

Cal-Surf News

Volume 1 Number 1

Summer 1991



This first edition of the Cal-Surf News is dedicated to Chief Bruce Baird of the Laguna Beach Marine Safety



Bruce Baird

What's in it For You?

President's Message

by Robert A. Moore

The California Surf Lifesaving Association, CSLSA, is your region of the United States Lifesaving Association, USLA. Many of our members are not aware of the structure of the organization nor its purpose. As in any volunteer organization, the membership wants to know what's in it for them? Previous years the USLA has been fortunate enough to distribute sun care products because of sponsorship. Unfortunately sponsors had to reassess their priorities due to austere times and the USLA was not in their reorganization plans.

Your lifesaving organization was founded by lifeguards. Only lifeguards may be full members, serve on the executive board, and compete in international, national, and regional competition. The purpose of the organization was to have a common bond grow beyond the one tower, beach, or municipality. The national and regional organization is an educational organization for both the public and other lifeguards. If you join the USLA, you automatically become a member of the CSLSA. Transversely if you join the CSLSA, you are a member of the USLA. The USLA is a member of World Lifesaving, WLS. WLS is the common bond when traveling internationally.

Education! Without your support, our region cannot represent your interests nationally. The tower lifeguard has benefitted from the exchange of ideas from the
(Continued on p. 2)

USLA Meeting Held at the Waterfront Hilton Resort in Huntington Beach

Lifeguards from around the country converged at Huntington Beach for the 1991 United States Lifesaving Association (U.S.L.A.) Spring Meeting for the first time in nearly ten years.

The three-day event on May 2-4, hosted by the Huntington Beach Surf Lifesaving Association (H.B.S.L.S.A.) and the new Huntington Beach Waterfront Hilton Beach Resort, proved to be the perfect venue for both business and

pleasure. The meeting's extensive itinerary was highlighted by a memorable Educational Conference.

Representatives from all seven of the U.S.L.A.'s regions were in attendance. About half of the delegates weathered blustery conditions during the welcoming bonfire on the evening of May 1. The meeting was called to order at 9:00 a.m. the following morning and later, delegates lunched on the Hilton
(Continued on p. 4)

From Lifeguard to Chef to Chief

A Tribute to Bruce Baird

Bruce first became a lifeguard in 1953 in Newport Beach, back in the days when lifeguard operations were run out of the Fire Department at Balboa Beach. Lifeguard pay was \$1.30 per hour, and lifeguards were driven to their stations by the emergency units. Bruce was an active board surfer in the fifties, in the days of the long boards and when three was a crowd at the Trestle.

Bruce worked as a lifeguard, but had an avocation of "chef extrodinaire". He went to cooking school in France at Cordon Bleu and when he returned to the states he was a chef at Victor Hugo in Laguna Beach and then a chef at the Beach House Inn in Laguna Beach. He finally opened his own restaurant in Dana Point called the

Little Kitchen, where he prepared home style cooking.

After some years Bruce became restless and return to lifeguarding in Newport Beach. After a short stint there, he applied for a position at Laguna Beach. He became Chief of Marine Safety at Laguna in 1972 and has held that position until his retirement this month.

Bruce was a founding member of the California Surf Lifesaving Association, and for many years served as Vice-President. On behalf of the California Surf Lifesaving Association Executive Board and newsletter staff, we wish all the best to Bruce and extend our warm thanks for his continued help and support.



Bruce placing in the Veterans Division of the 1000-M Paddleboard event at the 1988 USLA Championships held at Cape May, NJ.

What's in it For You?

(Continued from p. 1)

world over. One lifeguard service implements an idea and it is successful, the CSLSA or USLA is the forum to pass along the information. Where do you think the current ideas came from? The rescue can, rescue tube, tinted glass, angled glass for reflection, enclosed towers, rescue boards, rescue techniques, fully outfitted emergency rescue vehicles both on land and the water, IRB's (inflatable rescue boats), operations and procedures, etc. Every area has their own special way to do things, but there are many items that we all take for granted that were learned many years ago from each other. No two operations are alike and you can bet that there are special circumstances for each. The common bond of saving lives the best way possible without endangering our lives is foremost. What's in it for the tower lifeguard? The tower lifeguard gains the knowledge of years of experimenting and sharing with their fellow man. The gift of giving is much more rewarding than receiving. A short sighted individual will never see this. A fellow lifeguard always backs up another lifeguard during a rescue. The USLA, CSLSA, and the WLS are rescue organizations and back up each other.

