

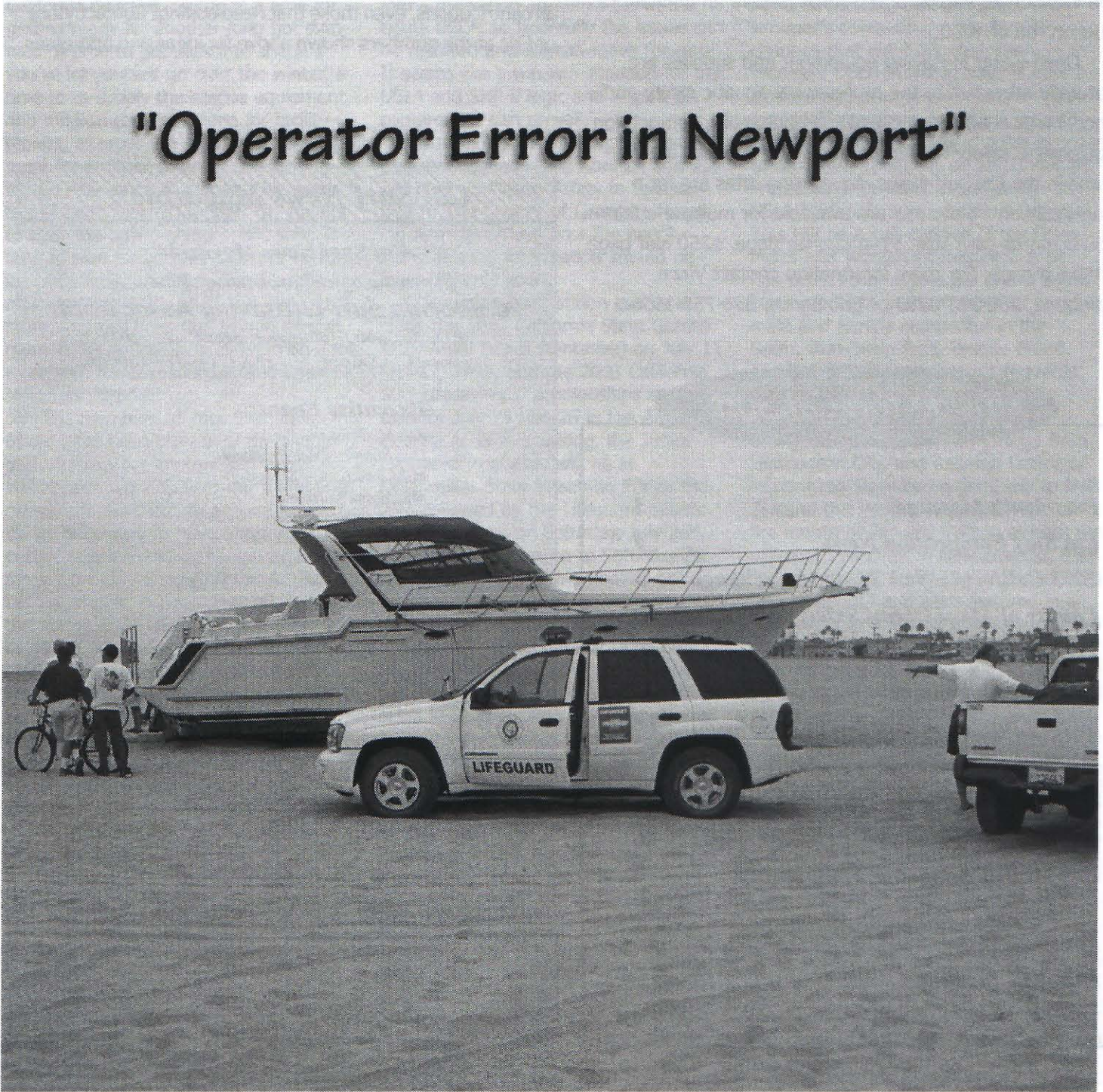
**California Surf
Lifesaving Association**

*Newsletter Vol. 9 No. 2
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THE Cal Surf

www.cslsa.org

"Operator Error in Newport"



2003 California/New Zealand Lifeguard Exchange

by Eric Sandy, Del Mar

"Great people, great activities, and great training. I couldn't have asked for anything better!"

Of the 16 beaches patrolled by the Northern Region of New Zealand, we visited 8 on the exchange. All were vastly different in regards to their layouts and hazards, but all were the same in relation to lifeguarding. Whangarei Heads was the most northern beach, and where we received our lifeguard award certification, and Raglan was the southern-most beach. Rather than lifeguard headquarters, each beach has a surf club, equipped with bunkrooms, kitchens, first aid room, apparatus room, lifeguard tower, and lounge areas. Most of the guards sleep at the surf clubs where they are patrolling. This creates a great camaraderie between workmates and is evident in their strong friendships. Spending the majority of our time staying at the surf clubs was an experience on their own.

Our daily activities included lifeguard patrolling and IRB training, I got heaps of training on the IRB and that was what I was looking forward to most. They are getting their PWCs here soon, so hopefully I can also sit in on that training.

We also visited Waitangi and learned about the history of the land and the native people and went to other tourist attractions. We took hikes and tours to the America's Cup Yachts, we attended social functions such as "jug nights" and we went to surf camps.

This exchange was more than I expected it to be and was truly an unforgettable experience. I encourage all California lifeguards to apply for this program and make it a goal of theirs in lifesaving.

I'd like to thank Rob Howes, as well as SLSNR and all our hosts for a job well done. Additionally, I would like to thank the CSLSA and the board of directors for all their help and support, the HBSLSA, Seal Beach Lifeguards and the A.J. Summers Memorial Scholarship Foundation, as well as our other sponsors: TYR, truWest, Victory Wetsuits, DSO Eyewear, HSS, Viper Swim Fins, Kinkos, Digital Hammer and Team Color Screenprinting, and Nick Ortega and Tony Guzman for their cash donation.

All in all this has been wonderful.....I didn't want to leave! However, I am looking forward to sharing my experience with everyone when I return, and excited to help out with sponsorship stuff for the delegates next year.

(Application follows)



CALIFORNIA / NEW ZEALAND 2003 - 2004 LIFEGUARD EXCHANGE

TO: All current members of the California Surf Life Saving Association (CSLSA).

WHAT: The California SLSA has again been invited by the Auckland, New Zealand SLSA representatives to participate in a lifeguard exchange program. This is the thirty-first year this exchange has taken place between Auckland and California.

WHEN: Approximately December 26, 2003 through February 13, 2004 (exact dates TBA)

RESPONSIBILITY: The two California SLSA members will be responsible for their own food and transportation costs to and from Auckland. Auckland SLSA will provide accommodations throughout the exchange. The CSLSA will sponsor a portion of the airfare to New Zealand (upon satisfactorily completing the tour).

