

# 2010

## JUNIOR LIFEGUARD PROGRAM SESSION 2



**“SKILLS FOR LIFE”**

### STUDENT FIELD TRAINING GUIDE

NAME	GROUP	INSTRUCTOR

## CONTACT INFORMATION

San Diego Junior Lifeguard Address: 1008 Santa Clara Place  
San Diego, CA. 92109

San Diego Junior Lifeguard Telephone Number: (858) 581-7861

Internet Site: <http://www.sandiego.gov/lifeguards/junior/index.shtml>

Email Address: [sdjuniorguards@sandiego.gov](mailto:sdjuniorguards@sandiego.gov)

San Diego Lifeguard Service Beach/Weather Report (Recording): (619) 221-8824

## MANAGEMENT TEAM FOR 2010

JG Director: Greg Buchanan  
JG Manager: James Murphy  
JG Coordinator: Matt Jackson

## FREQUENTLY ASKED QUESTIONS (FAQ)

- Where should I drop-off and pick-up JGs?**  
Carpool JGs should be dropped off in the parking lot on the south side of the Santa Clara Recreation Center (near the SDJG Office). Single JGs should be dropped off near the grass park [warm-up area] on the north side of the Recreation Center. As you enter the parking lot, signs will direct you where to go to drop-off/pick-up JGs. **Please use extreme caution (never exceeding 5 mph) when driving near the Santa Clara Recreation Center.**
- Where is the Lost & Found?**  
The lost and found containers are located on the bayside [east] of the Santa Clara Recreation Center. Valuables will be secured by SDJG staff.
- What if a JG needs to arrive late or leave early on a particular day?**  
For safety and accountability reasons, please coordinate this with the instructor.

## NOTIFICATION PROCEDURE WHEN ABSENT

1. Whenever possible, notify instructor with an absent card [index card] completed by a parent/guardian at least two days in advance of the planned absence.
2. If the absence is due to unforeseen circumstances, please provide an absent card [index card] with the following information when the JG returns:
  1. JG's full name.
  2. Instructor's name.
  3. Date[s] of absence.
  4. Explanation [If needed].
  5. Parent/Guardian's signature and name printed.

# FIELD TRAINING GUIDE (FTG)

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## **MISSION STATEMENT**

We are a team of professional Lifeguards, providing a fun and safe aquatic education to the youth of San Diego by developing:

- Confidence
- Mental and physical fitness
- Respect for one another and the coastal environment



**“SKILLS FOR LIFE”**

## **INTRODUCTION TO THE SAN DIEGO JUNIOR LIFEGUARD PROGRAM**

Welcome to the San Diego Junior Lifeguard season! The San Diego Junior Lifeguard program is regarded as one of the finest open water safety training programs for children and young adults in the nation. Since being established in 1991, our primary goal has been to provide “*SKILLS FOR LIFE*” for San Diego’s youth. In addition to life skills, the program also provides an important first step towards the development of future lifeguards.

Junior Lifeguard activities include: swimming, paddling, running, bodysurfing, body boarding, surfing, kayaking, water rescue training, first-aid training, competitions, and general ocean safety. Other program activities include the advancement of goal setting, teamwork and self-confidence.

The SDJG program provides an important educational and outreach function for the City of San Diego. The SDJG program is a part of the San Diego Lifeguard Service, a division of the San Diego Fire-Rescue Department. As a part of the San Diego Lifeguard Service, the program maintains an excellent team of instructors, all of whom are United States Lifesaving Association (USLA) certified open-water lifeguards. In addition, each instructor is at minimum a certified Emergency Responder.

This Field Training Guide (FTG) will guide you through the next four weeks and assist you in planning for upcoming events. Use the FTG to help understand the programs policies, procedures, and requirements. Your FTG will serve as a record of your progress and improvement. Parents, we encourage you to review the FTG regularly with your Junior Lifeguard. Once again, welcome to the San Diego Junior Lifeguard season!

## **OVERVIEW OF THE SAN DIEGO LIFEGUARD SERVICE**

The San Diego Lifeguard Service was created in 1917 and charged with the mission of safeguarding San Diego's beaches, bays, and channels from the tip of Point Loma to Torrey Pines State Beach. The San Diego Lifeguard Service operates permanent stations at most San Diego City beaches including: Ocean Beach, South Mission Beach, Mission Beach, Pacific Beach, North Pacific Beach, Children's Pool, La Jolla Cove, La Jolla Shores, Black's Beach, a Boating Safety Unit, and our headquarters located on Mission Bay. In addition, numerous seasonal stations are staffed during the summer on Mission Bay, Windansea, and Marine Street.

Today, the San Diego Lifeguard Service employs approximately 300 lifeguards, including 70 year-round lifeguards. SDLG is on duty 24 hours a day, 365 days a year. Lifeguard responsibilities include water rescue, vessel rescue, coastal cliff rescue, swift water rescue, SCUBA search and rescue, marina and boat fire suppression, and any other beach and water related emergencies. Additional responsibilities include enforcement of beach laws, vessel laws, fish and game laws. In a typical year, San Diego lifeguards make approximately 8,000 water rescues.

Additionally, the Lifeguard Service has three specialty teams:

- The Dive Rescue Team is composed of lifeguards who have special training in underwater search and rescue. Team members are able to rapidly respond to submerged swimmers, missing divers, sunken boats, cars, and planes. They are also trained in evidence recovery.
- The River Rescue Team is responsible for all swift water rescues throughout the county. Team members are also on the Urban Search & Rescue (USAR) team, which responds nationwide to assist with severe flood conditions.
- The Cliff Rescue Team is composed of lifeguards who specialize in cliff rescues, which happen often along our expansive coastline.

Our service operates one of San Diego's four 24-hour 911 dispatch centers. In addition to handling beach, water, and cliff related 911 emergency telephone calls, the San Diego Lifeguard Service also serves as the Mission Bay Harbor Master and monitors marine radio calls for vessels requesting assistance. We will respond to vessels in trouble up to three miles offshore.

The USLA has certified the San Diego Lifeguard Service as meeting its recommended guidelines and standards for open water lifeguard agencies. San Diego Lifeguard Service provides excellent employment opportunities. Participation in the SDJG program will give insight and experience to the challenges of being a San Diego Lifeguard, improving one's chances of becoming an ocean lifeguard. Each year the San Diego Lifeguard Service hires several JG program alumni as Junior Lifeguard Interns; this position can be a stepping-stone towards becoming a Seasonal Lifeguard. Career development and interview training are available to all program participants who plan to pursue a career in lifeguarding or any safety service.

