

Official Newsletter
of the
**California Surf
Lifesaving
Association**
FALL 2017

The **CALSURF**
V o l u m e 2 2 N o . 1

HURRICANE RESPONSE



Also in this issue...

Hoag Hospital & So. Cal. Lifeguards:

Battling Spinal Injuries for Almost Four Decades

2016 EXECUTIVE BOARD

President	Mike Beuerlein
Vice President	Bill Humphreys
Secretary	Kai Bond
Treasurer	Rob Williams
Advisor	Rob McGowan
1st Delegate	Mike Silvestri
2nd Delegate	Gus Avila
3rd Delegate	Jay Butki
4th Delegate	Casey Graham

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EVENTS CALENDAR 2017/18

Fall CSLSA Board of Director's Meeting
LA City (San Pedro) CA Oct. 6-7 2017

World Conference on Drowning Prevention
October 17th - 19th 2017 in Vancouver, B.C.

Great CA Shake Out
Earthquake Drill - October 19th 10:19 AM

USLA Fall 2017 Board of Director's Meeting
October 20th and 21st in Vancouver, British Columbia

World Lifesaving Championships
November 16th to December 2nd 2018 in Adelaide, South Australia.

Spring CSLSA Board of Director's Meeting
April 12th - 13th 2018.

USLA Spr. 2018 Board of Director's Meeting
April 26th - 28th 2018 in Long Beach CA

COMMITTEE CHAIRS

Bylaws/Policies & Procedures	- Bill Humphreys
Certification	- Vince Lombardi
Exchange	- Doug Leach & Ms. Schwene
Grants	- Mr. Busatto
Junior Lifeguards	- Casey Graham & Mr. Egan
Legislation	- Adam Sandler
Sport/Fitness	- Jay Butki & Mr. Prosser
Membership	- Charlotte Graham
Newsletter	- Jim Hughes
Original Founders	- Rob McGowan
Professional Standards	- Shea Gipti
Public Education	- Mike Silvestri
Public Relations	- Kai Bond
Special Awards	- Bill Richardson
Sponsorship	- Gus Avila
Statistics	- Ian Burton
Training	- Mike Scott
Ways and Means	- Rob Williams
Website	- Bob Moore

Please compare with current meeting agenda on CSLSA website for many new committee chairs.

THE CALSURF NEWS

The
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William Koon – Hoag Hospital

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Skip Prosser
William Koon

Marketing & Promotion
Scott Hubbell – LA County



PRESIDENT'S MESSAGE

Thank you to the Hueneme Ocean Lifeguard Association for hosting the Spring 2017 CSLSA Board of Director's Meeting. Casey Graham and crew did such an outstanding job that nobody could tell it was the first time their chapter had ever hosted a regional meeting.

Since then, the CSLSA Executive Board represented our members at the Spring 2017 USLA Meeting in Cape Cod, Massachusetts. In addition, CSLSA Executive Board members have attended two Executive Board meetings and served as officials at regionals and nationals. Our Executive Board will take information from this meeting to represent our members at the Fall 2017 USLA Board of Directors Meeting and the World Conference on Drowning Prevention in Vancouver, British Columbia, Canada on October 17th through 21st.

In Cape Cod, I told the USLA Board of Directors that "growth in USLA membership is good for all regions. Unfortunately, as membership numbers have increased, the delegate to member ratio has not. CSLSA proposed to the USLA Membership Committee that an 8th delegate be added for any region with over 1000 dues paying members". This proposal is just the first step to begin to correct the disproportionate regional representation that currently exists in USLA. Over time, our proposals

have been whittled down with each unsuccessful vote from what we think would be a truly proportionate and fair proposal. Nonetheless, I told the USLA Board of Directors that "this proposal is more fair than our current policy, provides more proportionate and democratic representation and provides incentive for continued growth of USLA membership in larger regions. As proposed, CSLSA went back to the drawing board and came up with something that is more palatable to other regions and actually benefits multiple regions." I concluded by telling the USLA Board of Directors that "the time is now to achieve our strategic goal of stimulating growth for the future of USLA." Our proposal to increase the USLA Delegate Count passed 5-2 in the USLA Membership Committee, but it will not receive the required 2/3 majority to be approved on the floor at the next USLA Meeting if both the Mid-Atlantic Region and South Atlantic Region continue to oppose our proposed bylaw amendment.

