



Photo by Colin Crawford, courtesy of L.A. Times.

Dedicated to:

**30th Anniversary of the CSLSA**

**1964 to 1994**

**Over 1.2 Million Lives Saved**



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# President's Report By B. Chris Brewster

The last six months have been extremely busy. USLA President Bill Richardson asked me to chair a committee to revise the USLA textbook first written by CSLSA members Doug D'Arnall, Don Rohrer, and Bob Shea. The goal was to create a manual for the training of lifeguards nationwide, as well as a reference for currently employed lifeguards and a training tool for junior lifeguards.

The USLA National Textbook Committee worked long and hard to produce a true national manual. Available in spring, 1995, it will be over 300 pages in length in a 8 1/2 X 11 inch format, with numerous photos, diagrams, and generic report forms. Check the Fall, 1994 edition of American Lifeguard magazine for further details. If you'd like to be placed on the mailing list for information on the manual, write to: Brady Marketing Department, Prentice Hall

Publishing, 113 Sylvan Avenue, Englewood Cliffs, NJ 07632.

The summer of 1994 was an extraordinary one for rescues in many areas. In San Diego, lifeguard Paul Arnold effected 50 rescues on a single day, July 3, at Mission Beach. Newport Beach lifeguards logged 536 rescues on August 14.

Last summer also marked the return of the membership kit. A duffel bag, T-shirt, and various other items were made available for the normal CSLSA membership rate. Plans are already underway for a summer 1995 membership kit.

At the fall CSLSA Board of Director's meeting hosted by San Clemente, former L.A. County Lifeguard Chief Bob Burnside spoke on the roots of the organization in recognition of the 30th Anniversary of CSLSA and USLA. Mayor Scott Diehl of San Clemente also spoke. Extensive work

was conducted on subjects such as the impact of the Americans with Disabilities Act on Junior Lifeguard programs, support of personal watercraft safety legislation, the cancer presumption bill, and public education. The next CSLSA Board of Directors meeting is slated for Santa Cruz, April 27 and 28. All members are encouraged to attend.

The fall USLA Board of Directors meeting was hosted by the San Diego chapter. During the first night's dinner aboard a sternwheeler on Mission Bay, San Diego lifeguards staged a surprise boat fire and extinguished it with two fireboats, to the cheers of delegates from across the country.

The second day of the meeting was an educational seminar presented by San Diego lifeguards and a Coast Guard helicopter pilot. The seminar covered ways to create a dive team, river rescue team, helicopter rescue team, and public relations procedures. A helicopter rescue demonstration was conducted during lunch, after which San Diego lifeguards conducted a cliff rescue demonstration with their new rescue unit.

One of the highlights of business at the national meeting was conference of agency certification to Huntington Beach (advanced), Lake Mission Viejo (advanced), Newport Beach (advanced), City and County of Honolulu, and the City of Santa Barbara. They join the San Diego Lifeguard Service and the Long Beach Lifeguard Service which are already certified.

Another highlight was a presentation of the USLA Medal of Valor to Hawaiian lifeguard Brian Keaulana, 33. He was involved in a daring rescue of a swimmer caught in a cave, which was featured on national television.

Over 70 people attended the national meeting, with over 100 at the educational seminar. The meeting was a rousing success, which placed California lifeguards in the professional light that we have earned.

As chair of the USLA National Certification Committee, I have been  
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Agency Profile

# Seal Beach Lifeguard Department

By Tim Dorsey and A.J. Summers

The Seal Beach Lifeguard Department is proud to be celebrating the 30th anniversary of the California Surf Lifesaving Association. As one of the original charter members of the old Surf Life Saving Association, we extend a personal note of congratulations and appreciation to the California Surf Lifesaving Association.

The Seal Beach lifeguard department is currently under the command of Andy Seymour, Director of Recreation. Steve Cushman, Lifeguard Captain and Adam Summes, Lifeguard Lieutenant, who administer and manage the year-round department that oversees a shoreline frontage that extends for more than a mile and a half. They supervise a staff of highly-trained lifeguards who not only render lifesaving protection but provide instruction to the Junior Lifeguard Program. Fixed structures include a lifeguard headquarters and pier zero tower. The department deploys seven field towers and four rescue vehicles - including two ATVs. A 28-foot twin engine rescue vessel patrols the near and offshore waters.

**History:** This brief history summary is about the continued progression of a small lifeguard service who struggled for years to provide a quality lifesaving organization for the citizenry. Success was achieved due to the collaborative effort of all lifeguards working as a team. No one person can ever take the credit. The ubi-

mate success of the lifeguard department can be summed up simply: one drowning in a guarded area in 34 years.

Originally called Bay City, Seal Beach was incorporated in 1915. Seasonal crowds would visit the shoreline primarily during the summer months. Two lifeguards were hired to provide limited shoreline coverage at Anaheim Landing and the local pier. Coverage to less protected areas of the beach was done on horseback. The First World War, the Great Depression and the Second World War continued to see a small lifeguard service operate sporadically during the summer months. After the Second World War and particularly

the service to transport a primitive two-hundred pound resuscitator and first aid equipment. Pointed end metal "torpedo" rescue cans were replaced by rounded end spun aluminum rescue buoys.

