

# California Junior Lifeguard Programs



# California Junior Lifeguard Programs

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# Introduction

## "Who we are"

- Incorporated in 1993, The California Junior Lifeguard Programs have been operating, under permit, on local public beaches and have conducted over 450 camp sessions serving over 16,000 participants, including:
  - 26 sessions of the Salt Creek Beach Junior Lifeguard Program.
  - 26 sessions of the Sunset Beach Junior Lifeguard Program.



# Our Goals

- To provide an educational and recreational environment to instruct young people on how to handle themselves safely in a variety of ocean situations.
- To educate participants in the skills necessary to help others in an emergency situation.
- To help our participants build a sense of team work and self respect that will be an asset in future endeavors.
- To increase the awareness that our youth have of our environment and the vital part it plays in all of our lives.

# Safety First

- The California Junior Lifeguard Program offers step-by-step skill development with a safety-first motto. We take pride in offering a variety of challenging activities in a fun atmosphere designed for the young and the young at heart. Camaraderie, self respect, physical conditioning and good clean fun are all important aspects of the California Junior Lifeguard Program.





# The Instructors

- The California Junior Lifeguard Program staff are first-aid and CPR certified lifeguards and instructors. We recruit our program staff from around the world and all of our instructors must pass an extensive interview and demanding physical testing process.
- In addition to our full time instructors, we utilize previous Junior Lifeguard participants as assistant instructors. These individuals are selected from applicants who have shown leadership abilities and have excelled in the Junior Lifeguard program.

# How we affect the participants: Providing “Role Models”



- Our lifeguard and surf instructors possess qualities of leadership, teaching ability, teamwork, self-esteem, and confidence building.
- Instructors motto: “Leading by example”.



# American Red Cross CPR instruction

- Each year our instructors and staff conduct CPR instruction to other lifeguards, participants, and the general public.
- More than 400 CPR certifications issued annually.





# American Red Cross First-Aid instruction



- Each year our instructors and staff conduct first-aid instruction to other lifeguards, participants, and the general public.
- More than 400 American Red Cross first-aid certifications issued annually.

# Environmental Awareness

- Ocean and marine awareness, preservation, recycling, and trash cleanup.
- Interpretive presentations by local professional representatives.





# Personal Fitness



- Experiencing a variety of fun cardio activities, swimming, surfing, aerobics, calisthenics, running, and competitive ocean and life guarding games and activities.

# Health and Nutrition

- Daily instruction and reinforcement of the importance of physical fitness and proper nutrition, Maintaining proper hydration, Skin cancer presentations.





# Personal Safety



- C-Spine injury awareness and prevention.
- Improved awareness of hazardous conditions, environment, first-aid and hygiene.
- Helping yourself and others by knowing how to recognize, prevent, and respond to emergencies.

# Ocean Conditions and Hazards

- Daily education and updates to our youths awareness, ocean safety presentations, hazard recognition, information on safety tips and preventative actions, rip current identification.





# Boy Scouts of America



- Three chartered Exploring Posts, Troop's 2093, 2094, and 2095 in the Orange County Council.
- Merit badge counselors.
- Annual Scout-o-Rama exhibitor.

# Learning new skills and activities

- Swimming, surfing, body boarding, competitive life guarding games, mock rescues, paddling, water safety, and team building activities.





# Well supervised good clean fun



- Sunset Beach offers a sandy beach for a multitude of games, exercises, and other activities.
- The Pacific Ocean, with its wave action, provides for a wet, cool, and exciting experience.
- Positive goal setting, self-esteem and confidence building all supervised by American Red Cross Certified Instructors.

# How we affect the community: Public Assistance



- Inform and educate the general public on current ocean conditions.
- Provide a safe swimming area.
- Maintain public safety by providing rescues, first aid, assistance.
- Provide a safety zone utilizing over 15 certified lifeguards to supplement the County personnel.



# Beach and assembly area cleanups

- Weekly trash sweep and beach clean-up, using incentives for participants.
- Coordinate and support large community wide beach clean-ups. (planned, organized, and implemented by Junior Lifeguard participants).



# Supervised summer time education



- Provide supervised education for youth in community during off school (summer) periods.
- Orientate youth about local park rules and regulations, beach safety tips, importance of positive goal setting, teamwork, and confidence building.



