

Cal-Surf News

Volume 5 Number 2

Summer 1998



Camp Pendleton Lifeguards have one of the toughest jobs on the coast protecting America's finest combat troops since alcohol is permitted on federal beaches. July 4th is typically their busiest holiday as Marines and their families enjoy some liberty time off to celebrate their patriotic freedoms as seen here at Del Mar Jetties.



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The President's Message

President Bill Richardson Looks Ahead to the Summer of '98

As one of the very first acts I performed as the newly elected President of CSLSA I wrote a message for CAL SURF NEWS. This responsibility becomes more difficult each time I write one, because I write two Presidential Reports to each of the two boards, two Regional Reports to the USLA Board and seven "President's Messages" (three for CAL SURF NEWS and four for AMERICAN LIFEGUARD).

My first report for Cal Surf News contained an error for which I am greatly embarrassed and totally apologetic for. In naming those who had served on the CSLSA Board who were not reelected for 1998-99, I failed to mention Max Bowman. Max has been on the board since its conception in

1964 and I have known Max for 36 years, this May. He is a friend, a past boss and a mentor. Even though he is not on the CSLSA Board, he remains active at General Board Meetings, where he represents HBSLSA as a delegate, and continues to contribute to his life long endeavor of improving our profession. So I apologize to Max for leaving him off this list. Thanks for your efforts Max, and sorry for the omission.

1998 portends to be a very busy summer. Rick Gould who administrates our statistic gathering has told me that CSLSA statistics set a record for 1997. With the impact of El Nino on our beaches, the potential for 1998 seems to be even

more rescues and other such activity. Already, rescue counts are high due to rip activity generated out of El Nino impacted ocean bottoms. It will be interesting to see what happens this year, as every year after an El Nino event has been a busy one.

Many thanks are owed A.J. Summers who has taken it upon himself to create a CSLSA website on the Internet. If you have the opportunity check out the site at www.CSLSA.org. A.J. continues to improve the site, which is tied directly to the USLA site at www.USLA.org. We encourage each agency or chapter to develop a site which can be tied into the region and national sites via "hot text". This will continue to improve our communications within the region and nationally.

In the last four months we have been busy with the transition to a new Executive Board. In this regard the new Treasurer, Bob Moore has put all our assets in a new interest bearing account that will generate more income to the association.

We have written a letter of support for Senate Bill 545 which increases the minimum age to operate a motorboat and provides for a boating safety advisory committee, to which Chris Brewster has been appointed. We also wrote a letter of opposition to Senate Bill 1678 which would eliminate reference of ocean lifeguards as deserving recipients of Proposition 172 funds.

On the membership side, the Executive Board, acting for the Board of Directors, obtained membership T-shirts to be combined with the Hawaiian Tropic product provided by USLA. We also developed a sign-up form for USLA/CSLSA membership to help you sign-up correctly. Look for you local chapter representative to obtain a CSLSA member kit and a sign-up form.

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The CSLSA is a non-profit organization incorporated in the State of California. Its principal goals are water safety education and the promotion of professional lifeguarding standards. These goals are accomplished primarily through beach safety presentations to school groups, educational exchange programs with members of the International Life Saving Federation and participation in regional and national competition.

President's Message

(Continued from p. 2)

1998 will prove to be a very active year for CSLSA Public Education. The board approved the purchase of a new Public Ed Booth. Its inaugural use will be at the Orange County Fair in mid-July. Last year potentially 50,000 people per day had an opportunity to see our Marine Safety display at the Fair.

One of the latest changes made by the Board of Directors was the acceptance of potential alcohol sponsorships for our adult games. This action comes after years of CSLSA's efforts to stay away from alcohol sponsorship due to the impact alcohol has had on aquatic safety. The action to make this change was discussed at length at the General Board Meeting in April. As a result of the that discussion and subsequent vote, the Board agreed to suspend the policy banning alcohol sponsorships. The following limitations were kept in place, however.

- ◆ Alcohol sponsorship shall be for adult competitions only
- ◆ Alcohol sponsorship materials will NOT be present or in any way indicated at or near Junior Lifeguard Events
- ◆ Alcohol sponsorship advertising will NOT be allowed on public education materials
- ◆ 20% of all signage or recognition of alcohol sponsors MUST contain use/abuse messages.

This means CSLSA could solicit alcohol sponsorship for its regional championships and support USLA's efforts for sponsorship of national and international fund raising for its games. CSLSA hopes to have USLA agree to the same caveats as mentioned above.