# **SAN DIEGO JUNIOR LIFEGUARD CODE OF CONDUCT**

**For the SDJG program to provide a safe and effective learning environment, all San Diego Junior Lifeguards [JGs] must abide by the following rules:**

1. Report each day in a clean and neat uniform. Only uniform items may be worn.
2. Always be on time at the specified location. **See Calendar of Events.**
3. Be courteous and respectful to instructors, fellow JGs, and most importantly, the public.
4. Follow directions given by instructors and/or lifeguards.
5. No cell phones are allowed during class. They are acceptable before or after class or during an emergency.
6. Do not bring valuables to class.
7. Always address SDJG instructors by their appropriate title: "Mr., Miss, Mrs."
8. Do not use JG equipment without permission and treat all JG equipment with extreme care.
9. Do not take other people's things without permission.
10. Do not engage in inappropriate behavior or use inappropriate language.

## UNIFORM POLICY AND REQUIREMENTS

Junior Lifeguards (JGs) must report each day in the required uniform. JGs not conforming to policy will not be allowed to participate that day. For safety reasons, there will be **NO EXCEPTIONS!**

1. All JGs must wear a SDJG (yellow) uniform T-shirt or uniform rash guard. **No other shirts are permitted.**
2. Girls must wear a red one-piece with a SDJG patch sewn on the left front. Two-piece swimsuits may be worn, but must first be approved by the JG Manager.
3. Girls **may only wear red shorts** over their suits. The shorts must have a SDJG patch sewn on the left front. **Shorts may not have any trim or designer logos.** Small brand tags are acceptable.
4. Boys must wear red shorts with a SDJG patch sewn on the left front. **Shorts may not have any trim or designer logos.** Small brand tags are acceptable.
5. All shorts must be worn appropriately and around the waist. Boys may not have any undergarments showing.
6. Additional required items include: proper foot protection (athletic style shoes or sandals), swim fins (SDJG recommends Duck Feet), sunscreen, a pen, and Field Training Guide (FTG).
7. Any optional uniform items must be official SDJG issue. Wetsuits may only be worn with an official SDJG rash guard.
8. All personal gear should be marked with your first and last name. The SDJG program and staff are not responsible for any lost uniform items or personal property.
9. **No jewelry** – to include [but not limited to] necklaces, earrings, rings, or bracelets may be worn during JG operations.



# DISCIPLINE POLICY (SAMPLE)

Depending on the seriousness of the violation, disciplinary action will be progressive and may begin at any of the following steps. However, discipline for misconduct may not be limited to just the Discipline Policy. The following are steps in disciplining a JG:

1. **Oral counseling** (warning) from Instructor.
2. **Written counseling** from Instructor. The parent/guardian will be notified of the counseling by the Instructor as well as the Coordinator and Manager.
3. **Joint counseling** from Instructor and Manager/Coordinator. Parent/guardian will be notified of the counseling and a meeting with the parent/guardian will be required. In addition, the SDJG Director will be notified of the counseling and subsequent meeting.
4. **Possible suspension.**
5. **Approved expulsion.**

Disciplinary action will be fully documented and parent/guardian will be informed of all actions taken. At any time during the process, the student and/or parent/guardian may request a meeting to be held with the SDJG team.

**I have read and understand the SDJG Code of Conduct, Uniform Policy, and Discipline Policy.**

Junior Lifeguard Signature: (Sample) \_\_\_\_\_

Date: \_\_\_\_\_

\_\_\_\_\_  
Print Name

Parent/Guardian Signature: (Sample) \_\_\_\_\_

Date: \_\_\_\_\_

\_\_\_\_\_  
Print Name

The Code of Conduct, Uniform Policy and Discipline Policy will be explained to JGs by the end of the second day. **This form must be completed, signed, and turned in to your instructor by day three of the session.**

# MEDICAL INFORMATION (Sample)

The purpose of this document is to help ensure that we provide the safest possible environment for our JGs. Please complete the last page in this FTG and return to your instructor.

**Please print legibly.**

Name: (Sample) \_\_\_\_\_

Please check the appropriate boxes and explain below if your child (dependent) is currently:

- Under a doctor's care?

Doctor's name \_\_\_\_\_ Phone \_\_\_\_\_

Reason \_\_\_\_\_

- Required to take any prescribed medications?

What medication? \_\_\_\_\_ When \_\_\_\_\_

- Have any other physical limitations or needs we should know about?

Explain \_\_\_\_\_

- Allergies? \_\_\_\_\_

Additional Information \_\_\_\_\_

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This information will remain confidential and will only be used by the SDJG program. **This form must be completed, signed, and turned in to your instructor by day three of the session.**

# CONTACT, TRANSPORTATION, & PICK-UP INFORMATION (Sample)

Please complete and return to instructor. **(Please print legibly)**

JG Name: \_\_\_\_\_ JG's Cell Phone \_\_\_\_\_

Age: \_\_\_\_\_ Sex: M F Session: \_\_\_\_\_ AM PM

Instructor: \_\_\_\_\_

Please check the appropriate boxes:

- Will be picked up daily by parent / guardian. (Include Additional Phone Numbers)  
Parent/guardian name(s): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

- Will be part of a carpool.

Carpool driver's name(s): (Include Additional Phone Numbers)

\_\_\_\_\_  
\_\_\_\_\_

- Will walk, ride a bicycle, or drive a vehicle. (Circle mode of transportation)

- Other (Please explain): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

We understand that circumstances may require adjustments in your transportation plans on certain days. In such cases, please have the JG bring their instructor a signed note by a parent/guardian authorizing the change.

