




# Oceanside Junior Lifeguards Session 1



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14-Jun	15-Jun	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun
JG's Daily Time 9:00am to 2:00pm MWF	First Day- Intro to JG's & Lifeguard service/ Beach Rules & Regulations <b>Assistant Boat Jump</b>		<b>John Wayne Block the Blaze 9:30am</b> Rips, Waves, Currents- RESCUES		Lecture:Skin & Sun protection Poison & Shock <b>A- Boat Jump 9:30</b>	
21-Jun	22-Jun	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun
	<b>9am Picture Day</b> Lecture: Marine Life		Lecture:First Aid & CPR, Universal precautions - <b>B- Boat Jump 9:30</b>		Lecture:Environme ntal & Man made hazards <b>Prep for Competition C Boat Jump 9:30</b>	
28-Jun	29-Jun	30-Jun	1-Jul	2-Jul	3-Jul	4-Jul
	<b>Competition Day All JG's 8:00am- 3:00pm Sessions 1 &amp; 2</b>		Lecture: Sprains & Strains/ Dislocation & Broken Bones <b>Sand Crab Boat Jump 9:30</b>		Happy 4th of July- No JGs 	
5-Jul	6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul
	Lecture:Spinal & Head injuries <b>Sting Ray Boat Jump 9:30</b>		Program Review		Last day of JG's - JG Olympics Banquet Buccaneer Park 6:00pm	