

# Cal-Surf News

Volume 3 Number 1

Summer 1993



## President's Message

### Don't Let 'Em Forget We're Lifeguards

I would like to thank everyone for their hard work, from the lifeguard in the tower to the volunteer efforts of the association members. There were 174,176,478 people reported attending the beach in our region in 1992. Members of our region were responsible for 41,816 rescues and 1,276,488 preventative actions. 170,326 medical aids were administered and 220,833 school age students were given public safety lectures in formal school education programs. There were 41 unguarded and 10 guarded drownings. What an incredible effort. The public can be assured that with member beaches in the California Surf Lifesaving Association that public safety is our goal. There is a 99.9999942% chance of surviving your swimming experience from drowning when attending a CSLSA member guarded beach. Try to get those odds on anything else in life! For those people who confuse us as recreation, think  
*(Continued on p. 2)*

## Carl Maier Passes Away

Carl Maier, 47, former Lifeguard Supervisor with the California Department of Parks and Recreation, passed away on April 3, 1993 from an apparent heart attack. Carl's career with the Department spanned 28 years and involved assignments throughout the state.

He began his career as a seasonal lifeguard along the state beaches of northern San Diego County from 1965 to 1973. In 1969, Carl left lifeguarding for two years. During these two years, Carl taught secondary level biology, math and science for the Peace Corps in Western Samoa. In 1973, Carl was promoted to become the Lifeguard Supervisor for the state beaches in Ventura County.

After three years as a Lifeguard Supervisor, Carl changed uniforms to

become the Administrative Ranger at Folsom Lake. Carl steadily promoted to become a Chief Ranger, District Manager and Chief of the Operations Office in the Department's Sacramento headquarters. Carl's change in career path opened the door for other lifeguards to become Chief Rangers and Park Superintendents. Besides the career opportunities now available to lifeguards, the Department, and thus the public, greatly benefit from having managers with lifeguard backgrounds working at coastal parks and reservoirs.

Even though he wore a ranger uniform for most of his career, Carl never forgot the value of a good lifeguard program. As Superintendent of Lake Perris, he increased the lifeguard staffing levels at the lake and success  
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## Inside the Cal Surf....

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## The President's Message

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again. Public Safety Professionals are what lifeguards are in the CSLSA!

We as a region look forward to the events coming up this summer. Most of all we expect to continue to give the public the best service in the world.

Members this year will receive sun care products and an insulated sports bottle. Thanks to the efforts of SHP and the support of the Executive Board, we can offer both skin protection and a container to keep fluids available so the tower guard does not get dehydrated or suffer from heat related problems. The CSLSA Championships will be held on Sunday, July 25, 1993, in San Clemente. Again thanks to the support of the San Clemente Ocean Festival, SCOF, members will have no registra-

tion fee, and T-Shirts will be available to competitors at no charge. The USLA Nationals will be held Thursday, Friday, and Saturday, August 5-7, 1993. The Junior Lifeguard competition will be held on Thursday and the Lifeguard competition will be on Friday and Saturday. The International Surf Festival, ISF, will be held in conjunction with the Nationals with night events on Friday, Saturday, and day events on Sunday. CSLSA and USLA members are invited to compete in the Saturday night events and the Sunday events of the ISF. The Nationals and the ISF will be a spectacular event and you won't want to miss it. Support SCOF, ISF, CSLSA, and the USLA as they are supporting lifesaving.

Times are tough and money is short. Lifeguards must let people know that when they say Police and Fire, they must also say lifeguards! Too often lifeguards get pigeonholed with recreation. Recreation is important and we facilitate it's existence, but we SAVE LIVES not check out volleyballs! It might be a bold statement, but look at our statistics: 41,816 lives saved by lifeguards in just region of the United States in one year! That must be more than is saved by Police and Fire in the same region. Remember that our region includes Southern California, Hawaii, and Arizona. Let your legislators know that when they say Police and Fire, 41,816 lives saved justifies them including LIFEGUARDS!

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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 World Life Saving organization and participation in regional competition.

## Carl Maier

(Continued from p. 1)

fully reduced the number of drownings. In his capacity as Chief of the Headquarters Operations Office, he was responsible for establishing a lifeguard position in headquarters to coordinate Department wide efforts toward aquatic safety.

In December, 1991, Carl transferred to the Superintendent position of the Northern Buttes District (Northeast California and the Sacramento Valley). Once again Carl was expressing his concerns about the need for lifeguards with the demise of the drought and back to normal reservoir water levels.

Carl was an avid outdoors person, but since surfing soon became impractical in his career, he became devoted to fishing and snow skiing. All of us who had the privilege to know, love, and work with Carl have been enriched by his presence, professionalism, integrity and humor. Like many lifeguards whose promotions put them in a position to improve lifeguard services, many more people will owe their life to him.

