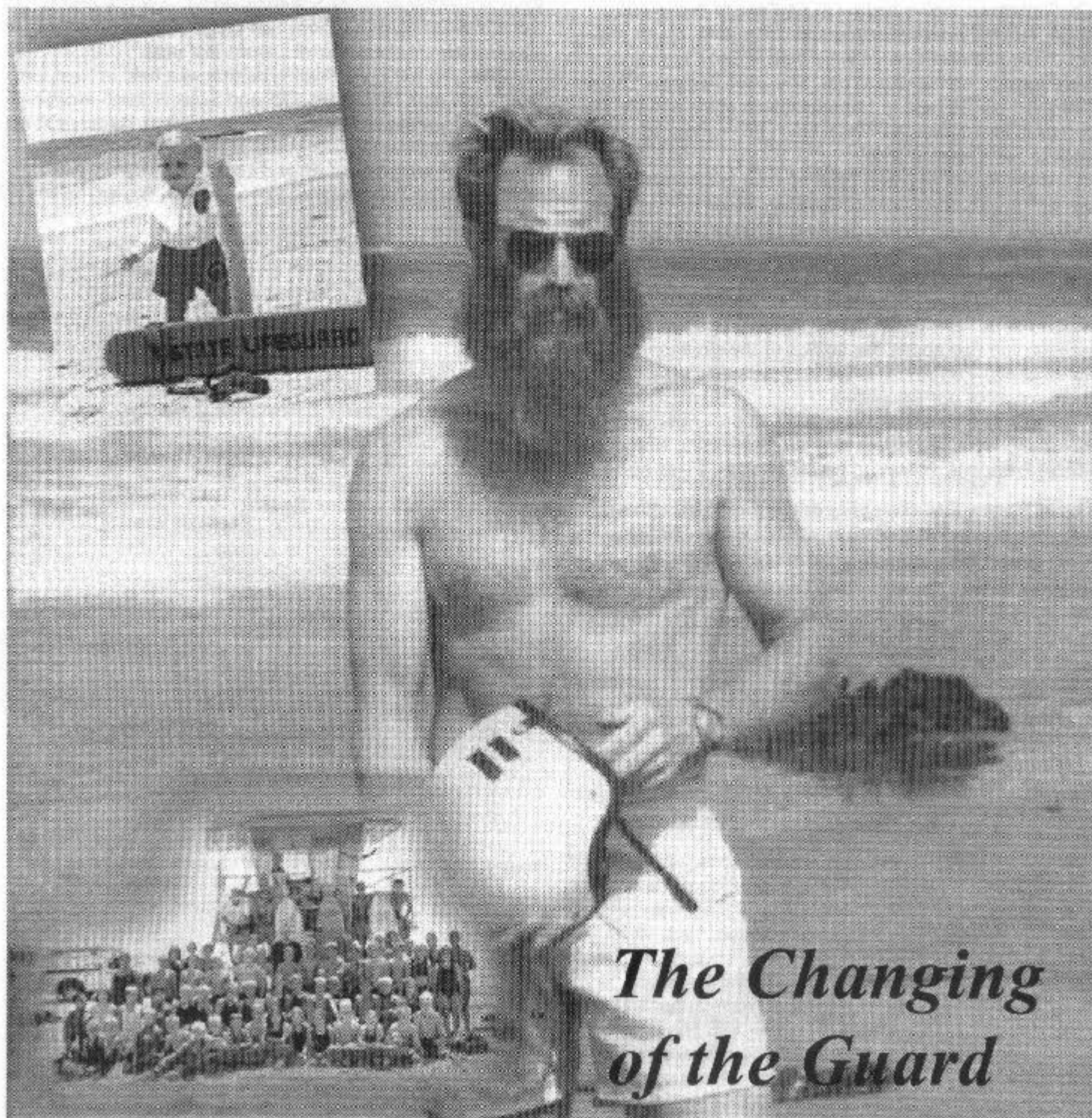


**California Surf  
Lifesaving Association**

*Newsletter Vol. 8 No. 1  
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# THE Cal Surf

[www.cslsa.org](http://www.cslsa.org)



*The Changing  
of the Guard*

## Back to the Beach

By Scott Tinley, Del Mar

*Ed. Note: Scott Tinley has been a waterman all his life. Over 20 years ago he did some lifeguarding, some surfing, some paramedic work and then discovered a new sporting event that would change his life, the Triathlon. For years Tinley ruled this event, especially the most grueling version, the monstrous Ironman. After this illustrious career as a professional athlete began to wane, Tinley returned to the sea. In the spring of 2000 he signed on as a part-time lifeguard with the City of Del Mar, "to keep his feet wet." The following are his reflections on duty at one of the outlying towers in Del Mar, 25<sup>th</sup> Street.*

It was a tower. A tower not unlike the corner parapet walled lookouts of a medieval castle or maybe a World War II bunker set inside the moist and dank earth on a high hill overlooking a South Pacific archipelago. But the difference was that this tower was meant to save lives, not end them.

The views of the surrounding sea would garner millions if a luxury home were to replace its idyllic and tactical location. The lower confines were sparse, a few cabinets filled with first aid supplies, an oxygen tank with accompanying face mask, the requisite porcelain sink for cleaning up everything from sand in the eye to bone deep lacerations as a result of razor sharp board fins. Utilitarian at best, the lower room was reserved for the efficient task of aid, repair and if need be, resuscitation of life itself.