HOW TO APPLY:

- 1. Must have a minimum of three summers of open water lifeguard experience and three years membership in the United States Lifesaving Association (USLA);***
- 2. Must presently be a member of the California SLSA (CSLSA) in good standing;***
- 3. Must provide resume and cover page including name, agency and phone number.***
- 4. Must have two (2) letters of recommendation. One from each of the following:***
 - a. Your Chief Lifeguard, Captain, or Lieutenant***
 - b. Your SLSA chapter President***
- 5. Must complete an oral interview with final approval given by the CSLSA Executive Board.***
- 6. Applicants from USLA certified agencies are highly desirable.***

***MAIL TO: CALIFORNIA / NEW ZEALAND LIFEGUARD EXCHANGE
California Surf Life Saving Association
P. O. Box 366, Huntington Beach, CA 92648***

DEADLINE: All materials must be received (or post marked) by Wednesday, August 27, 2003.

***INTERVIEW: Date, location and time of interview TBA
Interview Results And Selections To Be Announced
By September 15th***

INFORMATION: Contact Chris Graham at the above address, by phone @ (949) 770-1313 x 203, (cslsa.org)

Cal Surf Competition News

By Marshall Parks
CSLSA Competition Committee Chair

2002 USLA National Championships

The 2002 USLA National and Junior Lifeguard Championships were held in San Diego, August 8-10. A total of 589 adult lifeguards and 663 junior lifeguards registered to compete at this year's event. Los Angeles finished first in Division 1, followed by San Diego in second and Long Beach in sixth. Division 2 winner was Boca Raton with Del Mar finishing fourth and Laguna Beach fifth.

Top ten open division competitors from the CSLSA were:

MEN	WOMEN
#1 Blaine Morgan	#1 Maggie Hogan
#3 Anthony Vela	#4 Lindsay Hilgers
#5 Mitch Khan	#6 Micha Burden
#8 Rob Pelkey	#7 Giulia Rapone



Thanks to the assistance of the office of Councilmember Byron Wear, the San Diego Organizing Committee was able to arrange to have the event televised by Fox Sports Net West. The one hour program was aired seven times during September by the network.

2003 Southwest Regional Championships

Due to sponsorship considerations this year's regional competition was held on a Saturday, rather than a Thursday as had been recent practice. Some agencies are concerned that due to weekend staffing issues this change may impact competitors ability to attend the event and requested it be moved back to Thursday. After discussion during the CSLA fall meeting it was decided that the 2003 regional championship will take place on a Saturday.

2003 Fall USLA Board of Directors Meeting

The fall USLA Board of Directors meeting was held in Chicago, November 7-9. The following are some of the topics discussed during the Competition Committee meeting and were provided by Rob McGowan.

- During USLA National Championships, open and senior division races are normally scheduled for heats in the morning and finals in the afternoon. At the 2002 Championships, there were numerous races which had an insufficient number of competitors to warrant heats and participants were directed to come back in the afternoon for the final. It was suggested that in these cases the final be run at the scheduled heat time. This procedural change may be implemented during future National Championships if appropriate.
- Change age groups to 5 year increments; Sub-committee headed by Paul Pivec will report at Spring 2003 meeting
- Marshall Parks submitted a proposal for an International Life Saving Federation competition rule change to allow competitors to participate on relay teams with non-club members. The motion passed unanimously and was forwarded to Tom Daly for presentation at the next ILS Sports Commission Committee meeting.
- Phil Rogers proposed the addition of an "Under 18 Professional Division" classification at USLA Nationals. This would be a sub-division of the Open Men's and Women's categories, would be non point scoring, and would award a first place medal to the under 18 year old male and female competitor in the Swim, Run-Swim-Run, Rescue Board, and 2 K Run events. Junior Lifeguards are not eligible. It was agreed to recognize this age group on a trial basis at the 2003 Nationals at Cape May.
- Kim Tyson offered the facilities at the University of Texas, Austin for pool training to improve the pool performance of USLA team at the World Championships. The offer included coaching and input from professors on technique, nutrition, etc.
- Bob Dillon requests that anyone with input on the equipment list for Nationals submit them to him via Charlie Hartl's email: guard4life@aol.com
- The following rule change proposals were voted upon by members of the USLA Competition Committee:
 - #1: *Increase the women's surfboat race from one to two laps.*
YES. The change to apply to the open division, age groups to retain one lap distance
 - #2: *Eliminate the 24-hour volunteer requirement as a prerequisite for non-professional members* YES
 - #3: *Change the American Ironwomen event to same distances and disciplines as men's.*
NO
 - #4: *Adjustment of land course to single lane finish to facilitate accurate officiating.*
NO
 - #5: *Proposal of on-site Protest System mirroring the International Life Saving Federation model.* NO

2003 Competition Dates Announced

July 12, 2003: California State Games, Imperial Beach (tentative)

July 19 & 20, 2003: San Clemente Surf Festival, San Clemente

July 26, 2003: Southwest Regionals, Will Rogers State Beach

August 2, 2003: Taplin Relay, Los Angeles
August 7-9, 2003: USLA Nationals, Cape May, New Jersey

California State Games

The California State Games, which involve numerous different sports, are held every summer in the San Diego area. This year's event included Junior Lifeguard competition and the organizers apparently are interested in adding adult lifeguard competition to next year's Games. The Competition Committee Chair will investigate.

Super Vets Division

It was pointed out by one of our more *experienced* competitors that at the 2002 regional competition there were no awards for the Super Vet Division even though there were Super Vets competing. This issue was addressed during the CSLA fall meeting and it was agreed upon that at future regional competitions awards will be presented to all age groups.

World Lifesaving Championships

The next World Lifesaving Championships are scheduled to take place September 13-28, 2004, in Viareggio, Italy. Open water events will be held in the Congress Centre "Principe di Piemonte" and pool events in the 50 meter pool of Marina di Massa, located 18 kilometers from Viareggio.

This international championship, held every two years, is comprised of several competitions including events for national teams, club teams and masters competitors in events such as ironman/ironwoman, board rescue, rescue medley, taplin relay and many more ocean, beach and pool events.

For more information please visit www.ilsf.org/sport/rescue2004.

2003 Wieland Shield Team Selected

The following provided by Jay Butki, Wieland Shield Team coach.

The Wieland Shield represents a long-standing relationship between the Los Angeles County Lifeguards and Surf Life Saving Victoria Australia. The exchange of ocean lifesaving knowledge, skill and techniques has continued unbroken for the past five decades.

Upon the invitation of the Australian Surf Life Saving Association (SLSA), the LA Lifeguards participated in the first International Surf Life Saving Carnival which was held in conjunction with the 1956 Olympic Games held in Melbourne, Victoria, Australia. Participating LA County Lifeguards included Greg Noll, Mike Bright, Bud Stevenson, Bob Burnside, Sheriden Byerly, Chick McIlroy, Tom Zahn and Herb Barthels Sr.

Los Angeles County Lifeguards hosted the first Australian SLSA team to tour the USA in 1965 and presented the team to the LA County Board of Supervisors.

In 1967 LA Lifeguards participated in an educational and competition tour of Australia and New Zealand. The tour included a return to Melbourne from Feb. 21 to 28, and competitions were staged at Portsea and Ocean Grove. The Australian responsible for hosting the Americans was George Nutbeam. The manager of the USA team was LA County Lifeguard and Surf Lifesaving Association of America President Bob Burnside.