A two story building was built on the pier and a bulky navy surplus public address system was installed on the roof. The tower was called "Zero". By the mid to late 1950's, as beach usage and rescue activity increased, a command structure was devised to manage and supervise (under the control of the police department) the young corp of lifeguards, which was then made up of school teachers, college students and surfers.

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*“By the late 1960's a new wave of activism led by concerned parents and surfers lifted the ban on surfing. A new and highly restrictive city ordinance was adopted that would define days, times and locations where surfing would be permitted.”*

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before the Korean War, California was beginning to witness a population migration into the state that has only recently abated. Around this period, after the war, a surge in open-water activity began to emerge. A handful of seasonal lifeguards were hired to provide a rudimentary level of lifeguard protection.

Levels of training and equipment were primitive by today's standard. However, the term, "Iron men, wooden towers", was a phrase that defined the essence of this new breed of ocean watermen. After the Korean War, lifeguarding slowly developed more practical methods to deal with the increase in open water usage. Crude field towers were built and deployed to strategic locations. Surplus military "coffee grinder" field telephones were integrated into the service, replacing the old flag system. (Yellow flag down - guard needs help, yellow flag up - guard secure). A surplus military jeep was recycled into

By the early 1960's the population of California was booming. Beach and open-water activity had skyrocketed. The once sedate winter "off-season" was giving way to a new breed of quirky and rowdy year-round water people...surfers. To "control" not only the increase in year-round beach visitation and rowdy surfers, the City Council hired one full-time lifeguard. Shortly thereafter the City Council banned all surfing in Seal Beach for more than half a decade. The primary function of the full-time lifeguard was to keep all surfers out of the water and, when time permitted, provide swimmer protection. A second full-time lifeguard was hired to help cover the seven day ban on surfing. The department was then under the direction of the Recreation Department. Despite the continued surfing ban, beach visitation and rescue activity soared throughout all seasons. By the late 1960's a new wave of activism led

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## President's Report

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asked to act as a USLA emissary to Panama City Beach, Florida, where 10 people have drowned so far this year. The City refuses to assume responsibility for lifeguard protection over all beaches within its jurisdiction, arguing that the beaches are privately owned and the ocean owned by the State. USLA is not interested in jurisdictional problems, but water safety. I hope to be able to report some successes to you in the near future.

## Agency Profile: Seal Beach

(Continued from p. 3)

by concerned parents and surfers lifted the ban on surfing. A new and highly restrictive city ordinance was adopted that would define days, times and locations where surfing would be permitted. A third full-time lifeguard was hired on to augment the supervision of this difficult and time consuming ordinance and allow lifeguards greater flexibility to properly protect beach goers. By the mid-sixties lifeguards designed and built a new zero tower. Four new field towers were built by the city. By the late sixties a jeep garage structure was built adjacent to the pier and was immediately pressed into service as "lifeguard headquarters".

Over the next sixteen years the headquarters, after numerous modifications, became the primary hub of all lifeguard operations. Administration, supervision, communications, training, storage, locker/shower facilities, medical treatment and Ocean Orientation (forerunner to the Junior Lifeguard program) all somehow functioned out of this remote 950 square foot building.

**Perimeter Defense System:** The transition from the 1950's to the 1960's was a defining moment in lifesaving. The department adopted a lifesaving principal of "perimeter defense and mobile backup". Redundancy was built into the system to provide for constant open-water coverage. Field towers would be strategically placed along the shoreline to provide overlapping visual coverage (perimeter) and protection (defense) to all bathers. When a lifeguard was off a tower for any reason the flanking towers would be notified to extend their visualization of the "exposed" or unprotected regions of water, especially when a lifeguard was engaged on a "run-swim-rescue". A rescue vehicle would be deployed to (mobile) backup the scene and render visual protection to the "exposed" region of water or take over primary care of the scene while the lifeguard redeployed back into the field tower.

In 1973, the City Manager created the Seal Beach Lifeguard Department with a Chief, Lieutenant and yearly lifeguard staff designation. No longer an appendage

of the recreation department, the staff of the lifeguard department immediately moved forward with a number of bold plans. Women lifeguards were recruited and hired. Lifeguards designed and built six modern field towers and upgraded the jeep fleet by replacing the metal bodies with fiberglass bodies. The department purchased a 20-foot single engine boat, which was refurbished and deployed into service as a rescue vessel. It was named the MONITOR, and it revolutionized lifesaving in Seal Beach. Monitor was instrumental in saving so many lives and rescuing countless distressed vessels that the City

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***"The ultimate goal of this restructuring is to develop a unified Department of Beaches that will oversee the administration and management of all pier and shoreline operations, and provide long-term lifesaving protection to the citizenry."***

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Council decided to purchase a modern custom made 28-foot twin engine rescue vessel named 'Seal Beach'. This rescue vessel, which is now approaching 20 years of service, has provided a level of ocean rescue protection hardly imaginable to those "iron men" of years past.

By the late 1970's all city functions and operations underwent a dramatic and forever changed budgetary environment when the voters of California approved Proposition 13. Operating budgets plummeted. Staffing levels were reduced by more than half. Ocean Orientation was transferred to the pool recreation division and ironically named the Junior Lifeguard Program. Lifeguard night deployment was eliminated, field towers and large sections of shoreline were virtually eliminated from lifesaving coverage, signs were posted and beaches closed. Legally, only shorelines adjacent to paid beach parking lots could be actively protected and strategic life-

guard duty shifts and operations closed up for the day by late afternoon. A core of lifeguards were assigned to call out.