When you gave the kids a tour, you showed them a bottle of 'jellyfish juice' and you showed them the fire pole you slid down when heading off to a rescue but you never took them up. For that place was sacred and necessary and at times....surreal.

Upstairs, with its wall of polarized glass, it's bank of radio communication linking the tower to main dispatch, fire, police, coast guard and inhabitant worker's amorous liaisons, its old wooden captain's chairs and its ancient but efficient refrigerator was a thing of unparalleled beauty.

You climbed the steep spiral staircase, opened the sliding glass door and walked out onto the wooden deck that wrapped around the tower like the rings around Saturn and there in front of you, in all her majestic and moody magnificence stood the entire Pacific Ocean.

You could watch and wonder about every visitor, consciously sizing them up as a non-event, a victim or a happy hour date. It was part of your job to pre-judge and the better you were at it, the more lives you could save. But it was the tower that gave you the power of observation. That and the 50 x 100 binoculars that sat on your lap when not at your eyes.

On a good day, you could read the CF numbers off of a ship's bow 3 miles out to sea. On others, when the fog came in on Robert Frost's "little cat's feet," you had to rely on gut instinct to sense trouble in your waters, your world that the tower bequeathed upon your conscious and your skills.

And while the building itself was nothing special to look at, when you arrived in the morning, a mug of steaming coffee in one hand, the keys to a poor swimming kid's life in the other; and you climbed those stairs, surveyed your domain, pulled your jacket zipper up tight against the cool morning air, turned the radio on and called HQ to tell them Tower 25 was now 10-8 and stepped out onto your perch of responsibility, you could not think of any other place you would rather be.

## **Black Balls: Another View From the Water**

**By Louis Mason, Encinitas**

*Ed note: Keeping the water safe often means separating the various modes of ocean use. Many agencies use a flag system to designate surfing and swimming areas. One of these flags, the “black ball” is often the subject of contention depending on when and where it is used. Louis Mason, a long time volunteer with the Del Mar Lifeguard Association, offers his views.*

Let's face it, there is no winning when you have to put up the black ball flag. The only positive side to putting up the ball is that you will only offend fifty percent of the vulgar masses. It has become the age-old dilemma to anyone who surfs, sponges, body surfs, kayaks, and yes...even kneeboards. Who deserves to be in the water the most at any given time of any given day?

Can't we just all get along? Everyone has their place out there in the water. From the young grom with the neon wetsuit (otherwise known as the “hot pro bro, with the high pro glow”) found frenzy paddling everywhere, trying to get whatever leftovers can be found in the line up, to the mature, older surfer on the longboard. You know, the one with the “furniture disease”. That's where after forty, his chest has moved into his drawers. Longboarders, naturally wearing subdued black but highly expensive and “in” wetsuits, can be found in large groups just outside of the line up. Unlike their younger counterparts, these groups from shore can resemble a stationary oil slick, but for the occasional movement of one or two of them trying to pick off an incoming wave. Generally, they can be seen floating out in the water with raised arms, as if to express the size of the fish they caught or the height of their biggest wave experience. For the most part, however, they are discussing good places to eat, business deals and real estate.

If you talk to surfers, they will tell you in no short order that they are the dominant species in the water. Any consideration to any lesser form of aquatic activity is a waste of time, and beneath their dignity to even acknowledge their existence.

If you talk to the spongers, you usually get a mixed bag, if you find a sponger that can talk. Some of the more hardcore (i.e. those who do not embarrass themselves in the lineup), will respond in basically the same manner as the surfers. However, they are flexible. By this I mean they can put up with the surfers if a mutual respect is present. If this respect is missing, then their philosophy is to burn, rape and pillage and cut off everyone in sight with the excuse “bro, I didn't see you!”

The kayakers are in a universe all to themselves. Who knows what they think? Why would they want to ride a boat on the face of a wave anyway? I think all can agree, kayakers need their own place somewhere, anywhere, maybe Alaska?

Having been a kneeboarder myself, there is a soft spot in my heart for this form of wave riding. To the younger generations, this is a strange form of wave riding. Most people in the water have no real opinion on the matter. Very few people kneeboard today, and those who do aren't very good at it. It definitely is a lost art form in today's sponge culture of drop-knees and belly-spinners.

Finally, and most importantly, is body surfing. I am a body surfer. I have always been a body surfer. I will always be a body surfer. Hell, I belong to a body surfing association that has been in existence for thirty-five years, with two multiple world champions to its credit and Bob Burnside as an alumni. When you talk about body surfing, that is where the rubber hits the road. If anybody deserves to be in the water at any time, on any given day, by themselves, without any competition from mindless groms, aging fat long boarders, and kayak weirdos, then it is the body surfer. Why one may ask? It's simple. Body surfers do not need the use of a floating device to allow them to get into the lineup and then stay there. They do not need the use of a floating device

**to get into waves. They do not need the use of a “kook” cord to keep them alive in case they lose their floating device. Body surfers actually can swim. Body surfers do not leave their trash in the water, like wax, broken foam, broken leashes, etc.. All in all, body surfers are low profile and experienced watermen, void of the ego and illusions of greatness that all the rest seem to suffer from.**

**So the next time you hoist up that black ball, look up and down the beach for a lone head or two bobbing in the line up. If they are experienced in their craft, then you have two less bozos in the water to worry about.**

