



# Junior Lifeguard Newsletter

Session 3 - Week 1, 2023

The first week of Session III has been a blast! The sun's out, the water is warm, and it's great to see so many smiling Junior Guard faces at the beach. We can't wait for all the fun activities planned for the weeks ahead!

The week kicked off with an enthusiastic welcome from our JG Coordinator, Raselle Chetwynd. Next, we held tryouts for the Lieutenant, Captain, and Cadet Program. Congratulations to the 36 JG's who completed the pier swim, mile run, and pier jump to join the program!



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 and advised the kids on how to protect their skin from the sun. Each JG received a cool green hat and sunscreen.

**Pier Jumps for JG I classes and above are tomorrow, Friday 7/21!**

## AM Session

Gerardo's, Hathaway's, and Rose's JG I Classes	9:30am
McMains' JG II Class	11:00am
Roeber's JG II/III Class	11:00am
Lieutenants, Captains, and Cadets in Ripper Classes	11:00am

## PM Session

Gerardo's and McMains' JG I Classes	1:30pm
Rose's JG II Class	3:00pm
Finnerty's JG II/III Class	3:00pm
Lieutenants, Captains, and Cadets in Ripper Classes	3:00pm

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

- Pier Jumps on Wednesday 7/26
- CSULB's Shark Lab on Friday 7/28

# 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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San Clemente Surf Rescue

Emergency Rescue Service

San Clemente, California Ocean Lifeguards Station 56

-To Surf and Protect -

Beach and Ocean Safety Tour! 📍

[youtu.be/cB33YhjAHGU](https://youtu.be/cB33YhjAHGU)

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