As a result of the 1967 tour, George Nutbeam established a biannual exchange where one country would tour the other every two years. A perpetual trophy sponsored and named for the US Consul General to Australia, Mr. Wieland, would commemorate the competition.

The 2003 competition will be held at Ocean Grove Beach just outside of Melbourne's Port Phillip Bay entrance on January 25. 2003 marks the 17th Wieland Shield competition and the scoreboard shows California with five victories and Victoria with eleven

The 2003 California team included:

Manager: Buddy Bohn – LACOFD Rescue Boat Section Chief

Coach: Jay Butki –Paramedic Rescue Boat Captain- Zuma

Assistant Coach: Scott Diederich - Laguna Beach Lifeguard Lieutenant

Educational Officers: Dave Story-LACOFD Beach Captain -South Bay

Bill Robinson-LACOFD Rescue Boat Captain- Baywatch Malibu

Jaime Orr -LACOFD Ocean Lifeguard Specialist- Central

Athletes

Tim Gair - LACOFD Ocean Lifeguard Specialist- Central

Craig Hummer – LACOFD Ocean Lifeguard -South Bay

Mitch Kahn – LACOFD Ocean Lifeguard- South Bay

Blaine Morgan – LACOFD Ocean Lifeguard -South Bay

Rob Pelkey – LACOFD Ocean Lifeguard Specialist -So Bay

Jeremie Simkins – LACOFD South Bay Ocean Lifeguard

Anthony Vela – LACOFD Ocean Lifeguard -South Bay

Maggie Hogan - San Diego City Lifeguard

Alison Terry- San Diego City Lifeguard



Weiland Shield Surf Race, January, 2003

When hosted in Los Angeles, the Weiland Shield is held in conjunction with the International Surf Festival held in the South Bay Beach Cities. The Victorian Surf Life Saving Association of Australia team will be touring Southern California in August 2004.



2003 California Weiland Shield Team

Drunken Yachting

by Rob William, Newport Beach

On Thursday, August 1st, 2002, a 52' yacht named the "Decadence II" ran aground at 7:48pm on the shores of Newport Beach. Newport Beach Lifeguard Dustin Worley witnessed the pleasure craft entering the 3'-5' surf at 11th Street on the Balboa Peninsula. He said the yacht was traveling at an estimated 10+ knots with no persons visible on the bridge when it headed for the beach. It crashed on the sandy bottom and came to rest at 12th street in just a few feet of water. With other lifeguards now on scene, Lifeguard Specialist John Moore boarded the vessel and assisted 3 persons on board safely off the vessel to the beach.

The Newport Beach Police Department also responded to the scene to assist with the beach operations and interview all persons on board. In interviewing the three persons on board, it was discovered that there was no one operating the vessel at the time it ran aground. The individual that had been operating the vessel went down below to use the head. The other two persons were in the cabin. The police department also gave a field blood alcohol test to the operator/owner. The results showed an approximately .12 blood alcohol level for this individual. The Sheriff's department took custody of the owner/operator on suspicion of operating a vessel under the influence and negligence. The Newport Beach Police Department also took one of the other persons on board into custody for Drunk in Public when he became unruly on the beach.

With all persons safely on the beach with no injuries reported, Newport Beach Lifeguards and the Orange County Sheriff's Harbor Patrol began futile attempts to remove the vessel from the beach and return it to the ocean. Lifeguards swam an approximately 300-foot towrope from the Harbor Department vessel and secured it to the Decadence II. With the moderate surf, and the distance of the line, the tow out attempt was unsuccessful. The Harbor Patrol then declared the operation to be a salvage effort, and turned it over to Vessel Assist.

With Vessel Assist now in charge of the salvage, it was determined that taking the vessel out through the surf would not be feasible. When inspecting the shafts and rudders, the hull and glasswork had begun to crack and leak a small amount of water into the engine compartment and that there was close to 300 gallons of diesel fuel in the vessel. With this information, it was determined that it had to be taken up the beach. The vessel was finally removed from the waterline to a safe place on the beach at 2:00am the next morning. However, it still had to be removed from the beach. This took until 6:00pm the next day. Vessel Assist brought in a crane to winch it up the beach then put it on a flat bed semi-truck to remove it from the beach.

The owner was charged for the entire salvage operation. This was not only Vessel Assist; it included the time spent by the Newport Beach Lifeguards, Newport Beach Police, Newport Beach General Services, and Orange County Sheriffs. The 22 hour salvage event cost the owner approximately \$37,000, not to mention the DUI arrest.



All hands are below deck when this yacht crashed onto the beach

2003 JUNIOR LIFEGUARD
PHOTOGRAPHY CONTEST
CALIFORNIA SURF LIFESAVING ASSOCIATION

This year we are having a junior lifeguard photography contest for the California USLA Junior Lifeguard members.

There will be a \$500 Savings Bond awarded at the 2003 Fall CSLSA meeting to the top "A", "B" and "C" division contest winners.

Junior Lifeguard coordinators need to submit in person or by mail, their top 5 original photographs from any division to the JG chairperson by August 20, 2003. All photos become the property of the USLA.

The back of the photo must include:

- JG's first and last name
- Division "A", "B" or "C"
- Home phone number
- Home address
- JG program
- JG coordinator's name
- JG coordinators phone number

The photo should be one-dimensional and the printed photo size must be at least 3" by 5" and no larger than 11" by 17". (no slides)

Use black and white or color photography.

Junior Lifeguards are encouraged to use these beach safety tips or lifeguarding themes as photo contest entries:

- Learn to swim. It's fun!
- Check with a lifeguard before entering the water.
- Swim near a lifeguard.
- Never swim alone.
- Join a junior lifeguard program.
- Never dive head first into unknown water or into shallow breaking waves.
- Protect yourself from the sun, use sunscreen, reapply often.

Reenie Boyer
P.O. Box 1768, Newport Beach, CA 92658-8915
(949)644-3170

LOG BOOK

What's in a name? Well, according to the San Diego Union-Tribune,

“S.D. lifesavers have a new name”. What was the “San Diego Fire & Life Safety Services” is now “San Diego Fire-Rescue Department”.

Fire Chief Jeff Bowman is quoted as saying that the new name “honors the history of the San Diego Fire Department while reflecting on the expanded roles and responsibilities of the department, which includes paramedics and *lifeguards*” (emphasis by this editor).

The previous name was apparently confusing to some. Meanwhile, there does not seem to be much confusion among San Diego's lifeguards. On the phone and in person, they still refer to themselves as “San Diego Lifeguard Service”.

‘Makes sense to me!.

County of Maui Ocean Safety

Rescue/PWC Risk Technician Course

by Eric Akiskalian
www.Towsurfer.com

“When Archie Kalepa from Ocean Safety and Rescue of Maui County invited me to come over and take their two-week PWC Risk Management and Ocean Rescue Course, I was not only very excited but also very honored to do so. The opportunity to train with some of the very best watermen including having Brian Keaulana assist with the classroom portion of the course with a focus on Risk Management and Risk Assessment, was an opportunity of a lifetime for me, as it would be for any other fortunate individual.”