# Competition News

By Rob McGowan

## 2000 NATIONALS

Our newest chapter, Imperial Beach, hosted the 2000 California Surf Lifesaving Championships on July 19, 2000, on the south side of the I.B. Pier. The Juniors competed the following day on both sides of the pier. Although the weather didn't exactly cooperate, with fog forcing a two-hour delay, and icy cold water, we got through all of the events and managed to finish just before dark. There was enough surf to make things interesting, and we had a record 174 competitors. Jennifer Shelden and her crew did a commendable job, especially considering it was their first shot at hosting Regionals. Special thanks are due to the members of the executive board that manned the front lines and did their best to keep things moving. Gordon Gray almost single-handedly handled the registration. The towels that were given as awards were a nice touch, and useful too. In a close race for the team points championship, LACOLA beat San Diego City 540 to 437. Laguna picked up third place, followed by Del Mar and Cal State. L.A. City made a strong showing to finish sixth, with Long Beach, U.S. Ocean Safety, Santa Cruz, and Newport rounding out the top ten. The Regionals will return to Imperial Beach in 2001, with the lifeguard events on July 12 and the Junior Lifeguard events on July 13.

San Diego raised the bar a notch at the 2000 USLA National Lifeguard Championships. They put on quite a show, producing the most memorable Nationals that I have ever seen. They had free food, fireworks, and funding for 30 officials. The surf was good, the weather was hot, the competition was great, and with the exception of a handful of rowers, everyone was well-behaved and had a good time. A lucky few of us even got to sleep over the water on the historic Crystal Pier. Los Angeles County captured the Team Championship for the 13<sup>th</sup> straight year, followed by Monmouth County and San Diego. Del Rey and Boca Raton, Florida picked up 4<sup>th</sup> and 5<sup>th</sup>. Heidi Kissel and Mitch Kahn won the individual high point awards. Complete results have been posted on the USLA website. San Diego will host the USLA Nationals in 2002, when they return to our coast.

## 2001 NATIONALS

The Southeast Region, the Miami Beach Chapter, and the City of Miami Beach will be our hosts for the USLA Nationals in 2001, so get ready for some heat and humidity. The dates are August 9, 10, 11 at Lummus Park and Beach between 8<sup>th</sup> and 10<sup>th</sup> Streets in South Beach. There is a pool competition in the planning stages for Sunday, August 12. The purpose of this pool competition will be to help pick the best possible team (since half of the events are now held in the pool) for the 2002 World Championships in Daytona Beach, Florida. Check the USLA website and [www.uslanationals.org](http://www.uslanationals.org) for more details on the 2001 National Championships, as they become available. We will be picking the team to represent the USA at Rescue 2002 from the results of the Miami USLA Nationals.

## GOODWILL GAMES

The USLA earned an invitation to the Goodwill Games that will be held in Brisbane, Queensland, Australia in September, 2001. The competition will be a team based surf competition, consisting of 12 events, both team and individual, with team point scoring and prize

money. The events include a men's and women's beach sprint, a mixed board rescue race, a men's and women's surf race (2 competitors per team), a women's board race (2 per team), a men's ski race (2 per team), men's and women's flags, Ironman and Ironwoman (2 per team), and a Lifesaver Relay. The promoters are picking up the expenses for a team of 9 competitors plus a manager/coach. The dates are September 1 and 2 at Kurrawa Beach on the Gold Coast. USLA President Don Rohrer appointed Tim Gallagher to the manager/coach position. There is \$100,000 (Australian \$) prize money being awarded to the teams based on their placing each day and overall. We plan to select the team members at trials to be held June 22 thru 24, 2001, in San Diego. Please spread the word to all competitors.

## **COMPETITION RULES**

The USLA National Board of Directors met in Newport Beach at the beginning of November, 2000. Based on decisions made in the Competition Committee meeting, there will be a few changes in the competition rules. The "M" course will be eliminated in the Ironman race, due primarily to safety concerns. The individual high point awards will be tabulated using Open Division points only, including relays. The 3-day format will be maintained for Nationals, with preliminaries for team events on Thursday. The schedule will be revised to reflect this change, and start times for events will be removed. Foreign competitors will only be allowed to compete in individual events at Nationals (no events that involve the flag line). Anyone involved in a fight at future USLA events will be disqualified from the remainder of that competition and all USLA sanctioned competition the following year. Anyone striking an official will be banned from competition for life. Anyone entering the water in an event that they are not a participant in is subject to disqualification. The four teams per Chapter rule was clarified. In future Nationals, each Chapter is limited to a total of 8 individuals in two-person team events, regardless of split Chapter teams. Team entries are to be made by Team Captains only. There will be two divisions for the team championship in future Nationals. Division A is for chapters with 101 employees or more and Division B for chapters with 100 employees or less. Finally, all competitors must wear their own Chapter's competition beanie (not that of any other Chapter), and the beanie must be worn on the competitor's head at the start and finish of each event. These rule changes and clarifications will be incorporated into the next update of the USLA Competition Rules.

Other 2001 lifeguard competition dates that I am aware of at this time include Semana Nautica in Santa Barbara on June 30, the Malibu Ocean Festival at Zuma Beach on July 14, and the International Surf Festival (Taplin) August 2-5 in Manhattan Beach.