Parent/guardian signature: \_\_\_\_\_ Date \_\_\_\_\_

Print name: \_\_\_\_\_

Emergency contact number[s]: \_\_\_\_\_

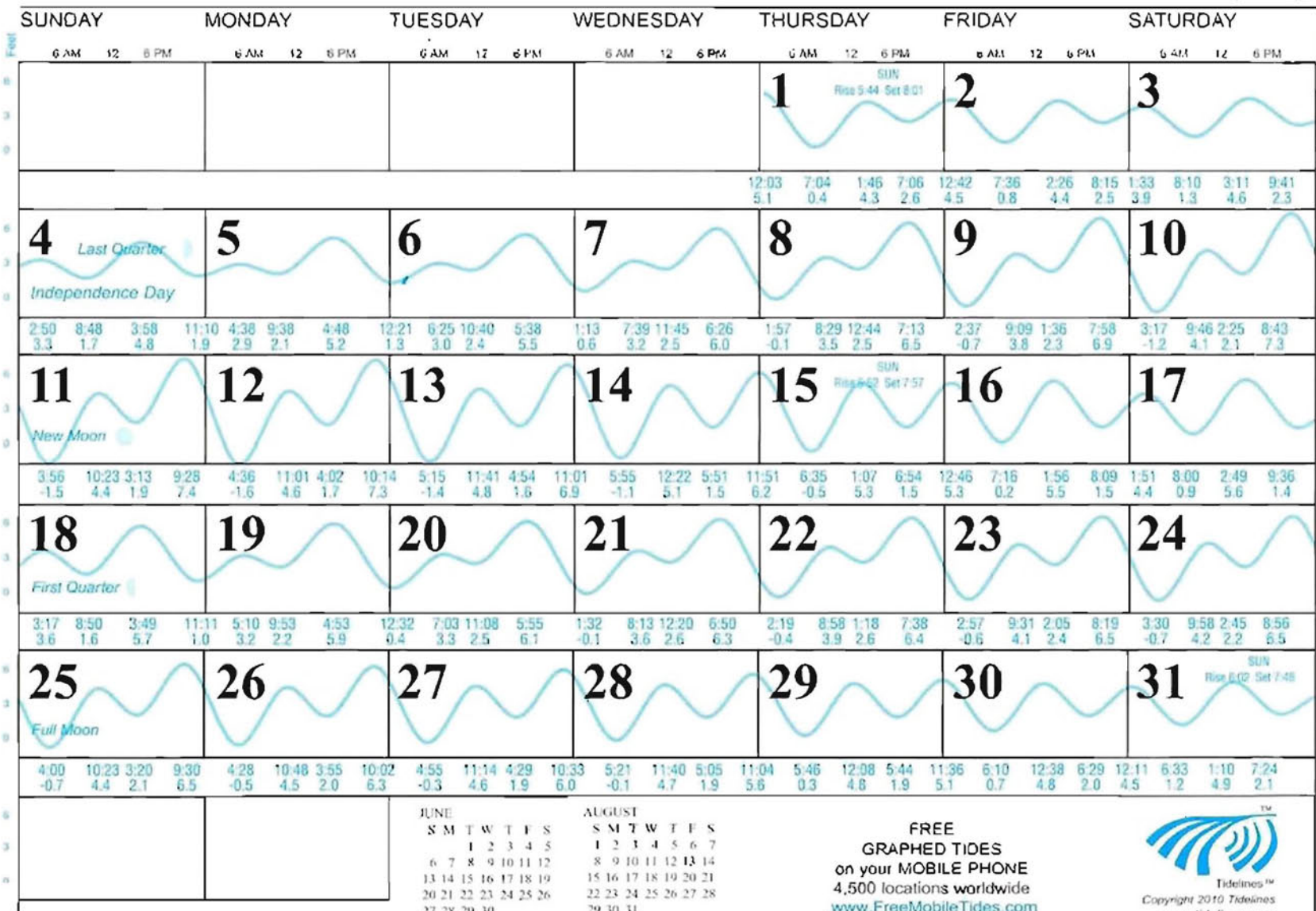
This information will remain confidential and will only be used by the SDJG program. This form must be completed, signed, and turned in to your instructor by day three of the session.

**San Diego Junior Lifeguards  
Session 2  
Calendar of Events  
2010**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<u>July 26</u> <b>Division Evaluation Day</b>	<u>July 27</u> <b>Group Orientation Day</b>  Health & Wellness Goal Setting Day	<u>July 28</u>	<u>July 29</u> <b>A's</b> South Mission Beach Surf Day  <b>B's</b> Fin Painting Day  <b>C's</b> Parents Meet the Instructors Day	<u>July 30</u> <b>Picture Day</b>  <b>C's</b> Fin Painting Day  <b>A's</b> First Aid Day
<u>Aug 2</u> <b>C's</b> South Mission Beach Surf Day  <b>B's</b> First Aid Day	<u>Aug 3</u> <b>B's</b> South Mission Beach Surf Day  <b>C's</b> First Aid Day	<u>Aug 4</u> <b>Cove Day</b>	<u>Aug 5</u> <b>A's</b> South Mission Beach Surf Day	<u>Aug 6</u> <b>Safety Service Day</b>
<u>Aug 9</u> <b>C's</b> South Mission Beach Surf Day	<u>Aug 10</u> <b>B's</b> South Mission Beach Surf Day  <b>A's</b> SEAL Team Challenge	<u>Aug 11</u> <b>OB Day</b>	<u>Aug 12</u> <b>A's</b> South Mission Beach Surf Day  <b>B's &amp; C's</b> orientation from the San Diego Canoe & Kayak Team at Santa Clara	<u>Aug 13</u> <b>Environmental Awareness Day</b>
<u>Aug 16</u> <b>C's</b> South Mission Beach Surf Day  <b>A's</b> visit San Diego Canoe & Kayak Team HQ [report to Fiesta Island]	<u>August 17</u> <b>B's</b> South Mission Beach Surf Day	<u>August 18</u> <b>Hawaii Day</b>	<u>August 19</u> <b>La Jolla Shores Day</b>  <b>Pieter Koonings Memorial BBQ</b>	<u>August 20</u> <b>Graduation Day</b>

