



Oceanside Junior Lifeguards Session 3



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12-Jul	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul
JG Daily Time 9:00-2:00 MWF	Intro to Beach & Lifeguard Service / Beach Rules & Regulations Assistant Boat Jumps 11:30		John Wayne Presentation 9:30 Lecture: Surf, Waves, Rip Currents, Rescues		Lecture: Sun, Skin Protection/ Poison Shock A BOAT JUMPS 9:30	
19-Jul	20-Jul	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul
	9am Picture Day Lecture: Marine Life B Boat Jump 10:00		Lecture: Universal Precautions / Bleeding C Boat Jumps 9:30		Lecture: Enviromental & man made hazards Prep for Competition	
26-Jul	27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug
	JG Competition Arrive: 8:00am competition begins at 9:00am. Pick up 3:00pm		Sprains & Strains / Dislocations and broken bones Sand Crabs Boat Jumps 9:30		Spinal & Head Injuries Sting Rays Boat Jumps 9:30	
2-Aug	3-Aug	4-Aug	5-Aug	6-Aug	7-Aug	8-Aug
	Lecture: First Aid, CPR, Choking		Lecture: Program Review		JG Olypmics Last Day of JG's/ Banquet at Buccaneer Park 6:00pm	