# Dory Story

By Eric Sandy, Del Mar

*In August, 2000, Del Mar's Dory was stolen, allegedly by some drunks. But since the drunks didn't steal the plug, the dory soon sank. When questioned, the drunks couldn't remember where they last saw it. Even after searching for weeks, we never found the dory. We thank our generous sponsors including Joe Harper for enabling us to buy a new dory and pursue competition, ever more! With thanks and apologies to Edgar Allen Poe, the following tells the "dory story."*

## **DORY STORY**

**ON A LATE NIGHT DARK AND DREARY  
STRODE THE DRUNKS WITH EYES ALL BLEARY  
STAGGERED DOWN THE BEACH TOGETHER  
STUMBLING FROM THE BAR ROOM DOOR.**

**TO OUR DORY THEY DID WANDER  
THEN OUR DORY THEY DID PLUNDER  
STOLE THAT DORY FROM ITS STORAGE  
SNATCHED THAT DORY FROM OUR SHORE.**

**DOWN THE BEACH THEY DRAGGED THE DORY  
TO THE OCEAN AND ITS ROAR  
PUSHED THE DORY EVER SEAWARD  
THROUGH THE WAVES AND FROM OUR SHORE.**

**INTO DARKNESS BOBBED THE DORY  
WITH THE THIEFS ALONE IN GLORY  
THEN IT SANK TO END THEIR JOURNEY  
FAR AWAY FROM OUR FRIENDLY SHORE.**

**CAME THE DAWN AND MISSING THE DORY  
TO THE OCEAN WE DID EXPLORE  
SWAM AND DIVED AND SEARCHED THE DORY  
BUT FLOATED OUR DORY, NEVER MORE.**

**EVEN A COPTER WITH EYES FROM SKYWARD  
PEERING DOWN TO THE OCEAN FLOOR  
COULDN'T FIND OUR MISSING DORY  
FLOATS THE DORY, NEVER MORE.**

**SO FOR FUNDING WE DID SCAMPER  
SEEKING MONEY BY THE HAMPER  
FUNDING FOR A NEWER DORY  
FROM OUR SPONSORS WE IMploRED.**

**AND THEY ANSWERED LIKE A SANTA  
FROM THE SPONSORS MONEY Poured  
FOR A DORY THEY WOULD HELP US  
ROW AGAIN LIKE DAYS BEFORE.**

**NOW WE WORKOUT WITH A VENGEANCE  
TO THE NATIONALS WE WILL SOAR  
WITH A DORY FAST AND ABLE  
TEAM DEL MAR WILL START A FABLE.**

**TO THE LEAD AND PAST THE OTHERS  
ROWING HARD, A TEAM OF BROTHERS  
WITH A DORY RESURRECTED  
OUR NEW BOAT WILL BE RESPECTED  
WITH OUR CONFIDENCE RESTORED  
SURFS OUR DORY, EVER MORE!**

## **California/New Zealand Lifeguard Exchange – Summer, 2001**

**By Chris Graham**

Two California Lifeguards have been chosen to represent the California Surf Lifesaving Association in a professional Lifeguard Exchange with Auckland, New Zealand.

Two long-time lifeguards, Jon Mitchell (a 15 year veteran) and Rob Maier (a 16 year veteran), will begin their seven-week tour as they leave the U.S. on December 29, 2000. Both lifeguards are from the city of Newport Beach.

Their goal is not to critique the New Zealand method of lifeguarding, but to simply explore and share different avenues of rescue philosophy and styles of ocean lifeguarding. Once in New Zealand, the Auckland Lifesaving Association will make arrangements for them to stay at 10 different beach clubs. The experiences they share will be of keen interest to the hosts, the travelers, and to those of here awaiting their report.

For information regarding the CA/NZ Lifeguard Exchange, go to *[www.CSLSA.org](http://www.CSLSA.org)*.



# **Lifeguard Lou Goes Out In Style**

**By Shannon Svensen, Cal State San Diego**

The Beatles appeared on the Ed Sullivan show for the first time, Dr. Martin Luther King Jr. became the second African-American to win the Nobel Peace Prize, and China exploded its first atom bomb. The year was 1964, and while all of this was happening, 16 year old Lou Marquette rode his bicycle to Oceanside beach and became a beach lifeguard. Lou's first hourly wage was \$1.63. When Lou turned 18 in 1966, he tried out for the San Diego Coast State Lifeguards, since they paid the hefty sum of \$2.50 an hour. Thus, Marquette embarked on his 34 year lifeguarding career.

Lou worked as a seasonal tower guard until 1972, when he became a full time permanent lifeguard and peace officer. When he started, he supervised lifeguards on the state beaches from Moonlight Beach in Encinitas down to Black's Beach in San Diego.

"There were only three permanent positions back then," said Marquette, "so we had to cover a lot of territory."

More permanent positions were added, and Lou settled into supervising Torrey Pines State Beach, arguably one of the most beautiful beaches in San Diego county. And sometimes, the most dangerous.

"It's hard to say what my most dramatic rescues were in my career," said Lou, "what stands out in my mind are those busy days at Tower 5, perched at the mouth of the Los Penasquitos Lagoon, features strong rip currents and hordes of tourists in the summer. It is the top tower guard assignment in the district, and Lou has coached and supported them for years.

Denny Stoufer, Lifeguard Supervisor II for San Diego's State Beaches concurs. "It's hard to overestimate the impact that Lou has had on our lifeguard service over the years," said Stoufer.

When it became time to hang 'em up, Lou did it his way. The scene was appropriately the old Ranger Lodge at Torrey Pines State Park. And the motif was old-school rager. There was loud surf-rock music, plenty of Mexican food, kegs of beer and hundreds of lifeguards past and present from all over the state. You could tell the veteran party people – they brought their campers. We're not sure how many partyers climbed the flagpole or what they were or weren't wearing but everyone got home safely, sooner or later. It was a fitting finish to a fine career. Lou Marquette saved hundreds of lives and trained many lifeguards who will continue his legacy of keeping the beach and the ocean safe.