Archie A. Kalepa and Brian, along with others have been making the waters of Hawaii a safer place for over a decade. They and a handful of others have developed a rescue technique incorporating jet skis equipped with rescue sleds. Archie became a local hero when he and his partner, Ken Delima, saved fifteen people and one dog during Hurricane Iniki. This helped to prove the effectiveness of the new rescue technique, and helped earn him the prestigious Eddie Aikau Waterman Award. They have gone on to create a certification program to train other lifeguards, and have shared their knowledge with the pioneers of tow surfing in turn developing a symbiotic relationship with the knowledge flowing both ways.

Brian L. Keaulana has become one of the most qualified and respected teachers of ocean survival of all time. When Hollywood or other big name productions are in need of ocean safety expertise, they call upon Brian and his team to fill all rolls. It's no wonder when one thinks of heavy ocean rescues, they think of the Hawaiian blend and how Brian and his crew have become the elite and the most experienced watermen and PWC Operators in the world.

“Fear is from emotion; never let your emotion control your action. Never deny your fear. If you have someone who is out in the environment and is fearful, this person stands a good chance of serious injury or death.” (Brian)

My thoughts of what I was going to physically and mentally endure within this two-week period were of uncertainty and the hopes of obtaining greater experience for ocean safety and PWC Risk Management and Assessment. As a surfer myself with 32 years ocean experience and one who is challenging himself to pursue larger waves, it has become my personal overall goal to surround myself and learn from the very best in today's world of extreme surfing.

The two main reasons why I accepted the invitation from Archie to come and train with his ocean safety officers, was to better understand my personal limitations and surroundings while in a very static environment. Secondly, to share with you how powerful and instrumental the Maui Ocean Safety Officers are to all those that step foot in their waters.

What is a Risk Technician?

This two-week course was designed for individuals with the desire to learn. One who has a basic understanding for their physical range by knowing their abilities and their limitations, thus making prudent decisions using a risk management system, strategies, brainstorming

and identifying resources for an Incident Command System by using either low or high tech resources.

After going through the physical training and understanding the risk management process, you learn basic and creative survival techniques. The major goal is to integrate your knowledge, ability, and technology with your ocean environment.

Brian Keaulana says, "Archie was the first guy who came over from Maui to find out about the skis and the training. He took what he learned from us back to Maui and has been doing an unreal job with ocean safety and risk management. I have full respect for what he is doing to teach others and he comes with a lot of very powerful experience."



The intention is to create **Safety in a Dynamic Environment**. When going into the ocean, most people feel safe around well-trained and experienced professionals. That same professional cannot help but to wonder whom would provide safety for him/her in these dynamic ocean environments. Archie and Brian have developed their own safety mechanism, as well as creating one for others, with the overall objective of teaching people how to survive and in turn teaching others to endure safety for us as well as those around us. By using their knowledge, experience, resources, and technologies, risk factors can be minimized and prevented giving us quantity and quality of "LIFE."

This course comes complete with highly qualified and trained watermen and one very tenacious and committed women name Kekai Williams who has become the first ever PWC Risk Technician and Certified women in the state of Hawaii. Also joining us were firemen, experienced PWC operators and rescuers. Our goal was to work together as a team with positive attitudes, desire and the willingness to succeed.

With the recent implementation of the 911 service applied and hooked up to the Ocean Safety and Rescue of Maui County, this means that they are now a part of the ICS during the first call of an incident. The objective of this system is to maintain credible emergency management, by integrating effective action plans.

"I think things are going to start changing! We have recently finalized getting Ocean Safety hooked up with the 911 system, which will be the first ever for the state of Hawaii. Lifeguards in Hawaii are regarded as some of the most skilled watermen in the world and people in our own backyard are finally starting to realize how important our skills and techniques are." (Archie Kalepa)

Next time you have the chance, try pushing a 700 lb. Yamaha Waverunner on a dolly in soft sand for 170 feet in under 60 seconds. Archie went first and set the standard of strength at 47 seconds. When my time came I was thoroughly exhausted just watching everybody strive for the under 60 second mark. For some it came very easy, for a few others, it was very demanding but yet a true test of strength and endurance. When my time came, I gave it all that I had and passed my first endurance test in 51 seconds. Needless to say, that exercise alone took everything out of me and I was virtually worthless for the remaining drills. By the end of day one, all I could do is bend over and feel my stomach begin to turn inside out and

my head spin round and round as sweat rolled off my body in the scorching sun. Feeling faint and dizzy, my body turned into a bag of chills and I knew I had pushed myself harder than I have in almost 15 years and I needed to lie down. For the rest of the very physically prepared and trained individuals, they not only passed, but flew past the next remaining drills with the attitude of preparation and confidence.

“It has become very obvious to me that this course will become one of the most challenging and difficult physical commitments I have made in my 42 years of life.”

I was quickly humbled by my lack of endurance level for what followed in the days ahead. After extensive weight training, heavy sprints in the sand, punching bag training, 5-10 mile Indian runs, 2 mile Indian swims, 2 mile free swims, a 5 mile ocean ski swim, PWC training and rescue drills in the surf, Yoga, 200-400 pushups and sit ups every day and hours of classroom training in Risk Management, Logistics and Incident Command System, besides a bruised ego, a very sore body and a reality check on oneself, I survived the two weeks and received a blessing from all.

My gratitude and thanks goes to Archie Kalepa, Ocean Safety Officer/County of Maui and Brian Keaulana, Ocean Safety Officer/City and County of Honolulu for this awesome experience, and opportunity of a lifetime that will be remembered always. I also want to thank Archie for his hospitality and true Aloha spirit during my stay with him and his wife Alicia.



(Ed. note: There is also a long list of thanks and expressions of respect to many others –please see www.towsurfer.com)

You may contact Archie Kalepa at ArchieK@towsurfer.com, Brian Keaulana at <mailto:BrianK@towsurfer.com> (or) send your comments and questions to Training@towsurfer.com (c) 2002 copyright – Towsurfer.com / Eric Akiskalia

I Had No Pulse

By Ray Hollowell

On December 31st, 2002, I was out at Pipeline shooting video from the water with my good friends Hugh Gentry and Larry Haynes. Larry and I go back 25 years and always have a laugh when one of us gets blasted by a set wave at Pipe. It's all in good fun, but we obviously cover each other's back because of where we are and the dangers that can occur.

The waves were good with glassy conditions. It was about 6 to 10 feet with the occasional second reef set rolling through and one of the lowest tides of the year making it even more dangerous than normal. A second reef set came rolling in and I was caught in the pit. I tried to swim under the first one, but it was so shallow that it picked me up off the bottom and worked me pretty good. I finally surfaced and managed to get a couple of breaths before the next big wall of whitewater hit me. I knew it was in a really shallow area and I had no space to dive so I took it on the noggin. I was then pile driven head and shoulder first into the reef. The impact knocked me unconscious and from what they say, there were a few more bombs behind the one that cleaned my clock. This is when I literally filled up with saltwater and started doing the deadmans float. I had on a wetsuit so this helped in keeping me visible while floating face down. Hugh had gone in due to cramping and Larry had managed to get under all the set waves. He looked to the inside to see where I was and noticed my orange camera floating without me attached. That's when he realized there was a problem.



