

American

A United States Lifesaving Association Publication

SPRING 2020 - VOL. 37, NO. 2



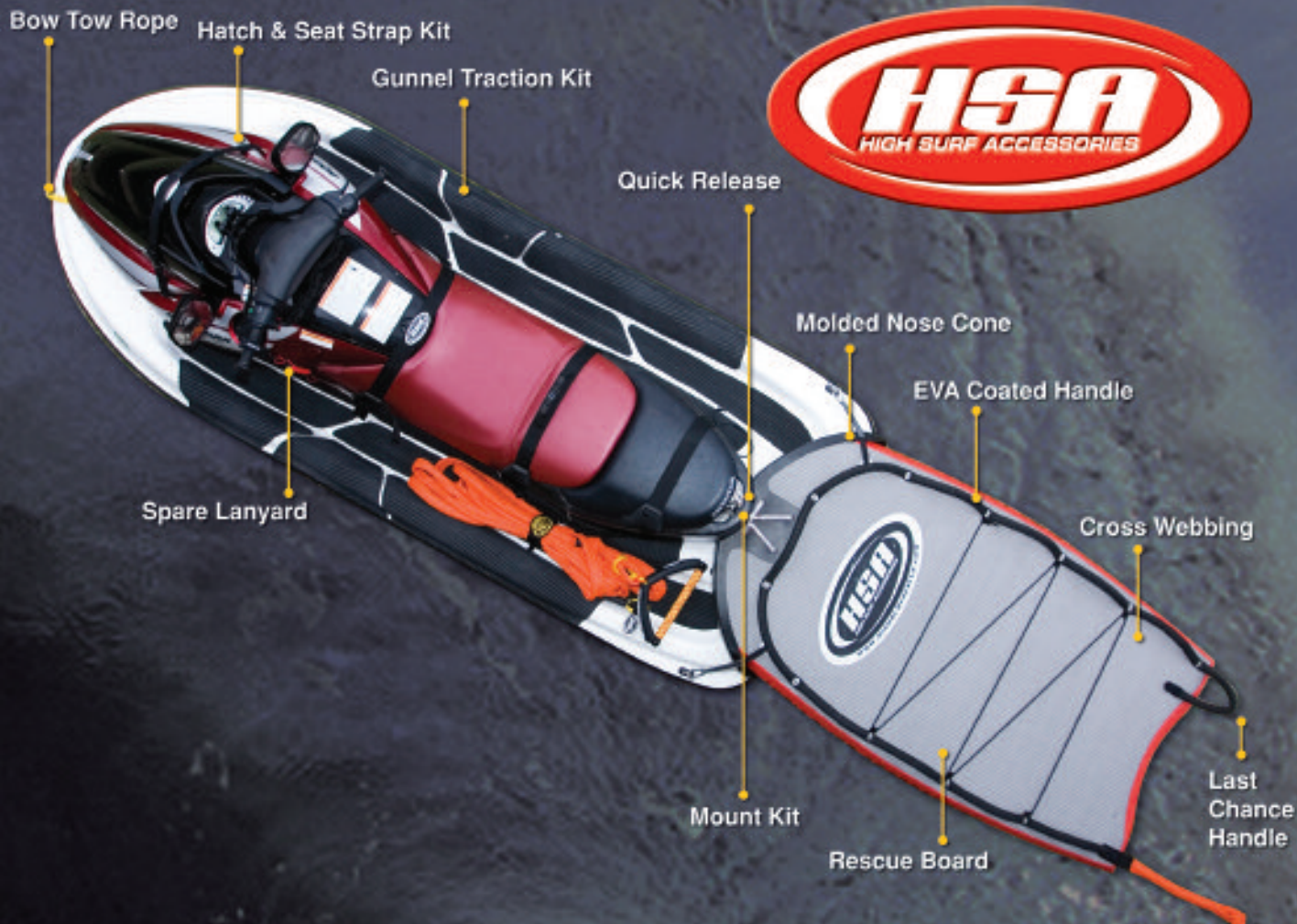
LIFEGUARD®

M + A + G + A + Z + I + N + E



HIGH SURF ACCESSORIES

Whether your application is high surf rescue, swift water rescue or enforcement. HSA has your PWC safety needs covered from bow to stern!



