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City Employees Club of Los Angeles | Vol. 13 • No. 8 | August 2014



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REC & PARKS

Cabrillo Summer

Patrolling the
beach with the City's
open water lifeguards.

— SEE PAGE 24



Alive photo by Summy Lam

On Cabrillo Beach's lifeguard tower 3 are, bottom row, from left: Jon Kopitzke, Aquatic Director, 28 years of City service; Zachary Millett, Aquatic Facility Manager III, 15 years; and Capt. Rogelio Fernandez, Aquatic Facility Manager III, 30 years. Top row: Vladimir Acosta, Open Water Lifeguard I, 2 years; Monica Bender, Open Water Lifeguard I, 2 years; Shavonne Espinoza, Open Water Lifeguard II, 14 years, Club Member; Axel Seixas, Open Water Lifeguard I, 7 years; and Kevin Pesic, Open Water Lifeguard II, Lead Instructor, 14 years.



City Employees Club of Los Angeles
120 West 2nd Street
Los Angeles, CA 90012



**Celebrity Golf
With the LAPD!**

— PAGE 10

Summer
- in the -
City

ALIVE! FEATURE
REC & PARKS

Cabrillo Summer

The City's Open Water Lifeguard Program keeps citizens safe from unique challenges.

There aren't many beaches like Cabrillo. And there aren't many lifeguards like the open water guards that patrol the unique beach.

First, Cabrillo is the only ocean beach patrolled by the City's lifeguards. Second, it's one of the only beaches with a working – and popular – marine aquarium across the parking lot.

But mostly, Cabrillo is the only beach in the world that has the world's largest shipping port as a direct neighbor. That means there are countless unique and potentially dangerous situations that the open water lifeguard crew must be prepared to handle. And handle them they do, nearly every day of every year since 1986.

The Aquatics Division's Open Water Lifeguard Program prepares its guards for a surprising number of situations, and its Junior Lifeguard Program prepares hundreds of teens to be safe in any kind of recreational water. Some of the juniors then become regular lifeguards, too, as they mature.

As you enjoy the last, most relaxing bits of your summer, read about the programs, challenges and personalities involved in the fun – but very serious – business of keeping LA citizens safe on Cabrillo Beach. ■



On Cabrillo Beach's lifeguard tower 3 are, bottom row, from left: Jon Kopitzke, Aquatic Director, 28 years of City service; Zachary Millett, Aquatic Facility Manager III, 15 years; and Capt. Rogelio Fernandez, Aquatic Facility Manager III, 30 years. Top row: Vladimir Acosta, Open Water Lifeguard I, 2 years; Monica Bender, Open Water Lifeguard I, 2 years; Shavonne Espinoza, Open Water Lifeguard II, 14 years, Club Member; Axel Seixas, Open Water Lifeguard I, 7 years; and Kevin Pesic, Open Water Lifeguard II, Lead Instructor, 14 years.

From left: Dawn Kelly, Open Water Lifeguard II, 6 years of City service, and Shavonne Espinosa, Open Water Lifeguard II, 14 years of City service, Club Member, patrol Cabrillo Beach from the local lifeguard headquarters. The American flag was at half-mast in tribute to Newport Beach fallen lifeguard Ben Carlson.



Shavonne Espinosa, Open Water Lifeguard II, 14 years of City service, Club Member, watches over Cabrillo's unique mix of beach and the world's busiest cargo port.



The Club's Vice President of Operations, Robert Larios, with Shavonne Espinosa, Open Water Lifeguard II, 14 years of City service, Club Member.

From left: Capt. Rogelio Fernandez, Aquatic Facility Manager III, 30 years of City service; Zach Millett, Aquatic Facility Manager III, 15 years; Jon Kopitzke, Aquatic Director, 28 years; and Robert Larios, Club Vice President of Operations.



Zach Millett, Aquatic Facility Manager III, 15 years of City service.



Cabrillo Beach at the end of the day on the Fourth of July.

ALIVE! INTERVIEW

On July 14, Club CEO Robert Larios and Alive! editor John Burnes interviewed **Trish Delgado**, Principal Recreation Supervisor, 24 years of City service, and **Rogelio Fernandez**, Aquatic Facility Manager III, 30 years, about the City's Open Water Lifeguard Program. The interview took place at Aquatics Division's headquarters near Griffith Park.

Fun in the Sun Is Serious Business

Thanks for talking to us today. Tell us briefly your career path and how you got here.