By Carl Drake,  
California Department  
of Parks and  
Recreation

# Solana Beach Surf Festival



The 1st Annual

Solana Beach Surf Festival will be held August 21st & 22nd, 1993 in Solana Beach, California. The return of Southern California's "Splash from the Past" Team Longboard Surfing Contest, sponsored by the Belly Up Tavern, will be a two-day focus event for the Festival.

While the longboard contest is running, there will also be a 5k run-1k swim-5k run event on Saturday. On Sunday, there will be a 1 mile ocean rough water swim and a 2 mile long board/paddle board race. These events will be sponsored by the university of California, San Diego Masters Swimming and Running Programs. All entries are welcome, and there will be a day of race beach entries.

Proceeds from the event will benefit the City of Solana Beach Junior Lifeguard Program, the UCSD Masters Programs and provide a scholarship fund for the City of Solana Beach Junior Lifeguard Program.

The festival will also be host to a Classic Car and Woody Show, exhibits and trade booths on the beach, a luau at the Belly Up Tavern for all contestants, and much more.

In other words, there will be more going on than we can ever mention in a single article! The Solana Beach Surf Festival will be the premier event of the summer. Plan on it!!

Entry forms will be available at Fleet Feet Running Stores, the Belly Up Tavern, and at UCSD Campus Recreation. For more information on the Longboard contest call Kahuna Bob at (619) 943-7009, and for the Special Events call UCSD Masters Programs at (619) 534-4526

# The Treacherous Trench Challenge 1992

*A crossing of 28 miles over the third deepest underwater canyon in the world*



Saturday the 20th of September in the crisp, black, foggy morning we headed into history. Their idea had been a motivational tool dreamed up on a sunny March day. The Treacherous Trench Challenge; a crossing of 28 miles over the third deepest underwater canyon in the world, venturing from the Monterey Harbor, through great white shark infested waters, and finally completing the long battle into the Santa Cruz Harbor. "Velcro" Smith (Santa Cruz City), Gunnar "Gunwood" Roll (Santa Cruz State), Ryan "Buell" Newman (Santa Cruz City), and Matt "Webs" Arthur (Capitola City) survived the challenge. Out support boat, (without whom it would not have been possible) was a 14 foot Boston Whaler, crewed by John & Kirt Smiley. Many thanks, Boyz!

Our paddle was in conjunction with the dedication of the Monterey Bay Marine Sanctuary going on at the Santa Cruz Harbor. We launched about 4 am from Monterey Harbor. We were greeted by hundreds of harbor seals and sea lion pups who chased and barked at us as we passed through their home. We had a hand bearing compass, two mounted compasses and a radio.

It was so foggy we never had more than a quarter mile visibility. We had

motor problems with the boat an hour into the paddle. There were some worries, but we got the 1968 Evinrude fired up and it made it without any further problems. We continued on...a little colder. The water temperature was a perky 51 degrees.

KMBY, a local radio station, kept us going with hourly updates, and playing killer tunes for us. We'd all get pumped for the next hour. We ate Power Bars and drank H2O4U; it was crazy madness.

We had no idea of what we might encounter in over 607 fathoms of water. We were stoked by 4 pods of about 300 silver porpoises. They jumped over the noses of our boards, swam on their backs and checked us out in the clear, deep, black water. It was surrealistic. We all enjoyed their pure beauty.

We saw blue sharks, thresher sharks, sunfish, salmon, seals, and many other creatures that make the bay their home. We paddled into our sixth hour when came the "Sign." A seagull, Gunwood said was a "sign" land was near. Next  
*(Continued on p. 6)*

## P.E.P. Reef

# Advanced Technology for Erosion Control

## *A Non-Technical Overview*

The importance of our coastal communities cannot be overestimated. Approximately 85 percent of all Americans live within one mile of a coastline. Our coastlines are disappearing at the average rate of one foot per year, and some areas that are under continuous attack from pounding waves are losing up to 6 or 7 feet. Valuable residential and commercial property, even human life, is seriously threatened. The spectacle of homes washing into the sea is a common

inlets to enhance its navigational aspects for the shipping trade has caused severe erosion by taking sand out of the system, preventing the natural flow of sand from the littoral drift to reach the southern ends of the inlet. And Mother Nature has contributed to the problem herself. The powerful effect of waves scouring the beaches and carrying the sand offshore can be observed by the naked eye during any Northeasterly. There have been many attempts to combat

but rob sand from the neighbors. Artificial seaweed is not permanent, and is misleading to marine life that is attracted to it. Plastic tubes of sand deteriorate and break apart.

Until recently, most attempts to solve the problem have been very expensive, temporary, and intrusive to the marine environment. The current accepted method, renourishment, is literally pouring dollars into the sea.

