



# Junior Lifeguard Newsletter

Session 1 - Week 1, 2024

Summer 2024 Junior Guard's is off to a great start! 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 Andrew Mansoor, our new JG Coordinator. Next, we held tryouts for the Lieutenant, Captain, and Cadet Program. Congratulations to the 17 JG's who completed the pier swim, mile run, and pier jump to join the program!



On Tuesday, JG I and JG II classes completed the first pier jumps of the summer! Please check out the awesome OC Register [article](#) by Laylan Connelly covering this exciting event!



On Thursday, The John Wayne Cancer Foundation delivered their "Block the Blaze" presentation to each class and taught the kids how to protect their skin from the sun. Each JG received a hat and sunscreen.



JG's learned about the following topics in class 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

**Reminder:** Please do not park at the red curb at Linda Lane or the Pier Bowl during pick-up. If you are waiting for your child, you will need to find an alternate parking spot.

## \*Up Next Week\*

- Last Swim Test for New JG's 6/18
- Pier Jumps on Wednesday, 6/19  
AM: JG I's @ 9:45am  
JG II/III's @ 10:30am  
PM: All JG I's and JG II/III's @ 2:00pm
- CSULB's Shark Lab on Friday 6/21

# 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! 📍

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