

Mark Calendars For ClubFest '08: It's Sun., Oct. 5

It's ClubFest time again!



CLUB HEADQUARTERS

The Club's best, most festive day of the year is right around the corner, so mark your calendars:

ClubFest 2008 is set for Sunday, Oct. 5.

The location – back by popular demand – is Calamigos Ranch in the hills above Malibu.

Expect to enjoy more great music, games, food and rides for the whole family!

Tickets go on sale soon at the Club Store and Service Center, 120 W. Second St. between Spring and Main Streets. Prices, times and bands will be announced soon.

Mark your calendars and get ready for ClubFest 2008!

See page 19 for more information.

Tall Ships Set To Sail at Big Event in Harbor

More than 250,000 welcomed tall ships at previous festival.



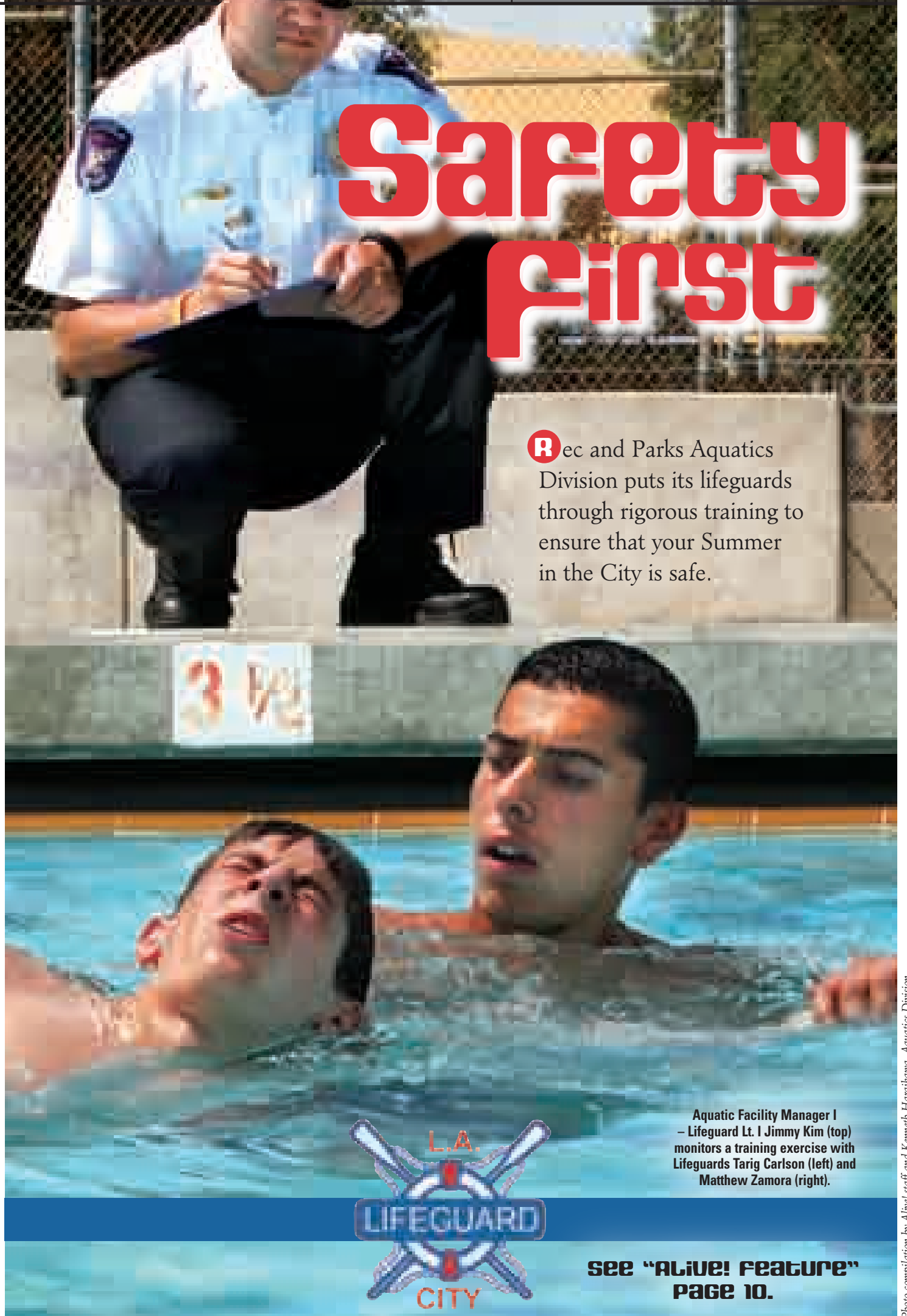
The City's tallship *Exy* will appear at the sailing event.