But something very exciting is happening in this field. In Palm Beach County two experiments are being conducted on the beaches in Palm Beach. The new technology being tested is called the Prefabricated Erosion Prevention Reef, P.E.P. for short. These totally submerged Reefs are designed to emulate Mother Nature by duplicating the effect of natural coral reefs that surround islands in the Pacific. The P.E.P. Reef dissipates the wave energy before it reaches the shoreline, thereby reducing the scouring effect of the waves on the beaches, allowing the sand to drop out of the wave. Additionally, once the sand starts to accumulate in the lee of the Reef, the Reef acts as a perch, holding the sand in place, and shoring (Continued on p. 10)

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**"The P.E.P Reef dissipates the wave energy before it reaches the shoreline, thereby reducing the scouring effect of the waves on the beaches, allowing the sand to drop out of the wave."**

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site, recently seen again in the northeast after the severe storm in December, and the No Name Storm of March. The State of Florida has approximately 246 miles identified by state officials as severely eroded coastline. Just this last month the Department of Natural Resources issued over 50 emergency permits to allow homeowners to dump sand in front of their homes to prevent them from washing out to sea.

Recreational beaches also provide millions of dollars to the state's economy, with businesses and jobs dependent on healthy beaches to lure those tourists to their areas. Overdevelopment of the coastline has contributed to the problem. Human nature yearns to be "one" with Mother Nature, and people move closer and closer every year to the shoreline and the ocean. Homes are built on dunes, rocks and groins, and seawalls are put into the water to prevent the waves from threatening those homes. And the erosion continues.

Man-made inlets and man improved inlets have also contributed to the problem. The policy of dredging the

Mother Nature, mostly unsuccessful. Sand transfer stations to mechanically move sand from north to south are effective only until they break down, and they require energy and maintenance. Jettys and seawalls only contribute to the problem by enhancing the scouring effect of the waves and increasing the rates of erosion. Groins allow sand to build in the immediate vicinity



*Aftermath of surf washing over Highway 101 in South Cardiff. Washouts along the highway are worsened by the loss of beach sand.*

# Lobsters Aren't the Only Ones Trapped in San Diego County

By Anne Palmer

The San Diego Chapter of the Surfrider Foundation has hit a nerve in the commercial lobster fishing community with its recent focus on the public safety problems posed by loose lobster traps in the County's surfines. The Chapter particularly questions the lack of accountability currently enjoyed by commercial lobster fishermen in terms of the fate of their often uprooted traps.

The issue first gained prominence in the mid-eighties when two experienced surfers, 19 year-old Gary Decker and 22 year-old Brian Brokaw died within a seven month period in trap-related accidents. In both cases, the victims were found with lobster trap buoy lines entangled in their leash lines. By the end of the decade, two more individuals had drowned in lobster trap incidents, divers David Marsh, a Navyman and 15-year old Robert McClothlin.

Initial dialogue between representatives of the Surfrider Foundation and the Lobster Fishermen's Association gave rise to the hope that mutually acceptable solutions could be found. However, at a May 20 meeting hosted by the San Diego Ocean's Foundation, John Guth of the loosely organized LFA reversed his earlier, more compromising position. Backed by about 25 boisterous lobster fishermen, Guth stated that peer pressure alone could solve the problem. He also claimed that designated "watch-dog" fishermen could work more closely via radio with the various Lifeguard Agencies that currently bear the brunt of loose trap retrieval from the surfines and beaches. Neither the San Diego Chapter Surfrider representatives nor many of the Lifeguard Captains



*City of Solana Beach Marine Safety Officer Rick Roswall holding a lobster buoy and accompanying line.*

present at the meeting were convinced by the effectiveness of this proposal.

As a result of the careless few and the lack of any consistent penalization, literally hundreds of "accidents waiting to happen" litter San Diego County's beaches and surfines every year. While the fatalities to date have been surfers and divers, these are not the only groups at risk. Many loose traps become embedded in the sand along the shore, either intact or broken into pieces. Any unsuspecting child playing the surf or any barefoot stroller can step on or fall over a trap. Any swimmer or bodysurfer easily can be tossed by the waves against a loose trap rolling around in the surf but not yet visible.

Another aspect of the problem that both Surfrider and many Lifeguards feel is critical is that the trap cages currently bear no identification

numbers. State Fish and Game regulations require all lobster traps be identified through numbers on their buoy lines only. However, buoy lines easily can become detached from the cages. Not only does the disposal of unidentified traps add to the Lifeguard's workload but the lack of ability to trace of many of these traps ensure that lobster fishermen remain unaccountable for any damage or problems the traps may cause to others. It is perhaps for this reason the LFA has taken a stand of vehement opposition to Surfrider's proposal that a small piece of metal with an identification number stamped on it be folded over one of the wire strands on every cage.