As winter has ended and we all prepare for a busy season, I encourage you to share in your community through positive efforts. Help in teaching First Aid or CPR classes, volunteer through your local

Visiting Kiwis

By Kia Ora

Mention the word 'Kiwi' to an American and they will probably envision the exotic green fleshed fruit. It is quite a different story if you say it in New Zealand. Depending on the context in which you use it, you might end up with a bird, beer, fruit, or in the case of the California-Auckland Lifeguard exchange, it means we get two New Zealand lifeguards. The CSLSA and the Auckland SLSA have had a lifeguard exchange for over 25 years now. The Californians visit New Zealand during January and February. The 'Kiwis' make their appearance here during July and August. Since the seasons are inverted in the two hemispheres, lifeguards from the corresponding countries are able to visit during peak seasons without leaving their own operations when lifeguards are needed most. This summer, the visiting Kiwis are Fred Noble and Matt Craig.

During their 6 week exchange, these two lifeguards will visit up to 20 lifeguard agencies within the CSLSA. The goal of the exchange is for knowledge to be shared and learned. Lifeguards around the world share a common goal to save lives. However, cultural, political and logistical differences exist wherever you go. And even after 25 years of experiences, something new can always be learned. Each host agency is required to provide a tour of their local agency, accommodations during their 1 or 2 day stay, and travel to the next agency on the itinerary.

Over the years, certain traditions have been established. That list includes, but is not limited to, attending the regional lifeguard competition, as well as the Ocean Festival in San Clemente. The Del Mar contingent is known for travelling across the border to see a bull fight in Tijuana. Camp Pendleton lifeguards are able to put the Kiwis through a mud run on the base. The trip would be pretty intense if they did not get a break. Fortunately, scheduled days of rest are provided. If rest is not needed, you might find these foreigners visiting some of the local tourist attractions that California has to offer. It is also rumored that on occasion our southern hemisphere counterparts may partake in a libation or two.

If all goes well, Matt and Fred will start their tour with the WipeOut Symposium for spinal cord injuries on Monday June 29, hosted by Hoag Hospital in Newport Beach. From there, the coast is the limit. A new twist is being integrated into the exchange this year. Rosarito Beach, Mexico is to be included in the exchange for these two. Hopefully most of you will get a chance to meet Matt and Fred. For those interested in becoming a host agency, or being considered as a delegate to travel to the land of Kiwis, check out the CSLSA website, www.CSLSA.org and go to New Zealand Exchange.

chapter to man Public Education booths and participate in the LIFEGUARDS FOR LIFE BLOOD DRIVE. These are all ways

we can be seen as professionals and lead the way to better beach safety and leaders in the community.

Agencies Promote Beach Safety Awareness Week in National Effort to Educate Children and Parents and Prevent Drownings

Event Coincides with Alarming Increase in Spring Deaths

By Mike Bartlett, Huntington Beach

As part of the USLA's lifesaving efforts, lifeguard agencies around the country promoted National Beach Safety Awareness Week on Memorial Weekend, May 18-25. The goal was to educate parents and children in preventing drownings and beach related accidents and to recognize ocean lifeguards as safety service professionals. Unfortunately, the week ended in several drownings at Orange and Los Angeles County beaches.

An off-duty LA City Firefighter drowned while SCUBA diving at Laguna Beach and several fisherman were washed off the rocks near San Pedro. One fisherman was saved and the other drowned.

Almost a dozen people have lost their lives at Orange County beaches this Spring in a series of unrelated beach accidents. On one incident in Laguna Beach, a small child was swept off the rocks at Giggle's Crack and two adults drowned while attempting to rescue her. Officials in Laguna have debated the issue to restrict public access in dangerous areas. Several weeks later, another man was washed off the rocks and presumed drowned.

In Huntington Beach, two people died within a twenty-four hour period. A swimmer drowned after he was pulled offshore in a rip current. A lifeguard spotted the trouble and ran a quarter mile to the scene only to arrive seconds late.

The next evening, a man engaged in horseplay slipped off the end of the HB pier and drowned before help arrived. His body was later found almost 3 weeks later and 12 miles south in Newport Beach. Although the weather has been mild and water temperatures hanging in at the 60 degree mark, this Spring was highlighted with two Southern Hemisphere storms which produced large surf in the 8-10 ft. range. With the sand bottom already chewed up by this past Winter's El Nino storms, these recent two storms have only

contributed to the uneven bottom conditions close to shore which feed rip currents.

Local officials have called on reviewing staffing levels, posting more warning signs, mounting emergency life preservers on piers, and implementing better night call-out procedures to combat the problems.