TRISH DELGADO: Sure. I started as a Locker Attendant in Carson, and then I became a lifeguard with the City of Los Angeles in 1986 and moved up to our Pool Manager I, Pool Manager II and became full time Aquatic Facilities Manager in 1990. In 2000, I became an Aquatic Director and last year, I became a Principal Recreation Supervisor overseeing the aquatic operation.

ROGELIO FERNANDEZ: I started in 1983. I was a Locker Attendant at Banning Pool. In 1985, I took the lifeguarding test, and I lifeguarded my first summer at Camp Radford up in San Bernardino Mountains, which is no longer open, but it's still up there. In 1987, I took the promotional exam to be a beach lifeguard. Back then we had to be Pool Managers. In 1992, I took the PMII promotional to be a supervisor there at the beach, and in 1998, I became the full time Aquatic Facility Manager I. In 2000, I became an Aquatic Facility Manager II and at this time, I'm a seasonal Aquatic Director under Andre Brent, which is an Aquatic Facility Manager III position.

TRISH: I think you and I went through the Open Water Academy in 1987 together.

ROGELIO: Yes.

TRISH: Down at Cabrillo Beach. It was during Spring Break for a week.

How much has changed since you started?

TRISH: We've really established classifications within the open water environment. We established an open water lifeguard classification and then a Supervisor with the Open Water Lifeguard II position. We've grown the academy to be under United States Lifeguard Association standards. So, we're a USLA member and follow their curriculum of training.

Is the curriculum more stringent now? Is it more physically demanding now than it was in the 1980s?

ROGELIO: Definitely. The founders of the United States Life Saving Association – the City of LA is one of the founders – wanted to standardize all the agencies up and down the coast, and throughout the United States. When the public goes to a beach, they don't differentiate between lifeguard agencies. They just see a life-

guard up there. So, to streamline everything, the agency wanted to make sure that the lifeguard who was up in the tower was being trained at a certain level in CPR and first aid; they were using similar rescue techniques whether it was a rescue flotation device, the Burnside buoy or the Peterson tube. They wanted to make sure that there was something that the lifeguard was using that was similar and the technique that they were training them in was similar. It's for the public sake.



Rogelio Fernandez,
Aquatic Facility Manager III



Trish Delgado,
Principal Recreation Supervisor

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Future Lifeguards

Rec and Parks' Open Water Junior Lifeguard Program trains hundreds of teens to be safe around the water. Many later become lifeguards.

The City's Open Water Junior Lifeguard Program lasts six weeks and provides children ages 9-17 with knowledge and respect for the open water environment at the beach. It also introduces them to a possible career choice in public safety.

Contents

The Open Water Junior Lifeguard Program includes:

- Instruction in aquatic skills, including swimming, running and paddling, with the intent of instilling participants with confidence in their abilities in the ocean and designed to promote physical development and water safety.
- Instruction in lifeguarding skills such as effecting swim rescues, Community CPR and First Aid.

- Conditioning for competitive activities, including rescue board relays, run-swim-runs, buoy swims, rescue can relays, run relays, and beach flags, with the intent of promoting teamwork and participating in local, regional and national Junior Lifeguard competitions against other agencies.
- Development in snorkeling, kayaking and surfing skills.
- Excursions to local marine mammal care facilities.
- Guest lecturers from local organizations.



Requirements

All applicants must pass a required swim test to participate in the program. The test consists of a 100-yard timed swim, which must be completed in 1:59 minutes or less. Upon successful completion of the swim test, the candidate is required to fill out the registration packet. Program fees must accompany the application. Once the registration packet and payment have been received, the candidate will receive his/her uniform and a program information packet. ■

Competition/Events

Local competitions are held on scheduled program days. These competitions are open to all JGs who are selected to represent Aquatics at the regional and national level.



An open water lifeguard makes a (presumably) staged rescue in this photo, probably from the 1940s.

HISTORY OF THE Open Water Program

The City began providing lifeguard services at its municipal pools in 1914.

Historical photos courtesy Aquatics Division.

Cabrillo Beach, date unknown.



A lifeguard vehicle on Cabrillo Beach, date unknown.



ALIVE! FEATURE

Cabrillo Summer



ABOVE: Monica Bender, Open Water Lifeguard I, 2 years of City service, teaches a Junior Lifeguard student about swimming safety.