Larry spotted me face down on the inside and did his patented water gorilla swim managing to grab and turn me over. I was underwater for several minutes, bloated with saltwater and unconscious. He started swimming me in

and squeezing my stomach as water and foamed oozed from my nose and mouth. Anthony Emptying paddled over on his surfboard and helped, as did Remana Vanbastler from Tahiti, Sylvio Mancusi from Brazil, and Hiro from Japan. The lifeguards were working on saving someone else down the beach and saw what was happening. North Shore lifeguard Tau Hannemann sprinted down the beach from the other rescue and jumped in to help get me to shore as did my good friend Hugh Gentry. A full on rescue effort by watermen from around the globe!

They managed to get me to the beach and saw I was really bloated from ingesting massive amounts of seawater and looking very dead and bluish in color. Veteran North Shore lifeguards, Fred Asmus, Mark Dombroski and others pumped more water out of me than any drowning victim they'd ever seen. They thought I was dead, because I had no pulse!! After pumping what seemed like a keg of saltwater out of me, they heard me gurgle and realized I was still alive! Fred and crew gave me oxygen and I came to for a second or two. All I remember is my friend Hugh Gentry yelling in my face, RAY!! RAY!! Then he said my camera was o.k. I responded by asking the question, "Is anybody shooting this?" That's when they realized I wasn't brain dead. Ha Ha.



Honolulu Fire Department engine 11 from Sunset Fire Station and the Kahuku E.M.S. paramedics were on the scene soon after. Paramedics Pat Jones and Michelle Moses escorted me to Wahiawa General via ambulance where they pumped another liter of saltwater out of me. Wahiawa Emergency Room Doctors Jennifer Jose and Shaun Berry treated me in the critical care unit where I spent the first 2 days, a day and a half on a respirator. I spent a total of 9 days in the hospital.

The first 2 days I remember nothing and after coming to I experienced pain like I've never imagined. I had 2 brain contusions, a collarbone broken in 4 places, (three severely), 2 broken ribs, a bruised lung and chemical pneumonia. I managed to recover from the chemical pneumonia, which in most cases is deadly. I'm probably going to have to get surgery on my collarbone, but only time will tell.

The medical staff said if I wasn't wearing a helmet I would have probably died instantly from the blow to my head. They also said I was the worst drowning victim they'd seen that lived to talk about it. Everyone who participated in my rescue including the medical staff said it was a miracle that I lived to talk about this experience. I feel God has given me yet another lease on life and obviously my mission is not over. I sincerely thank my friends, North Shore lifeguards and medical professionals that participated in saving my life that fateful day at Pipe and most of all, God for allowing me to have another chance in the game of life.

The two things I tell people that come up to me asking where to get a water housing and camera, because they want to be a water photographer, #1 I do it for the labor of love and #2 don't quit your day job! Guess I have 3 things to tell them now, WEAR A HELMET!! I'm looking forward to getting back in the water and I'll never think twice about wearing my helmet.

My accident has inspired me to do a documentary about extreme sports photographers and the dangers we face while at work and another program for schools nationwide featuring world renowned extreme sports athletes endorsing the use of helmets. Hopefully this programming will encourage people to wear protective head gear. I guess this is the good coming from a bad situation.

Peace and aloha,

Ray Hollowell - <http://www.oceanenergyproductions.com>

Video Frame Grabs- Courtesy of Larry Haynes/Fluid Vision Productions and Pete 3RD Stone.

From the North Shore of Oahu

By Patrick Kelly

We've been having a busy winter over here on the North Shore of Oahu. We guard 5 beaches: Sunset Beach, The Pipeline, RockPiles, Waimea Bay, and Haleiwa. Plus we have a mobile patrol - lifeguard tower on wheels- at the Chuns Reef/Laniakea area, Mobile jet ski patrol, and 2 Lieutenants. with trucks, who take up the slack from Kaena Point to Kualoa Regional Park; and back up the operation along with the North Shore Captain.



One of the North Shore's PWC guards sits ready at Waimea Bay

The winter started off kind of normal with a few swells in the 10 ft category. One particular Saturday in October with extreme low tides made the Pipeline extra dangerous. Two pro surfers sustained broken legs and another fellow busted his face up pretty bad. That was just the start. The jet stream took a dip bringing the storms that produce waves close to the islands, a typical "El Nino" pattern. This caused back-to-back 20 ft plus swells at the rate of about 2 per week, almost 3 times the usual intensity level. The result was radical beach erosion exposing sandstone and boulders where there is usually beach. It hasn't been this bad since the early 80's. Giant gnarly surf and the killer shore break with strong river- like currents that goes along with it have become the norm. Needless to say, we've been earning our keep making sure everyone stays safe.

The outer reefs have been going off much to the delight of tow-in surfers. Our ski operators have had their hands full patching up all the crash and burn casualties. We've had more tow-in related first aids in the last 3 months than all that happened since the sport started about 10 yrs. ago. Within two weeks in January guards responded to and successfully treated 3 near fatal surf related disasters. The first was at Sunset Beach where a guy got caught inside and pushed over the super shallow bone-yard area where he got pummeled to the bottom, breaking 9 out of 12 ribs on one side and punctured his lung. If that wasn't enough, his leash got caught on the reef and wouldn't let him go. He managed to free himself and didn't realize the extent of his injuries until he started coughing up blood while riding the tail of his broken board back to the beach. Lifeguards from Pipeline and Sunset responded on the ATV. They treated him for his injuries and shock until the ambulance arrived.



Mobile Patrol with Ski

*Waimea Bay with new tower and
"Voice of God" PA system*



Next it was a body boarder at Off the Walls who experienced a heart attack in the water. His son, who was also out, supported him and fellow surfers alerted the lifeguard at Rock Piles, who assisted him to the beach and started CPR. The AED was applied and shock was advised. He made it and will live to ride again.

Shortly after, disaster struck again this time at the Pipeline. A surf photographer trying to get a tight action shot got himself a little too close for comfort with the notorious shallow Pipeline reef. He was knocked out on impact, a close encounter of the worst kind. Luckily a fellow photographer was right there and held on to him as they got pushed to the inside where lifeguards got him up the beach and applied two breaths with the ambu-bag which was enough to get him breathing on his own. After a few weeks in the hospital to recover from broken shoulder, ribs, and a bruised brain not to mention pneumonia brought on by secondary drowning, another guy will be out there again thanks to the well trained guards at Ehukai Beach Park who knew what to do. (Ed. Note; See details in this issue from the survivor, **Ray Hollowell**.)