As part of the National Beach Safety Awareness Week, the City of Huntington Beach Marine Safety Division in conjunction with the HBSLSA hosted an Open House/Beach Safety Forum open to the public at Lifeguard Headquarters on Memorial Weekend, May 23-25, from 11am to 5pm. The three-day event drew several thousand people over the weekend. The event included an educational beach safety video presentation of ocean hazards (i.e. rip currents and inshore holes), a Beach Safety Display Booth with safety tips, and various lifesaving equipment (i.e. Lifeguard vehicles, Search & Rescue SCUBA gear and Swiftwater & Flood Rescue

Boats). In addition, lifeguard representatives gave free blood pressure checks and fielded beach safety information, all at no cost to the public. The USLA kicked off the National Beach Safety Awareness Week by receiving a Proclamation from President Bill Clinton and the CSLSA received a Proclamation from California Governor Pete Wilson.

In Huntington Beach, the local lifesaving chapter (HBSLSA) sent information to various governmental bodies also requesting Proclamations. The Orange County Board of Supervisors followed suit and issued Proclamations along with the City of Huntington Beach. California ocean lifeguards saved over 50,000 lives last year, but in spite of their efforts, some people drown due to a lack of proper beach safety practices. Beach safety is vital and necessary in order for visitors to safely enjoy our beaches. Ocean lifeguards are safety service professionals who risk their lives to help those in danger.



The purpose of National Beach Safety Awareness Week is to educate the public and promote lifeguard professionalism. HB Senior Lifeguard John Picken explains the hazards of rip currents to a child and his father at the Open House.

Renewed Sun Exposure Warnings

NEW YORK, April 29 (UPI) -- Now that researchers have documented the link between the sun's ultraviolet B rays and melanoma skin cancer, dermatologists are renewing their warnings about the need to use sun block and avoid overexposure to the sun.

"There's no absolute proof that sun screen protects against melanoma, but the study documenting the link between the sun and melanoma should encourage the use of sun blocks," said Dr. Darrell Rigel, president-elect of the American Academy of Dermatology.

Rigel recommends that sun worshipers and those who work outside use sun block, avoid the midday sun and wear protective clothing such as a cap with a brim.

"One third of skin cancers occur on the nose," he said. "About one in five Americans will get some kind of skin cancer in their life."

He recommends lotions with sun protection factor (SPF) of 15 or higher, which deflects or absorbs the harmful ultraviolet B rays that cause sun burn and melanoma. He also recommends looking for sun blocks with Parsol 1789, also known as avobenzone. Parsol 1789, which protects against the ultraviolet A rays that cause skin to age and wrinkle, was the first new sun screen ingredient approved by the U.S. Food and Drug

Administration in 20 years. It got the FDA's nod in April 1997. Still, it's hard to get people to do something as simple as rubbing on lotion.

Take Stephen London. Even though he's had one melanoma skin cancer removed, his wife still must remind him to put on sun block.

"It's real hard to get people to use sun block, because you're trying to change their behavior," said London, 55, a high school guidance counselor in Abington, Pa. "When I came out of the water after swimming, my wife told me to put it on. I said I already did. She had to remind me that I'd gone into the water and needed to put it on again."

London is typical of the people who develop melanoma. He worked as a lifeguard in college, and used a mix of baby oil and iodine to enhance his tan rather than lotion to protect his skin from sunburn. When he did develop a brown spot on his right breast, his wife encouraged him to visit the doctor. The thought of cancer terrified him.

"I had bypass surgery before this. But cancer is scarier, because it can recur," London said. "I'm still concerned about the future. I do try to watch it and use sun block and wear a hat. But you don't know how much damage you've done to yourself before."

Two-Fer!

By Eric Sandy, Del Mar

At your local discount store, a two-fer, a two-for-one, is a great bargain. In lifeguarding, a two-fer bargain is much more than twice as good since the savings involved are human lives.

Such was the case this past February in Del Mar, in the teeth of huge El Nino driven waves, two lifeguards, on two Sundays, with the aid of two adjoining agencies, made two dramatic rescues.

The two lifeguards were the two Jims, Lischer and Poland. Jim Lischer, Lifeguard Sergeant and twenty-five year veteran, operated the Inflatable Rescue Boat (IRB). Lischer learned all about big waves in Hawaii and other Pacific islands,

so the surf size merely whetted his appetite. Jim Poland, Permanent Lifeguard II with fifteen years of experience, was the boat crewman. This Jim learned to surf in the Santa Cruz area and would just smile knowingly when the rest of us gawked at the thundering winter sets.

The two Sundays, February 1st and 8th, brought some of the biggest rideable waves seen in Del Mar in many years. The surf fax was calling it 15' to 20', the Scripps wave model showed 10' to 12' swells and the locals just shook their heads mumbling about "three to four times overhead." Waves were feathering on sand bars half a mile out, the sets were relentless and the shore-break pounded the sand like wet cement. Most surf brakes were empty because nobody could get out. Many of those who watched were glad they couldn't get out!