HARBOR – The majestic Tall Ships return to the Port of Los Angeles at 10 a.m. Friday, Aug. 15 with a grand parade of sail into port to kick off Festival of Sail LA 2008.

More than a dozen ships will be participating, including the US Coast Guard's 297-foot *Eagle* as well as *HMS Bounty* and *HMS Surprise*, which have been featured in major Hollywood films.

Visitors will be able to board these vessels for a first-hand tour led by the crew. There will be dockside demonstrations, maritime-themed entertainment including singers and an educational area for young and old alike. Food will be available for purchase on site, and a wide variety of specialty restaurants in San Pedro are close enough to walk to from the event.

See all the details in the story on page 9.



Safety First

Rec and Parks Aquatics Division puts its lifeguards through rigorous training to ensure that your Summer in the City is safe.

Aquatic Facility Manager I – Lifeguard Lt. I Jimmy Kim (top) monitors a training exercise with Lifeguards Tarig Carlson (left) and Matthew Zamora (right).



See "Alive! Feature" Page 10.

Photo compilation by Alive! staff and Kenneth Haratikawa, Aquatics Division



City Employees Club of Los Angeles
350 S. Figueroa St., Suite 700
Los Angeles, CA 90071

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ClubFest is Coming

Mark your calendars for Sun., Oct. 5.
See page 19.

ALIVE! FEATURE



Summer



in the City



Aquatics Facility Manager I – Lifeguard Lt. I Jimmy Kim (standing), with new lifeguard graduates Manuel Adam Verdin (left) and Caitlin Miller at the Glassell Park pool.

Safety First

The City's Aquatics Division trains its annual lifeguards thoroughly and rigorously. In fact, the City requires almost 60 hours of training more than the Red Cross requires, to ensure your visit to a City pool this summer is safe and fun.

Here, *Alive!* follows one class of recruits through eight days of physical training and testing that it takes to become a City lifeguard.



Lifeguard trainees J.C. Guzman (left) and Sapon Soon in an exercise.

+ Summer in the City

Rec and Parks



BECOMING a LIFEGUARD

PASSING THE ACADEMY

Here's the criteria for passing the Rec and Parks Aquatics Division test. How would you do?

General:

- + Attendance
- + Uniform

Written Tests:

- + Healthcare Provider Test
- + First Aid Test
- + L.A. City Test

Timed Skills:

- + 500-yard swim, less than 10 minutes
- + Brick retrieval (10-yard swim at depth of 10 feet), less than 11 seconds
- + Sprint and brick tow, less than one minute, 10 seconds
- + 25-yard sprint, less than 18 seconds

City of L.A. Water Rescue Skills
(recruit is given a predetermined scenario):

- + Tower/Active Victim
- + Deck/Passive Victim
- + Spinal Management Scenario

Medical Skills Testing:

- + Responsive Patient
- + Unresponsive Patient

With a program that's more strenuous and extensive than the Red Cross's, the L.A. Lifeguard Academy is tougher to pass than you might think. It's rigorous for one reason – to keep you safe while you have fun this summer.

Photos courtesy Rec and Parks Lifeguard Academy

While you splash-splash in one of the City's 63 aquatics recreation facilities – swimming pools – this summer, you probably won't think about how well trained the City's lifeguards are. And that's okay with the staff in Rec and Parks' Aquatics Division. Their goal is to make sure you stay safe while you have fun.

But you should know, anyway. LA Lifeguards must pass a tough 56-hour program, and that's the focus of this *Alive!* article. (Open water lifeguards – for City facilities including Hansen Dam, Lake Balboa, Cabrillo Beach, MacArthur Park and Echo Lake – require an 80-hour program.)