During the winter of 1982-83, the Seal Beach pier was destroyed by two huge winter storms. The beach was gouged away and portions of shoreline parking lots were washed away. Homes located on the beach were flooded and huge sections of the Naval Weapons Station jetty rocks were pulverized, including an offshore oil island that was virtually eliminated. Not only was the pier destroyed but zero tower located midway on the pier was demolished and lay in shattered pieces along the shoreline. Rebuilding the pier and zero tower was projected to take five years. Lifeguards enlisted the assistance of the local community and in a two-month period built a three-story tower structure which was grafted onto the existing lifeguard headquarters. This new high visibility structure was ready and in operation by the summer season and proved to be one of the most valuable fixed lifesaving assets ever built.

By the late 1980's a new pier had been built. Over the objections of the lifeguard department, a new zero tower was built. Zero tower proved to be so substandard that it was rarely used, making the new headquarters tower the focal point for open-water observation. Major remodeling was needed to upgrade zero tower, but was put on hold until funding was available. In 1987, the lifeguard department was assigned the management and supervision of the Junior Lifeguard program, which was shifted from the pool recreation division. Though the recreation department would still administer the program all Junior Lifeguard operations and functions would emanate from lifeguard headquarters. The Junior Lifeguard program became an instant and overwhelming success under the management of the lifeguard department.

Two pier fires in the early 1990's destroyed not only zero tower, but virtually caused the pier to be shut down for months. A new more functional zero tower is under construction and should be open by (Continued on p. 7)

# Lifeguards Raise \$10,000 on 2nd Annual Coastal Crusade

By Mike Bartlett, Huntington Beach

*On their second annual mega 120 mile run-swim-run, the Coastal Crusaders, comprised of mostly lifeguards and firefighters, did it again! Eleven men and two women ran, swam, rock hopped and hobbled their way 120 miles from the USA/Mexico border back to Huntington Beach. The six-day grueling mega event climaxed on Memorial Weekend with more than 25,000 spectators on the beach and pier! The event, combined with a key fund-raising dinner that included a comedy show and a band, enabled the Foundation to raise \$10,000 to the Vincent Moorhouse Foundation.*



Day #1: The start of the 120-mile run-swim-run at Imperial Beach

The Closing Ceremony was highlighted with several major events before the unveiling of the statue. At 2 PM, the Crusaders staggered their way the last mile to the HB pier. Leading the way and carrying the HB banner was former HB lifeguard Ray Bray, who founded the insane journey back in the 1970s.

Upon reaching the pier, the crusaders made their last 1/2 mile pier swim. Simultaneously, the HB lifeguards staged a joint public safety display involving lifeguards jumping from the police helicopter to rescue passengers from a burning boat in the

the Vincent G. Moorhouse Foundation, along with several family members, unveiled the memorial statue for the first time to the public. The hand-sculptured, solid bronze statue of an endangered brown pelican is probably the first-ever memorial within the surf lifesaving profession. The seven-foot statue and soon-to-be icon will be incorporated into the City's beach improvement plans.

This year's crusaders from Huntington City Beach were lifeguards Steve Addleman, Mike Bartlett, Mark Neilsen, Greg Reddish, Dan Hoffman, Lee Jacobs,

dorsal fins during our four mile swim. Thanks again to Quent, his swimming style probably scared away most of the big ones in the area!

Oceanside Lifeguard Captain Matt Stevens joined the group for their pier swim and jetty run. The weather that day was winter cold both in and out of the water. What a great example he set considering he didn't use a wetsuit after Bill Richardson swam the pier with a wetsuit first to scare away the fishermen and the sharks. It worked!

Last year the crusaders had to run-down the old Highway 1 through Camp Pendleton. Fortunately, this year Pendleton Lifeguard Captain Tom Richards pulled some military strings to assist the crusaders with a scenic 12-mile run up the beach. Thanks to lifeguards (AKA San O boyz) Jorge Andino, Larry Hernandez and Marcko Lagendijk for rescuing our paramedic support van when they got stuck on the beach (somewhere near a top secret hovercraft landing area - don't tell the Russians).

The Crusaders were later joined by Newport Lifeguard and triathlete Eric Bauer, who kept us at a blistering pace all the way to the Santa Ana River jetties. It was an incredible feeling running down Little Corona with a lifeguard jeep and rescue vessel escorts while the beach crowds cheered us on.

We never could have made it without  
*(Continued on p. 6)*

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***“What a great example he set considering he didn't use a wetsuit after Bill Richardson swam the pier with a wetsuit first to scare away the fishermen and the sharks. It worked!”***

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surfline. Shortly thereafter, the crusaders finished the swim and ran up the beach to the Showmobile stage area to be greeted by the guest speakers, crowd and media.

The Closing Ceremony was a huge success! Captain Bill Richardson, who was the Master of Ceremony, was bestowed the honor of introducing several keynote speakers including State Senators Marian Berguson and Senator Art Torres. CSLSA President B. Chris Brewster spoke on behalf of professional lifeguards along with several top city officials also addressing the crowd.