Two surfers that did make it out

soon regretted it. On Sunday, February 1, off Solana Beach, two agencies teamed up to save two struggling surfers. When the surfers began to panic, Solana Beach lifeguard Rick Roswell swam out to help. Rick soon realized that changing tides and increasing surf would prevent him from bringing the surfers back into the beach. Solana Beach HQ called Del Mar. Understanding Rick's difficulties, Del Mar Captain Grant Larson and Lieutenant Pat Vergne decided to send the IRB two miles north to assist. With the two Jims aboard, the IRB bounced into the surf, getting several "serious airs" while avoiding the impact zone. At times, the IRB would completely disappear between swells. But eventually, Jim and Jim got to the victim and brought him safely into the beach. Meanwhile, Rick swam with the other (Continued on p.6)

Swiftwater Rescue Call at Camp Pendleton

by Vince Lombardi, Camp Pendleton

On the night of February 23, 1998, the Camp Pendleton Lifeguard Services; Swiftwater Rescue Team was called out to handle emergency flood evacuation or rescues for the entire west side of the Marine Corps Base. The area of responsibility spanned twenty miles up the coastline and about three to five miles inland. Camp Pendleton has two major rivers: the Santa Margarita River at the south end of the base, and the San Onofre Creek at the north end of the base, which outfalls into the "Churches" surfing area. All the major roadways were cut off due to rising water levels from these two waterways, which subsequently cut off additional rescue resources to the west end of the base. The team was initially called out at 11:30 p.m. to assist with the evacuation of a mobile home park in Oceanside, but as the lifeguard team mobilized, the call was can-

celled due to sufficient rescue services at the scene. The team was on standby at the Lifeguard Headquarters at Del Mar Base Beach to handle any further calls for the west end of the base.

At 4:30 a.m. on February 24, the rescue team received a call that a person was stranded on top of a truck four miles inland at one of the major roadways parallel to the Santa Margarita River. When the team arrived on scene, to their disbelief, the river had risen seven feet above the banks, and flood water covered an area of roughly five square miles. The course of the flood water was moving west with a rebound current off the mountain range going directly back into the river to the north. The victim was 600 meters away from the flood areas banks, and bamboo debris was moving with the flood waters at ten to fifteen knots. The

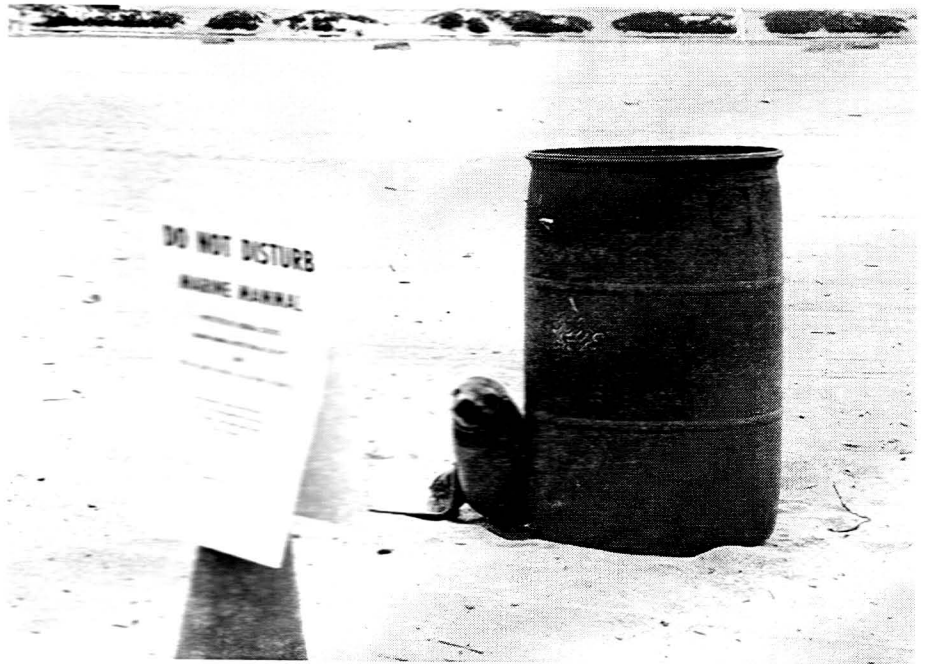
three man team paddled out on a Metzler Raft to rescue the stranded person atop his vehicle, while the incident commander spotted the victim from the banks and relayed information to the rescuers. The only source of visual reference to the team was the stranded person waving a flashlight back and forth, if not for that, then the circumstances of the incident could have been fatally different. Thankfully, the lifeguard swiftwater rescue team effectively put the victim into the raft, and negotiated the raft by kicking with fins 600 meters back to the flood banks. The rescue was a success with no injuries to the victim or to the rescuers. A special thanks goes out to the Camp Pendleton Fire Department for assisting our service with rescue backup on scene and to the EMS Dispatchers for relaying the information in an expedient manner.