CSLSA is very pleased with the USLA Board of Director's decision to accept the Certification Committee's recommendation to accept the California Marine Safety Chiefs Association proposal to create a project group to offer specialty training modules and certifications to better standardize our profession, similar to NFPA. This concept addresses the USLA strategic plan goal of stimulating increased agency involvement and ultimately saving more lives.

Additional USLA News

- Prior to the last USLA meeting and after consulting the CSLSA Executive Board, I drafted a revised National Team Manager and Coach Selection Policy to address the ongoing problems with the existing one sentence policy. I then forwarded the policy proposal to the USLA President for distribution to the USLA Lifesaving Sport & Fitness Committee Chairman. To date, no action has been taken on the policy proposal. So, Mr. Butki has agreed to introduce the policy proposal to the USLA

Sport & Fitness Committee at the upcoming USLA meeting.

- The newly completed 3rd edition of the USLA textbook is a significant improvement and is available for purchase on the USLA website.
- The cost of USLA Agency Certification was increased from \$300 to \$500.
- The registration fee for Junior Lifeguard and Under-19 competitors at Nationals was increased by \$5. The increased revenue was earmarked for the U19 National Team.

The 2017 California Surf Lifesaving Championships were hosted at Silver Strand State Beach by a coalition consisting of the Silver Strand, Coronado, and Imperial Beach chapters. JG's competed on July 21st and Lifeguards competed on the 22nd. There were many challenges to hosting the event, including the remote location, lack of experience in hosting regionals, Comic Con and even sharks. Yet, despite the huge learning curve, I am happy to report that the event was a success. Special thanks to John Anderson, Sean Carey and the coalition of hosting chapters. Scott Hubbell provided significant event sponsorship. With the lessons learned from 2017, we look forward to an even better event in 2018.

At our Port Hueneme meeting, Bill Richardson and Bob Moore presented their recommendations for proposed amendments and corrections to the CSLSA Bylaws and Policies & Procedures. Those proposals were discussed in the CSLSA Bylaw Committee meeting and the committee's recommendations were reported to the Board of Directors and attached to the posted meeting minutes. We will vote on a motion to approve those amendments in San Pedro on October 13th. Mr. Moore and Mr. Richardson volunteered well over 150 hours of time and effort toward this project and are to be commended for their continuing dedication to our organization.

In the spring of 2018, CSLSA has the honor of hosting the USLA Board of Directors Meeting. After considering 10 possible California coastal cities, Long Beach emerged as the top choice due to centrality, proximity to airports and convention appeal. Long Beach has never hosted a USLA Meeting and Marine Safety Chief Gonzalo Medina has assured me that the meeting would have the full support of the City, the Fire Department, the Marine Safety Division and the LB Lifeguard Associations. So mark your calendars for April 26th to 28th at the Hilton Long Beach.

The San Pedro meeting on October 12th is an election meeting. Elections are an opportunity for some new people to run for a position on the CSLSA Executive Board of Directors. There will be some positions open for candidates. Make no mistake, this is voluntary service for a very noble cause. All Executive Board Members must commit to a 2-year term and annually attend 2 regional meetings, 2 national meetings, 6 Executive Board meetings and serve as an official at regionals. If you are not up for that commitment, we will still need committee chairs, certification officers and officials for regionals. CSLSA is your association. It does not run itself. It is only as strong as the people who volunteer to fulfill our noble mission.



As open-water lifesavers, our MISSION is to promote Beach Safety awareness and Professional Lifeguard standards through public education, training programs, exchange programs, junior lifeguard programs, competition and other means. The ultimate goal is to prevent and reduce aquatic injuries, accidents and death at open-water beaches in the Southwest Region of the United States Lifesaving Association.

It has been a pleasure to serve as your President for the past 8 years. Whatever success we have achieved in representing CSLSA chapters and members is due in large part to the CSLSA Executive Board. They are dedicated professionals who have made my job easy. It has been an honor to serve with them.

All of our Executive Board Members volunteer hundreds of hours each year to represent CSLSA and its members. They are dedicated professionals who work well together. Your Executive Board Members are committed to fulfilling the CSLSA mission of promoting professional lifesaving standards and beach safety awareness. I salute them!

Many thanks to Los Angeles City Lifeguard Association for hosting the Spring 2017 CSLSA Board of Directors Meeting. We only wish that Rich Godino could have been there to share the experience with us. RIP my friend...

Lifeguards for Life!

