



# Oceanside Junior Lifeguards Session 1



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18-Jun	19-Jun	20-Jun	21-Jun	22-Jun	23-Jun	24-Jun
JG's Daily Time 9:00am to 2:00pm MWF	First Day- Intro to JG's & Lifeguard service/ Beach Rules & Regulations		<b>John Wayne Block the Blaze 10:00am</b> Rips, Waves, Currents- RESCUES		Skin & Sun protection	
25-Jun	26-Jun	27-Jun	28-Jun	29-Jun	30-Jun	1-Jul
	<b>9am Picture Day</b> First Aid, bleeding, Universal Precautions		CPR & Choking - Prep for Competition		Marine Life/Poison & Shock. <b>Prep for Competition</b>	
2-Jul	3-Jul	4-Jul	5-Jul	6-Jul	7-Jul	8-Jul
	<b>Competition Day</b> <b>All JG's 8:00am- 3:00pm</b> <b>Sessions 1 &amp; 2</b>	<b>4th of July- No JG's</b> 	Sprains & Strains/ Dislocation & Broken Bones		Spinal & Head injuries	<b>Assistant try-outs 10:00 am Lifeguard Headquarters</b>
9-Jul	10-Jul	11-Jul	12-Jul	13-Jul	14-Jul	15-Jul
	Environmental & Man made hazards		Review of session		Last day of JG's - JG Olympics Banquet Buccaneer Park 6:00pm	