Other ideas the Foundation has put forth to deal with the problem include: amending existing State Fish and Game regulations to include public beaches as areas from which trap  
*(Continued on p. 6)*

## The Treacherous Trench Challenge

(Continued from p. 3)

came Shell and Webs as some kelp floated by, they said it was a "sign" that land was near, and so it went. The "sign" became our humor to keep our minds off our tired muscles. Finally we saw land -- Pleasure Point. The wind had come up. We were all in different stages of exhaustion as we began to hear the cheers of people on shore. We paddled in unison as we entered the Santa Cruz Harbor about 12:30 pm, an 8 hour and 30 minute

crossing.

There are few things left in life you can be the first to do anymore. That day we became the first ever to cross the Monterey Bay on paddle boards. We started together and finished together, lifeguards in support of the Monterey Bay Marine Sanctuary. Upon our finish we came together for a cheer. "Here's to US, and those like US, damn few left!!!"

We will all have the memories for the rest of our lives.....Velcro Rips.....

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## Negligence in Lifeguarding

By Thomas W. Smith,  
Attorney at Law

When I speak with old friends who have remained in Lifeguard Management they always kid me about those "damned lawyers." This theme is perhaps more intense today owing to the daily onslaught of media hype but really goes back to the Ancients. Shakespeare expressed the theme with the full power of literature when his character explained "First, we kill all the lawyers!" Savagery is ever present in the human odyssey.

However, this theme of prejudice is similar to most people's view of Congress which is also thick with lawyers of course. People in general are frustrated with Congress as a necessary governmental body but not with their Congress person. It's those other people who serve in Congress that create the problem.

Any reasonable analysis of this irrational paradox will conclude that lawyer's efforts are worthwhile. Society's gears are greased by the sweat of lawyers. Well paid sweat I'll grant you.

Moreover, which means more importantly, lawyers have knowledge and skill. Knowledge is power. Fore

warned is forearmed and for centuries has provided the basis for the lawyer-client relationship. Lastly, everything told a lawyer within the lawyer-client relationship cannot be disclosed. Having someone to discuss a difficult matter with is comforting and relieves a lot of pressure in your mind especially when it is understood the details will go no further than the lawyer.

It is true we have a few bad apples but we try to deal with them and each month their names, violations and punishment can be read in our professional journals, for example the California Lawyer. Lifeguards have had a few bad apples too.

The area of law that troubles most lifeguards is negligence. Involvement as a party in a negligence case is no party. The litigants can become terribly exasperated and overwhelmed. Depression or even suicide are not unknown in litigation.

Negligence is a type of tort. A tort is a wrongful act against another for which there is a civil remedy such as damages, or money. It has several elements. First, there must be a duty.

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## Lobster Traps

(Continued from p. 5)

placement distance restrictions are in place; requiring lobster fishing permit holders to take out liability insurance and issuing permits on a per trap basis as is done in some areas on the East Coast.

The missing player thus far in the debate is the State of California's Department of Fish and Game. Despite requests from the Surfrider Foundation, local agencies, the LFA and his own Director, Captain Maehler of the San Diego division of F & G has declined to attend any meetings or respond to any correspondence. Due to F & G Director Boyd Gibbons support of ongoing talks, however, it is hoped that the local division head will get involved in the problem-solving process. Other agencies already involved include: County Supervisor Brian Bilbray's office, Assembly representatives Dede Alpert and Robert Frazee, the City Councils of Oceanside, Carlsbad, Encinitas, Solana Beach and Del Mar and their corresponding City or State Lifeguard Agencies. Representatives from some of these groups as well as the LFA will meet again on June 24 to continue working on their differences.



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Featured Agency

# Lake Mission Viejo

*Lake Mission Viejo is a large homeowner's association located within the City of Mission Viejo, in southern Orange County. The Lake is situated in the foothills of Saddleback Mountain, near the northern border of the City, which is mostly a residential community. The Lake and park areas incorporate over a hundred fifty acres. The Lake and park facilities stretch a mile long, with the Lake's waters reaching depths of up to 70 feet deep. There are five small beaches located in several different areas along the shore. The rest of the approximately three miles of shore line, is lined with homes, docks and park areas, which include two launch ramps for small private boat access. The Lake's waters and park facilities provide an environment for every one of it's approximate 63,000 members, not to mention their guests.*

The Patrol and Rescue Department's lifeguards have been given the task to provide daily service for two of the five beaches, as well as, emergency responses to the other three remaining beaches. The North Beach and park areas are guarded by two towers, a roving lifeguard on foot, a



*Lake Mission Viejo's North Beach shoreline and the Lifeguard Headquarters in the background on a typical spring weekend afternoon*

Haydon. Each of the three officers have been with the Lake's Department for at least nine years, in addition to several seasons working for other lifeguard agencies including the City of Laguna Beach and California State (San Clemente and Huntington). The rest of the Department is composed of forty seasonals, many of which work part time for other local ocean departments. The Department holds try-outs and training

for lifeguards who acquire additional training and certifications such as E.M.T. and SCUBA. It is the Department's goal to enable it's lifeguards to perform to a highly capable and proficient degree and to assist them in becoming true professionals.