# Next generation of beach goers

- Provide an educational foundation for important topics, CPR, first-aid, ecology, and ocean safety.
- Providing a foundation for a lifetime of environmental awareness and community pride and responsibility.



# Boy Scout Merit Badge counselors



Life Saving



Personal Fitness



Swimming



First Aid



Oceanography

- Our Merit Badge counselors hold positions within the Boy Scouts of America as adult leaders within their respective troop's and are available to both participants and non-participants for guidance and assistance in the pursuit of select merit badges.



# Ocean Safety Presentations

- Our instructors are available to conduct ocean safety presentations to our local schools as a public service. These presentations are also available to community groups.



# Aquatic environment education



- In Orange County there are a variety of aquatic environments: pools, lakes, rivers, and the Pacific Ocean. Our participants take the safety and environmental education with them to share with their friends and families.



# Next generation of lifeguards

- Training our youth to become ocean, swimming pool, and flat water lifeguards provides our local city, county, and state with trained candidates to fill required lifeguard positions.



# Sunset Beach impact mitigation efforts: Introduction

- In the fall of 2005 we were notified of actions being taken by the Sunset Beach Homeowner Association to deny us use of the public areas of Sunset beach. After meeting with County representatives we developed a mitigation plan that addressed the concerns of the association.



# Sunset Beach impact mitigation efforts: Introduction

- These efforts were first implemented in our programs in the summer of 2006.
- The main areas of concern that have been expressed by the association were;
  - Program size and operating locations
  - Traffic congestion and control
  - Public parking
  - Noise and dust control

# Sunset Beach impact mitigation efforts: Program size and operating location

## Changes implemented

- Sunset Beach Surf Camp was moved to Huntington State Beach.
- Strict limits were placed on the number of participants that were attending (275).
- Assembly area was moved to the southern most area of County property.



# Sunset Beach impact mitigation efforts: Traffic congestion and control

- Uniformed, adult, traffic control personnel during peak traffic hours (8:30-9am & 2:45-3:15pm).
- Relocation of program pick-up and drop-off locations to utilize both of the 2 southern most parking lots thus reducing the length of any congestion.
- Encouraging participants to carpool.
- Handouts, maps, and other information is provided to customers to indicate restricted areas, traffic flow, and pick-up and drop-off locations.

# Sunset Beach impact mitigation efforts: Public Parking

- The Junior Lifeguard Program was granted the exclusive use of 6 parking spots (less than 1% of the 660 spots available), 2 for our storage container and 4 for the use of administrative and support vehicles.
- Parents who must park when picking-up or dropping-off participants only occupy a parking space for 5-15 minutes, and as such should have little or no effect on public parking.



# Sunset Beach impact mitigation efforts: Public Parking

- There were some statements made that our instructors took up too many parking spots. In reviewing this with our staff we find that it is the rare occasion that our instructors need to park in the free parking areas. Several carpool and park on PCH with other instructors, several others ride bikes or walk to the beach, others are dropped off or take public transportation. We will continue to monitor our use of available parking spaces and encourage alternatives.

# Sunset Beach impact mitigation efforts: Noise and dust control

- Participant assembly area moved to the southern most parking area, in addition participants are moved to the beach as soon as possible to further reduce their impact on the homeowners.
- Participants now move to and from the beach area by the walkway at the end of South Pacific Avenue, and no longer pass between the houses at the other beach access points.



# Sunset Beach impact mitigation efforts: Noise and dust control

- Participants are no longer permitted to use the public volleyball courts in order to reduce the dust and noise levels.
- The end of session banquets that were held, in previous years, in the park between North and South Pacific Avenues are no longer held.
- Program operations are conducted, as much as possible in the berm area adjacent to Bolsa Chica State Beach.

# Sunset Beach impact mitigation efforts

## Noise and dust control

- Some activities require that the participants spread out, such as group games and some physical fitness activities. When this is the case participants are kept seaward of the first line of trashcans (150 feet from homes) to hold noise and dust levels under control.
- Instructors and participants receive additional instruction on noise and dust control.



# Sunset Beach impact mitigation efforts: Conclusion

- It is our opinion that the efforts started in 2006 had a positive effect on homeowner concerns. And that in future years, as participants and their families become accustomed to the new procedures, they will continue to further reduce our programs impact on the local community.