Thanks to the Triple Crown of surfing, we are sporting a new state of the art PA system at our new tower at Waimea Bay. Three huge speakers and a powerful amplifier help create the "voice of god" that helps us to keep people out of danger and talk a potential rescue customers back to the beach. I just read the surf report from Pat Caldwell and it looks like we are in for plenty of more big swells in the coming weeks.

One good thing about the North Shore is, we work real hard for 7 months and enjoy good training conditions for about 5 months when the surf is down. The other sides of the island have been plenty busy too, but that's another story.

Next up, The North Shore Lifeguard Assoc. has a super fun bodysurf event in March at the Pipeline. Meanwhile see you at the USLA Board of Directors Meeting in May.

Aloha, Pat Kelly



Use Caution!

Prepare to Succeed on the Beach

Adapted by Jim Turner, Newport Beach

With summer approaching, it is important to remember that personal safety goes beyond regulations and PPE (personal protective equipment). Lifeguarding requires that employees deal with many factors that affect their health and ability to perform at high levels. A lifeguard's physical and emotional readiness may be taxed as factors such as heat, humidity, UV exposure, dehydration, poor nutrition and fatigue adversely affect performance. To stay alert in the tower, make snap decisions and rapidly respond to emergency situations, lifeguards must know how significantly these factors influence their work and realize personal safety in the field and quality work performance require preparation long before the workday begins.

Heat Related Stress: Your potential for heat stress may increase with illness, pre-existing medical conditions, or prescribed medications. You should be aware of the signs and symptoms of heat-related emergencies, understand that you and your co-workers are more susceptible on hot, humid days and know that the following conditions may require immediate medical intervention:

- 1. Cramps:** Muscle twitching, and painful spasms in the arms, legs, calves, and abdomen. Often occurs as a result of an excessive loss of sodium.*
- 2. Heat Exhaustion:** Swelling of extremities, moist, cool skin, pale, dilated pupils, headache, dizziness, nausea, vomiting, chills, and a core temperature of less than 104 degrees F. *
- 3. Heat Stroke:** Hot reddish skin (may be dry or moist), rapid heart rate while at rest, which may weaken as an individual's vital signs deteriorate), hypotension, constricted pupils, altered LOC, and a core temperature of more than 104 degrees F.

*** Not all signs and/or symptoms may be present**

Fatigue: The quality, timing, and duration of rest allowed at emergency incidents may affect employee production rates and the risk of accident or injury. Supervisors should follow local protocol and department guidelines to ensure appropriate rest is provided:

- 1. Rest Breaks:** During periods of intense work, frequent 10-30 second rest breaks may significantly delay the onset of fatigue. During moderate, but prolonged work, less frequent breaks of 10 minutes or more may keep performance from declining. The number and length of breaks should increase after 8 hours, due to fatigue build-up.
- 2. Sleep:** Sleep is a prime factor in controlling fatigue. For lifeguards to perform well during a big swell with multiple rescues over many days, you should modify off-duty activities to provide for enough sleep to allow

the body adequate recovery for the following day's rescue activity. Supervisors should attempt to minimize employee fatigue when establishing work schedules (Avoid assigning early morning shifts the day after late shifts when possible.)

Physical Fitness: Aerobic fitness is an important factor in controlling heat stress. An individual with a high weight to body surface ratio has an increased risk of heat illness during heavy work, due to a decreased ability to dissipate metabolic heat. Conversely, those who enjoy a high level of aerobic fitness normally possess an increased cardiac output with an improved blood flow. This higher level of fitness results in an individual's ability to dissipate metabolic heat, thereby supporting a heavier workload. Aerobic fitness significantly improves the body's tolerance when working in an elevated heat environment - hot, sunny days with high humidity. Consequently, aerobic conditioning is strongly recommended for all lifeguard personnel.

Hydration: Regardless of an individual's physical fitness, acclimation, pacing, or individual differences, drinking adequate fluids is essential for lifeguarding performance and safety. During prolonged strenuous work in the heat, it is common to lose one to two quarts of perspiration per hour, and 3 gallons or more per day. Remember that beverages containing caffeine, such as many soft drinks, coffees, and teas may actually act as a diuretic and increase the potential for dehydration. Lost fluids must be replaced. Drinking an adequate quantity of water before and during work is the best way to prevent dehydration and replenish fluids.

Nutrition: Reduced performance, particularly during extended work periods, may sometimes be traced to poor nutrition. Eating adequate amounts of carbohydrates and water-containing foods may help prevent heat illness and enhance performance. A high-carbohydrate diet is recommended for lifeguards and aquatic athletes to recover and maintain energy stores. Breads, cereals, and grains are examples of carbohydrate foods. The carbohydrate and water contents of any diet top the list of important factors in preventing heat stress related illness.

UV Exposure: Any time the sun's ultraviolet (UV) rays are able to reach the earth there is risk for excessive sun exposure. The UV portion of sunlight is an invisible form of radiation that can penetrate and change the structure of skin cells. Exposure to UV rays appears to be the most important environmental factor in the development of skin cancer and has also been associated with various forms of eye damage, such as cataracts (eye disease where the lens becomes opaque, causing partial or total blindness) and pterygiums (abnormal mass of mucous membrane growing over the cornea from the inner corner of the eye). There are three types of UV rays: UVA, UVB, and UVC.

1. **UVA**, the most abundant type of solar radiation at the earth's surface, penetrates beyond the top layer of human skin. Scientists now believe that UVA radiation can cause damage to connective tissue and increase a person's risk of developing skin cancer.
2. **UVB** is less abundant at the earth's surface than UVA because a significant portion of UVB is absorbed by the ozone layer. UVB does not penetrate as deep into the skin as UVA, but is damaging nonetheless, and has been associated with the development of skin cancer.

- 3. UVC** radiation is extremely hazardous to skin, but it is completely absorbed by the stratospheric ozone layer and does not reach the surface of the earth.

Sunscreens protect your skin from UV rays and are classified according to the Sun Protection Factor (SPF). An SPF 4 blocks out 75% of the burning UV rays, while an SPF 15 blocks out 93% of the burning UV rays; and an SPF 30 blocks out 97% of the burning UV rays. Always use sunscreen with an SPF of 15 or greater. For best results, apply sunscreen about 30 minutes before going outside to allow it time to bond with your skin. In addition to protecting you from overexposure to sunlight, sunscreens also help prevent other problems related to sun exposure, including aging skin and pre-cancerous growths. How well the sunscreen stays on the skin after swimming, bathing or perspiring is just as important as the SPF level. The FDA considers a product "water-resistant" if it maintains its SPF level after 40 minutes of water exposure. A product is considered "waterproof" if it maintains its SPF level following 80 minutes of exposure to water. Select waterproof sunscreens if you will be in and out of the water during the day and reapply sunscreen after you have toweled off, much of the sunscreen is probably now on the towel.

Many health and environmental factors influence a lifeguard's well being during the workday, but knowing how these factors affect performance and taking steps to reduce their impact on you are great ways to maintain your job performance throughout your shift. It is important to prepare for the workday to maintain optimal alertness and reaction skills while on-duty. Your watchful eyes, quick recognition of, and rapid response to emergency situations save lives every day.