At the conclusion of the ceremony,

Karen Crow and Kai Weisser. Al Pepito, Mark Rinzler and Jennifer Sheldon carried the torch for the Huntington State Lifeguards. Santa Ana Firefighters Danny Moorhouse and Brian Hopp blazed their trails on the crusade both two years in a row. Not bad for a couple of firefighters.

San Diego Lifeguard Quent Norman led the motley crew through the San Diego area. We had heard about the fatal shark attack that occurred in the Sunset Cliff area prior to our event, so we figured it was important to have someone from San Diego swim with us to decrease our chances of being attacked. We never did see any

## Coastal Crusade

(Continued from p. 5)

our devoted support crew. Bill and Donna Richardson provided food and drinks from their motorhome along with Shari and Jim Donoho and Shanna Moorhouse (Vince's daughter). Thanks again goes out to the Orange Coast Massage Therapist students who rubbed out most of the aches and pains. Thanks again to our product sponsors: Speedo, Aleda Wetsuits, Biotribe, Wave Tools, Health Net, Fishermans, Wahoos, Pennat Bar & Grill, and Vics at the Beach.

A special thanks goes to State Lifeguard Ken Kramer for his hospitality two years in a row at his private pad in El Morro. Hope you liked the fish tacos!

We are all pretty beat from all this running, swimming, fund-raising and crusading, so we are going to take 1995 off. If you are interested in participating in this incredible Coastal Crusade, we will do it again in 1996 so let me know if you're interested. For all you lazy lifeguards who haven't yet contributed to your profession, now is your chance. The Foundation still needs \$2,000 to pay for the statue's finishing touches after it is mounted. You can make a tax-deductible donation to: Vincent G. Moorhouse Foundation, c/o Mike Bartlett, Lifeguard Headquarters, 103 Pacific Coast Highway, Huntington Beach, CA 92648.

Thanks for your support \_\_\_\_\_  
Lifeguards for Life



*Working as a team, the Crusaders blaze their own trail through the shorelines of La Jolla.*



*The Coastal Crusaders running the last 120th mile toward Huntington Beach Pier on Saturday, May 28.*

## How Can Lifeguards Prepare Themselves in a Major Disaster in the Waters off the Coast?

### OCELOT: A Not so Endangered Species

By Eric Bauer, Newport Beach

Lifeguard Agencies in Orange County are unique in that there are 8 different lifeguard agencies from one county line to the other. The problem therein lies that there are departments that are synonymous in function, but differences in procedures and protocol, make it difficult to work together effectively.

With tight budgets and lifeguarding as a profession struggling for survival, the

ability to have Orange County Lifeguard Agencies work well together is critical to the large agencies as well as the small ones. Communication becomes the key to a successful relationship, and as with anything communication amongst Orange County agencies is variable in nature. It depends on the time and the individuals involved.

Last year a group of lifeguards from

each of these agencies had the opportunity to meet and from those meetings an ad hoc group was established which has come to be known as O.C.E.L.O.T., Orange County Emergency Lifeguard Oversight Team. The idea was for the guys doing the rescues, the "men" in the trenches, to discuss relevant issues, increase training and get more familiar with one another. OCELOT agreed that (Continued on p. 11)

## Air Crash-Rescue and Recovery in the Water Environment

*An educational conference to prepare lifeguards*

By Eric Bauer,  
Newport Beach

Rescue professionals from all over the US attended the water-related Air Crash Rescue conference at the Long Beach Sheraton on October 26, 27 & 28. The conference was put on by the International Association of Dive Rescue Specialists (I.A.D.R.S.). The City of Long Beach

***“Most victims of in-water crashes die of drowning rather than trauma;...and airports near water need an in-water crash plan...”***

Fire/Lifeguards hosted the event and was sponsored by US Divers. CSLSA/USLA agencies represented at the conference were L.A. County, Long Beach, Newport Beach, San Diego and Del Mar Lifeguards.

A highlight of the conference was the presentation by L.A. County Lt. Bud Bohn and Lt. Mickey Gallagher on pre-planning and implementation of the LAX water-crash plan. The presentation included information on response to two actual air-line crashes off LAX and response to a full-scale disaster simulation off Marina Del Rey with actual victims in the water. The information provided will be very helpful in the upcoming development of the plan for Orange County Airport, which will likely include most of the Lifeguard agencies in that area.

Other presentations included a presentation from the perspective of an air crash survivor, George Burk. Personal and professional discipline and motivation were the keynotes of his talk. NTSB Regional Director Dr. Gary Mucho spoke on the process of an air crash investigation. Jim Ewers of US Divers spoke on in-water  
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## CSLSA Offers \$25 Award to Authors of Top 5 Articles

By Mike Bartlett, Huntington Beach

That's right! In an attempt to produce a newsletter that better represents the entire region and to meet our deadlines, we are offering an incentive program for our members to write articles.

The CSLSA will award \$25 to the authors of the top five articles printed in the CAL SURF NEWS, Spring 1995 issue. In order to qualify for the award the following criteria must be met:

1. CSLSA member in good standing, excluding editorial staff and Board Members.
2. Article must be typed in 200 words or more.
3. Includes a photo related to the story.
4. Submitted prior to the deadline (May 1 for Spring issue).