Teaching the Junior Lifeguard Program participants methods of saving a struggling swimmer is Kevin Pesic, Open Water Lifeguard II and Lead Instructor, 17 years of City service.



Kevin Pesic, Open Water Lifeguard II and Lead Instructor, 17 years of City service, teaches a Junior Lifeguard student how to save a struggling swimmer.



A Junior Lifeguard Program class at Cabrillo Beach.

Open water lifeguards began offering protection on City beaches at Venice Beach in 1923 (the City's first open water lifeguard was an LAPD Officer), 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.

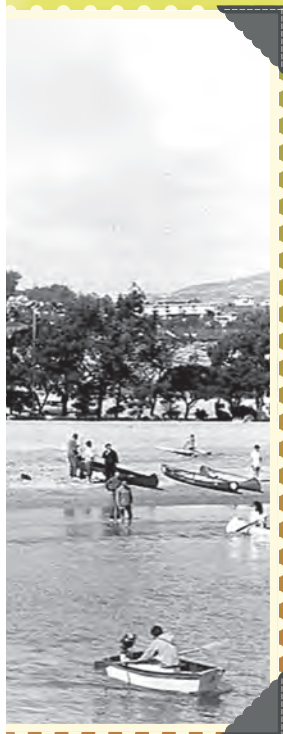
The Aquatics Division, which includes the much larger pools section, has 41 full-time life-saving employees and two full-time clerical staff, all under the supervision of a Principal Recreation Supervisor I. The daily operation of the Division is the responsibility of three Aquatic Directors.

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. ■



An open water tower from Hansen Dam, date unknown.

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ALIVE! INTERVIEW

Structure

Describe the structure of the division, specifically open water versus pools.

TRISH: Sure. I oversee the operation for Aquatics, and then Jon Kopitzke and Andre Brent are Aquatic Directors. They report directly to me, and one of the responsibilities of Aquatic Director Jon Kopitzke is to oversee the open water operation. Cabrillo Beach, Hansen Dam and Lake Balboa fall under that particular branch. Jon Kopitzke oversees the Open Water Academy with support help.

In open water, the water lifeguards can come off the streets and apply directly to the open water lifeguard position. We have some stepping stones in place, including the Junior Guard Program, where we teach them to enjoy the water through recreational swim, swim lessons and then team sports. They can become Open Water Junior Guards after that if they want to.

Is open water considered more advanced than a pool lifeguard?

TRISH: Yes. They're separate tracks. In open water, you have to have better physical conditioning. There's more responsibility. There are multi-rescues that can happen at the same time. At Cabrillo, you have the boating operation, too. At Hansen Dam, it's just a huge football field-sized lake. There are a lot more responsibilities for the open water lifeguard.

History

Could you describe the history of the Open Water Program?

ROGELIO: Yes. The City brought in lifeguards for the beaches when it took over Venice Beach and San Pedro. The first LA City lifeguard was George Wolf, an LAPD officer. Not too many people know that, but that's the origins of the beach lifeguarding service.

Then, after that, we took over the Venice Beach operation. We weren't Recreation and Parks back then; we were still called the Department of Playgrounds. Venice Beach had a volunteer core of lifeguards. Cabrillo Beach wasn't even a beach at that time; it was more of a marsh. But the Port had an artificial beach built there, which you see now. That's all artificial.

I didn't know that.

ROGELIO: Yes. The Port of Los Angeles oversees the inner Cabrillo Beach, with a contract with Rec and Parks. That's why we're there.

The outer beach at Cabrillo north of the breakwater is owned by the City of L.A., which through a joint powers agreement with L.A. County brought in county lifeguards in 1975. All the LA City lifeguards at Cabrillo had the choice to become LA County lifeguards.

In 1975, beach lifeguarding for the City had ceased. And then in 1986, the Port signed a contract for Recreation and Parks lifeguards to return back to the beach on the port side of the breakwater.

TRISH: They didn't really use an open water classification then. They used a pool classification for a few years until we established a patrol guard classification again. And then patrol guard got changed to the open water lifeguard, which is what it is now.

So Cabrillo is the only ocean beach the City maintains now.

TRISH: Yes.

ROGELIO: That we actually lifeguard, yes. But the outer beach is owned by the City, and Venice Beach is owned by the City, but they are lifeguarded by the LA County Fire Department/Lifeguard Service under a joint powers agreement.



Aquatics Division's Trish Delgado and Rogelio Fernandez.