# JULY

# 2010

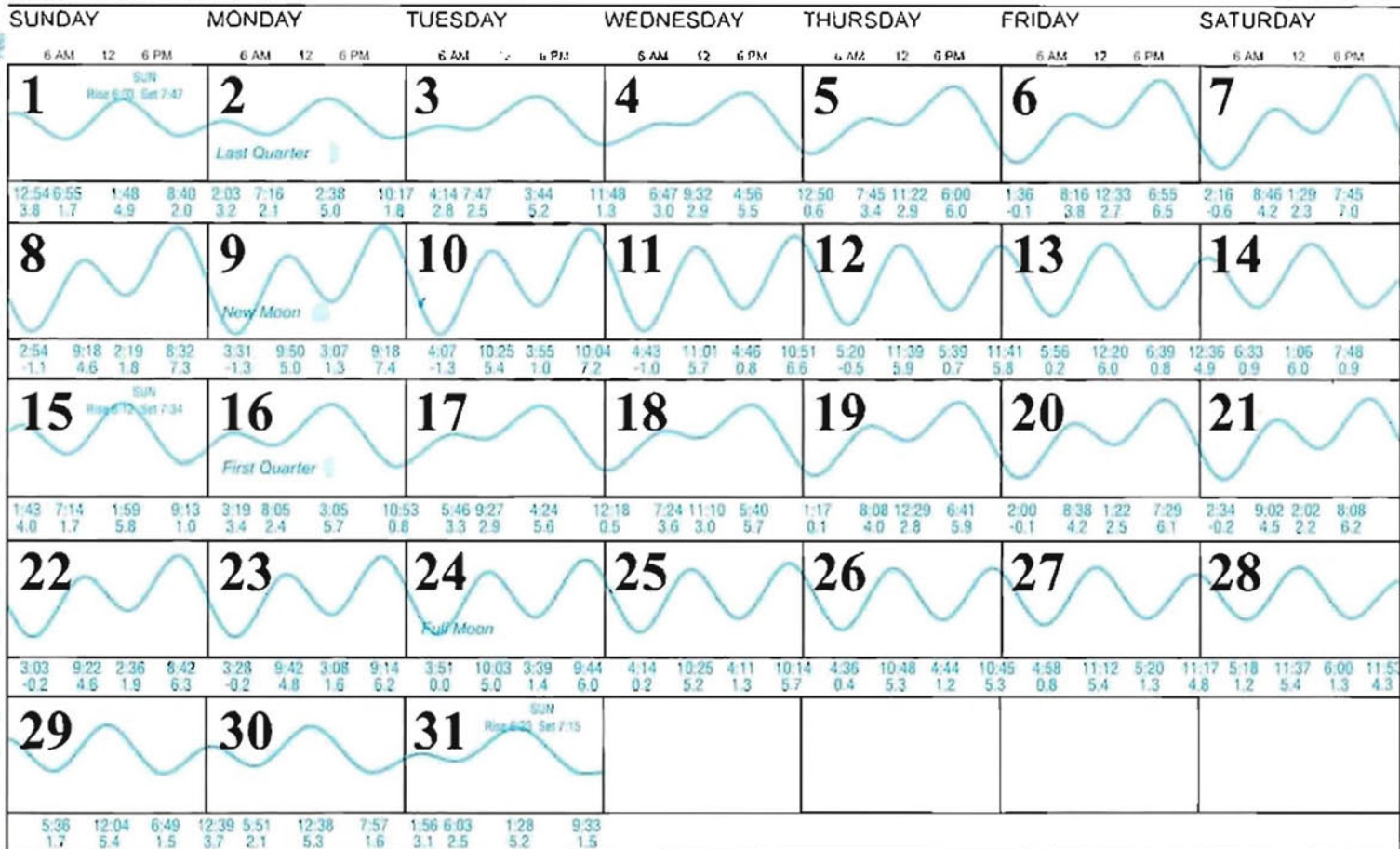


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# AUGUST

# 2010



JULY	SEPTEMBER
S M T W T F S	S M T W T F S
1 2 3	1 2 3 4
4 5 6 7 8 9 10	5 6 7 8 9 10 11
11 12 13 14 15 16 17	12 13 14 15 16 17 18
18 19 20 21 22 23 24	19 20 21 22 23 24 25
25 26 27 28 29 30 31	26 27 28 29 30

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# SOUTH MISSION BEACH SURF DAYS

## SAN DIEGO JUNIOR LIFEGUARD PROGRAM

**DATE:** \*See Calendar for selected dates and groups.

**TIME:** AM Classes 8:30 AM – 12:00 AM  
PM Classes 1:00 PM – 4:30 PM

**LOCATION:** South Mission Beach just north of the lifeguard tower and the Mission Bay entrance jetty.

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### \*DO NOT go to Santa Clara Recreation Center\*

On select days groups will report directly to South Mission Beach for JG activities. Please review the calendar for specific dates and groups. South Mission Beach activities will include surfing, paddling, stand-up paddling [SUP], snorkeling, and other physical activities.

**PICK UP AND DROP OFF TIMES:** A.M. Classes: 8:30 to 12:00  
P.M. Classes: 1:00 to 4:30

**DIRECTIONS:**

Directions are basically the same as those to reach at the Santa Clara Recreation Center [JG Headquarters]. However, when you reach Mission Boulevard continue south past the roller coaster until you reach the 2600 block of Mission Boulevard where the street dead ends at the Mission Bay jetty. Turn right into the parking lot. The South Mission Beach lifeguard tower address is 700 North Jetty Drive, San Diego, California, 92109.

**What to bring:**

PERSONAL SURFBOARD, WETSUIT, MASK AND SNORKEL (IF YOU HAVE THEM); AND ALL OTHER REQUIRED JG EQUIPMENT.

**NOTE: Traffic and parking can be a problem.** Prepare yourself for a quick drop-off and pick-up and early arrival to help alleviate the traffic jams that often occur. Please do not park illegally. Parking laws are strictly enforced in this area.

# LA JOLLA COVE DAY

## SAN DIEGO JUNIOR LIFEGUARD PROGRAM

**DATE:** See Calendar

**TIME:** A.M. Classes: 8:30 to 12:00  
P.M. Classes: 1:00 to 4:30

**LOCATION:** LA JOLLA COVE (SCRIPPS PARK - 1100 COAST BLVD.)

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### **\*DO NOT go to Santa Clara Recreation Center\***

The coast of La Jolla is regarded as one of the most spectacular attractions in all of California. Junior Guards will spend the day learning about the opportunities and hazards that exist along this beautiful rocky coastline known in lifeguard lingo as "The Rocks." JGs will tour "The Rocks" both above and below the water by hiking, swimming, skin diving, and exploring caves. In addition, JGs will have a chance to meet some of the local marine mammals.

**PICK UP AND DROP OFF TIMES:** A.M. Classes: 8:30 to 12:00  
P.M. Classes: 1:00 to 4:30

#### **DIRECTIONS:**

**From the South:** Take Interstate 5 North and take La Jolla Parkway West (52 west). Go straight onto Torrey pines Rd. and turn right onto Prospect St. Follow the signs to La Jolla Cove. 1100 Coast Blvd.