We in the CSLSA we are light years ahead of many other agencies throughout the country and the world. It is up to us to share our ideas and be willing to learn from others. It is important to understand that no one has all the answers. If you take just part of an idea, system, design, etc., and evolve it in to a workable solution for your operation then the public will be better for it.

Instead of what's in it for me, you should ask, what can I do to make the association of lifeguards for lifeguards a better voice to the public and fellow lifeguards. Saving lives and helping people is our business and our goal.

Cal Surf News Newsletter of the

California Surf Lifesaving Association

P.O. Box 366, Huntington Beach, CA 92648

Executive Board:

Bob Moore -- President
Rick Gould -- Vice President
Bill Richardson -- Secretary
Max Bowman -- Treasurer
Mike Gifford -- Recurrent Rep.
Bruce Baird -- Advisor
Gordon Gray -- Delegate
Rob McGowan -- Delegate
Carl Drake -- Delegate

Newsletter Editors:

Jim Hughes, L.A. Co. Lakes
Ardy O'Leary, Solana Beach
Renee Story

Assistant Editor:

Mike Bartlett, Huntington Beach

The Summer of 1991 Competition News

By Rob McGowan

Hi sports fans! It's looking like another busy summer of surf racing. The season has already begun in L.A. County with the 3rd Annual running of the May Day Melee. This "permanents" only race was won by a strong team from the Southern Section. Runners Chuck Moore and Terry Yamamoto; swimmers Mike Cunningham and Mike Patterson, board paddlers Greg Lee and Steve Wood, ski paddlers Merrill Riley and Larry Dixon and dory teams of Ken Atkins and Gary Crum, and John Stonier and Sonny Vardeman proved to be unbeatable in the chilly Venice Beach water.

The "June Tuner" surf ski race was held on June 2 at Zuma Beach. This Zuma to Point Dume and return race was won by Australian Dean Gardner who just edged L.A. County's Graig Hummer. Phil Topar was third followed by Australian Mark Owens. L.A. County finished out the top six with Merrill Riley fifth, followed by Mike Hapke. Shari Latta won the Womens Division.

Upcoming events include the PSLA series, which starts June 29 at Ventura. New this year to the PSLA is a "B" Division, a Juniors Division, the Surf Ski Relay, the Ocean Kayak Surf Race, the Paddleboard slalom and the 100 meter beach relay. For complete details call the PSLA Hot Line at (714) 966-0108.

Other highlights of the competition season include the Junior Guard Regionals July 19 at Huntington City Beach, the CSLSA Regionals on July 20 at San Clemente, the July 31 All Women's Tournament at Riis Beach, New York and the USLA Nationals August 8-10 at Oak St. Beach in Chicago. On August 3 the International Surf Festival will be in Hermosa Beach for the annual running of the Judge Irvin Taplin International Lifeguard Medley Relay. Can Zuma repeat! The Catalina Classic Paddleboard Marathon is scheduled for August 24-25.

One final event of interest is the 1st World Masters Surf Lifeguard Championships at Red Beach, 30 kilometers north of Auckland, New Zealand. This competition features age groups in five year increments from 40-34 up to 80+. There are individual and team events scheduled. It should be a fun and exciting event and is set for November 29 through December 1, 1991. For further details:

1st World Masters Surf Lifeguard Championships
P.O. Box 9205
Wellington, New Zealand
Phone: Wellington (04) 848-325
Fax: Wellington (04) 854-381

The most recent National USLA meeting was held in May at Huntington Beach. Rule changes were presented to be voted on at the Fall Meeting. The CSLSA brought forth several rule changes. Among them was the adoption of the 10'6" paddleboard. It is the International Standard and we're the only country not using it. To support its use there will be a 10'6" board race for Open and Womens Divisions at the CSLSA 1992 Regionals regardless of which way the National vote goes. We would also like to adopt International (World Lifesaving) rules where applicable in our Nationals.