Training for Unique Challenges

How busy does Cabrillo get in the summer versus the winter? Does the Open Water Program expand during the summertime?

ROGELIO: Yes. We have to augment our lifeguard service. Cabrillo Beach has a lot of really great recreational opportunities on the calm side, the side we patrol. Because it has no waves, we see a lot of younger kids go into the water there. People bring their day camps there. A lot of families from LA will camp out there for the day because there's hardly any surf. We augment our staff with lifeguards for every tower.

Once the summer is over, all the kids go back to school and the public is pretty much burnt out on the beach, believe it or not. They're burnt out on it. By August, we see less activity, but we still see a lot of boaters going out there, and windsurfers, kayakers and paddle boarders.

The unusual thing about the inner beach is that it's in a working harbor, the busiest harbor in the country with the large container ships coming through there. And then you have the marina and all these large vessels in there as well, including yachts and other sailing vessels. We have this convergence of all these activities going on, and most lifeguard agencies might really stress out over it. But our lifeguards do a great job of protecting the public out there. There's a non-motorized vessel area that's outlined with buoys, and that's to protect the smaller craft, whether it's windsurfers, kayakers or paddle boarders. A few years back, we had a fatality there. We had a modified personal watercraft versus a windsurfer; the windsurfer was accidentally hit by that modified personal watercraft and was killed. Because of that incident, the Port of LA created that non-motorized vessel area.

We have a boat launch ramp, too, where the public launches its boats. It's one of the least expensive launch ramps around. I see boaters coming in from Riverside to use it.

Not everyone can be an open water lifeguard. Describe the training and the certifications to become an open water lifeguard. What must a person be able to do physically to be an open water lifeguard?

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ALIVE! FEATURE

Cabrillo Summer

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ALIVE! INTERVIEW

ROGELIO: Our initial open water test is swimming 1,000 meters in an open water environment in 19 minutes and 59 seconds, or faster.

TRISH: Then there are rechecks every year where the guards must swim 500 yards in the ocean in under ten minutes.

TRISH: Initially, it's the same process as anybody coming onto the City and wanting to be a lifeguard. They have to do the swim and meet the physical part of it. They do an interview. They're given a total score. After that, they go through the fingerprinting and medical background. They go through all of the checks and then they show up to our Lifeguard Academy.

ROGELIO: In the Lifeguard Academy they'll be taught CPR, first aid and how to lifeguard on the beach or at Hansen Dam or Lake Balboa. They'll also be taught how to use rescue equipment, including the rescue floatation device and the Burnside buoy.

TRISH: The difference between the open water and the poolside is you have swim conditionings. With open water, there's a lot more equipment. The pool is still challenging, but not as much as open water because they do a lot of running.

ROGELIO: Another difference between the pool and the open water, the open water guards are also taught how to operate a lifeguard truck because you have to patrol the area on a vehicle.

TRISH: So, open water requires approximately 86 hours of training. In the pool, it's 56 hours. There are additional hours with open water because of the equipment portion of it. Plus, there's additional first aid. They practice oxygen administration. They go through being able to pick up the heart sounds.

ROGELIO: Yes. And also, a lot of our lifeguards at the beach and at Hansen Dam and Lake Balboa are emergency medical technicians – EMTs. I'm an EMT as well. A lot of things are needed for that environment just because at Cabrillo Beach, there are a lot of resources: There's the Fire Department, including its fireboats. We have the Port Police, which has its own vessels out there. We have the U.S. Coast Guard. We have

skill level is. You get the windsurfers out there. There's an offshore wind that comes flowing through that will blow the windsurfer out to sea. So you have the lifeguard boat that goes out there and rescues them and pulls them in, bringing them in closer. And then you'll have the jet skis that are breaking down or running out of gas, and people who want to try a personal watercraft. That's really not a good beginner spot to do a lot of different things in the middle of the afternoon with a lot of activities going on as well.

It's a lot of water to be able to supervise.

ROGELIO: Cabrillo Beach is a very unique area.

TRISH: And it's not just the water. It's actually the grassed area, too – the playground area, the parking lot area. Our lifeguards can respond to a situation all the way up to the Cabrillo Marine Aquarium.

The Rescue 1 Boat

Your rescue boat is tied up at the dock, ready to be called into use if necessary.