**From the North:** Take Interstate 5 South and exit at La Jolla Village Rd. and go west. Turn left onto Torrey Pines Rd. Turn right onto Prospect St. and follow the signs to La Jolla Cove located at 1100 Coast Blvd.

**MTS** bus service to La Jolla Cove is available on routes 30 and 34. Get off at Girard St. and Silverado St. bus stop, walk west on Girard down the hill to Scripps Park. Allow 10 minutes for the walk.

#### **What to bring:**

WETSUIT, MASK AND SNORKEL (IF YOU HAVE THEM); AND ALL OTHER REQUIRED JG EQUIPMENT.

**NOTE: Traffic and parking will be a problem.** Prepare yourself for a quick drop-off and pick-up and early arrival to help alleviate the traffic jams that often occur. Please do not park illegally. Parking laws are strictly enforced in this area.



# OCEAN BEACH DAY

## SAN DIEGO JUNIOR LIFEGUARD PROGRAM

**DATE:** See Calendar

**TIME:** A.M. Classes: 8:30 to 12:00  
P.M. Classes: 1:00 to 4:30

**LOCATION:** Ocean Beach Lifeguard Station (1950 ABBOTT ST.)

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### **\* DO NOT go to Santa Clara Recreation Center\***

Ocean Beach (OB to the locals) is the birthplace of the San Diego Lifeguard Service and has been one of San Diego's busiest beaches for lifeguards over the years. OB has several rock jetties that extends out into the ocean where rip currents consistently form, making OB a dangerous place for people to swim. There is also a large fishing pier (the longest on the U.S. west coast) at the south end of the beach. Occasionally, Lifeguards must jump from this pier to make water rescues. As a part of the day's activities, all JG groups will have an opportunity to experience jumping off the pier.

#### **PICK UP AND DROP OFF TIMES:**

**AM Classes: 8:30 to 12:00**

**PM Classes: 1:00 to 4:30**

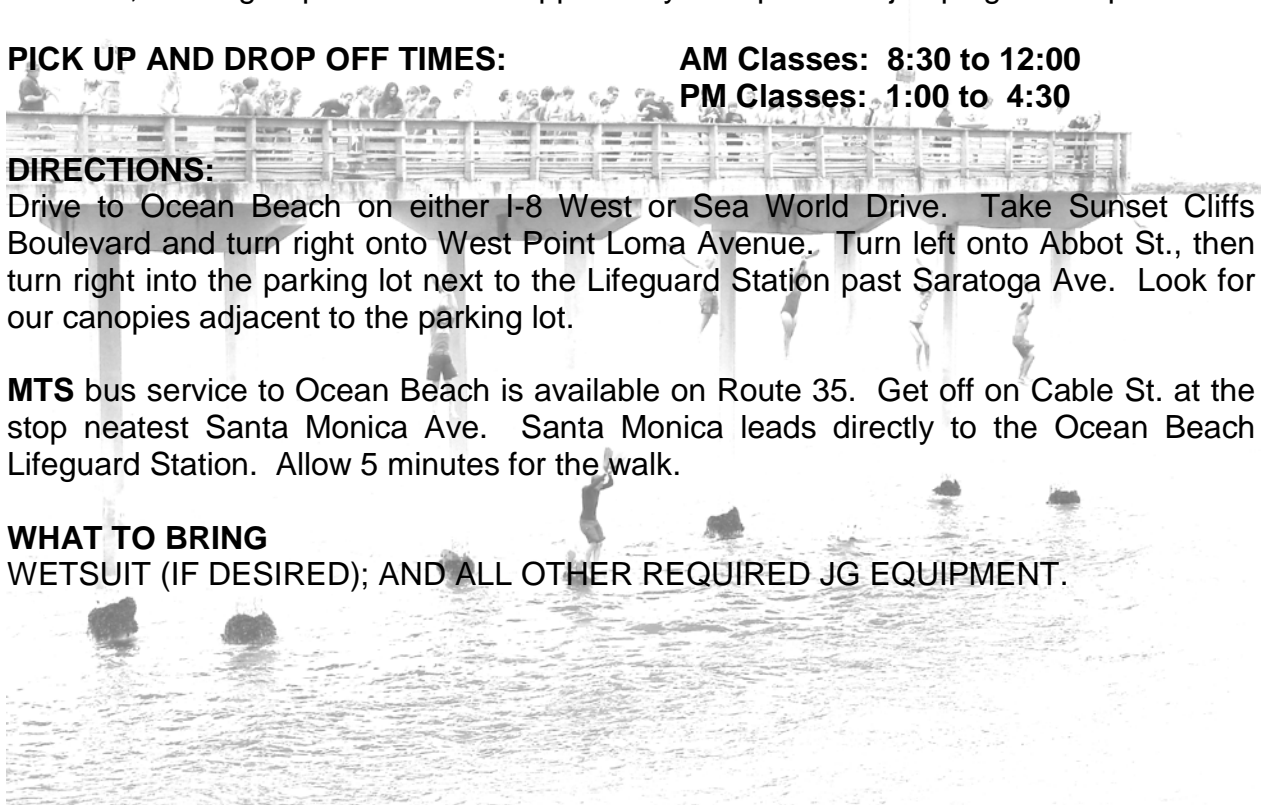
#### **DIRECTIONS:**

Drive to Ocean Beach on either I-8 West or Sea World Drive. Take Sunset Cliffs Boulevard and turn right onto West Point Loma Avenue. Turn left onto Abbot St., then turn right into the parking lot next to the Lifeguard Station past Saratoga Ave. Look for our canopies adjacent to the parking lot.

**MTS** bus service to Ocean Beach is available on Route 35. Get off on Cable St. at the stop nearest Santa Monica Ave. Santa Monica leads directly to the Ocean Beach Lifeguard Station. Allow 5 minutes for the walk.

#### **WHAT TO BRING**

**WETSUIT (IF DESIRED); AND ALL OTHER REQUIRED JG EQUIPMENT.**



# LA JOLLA SHORES

## PIETER KOONINGS MEMORIAL SWIM & BBQ

**DATE:** See Calendar

**TIME:** A.M. Classes: 8:30 to 12:00  
P.M. Classes: 1:00 to 4:30

**LOCATION:** **LA JOLLA SHORES LIFEGUARD STATION** (Kellogg Park - 8260 Camino Del Oro) on the grass behind the Lifeguard Tower.