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surfer who had now drifted all the way to Del Mar. A cleanup mercifully swept the surfer into the beach. Rick also made it in safely after over an hour in the water.

On Sunday number two, February 8th, the surf was still huge. Again, the ocean protected most of the foolhardy by not allowing them to get out into trouble. Somehow though, a surfer ended up five hundred yards off 6th Street, Del Mar, a remote area out of view from the Headquarters. The surfer had lost his board and was waving for help. Seeing his plight from the cliffs, several people called the lifeguards. Lucky for the victim, one of those watching was off-duty. Captain Grant Larson. From his home nearby he was able to help direct the rescue. More good luck was that a San Diego City unit happened to (Continued on p.9)



Friends of the Sea Lions, a Laguna-based charity organization that treats sick and injured seals and sea lions, were overwhelmed with hundreds of mammals. A 48-hour wait period was implemented to stem the burden and lighten the load.

Regional Lifeguard Academy is Making Waves

By B. Chris Brewster & Quentin Norman, San Diego

In its second year, the San Diego Regional Lifeguard Training Academy is fast becoming a benchmark entry level lifeguard training program other agencies may choose to emulate. All of the lifeguard agencies involved, which include: Camp Pendleton, Encinitas, Solana Beach, San Diego, Coronado, North Island and Imperial Beach, agree that the entry level open water lifeguards being produced are better trained and prepared to respond more appropriately in a crisis situation.

Their positive impact is undeniable. The San Diego Regional Lifeguard Academy follows the most current curriculum requirements of the United States Lifesaving Association and uses the United States Lifesaving Association Manual of Open Water Lifesaving as its core text. As a result, each participating agency is training lifeguards at a level consistent with the USLA requirements for advanced lifeguard academy certification.

"What I'm most impressed with is the teamwork, enthusiasm and dedication to professionalism which every one of our instructors brings to this academy. I'll stack our instructors up against the best of them any day," exclaims Nick Lerma, the regional training program coordinator and Lieutenant for the San Diego Lifeguard Service.

The idea of a standardized, regional lifeguard academy for entry-level lifeguards has been kicked around for years. Many veteran lifeguards felt that current training wasn't adequately preparing the lifeguard candidates for the first day on the job.

Availability, scope of training, regional standardization and utilizing the skills, insight and expertise of veteran lifeguards from multiple agencies were all primary objectives for creating a new training program.



Academy instructors, from left to right: Top Row: Sgt. Dave Lichtenstein, Solana Beach; Lg. Bobby Patton, Imperial Beach; Lg. II Quentin Norman, San Diego (Retired); Capt. Tom Buckner, Encinitas; Sgt. Greg Buchanan, San Diego; Sgt. Eric Kleymann, Coronado; Sgt. John Greenhalgh, San Diego. Bottom Row: Lg III Joe Wade, San Diego, SG II, Chris Ingalls, San Diego; Lt. Nick Lerma, San Diego; Sgt. Mike Ohare, San Diego (Retired); Lg. Carl Stahmer, Solana Beach. Not pictured are Lt. Eric Flakoll, Camp Pendleton, and Lg. Dan Mann, North Island.

Offered through Miramar Community College, this open water lifeguard academy is one of several courses offered leading to an Associate of Arts Degree for the Open Water Lifeguard Professional. This degree program is comparable to the Police,

Administration of Justice and Fire Technology degree programs and includes classes in Emergency Response, Vehicle Operations and Code 3 driving, Emergency Medical Technician, Inflatable Rescue Boat Operations, Personal Watercraft Operations and Cliff Rescue, to name a few. Existing courses from Fire Technology and Administration of Justice are used for those other areas, such as report writing and instructor training, that are generic and reflect the needs of the agencies involved.

Recruitment efforts are directed at swim teams, high schools, colleges and local watermen and women.

Increased availability and coordination has necessitated a second two week academy for this summer season, demonstrating its popularity and growth potential. The first academy was offered during spring break, to accommodate those still in school. The second academy was conducted just prior to the summer season.

Each lifeguard candidate must pass a timed 500 meter swim in 10 minutes or less (the USLA minimum standard) in order to qualify for participation in the academy. The academy has expanded to an 80 hour training format, approximately 40 hours of classroom lecture and demonstration followed by 40 hours of practical application and testing.

A prerequisite for the course is Red Cross Emergency Response medical aid training or higher. This ensures that, in addition to the 80 hours of lifeguard (Continued on p. 9)

Australian Officials Re-evaluating Volunteer Lifeguard System

By Chris Herde

Editors Note: Beach inspectors are the traditional name for professional (paid) lifeguards in Australia. The following story appears to report on the stated views of the professional lifeguards' association regarding Surf Life Saving Australia, which is the largely volunteer association. This is a continuation of the controversy which developed over the past Australian summer when the drowning rate was unusually high. SLSA recommended several remedial steps for the future, including more public education. The professionals appear to believe that these steps are inadequate or inappropriate. Presumably, they believe a higher degree of professionalizing of Australian beach lifeguarding would be a better approach.