ROGELIO: Yes, at 9 a.m., the Rescue 1 vessel comes in. We dock our vessel overnight at Berth 77, which is in Ports-o-Call, quite a ways away from Cabrillo. But that's the only area



The Club's Robert Larios and John Burnes with Aquatics Division's Trish Delgado and Rogelio Fernandez.

'I love a ten-hour day because I'm giving back to the community. I'm sharing my passion: swimming.'

— **Trish Delgado**, Principal Recreation Supervisor

Long Beach lifeguards, who are under their fire department. We have the LA County lifeguards, who are under their fire department as well. And ever since Homeland Security came to be, we have the LAPD dive team out there and their vessels, and the Sheriff's Dept. There's a plethora of agencies out there; you need advanced training to be able to even communicate with them. I'm not going to call it intense, but you have to know more because of the complexity.

It's serious business.

ROGELIO: It is.

TRISH: Right.

ROGELIO: All lifeguarding is serious. Don't get me wrong, but open water at Cabrillo is more in-depth because of where it is. It's the Port of LA. With the types of activity that could happen – plane crashes, vessels taking on water or sinking, people being washed off the break wall, the collisions between vessels – there's more going on than your typical swim rescues. You have a gauntlet of things happening there.

How busy can it get?

ROGELIO: Sundays are just a madhouse, especially in the summer. You're seeing people launching their vessels as early as 5 a.m. because that's when the gates open at Cabrillo Beach. You're seeing all these vessels. People are staging their vessels and launching for the day. A lot of them go out to Catalina or go fishing around the kelp beds on the outside. And then as the day goes on, you see the public actually waking up. At 10 to 11 a.m. they're starting to come down and bring in their kayaks. Depending on the wind conditions, they're bringing in their windsurfing boards, their kites. You see this convergence of the public and the boaters. Remember, when the boaters come out, they haven't necessarily checked their equipment. They forget to put in their spark plugs. Their batteries are dead.

TRISH: They forget to put their parking brake on. The trailer goes back and the car goes with it.

ROGELIO: Exactly.

TRISH: We've seen all kinds of things.

ROGELIO: If it weren't for the lifeguards being there, God knows what could happen. We've done a great job out there managing all these activities with the help of the Port Police, the LA City Fire Boats and the LAPD. It's a great feeling to know that the citizens have that protection.

TRISH: And there are people who overestimate what their

where we're able to berth it. The lifeguards on the rescue boat have even more training than your typical beach lifeguard. They have to have a certain minimum hours of beach lifeguarding, plus they have to rescue boat training. Our more senior lifeguards are on there. Plus they have to know how to communicate with all the other vessels out there, the Coast Guard, Port Police, Fire Dept., LAPD.

The guards we have on that on Rescue 1 do a great job for us. It's just an awesome job. I get a lot of reports from other agencies, like the Fire Department or the Coast Guard, saying, "Hey, I just want to let you know your crew did a great job on that rescue. They helped us out."

How did the current Rescue 1 come about?

ROGELIO: That came in 2005. We were doing research to get our old lifeguard boats replaced. We went to other agencies to ask them what kind of things they had on their vessel. We inherited old vessels from the Lake Crawley operation. They weren't designed for our operation.

When it came to replace those vessels, a gentleman named Rob Johnson came to me and said, "Okay, Rogelio, what kind of boat do you want?" We came up with what you see now, a Sea Arc Marine vessel. Which is actually built in Arkansas, of all places. They were building a lot of vessels for the Navy at the time. We kind of piggybacked on them. We tweaked a couple of the designs with the help of a lifeguard we have by the name of Art Cadilla. We've had the Israeli Defense Forces come out and see our boat. We've had the San Francisco Fire Dept. All these fire departments and lifeguard agencies come to see our boat, just because it's a unique vessel. It's all aluminum, which is very unusual for a lifeguard service. We're the only and first vessel that uses an aluminum vessel as their lifeguard boat.

It's very light.

ROGELIO: It's very light. And it's very heavy-duty. We don't have to go necessarily through rough surf.

Water Safety

Let's talk a little bit about water safety. Help our City employee families be safe around the water.

ROGELIO: Well, they should always swim near an open lifeguard tower. Know who your lifeguard is. Say hi to your lifeguard. Even ask him or her, "How are the conditions? Is it safe to swim out there?" There might be riptides, or rip currents.

There might be jellyfish out there. Or holes out in the ocean. The lifeguard is the expert for the public.

And then, put on sunscreen. Take a lot of drinking water. Wear a hat.

