



SAN CLEMENTE CITY JUNIOR LIFEGUARD NEWSLETTER

Session III – Week 1

July 19 - 23

Session III is off to a fantastic start with high levels of excitement and energy among our Junior Guards. We are so happy to see everyone back at the beach and having fun with their old and new friends!

The week kicked off with an enthusiastic welcome from our awesome JG Coordinator, Raselle Chetwynd. Next, we had tryouts for the Lieutenant, Captain, and Cadet Program. Congratulations to the 31 JG's who completed the pier swim, mile run, and pier jump to join the program!

This week the weather was hot and the water was warm with water temperatures reaching 73 degrees! Perfect weather for the Junior Lifeguards to spend time in the water bodyboarding, surfing, and riding waves on our new Raptor Supsquatch -- a giant inflatable surfboard that fits up to 8 JG's and one instructor.



On Thursday, the JG I, JG II, JG III and Lieutenants, Captains, and Cadets jumped off the Pier! The same day the Lieutenants, Captains and Cadets practiced prone paddling on our new paddleboards! The JGs also enjoyed cool dryland activities like JailBreak, volleyball, and beach flags.



JG instructors covered important information with their classes, including:

- Junior Lifeguard Code of Conduct
- Lifeguard operations
- Lifeguard and Junior Lifeguard Competitions
- Rip currents
- Surfing and bodyboarding form and etiquette
- Safe water entry
- Basic First Aid
- Preventing spinal cord injuries
- Lifeguard rescues and pier rescues

On Friday, the John Wayne Cancer Foundation delivered their "Block the Blaze" presentation to each class. Each Junior Guard received a hat, sunscreen, and an informative booklet to share with their families.



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



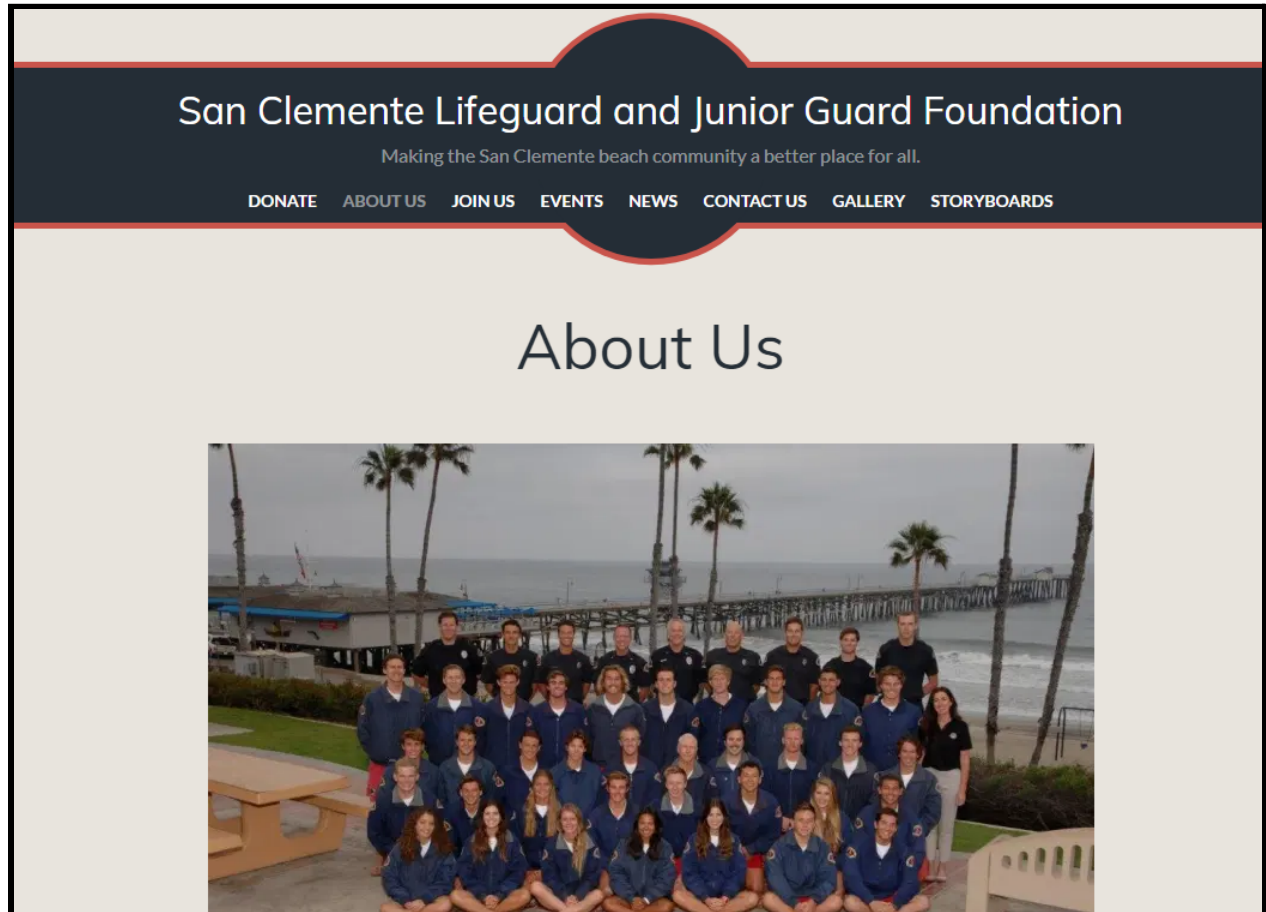
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Up Next Week

