



SAN CLEMENTE CITY JUNIOR LIFEGUARD NEWSLETTER

Session II – Week 2

July 5 - 9

Our second week of Junior Lifeguards was a blast! The weather was beautiful and the water temperature kept getting warmer by the day!

Week Two started off with lots of water time including surfing, bodyboarding, bodysurfing, and pier jumps! From there, the JG's split time between epic Capture the Flag and Tug-of-War games, learning about lifeguard operations and basic First Aid, and attending a special presentation on sharks.



Throughout the week, JG classes took turns visiting Tower 0 where they learned from a Marine Safety Officer how to carefully watch the water and efficiently communicate with other towers and headquarters using radio codes.

Additional topics covered during the week include:

- First Aid: lacerations and bleeding
- Oceanography: tides and marine life
- CPR
- Responding from the tower to prevents, rescues, and ordinances
- Demonstration of taking a victim through the pier

Week 2 highlights include snorkeling at the West Reef, taking a field trip to the

snack bar at T-Street, and taking out the Supsquatch.



The week wrapped up with a cool presentation by the Cal State University Long Beach Shark Lab. The JG's learned about shark anatomy and diet, how sharks are tagged, and how drones are utilized to study shark behavior along our coast.

Next week is the final week of Session II. JG photos will be handed out during class on Thursday. On Friday, the JG classes will be participating in a potluck. Feel free to send a snack with your JG to share with their AM or PM session. Awards will be given out in front of the Marine Safety Headquarters building. Parents are welcome to attend the awards ceremony!



SAN CLEMENTE JUNIOR LIFEGUARD PROGRAM

Junior Lifeguard Coordinator: *Raselle Chetwynd*
Office Specialist: *Sandy Larson*

Report Absences: MarineSafety@San-Clemente.org
JG Phone: 949.361.8261



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Up Next Week

- Tues. 7/13: Railroad Safety Presentation
- Wed. 7/14: Lieut./Capt./Cadet Field Trip with Captain Dave's Dolphin Safari
- Fri. 7/16: Awards Ceremony
AM group: 11:15am PM group: 3:15pm
- Pier jumps are tentatively on hold due to a high surf forecast for next week

San Clemente Lifeguard and Junior Guard Foundation

Making the San Clemente beach community a better place for all.

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About Us



The San Clemente Lifeguard & Junior Guard Foundation ([SCLJG](#))

MISSION -

Dedicated to enhancing the safety and well-being of visitors to the beach through education, developing and building community partnerships, and obtaining resources to directly support the San Clemente Marine Safety Division's Lifeguard and Junior Lifeguard programs. The Foundation also supports preservation of the history and memorabilia of San Clemente Lifeguarding.

Click [here](#) to become a SCLJG Foundation Member.

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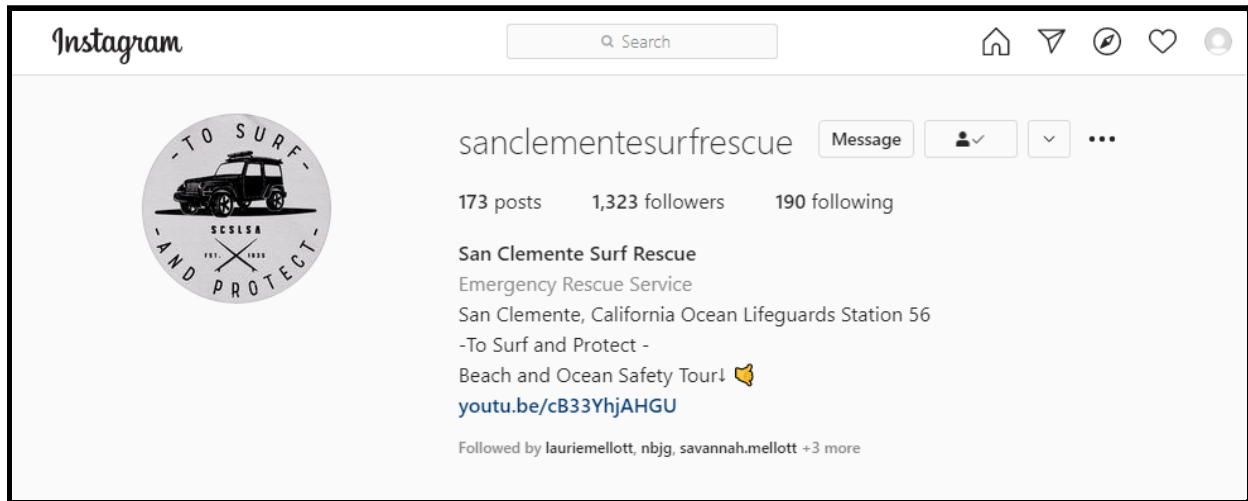
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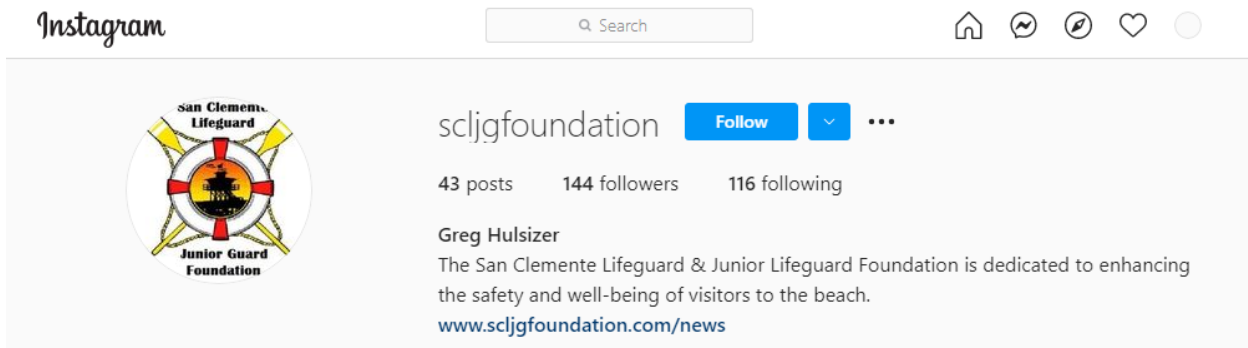
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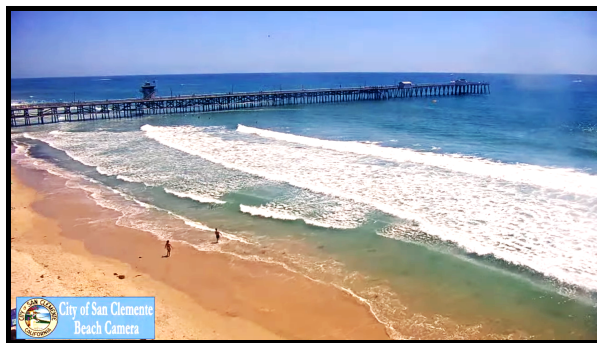
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[Follow our Lifeguard Association on Instagram - Sanclementesurfrescue](#)