GOLD COAST, May 8 AAP - Surf Life Saving Australia was "out of its depth" in its bid to become the country's premier rescue authority, the Australian Beach Inspector Lifeguard Association (ABILA) said today.

ABILA secretary John Andrews said the SLSA's Beach Safe document released earlier this year was a public declaration that it wanted to change its relationship with seaside councils' lifeguard services, particularly in New South Wales and Queensland.

He said ABILA members, seaside councils and state authorities have expressed concerns at the claims made by Surf Life Saving Australia in the document.

"It suggests they have a superior level of expertise that should force change and become the accredited body to issue qualification levels for people wanting to work at water safety," Mr Andrews said. "We find it incongruous that they are suggesting that we pull away and have the

volunteers through a contract system run everything.

"Volunteers have a very different outlook and I don't think they have the ability of professionals. I think they could be really getting out of their depth.

"It would be like having the volunteer fire brigade coming in and displacing the state fire brigade."

Mr Andrews said seaside council lifeguards had a great relationship with the SLSA, which should continue to be a supplementary force.

He said while the SLSA had a high profile it was the beach inspector lifeguards, aquatic authorities and transport authorities which had the legislative responsibilities and expertise to ensure beach safety.

The Beach Safe document was developed in response to the 34 deaths on Australian beaches last December and January.

It had eight points including securing extra funding and legislative recognition of its work.

SLSA national manager of lifesaving services Stephen Leahy said he was "amazed" at the ABILA's claims, which he said only represented the views of a small proportion of lifeguard inspectors.

He said SLSA had 22,000 volunteers and 2,500 professional lifeguards who patrolled beaches during week days. "We already have contracts with councils and at no time have we put professional beach inspectors out of work," Mr Leahy said. "We are an up-to-date professionally trained organisation and have been on the beaches for over 100 years protecting beachgoers. "Our aim is and always will be to make beaches as safe as possible.



Beach Maintenance Crews worked overtime week after week to prepare beaches for Spring Break. Many beaches hired extra personnel and rented trash dumpsters to dispose of huge mounds of storm debris and driftwood.

Regional Academy

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training, each graduate is trained, at a minimum, to handle medical emergencies at the level of a First Responder. Some are Emergency Medical Technicians.

Throughout the two-week academy, lifeguard recruits are held to a high degree of physical fitness. Not all find themselves up to the challenge. Each day has at least one physical fitness requirement including: timed runs, paddle board races, and run/swim exercises.

said academy instructor and Coronado Lifeguard Sergeant Eric Kleymann.

Another day is media day, where all local media are invited to interact with lifeguard candidates and instructors and witness a lifeguard demonstration using specialized equipment and techniques. This goes a long way toward increasing our exposure and scope of training. All aspects of recruit training are quantifiable. A point system is in place to reward lifeguard

tor costs, supplying equipment including 70 rescue buoys, binoculars, masks and snorkels, first aid equipment and more. The college has also provided the needed support staff to make the program work. Without this support, clearly we would have never come this far. "

Perhaps the biggest benefit of this new Regional Lifeguard Training Academy is the incorporation of some of the finest lifeguard talent in Southern California, if not the United States. These lifeguards bring to the table a plethora of skills and expertise, which include invaluable ocean lifesaving experiences, interpersonal skills and instructor certification. Probably most evident is their high degree of passion and motivation for their chosen profession. These lifeguards live the motto of the academy: Commit Yourself to Constant Self-Improvement.

"We run a tight ship and everyone is accountable for their actions," explained academy instructor and Camp Pendleton Lieutenant Erik Flakoll. Not everyone makes it to graduation day. "

"Due to the immense responsibility that comes with the job of the professional lifeguard, we set the standard high," said Greg Buchanan, lead instructor and Sergeant with the San Diego Lifeguard Service.

Course content includes but is not limited to: physiology of drowning, water surveillance/scanning, preventative lifeguarding, public relations, components of a rescue, hard buoy/soft buoy, rescue board techniques, aquatic search and recovery, pier jump and cervical spine immobilization. One day during the academy, the South Mission Beach lifeguard tower is opened for mock rescue training scenarios, with many recruits being used as rescue victims and actors for public contacts.

"Real life encounters these recruits will see on their first day out on the beach,"

candidates for academic achievement, physical fitness, citizenship, and proper uniforms.