Send to: Attn: Mike Bartlett, HB Lifeguards, 103 PCH, Huntington Beach, CA 92648

The Editor will select the winners based on newsworthiness, con-

tent and creativity of the article and interest to the membership. So lets get motivated and send in your articles. The idea here is for you to represent your agency and let the readers know what's going on in your chapter, beach, or feature a special story or person.

Additionally, we offer advertising in our newsletter. If you or someone you know is interested in placing an ad in the CAL SURF NEWS please contact Mike Bartlett at (714) 536-5281. The costs per issue are: business card size \$150, 1/4 page \$250, 1/2 page \$450, full page \$750. Remember, our newsletter is an excellent business network that reaches 1000 lifeguards throughout our region!

If you have any questions about your newsletter or wish to submit a letter to the editor, please feel free to contact me at the above phone number. Thanks for your support.

### Agency Profile: Seal Beach

*(Continued from p. 4)*

January, 1995. The pier has been repaired and is back in full operation.

By the early 1990's, after a succession of staff retirements and redeployment of city personnel, management has undertaken an ongoing process of restructuring and consolidation of various departments and services. The Lifeguard department is now a division under the umbrella of the recreation department. The ultimate goal of this restructuring is to develop a unified Department of Beaches that will oversee

the administration and management of all pier and shoreline operations and provide long-term lifesaving protection to the citizenry. The Seal Beach Lifeguard Department has benefited greatly with our association in the CSLSA. Sincere congratulations to all the past and present members of the CSLSA and its 30th Anniversary. We look forward to the future in lifesaving and our continued participation in this worthy and valuable open-water organization.

CSLSA

COMPETITION

NEWS

By Rob McGowan, L.A. County

Rescue and Recovery Conference

(Continued from p. 7)

school bus crashes. The prognosis for passengers on school busses is not very good. Other topics included aircraft familiarization, egress, polluted water diving, salvage operations, triage, hypothermia, and cold water drowning.

A variety of actual incidents were detailed. Those included: The Air Florida Boeing 737-222 collision with bridge and crash into the Potomac River near National Airport Washington D.C., the USAir Flight 405 rescue, and when a Fokker F-28 stalled and crashed off the end of the runway in ice and snow at LaGuardia Airport N.Y. (50% of the victims treated were rescuers). The Amtrak Sunset Limited train derailment and others were also mentioned.

One of the highlights was visiting the McDonnell Douglas Training facility and escaping from a smoke filled MD-80 simulator, complete with escape slides. This facility is used for training flight attendants and other airline personnel. The professionalism of the McDonnell Douglas personnel and the flight attendants made this a valuable and memorable experience for the attendees. The conference made two issues very clear. First, most victims of in-water crashes die of drowning rather than trauma; access to flotation is the key. Second, and most importantly, is that airports near water need an in-water crash plan that involves surrounding emergency agencies. Obviously lifeguard agencies and those other agencies involved need the right equipment, regularly scheduled training, and to constantly update and modify the plan.

The conference was a great success. Thanks to I.A.D.R.S., Long Beach Fire/Lifeguards, and L.A. County Fire Department Lifeguards for a job well done.

P.S. US Divers offers product support to police, fire, lifeguards and other rescue agencies through US Divers and ProLine Dealers. Contact Jim Ewers for details at 1-800-635-3483 Ext 1961.

Mark your calendars! The dates for the 1995 USLA Nationals have finally been confirmed. They will be held August 10, 11 and 12 in Santa Cruz. The Pacific Northwest Region will be hosting and Dick Colosi, the promoter of the very successful 1994 National Games in Cape May will be promoting again. We all look forward to another great Nationals.

The 1995 CSLSA Regionals are scheduled for July 28 and 29, with the Junior Lifeguard events on Friday the 28th. They will be held in conjunction with the International Surf Festival in the South Bay Cities of L.A. County. The exact location has not been decided yet.

The most recent meeting of the USLA National Competition Committee was held in San Diego last November. The CSLSA had several rule change proposals pending and we were successful in getting most of them approved. The following rule changes were adopted and will take effect next season:

(1) Masters and Veterans events will be held as Finals in the morning.

(2) All events will now score for team scoring, not just the top 8.

(3) Relays must be signed up by team captains only. This is so we don't get each member of a relay team signing up for the relay events. This includes two person events such as the Rescue Race and the Rescue Board Rescue Race.

(4) The veterans will now compete in all the same races as the Masters, to be run at the same time.

Three of our proposed rule changes failed, but I feel that the most important ones passed. Surfboat rule changes and the question of a Seniors Division for Women were not addressed; if you want these items addressed next year, you need to bring them to the Competition Meeting at the Spring 1995 Board of Directors Meeting. The use of wetsuits in cold water was also discussed and it was determined that

(Continued on p. 10)



PSLA Competition at Oceanside. Photo by Joel Gitelson.



## R.I.C.E. for Sports Injury

By Michael O'Donnell, MS, PT, OCS

Nothing is more frustrating to a competitor than to perform at a level less than their capabilities, or even worse to not be able to compete at all. During the course of training or competition many types of injuries may occur which can either hamper or curtail one's season.