The 1992 World Games will be in Japan on June 3-10. The National USLA Team will be picked based on the results of this year's Nationals in Chicago. Tim Gallagher was picked as Head Coach. Ira Gruber expressed interest in serving as assistant coach.

The 1992 Nationals are, as of this writing, going to be in Galveston, Texas. However, we were supposed to have had a confirmed contract by June 1, 1991. This has not happened. L.A. County has expressed interest if Galveston falls through.

So, get in shape and I'll see you on the race course!

Doug D'Arnall Retires

Douglas D'Arnall, a founding father of the HBLSA, has retired from his position as Beach Manager of Huntington City Beach.

Doug was one of the HBLSA's three founding fathers. Vincent Moorehouse, Max Bowman and Doug D'Arnall first formed the Huntington Beach Surf Lifesaving Association on March 16, 1965, as a non-profit organization incorporated in the State of California. To this day, the HBLSA, led by President Kai Weisser, continues to promote its goals of water safety education and the promotion of professional lifeguarding standards.

Doug, 53, was first employed with the City in 1956 as a tower guard at the age of 18. He steadily rose through the ranks to Captain of the Marine Safety Division during the 1970's and 1980's. In 1985, he was promoted to Beach Manager. In March of 1991, after 35 years of community service, he retired.

Throughout his years of employment, Doug contributed much of his time to the S.L.S.A. Mr. D'Arnall, the World Life Saving Secretary General, played an instrumental role as a noted authority in lifesaving. He served as a consultant to numerous agencies and associations world wide, and testified in cases as an expert witness.

Doug has been a strong supporter of the HB Junior Lifeguard Program since its founding in 1964. He advocated that the program serve the community as a means of water safety education and the recruitment of future ocean lifeguards along the coast of California.

The C.S.L.S.A. would like to salute Mr. D'Arnall for his 35 years of dedicated service. In recognition, the HBLSA awarded him with a life-time membership package. He was presented with a framed picture of a lifeguard on-duty in a tower, with words of appreciation for his unselfish contributions to the (Continued on p. 4)

U.S.L.A. Meeting

(Continued from p. 1)

pool deck across from the beachfront. Thursday's events were capped by a Newport Harbor Cruise aboard the "Belle". Those present at this function witnessed lifeguards from various eras swapping stories and partying late into the night. Friday morning featured a tour of HB Lifeguard Headquarters and a visit to the Huntington Beach International Surfing Museum. This day was highlighted by the 1991 Spring Educational Conference in the Waterfront's Pacific Room. HB Councilman Jack Kelly, Waterfront Inc. President Steve Bone, HB Fire Chief Dolder, and Surfrider Foundation Administrative Director Teri Shultz all enjoyed the appetizing brunch that marked the beginning of the event. HB Channel 3 Television was on scene to tape the event.

U.S.L.A. President Joe Pecoraro opened the conference and turned the reins over to Master of Ceremonies Rob Caughlan, President of the Surfrider Foundation. The speaking agenda included: Santa Cruz Fire Chief Edward Ekers - "Disaster Management & the Bay Area Earthquake", Goldenwest College Professor Victor Leipzig - "Surfzone and Wetlands: The Hydrolic Connection", Surfline Inc. President Sean Collins and Meteorologist Chris Borg - "Surf Forecasting and Weather Patterns", and Surfrider

Foundation Associate Environmental Director Dave Skelly - "Respect the Beach" (an educational slide presentation). The meeting delegates appeared to appreciate the topics of discussion and the product displays. The record-setting crowd also asked many relevant questions.

At the conclusion of the conference, each speaker was presented with an award of appreciation. In the evening, the delegates dined at Pepper's Restaurant.

The national meeting resumed on Saturday morning and continued into the afternoon. The closing Banquet was later held at Maxwell's Restaurant, and featured entertainment "a la HERB" (a.k.a. Tim Hall - President of the New England Region). Life Memberships were bestowed upon Max Bowman, Doug D'Arnall and Bruce Baird. Mr. Baird was also awarded a Life Membership in the California Surf Lifesaving Association.

