



FOR IMMEDIATE RELEASE
Monday, July 12, 2021

City of San Diego Lifeguards Kick Off Annual Hawaii Day Event

FUNDRAISER ENCOURAGES JUNIOR LIFEGUARDS TO RUN, SWIM AND PADDLE THE DISTANCE FROM SAN DIEGO TO HAWAII

SAN DIEGO – On Wednesday, July 14, 2021, San Diego Fire-Rescue lifeguards will present the annual Hawaii Day fundraiser to benefit the San Diego Junior Lifeguard Program and the Prevent Drowning Foundation of San Diego. The event encourages junior lifeguards to collectively swim, run and paddle the 2,500 miles it would take to reach Hawaii.

“The Junior Lifeguard Program is a meaningful and fun opportunity for young men and women,” said SDFD Lifeguard Chief James Gartland. “Many of the participants return year after year and often become professional lifeguards. They have a great time with our lifeguards at the beach and learn so many valuable skills.”

Through the program, young men and women ages 7 to 17 have the opportunity to learn from professional lifeguards. There are two, four-week aquatic education sessions offered each summer. Junior lifeguards learn how to enjoy the beach safely, basic first aid, CPR, water rescue techniques and beach area familiarity. The skills they learn in this program stay with them throughout their entire lives. Often, former junior lifeguards will become seasonal lifeguards and ultimately professional lifeguards with SDFD or other agencies.

The Hawaii Day event is one of many fun experiences the kids have. Junior guards also jump from the Ocean Beach Pier, operate kayaks, learn about lifeguard boats and visit a variety of San Diego’s beautiful beaches. The junior guards are managed by a team of SDFD lifeguards who are chosen based on their work history, lifeguarding experience and desire to work as a Junior Lifeguard Program instructor.

Hawaii Day also highlights the Aloha Spirit – the idea that “aloha” means much more than a greeting or farewell. It’s mutual regard and caring for everyone in our world by extending kindness without expecting anything in return.

The [Junior Lifeguard Program](#) is funded by the City of San Diego with support from the [Prevent Drowning Foundation of San Diego](#) (PDF). PDF has a goal of teaching every child in San Diego how to swim. The organization provides scholarships for underserved youth who often don't get to visit the beach.

WHAT: SD Junior Lifeguards Hawaii Day media availability

WHO: Heather Rabe Worms, Program Manager, San Diego Junior Lifeguards
Doug Smith, Intern Coordinator, San Diego Junior Lifeguard Program
Junior lifeguards ages 9 to 13

WHEN: Wednesday, July 14, 2021, 8:30–10:30 a.m.

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

Please RSVP to munozm@sandiego.gov and we will dedicate a parking spot for your vehicle. The parking at Santa Clara Rec is challenging so we can only provide one space for each media outlet.

VISUALS: San Diego Junior Lifeguards participating in warm-up routines, running, swimming and paddling to raise money for the Prevention Drowning Foundation.

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