"We run a tight ship and everyone is accountable for their actions," explained academy instructor and Camp Pendleton Lieutenant Erik Flakoll. Not everyone makes it to graduation day. At the conclusion of the training, all points are added and an "Honor Guard" is selected by a vote of course participants. A "Most Inspirational" award is also presented on graduation day. This award is based on consensus of all academy instructors.

"The collaboration with Miramar College has been very beneficial for lifeguards in the San Diego County area", says Lerna. "They have been incredibly supportive of our efforts to further professionalize lifeguarding by underwriting instruc-

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be clearing from action at Black's Beach, a few miles south. Overhearing the Del Mar radio call, they rolled code-three and were directed to Larson on the cliff. From there, San Diego City lifeguard Mark Brown made it down to the beach and began to swim out to the surfer. Of course, the two Jims and their IRB also responded. This time they fought through mountains of whitewater, crossing the rock reefs at 8th street. Working with Mark's help, they got the surfer into the IRB and safely back to shore.

Two Jims, two Sundays, two outstanding rescues. Two agencies working together, showing the importance of cooperation and courage. This two-fer was a great bargain for all, especially the victims.

Agency Profile: L.A. City

By Dee Dee Xanthus, L.A. City

The City of Los Angeles Aquatic Section unofficially started in 1912 when the City opened the first municipal swimming pool. Though the pool was just under two feet deep, the legacy of professional lifeguarding in Los Angeles City had begun. Over the next 80 years, the City of Los Angeles could open and maintain 58 swimming pools, three lakes and one beach. Behind Chicago, it is the largest multifaceted lifesaving operation in the nation.

The history of the City of Los Angeles' open water lifeguard supervision began in 1923 when Cabrillo Beach was annexed. Shortly thereafter, in 1925, Venice Beach was annexed and the City of Los Angeles accepted the responsibility of providing lifeguard service. Numerous southland beaches continued to fall under the supervision of the City of Los Angeles lifeguards. In fact, in the 1970's, the city was manning lifeguard stations on over 11 miles of beach, which included Will Rogers (State) Beach, Venice Beach, Dockweiler (State) Beach, Cabrillo Beach and sections of Santa Monica and El Segundo beachfront, as well as Crowley Lake, Harbor Lake and Hansen Dam.

Then, in 1974, in a political move that seemed popular at the time, the City turned the operation of its southland beaches over to Los Angeles County. There was a strong movement to consolidate City and County services, and the beaches were forever impacted by this move. With the consolidation, it was believed that the County could concentrate its efforts and resources. Under the consolidation agreement, the County would assume control of beach parking and provide lifeguard and maintenance services at no cost to the City. The City of Los Angeles endorsed the turnover because the City was hoping to reduce property taxes. However, for L.A. residents, the County's acquisition of the beaches actually increased their property taxes.

Another powerful blow to the City's

open water lifeguard service came in 1979 when Proposition 13 passed, and the City's recreation budget was drastically reduced. From 1979 - 1982, the City was forced to withdraw lifeguard service from Hansen Dam and Harbor Lake. Within six months of the conclusion of lifeguard service at Harbor Lake, there were two drownings during what would have been normal, guarded hours. Despite pleas and protests from the Aquatic Section, the City government did not restore lifeguard services.

In 1985, the County of Los Angeles attempted to renegotiate their original offering to supervise Cabrillo Beach. The County asked the L.A. Harbor Department

“ We may not have the biggest beaches or the biggest budget, but we do have the desire and determination to promote the lifeguarding profession into the next millennium. ”

to now pay for lifeguard and maintenance service at Cabrillo Inner Beach. The City ultimately refused and countered with a proposal that City lifeguard and maintenance service be restored.

The next spring, the Department of Recreation and Parks entered into an agreement with the Harbor Department to provide lifeguard and maintenance services to Cabrillo Inner Beach. After several years away from their beach, the City lifeguards anxiously returned to Cabrillo Beach during the summer of 1986.

The City's supervision of open water facilities ran rather smoothly until 1994, the in a move to offset budget deficits, the County asked all cities to whom it provides lifeguard and maintenance service to pay

for these services. The City's portion of the bill would have been nearly \$4,000,999. The City politely refused and asserted that they would provide these services rather than pay. After much debate, and a summer of State operation, the County found a "temporary" solution and moved their lifeguard operation to the Fire Department. The City did not pay, nor did it return the City lifeguards to the four County operated beaches.

Though the City has observed changes in its political structure of supervision of open water facilities, the City has never faltered in its commitment to protect the lives of community members and to serve the lifeguarding profession. One of the City's most recent accomplishments was the formation of a river rescue search and recovery team. The team is formally named the "Urban Rescue and Response Team." Members from the City train and work with the Los Angeles Fire Department and other agencies to provide rescue efforts in swift water situations. With the massive El Nino storms this winter, our team members had a busy winter guarding rivers and dams.