The National Meeting Committee members (Kai Weisser, Mike Bartlett, Matt Karl, Mike Baumgartner, Terry Kimberling and myself) and the Educational Conference sponsors (Huntington Humana Hospital and Rubey's Diner) were largely responsible for making this project such a huge success.

Lifeguarding: The Sport, The Profession, The Hazards

By Peter G. Wernicki M.D. and
John Glorioso

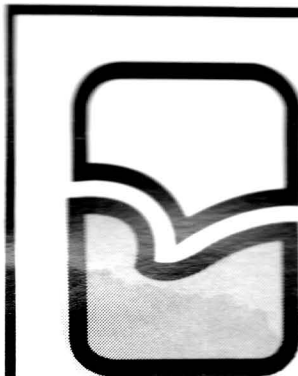
Lifeguarding is a special combination of several athletic activities and a grueling test of physical fitness. The very nature of rescuing--the "cold starts," the running on soft sand, the stress on back and shoulders, and other characteristics--may make lifeguards more vulnerable to injury than other athletes. Since lifeguarding combines aspects of several sports, lifeguards sustain common but unrelated sports injuries such as "swimmer's shoulder" and shin splints. Lifeguards can also suffer from injuries peculiar to lifeguarding, such as foot lacerations. Proper conditioning and protection can be the keys to reducing incidence of injuries among lifeguard athletes.

D'Arnall Retirement

(Continued from p. 3)

enhancement of professional lifeguarding world wide. He also received life membership in the C.S.L.S.A. and the U.S.L.A.

C.S.L.S.A. wants to thank Doug for all his efforts in promoting the lifeguard profession, and wishes the best to him in his retirement.



Marine Rescue Products

Quality Lifesaving Equipment

Serving Southern California
over 25 years. Call for Brochure
or order 1-800-341-9500

Santa Fe Dam Lifeguards Cite Drinkers/Prevent Sinkers

Water and alcohol don't mix - or so say the lifeguards at Santa Fe Dam who decided to do something about park users that jeopardize their safety when in violation of the alcohol prohibition at the popular water facility.

According to Jim Hughes, Supervising Lake Lifeguard, "Over half of our drownings are alcohol or drug related, and we felt that these incidents were correctable."

Consequently, in the spring of 1989, Senior Lake Lifeguards Gordon Gray, a former state lifeguard/peace officer, and Craig Lumb, a criminology major, were instructed to organize an enforcement program which utilized the lifeguards' existing enforcement powers to deter alcohol consumption. The L.A. County Lake Lifeguards at Santa Fe Dam recently won a departmental "Outstanding Safety Program" award for utilizing their enforcement powers to curb the drinking and drowning problem.

The program involved establishing a rapport with the local courts and District Attorney's office, obtaining knowledge of relevant laws, organizing

an efficient filing system, and training the lifeguard staff on enforcement policies. The lifeguards then started a shoreline foot patrol issuing citations to curb the consumption of alcohol and illegal swimming prevalent on summer weekends and busy holidays.

Many hours of work, much of it on volunteer time, have paid off. Of the 1,400 citations written by lifeguards since spring of 1989, all but one have

resulted in convictions. Also, Santa Fe Dam has not had an alcohol-related drowning since the enforcement program was initiated!

Alcohol is prohibited at all Los Angeles County parks, including Santa Fe Dam, which generally handles up to 30,000 people on summer holidays. The 45-member lifeguard staff also made 419 rescues and performed 318 medical aids in 1990.



L.A. County Parks Director Rod Cooper (left) joins Senior Lake Lifeguards (from left to right) Rob Welch, Jim Hughes, Gordon Gray and Craig Lumb in receiving the Department's "Outstanding Safety Program" award.

Lifeguard Exhibit at Surfing Museum

By Kai Weisser

The Huntington Beach International Surfing Museum (HBISM) is proud to present "Heroes of Surf Lifesaving", which opened on March 1, 1991.

The HBISM, located in downtown Huntington Beach just off Main Street at 411 Olive, premiered the first-ever exhibit, featuring the history of the heroes in surf lifesaving in Southern California.