"It's a serious process," says Jimmy Kim, Aquatic Facilities Manager I – Lifeguard Lt. I, and Club Member. As the training officer, he runs the Lifeguard Academy, working under the direction of Assistant Chief Lifeguards Richard Godino, Patricia Delgado and Jon Kopitzke, who report to Mary Bingham, Principal Recreation Supervisor I and Club Member. "Our Academy is intense training, which includes full-contact rescues," Jimmy notes. "And there's a final skills testing at the conclusion of the Academy. It's very thorough. We take training our lifeguards very seriously."

While there are 41 full-time aquatics administrators and two full-time clerical staff, the number of part-time City lifeguards raises that total to nearly 700. The Aquatics Division trains between 120 and 140 future lifeguards each year in three different eight-day sessions.

Jimmy Kim notes that, for many City lifeguards, their lifeguard stint is only the beginning of their City careers. Some become Firefighters, Police Officers, Park Rangers and General Service Public Safety Officers.

"And many have parents, even grandparents, who were City lifeguards," he notes.

What does it take to become a City Lifeguard?

Follow the Spring 2008 graduating class, day by day, as they endeavor to put safety first.



Some of the Aquatics Division Supervisory Personnel, from left: Jimmy Kim, Aquatic Facility Manager I – Lifeguard Lt. I, Club Member; Vilma Bonda, Aquatic Facility Manager I – Lifeguard Lt. I; Ken Haraikawa, Acting Aquatic Facility Manager I – Lifeguard Lt. I; Mary E. Bingham, Principal Recreation Supervisor I; Club Member; and Edwin Roalegeno, Aquatic Facility Manager II – Lifeguard Lt. II.

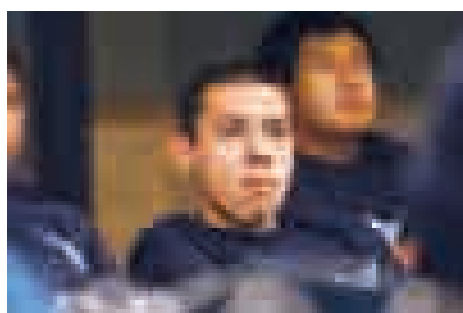
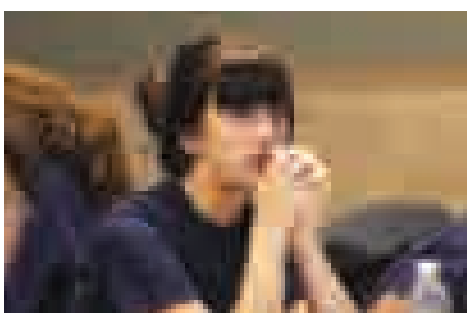



LIFEGUARD TRAINING PROGRAM



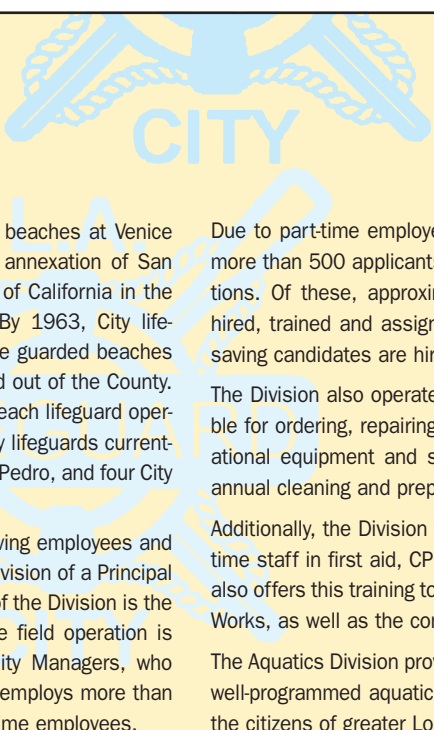
Orientation: April 26, EPICC Pool

- Rookie Uniform Issuance
- Lifeguard Responsibilities
- Blood-Borne Pathogens
- MSDS, Pesticide, Heat Exhaustion, Sun Safety, Code of Conduct





ABOUT THE AQUATICS DIVISION



The operation of 63 City aquatic facilities is the responsibility of the Aquatics Division. These facilities offer a variety of recreational opportunities to the diverse communities of the Los Angeles area as well as visitors to the area from around the world.

