



JUNIOR LIFEGUARD NEWSLETTER

Session I – Week 3

June 21-25

It's hard to believe that today is the last day of JG's! What an adventure the last three weeks have been. We enjoyed spending time with your great kids and hope they had fun learning about ocean safety, playing at the beach, and creating summertime memories with their friends. We look forward to seeing them again in a later session or next summer!

The surf was high this week, ranging from 3-6 feet each day, so we had lots of fun doing beach activities like volleyball, beach flags, relay races, sand soccer, sand castle building contests, and mega Tug-of-War. On Friday, the JG's enjoyed surfing and going out on the SUPsquatch.



Important lessons covered in class this week include:

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

Highlights from the week include a dolphin expedition with Captain Dave's Dolphin Safari, a train safety presentation from Operation Lifesaver, and of course, the end of the session potluck and awards ceremony! Thank you families for an awesome 3 weeks!



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

San Clemente Lifeguard and Junior Guard Foundation

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

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

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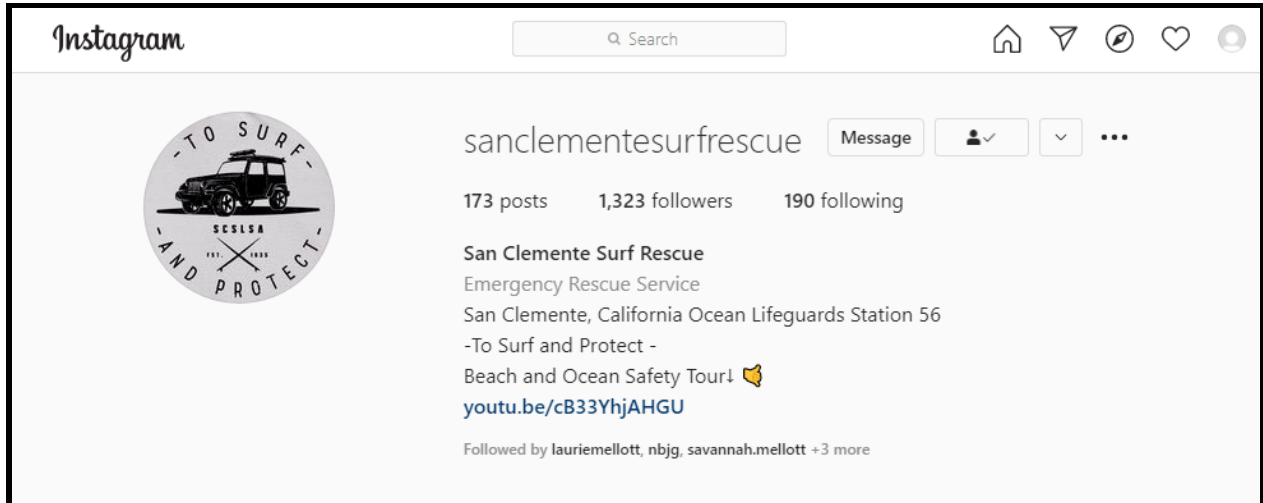
Dedicated to enhancing the safety and well-being of visitors to the beach through education, developing and building community partnerships, and obtaining resources to directly support the San Clemente Marine Safety Division's Lifeguard and Junior Lifeguard programs. The Foundation also supports preservation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

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

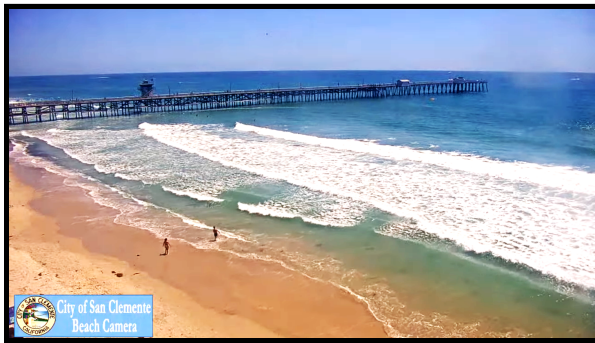
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