"Every year Southern California lifeguards handle a variety of rescue situations, many of which go unnoticed or unrecognized. These lifeguards and the few shown within this photographic retrospective provide Southern California with the safest beaches in the

world," said the HBISM newsletter.

Several special guests attended the exhibit opening including Mrs. Darlene Trece, daughter of the late Mr. Bud Higgins (former HB lifeguard and former HB Fire Chief for over 25 years prior to the mid-1950's). "Johnnie" Belshe, wife of the late Gene Belshe (former HB lifeguard with Bud Higgins) was excited to donate photos and witness the occasion. Also in attendance were several former Huntington Beach mayors, city officials, HBISM officials, and current and retired lifeguards.

The exhibit opening was officially dedicated in Memory of Bud Higgins as a hero in surf lifesaving.

Mrs. Trece and her daughter were excited and proud to accept the dedication presentation in memory of her late father.

The history of lifesaving can be traced back to the man who originally introduced surfing, as well as lifeguarding, into the California culture, George Freeth.

The exhibit progresses to include lifeguarding history from Los Angeles County, Huntington State Beach, and Huntington City Beach. Some of our lifeguards, particularly the alumni, are also prominently displayed. (Continued on p. 6)

Lifeguard Exhibit

(Continued from p. 5)

The exhibit displays some outdated and extremely rare lifeguard equipment, such as old rescue cans, tubes and buoys. In addition, retired Los Angeles County Lifeguard Chief Bob Burnside loaned a classic, pre-World War II Metal Torpedo Buoy, which sets the tone for the entire exhibit. Thanks, Bob!

The exhibit also displays the history of Junior Lifeguards. The 26-year running HB Junior Lifeguard, as well as the Los Angeles County program are credited as model water safety education programs and a recruitment pool for ocean lifeguard agencies. These junior lifeguard programs have really progressed and are recognized internationally as premier youth-development programs. The segment features lifeguard competition and water safety education highlights.

Go look at the Circa 1935 PBX Switchboard in the museum. It, and many like it, have finally retired and has been relocated to the museum. This occurred on the same day that the exhibit opened. As the "Heroes of Surf Life Saving" Exhibit Historian, I thought it was perfect timing.

Lifeguarding: The Sport

(Continued from p. 4)

This article will appear in two parts; it originally was published in the April 1991 issue of "The Physician and Sportsmedicine".

Perhaps no more interesting melange of sport and occupation exists today than lifeguarding. A rigorous melding of all the physical challenges associated with swimming, rowing, surfing, and running, it also demands many of the fitness requirements associated with military service and firefighting.

Traditionally, the purpose of the lifeguarding profession has been to save lives. In doing so, lifeguards test their abilities as they compete against their own physical limits, the forces of nature, and the struggles of victims. But over time, lifeguarding has developed into a true sport as well. Lifeguards have come to enter a new realm of contest as professional athletes, vying against other guards and teams in formal competition. Lifeguards are thus vulnerable to injury during training and competition as well as during rescue activity on the job. With more than 12,000 professional open-water lifeguards registered in the US Lifesaving Association (USLA)¹ --

and thousands more unregistered or trained by organizations such as the RedCross to work at pools--it's reasonable

to assume that many sports medicine physicians will at some time be called upon to treat lifeguards' injuries.

The Hazards of Lifeguarding

To be employed as an open-water lifeguard, male and female lifeguards of all ages must meet the same requirements for strength, speed, skill, and endurance in a number of athletic activities. They are periodically tested to ensure that their skills and fitness remain high. In many year-round organizations, lifeguards undergo constant training as part of their job duties, and they are tested biannually in a 1000-m open-water swim, as well as in emergency care procedures.

However, most lifeguards work only seasonally, and they are often injured as a result of inadequate pre-season conditioning followed by a sudden increase in physical activity once the summer season begins. For these open-water lifeguards, training is sporadic in the off-season, but during the season, they usually undergo 3 months of intense daily training and physical activity; many of them are on duty 6 or 7 days a week.