## **Lieutenant Marshall Parks (Retired), San Diego Lifeguard Service**

By Quint Norman, San Diego

While pursuing the job board on the campus of San Diego State on a spring day in 1972, Marshall Parks noticed a 3 x 5 card announcing job openings for the position of ocean lifeguard for the City of San Diego. Having grown up in the landlocked town of Hughson, California, Parks had little idea of what the job entailed, but was attracted by the starting wage of \$2.82 per hour.

The hiring procedure for the job of lifeguard was a little different in those days. After going through a rather informal interview process, ("Hi, how are you? So you're a Vet? Great, you've got the job.") Parks had to diet in order to meet the height to weight ratio then required by the City of San Diego for new employees. Along with the current San Diego City Council Member Byron Wear, Parks survived the five day academy, and was assigned to his first station, the lovely Leisure Lagoon located on the east side of Mission Bay, where the water is always warm!

The stark reality of lifeguarding soon hit home that first summer when a young boy was reported missing near the drop off on a hot, crowded Sunday afternoon. Parks, along with other lifeguards, recovered the victim and they performed their first, and some for their last, saltwater drowning CPR. The victim was resuscitated; however, he was to die a year later due to complications from the incident.

The following summer, Parks was assigned to the Mission Beach Strand, where he spent the next few seasons learning the trade of "ocean lifeguarding." For two years following graduation from college, Parks continued to lifeguard during the summer and work part-time on weekends and holidays during the winter months. At one point, he had to resort to working for a landscape company to make ends meet, and found that digging holes for a living was not as rewarding as making rescues.

In 1977, Parks was promoted to the permanent position of Lifeguard II, and was assigned to Ocean Beach. Ocean Beach is the southern-most beach staffed by San Diego Lifeguards, and has a well-deserved reputation as one of the most hazardous beaches on the West Coast. It's less than one mile in length, and contains a fishing pier, three rock jetties, the mouth of the San Diego River, cliffs, reefs, and the Mission Bay Channel, all of which offer beach-goers a myriad of opportunities to place themselves at risk.

Parks spent the majority of the next twelve years working at Ocean Beach, and has fond memories of that period. One occurred while on tower watch during a slow winter afternoon; when Parks observed a privately-owned vehicle driving out onto the pier. While it was not unusual for a vehicle to take supplies out to the pier café, Parks felt this one was traveling too fast, and requested a lifeguard warn the driver. While watching the vehicle through his bino's, it seemed to Parks as if it were picking up speed as it passed by the café, and continued towards the end of the pier. Sure enough, the driver was still accelerating when the vehicle blasted through the wood railing and flew in a graceful arc, until it splashed into the ocean ("just like the movies," remembers Parks). After successfully rescuing the driver and her companion, lifeguards found out the following; earlier in the day the driver had decided to commit suicide by driving off the end of the pier and while en-route, for some unknown reason, picked up a hitch-hiker. The unsuspecting passenger said she thought they were on their way to L.A., when she found herself flying through the air off the end of the Ocean Beach pier.

In January 1978, Southern California was hit by several large winter storms, which had resulted in extensive flooding throughout the San Diego region. After lifeguards had responded to several incidents to rescue victims trapped by floodwaters, it soon became apparent that ocean rescue skills were inadequate in this new environment. That Fall, the San Diego Lifeguard River-Rescue Team was established, and Parks attended the first of many training trips that took place during his twenty-one year association with the team. Some of the highlights of the river-rescue team include the winter of 1993, when the team performed nearly 200 flood rescues and evacuated hundreds more people trapped by floodwaters during a two-week period of intense flooding in the San Diego area. Another highlight took place in 1997 when the team was flown to Northern California in a U.S. Coast Guard C-130 to assist in flood rescue efforts in the Sacramento Valley region. In 1999, Parks received the *Higgins & Langley Lifetime Achievement Award in Swift-Water Rescue*. Parks received the award for his work in the field of swift-water rescue with the San Diego Lifeguards, the California Office of Emergency Services, and the Federal Emergency Management Agency (FEMA).

Parks retired this past summer after twenty-eight years as a San Diego lifeguard. Although he is no longer “on the payroll,” he plans to remain active in lifeguard affairs. As a member of the San Diego Association for Lifeguards, he continues to participate in discussions concerning San Diego Lifeguard Service issues. He currently is assisting Byron Wear, and former San Diego lifeguard and retired Superior Court Judge Robert Baxley on a written history of the San Diego Lifeguard Service, and Parks also serves as President of the San Diego Surf-Lifesaving Competition Association.

Parks’ advice to those who plan on making lifeguarding a career is to never forget why you became a lifeguard; “if in doubt, go out”, “and remember, it’s never too early to start planning for your retirement.”

# No Scare Skin Care

By Deborah Farrell, R.N.

*Ed. Note: Do you remember when one of the “perks” of working at the beach was a “free tan”? The goal of many lifeguards was getting their skin as dark as possible. As the incidents of skin disfigurement and melanoma deaths grow, proper protection against sun damage has become an essential part of lifeguarding. The following is a contribution from Deborah Farrell, R.N. in skin care. She is also the mother of four surfers, three of whom are junior lifeguards.*

Today, I see so many active, trim and health-conscious people living life to the fullest. Bike lanes and beaches are full of sun-tanned bodies who may never see the effects of heart or lung disease because sadly, skin cancer will claim them first. It's true that 1.3 million new cases of skin cancer will be reported this year alone. More women will die in their 20's and 30's from skin cancer than from breast cancer. In southern California, we enjoy sunny weather year-round and need to develop healthy, skin protection habits to keep from adding to the grim statistics. Knowing which sunblock to apply and applying it often enough can protect us from developing skin cancer and premature aging of the skin.