Some of the Department's equipment and facilities which make our jobs possible would include; A Headquarters located at North Beach which houses lockers, shower, head, medical aid room, dispatch center, Chief's office and SCUBA locker. The Department maintains 4 towers, 3 rescue boats, 1 Dive-Utility boat, 5 sets of SCUBA and a shop/garage that stores additional miscellaneous equipment including dorys, paddle boards, surfskis and Junior Lifeguard equipment.

The lifeguards are on duty 365 days a year from 06:00 - 24:00 hrs. The Lake and park facilities open at 06:00 and close at Midnight during the summer months and 22:00 hrs. during the off season. Swimming is only permitted during daylight hours, at which time the beach will have at least one tower guard on duty, even if there is just one swimmer. On a typical summer day, the Department will staff 20 shifts for the duration of the established hours (Continued on p. 8)

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**“The 'Linear Schedule' is a complex scheduling system, designed to facilitate a systematic rotation of the guards from high intensity assignments to less mentally strenuous duty”**

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lifeguard stationed outside the swimming area on a platform, patrolling supervisors and patrolling lifeguard rescue boats. The East Beach and park areas are guarded by two towers and the same patrolling supervisors and boats. The entire Lake is patrolled by the Department's boats which include three Boston Whalers.

The Patrol and Rescue Department is made up of three officers, including; Lifeguard Chief, David Peden, Captain, Jeff Johnson, and Lieutenant, Rich

every year in the same manner as other local ocean departments do. With the 1,000 yd. swim and a run-swim-run to precede interviews. The Patrol and Rescue Department then puts all trainees through an aggressive and challenging six day training program. Once the rookies are hired for the summer season, the training doesn't stop there. Our Department makes it a point to continue the lifeguard's training throughout the entire season and seasons to follow. The Department also provides pay incentives

## Lake Mission Viejo

(Continued from p. 7)

of operation. During peak hours, the Department will have 7 beach positions, 2 boat crews (consisting of a Boat Operator and Deckhand ea.), 1 Dispatcher, 1 relief guard and 2 of the Department's 3 officers supervising.

The Lake's beaches and swimming areas are impacted by extremely heavy crowds on a daily basis throughout the spring and summer seasons. In recognition of the importance of maintaining a consistently high degree of attentiveness, the Department has implemented a rather unique schedule: The "Linear Schedule" is a complex scheduling system, designed to facilitate a systematic rotation of the guards from high intensity assignments on the beach, to less mentally strenuous duty aboard the boats. The Department has found that this scheduling system assists the lifeguards in maintaining high levels of alertness and proficiency throughout the day and season.

The Lake Mission Viejo Lifeguards are given a wide variety of situations to respond to on a regular basis. Not only do we perform the typical tower guarding tasks of making prevents, enforcing rules, treating medical aids and making rescues, we also serve the community in many other ways. Some of the other, perhaps non-traditional duties we perform would include; Conduct lost article recovery dives, inspect boats for safety regulations as part of the registration process, provide for security and enforce all Lake rules, especially during fishing season, participate in training exercises with the local fire department, offer public education seminars and demonstrations to the local school district and other interested groups, provide CPR classes to the community, offer Junior Lifeguard and other youth aquatic programs, assist the Lake's Biology Department with water and bottom sediment samples, maintain all buoys, buoy lines and anchoring systems in and on the Lake. The Lake Association also works closely with the City of Mission Viejo, sponsoring and co-sponsoring several major community events throughout each year.

In short, the Lake Mission Viejo, Patrol and Rescue Department is proud of

## Bloodborne Pathogens

The CAL-OSHA regulations concerning bloodborne pathogens became law in December of 1992, which placed a number of requirements on employers starting in February of this year. The purpose of the regulations is to minimize the risk of bloodborne pathogens to those who provide emergency care to the sick and injured (among others). Since lifeguards are required by law to be trained in, and provide first aid, they generally are covered by the regulations.

The regulations generally require agencies that have employees who may be exposed to blood to have an Exposure Control Plan (ECP). The plan can be divided into five parts:

- A list of classifications or jobs where there is a reasonable expectation that these employees may encounter an exposure to blood borne pathogens.
- A set of procedures, controls and protective equipment to minimize the risk of exposure to employees.
- The training of employees on the risks and methods to minimize these risks from blood borne pathogens.
- Provisions for the inoculation against Hepatitis B of willing employees who are covered by the regulations.
- A system of keeping records of training, exposures and inoculations.

