



# Oceanside Junior Lifeguards Session 4



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12-Jul	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul
Daily Time for JG's 9:00-3:00 T/TH		Intro to Beach & Lifeguard Service / Beach Rules & Regulations <b>Assistant Boat Jumps</b>		<b>Block the Blaze 10:00am</b> Waves/Rips/waves/ Rescues <b>A Boat Jump</b>		
19-Jul	20-Jul	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul
		<b>Picture Day 9am</b> Lecture:Sun, Skin protection & Marine Life <b>B-Boat Jump</b>		Lecture:First Aid/ CPR/ Choking /Universal Precautions/Bleeding <b>C Boat Jumps</b>		
26-Jul	27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug
	<b>JG Competition Sessions 3&amp;4 8:00am-3:00pm Harbor Beach. Extra day for session 4</b>	Lecture:Poison/Shock / Dislocations/ Broken bonesEnvironmental hazards <b>Sand Crab Boat Jump</b>		Spinal and Head Injuries / Sprains & Strains <b>Sting Ray-Boat Jumps</b>		
2-Aug	3-Aug	4-Aug	5-Aug	6-Aug	7-Aug	8-Aug
		Program Review		<b>JG Olympics Banquet at Buccaneer Park 6:00pm-8:00pm</b>		