The City opened its first municipal swimming pool in the Arroyo Seco area in 1914. The number of swimming pools has grown steadily to the present 58. Of those, the majority (42) are open seasonally. The remaining 16 operate all year. Eight are indoor pools.

Lifeguards began offering protection on City beaches at Venice Beach in 1923, and expanded through the annexation of San Pedro and lease agreements with the State of California in the Pacific Palisades and Westchester areas. By 1963, City lifeguards provided service on 41 percent of the guarded beaches in Los Angeles County and three lakes in and out of the County. In 1974, an agreement turned most of the beach lifeguard operations over to the County of Los Angeles. City lifeguards currently provide protection at Cabrillo Beach in San Pedro, and four City lakes.

The Aquatics Division has 41 full-time life-saving employees and two full-time clerical staff, all under the supervision of a Principal Recreation Supervisor I. The daily operation of the Division is the responsibility of three Aquatic Directors. The field operation is supervised by three levels of Aquatic Facility Managers, who report to the Aquatic Directors. The Division employs more than 700 life-saving and 600 non-life-saving part-time employees.

Due to part-time employee turnover, the Division annually tests more than 500 applicants for life-saving and non-life-saving positions. Of these, approximately 150 life-saving candidates are hired, trained and assigned each year. More than 100 non-life-saving candidates are hired each year as well.

The Division also operates its own logistics operation, responsible for ordering, repairing, warehousing and distributing all operational equipment and supplies. It is also responsible for the annual cleaning and preparation of the seasonal pools.

Additionally, the Division trains 3,000 Department full- and part-time staff in first aid, CPR and the use of the AED. The Division also offers this training to several sections of the DWP and Public Works, as well as the community.

The Aquatics Division provides vigilant lifeguards and safe, clean, well-programmed aquatic facilities for the use and enjoyment of the citizens of greater Los Angeles.

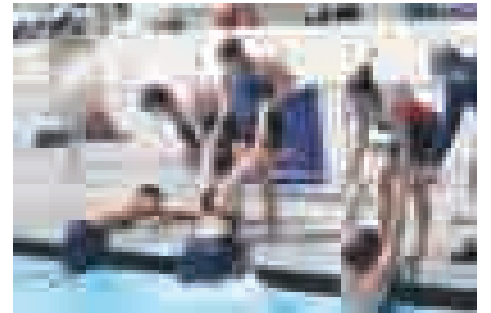
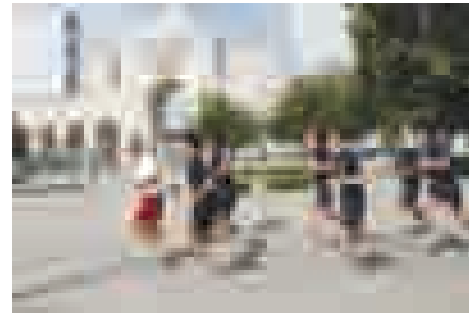