“Broad spectrum” is a term that is supposed to mean UVB and UVA protection. The UVA rays are divided into short and long wavelengths. Dermatologists have proven that to avoid skin cancer, hyper-pigmentation and premature aging of the skin, we need to filter out the longest portion of the UVA rays. Not all ingredients do this and lifeguards, as professionals working in virtually unavoidable sun should learn to choose the ingredients that filter out the entire UVA wavelengths.

Avo benzone is a physical block that filters from 350-390 nanometers. If it is combined with a chemical UVB screen, you won't burn and you'll avoid the risk of developing cancer. However, if you're sensitive and sometimes get irritated skin from the chemicals, you won't use these products as often as you should, which is every day!

Zinc Oxide, on the other hand, protects against all the sun's UVB rays and the short and long UVA rays. Today you can find transparent zinc called “Z-cote” which is available in many brands such as Skinceuticals, Epicuturen and Sun Smart by Applied Therapeutics. These products are non-allergenic, non-irritating and dermatologists-recommended. In the San Diego area, they are available from the offices of Dr. Carol Hollan in La Jolla, phone 858-450-0440.

This clinic treats all sun-related conditions and makes available the various zinc z-cote formulations that are appropriate for most skin types. These products are also beginning to appear at surf shops and other beach related outlets.

I strongly recommend the following 7 habits of Highly Health Conscious People:

1. **WEAR PROPER CLOTHING** – Wide brimmed hats, tight-knitted fabrics and UVA protective sun glasses.
2. **AVOID DIRECT EXPOSURE** - When possible, during the 10 am to 2 pm time.
3. **USE PLENTY OF HIGH SPF OR ZINC SUNBLOCK** - Apply 1 oz. per application.
4. **RE-APPLY EVERY TWO HOURS** - Or, after swimming or excessive perspiration....or when you're making lots of rescues, use “water resistant” sun blocks.
5. **BE SURE TO COVER EARS, NOSE, LIPS, SHOULDERS, AND FEET.**
6. **REMEMBER SAND, SNOW AND WATER REFLECT UV RAYS** – So, protect more often in these settings.
7. **AVOID TANNING BEDS** - If you must have a “tan” use tanning lotions. They usually include some protection and often look better also.

*One of the great advantages of the new, clear zinc products is that you don't end up with either the "white nose" of yesteryear or the "warpaint" look of those hideous colored zinc coats. Another option is the Andra Fina line of products from Carlsbad, CA, phone 760-438-1599. Check out the SunSmart website [www.atfosyou.com](http://www.atfosyou.com).*

## **Oceanside Harbor Surf Relays**

**By Clint Dyal, Oceanside**

**The Oceanside Lifesaving Association held a “surf carnival” last August, 2000, on its famed harbor beach as a farewell bash to the 2000 season. All lifeguard agencies were invited to compete in the competition. Since Oceanside has dominated the PIRATE OLYMPICS, held at Silver Strand State Beach for the last two years, we felt obligated to host a competition of our own. The City of Del Mar Lifeguards held off teams from Laguna, Camp Pendleton and State, which tied for second, and even my beloved Oceanside to be the overall winners. They took home the hand-carved “TIKI” as a trophy that they got to name. Del Mar will be invited to compete free of charge next summer.**

**Captain Matt Stephens of Oceanside officiated the event. There were 14 teams with 6 people on a team, all of which competed in events such as running, swimming, and paddling relays. The individual winner of the IRONMAN event, Scott Diederich of Laguna, received a two-night stay with champagne at the Oceanside Marina Inn. The surf was six foot with great shape which made the racing exciting. All of us had a great time watching the lead change with every set. We would like to thank all the teams that participated and made it happen. We will be planning next year’s gala during August and all are invited. For information, fax us a letter at (760) 435-4022, attn: Scott.**

## **Are You Ready?**

**By Bill Richardson, CSLSA President Pro Tem**

Well the summer's through, the Holidays are past and winter is upon us. Much has happened since the last issue of *Cal Surf News*. We've had a CSLSA General Board and USLA National Board Meeting and done some major business. The National Games were held in San Diego and were a much-heralded success. The 2001 Regional Championships will be held in Imperial Beach again and the Nationals in Miami Beach, Florida. USLA has agreed to come back to San Diego in 2002.

At the Regional Board Meeting held in Carlsbad, October 19<sup>th</sup> & 20<sup>th</sup>, the Board of Directors voted to disallow the membership of US Ocean Safety as a Chapter of CSLSA. I have gone on record as personally disagreeing with this action and believe that we have done a disservice to the ideals and goals of CSLSA and USLA. My hope is that this action will be revisited in the near future and that the organization can rise above the politics of the situation and will agree a fully qualified and deserving organization to be a part of our fellowship.

Partly as a result of this action and partly because of increasing workload issues at work, Steve Long resigned as CSLSA President. Following his resignation, I was appointed by the Executive Board to fill the position of President Pro Tem, at least until the next General Board Meeting at Santa Cruz, in April 2001. Steve's leadership will be missed on the board. His professionalism and commitment will be hard to replace. The Executive Board met following the General Meeting, on October 20<sup>th</sup> to hear a proposal from *Professional Event Solutions* (PES). PES is a professional marketing group from San Diego that worked very successfully on the National Games last year.

