



WATERPROOFING SAN DIEGO

Introduction

This year, the San Diego Junior Lifeguard Program (SDJGs) will continue its comprehensive “Waterproofing San Diego (WSD)” aquatic outreach initiative. Our objective is the waterproofing of San Diego’s youth through aquatic education and drowning prevention.

WSD is based on the fact that youth should be introduced to aquatic activities early in life and continue to improve their aquatic skills through their childhood and into their teenage years. Through WSD activities once children reach their teens they will be equipped with strong aquatic skills and prepared to pursue employment as lifeguards. Provided below is the WSD continuum:

TOT				WSD				TEEN
Parent/Tot Aquatic Introduction	Aquatic Safety Education	Learn To Swim	Advance Swim Skills (Swim Team)	JG Program	JG Paid Internship	Pool Lifeguard or	Oceanfront Lifeguard	Lifeguard Career

Plan

The plan presented below focuses on WSD outreach efforts for elementary and high school students. The plan includes water safety presentations, swim lessons, an aquatic experience at a local beach or pool, and the opportunity to enroll in the SDJG program. After experiencing these WSD activities our hope is many youth will explore opportunities in the aquatic field and specifically lifeguarding with the City of San Diego.

Phase 1 - Water Safety Presentations/Aquatic Education

During the year, lifeguards will conduct water safety presentations to specific grades at targeted schools. Presentations will include:

Elementary Schools (target 3rd-6th Grade) - showing of a short video that will educate students on how to prepare and remain safe around the ocean environment. After the video, the presenter will provide a short aquatic safety lecture, allow for a question and answer period, and then provide written material to reinforce the information presented. At the conclusion of the presentation information on “Learn to Swim” (Phase 2) programs in and contact information will be disbursed.

High Schools (target 9th-10th Grade) - in collaboration with physical education departments, SDJG representatives will provide lectures and videos that focus on the aquatic activities described in the *Physical Education Standards for California Public Schools*. Presenters will also share with the students’ opportunities available in the aquatic field and specifically lifeguarding.

Phase 2 – Learn to Swim

Over a month period students will attend eight to ten swim lessons (approximately 30 minutes each) at a local pool. Upon completion of the swim lessons, students will complete the SDJG swim test. Swim lessons will focus on grades 3rd to 6th with the hope of continuing into high school.

Phase 3 – “Bridge to the Beach/Pool”

After completion of swim lessons, students will have the opportunity to experience a half day of fun at a local beach or pool. During this time they will participate in a safety lecture, swimming, surfing, body boarding, and paddling.

Phase 4 – Junior Lifeguards

Upon completing swim lessons (Phase 2) students will be provided information about The SDJG Program, the program’s physical requirements, and scholarship opportunities.

Phase 5 – Aquatic Career Opportunities

After participating in JG’s youth can explore employment opportunities as interns or lifeguards.

Goals

Provided below are the phases and their specific goals:

Aquatic Safety Presentations	Swim Lessons	"Bridge to Beach/Pool" Experience	Junior Lifeguard Program	Aquatic Career Opportunities
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- **Program Awareness** – getting the message out by increasing the number of safety presentations and informing community partners, school officials, parents/guardians and students about the WSD initiative.
- **Need to Swim** – allow students to become more comfortable in the water by providing access to pools, swim instructors, and funding for swim lessons.
- **Excitement** – through swim lessons and the subsequent “bridge” experience, students will be able to safely experience the enjoyment and benefits of aquatic activities.
- **Participation** – by attaining the goals presented in the first three phases more students will be able to successfully complete the required swim test for the SDJG program. Thus, allowing these youth to participate in the program.
- **Opportunities** – after completing the JG program, participants will be well prepared for employment as paid student interns (age 16-17) or seasonal lifeguards (age 18+).

Summary

WSD’s goal is to develop water wise **kids**, residing in a water safe **community**, creating a healthier **culture** through water based activities. For further information please contact James Murphy at jsmurphy@sandiego.gov .