2 FEB 08



EPICC

- Preventative Lifeguarding
- Swim Rescue
- Workout
- CPR Lecture



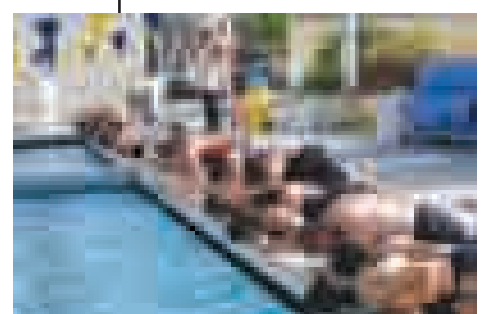
LIFEGUARD TRAINING PROGRAM



3 FEB 08

EPICC

- CPR Practical
- Emergency Response
- Workout
- Maintenance

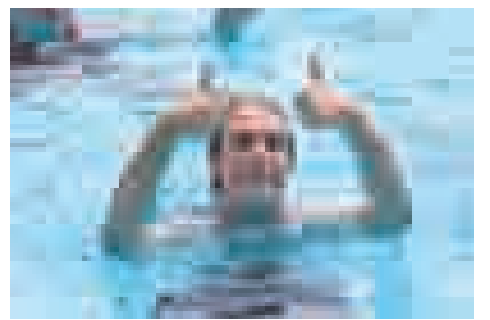
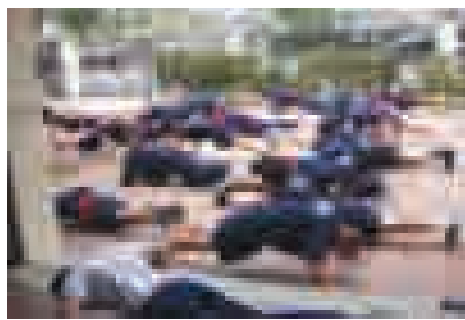
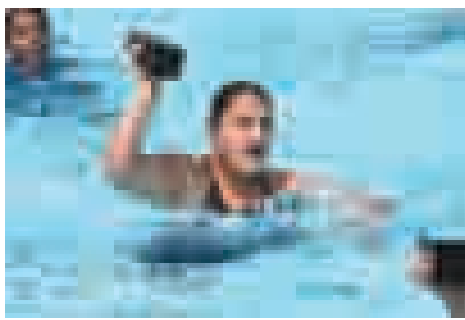
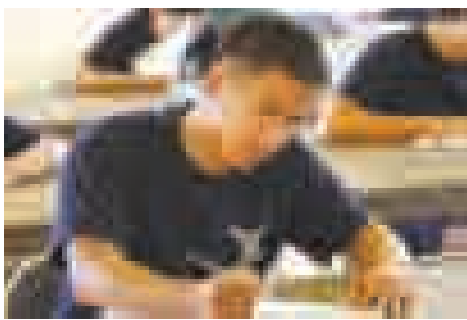


Day 4

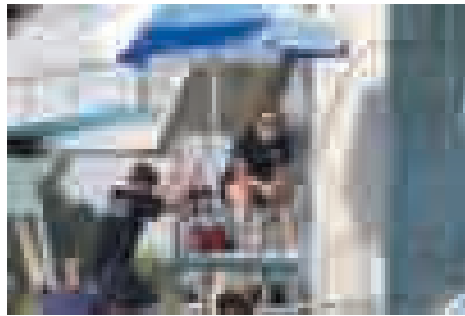
+ Summer in the City

EPICC

- CPR Written Exam
- First Aid Lecture
- Workout
- Learn to Swim
- CPR Skills Testing



LIFEGUARD TRAINING PROGRAM



VNSO

- Victim Extrication
- Workout
- First Aid Practical



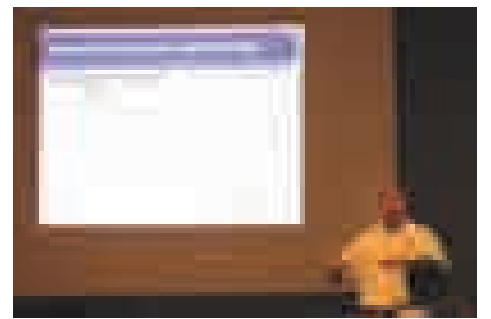
Day 5

+ Summer in the City

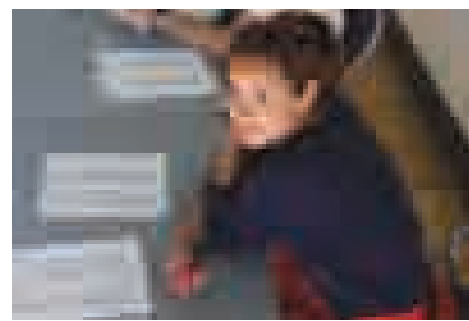
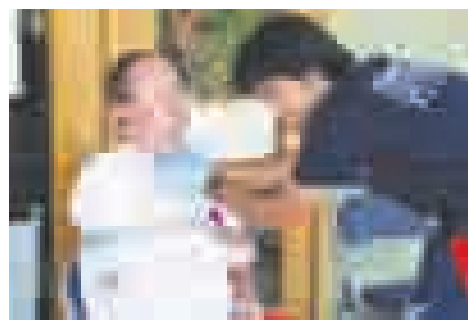
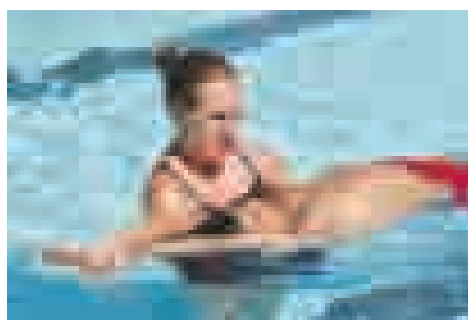
Day 6