After the National Meeting, which was held in Newport Beach this past November, PES and Scott Hubbell Productions made proposals to the Executive Board. As a result of an Executive Board Meeting and subsequent vote, on December 12<sup>th</sup>, Mike Beuerlein and I signed an agreement with PES to do sponsorship marketing for CSLSA. The agreement is predicated on receiving funds and/or materials for our membership kits, funding for Public Education, *Cal Surf News*, our Website and the Regional Games.

As we start the New Year, my hope is that we can continue to build our membership base and to increase our public education efforts. Also, my sincerest hope for all our chapters and agencies is for a safe and productive upcoming season and that your recruitment is highly successful. May everyone who utilizes your beaches be blessed by the services you provide for them, and may they all go home happy, safe and sound.

# **Reservoir Response**

**By Ed Harris, San Diego**

**An Orange County-based company, Air Resources, Inc., has arranged to loan the city of San Diego the use of a Bell 407 helicopter for 30 days. The helicopter is capable of carrying a pilot and six passengers. The San Diego Lifeguard Service has been training with the helicopter, called Copter One, in hopes that the aircraft can be used in some emergencies. Days after the helicopter arrived, it was put into action. This is the story:**

**At 14:07 on October 29, 2000, SD Lifeguards received a report of a missing swimmer at Sweetwater Reservoir. Three teenage boys had attempted to swim across a 150 yard portion of the reservoir. Approximately half way across one of the boys drowned.**

**SD Dive Team members, Lifeguards II John Odou and Rich Haynes, were first to arrive at 14:41. Then SD River Rescue Team members, Lifeguards II John Bahl and Leslie Mendez, arrived soon after in Copter One.**

**Copter One returned to Headquarters and picked up Sergeant Dave Rains and Seasonal Sergeant Ed Harris and transported them to the scene. Dive Team Sergeants Andy Lerun and John Sandmeyer arrived and quickly started assisting with the operation. Rains assumed the position of Operations Officer and assigned Odou and Haynes as divers with Harris as line tender and Bahl as the boat operator. Lt. Wright arrived on scene and coordinated lifeguard resources.**

**Because of the “black out” conditions, it was determined that it would be best to control the search from the surface and have one diver feeling along the bottom at a depth of 57 feet. The witness was interviewed while the team setup for the search. After searching for approximately 30 minutes, the boy’s body was discovered by Odou. The speedy recovery was made possible because of great teamwork and planning. Hats off to Odou and Haynes on a remarkable effort in such difficult conditions.**

**Copter One was instrumental in the speedy recovery. Normally, dive team members are unable to carry enough equipment for a full search utilizing scuba in a patrol vehicle. Copter One had the ability to transport Harris and Rains plus all the necessary equipment of the search.**



## **Salt Water Polo (NaCl H<sub>2</sub>O)**

**By Eric Sandy, Del Mar**

**It looked like a fishing net. Well, it was a fishing net, that is, before it was modified and stretched over a frame of 2 by 4's. The net then became..voila!...a cage! You know, the goal for a water polo game. Ok, so then what was this "cage" going out here, floating 200 yards off the beach?**

**My morning paddle is normally a chance to fire off some sleepy synapses, pay homage to mother ocean, wake up slowly. So to stumble into a water polo game halfway to the workout buoy was like a fuzzy trip into some aquatic twilight zone. But there they were, water polo players with beanies, waving that yellow ball, bombing shots at the goal. It quickly became apparent that besides the ball and the beanies, all similarity with "traditional" water polo ended. This was SALT WATER POLO or OCEAN POLO (OP).**

**Water Polo has been described as a gang fight in a pool. A recent article in the San Diego Union Tribune also mentioned this controlled thuggery but gave credit for the enormous fitness levels of polo players. It's not as if you can sit down and rest when you get tired, the article noted. In salt water polo, this lack of any convenient "bench" becomes even more crucial.**

**So whose idea was this anyway? Most of the blame can be traced to Del Mar lifeguards Dennis Zavalok and Mark Rathsam. Both are avid polo players and thought that summer polo games would be another fun way to stay fit. Of course, the valuable missing ingredient for regular polo was a pool. Del Mar has dozens of pools but all of them are private, backyard kidney shaped pools with exotic waterfalls and spouting marble statues. The only pools fit for polo are all either full of tri-athletes swimming laps or solidly booked till the wee hours. So, why not use the ocean? Well, it was worth a try.**

**Some of the other notable differences in OP as observed by this writer – who has played only co-ed, inner-tube polo in college where the biggest excitement was watching the girls tug at each other's bikini tops...**

**Since the salt water gives the players more buoyancy, they stay higher out of the water but so does the goalie, allowing him to hover like some wet praying mantis, ready to slap the ball back at the shooters. Unfortunately, what the goalie can't do is keep track of the goal as it bobs back and forth in the swells. Defending the right corner can quickly become defending open ocean. Wind chop adds another element. The ball seems to bounce unpredictably, sometimes skidding into the cage, other times wallowing to a harmless stop. Refereeing seems especially difficult since water visibility, even on clear glassy days is minimal. This, of course, allows more of all those wonderfully imaginative underwater "maneuvers" with slashing feet and pummeling knees.**

**Of course, there is no shallow end in OP. And back to that thought about resting on the bench or even hanging onto the pool gutters for a breather, no chance!**

**Some of the easily fatigued sought rest by holding onto the paddleboards that supported the cage, but this was only temporary. The opposition didn't like the chance that the "resting" would instead become a clever tactic to move the cage aside when the other team was shooting.**

**Although none were seen during games, the idea of a visit to the playing area by local sea life could be a problem. Schools of dolphins would have been a blast. We could just imagine the ball being nosed around by our finny friends at speeds we only dream of. Those other sea critters with fins, El Tiburon, the Man in the Gray Suit, "Jaws", would also make a real mess of things with any impromptu visits. That floating cage could come in reeeeeeeal handy! Low flying Pelicans might not appreciate the cage when dive-bombing for food. Sea Lions taking up**

residency on the paddleboard floats would make things real noisy. Migrating gray whales would find the whole scene just a minor nuisance, nothing to spout about.