And as for boating, prepare your boat before you get there. Make sure it has fuel. Make sure the battery starts.

TRISH: Make sure there are enough personal floatation devices, the lifejackets, for everyone, regardless of their swimming ability. Because if they get thrown out and knocked unconscious, then the lifejacket will help them float back up. It's really important to have those lifejackets on.

As for backyard pools, it's important to learn to swim, and important to know CPR if you have a backyard pool, that you know how to call 911 and you have a phone nearby. You should have one water watcher at all times watching the pool. You can't be the person barbecuing and having your beer. You need to be focused, with one person watching the pool at all times. And know the swimming ability of anybody in your backyard pool.

If you own a pool, have an alarm system on your door. Have fencing around the pool.

Never swim in a public pool without a lifeguard. And then most important of all is learning to swim.

A Passion for Public Service

You must love what you do. Tell us why.

TRISH: I love what I do. I have my degree in social work. And for whatever reason, my calling has always been to stay within this environment. I enjoy it. I wake up every morning, and eight hours go quickly for me. A ten-hour day, I love it because I'm giving back to the community. I'm sharing my passion, which is swimming.

I never would have thought of lifeguarding as social work, but it is.

TRISH: Very much so. It's helping kids from all walks of life. It's teaching life skills to the employees. Learning to swim leads to multiple activities, which can be employment. There are many lifeguards who have been able to pay for their education to go to college by working for us, and in the end have their degree and move on to another profession – or stay within our profession.

Rogelio, why do you love what you do?

ROGELIO: There's a saying in lifeguarding: "Save a life; save the world." You might be rescuing the next Albert Einstein or the next Barack Obama. It can alter history, if you really think about it.

In lifeguarding, you're making a difference in, you know, just helping people out. I've seen two-year-olds almost drown. I've seen a windsurfer almost die because she got hit by a jet ski. Or I've seen a person who went out for a walk, and had something happen to them, and passed away there. It's heart-breaking. We're there to help. For me, it's always been about making a difference.

TRISH: We get that same thrill not only from responding to an emergency, but when we see a kid who learns to swim, a kid who's able to float for the first time. Or the parent who sees their kid go off the diving board for the first time. That's what keeps you energized.

How good is your crew?

TRISH: We have a great crew! We are well trained. The number of pools we supervise in the summer is the largest in the nation. And we're unique. Recreation and parks still has our open water lifeguards. Most of the lifeguarding agencies have fallen under their fire department.

ROGELIO: I think our division, Aquatics, offers a lot to the public, to citizens, even the visitors to Los Angeles. We're the biggest for a reason, because we have so many people who utilize our facilities. It's a testament to the City of LA that it provides these things for the public, for the citizens. As long as the City continues to see it that way, to maintain it that way, I think we'll have future success as well.

Thanks for your time!

TRISH: You're welcome.

ROGELIO: Anytime. ■

Aboard Rescue 1



The simulated rescue team on Rescue 1 and the Cabrillo dock, from left: Zach Millett, Aquatic Facility Manager III, 15 years of City service; Junior Lifeguards Alex Bologna and Adrienne Stephenson; Tim O'Donnell, Rescue Boat Skipper/Open Water Lifeguard II, 20 years; Edgard Davila, Rescue Boat Deckhand/Open Water Lifeguard II; and the Club's Robert Larios, Vice President of Operations, and John Burnes, *Alive!* editor.

SIMULATED RESCUE



1

In this simulated rescue, Edgard Davila, Rescue Boat Deckhand/Open Water Lifeguard II, dives in to rescue Junior Lifeguard student Alex Bologna in the distance.



2

In this simulated rescue, Lifeguard II Edgard Davila races toward Junior Lifeguard Alex Bologna.



3

In this simulated rescue, Lifeguard II Edgard Davila tows Junior Lifeguard Alex Bologna with a strap and float.



The Cabrillo lifeguard squad features an effective safety tool – a 33-foot Sea Arc Marine aluminum-hulled cruiser called Rescue 1. It's one of three water-borne rescue vessels in the squad's arsenal. The other two are a smaller boat, and a jet ski.

In this sequence of photos, the open water lifeguard rescue service takes *Alive!* on a simulated incident and life-saving rescue.



Skippering Rescue 1 is Tim O'Donnell, Rescue Boat Skipper/Open Water Lifeguard II, 20 years of City service.