MEDAL OF VALOR AWARDS

AARON PENDERGRAFT

On February 26, 2016, Mr. Aaron Pendergraft, a 16-year veteran of the California State Lifeguard Service, observed two victims, a mother and her 7-year old daughter, who had been knocked down by the shore break and swept out to sea by a rip current. Equipped only with a rescue tube, swim fins and wetsuit, Mr. Pendergraft braved the 52° water and 20-foot surf, raced to the victims and swam them off-shore away from the immense surf, keeping them safe for over 30 minutes until all were eventually recovered by a Sonoma County Sheriff's helicopter. As a result, Mr. Pendergraft and the two victims were treated for hypothermia and released.

Mr. Pendergraft demonstrated the highest level of bravery that day, selflessly risking his life to save another, demonstrating the highest level of commitment and tradition of the United States Lifesaving Association. For his heroic action he was awarded the United States Lifesaving Association's Medal of Valor on October 16, 2016.



CHRIS CONNOLLY

On December 11, 2015, Mr. Chris Connolly, a California State Lifeguard II, responded to a distressed surfer in extraordinarily large surf and high tides at Faria Beach, north of Ventura, California. Chris reached the surfer but was unable to bring him to shore due to the treacherous conditions and rocky shoreline. He traveled down coast with the victim $\frac{3}{4}$ of a mile in the extremely dangerous conditions until he reached a safe exit point, the entire time being pummeled by the large surf and strong currents.

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William Koon, MPH

Project Wipeout Program Coordinator | Community Health

On Monday July 10th, approximately 285 lifeguards from Orange County gathered at the Hoag Hospital Conference Center for the 38th Annual Project Wipeout Lifeguard Educational Conference. Project Wipeout began in 1979 when Hoag Emergency Department physicians noticed an increase in the incidence of beach spinal injuries arriving at the hospital. For nearly four decades, Hoag and local lifeguards have worked together to educate the public about spinal injuries and other beach safety topics. The Annual Lifeguard Education Conference is an opportunity for lifeguards from Orange County and beyond to come together and hear from experts in emergency medicine and various other fields related to lifeguarding.

This year Newport Beach Lifeguard Captain George “Skeeter” Leeper served as the Master of Ceremonies, guiding the group through the evening’s agenda. Dr. Chris Lowe, Professor of Marine Biology and Director of the Shark Lab at California State University Long Beach, presented on his team’s research over the past year. Dr. Lowe discussed the increase in shark sightings along the Orange County coast, and offered some recommendations on what to do if you see a shark in the water. Renae Jackson and Dr. Karen Roos from California State University Long Beach shared results from their recent study on Lifeguard injuries in California, and discussed injury prevention strategies

and stretching techniques specifically for lifeguards. Trevor McDonald, Marine Safety Officer with the City of Huntington Beach, spoke to the group about the benefits of a great attitude, professionalism on the beach, and the importance of finding a mentor. Mr. McDonald offered tips on finding a mentor, and challenged the group to define what they were committed to and take active steps to achieve their goals.



The medical instruction of the evening was dedicated to C-Spine injury care and management in the field, and information on the care received “after the beach” in the ambulance and at the Emergency Department. Kristin Thompson, EMS Division Chief of the Newport Beach Fire Department, and Newport Beach Firefighter/Medics led the group through field care, demonstrating proper techniques on Huntington Beach Lifeguard Leo Poleshchuk. Dr. Andrew Wittenberg, Chairman of Emergency Medicine at Long Beach Memorial Medical Center, discussed care a patient with a suspected C-Spine injury would receive in the Emergency Department and the importance of early stabilization in the field.

Lastly, Newport Beach Lifeguard Chief Rob Williams presented the *Excellence in Lifesaving Award* to Alex Brandt, a 10-year veteran lifeguard known for his outstanding waterman skills. Alex was involved in two separate off-duty preseason rescues, one in March 2017 and one in May 2017, which involved



Excellence in Lifesaving Awarded to Newport Beach Seasonal Lifeguard Alex Brandt.

CPR on the beach. Both victims survived because of his quick actions and knowledge of CPR.

Hoag Hospital and local lifeguards are working hard in the offseason to continue the public education mission of Project Wipeout, and are excited about the 19th Annual Lifeguard Conference in July 2018!

