

Crescent City Junior Lifeguard camps still have openings, scholarships

June 17, 2021



Del Norte County young people have a chance to learn how to be safe on the water while having a fun summer experience again with the help of local lifeguards. This August there will be two, week-long Junior Lifeguard camps held on Crescent Beach. California State Parks Lifeguards run the programs for youth aged 8 to 17. The camps teach water safety, physical fitness, first aid, CPR and ocean-oriented sports and activities.

Thanks to a local donor to Redwood Parks Conservancy, financial assistance is available for families who need it. Funding for scholarships is limited.

A typical day at North Coast Junior Guards starts with stretches and an assessment of the current ocean conditions, which prepares junior guards for the day's events. These events can include run-swim-runs, buoy swims, boogie boarding, body surfing, surfing, lectures on topics such as lifeguard skills (rescues and first aid), and shoreline games and activities. These events are aimed to educate each Junior Guard on how to maneuver the ever-changing ocean conditions, the importance of a daily workout, and maximizing the enjoyment of living on the coast side.

The Junior Lifeguard program has been altered to meet COVID-safety guidelines. Group sizes will be no greater than 10 with one or two lifeguards running each group and a total of five groups per session. Besides the two one-week sessions based out of Crescent City, there will be six one-week sessions based out of Trinidad State Beach. All sessions will be from 11 a.m. to 2:30 p.m. Monday-Friday. Parents who register will be instructed on other program differences once they have completed registration. There will be staggered pick up and drop off times and mandated daily health screenings.

Del Norte Sessions:

August 2nd-6th, August 16-20 Crescent Beach (Enderts Beach Road access)

To register and learn more about the program, visit https://www.parks.ca.gov/?page_id=26889

For more information, call North Coast Lifeguards (707)-677-3132 or contact northcoastlifeguards@gmail.com