The area of most concern to lifeguards and others affected by the regulations is the required personal protective equipment (PPE) and the

it's short history. We are proud of being the first flat water department to enter the Surf Lifesaving Association. We are a community Association that is operated much like a small city, with it's board of directors acting much like a city council would. We have a general manager who fulfills the role that of a city manager.  
(Continued on p. 10)

series of inoculations. The specified equipment is commonly referred to as Personal Protective Equipment (PPE). PPE is now readily available in kit form at a reasonable cost from most of the first aid supply companies in California. The kit should consist of disposable latex gloves, CPR masks, disposable protective clothing, anti-bacterial hand cleaner, and protection for the face such as eyeglasses, goggles, face shield, and/or paper masks. A kit should normally be kept in each unit (one for each guard) and in each tower. A specially designed container for needles should also be readily available to each guard.

A post exposure inoculation is available for the prevention of Hepatitis B, however, it is reported to be only 75% effective. The hepatitis B inoculation is supposedly 95% effective. The inoculation consists of a series of three shots given over a several month period. This may pose problems for recurrent lifeguards, but they must be aware that the inoculations are only effective if the complete series of three shots is given within the prescribed time period. There is no booster shot available, but should not be a major concern to lifeguards for several more years.

The inoculations are voluntary on the part of the employee, but they, the training, and the equipment are to be provided at the employers expense. Employees, at their own expense, may elect to have the inoculations performed by their own physician.

The regulations concerning bloodborne pathogens can be found in the General -Safety Orders Section 5193 of Title 8, California Code of Regulations. The best source of material, including the regulations and its interpretation, is the booklet Occupational Exposure to Bloodborne Pathogens. This booklet is put out by CAL-OSHA.

By Carl Drake,  
California Department of  
Parks and Recreation  
(916) 653-5787



# COMPETITION

## NEWS

By Rob McGowan

### National Competition

It's that time of year again... time to wax up your boards, grease up your oars, dust off your beanies and get in shape for another season of surf racing. The highlight of the season should be the USLA National Lifeguard Championships, scheduled to be held in Hermosa Beach on August 5, 6, and 7. The Nationals are being hosted by the Los Angeles County Lifeguard Association in conjunction with the 31st annual International Surf Festival. LACOLA is determined to make this the best National Championships ever.

The Junior Lifeguard Championships will be held on Thursday, August 5 with over 2000 competitors expected to attend. Ira Gruber, the organizing committee chairman expects about 1000 competitors in the Lifeguard divisions. Chapters from all across the country have expressed their intent to attend this year's Nationals. The Radisson Hotel in Manhattan Beach has been selected as the official competition headquarters. Major sponsors include Jantzen Sportswear, the title sponsor, United Airlines, Body Glove Skin Care, Weider Publications, South Bay Hospital, Pearson Unlimited, Maui Jim Sunglasses, 2 Calorie Quest Refresher, Chevron Oil, and Southern California Edison.

The Host Event at this year's Nationals is going to be a ten person Taplin Relay. Each team must be comprised of 2 Open, 2 Women, 2 Seniors, 2 Masters, and 2 Veterans competitors. The relay will start off with 2 runners followed by 2 swimmers, 2 board paddlers, 2 surf skiers, and finished off by one dory (surfboat) team of 2 rowers. The theme of the Host Event is "Lifeguards for Life" and it should be a lot of fun, so get your teams together now. Chapters in close geographic proximity to one another will be allowed to combine in order to make up a team.

In addition to the events at Nationals, all USLA Chapters are invited to

enter a number of the International Surf Festival events. These include Saturday night's Taplin Relay, the Four-Man Rescue Board Relay, the 3-Person Surf Ski Relay, the 2-Mile Beach Run, Beach Flags, and the 2-Mile Pier to Pier Swim. For information or entry forms for any of these events, please call Lt. Phil Topar at (310) 577-5706 or Fax (310) 306-3619.

### CSLSA Regionals

The CSLSA Regionals are scheduled for Sunday, July 25, at the San Clemente Pier. The San Clemente Ocean Festival is once again helping us out with their sponsorship of Regionals. We also have a major sponsorship commitment from Jantzen and Body Glove Skin Care thanks to our new Fund Raiser, Scott Hubbell. Scott has done a lot for the sport of surf racing in Southern California and probably hasn't received the credit he's due.

### PSLA

Speaking of Scott Hubbell, the PSLA Ocean Festival Series looks like this:

Sunday, June 27 at San Clemente  
 Sunday, July 4 at Santa Barbara  
 Sunday, July 18 at Oceanside  
 Sunday, August 1 at Zuma  
 Sunday, August 29 at  
 Manhattan Beach

That's right, only five dates, and they're all Sundays. For further information call (310) 456-7343.