The manner in which lifeguards perform their duties also predisposes them to injury. For example, when guards must jump off the stand (when they may have been sitting for hours) and then sprint to the water to rescue victims, they do not have time to stretch

Super Beach'n



California Lifeguard Hat
by

CINDIRCO

619-753-0080 619-471-7655

Special discount for Lifeguards

Also available in Jr. Size

Table 1. Causes and Relative Frequency of Lifeguards' Foot Injuries From Stepping on Foreign Objects. Reported by 56 Lifeguards of the South Florida Beach Patrols, 1989.

Object	Percent
Glass	31.0
Rock	15.5
Needle	15.5
Shell	15.5
Wood	7.8
Nail/Metal	6.5
Other	6.5

or warm up as they can do during organized competition. But lifeguards are also injured while competing.

Swimmer's Shoulder. Compared with other swimmers, the force and demand that lifeguards exert on their shoulders increases their risk of rotator cuff tendinitis/bursitis, also known as "swimmer's shoulder."⁵ The greater incidence of this overuse syndrome also arises because lifeguards generally use only one swimmingstroke - freestyle. In addition, an open-water lifeguard must swim against waves and currents and with the added weight of the victim. Training often involves swimming back and forth through breaking waves, "rescuing" other guards.

In formal competition, other shoulder injuries, such as bicipital tendinitis or acromioclavicular joint sprain, can occur during the "land line" event. The land line is a rope that is secured on the beach and then stretched by the rescuer from the beach to the victim; two guards on the beach pull both rescuer and victim to shore. The speed and force the guards use in this repetitive pulling action can cause shoulder injuries.

Lifeguard's Calf. Lifeguards coined the term lifeguard's calf to describe a common complaint of gastrocnemius and Achilles tendon pain usually caused by running barefoot over soft sand. The degree of dorsiflexion and plantar flexion required to run barefoot on soft sand leads to increased stress on, and inflammation of, the dorsiflexors and plantar flexors of the foot. Soft sand running also leads to a greater incidence of plantar fasciitis among lifeguards than among other runners.

Surfer's Syndromes. Lifeguards sustain injuries when using the 10 to 12 ft.-long rescue board, which is similar to a surfboard. As surfers do, lifeguards paddle rescue boards in either kneeling or prone positions. However, lifeguards are actually at greater risk or developing certain "surfing syndromes" than are surfers, because rescue boards are larger and heavier than surfboards and are often paddled greater distances--sometimes with the added weight of a victim. Although also intended for use

in rescue operations, the rescue board is used primarily in competition.

Isometric hyperextension of the back and neck while paddling the rescue board can lead to strains and sprains.⁶ "Surfer's shoulder" (rotator cuff tendinitis) can be caused by excessive internal rotation of the rotator cuff. Other common afflictions include "surfer's elbow" (lateral epicondylitis) and "surfer's knot" or "knobbies" -- growths of subcutaneous connective tissue over bony prominences often occurring over the tibial tubercles, ribs and anterior superior iliac spines.

Foot Trauma. Lacerations and puncture wounds are risks of running barefoot. In a survey of 56 lifeguards from Florida, 44 (79%) had suffered foot trauma while on duty (table 1).⁹

Rowing and Back Pain. Chronic low back pain and acute muscle strain are by far the most common injuries lifeguards suffer as a result of rowing. In a study¹⁰ of 800 lifeguard rowers, 44% had sustained such injuries, and 20% of these injuries were severe enough to warrant cessation of rowing for the remainder of the season.

While rowing, lifeguards sit on a fixed seat instead of the sliding mount scullers use. Because of this, lifeguard rowers injure their patellofemoral joints less frequently than do scullers, who concentrate the power of the stroke in their legs. However, lifeguards' concentration of power in the torso and upper body while rowing increases the incidence of injury to those areas.¹⁰ Lifeguards' common back injuries develop because of the inherent biomechanical disadvantage of the back muscles during rowing, especially when the back is hyperextended.

Skin Conditions. Overexposure to the sun places lifeguards at high risk for developing certain skin conditions, especially on the exposed areas; the nose, lips, shoulders, upper back, and tops of the ears. Problems include keratoses, basal and squamous cell cancers, and malignant melanomas.

