

Junior Lifeguard News Letter



Session 2 - Week 2, 2019

Large surf left over from 4th of July weekend has produced red flag conditions and kept our JG's closer to shore this week with swells in the 4-6+ foot range. The swell is forecasted to drop a bit to 3-4 foot for Friday. Despite these limitations the kids have been having a great time.

Lectures covered this week:

- Lifeguard Operations: Towers, Units
- First Aid: Burns/Bleeding/Shock
- First Aid: Spinal Cord Injuries/Diabetes
- Oceanography -Tides & Marine Life



On Tuesday, Jr Lifeguards were treated to a presentation from the John Wayne Cancer Foundation on how to stay safe from the sun's harmful rays. Remember the 5 Sun Safety Tips:

- Put on sunscreen and reapply it.
- Wear a hat to shield you face from the sun
- Wear sunglasses to protect your eyes
- Wear clothing, like UV protective rash guards
- Seek shade to get out of the sun.



Instructor Razzle Dazzle and her JGs sit in tower 4 to watch the large surf roll in and practice scanning techniques. Junior Guards isn't just about having fun at the beach, we also work on our lifeguarding skills to prepare our students for a career in lifeguarding. Watching the water takes a lot of concentration and practice. When you see a lifeguard sitting in a lifeguard tower, they are not just hanging out doing nothing, they are working hard as they stay focused and attentive to any signs that a swimmer may be in distress.

Friday will be an action packed day. The kids will enjoy a presentation from CSULB's Shark Lab and the JG1, JG2, and JG3 classes will be jumping off the pier*. Pier jumps are scheduled as follows.

AM Jr Lifeguards

- JG1 – 9:10 AM
- JG2 & JG3- 10:30 AM

PM Jr. Lifeguards

- JG1– 1:10 PM
- JG2 & JG3- 2:30 PM

***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!