Remember the Five P's: **Proper Preparation Prevents Poor Performance.**

(This article was adapted from a 2002 California Department of Forestry Safety Bulletin.)

President's Message

by Rob McGowan

By the time you read this, another Vernal Equinox will have come and gone, meaning we are well on our way to another summer season on our Southern California beaches. Spring is a time for getting ready for another long hot summer. A time to get back into shape if you've let yourself go over the winter, a time to re-supply the rescue equipment and medical caches, a time for facility repairs, to order the supplies and equipment for another summer. It's time to train a new batch of recruits (we used to call them rookies) to staff the towers to keep the beach going public safe. It's time to plan for another summer of Junior Lifeguards, one of our best public education tools. It's all of this and much more, and this year, due to budget cuts, many of us are going to have to do a lot more with fewer resources, and in an El Niño year to boot!

The members of your Executive Board have been busy over the winter getting ready for another summer. We've been working with our marketing consultant, SHP, Inc. to acquire the things necessary to have another successful membership campaign and California Surf Lifesaving Championships. On top of that, our region is sponsoring the Spring 2003 USLA National meeting in Hawaii. Chris Graham has done an excellent job of organizing the meeting and it should be one of the best of all time. The dates are May 8th through 10th at the Outrigger Reef Hotel on Waikiki Beach. Check the events section of the CSLSA website (www.cslsa.org) for complete details.

Your Executive Board has been working to bring our marketing contract with SHP, Inc. into conformance with the USLA by-laws. It is the opinion of the USLA legal advisor that the CSLSA, as a region of the USLA, did not have the authority to enter into an independent marketing agreement like the one we have with SHP without the consent of the national body. Bill Richardson is working directly with SHP's attorney to resolve the contract issues in a manner that is acceptable to all parties concerned. SHP is interested in entering into a marketing agreement with the entire USLA, so hopefully the issues can be resolved and we can move forward. It seems like a win-win situation for the USLA and SHP if logic and a spirit of compromise can prevail.

Our Spring CSLSA Board of Directors meeting will be held April 24 and 25, 2003, at US Ocean Safety in Laguna Beach. The County of Orange Lifesaving Association will host the event. More detailed information should be available very soon.

Upcoming competition events include the 2003 California State Games at Imperial Beach (tentative) on July 11 and 12, 2003, and the 2003 California Surf Lifesaving Championships scheduled for July 25 and 26 in Los Angeles County. As of this writing, the Junior Lifeguard Regionals will be at Santa Monica on Friday the 25th, followed by the Lifeguard events at Zuma Beach on Saturday, July 26th. The decision to return to Saturday for the lifeguard events was based on sponsorship concerns, and was not without controversy. The issue came to a vote at the Fall Board of Directors meeting in Del Mar, and Saturday won out by the narrowest of margins. We need to keep in mind that sponsorship is key to the success of our Regionals, and we must do whatever we can to keep the sponsors satisfied. Other competitions include the Taplin, hosted by L.A. County on Saturday, August 2nd, and the USLA Nationals in Cape May, New Jersey on August 7, 8, and 9, 2003. Few details are available at this time, although there is a link to the Cape May Chamber of Commerce, featuring accommodations options at the Cape May Beach Patrol site, www.capemaybeachpatrol.org. The Cape May locals have advised me that the hotels fill up quickly, so if you are planning on going, you should make reservations as soon as possible. A few of decisions were made at the last USLA National meeting that will affect this summer's competition. Due to rule changes that were adopted, the Women's Open Surfboat Race is now 2 laps instead of one, and the "non-professional" members no longer need to donate 24 hours to their chapter in order to compete. There will be an "Under 18 Professional Division" classification at USLA Nationals on a trial basis this year. This will be a sub-division of the Open Men's and Women's categories, is be non point scoring, and will award a first place medal to the top under 18 year old male and female competitor in the Swim, Run-Swim-Run, Rescue Board, and 2 K Run events. Junior Lifeguards are not eligible.

Our California-New Zealand Exchange lifeguards, Lindsay Ortega from Huntington City, and Rebecca Levine of Huntington State had a great trip to New Zealand this winter. They spent the entire month of January visiting at least ten different surf clubs in New Zealand, they "passed the NZ Surf Lifeguard exam with flying colors," and were featured in a newspaper article with a half page photo on the front page. Way to go girls, we hope to get a full report at the CSLSA Spring Board of Directors meeting. The details of the 2003-2004 exchange has been published by committee chair Chris Graham. This will be the 31st annual exchange between California and New Zealand and all materials from prospective applicants must be received by August 27, 2003, with an oral interview to follow. For more information contact Chris Graham at (949) 770-1313 x 203, cgraham@lakemissionviejo.org, or www.cslsa.org "exchange programs."

I look forward to seeing you at our Spring meeting in Laguna, or if not there, on the beach at the Regionals or the Taplin. Until then, be safe and keep 'em alive.

Lifeguard Starting Salary Comparison

*This chart was derived by Eric Sandy from data collected by Vince Lombardi for the CSLSA , Spring 2000 and 2003. It is for comparison only and is time-sensitive. These figures may have changed since they were collected. * Indicates no new data.*

City/Department	2000 Hourly Wage	2003 Hourly Wage
Tucson	\$7.59	\$7.89
Lake Mission Viejo	\$8.25	\$9.11
Santa Barbara	\$8.50	\$10.50
Laguna Beach	\$9.50	\$13.78
Pismo Beach	\$9.50	\$9.50*
Santa Cruz	\$9.50	\$11.84
Oakland	\$9.75	\$9.75*
Solana Beach	\$10.13	\$10.13*
Encinitas	\$10.43	\$10.85
Imperial Beach	\$10.61	\$12.05
Camp Pendleton	\$10.64	\$11.27
Oceanside	\$10.66	\$11.77
Del Mar	\$10.81	\$10.81*
Seal Beach	\$11.00	\$12.01
Coronado	\$11.25	\$12.06
San Clemente	\$11.35	\$12.72
Huntington Beach	\$11.51	\$13.70
California State	\$11.83	\$13.38
Newport Beach	\$11.83	\$13.06
Long Beach	\$11.96	\$14.39
Honolulu	\$12.21	\$12.21*
San Diego	\$12.58	\$14.01
LA County Lakes	\$13.52	\$14.46
LA City	\$15.77	\$17.35
LA County	\$17.54	\$18.40
Arithmetic Mean	\$11.13	\$12.73
Median	\$10.66	\$12.05

Santa Cruz City floats surf rules book

By Dan White, Santa Cruz Sentinel staff writer

According to DAN WHITE, Santa Cruz Sentinel staff writer "rules of the surf lineup are passed on by word of mouth —and in extreme cases by fist to mouth." The rules are part of an oral history. They aren't something you see printed on paper — and certainly not on city letterhead. But the city Parks and Recreation Department, responding to packed surf breaks and increasing conflicts between surfers and kayakers, plans to print 7,000 "aloha" wave-etiquette brochures to pass out to wave riders of all types.