HIGH SURF ACCESSORIES designs and manufactures the most advanced personal watercraft equipment and rescue boards. Continual research and development in the most extreme conditions of the Hawaiian Islands insures that all our PWC equipment, rescue boards and safety gear meet the increasing demand for durability and performance.

Our products are chosen by the leaders in the lifesaving, water safety training, U.S. military and tow surfing communities. At HSA our mission is based upon the same proactive philosophy as the Hawaiian Lifeguards. We have utmost respect for the ocean and always enter it meticulously prepared. We aim to help you outfit your PWC with the best products so that you too can be properly prepared.

HIGH SURF ACCESSORIES P.O. Box 1147 Haleiwa, Hawaii 96712 Phone: 808-638-5952 info@highsurfrescue.com

WWW.HIGHSURFRESCUE.COM

ALM EXECUTIVE TEAM

USLA Executive Board

President
Gus Avila
Huntington Beach, CA
president@usla.org

Vice-President
Tom Gill
Virginia Beach, VA
vicepresident@usla.org

Treasurer
Michael Bradley
Charleston, SC
treasurer@usla.org

Secretary
Nikki Bowie,
Charleston, SC
secretary@usla.org

Executive Delegate
Kyle Maxwell
San Francisco, CA
recurrentrep@usla.org

Liaison Officer
Peter Davis
Galveston, TX
liaisonofficer@usla.org

Advisor
Ralph Goto
Honolulu, HI
advisor@usla.org

Medical Advisor
Dr. Peter Wernicki,
Vero Beach, FL
medicaladvisor@usla.org

Legal Advisor
John "Chip" More,
Neptune City, NJ
JMoreLaw@aol.com

USLA Executive Director
Kay Smiley
ed@usla.org

USLA Regional Presidents

New England
W. James Farrell III
nepresident@usla.org

Mid-Atlantic
Ed Zebrowski
mapresident@usla.org

South Atlantic
Mike Wagner
sapresident@usla.org

Southeast
Alan Holt
sepresident@usla.org

Great Lakes
Joe Pecoraro
glpresident@usla.org

Gulf Coast
Tony Pryor
gcpresident@usla.org

Northwest
Cathy VonWald
nwpresident@usla.org

Southwest (CSLSA)
Bill Humphreys
swpresident@usla.org

Pacific Islands
Kalani Vierra
pipresident@usla.org

USLA Special Assignments

American Lifeguard Magazine
B. Chris Brewster
alm@usla.org

Bylaws and Policies
Mike Wagner
bylaws@usla.org

Certification
B. Chris Brewster
certification@usla.org

Heritage
Jerry Gavin
heritage@usla.org

Heroic Acts Awards
Adrienne Groh
heroicacts@usla.org

Information and Tech
Karissa Ickes
webmaster@usla.org

Junior Lifeguards
David Robinson
juniorguards@usla.org

Lifesaving Sport
Ed Zebrowski III
competition@usla.org

Medical
Dr. Peter Wernicki
medicaladvisor@usla.org

Membership
Monty Reed
membershipliaison@usla.org

Public Education
Denise Blair
publiceducation@usla.org

Public Information Officer
Tom Gill
mediarep@usla.org

Sponsorship Development
Ed Zebrowski
sponsorship@usla.org

Statistics
Rick Gould
statistics@usla.org

Ways & Means
Michael Bradley
treasurer@usla.org

IN THIS ISSUE

OUTGOING PRESIDENT'S MESSAGE	4
INCOMING PRESIDENT'S MESSAGE	5
BOB BURNSIDE	6
SAN DIEGO LIFEGUARD SERVICE AGENCY PROFILE	11
2019 JUNIOR LIFEGUARDS OF THE YEAR	20
PARALYZED TEEN LIFEGUARD DETERMINED TO SWIM AGAIN	21
LIFELINES	27
THE LONG BLUE LINE: WARREN DEYAMPERT	30
PARTING SHOT	34

Editor: B. Chris Brewster

Do you have a story or a photo you'd like to contribute?