EPICC

- Defenses, Escapes, Releases
- Workout
- Disaster Preparation
- Program Responsibilities



LIFEGUARD TRAINING PROGRAM



EPICC

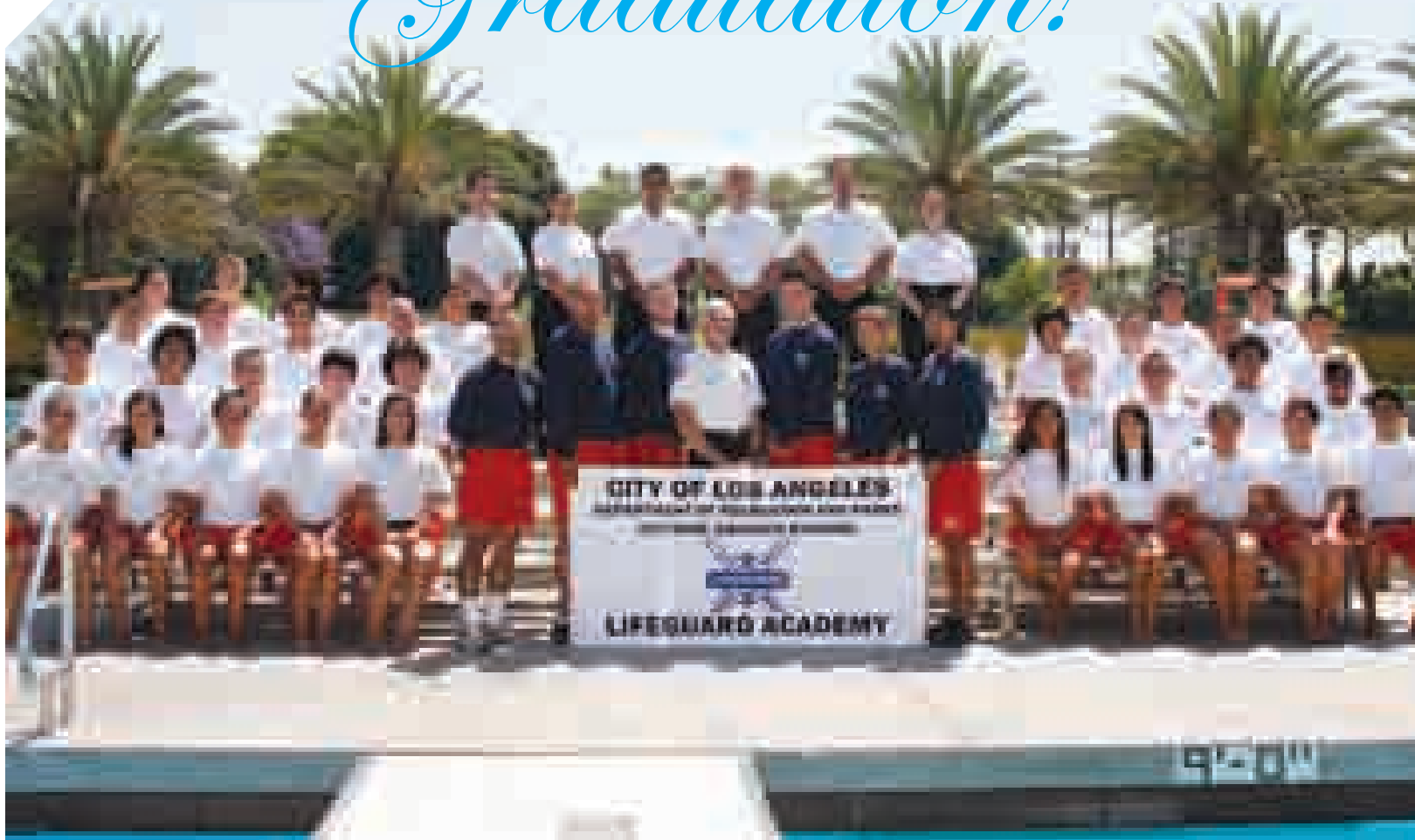
- Written Exam
- Water Skills Final
- Medical Skills Testing
- LA City Final Written Test