- CSULB's Shark Lab on Friday 7/30
- Tentative Pier Jumps 7/28 or 7/29



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

MISSION -

Is 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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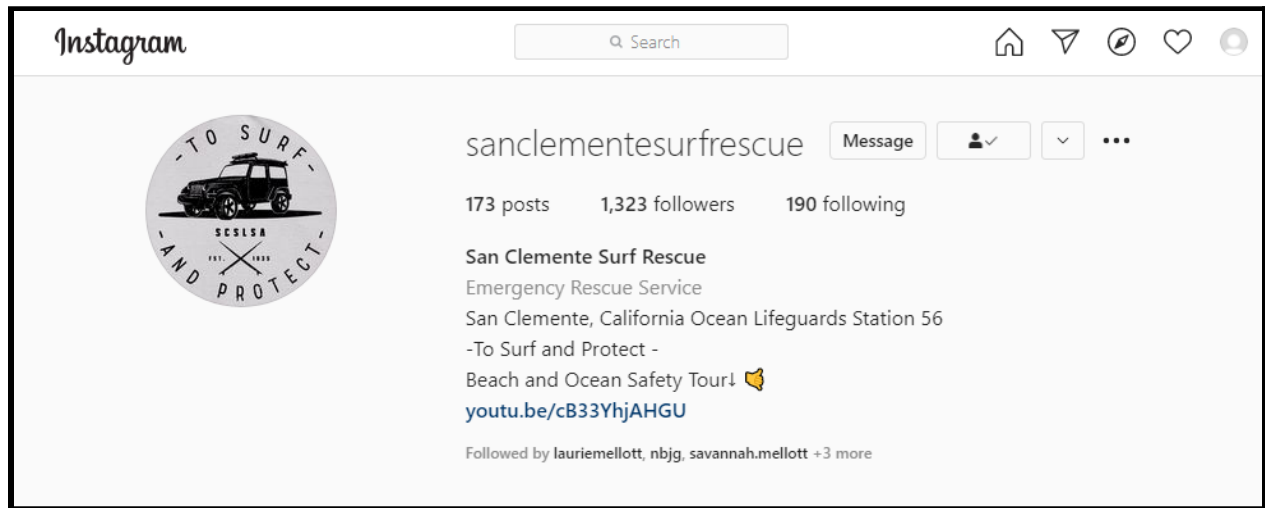
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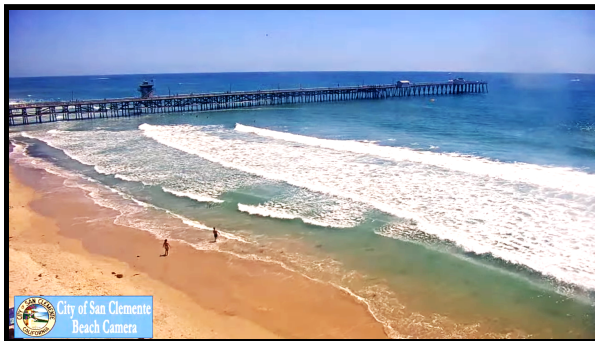
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[San Clemente Beach Camera](#)

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Spencer Herbert
Lifeguard of the Week
July 12th-18th



Spencer's Summer STATS:

Rescues: 39

Prevents: 587

Public Education Contacts: 316

Medical Aids: 8

Ordinance Enforcements: 158

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