Contact the editor at: alm@usla.org.



United States Lifesaving Association
www.usla.org 866-FOR-USLA (367-8752)

We are America's nonprofit, professional association of beach lifeguards and open water rescuers. The USLA works to reduce the incidence of death and injury in the aquatic environment through public education, national lifeguard standards, training programs, promotion of high levels of lifeguard readiness, and other means. Corporate address: 1968 S. Coast Highway, #740, Laguna Beach, California 92651.

American Lifeguard Magazine™

American Lifeguard Magazine™ is the official magazine of the USLA, mailed March 1, June 1, and October 15 to about 10,000 members and subscribers. The opinions expressed are those of the contributors and do not necessarily reflect the views of the USLA. We welcome stories, photos, and advertising which target our audience of athletic, beach oriented people. Our junior lifeguard members (our largest member category) range in age from 8 - 18, with an average age of 12. They are about 55% male, 45% female. Our lifeguard members (professional, alumnus, and life) range in age from 16 to over 85, with an average age of 29. They are about 80% male, 20% female. Readers include lifeguard agency chiefs, junior lifeguard program administrators, and others involved in purchasing decisions. Promote your products and services by delivering your message directly to lifesaving professionals through the only magazine targeting beach lifeguards in the US. We rarely pay for articles or photos, but give full credit. We pay \$100 for cover photos.

Deadlines for contributing stories, photos, or advertising to ALM are March 1 (summer edition), July 15 (fall edition), and December 1 (spring edition), unless a later date is approved by the editor.

Address all inquiries to the editor at: alm@usla.org.

<u>Ad Size Only</u>	<u>One Issue</u>	<u>Three Issues – When Paid in Advance.</u>
Half Page	\$300	\$810 (\$270 each)
Full Page	\$500	\$1350 (\$450 each)
Inside Cover	\$600	\$1620 (\$540 each)
Back Cover	\$750	\$2025 (\$675 each)

© United States Lifesaving Association. All rights reserved. The material contained in ALM may not be reproduced, displayed, modified or distributed without the express prior written permission of the copyright holder: alm@usla.org.

Cover Shot: Michelle Davidson (bow) and Janet Carbin (stern) launched their surfboat at the start of the women's age group (40-49) surfboat race at the Jersey Mike's 2019 National Lifeguard Championships on the afternoon of August 9. They were hit by an incoming wave which sent the surfboat vertical. That left Davidson in a precarious position, from which she leaped before the boat toppled over. The team finished the race. See more of this sequence in the Parting Shot. *Photo: Candi LaCasse, Candi Lee Photography*

OUTGOING PRESIDENT'S MESSAGE

Peter Davis, Galveston, TX

Lifesaving Family,

Having the privilege of serving as your president for the past four years has, for me, been the experience of a lifetime. I'm so proud of this organization and all the many people who make it what it is. But those who live near and with the ocean know that things are always in a state of change. We are now entering a period of renewal.

We have accomplished a great deal in the areas of development of new public education material, inclusion of new members, supporting junior lifeguards around the country, streamlining our membership process, increasing our recognition of excellence both inside and outside of the organization, creation of new training programs for agencies, streamlining and formalizing our competition and national team processes, and professionalizing the way we do business. The hundreds of volunteers who have done such incredible

work on USLA's behalf have been really productive and passionate, and that's made the difference.

My good friend and Chief of Ocean Rescue in Kauai talks about the USLA as if it were a paddle crew in a canoe. If one paddler isn't pulling with the team, the boat slows, goes off course, or worse. It's a great analogy in that when we all pull in the same direction, we can make incredible things happen.

We recently experienced a change of leadership, and your new president is Gus Avila. Gus is a longtime guard and supporter of the USLA, and I look forward to seeing what fresh ideas and energy he brings to the position. I look forward to all of us continuing to paddle forward in unity with Gus at the helm. I pledge my support to Gus in whatever way I can be of most service, as I'm sure do all the many who have made my time as president so wonderful.

