dangerous and trains can very quiet. **Remember when you see tracks, think train.**



Aside from playing in the water, the kids are learning a lot from their instructors while on shore. Dino taught his class about spinal cord injuries and the special care that these patients need.

Lectures covered this week:

- Junior Lifeguard Code of Conduct
- Safety- Water Entry
- Lifeguard Operations: HQ
- Paddling
- Oceanography - Rip Currents/Tides
- First Aid - Spinal Cord Injuries
- Body surfing

**\*PARENTS BE ADVISED:** Pier jumps will only take place on green flag days and yellow flag days as approved by the daily Watch Commander. Pier jumps may be cancelled if conditions do not permit a safe jump!