### Doryman's Association

The National Doryman's Association will have both a 3 Mile and a 3 Lap race at each PSLA event. In addition, the NDA will have the following races:

Saturday, June 12 at Long Beach,  
 a 3 Miler  
 Saturday, June 19 at the Santa  
 Monica Pier, a 1 Miler  
 Thursday, June 24 at Huntington  
 Beach, the OP  
 Demonstration Race

Sunday, August 8 at Hermosa  
 Pier, the International Surf  
 Festival 3 Lap race and  
 Doryman's Relay

Sunday, August 15, the Catalina  
 28 Mile race

Sunday, August 21 at Huntington  
 Pier, a 3 Lap race

The NDA season will finish off with a 3 Lapper and a 3 Miler at the August 29 PSLA Ocean Festival at Manhattan Beach.

For further information please contact the NDA president, Al Lavayen at (714) 367-1088 (work) or (714) 661-6707 (home).

### U.S. Surfboat Association

The U.S. Surfboat Association has surfboat races scheduled at all of the PSLA events except Santa Barbara. They also plan to have a surfboat seminar in conjunction with Nationals for all interested parties.

### Paddleboard Racing

For you long distance board paddlers, Laguna Paddleboards is sponsoring a 4 K Paddleboard Race on Sunday June 13, at Aliso Beach. There will be Age Group Divisions, a Women's Division, and cash prizes. For more information call (714) 499-3312. The Annual Catalina Classic Paddleboard Marathon will take place on Sunday, August 29. It will finish at the Manhattan Beach Pier. Contact Buddy Bohn at (310) 457-9898 for more information.

### World Masters Surf Lifeguard Championships

Looking a little farther into the future, we have the 2nd Sunsafe World Masters Surf Lifeguard Championships on December 2-5, 1993 at Mt Maunganui, New Zealand. It will feature individual and  
*(Continued on p.11)*

## P.E.P. Coastal Erosion

(Continued from p. 4)

up the newly built beach profile.

The first prototype Reef was installed at a private property owner's beachfront on South Ocean Blvd., Palm Beach, in April of 1988, after severe erosion threatened the road and residents almost lost access to their homes. After a collaboration between Florida Atlantic professors, Mr. Hans Rauch, the inventor, and the property owner, several years of tank tests and permitting processes, the prototype Reef was installed. That Reef consisted of 22 units, each weighing 20 tons, the dimensions were 4 feet high, 24 feet long and 12 feet wide. The units were placed side by side in nine feet of water at mean sea level, approximately 200 feet offshore, making a 552 foot long Reef. The initial experiment provided valuable lessons. The first Reef allowed the scientists to conclude that a fully submerged Reef could provide shoreline stabilization without any adverse impacts on the system. The experiment also provided the information to improve the Reef's stabilization features.

The town of Palm Beach was

sufficiently impressed with the first project to go ahead with a 4,000 foot Reef for its severely eroded mid-town section. The second generation Reef is currently being installed and when completed will stretch from Charlie's Crab Restaurant to the Estee Lauder estate in Palm Beach.

The results from both of these experiments have shown that the theory of wave energy dissipation to provide shoreline stabilization, and the movement of sand from offshore to onshore during storm events is correct. The Mid-Town project, which is partially installed, has shown an accretion of sand in its lee, approximately 21 cubic yards of sand per foot of reef has built up during the winter season. This accretion is significant because of two factors, the area had been identified as the most severely eroded by coastal engineers who were proposing a renourishment project, and the accretion occurred during the winter months when the rest of the coastline was experiencing typical erosion patterns caused by eight or nine significant northeasterly storms.

In addition to the sand build up,

other secondary benefits have been provided by this Reef. New habitat for marine flora and fauna has been created. Studies from a University of Miami marine scientist have documented over 70 species of fish and over 50 species of invertebrates on the first Reef installation. In addition, reduction of rip tides has been observed at the Mid-Town section. Because the rigid and uniform Reef structure placed parallel to the shore prevents the forming of rip tide channels, the currents that carry swimmers offshore cannot form, providing a safe area for those swimmers.

These experiments have shown that there are viable alternatives to the expensive, destructive, and temporary measures of erosion control that have, until now, been the only way to protect our shoreline. The P.E.P Reef is not only a permanent method of erosion control, but costs less than half of one nourishment project and will provide secondary benefits for the environment.

By Beth L. Mitchell, Vice President,  
American Coastal Engineering, Inc

## Lake Mission Viejo

(Continued from p. 5)

We also have one more thing in common..... We are also very proud with our continued efforts of maintaining, and in many ways increasing the high level of service, expertise and professionalism in which we do our jobs while serving our community.

Jeff Johnson  
Lifeguard Captain  
Lake Mission Viejo,  
Patrol and  
Rescue Dept.

*Weddings By the Sea*

*Fletcher Cove Community Center available for weddings, receptions and other private parties. 270 degree ocean view of La Jolla and North San Diego County at affordable prices.*

*For further information call the City of Solana Beach, (619) 755-2937.*

## Competition

(Continued from p. 9)

team events for Masters in age groups from 30-34 up to 85+. You can contact the event organizers at PO Box 9205, Wellington, New Zealand.