The mission of preventing drowning at our nation's beaches, supporting our agencies and members, and keeping the lifesaving family supported and productive is too important for any of us not to paddle our weight. We don't have the option to stray from the path or reduce our efforts, because the millions who visit our beaches depend on us.

Words can never express the gratitude I feel for the honor of the past four years at the helm of this big canoe. Thank you all for everything you've done for the USLA and for lifesaving, and for all you do to protect our nation's beachgoing population.

Lifeguards for Life!

Peter Davis



Past President

Make a Donation to Lifesaving Give to the United States Lifesaving Foundation

→ **Who we are:** The Foundation is an independent 501(c)3 charity which acts solely as an endowment for the United States Lifesaving Association. Each USLA Region appoints a representative to the USLF Board of Directors.

→ **What we do:** The Lifesaving Foundation is obligated under its bylaws to conservatively invest donations, preserving the underlying capital and annually paying a portion of the investment proceeds to the USLA.

→ **Why you should donate:** Tax deductible cash donations, bequests, and other support will help ensure that the USLA is able to promote lifesaving and drowning prevention in perpetuity.



Give back to lifesaving
Give to the United States Lifesaving Foundation

United States Lifesaving Foundation
P.O. Box 366
Huntington Beach, CA 92648

Questions: president@usla.org

INCOMING PRESIDENT'S MESSAGE

Gus Avila, Huntington Beach, CA

Dear Lifeguards and all interested parties,

The USLA is entering into a new decade, with some new faces and possibly some new ideas. At our most recent Board of Directors meeting in December 2019, I was elected as the new USLA President.

I have to tell everyone that I am extremely honored to have received so much support in reaching this position. The decision to run for President was not made easily. I have always had a great deal of respect for President Peter Davis, as well as the Board of Directors and the Executive Committee of the USLA.

I have been a supporter and believer of the stated goals of our association. In addition, I have been a long-time volunteer at local, regional, and national levels of lifesaving.

While some changes, such as some Executive Committee members, will be quite obvious to many of you, it will be just as obvious that many of the key volunteers will be persons who have been a part of the USLA Board of Directors, or have participated in committees and activities, without having their participation and hard work formally recognized.

Utilizing this institutional knowledge and experience is very important to ensure a smooth transition between the President Davis and myself. However, I do not plan on simply taking advantage of those who are already providing their services to this association. I am also reaching out to all of our members who feel that they have something to offer, but may have felt in the past that their voices would not be heard.

This association has a lot to offer its members. But I am also aware that our members have quite a bit to offer each other. I encourage everyone to become involved in any way possible.

This may include volunteering in your department or agency when opportunities arise to participate in outreach programs or attending regional or national meetings when they are in your area. If you cannot participate directly, then I encourage you to contact your representatives, or the committee chairs of the USLA, and share your concerns or ideas. You may be surprised to learn that others may have similar concerns or ideas.

The spring edition of the ALM will reach many of you as you begin to shake off the cobwebs of the winter and begin to prepare yourselves and your equipment for the upcoming summer

season. The same has been happening to me since the election.


In preparing myself for this term in office I have taken time to review and evaluate the skills and knowledge that I bring to the position. I know that I do not have all of the answers to all of the issues or questions that may arise.

I will endeavor to reach out for help or advice when it is needed, or to perform the research necessary to make the most informed decisions on your behalf. I once again thank everyone who has been a part of the USLA, especially those past presidents and officers, as well as all members of the Board of Directors.

It is my goal as President to attack the tasks that arise with enthusiasm, and to attempt to represent our members in the best manner possible, while keeping the association at the forefront of innovation, education, and training. I invite all of our members to keep their thoughts positive whenever possible, and to work with your association to make improvements.

