



# Junior Lifeguard Newsletter

Session 2 - Week 2, 2023

Our second week of Junior Guards has been a blast! With the 4<sup>th</sup> of July holiday on Tuesday, there was plenty of excitement among our Junior Guards to last the whole week.

The JG I, JG II and LCC classes started off the week with pier jumps, while the Ripper classes took part in sand castle building contests and body boarding.



When the JG's weren't catching waves on their surfboards or the 9-person SUPsquatch, they had fun playing sand soccer, volleyball, nation ball, capture the flag, and competing in rescue relays.

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

- First Aid: lacerations and bleeding
- How to treat a C-Spine injury
- Oceanography: tides and marine life
- CPR
- Responding from the tower to prevents, rescues, and ordinances
- Tower 0 operations

On Friday, the Cal State Long Beach Shark Lab will visit our JG's and discuss shark behavior and how scientists track them.

**Sign up your JG for the San Clemente Ocean Games on July 19<sup>th</sup>! Register for Beach Flag, Surf Race, and Run-Swim-Run Competitions at [www.san-clemente.org](http://www.san-clemente.org).**

On Thursday morning, several of our JG's participated in a paddle-out honoring Ben Carlson, a Newport Beach Lifeguard, who died in 2014 while rescuing a swimmer.



Next week is the final week of Session 2. On Friday, the JG's will receive their photos and enjoy a potluck. Feel free to send a snack with your JG to share with others. Awards will be given out in front of the Marine Safety Headquarter building. Parents are welcome to attend the awards ceremony (11:15am for AM Session and 3:15pm for PM Session).

**\*Next Pier Jump: Monday, July 10th!\***

## AM Session

Stacy's and Flynn's JG II Classes	9:30am
Lieutenants, Captains, and Cadets	9:30am
Noyes' and Finnerty's JG I Classes	10:30am

## PM Session

Stacy's JG I Class	1:15pm
Lieutenants, Captains, and Cadets	1:15pm
Rose's and Desrosiers' JG I Classes	2:00pm
Finnerty's JG III Class/Flynn's JG II Class	3:00pm

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

- Railroad Safety Presentation on Tues. 7/11
- LCC Dolphin Safari Field Trip on Wed. 7/12
- JG Awards Ceremony on Friday 7/14  
AM Group: 11:15am PM Group: 3:15pm



## A Big Thank You to All of the Lifeguards Who Kept Our Beachgoers Safe on July 4<sup>th</sup>!

47 City of San Clemente Lifeguards logged 464 hours on the 4<sup>th</sup> of July. Here are some impressive stats for the busiest beach day of the year!

- 86 Rescues
- 1,900 Prevents
- 1,050 Public Eds
- 20 First Aids
- 837 Law Enforcement Contacts

## 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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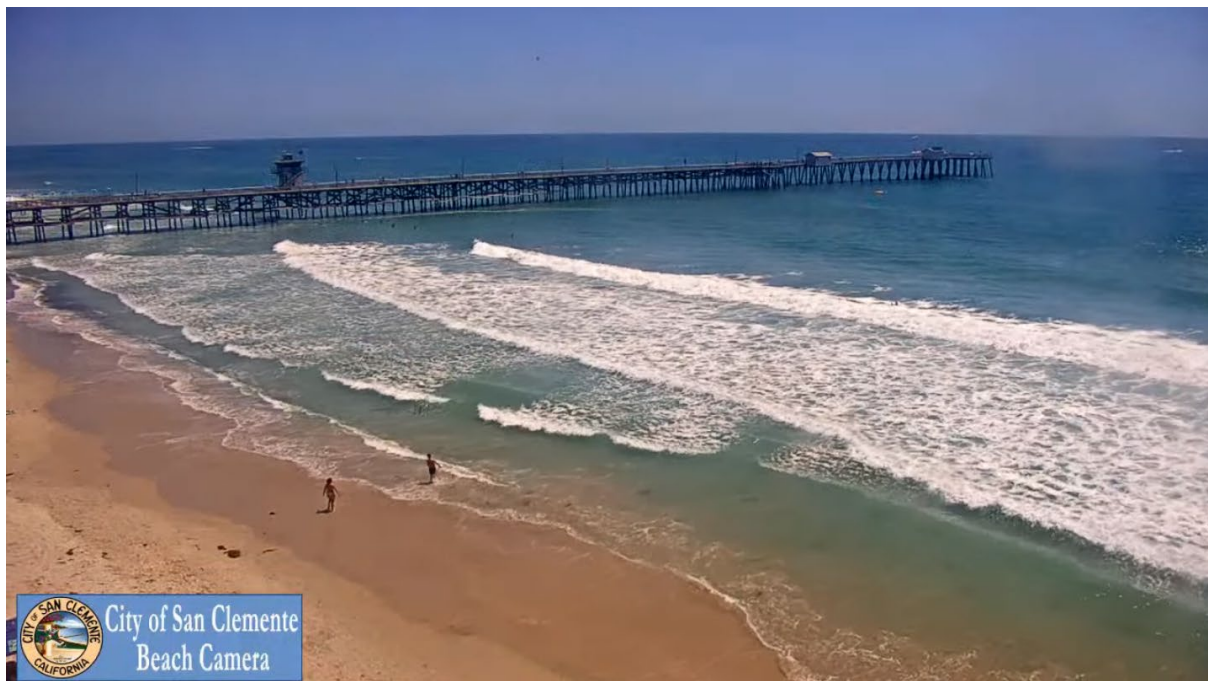


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San Clemente, California Ocean Lifeguards Station 56  
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