




Oceanside Junior Lifeguards Session 2



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 3:00pm T/TH		Intro to JG's & Lifeguard Service / Beach Rules & Regulations. Waves/Rips/Rescue Assistant Boat Jump		John Wayne- Block the Blaze 9:30am. Rips, waves, c urrents-rescues A- Boat Jump 9:30		
21-Jun	22-Jun	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun
		Picture Day 9am Lecture: Sun, Skin Protection & Marine Life B- Boat Jump 10:15		Lecture: First Aid/CPR/Choking/ Universal Precautions / Bleeding Prep for Competition C- Boat Jump 9:30		
28-Jun	29-Jun	30-Jun	1-Jul	2-Jul	3-Jul	4-Jul
	Competition Day All JG'S Drop off 8:00am Pickup 3:00pm Sessions 1 & 2	Lecture: Poison & Shock dislocation & broken bones Environmental & Man made hazards Sand Crab Boat Jump 9:30		Lecture: Spinal & Head Injuries Sprains & Strains Sting Ray Boat Jump 9:30		Happy 4th of July 
5-Jul	6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul
		Program Review		Last Day of Junior Guards! JG Olympics. Banquet at Buccaneer Park 6:00pm		

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