[Follow San Clemente Lifeguard and Junior Guard Foundation on Instagram - scljgfoundation](#)



Click on the picture to view the live beach camera!

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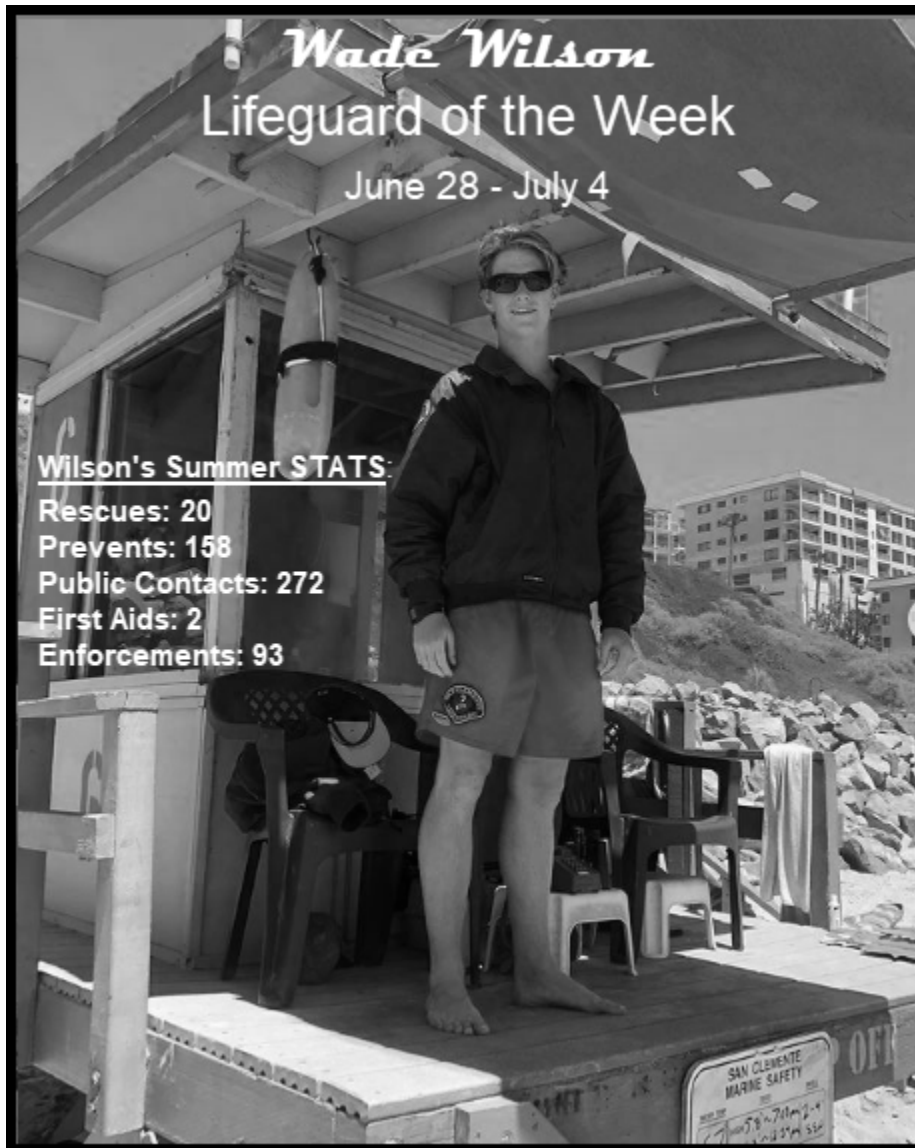
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