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### **DO NOT go to Santa Clara Recreation Center**

The San Diego Junior Lifeguards will celebrate the near completion of the program with a BBQ at La Jolla Shores. We celebrate the memory of a remarkable Junior Guard named Pieter Koonings with a group swim in his honor. This San Diego beach is world famous for its beauty and range of attractions. "The Shores" is the only oceanfront beach in San Diego that allows boat launching. SCUBA divers flock to this beach for the excellent diving conditions. Surfers enjoy larger waves at the north end of the beach also known as Scripps Beach, while swimmers and body boarders use the area in front of the lifeguard station where the surf is usually smaller. At the far North end of the beach, Scripps Institute researchers use Scripps Pier to conduct studies and to launch boats for their research. There are tide pools located at the South end of the beach.

**PICK UP AND DROP OFF TIMES:** **A.M. Classes: 8:30 to 12:00**  
**P.M. Classes: 1:00 to 4:30**

#### **DIRECTIONS:**

**From the South:** Take I-5 North to La Jolla Parkway West (52 West). Go straight onto Torrey Pines Rd. and turn right onto La Jolla Shores Dr. and left onto Calle Frescota and locate the large parking lot.

**From the North:** Take I-5 South and exit at La Jolla Village Rd. and go west. Turn left onto Torrey Pines Rd. and right onto La Jolla Shores Dr. Then make a left onto Calle Frescota and locate the large parking lot.

**MTS** bus service to La Jolla Shores is available on route 34. Get off on La Jolla Shores Dr. at Calle Frescota and walk west to La Jolla Shores. Allow 5 Minutes for the walk.

**WHAT TO BRING:** FINS, MASK & SNORKEL (IF YOU HAVE THEM), WETSUIT (OPTIONAL), SUNSCREEN, HAT, TOWEL, AND OTHER ITEMS AS DIRECTED.

# SAN DIEGO JUNIOR LIFEGUARD PROGRAM AWARDS CEREMONY

**DATE:** \*See Calendar

**TIME:** AM Ceremony 9 AM – 10:30 AM  
PM Ceremony 1 PM – 2:30 PM

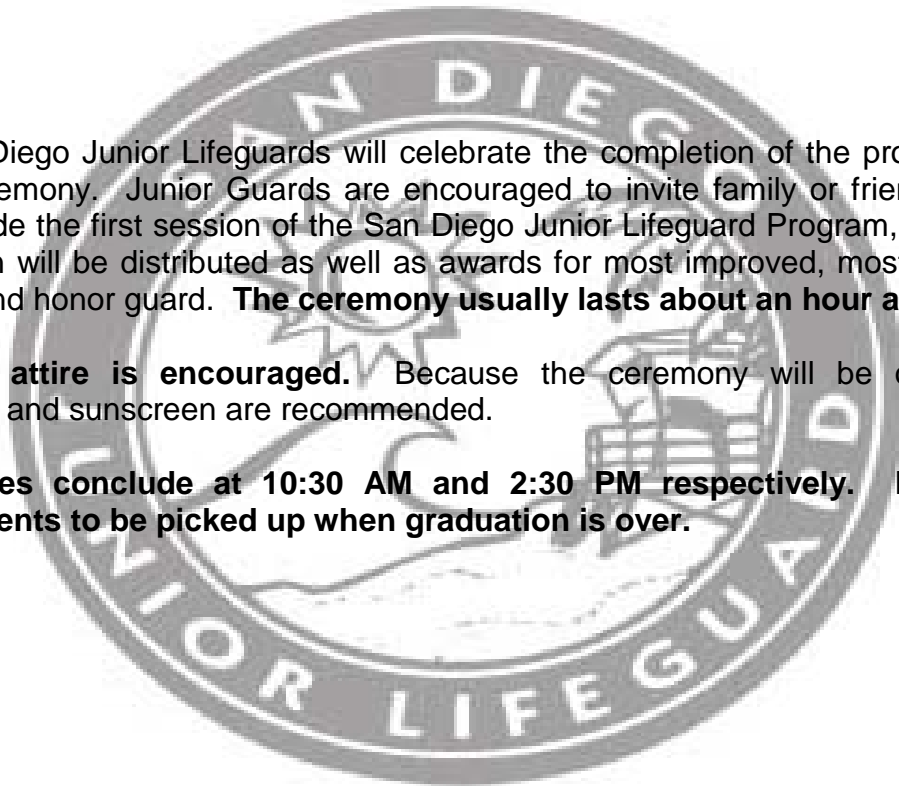
**LOCATION:** To be announced.

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The San Diego Junior Lifeguards will celebrate the completion of the program with an award ceremony. Junior Guards are encouraged to invite family or friends to attend. To conclude the first session of the San Diego Junior Lifeguard Program, certificates of completion will be distributed as well as awards for most improved, most inspirational, captain, and honor guard. **The ceremony usually lasts about an hour and a half.**

**Hawaiian attire is encouraged.** Because the ceremony will be outside, hats, umbrellas, and sunscreen are recommended.

**Ceremonies conclude at 10:30 AM and 2:30 PM respectively. Please make arrangements to be picked up when graduation is over.**



## BEACH SAFETY TIPS

The most common reason for aquatic problems is a lack of safety knowledge. San Diego Lifeguards recommend the following safety tips:

1. Learn to swim and never swim alone.
2. Swim near a lifeguard.
3. Ask a lifeguard about the conditions before entering the water.
4. Children should be supervised closely, even when lifeguards are present.
5. Do not rely on flotation devices such as rafts; they may be lost while in the water.
6. Swim parallel to shore if you wish to swim long distances.
7. Scuba dive only when trained and certified and within the limits of your training.
8. While in the water, never turn your back to the ocean; large waves can come without warning.
9. Protect your head, neck, and spine—do not dive head first into unfamiliar waters.
10. Follow posted regulations and lifeguard instructions.
11. No glass containers at the beach. Broken glass and bare feet do not mix.
12. Keep beach fires in designated areas. Fire residue and superheated sand can severely burn bare feet. Keep barbecues elevated above the sand at least 12".
13. Report hazardous conditions to lifeguards or beach management personnel.
14. Stay clear of coastal bluffs. They can collapse and cause injury.
15. Substances that impair judgment don't mix well with ocean activities.