Sports related injuries can be categorized as traumatic or overuse. Traumatic injuries are caused by a sudden forceful movements or impact such as being hit by a paddleboard or landing in an inshore hole. Traumatic injuries result in significant tears or breaks of body structures. Examples are sprains (injury to ligaments), strains (injury to muscle) or fractures (injury to bones). These injuries initially have an acute phase which may consist of swelling, discoloration and increased temperature.

Overuse injuries can also be thought of as tears of tissue, but many are usually of a more insidious onset. They are recognized by their suffix "itis", which means inflammation. Examples are tendinitis, bursitis and fasciitis.

When treating an overuse injury or traumatic injury in its acute phase, it is helpful to remember the acronym R.I.C.E. This stands for REST, ICE, COMPRES-

### SION AND ELEVATION.

**Rest** - Does not necessarily mean you need to turn into a sea slug when injured. It merely means don't continue to aggravate the injured area. Once injured, continued use may prolong the time required to heal. Make use of the concept of cross training. Bike instead of running, swim and lift weights in place of training on the surf ski. In short, maintain cardiovascular fitness and flexibility while not irritating the injury.

**Ice** - Applied to an acutely injured area, will slow down the physiological response of inflammation, thus reducing the amount of swelling. Ice is best applied to diffuse area (such as a knee joint, back of neck) via an ice pack for 15-20 minutes. Optimally, this treatment is repeated 30-60 minutes later, then 2-4 more times throughout the day. A bag of frozen peas or crushed ice makes a good substitute for an ice pack.

If the area in question is more localized such as a bicipital or Achilles tendon, ice massage may be preferable. Styrofoam or dixie cups, filled with water and frozen make for a convenient method of ice massage. The inflamed area is massaged for 5-7 minutes. Again this is repeated frequently

throughout the day until the inflammation subsides. In both the traumatic and overuse injuries swelling may return as resumption of normal activities occurs. If this is the case, resume icing.

**Compression** - Is more specific for a large joint or diffusely swollen region such as an ankle or knee. Compression can be administered via an ace wrap or a neoprene sleeve.

**Elevation** - Along with compression is more specific for an acute traumatic injury such as an ankle sprain. Used together, these last two forms of treatment can greatly diminish swelling.

For more long standing or chronic injuries, corrective action needs to take place. This includes appropriate strengthening, proper stretching, technique correction and proper training regimen. All of these corrective actions can best be conducted under the guidance of a properly trained health practitioner.

*DR. O'Donnell continues to be an avid doryman as well as remaining an active seasonal lifeguard for 18 years for L.A. County.*

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## L.A. County Lifeguards Assist Spain After 14 People Drown at Beaches in Barcelona

L.A. County Lifeguard Chief Don Rohrer explains the intervention and its success

In the late summer on '93, we were contacted by a member of the volunteer lifeguard crew from Barcelona, Spain. It seems that over the Fourth of July weekend they had extremely rough surf, coupled with the usual nasty long-shore currents. The combination of great weather, big crowds and dangerous water conditions resulted in 14 drownings!! The lifeguard crew was looking for help.

Due to the popularity of "Baywatch" in Spain, they decided to contact the Los Angeles County lifeguards. Somehow, they

got our phone number, and we began to work on a resolution to their problem. As a follow-up to our first phone call, the Barcelona crew sent us some articles regarding this tragic weekend in July. As you might expect, lots of questions were being asked, and lots of finger pointing was going on. The lifeguards had done everything they could do, made hundreds of rescues, and still lost 14 swimmers.

We checked our budget, and decided that we would offer to train ten of their best people here, and send them back to Spain to

train the rest of their crew. We wrote up our proposal, and sent it along with one of our training manuals. Their reply was a bit of a surprise.

Due to the political ramifications, they did not want to bring that much attention to the situation, and risk embarrassment for those involved. Instead, they requested that we send one of our training officers to Barcelona and do the training over there. Out of several officers who were fluent in Spanish and had a solid training

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## Competition

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if a change from the no wetsuit policy was desired, that it must be proposed as a rule change.

Other items that were discussed at the last National Meeting was the need for a high quality, standardized medal for Nationals that includes an inscription of the year and the event. Permanent funding for a National Team to represent the USLA at World Titles was discussed with the feeling being that some source of financing must be secured. Dick Colosi was given the go-ahead to try to secure this kind of funding. This does not preclude anybody from also securing funds for a USLA National Team to compete at World Titles.

In other committee news, the Nationals would be the responsibility of the National USLA Competition Committee and not of the Region that they happen to be in. I feel that this would hopefully give a sense of greater continuity to the Nationals.

Don't forget that the 10'6" Paddleboard is now the standard for all Regional and National competition; the 12-foot boards will not be allowed.

The 1996 World Titles, "Rescue 96" are scheduled for Durban, South Africa in May of 1996. There are plans to hold a



*The 1st Place Taplin winners, South Bay of L.A. County. Photo by Joel Gitelson.*

World Masters Titles in conjunction with the event as well. Full details are forthcoming.

Looking back at last summer's competition, the CSLSA Regionals at the San Clemente Pier was a great event, with good surf and fierce competition. As might have been expected, a strong team from the

County of Los Angeles Fire Department, Lifeguard Division dominated the competition. Normally in this space I would

provide you with the details of the team placings and outstanding individual achievements, but I can't because I lent out my copy of the results and haven't been able to get them back. So we'll go on to the USLA Nationals.