City lifeguard chief John Alexiou said the free brochures are an effort to have wave riders regulate themselves. While he wouldn't rule out future regulations for kayakers, which some surfers want, no restrictions are on the table, he said. Most everyone who attended the city-sponsored meetings on the issue stressed cooperation over bureaucracy, he added. The suggestions are non-binding, and parks officials expect them to be enforced by social code, not surf cops. They apply to surfers, kayakers and body-boarders.



Kayaker and surfer take off on the same wave at Steamer Lane. Sentinel Photo by Dan Coyro

The rules were created with suggestions from wave riders, but don't look for any macho posturing in the pamphlet. It is so cautious to avoid surf/kayak conflict that it labels both objects "surf vehicles." "We need to emphasize mutual consideration," the brochure reads. "Be gracious and generous in letting others have their share of waves. Give respect to get respect. Help your fellow surfers."

The project will cost \$5,000. The city is kicking in about \$1,000, and the rest is being raised privately. Among the donors: surf and kayak shops. Kristina Marquez called the brochures a great idea. The normal method of learning the rules is "getting yelled at, or a cool guy will come up to you and explain it," she said.

Marquez, co-owner of Paradise Surf Shop in Pleasure Point, said the city publicizing surf conduct codes reflects changing times and priorities. "Santa Cruz surfing has always been so counter-cultural," she said, but now, "... we have doctors and lawyers surfing. ... We used to have all surfers working in surf shops and gas stations. Before it was perfectly acceptable to dunk a kid who was being a brat. Not anymore. The time is perfect for something like printed brochures."

Bill McGlaughlin, a longboarder who manages Arrow Surf and Sport on the Westside, liked the pamphlet idea but had little faith it will settle all disputes. "When the ocean is calling you, it's hard to obey a bunch of rules," he said. "The people who have conflicts with it, I am not sure they are that reachable with that kind of education." He added he's been "scared out of my mind" by guys on kayaks who lack control.

Former white-water kayaker Jeff Grell, who now runs the Corralitos-based Professional Surfing Tour of America, said the pamphlet suggestions will benefit all groups.

The rules were formed because of simmering conflicts between surfers and kayakers. In the early 1990s the groups brawled during the annual spring surf-kayak contest in Santa Cruz. A group called Surfers For a Safe Berth pushed the city to ban kayakers from surf breaks. Members argued out-of-control kayaks are extremely dangerous to surfers. Kayakers responded, saying they are regularly harassed by obnoxious surfers even when they aren't in the breaks.

Wave riders from as far as Hawaii and Mexico sent e-mails to the city. The pamphlets will include pictures of a wipe-out, and give displays of potential conflict situations and how to avert them. In one display, surfers are designated as "Red" and "Green." "The surfer closest to the breaking wave has possession," the section reads. "Red may not drop in. ...Red has lost forward momentum or wipes out. Green may take possession."

The brochures will be handed out at surf shops, waterfront businesses and kayak shops, among other stops.

While this is the first time the city has waded into surf etiquette, rules are carved in a wood sign at Cowell Beach. The author was Sam Reid, who helped establish Santa Cruz as one of the world's best-known surf spots. Reid, who died in 1978, was known for his large redwood surfboard and his knowledge of Polynesian surfing history. His sign asks surfers to cede right of way to the first on the wave, and most importantly, "Hang on to your board."

Contact Dan White at
dwhite@santa-cruz.com.

WHO'S THE BOSS?

By Eric Sandy, Del Mar.

Who runs the show? Who's the Chief or the Captain or the Ole Man or the Big Guy? Who's El Jefe, Numero Uno, Ichiban? On whose desk does the buck stop?

In any line of work, good leadership is very important. In the business of lifesaving, great leadership is vital.

From Navy days, I remember that superior officers could delegate *authority* but not *responsibility*. To me, that meant I could tell someone of lower rank to do a job but whether or not that job was done properly was still eventually my responsibility. In fact, since my orders ultimately originated from the Captain, he was ALWAYS responsible, no matter what.

I suspect the same is true in lifeguarding. When all is said and done, it's the Boss who has to answer. Considering the immense implications for public safety, that means our lifeguard Bosses have a tremendous responsibility. It's literally, life and death – the life and death of the public and of the crewmembers depending on the Boss for leadership. Too often that momentous job is under-appreciated.

In too many cases, the person in charge of keeping millions of people safe, serves courageously and brilliantly in anonymity. For some of these leaders it's partly a matter of choice. They are not the types to seek the spotlight. For others it's more of a case of the media just passing them over to publicize someone a little more glamorous. Regardless, considering the immense impact these leaders have on the safety and well-being of so many people, it's a mistake to not give at least some token recognition. That's our mission in this short listing.

We apologize for any oversights. In a few cases, we may have given some of the credit to the wrong person or mangled their title or misspelled their name. For some of the Cal State sectors we just failed to identify all the bosses. Knowing the caliber of these people, they'll excuse our errors. For them the greatest reward is the satisfaction of knowing that everybody who came to the beach that day went home safely. For that we owe them our thanks, admiration and respect.

THE BOSSES according to fairly reliable sources...

CAL STATE SAN DIEGO COUNTY	CHIEF DENNIS STOUFFER
CAL STATE ORANGE COAST	CHIEF JOE MILLIGAN
CAL STATE CHANNEL ISLANDS	SUPERVISOR GREG WHITE
CAMP PENDLETON	CHIEF VINCE LOMBARDI
CAPITOLA	CAPTAIN ERIC MITCHELL
CORONADO	CAPTAIN SEAN CAREY
DEL MAR	CHIEF PATRICK VERGNE
ENCINITAS	CAPTAIN LARRY GILES
HAWAII	CHIEF HOWE
HUNTINGTON BEACH	CHIEF STEVE SIME
IMPERIAL BEACH	CAPTAIN ROBERT STABENOW
LAGUNA BEACH	CHIEF MARK KLOSTERMAN
LAKE MISSION VIEJO	CAPTAIN DAVID PEDEN
LONG BEACH	CHIEF MARK BOONE

L.A. CITY
L.A. COUNTY
NEWPORT BEACH

OCEANSIDE
PORT HUENEME
SAN CLEMENTE
SAN DIEGO CITY
SAN LUIS OBISPO
PISMO BEACH
SANTA BARBARA
SANTA CRUZ
SEAL BEACH
SOLANA BEACH
USOC
VENTURA

DIRECTOR RICH GODINO
CHIEF MICHAEL FRAZER
CAPTAIN JIM TURNER
CAPTAIN ERIC BAUER
CAPTAIN MATT STEVENS
HEAD LIFEGUARD TIM BURROWS
CAPTAIN BILL HUMPHREYS
CHIEF KENNETH HEWITT
no reply at press time
no reply at press time
CAPTAIN RICH HANNA
CHIEF JOHN ALEXIOU
CHIEF STEVE CUSHMAN
CAPTAIN PAUL DEAN
DIRECTOR JASON YOUNG
HARBOR MASTER JACK PEVELER

(Ed note; our apologies to those agencies we missed including some of the CalState sectors)