### Rip Currents

- Rip currents are the most threatening natural hazard along our coast. They pull victims away from the beach. The USLA has found that 80% of the rescues made by ocean lifeguards involve saving those caught in rip currents.
  - Rip currents are sometimes mistakenly called "rip tides" or "undertows." These terms are incorrect. Rip currents are not associated with tides and do not pull people under.
16. Avoid swimming where rip currents are present. However, if you are caught in a rip current, swim parallel to the shore (don't swim against the current) until the pull stops and then swim back to shore. If you are unable to return to the beach, remain calm, tread water, and wave for lifeguard assistance.
  17. To avoid rip currents, stay at least 100 feet away from piers and jetties. Rip currents often exist along the side of fixed objects in the water.

# BEACH LAWS

San Diego beach regulations are designed to ensure a safe and enjoyable time for all who visit. The following is a partial list of laws that pertain to City of San Diego beach, park, and water areas. This is not an exhaustive list and all laws are subject to change without notice. If you have any questions, check posted signs or ask a lifeguard.

<b>Glass Containers</b>	Glass containers are prohibited.
<b>Beach Fires</b>	Fires are permitted only in designated fire squares or in personal barbeques elevated at least 6" off the ground. Dispose of hot coals in designated containers or fire rings.
<b>Dogs</b>	Dogs are NOT permitted on beaches, coastal parks, and adjacent walkways between 9:00 a.m. and 6:00 p.m. (9:00 a.m. to 4:00 p.m. during Daylight Savings) and must be leashed at all times. Dogs are prohibited during all other hours except at Dog Beach (adjacent to Ocean Beach) and Fiesta Island (in Mission Bay), which are 24 hour off-leash areas. Always clean up after your pet.
<b>Alcohol</b>	The City of San Diego does not allow alcohol on its beaches.
<b>Water Use Areas</b>	Water areas off the major beaches are divided into swimming and surfing zones. A black and yellow-checked flag separates the zones. Check signs or ask a lifeguard for the proper zone for your activity.
<b>Unsafe Behavior</b>	Use of any water recreational device (surfboard, boat, etc.) in a manner that endangers others is unlawful.
<b>Overnight Camping</b>	Overnight camping and sleeping are prohibited.
<b>Boardwalks</b>	The maximum speed on the Mission Beach/Pacific Beach boardwalk is 8 mph.
<b>Cliff Jumping</b>	Jumping from cliffs or other objects from a height greater than five feet into the Pacific Ocean is prohibited.
<b>Lifeguard Power</b>	Failure to follow the lawful order of a lifeguard and providing false information to a lifeguard are misdemeanors.
<b>Injuring a Lifeguard</b>	Any person who intentionally injures a lifeguard in the State of California may be convicted of felony battery.

## **PUBLIC RELATIONS**

When Junior Lifeguards are wearing their uniform they represent the City of San Diego. Consequently, Junior Lifeguards are expected to be on their best behavior. Many members of the public recognize the San Diego Junior Lifeguard uniform and citizens looking for information may approach Junior Lifeguards. Junior Lifeguards are expected to answer questions from the public politely and correctly. If they do not know the answer, they should refer the citizen to an instructor or other lifeguard.

Occasionally, Junior Lifeguards may be present during emergencies on the beach. During emergencies, crowds often gather, creating a complicated situation for lifeguards and other rescue personnel. To avoid interfering with emergency personnel, Junior Lifeguards should immediately go to their instructors and wait for direction. Older Junior Lifeguards (Cadets/"A's) may be asked by their instructors to help with an emergency. Junior Lifeguards assisting with emergency incidents are expected to behave responsibly and to follow directions exactly.

Maintaining a positive relationship with the public is a top priority of the San Diego Lifeguard Service. The Junior Lifeguard program is a critical component of this relationship. All of our uniformed personnel, including our Junior Lifeguards, should view themselves as ambassadors of the city.

**PHONETIC ALPHABET**

A ALPHA  
B BRAVO  
C CHARLIE  
D DELTA  
E ECHO  
F FOXTROT  
G GOLF  
H HOTEL  
I INDIA  
J JULIETTE  
K KILO  
L LIMA  
M MIKE  
N NOVEMBER  
O OSCAR  
P PAPA  
Q QUEBEC  
R ROMEO  
S SIERRA  
T TANGO  
U UNIFORM  
V VICTOR  
W WHISKEY  
X XRAY  
Y YANKEE  
Z ZULU

**SAMPLE**

S -  
A -  
M -  
P -  
L -  
E -

**SAILS**

S -  
A -  
I -  
L -  
S -

**LOC [AVPU]**

A -  
V -  
P -  
U -

**OPQRST**

O -  
P -  
Q -  
R -  
S -  
T -

**PRBELLS**

P -  
R -  
B -  
E -  
L -  
L -  
S -

# KNOTS

SQUARE KNOT



FIGURE EIGHT IN A BIGHT



FIGURE EIGHT



OVERHAND



CLOVE HITCH



BOWLINE



DOUBLE FISHERMANS





## “A” DIVISION CURRICULUM CHECK OFF LIST

Event	Instructor Initials	Comments	Date
Citizenship & Leadership			
Code of Conduct			
Goal Setting			
Nutrition & Healthy Living			
Volunteer Project [Beach Clean-Up]			
Beach Rules and Regulations			
First Aid [Rescue Breathing/CPR]			
First Aid [C-Spine PRBELLS]			
Communications [Radio Operations/SAILS]			
Interview Training			
Kayak & Canoe Proficiency			
Stand Up Paddle Board Proficiency			
Knot Proficiency			
Snorkeling Proficiency			
Scanning Techniques			
Victim Identification			
Rescue Techniques [Buoy & Fins]			
Rescue Techniques [Paddle Board]			
Tower[s] Familiarization			
Rip Current [Parts]			
Rock and Reef Beaches Familiarization			
Marine Life & Environmental Hazards			
Pier Jump			
Hawaii Day			

## “B” DIVISION CURRICULUM CHECK OFF LIST

Event	Instructor Initials	Comments	Date
Volunteer Project [Beach Clean-up]			
Citizenship and Leadership			
Goal Setting			
Code of Conduct			
Nutrition/Healthy Living			
Beach Rules and Regulations			
First Aid [ABC's]			
Communications/Signals			
Kayak			
Stand Up Paddle			
Knots			
Snorkeling			
Ins & Outs [Swimming]			
Surfing [Body/Body Board/Board]			
Victim Identification			
Rescue Techniques [Buoy & Fins]			
Rescue Techniques [Rescue Board]			
Lifeguard Tower Tour [Main Tower]			
Rip Current Familiarization			
Marine Life & Environmental Hazards			
Pier Jump			
Hawaii Day			

