



FOR IMMEDIATE RELEASE:  
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# City of San Diego's Junior Lifeguard Program Prepares Teens to Teach Lifesaving Skills

## INTERNS TAKE ON LEADERSHIP ROLE IN MONTH-LONG SUMMER CAMP

SAN DIEGO – On Thursday, Aug. 15, attendees of the popular City of San Diego Junior Lifeguard Program will have the opportunity to shadow Junior Lifeguard interns for a day of mentorship and learning. The Junior Lifeguard Program teaches children between the ages of seven and 17 important life and safety skills, including water rescue techniques, first aid and CPR. In many cases, former participants in the program become seasonal lifeguards and ultimately professional lifeguards with San Diego Fire Department or other agencies.

This year marks the first time since the program's inception that female interns make up the majority of the 26 teens hired and paid to support City lifeguard staff during the program's two, four-week aquatic education sessions during the summer.

Northern California resident Ava Smith is one of several teens to come back as a paid intern this season after attending the camp as a junior lifeguard over the course of several summers. Smith has always made the best of her time in San Diego, eventually developing a desire to mentor and guide junior lifeguards.

Last year, she channeled her ambitions by applying for the competitive intern program. When she was not accepted, she did not give up. She continued to perfect her skills, and a year later, achieved her goal of becoming a junior lifeguard intern.

**"The Junior Lifeguard Program is a unique learning opportunity for young men and women in San Diego, and our interns are an expression of that," said Lifeguard Chief James Gartland. "Junior**

**lifeguards look up to interns and find inspiration in knowing that hard work and dedication will often yield personal growth and leadership roles.”**

**WHAT:** San Diego Junior Lifeguard Program, Cadet to Intern Day

**WHO:** James Murphy, San Diego Junior Lifeguard Program Coordinator  
Doug Smith, San Diego Junior Lifeguard Program Intern Coordinator  
Ava Smith, San Diego Junior Lifeguard Program Intern

**WHEN:** Thursday, Aug. 15, 2019, 8:30 – 11:30 a.m.

**WHERE:** Santa Clara Recreation Center  
1008 Santa Clara Place  
San Diego, CA 92109

**VISUALS:** Interviews with program coordinator James Murphy, intern coordinator Doug Smith and program intern Ava Smith.  
Videotaping of interns training (swim and run, first aid).

The [Junior Lifeguard Program](#) is funded by the City of San Diego with support from the Prevent Drowning Foundation of San Diego.

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