

North Coast Junior Lifeguards graduate

August 22, 2023



California State Parks in coordination with the Redwood Parks Conservancy hosted a four week ocean water safety program, this summer. 400 Junior Lifeguards have been certified in Humboldt, Del Norte and Curry counties.

Friday, August 11th and 18th, 120 kids aged 8-18 earned the official title of official junior lifeguard at Crescent Beach under the supervision of 13 instructors, all Junior Lifeguard graduates.

Program coordinator Dillon Cleavenger said the program helps kids overcome fear of the ocean and teaches ocean water safety. Junior Lifeguards Remy, 10 and Albe, 12, both from Klamath said, “ we’re not afraid of

the ocean, anymore.

Events conducted included, stretching exercises, run-swim-runs, buoy swims, boogie boarding, body surfing, board surfing, lectures on rescues and first aid skills, CPR instruction, shoreline games and activities.

Each activity is designed to educate the Junior Lifeguard on how to maneuver the ever-changing conditions of the ocean, the importance of the daily workout and to maximize enjoyment of living along the coast.

The event was the third annual in Del Norte and Seventh year for the program. On hand to observe the kids were lots of parents, grandparents and other relatives, Del Norte Schools superintendent Jeff Harris and 2nd District Supervisor Valerie Starkey.

This annual event depends on community support and asks for donations to sustain this program. The donation site can be accessed through redwoodsparksconservancy.org/donate-rpc.