## Rescue '94

Rescue '94 is scheduled for September 6-11 in Newquay and Cornwall, Great Britain. There will be both National Teams and Interclub Championships. The USLA plans to send a team managed by Tim Gallagher and coached by Rob McGowan. Team members will be selected based on 1993 competition results. I urge you all to consider sending a club team, the World Titles are a great event.

The Huntington Beach SLSA has planned a competition to tie in with Rescue '94. It will be held on August 27, 1994 at Huntington Beach with the hopes of attracting International teams on their way to Rescue '94. It will feature 12 member teams and will include Open, Women, and Senior Divisions. Please contact Kai Weisser at the HBLSA, PO Box 242, Huntington Beach, CA 92648, FAX # (714) 374-1500 for details.

## USLA Championships

The 1994 USLA Championships will be in Cape May, New Jersey in August of 1994. The Organizing Committee is already hard at work to make it another great Nationals.

If you have any questions about any of the events mentioned in this article or any other competition questions, please don't hesitate to call me, Rob McGowan, at (310) 451-2906.

## Negligence

(Continued from p. 6)

Second, there must be a breach of that (Continued on p. 11) duty which, third, causes an injury, and, fourth, results in damages. All elements must be proven by a preponderance of the evidence, or more likely than not, in order to receive an award of damages. Most lawyers, as a practical matter, will not undertake a negligence case unless there is a serious injury and they can also determine that the party at fault, or Defendant, has some money to pay the damages. Winning cases with no resulting fees does not make for a successful law practice. Lifeguards make poor targets in this regard. However, their employers, who are responsible for the Lifeguard's actions do have money and are known as "deep pockets."

If a Lifeguard is driving down the beach Code 3 at an unsafe speed to back up a rescue and runs over a citizen which causes a serious injury, this may be negligence. The Lifeguard had a duty to drive safely. Excessive speed may be a breach of his or her duty. By contrast merely listening to a ball game on a small radio that is played softly in uncrowded conditions by the lifeguard may not be negligence in most circumstances. If the Lifeguard is driving while under the influence of alcohol or drugs and runs over a citizen this may be gross negligence which allows for substantially more damages than mere negligence. But for the listing of the elements supra, or above, this is for the most part common sense. Yet, the analysis will not stop there. For every offense there is a defense. The citizen may have darted onto a street in front of the Code 3 unit and the citizen may be negligent. The citizen has a duty not to dart in front of the Code 3 unit. The degree of negligence on the part of the citizen, or comparative negligence, may reduce or eliminate the degree of negligence of the Lifeguard. There are many defenses and your lawyers whether the City Attorney, or Attorney General, or private insurance defense counsel know them all intimately.

Some of these defenses are so

strong that a negligence action will not get very far. For example, injuries that result from natural conditions of the land such as riptides and cliffs are not generally actionable under California state law. Lawsuits may still be filed but they are quickly dismissed under this law in a procedure known as Summary Judgment. Hence, just because someone is injured on your beach doesn't mean a negligence action will be successful.

Another strong defense would be assumption of the risk. Some activities including most water sports are inherently dangerous. This would include scuba diving or shooting the pier with your surfboard during a south swell - my favorite trick, alas, long ago. A person who conducts these activities does so to a large degree at their own risk. Otherwise, we would have to have draconian rules in order to preserve the public treasury like no diving or no surfing at any time.

In determining negligence, or its defense, facts are the key. After a serious injury every reasonable effort should be made to preserve the facts of the incident. Your report which should include the sequence of the events, any witnesses, the conditions, perhaps supplemented by pictures or diagrams, will decide the outcome of the litigation. Any false statements will, too, and you won't like it. Tort lawyers love liars. They make those lawyers more money. Government defense lawyers won't be thrilled either.

Should it be found the lawsuit has no basis or has been filed for a purpose other than what the process was intended to be such conduct could be found to be intentionally tortious and deserving of damages as a malicious prosecution or abuse of process. These two torts preclude the filing of meritless cases for the most part.

I hope that the foregoing has been helpful. Sometimes our prejudices are merely based on ignorance. Ignorance can be fun; lawyer jokes are funny; but ignorance is not always bliss.

Thomas W. Smith practices law in North San Diego County

# CSLSA Sponsors



SUN AND HAIR CARE

Law office seeks lifeguard who observed head-on vehicle collision on Sunset Boulevard in Los Angeles, California on August 21, 1988. Your information is necessary to help the pregnant injured woman you spoke to at the accident. Please contact Sheri Gray of Gwilliam, Ivory, Chiosso, Cavalli & Brewer. Call collect (510) 832-5411. Thank you.

# JANTZEN