Using the fixed seat in a lifeguard rowboat can cause an annoying rash because of the friction over the coccyx.¹⁰

Eye Irritation, Eye Injury. As with surfers, the drying effects of the wind, injuries from dust and sand, and overexposure to salt water and sun increase lifeguards' risk of developing certain ocular conditions such as pingueculae, pterygia, and ocular sunburn.⁶ Overexposure to the sun also places lifeguards at increased risk of developing cataracts.¹¹

Other Injuries. Lifeguards suffer many other injuries as well during their various athletic activities. For example, using the 14-ft. long surf ski, which resembles a narrow surfboard, can result in injuries typical of those sustained in kayaking. The surf ski is primarily used during competitive events, but is increasingly being incorporated into rescue operations. The lifeguard sits on top of the surf ski, paddling kayak-style and steering with the foot-controlled rudder. Surf skiing can result in blisters, muscle sprains, extenosynovitis of the forearm, and tendinitis of the shoulder, wrist or elbow.¹² Surf skiing also aggravates existing problems of back strain and shoulder bursitis or tendinitis, as does kayaking.¹³

Wrist tenosynovitis and tenosynovitis on the flexor side of the forearm or the thumb can result from rowing.¹⁰ Among nonlifeguard rowers, forearm extensor tenosynovitis may be caused by the repetitive feathering (rotational motion) used to control the oars. Among lifeguards who do not often use the feathering technique, forearm flexor tendinitis results from their need to powerfully grasp the oars.

Lifeguards also sustain trauma while rowing in open water, where dangers such as turbulence can cause bruises, lacerations, fractures, and head, neck and other injuries.

"Jumper's knee" and patellar tendinitis can be caused by repeated jumps from the guard stand to the sand. Some common conditions often caused by running, such as shin splints, stress fractures, and iliotibial band syndrome, can also result from lifeguards' activities.

Lifeguarding: The Sport

(Continued from p. 7)

References:

1. Pecoraro JA: The role of the US Lifesaving Association as an organization. Read before Sea Symposium '89, sponsored by Florida Sea Grant, Boca Raton, FL, March, 1989
5. Wernicki P: Swimmers's shoulder. American Lifeguard 1988;4(4):7
6. Lowdon BJ, Pitman AJ, Pateman NA, et al: Injuries to international competitive surfboard riders. J Sports Med Phys Fitness 1987;27(1):57-63
7. Renneker M: Surfing: The sport and the life-style. Phys Sportsmed 1987;15(10):156-162
8. Renneker M: Medical aspects of surfing. Phys Sportsmed 1987;15(12):96-105
9. Fletemeyer J: Lifeguard foot injuries occurring in the beach environment and an evaluation of protective footwear as a means to prevent this problem. Read before the US Lifesaving Association, Southeast

region, Newport, RI, November 1989

10. Wernicki P: Rowing Injuries. American Lifeguard 1989;5(3):5

11. Cinque C: Sunlight and cataracts: are athletes at risk? Phys Sportsmed 1989;17(3):210-214

12. Gauthier MM: Preventing injuries among watercraft paddlers: Steady as you go! Phys Sportsmed 1989;17(6):162-169

13. Kizer KW: Medical aspects of white-water kayaking. Phys Sportsmed 1987;15(7):128-137

The Cal Surf News solicits your help and support. Please contact Andy O'Leary at (619) 755-1569 or Jim Hughes at (818) 334-1065 if you wish to contribute news articles, photographs or any other information.

California Surf Lifesaving 1990 ANNUAL STATISTICS

BEACH ATTENDANCE

167,641,276

RESCUES

37,521

PREVENTATIVE ACTIONS

20,338,484

MEDICAL AIDS

30,377

BOAT RESCUES 9,144

Passengers 20,569

Vessel Value \$109,811,398

DROWNINGS 46

Unguarded 36

Guarded 10

FATALITIES (Other) 54

LOST & FOUND PERSONS

11,481

PUBLIC SAFETY LECTURES

2124.5

STUDENTS

194,748

California Surf Lifesaving Association

P.O. Box 366

Huntington Beach, CA 92648