In addition, as part of a preventative lifeguarding campaign, City lifeguards are active and extremely dedicated to the education of the community. Members of the Los Angeles Lifeguard Association participated in numerous health and public safety expos, conferences and fairs. In fact, the City will be manning an interactive and display booth at the Cedars-Sinai Disaster Preparedness and Safety Fair in July. It is estimated that over 3000 people will be on hand for the event. Throughout the year, City lifeguards also instruct hundreds of First Aid and CPR classes for the local recreation centers, schools, (Continued on p. 12)

COMPETITION NEWS

By Rob McGowan, L.A. County

NEWS FLASH... The CSLSA Regional Championships will be on Thursday, July 16, not Saturday, July 18 as previously scheduled. The location is still the north side of the Huntington Beach Pier, starting at 8:00 a.m. with the Beach Run. Call Kai Weisser at Huntington City for more details. Huntington will be hosting the Junior Guards on Friday, July 17. The 1999 Lifeguard and Junior Lifeguard Championships will also be hosted by Huntington. We will be trying to make some of the races more interesting by adopting the "M" shaped course for the board, ski, and Ironman craft legs. The "M" course will double the number of times the competitors will have to negotiate the surf during the race.

Two teams from the United States traveled "down under" to compete earlier this year. The Weiland Shield Team competed against the Victorians in Lorne, outside of Melbourne. It was a great competition, but we were unable to upset the home team and bring the shield back to America. Many of the members of the Weiland Shield Team joined the other USLA National Team members in New Zealand for the ILS World Championships. The competition was fierce, and when the dust had settled, Team USA ended up in sixth place overall.

In addition to the Regional Championships, competitions for this summer include the ASRA "Bud Light Pier Days," starting in June. Schedules and more information can be obtained by calling (310) 456-7343. The All-Women Tournament is schedule for Wednesday, July 29 at Gateway National Recreation Area in New York. Call Carl Martinez at (800) 678-7946 for more information. The Taplin Relay will be in Hermosa Beach this year on Saturday, August 1. Get together a team and join us for some great nighttime racing. Then it's on to Chicago and Montrose Beach for USLA Nationals on August 6 (JG's), 7 and 8. A comprehensive Summer 1998 West Coast Competition Schedule was put together by Jay Butki, and copies are available. Give me a call at (310) 939-7207 if you want one.

At the Fall 1997 USLA National meeting, we voted on a number of rule change proposals. Our proposal for two classes of boats was defeated, as was the idea to limit the number of competitors in Beach Flags. The proposal by the Mid Atlantic Region to change the bottom width specification to not less than 21 inches passed, making the Asay officially legal. A Women's 4x100 Beach Relay will be added, and the age groups will be amended to mirror those used in Masters competition:

OPEN	Up to 29
SENIORS	30 - 39
MASTERS	40 - 49
VETERANS	50 - 59
SUPER VETS	60 and up

These changes will be in effect for this summer's competitions.

It was determined that we should clarify the "Seniors" age group. The "Seniors" will be renamed "Senior Men" and "Senior Women." We decided to reverse a decision to further restrict foreign competitors, and leave the decision up to the discretion of the Competition Committee chairperson. There was considerable discussion about the USLA Nationals and where we should be going with them. Future sites should be picked to some degree based on sponsorship appeal. Spectator friendly courses, such as the "M" course used in the Oceanman competitions should be considered. The idea of hiring a professional event manager/organizer was discussed. The 1999 Nationals will be in the Mid Atlantic Region, at Cape May, New Jersey.

It is time to start thinking about funding for the USLA National Team to travel to Australia for the 2000 ILS World Championships. If anyone out there has any ideas or leads on sponsorship, please contact Tim Gallagher, team manager, at American Lifeguard Magazine.

Cal Surf News

L.A. City

(Continued from p. 10)

community groups and community members.

In 1997 the City applied for and received certification from the USLA. This was a momentous move for the City, because it has allowed the City a voice and votes on critical professional lifeguarding issues. The acceptance into USLA also permitted us to compete in sanctioned lifeguard competitions. For two summers now, we have sent teams to the California Regional Lifeguard Championships, the National Lifeguard Championships and the All-Women Lifeguard Tournament.

The City is thrilled to participate in these various activities that promote the lifeguarding profession. We are extremely proud of our contributions thus far in increasing the level of service, expertise, and professionalism in which we serve our com-

munity. We may not have the biggest beaches or the biggest budget, but we do have the desire and determination to promote the lifeguarding profession into the next millennium.



Literally hundreds of seals and sea lions washed ashore dead as the worst El Niño on record was to blame for their demise. Others survived, yet sick and injured, and were forced to shore. Huntington Beach Lifeguard Brian Lanich protects children from this sick and hungry sea lion.