



# Junior Lifeguard Newsletter

Session 1 - Week 1, 2023

Summer 2023 Junior Guard's is off and running! We're so happy to see everyone back at the beach and we look forward to all the fun activities planned for the upcoming weeks!

The week kicked off with an enthusiastic welcome from our JG Coordinator, Jaden Blanc-Hall. Next, we held tryouts for the Lieutenant, Captain, and Cadet Program. Congratulations to the 28 JG's who completed the pier swim, mile run, and pier jump to join the program!



Lieutenants, Captains, and Cadets attend their first Thursday morning training. Photo Credit: Amanda Crilly

JG instructors covered many important topics with their classes this week:

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

Visit [www.San-Clemente.org/jg](http://www.San-Clemente.org/jg) for pier jump schedules and JG updates.



On Thursday, The John Wayne Cancer Foundation delivered their "Block the Blaze" presentation to each class and advised the kids on how to safe from the sun's harmful rays. Each JG received a hat and sunscreen.

**Pier Jumps for JG I classes and above are tomorrow, Friday 6/9!**

## AM Session

Hawbecker's JG I Class	9:15am
Douglas' JG I Class	9:15am
Lieutenants, Captains, and Cadets	9:15am

## PM Session

Garcia's JG II Class	1:15pm
Lieutenants, Captains, and Cadets	2:15pm
Gerardo's and Douglas' JG I Classes	2:15pm

## **\*Up Next Week\***

- Pier Jumps on Tuesday 6/13
- Shallow Water Blackout Presentation on Wednesday 6/14
- CSULB's Shark Lab on Friday 6/16

# 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**. Learn more about how **JG's started in San Clemente** [here](#). [Follow our Lifeguard Association on Instagram - Sanclementesurfrescue](#)

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-To Surf and Protect -

Beach and Ocean Safety Tour! 📍

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