Long Beach Fire Lifeguards

Ten-Day Trek to Hurricane County

Skip Prosser



Before Atlantic Hurricane Irma, there was Hurricane Harvey. Both Harvey and Irma hit the United States as a category 4 hurricane within weeks of each other, which marks the first time two Atlantic hurricanes of that magnitude have made landfall in the same year.

The devastating effect of a category 4 hurricane that hit land often require a state to seek numerous outside resources with a specific set of skills to travel to the impacted area to help with restoring order, recognize and execute rescues and otherwise assist in the aid and recovery of people and animals who need assistance.

On Thursday, August 31st, roughly four days after landfall, the Long Beach Fire Department River/Flood Rescue Task Force #12 comprised of fifteen US&R (Urban Search and Rescue) and Swift Water Technicians got the call with orders to pack their gear and head to College Station, Texas.



The 11 Firefighters and four Lifeguards that formed River/Flood Rescue Task Force #12 left Long Beach, California for a 36 hour straight-through drive to the City of College Station, Texas. College Station was considered ‘basecamp’ where teams from all over the State of Texas and other states including representation from FEMA would meet to review strategy, repair damaged equipment and analyze current weather patterns.

It wasn’t long before River/Flood Rescue Task Force #12 was dispatched 150 miles away to the City of Lumberton, Texas. Lumberton is a low-lying area, with an elevation of 59 feet, which left it susceptible to high levels of flooding. Structures that were once under water were now able to be entered, but were still not accessible by conventional road. It was the

operational duty for the Long Beach Fire Department US&R and Swift Water Rescue teams to find their way through treetops, rivers and former roads and search all structures for possible victims and any other living creature and ensure their safety and administer any medical needs if needed.

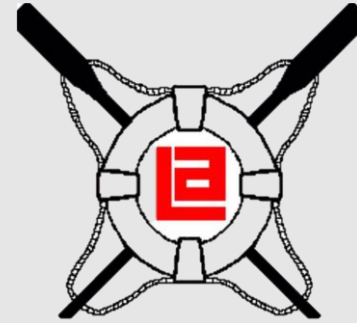
The waters at peak level were 12+ feet higher than when River/Flood Rescue Task Force #12 arrived and homes typically set on 10 foot stilts were lifted off their stilts and found hundreds of yards away. There was no order to the many RV's and cars and trailer homes that came to rest on dry land as the water began to dissipate. River/Flood Rescue Long Beach Task Force #12 also had the honor of being able to use Rex, a S&R dog which can track human scent. Rex has been trained in these types of environments to sniff out humans who may be trapped and alive but may not be able to call for help. Each house had to be evaluated and cleared and then tagged that everything was "OK". At the end of each day, each member of the team was required to undergo a decontamination process as flood waters typically cause bacteria levels to rise.

Long Beach spent 2 and a half days in Lumberton and completed their specific mission and then returned to College Station to debrief, repair equipment, fuel up and start their drive back to Long Beach, arriving back in Long Beach for a total of 10 days.

The time in Lumberton touched our department and the Long Beach River/Flood Rescue Task Force #12 met a lot of grateful residents who shared their stories about the damage left by Hurricane Harvey. Everywhere the team stopped, undoubtedly, someone would leave a thank you note on their windshield, recognizing they had come from California to Texas to help people who live 1,000 miles away. Emergencies on this scale and the willingness to help others have very few constraints attached. The Long Beach Fire Department is proud to have the resources and the benefit of a willing command staff to send help in response to such devastation.

LACLA

A Quick Look at the
Los Angeles City Lifeguard Association
Host of the Fall 2017 CSLSA BOD Meeting



Agency: Los Angeles Dept. of Rec & Parks

- Governing Body: City of Los Angeles
- Creation: Late 1904
- Coastline Guarded: 1 Mile
- Permanent Lifeguards: 5
- Seasonal Lifeguards: 220
- Junior Lifeguards: 160 per Summer
- Rescues: 23 (boats)

The City of Los Angeles was the first in the nation to create a dedicated department exclusively for recreational services. Throughout the following decades, LA City provided beach lifeguard services at Will Rogers, Venice, Dockweiler, Royal Palms, and White Point, before the creation of the LACo Beaches & Harbors Dept. in 1975. Today, LA City still provides lifeguard services at Cabrillo Beach, Hansen Dam and Balboa Lakes.

The openwater lifeguard services are managed by Patricia Delgado
The Aquatic Director is Carlos Espinoza.

For more information:

<http://www.laparks.org/aquatic/lakes-fishing-beaches>