Cape May, New Jersey did an outstanding job of hosting the Nationals once again. The competition was well organized, and from all reports I've *(Continued on p. 12)*

## Barcelona

*(Continued from p. 9)*

background, Lt. Mike Cunningham was selected to make the trip. Loaded up with educational materials and equipment, Mike set off for Spain.

When he arrived, he was surprised to learn that the lifeguards had a tremendous amount of sophisticated equipment. They had large rescue boats, small IRB-type rescue boats, a superior communications system, towers and so on. Upon initial assessment, their system looked pretty good. Then he began to ask questions about the disastrous weekend and subsequent drownings that they had experienced. It became rapidly apparent that their problem was a lack of technique and training.

While they had plenty of resources in terms of lifeguards and equipment, Mike was surprised to find that the lifeguards

weren't knowledgeable or proficient when it came to executing the basic swimming rescue. When a guard on the beach spotted a distressed swimmer, they would radio a nearby boat, and the boat would come in and literally drag the victim aboard. While this method is marginally effective when you have one or possibly two victims in a rip current, it won't accommodate multiple victims in multiple rip currents. Mike's task became relatively simple.

He taught the lifeguards how to efficiently effect the basic swimming rescue using the rescue can or tube, and, when necessary, fins. Then he showed them how to integrate their communications system, boats, and beach units for effective backup. He showed the guards how to move from their towers to cover the rescuer's water

until that guard returned to his normal station and to backup rescues in progress. In short, this was the beginning of a system (the perimeter defense) that most of us utilize in California.

There remained just one small problem - - the only rescue cans and tubes in Barcelona were the ones that Mike brought along for the training. I'm sure you're aware of the special fraternity that we are a part of; in fact, lifeguards are the most unique group that I have ever been associated with. A quick call to Ryan Wilkinson at Marine Rescue Products, and he came through in a big way. Ryan sent 100 cans to Spain as quickly as he could get them packaged - - he packaged and shipped *(Continued on p. 12)*

## OCELOT

(Continued from p. 6)

and that the group would meet quarterly on an informal basis. Topics of discussion would include training opportunities, equipment, statistics, common problems, major calls and mutual aid.

Along with meeting with the lifeguard agencies, the group has also met with other county agencies. Representatives of the Orange County Sheriff's Harbor Patrol met with OCELOT representatives before summer in an attempt to increase communications and positive relations with that department. OCELOT will continue to nurture this relationship.

The increase of swiftwater notoriety was also a catalyst in the formation of OCELOT. Orange County Fire was in need of a resource for water rescue from simple open-water rescue (lifeguarding) to technical swiftwater and diving operations. Although O.C. Fire has an expert swiftwater team and uses the Orange County Sheriff's dive team as a resource, fire wanted another resource to add flexibility to their response capabilities. The details are still being worked out, but it is very possible that Orange County lifeguards will be required to work side-by-side on a more regular basis requiring a close interface.

These facts make training together a necessity. Over the last year, individuals from the various agencies have put a number of different training opportunities together including cliff rescue exercises, hyperbaric chamber tour and dive at Catalina, Search and Recovery diving exercises, swiftwater exercises, etc.

A number of things have occurred because of these training exercises. Individuals from the various agencies have begun to know one another personally, which increases the level of communication. It has also made the mutual aid calls that occurred this summer more fluid and successful. Another thing that I have noticed is that there are individuals within each department with a vast technical knowledge of a particular discipline that another department may not have. This is a resource that should be tapped.

# Long Beach Lifeguards Merge with the Long Beach Fire Department

By Joanne Warzoha,  
Long Beach Marine Safety Officer

On July 1, 1994, a historic change occurred in the Long Beach Lifeguard Department. In an effort to increase public safety for the beaches and marinas in Long Beach, the Lifeguard Department merged with the Long Beach Fire Department.

Aside from the cosmetic changes that have taken place, i.e. new uniforms and badges, there have been changes in almost every facet of our department. The most visible being in our rescue boat operations. The Alamitos Bay rescue boat (RB1) has joined the Downtown Marina rescue boat (RB2) on 24-hour shifts that coincide with the Fire Departments schedule. RB1, a 35' Willard that used to be the Fire Department's Boat 21, is now staffed by a Lifeguard Sergeant Rescue Boat Operator and a Fire Department Captain/Paramedic.

On numerous occasions this past summer, the Advanced Life Support skills of the Captain/Paramedic were critical to initial on-scene assessment and treatment. The Marine Safety Officers in beach operations and the remaining rescue boat crews have changed from 8-hour shifts to year-round, 10-hour shifts. These changes have allowed us to increase our service to the public and have also improved morale among the lifeguards.

Training has been a great opportunity for the most interaction between the lifeguards and firefighters. There has been joint training for marine safety and fire personnel in several areas. The lifeguards are now attending Fire Department Emergency Medical Services training classes on a regular basis. These classes are taught by the Fire Department's nurse educators and their paramedic coordinator. In addition, the Fire Department personnel involved with the marine safety division has participated in dive rescue operations with our dive team, swift water rescue training with marine safety personnel, all of whom are certified Swiftwater Rescue Technicians I & II, and personal watercraft training. There is also ongoing training in marine firefighting for both divisions.

