



Oceanside Junior Lifeguards Session 3



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul
	Intro to Beach & Lifeguard Service / Beach Rules & Regulations		Skin & Sun Protection / Rips, waves & currents		Ocean Rescues / Marine Life	
20-Jul	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul
	9am Picture Day Universal Precautions / Bleeding		ABC's, CPR & Choking SC SANDWICH		La Jolla Cove Field Trip Return at 2:00pm	
27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug
	Competition at Ponto State Beach. Transportation Required		Posion & Shock / Enviromental & man made hazards C SANDWICH		Sprains & Strains / Dislocations and broken bones B SANDWICH	
3-Aug	4-Aug	5-Aug	6-Aug	7-Aug	8-Aug	9-Aug
	Aquatica Waterpark, Chula Vista Return 3:00pm		Spinal and Head Injuries A SANDWICH		JG Olympics. SR Sandwich Contest Awards Banquet (6-8 pm)	