FRIDAY

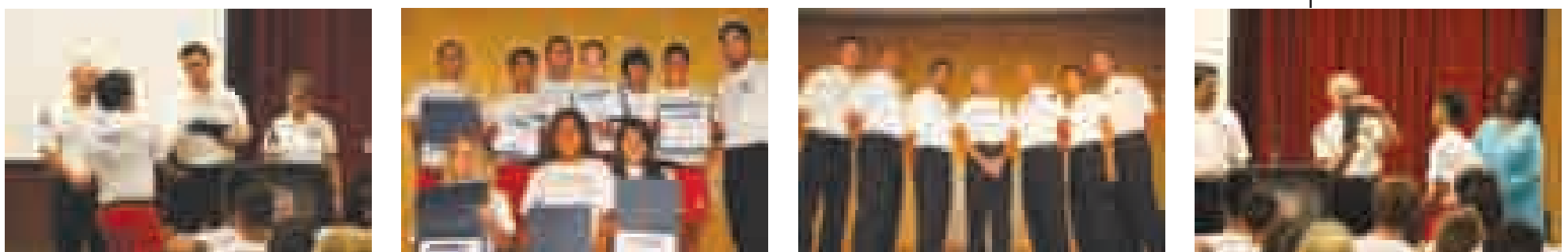


Graduation!



EPICC:

- Make-ups
- Class Picture
- Graduation



Code of Conduct

The following is the official Lifeguard Academy Code of Conduct that all recruits must sign.

The Lifeguard Academy requires all candidates to adhere to the following standards of conduct:

Attendance

- Candidates will arrive on time. Three tardies shall result in dismissal from the Academy.
- Participation in all pool and classroom exercises is required.
- Failure to attend training sessions shall result in a hold status being placed on that candidate. The candidate shall be advised of facing possible dismissal. The candidate may continue to attend and be paid while a determination is made whether a suitable make-up session is feasible.
- Determinations of dismissal may be mitigated by reasons for absences.

Appearance and Equipment

- Candidates shall possess all required equipment and uniform items each day. Failure to possess any necessary item shall be considered equivalent to a tardy. Compliance with Division appearance standards is required:
- Hair must be short or contained.
- Men must be clean-shaven, or beards and mustaches must be neatly trimmed.

- Shirts must be tucked in.
- No jewelry shall be worn other than a wedding band or wristwatch; piercing are not allowed.
- Tattoos deemed offensive by Academy staff must be covered at all times.
- No uniform items are to be worn off-duty other than in transit to and from work site in a private vehicle.
- Food and beverages are not permitted in the classroom. Water is permitted in a sealable container.
- Cell phones and pagers are not permitted on the person during the training. Possession of these items shall be considered equivalent to a tardy. Personal calls or text messages may be made during breaks. Emergency contact is permitted through the facility landline.
- Willful misuse or damage to equipment will result in dismissal and possible termination.

Performance

- Failure to perform skills during testing or remediation, including written and physical tests, shall be cause for dismissal.
- Violations of Department standards will result in dismissal from the Academy and appropriate action per MOU protocols.
- Candidates shall remain attentive throughout lectures and exercises.



Jimmy Kim, Aquatic Facility Manager I – Lifeguard Lt. I, and Club Member, stands in front of the active duty board, where all lifeguards are assigned to a specific facility. This room is part of the Aquatics Division headquarters in Griffith Park.

- Instructors, other Division personnel and the public are to be addressed with courtesy and respect.
- Questions must be limited to relevant matters only during instruction; other questions may be addressed during breaks.
- Prior experience and previously learned techniques are to be set aside. Drill and exercises must be performed as taught.
- Candidates must remain safety conscious at all times. Candidates must report any accident, injury or illness immediately to an instructor or squad leader for evaluation.
- Insubordination, dishonesty, behavior during or outside Academy that reflects discredit on the Division or Department will not be tolerated and will result in immediate dismissal and termination.