## “C” DIVISION CURRICULUM CHECK OFF LIST

Event	Instructor Initials	Comments	Date
Volunteer Project [Beach Clean-Up]			
Citizenship and Leadership			
Goal Setting			
Code of Conduct			
Nutrition/Healthy Living			
Beach Rules and Regulations			
First Aid [Calling 911]			
First Aid [Direct Pressure]			
Ocean Awareness			
Ocean Swimming Techniques			
Water Entry (Sandy / Rocky Beach)			
Kayak			
Paddle Board			
Stand Up Paddle Board			
Body Surfing			
Body Boarding			
Lifeguard Tower Tour (Main Tower)			
Marine Life & Environmental Hazards			
Rescue (Recognize / React / Respond)			
Rip Currents (Identification / What To Do)			
Pier Jump			
Hawaii Day			

## CAPTAIN REQUIREMENTS “A”

Event	Criteria	Instructor Signature	Date	
Beach Run [One Mile]	Rank/Score			
L.J. Cove ½ Mile Buoy Swim	Rank/Score			
O.B. Pier Sprint	Rank/Score			
L.J. Shore Green Wall [RSR]	Rank/Score			
Paddle [One Mile]	Rank/Score			
Surf Paddle [½ Mile]	Rank/Score			
Swim/Paddle Sprint	Rank/Score			
Ins & Outs	Rank/Score			
Swim [No fins]	Rank/Score			
Crunches [65]	1 Minute			
Push-ups [40]	1 Minute			
Written Test	Rank/Score			
Volunteer Project	Participate			
Attendance	90% or Better			
Exhibits Excellent Leadership & Citizenship	Instructors' Evaluation			

## CAPTAIN REQUIREMENTS “B”

Event	Criteria	Instructor Signature	Date	
Beach Run [One Mile]	Rank/Score			
Buoy Swim	Rank/Score			
O.B. [RSR]	Rank/Score			
Paddle [One Mile]	Rank/Score			
Crunches [60]	1 Minute			
Push-ups [35]	1 Minute			
Written Test	Rank/Score			
Volunteer Project	Participate			
Attendance	90% or Better			
Exhibits Excellent Leadership & Citizenship	Instructors' Evaluation			

# CAPTAIN REQUIREMENTS

## “C”

Event	Criteria	Instructor Signature	Date	
Beach Run [One Mile]	Time			
Buoy Swim	Time			
Run-Swim-Run	Time			
Paddle [½ Mile]	Time			
Crunches [50]	1 Minute			
Push-ups [25]	1 Minute			
Written Test	Score			
Volunteer Project	Participate			
Attendance	90% or Better			
Exhibits Excellent Leadership & Citizenship	Instructors' Evaluation			







## NOTES

# 2010

## JUNIOR LIFEGUARD PROGRAM SESSION 2



**“SKILLS FOR LIFE”**

**Signed Forms**

NAME	GROUP	INSTRUCTOR

## DISCIPLINE POLICY

Depending on the seriousness of the violation, disciplinary action will be progressive and may begin at any of the following steps. However, discipline for misconduct may not be limited to just the Discipline Policy. The following are steps in disciplining a JG.

1. **Oral counseling** (warning) from Instructor.
2. **Written counseling** from Instructor. Parent/guardian will be notified of the counseling by the Instructor as well as the Coordinator and Manager.
3. **Joint counseling** from Instructor and Manager. Parent/guardian will be notified of the counseling and a meeting with the parent/guardian will be required. In addition, the SDJG Director will be notified of the counseling and subsequent meeting.
4. **Possible suspension.**
5. **Approved expulsion.**

Disciplinary action will be fully documented and parent/guardian will be informed of all actions taken. At any time during the process the student and/or parent/guardian may request a meeting be held with the SDJG team.

**I have read and understand the SDJG Code of Conduct, Uniform Policy, and Discipline Policy.**

Junior Lifeguard Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_  
Print Name

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_  
Print Name

The Code of Conduct, Uniform Policy, and Discipline Policy will be explained to JGs by the end of the second day. **This form must be completed, signed, and turned in to your instructor by day three of the session.**

# MEDICAL INFORMATION

The purpose of this document is to help ensure that we provide the safest possible environment for our JGs. Please complete and return to your instructor.

**Please print legibly.**

JG Name: \_\_\_\_\_

Please check the appropriate boxes and explain below if your child (dependent) is currently:

- Under a doctor's care?

Doctor's name \_\_\_\_\_ Phone \_\_\_\_\_

Reason \_\_\_\_\_

- Required to take any prescribed medications?

What medication? \_\_\_\_\_ When \_\_\_\_\_

\_\_\_\_\_

- Have any other physical limitations or needs we should know about?

Explain \_\_\_\_\_

- Allergies? \_\_\_\_\_

Additional Information \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

This information will remain confidential and will only be used by the SDJG program. **This form must be completed, signed, and turned in to your instructor by day three of the session.**

# CONTACT, TRANSPORTATION, & PICK-UP INFORMATION

Please complete and return to instructor. **(Please print legibly)**

JG Name: \_\_\_\_\_ JG's Cell Phone \_\_\_\_\_

Age: \_\_\_\_\_ Sex: M F Session: \_\_\_\_\_ AM PM

Instructor: \_\_\_\_\_

Please check the appropriate boxes:

- Will be picked up daily by parent / guardian. (Include Additional Phone Numbers)

Parent/guardian name(s): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- Will be part of a carpool.

Carpool driver's name(s): (Include Additional Phone Numbers)

\_\_\_\_\_

\_\_\_\_\_

- Will walk, ride a bicycle, or drive a vehicle. (Circle mode of transportation)

- Other (Please explain): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

We understand that circumstances may require adjustments in your transportation plans on certain days. In such cases, please have the JG bring their instructor a signed note by a parent/guardian authorizing the change. Finally, if needed, you may leave a message at (858) 581-7861, the SDJG telephone number.

Parent/guardian signature: \_\_\_\_\_ Date \_\_\_\_\_

Print Name: \_\_\_\_\_

Emergency contact number[s]: \_\_\_\_\_

This information will remain confidential and will only be used by the SDJG program. **This form must be completed, signed, and turned in to your instructor by day three of the session.**