And then there is the prospect of the rogue wave – out of nowhere – that one in a million huge macker that rolls in without notice. Getting dumped over the falls with a makeshift polo cage would not be fun. Body surfing down the face of a huge wave for a three-on-one fast break though, might be exciting.

In all, OP looked like a great way to spend the morning. There was no chlorine in the water, no concrete walls to get bashed against. The air was pure and clean. The quality of play may not be Olympic, but the workout was strenuous.

And after all, that's what these extra-curricular activities are all about – a healthy period of exercise with friends and teammates this time with an interesting twist. Like the real game in the pool, Salt Water Polo gets the blood moving, just not moving from the nose.

## **Seal Beach Junior Lifeguards, “At a Glance...”**

**By Jake Howard**

While not the oldest junior lifeguard program on the California coast, Seal Beach Junior Lifeguards are helping raise the performance bar for the new millennium. The main concept behind the program is to provide children between the ages of nine and seventeen with knowledge and respect for the ocean and all its various conditions. Topics covered in the six-week course range from “ocean-proofing” and physical development to lifeguard skills and basic first aid. Competition is also a key teaching tool for all the participants. From the first days of running around as a sandy “C” to the too-cool-for-school Captain’s Corp, every kid that spends any time at all in the Seal Beach Junior Lifeguard Program comes away better because of it.

In 1987 the Lifeguard Department took over the program from the Recreation Department, implementing the curriculum that is in existence today. Mark Lees was the first director to take the reins. Today Mr. Lees is working as a Long Beach Firefighter, but he still finds time during the summer months to come down and lend a hand. After virtually building the program from the ground up, Mr. Lees passed the torch to the future Lifeguard Lieutenant AJ Summers and Coleen Cassidy. They maintained the program and helped solidify the impeccable reputation that it carries today. Upon AJ’s promotion to Lieutenant and Ms. Cassidy’s involvement with law school the pair once again passed the torch. Today Mr. Joe Bailey is taking care of matters. As a collegiate shot putter at UCLA and strength and conditioning coach for the U.S. Water Polo Team (his brother Ryan played in the 2000 Sydney Olympics) Joe commands respect and discipline from students and instructors alike. His program today is like a well-greased machine.

In the past two years, the program has almost doubled in size, accepting everyone who was able to pass the swim test. With such a demand, new instructors have been brought into the program and more equipment has been purchased. A 15 to 1 student to instructor ratio translates into involvement by over half of the Lifeguard Department staff. As the old adage states, “Two heads are better than one.” This very much holds true in the case of the Seal Beach Junior Lifeguards. While rapid expansion has been known to stress-out some programs, Seal Beach’s has only gotten stronger. It started with less than fifty kids and no paddleboards and has grown to a group of more than 225 kids and an entire fleet of paddleboards, surfboards, bodyboards and whatever else that floats. The very structure of the program is changing. The biggest news over the past two years is the implementation of the “Captain’s Corp.” The group is comprised of 15 “A” group students that were qualified to participate. These kids showed strong leadership skills, passed a physical, written and oral exam and a situational test. In the Captain’s Corp, they receive more intensive and specific training. They work as aids with instructors and are exposed to a variety of experiences in the public safety field. It is a program that has been designed to help those kids who are serious about lifeguarding and are willing to walk the extra mile.

The past couple of years have seen many successes. In 1998, Seal Beach hosted the Regional Competition. In 1999, Caroline Orr won the California Junior Guard Essay contest and in 2000 Kyle Markman continued the tradition by winning the essay contest. The future look bright for the Seal Beach Junior Lifeguard Program.

## **The CA State Park Lifeguard Service to Celebrate 50<sup>th</sup> at Doheny State Beach**

**By Ken Kramer, California State**

**The California State Parks and the CA State Lifeguard Association invite you to join us for a fun-filled family lifeguard celebration on Saturday, June 9<sup>th</sup>, 2001 at Doheny State Beach to commemorate the golden anniversary of the California State Parks Lifeguard Service. In true lifeguard fashion, the event will be an “aloha” spirited party featuring a luau-style barbecue, live music performed by “Longboard and the Naughty Knees” and a variety of special events and activities.**

**From a humble beginning in 1950 that included just one full time lifeguard and a handful of seasonal employees, the CA State Lifeguard Service has grown to employ over 600 lifeguards providing service to over 30 million visitors each year at southern, central, and northern California beaches as well as inland lakes, reservoirs, and rivers.**

**Don't miss this opportunity to celebrate and visit with old friends. Limited camping and overnight accommodations may be available for your convenience. Admission tickets (purchased prior to April 1<sup>st</sup>, 2001) are \$25 per couple or \$15 each and include event admission, barbecue, non-alcoholic drinks, and raffle prizes. Tickets purchased after April 1<sup>st</sup>, 2001, are \$20 per person. Tickets are limited so order early by calling 1-866-CA-LFGDS, or (949) 497-7646, or visit our website at *www.In-line.WMF*.**