As a lifeguard department, Long Beach has experienced an incredible amount of change within the last six months. Change is always met with varying emotions - usually enthusiasm and optimism mixed with some trepidation. The Long Beach Lifeguards are proud to be a part of the Long Beach Fire Department and what we consider to be the evolution of modern lifeguarding.

Also, I'd like to add "Congratulations" to George Gjersvold for being named Outstanding Recruit of Long Beach Fire Department's Class of '94!! George had been a Rescue Boat Operator for the lifeguards and a permanent since 1985 before he decided to make a career change. We will miss George in lifeguard reds, but look forward to working with him as a firefighter.

# Pride is the Selling Pitch to Association Membership

By Eric W. Sandy, Del Mar

## Competition

(Continued from p. 10)

heard, all of the sponsors were very pleased. A big thank you is in order to Dick Colosi and the Cape May organizing committee. The most memorable thing about the Nationals was the weather. On Thursday, the day of the Junior Guard events, we were greeted by pea soup fog in the morning. The officials decided to punt, and ran as many beach events as possible. They even added a run relay to keep the kids busy. Around noon the fog cleared and a beautiful, blazing hot day replaced it. The ocean events began and we quickly learned that our troubles were not over. The water events had to be somewhat radically adjusted to compensate for an incredible lateral drift that started right at the flag line. All and all, the Junior Guard events went very well.

Friday, the first day of the Lifeguard events, started off bright and sunny with water temps in the high 60's. The events ran smoothly until an afternoon thunderstorm moved in and forced the cancellation of some of the events. After the storm passed, some of us surfed some great 2-4 foot east coast barrels.

Saturday presented itself with cool, crisp weather and water that had dropped into the mid 50's! It ended up being a long day, but we managed to get through all the scheduled and rescheduled events before sunset. The closing dinner featured some excellent food and it appeared as though a good time was had by all. I'm sure the local Cape May drinking establishments collected quite a few California dollars.

The overall team results were: L.A. County won the team championship with 537 points. Monmouth County, NJ placed second with 207 points, and the hosts from Cape May County Chapter were third with 128 points. California State Parks was 4th.

In closing, I want to wish you all a very happy and prosperous New Year. We must all send our prayers and best wishes to one of our greatest competitors, Paul Donohue of L.A. County, who has been stricken with a brain tumor. Paul has re-

We've all heard this response. It comes from those new employees just after we deliver our best pitch, asking them to join the CSLSA. And in today's financial climate, it's a fair question. Jim Poland and I came up with a basic list of the benefits involved in membership with our chapter. We hope this helps the rest of you when that "\$" question invariably arrives.

The beginning and end of any discussion of SLSA membership should mention PRIDE! Just knowing that you are supporting an association with our goals of advancing Lifeguarding as a profession and educating the public to prevent drownings should be enough to satisfy the membership. But anyway, lets move on with the accounting of the goodies.

The "BAG", which includes a T-shirt, sun care products, decal and discount offers, is probably worth close to \$20 alone. Then factor in the discounts available on sunglasses, jackets, wetsuits, and beachwear. Another value for our members is free admission to our big fund-raiser each June, worth \$15. Also, our chapters' quarterly

meeting often include refreshments and pizza. (Some of the members eat \$20 worth of pizza each night!) Del Mar members also benefit from being able to use our association equipment. Our chapter sends a competition crew to at least four lifeguard relays and pays the admission fee. The volleyball players get entry fees to three tournaments. The T-shirts, etc., provided at these events are another value to be added into the account. Any member who wishes to attend regional or national meetings or competitions is provided with an entry fee and a hotel room. In addition, all members are eligible for the New Zealand exchange program, an invaluable experience. At the end of our season, all members receive free admission to the end-of-year awards banquet. And, of course, all members get the American Lifeguard magazine and the Cal-Surf Newsletter.

In short, this membership package is obviously a fiscal bargain. But again, most importantly, membership in the local chapters of the CSLA means support for a most worthy cause. That \$20 is a small price to pay for so much pride.

cently been diagnosed as having a "high grade Astro Cytoma" tumor. He is currently under the care of medical specialists at the University of San Francisco. The physicians at USF are world renown as the experts on brain tumors and Paul is in the best of hands. Paul will be undergoing radiation therapy and the doctors are very optimistic of his ability to recover from the life threatening disease. If you would like to send a letter or card to Paul, I'm sure he would appreciate hearing from you. You can address your mail to:

Paul Donohue  
45 Possum Lane  
Portola Valley, CA 94028

Be strong, Paul, and may God be with you in this, your most arduous competition.

## Barcelona

(Continued from p. 10)

them at his cost. Like I said, it's a special group that we're part of. We sent all of our surplus cans and tubes as well.

So, from an initial phone call, a couple of letters, and then sending Mike off to train the Barcelona lifeguards, what were the results? As near as we can determine, there hasn't been another drowning on those beaches since the training. Was it worth doing?? All it cost us was a couple of week's pay for Mike, and the shipping charges for the rescue equipment. I'm sure you'll agree that the results were well worth the effort.