Yours in lifesaving,

Gustavo S. Avila, Esq.,



USLA President

The USLA has arranged for deep discounts and special deals with leading companies that offer products of value to USLA members. Visit the USLA Home page (at the bottom) or the USLA Store, at: www.usla.org/store

Example discounts available to you:

- **25–50% off Hobie polarized sunglasses** (including special deals on prescription sunglasses)
- **\$30 off DaFin swim fins**
- **Special discounts on Ford automobiles.**

And you can purchase rings with the USLA logo from Jostens.

The USLA is committed to helping lifeguards get the best equipment at the best prices.

Don't forget to sign up for your membership today through your chapter or at: www.usla.org



BOB BURNSIDE

IN APPRECIATION OF THE MOST INFLUENTIAL AMERICAN LIFEGUARD OF THE 20TH CENTURY

B. Chris Brewster



Robert Burnside; Photo: International Swimming Hall of Fame.

On the morning of December 12, 2019, Bob Burnside's name popped up on my cellphone for an incoming call. It was jarring, since I'd received word the night before that he had died.

When I answered the phone, it was his wife, Annette, calling to let me know and to talk. My partner Valerie and I had last visited the Burnsides at their home in Utah in June on a cross-country trip, our dogs running with theirs, our conversations lasting long into the night. That visit had become an annual event for over a decade.

Annette let me know that Bob had been ready to go. He wasn't able to be the active person he had been all his life, and that activity was essential to his quality of life. After a while, I handed the phone to Valerie, who loved to walk with Annette, and they spoke for a long time.

That left me to ponder the incongruous nature of my close friendship with Bob. It all started when I indelibly maligned him in the worst possible way when I was editing the first edition of the USLA manual.

The Error

When I began my lifeguard career in 1979, I was first assigned to Mission Bay in San Diego and given an old metal rescue buoy with a rope from end to end for a handle. I wanted one of those modern plastic Burnside buoys, but they were only available to senior lifeguards.

Eventually, I was assigned to the ocean-front and used a Burnside buoy almost exclusively for the remainder of my career. Because many of the rescues in San Diego involved multiple victims, the buoyancy and capacity of the Burnside buoy was ideal.

By 1988 I had risen to become the Lifeguard Chief in San Diego, but one of my passions was volunteering for the United States Lifesaving Association to promote professionalism in lifesaving. In 1992 I was appointed by then USLA President Bill Richardson to chair a USLA committee to create national standards for open water lifeguards. We accomplished that in a couple of years, and it became the foundation for the current USLA Lifeguard Agency Certification Program (and the Aquatic Rescue Response Team program).

What was lacking was a comprehensive textbook for training. I was again appointed to chair a committee, this time to create the book. I became the editor.

I wanted to include a history section in the book. There were so many stories, but the facts were hard to come by. One key question was how the Burnside buoy came to be.

Bob Burnside had been a Los Angeles County lifeguard and one of our committee members was Don Rohrer, then

the chief lifeguard of Los Angeles County. So, I consulted with Rohrer.

As Rohrer later remembered this assignment in a letter to me to memorialize the facts, "For the first edition of the USLA lifesaving text, I was assigned the responsibility of authoring a section on the evolution and use of the rescue can. At that time, I contacted several sources who all had similar recollections of the facts as to who designed the new RFD buoy and how that design began production."

Don gave me a narrative that made it into the first edition of the book verbatim. (It was called *The United States Lifesaving Association Manual of Open Water Lifesaving* and was published in 1995 by Prentice-Hall.) In the narrative Don provided, a seasonal L.A. County lifeguard designed the rescue buoy and Bob Burnside simply assisted him long after by funding the project. Somehow Bob's name had been attached to this lifeguard's design, and Bob had ended up owning the design.



The first edition of the USLA manual included a critical editorial error regarding the origins of the Burnside buoy.

continued on page 8

DaFiN Red/Yellow Lifeguard Fin

The Official Swim
Fin of the United
States Lifesaving
Association®



DaFiN developed the Red/Yellow colorway to conform to the lifesaving color standard recommended by the International Life Saving Federation. It is now regarded throughout the world as the "lifeguard fin" and is used by thousands of lifeguards and emergency services personnel to help save lives every day.

USLA Member Discounts:

Get 45% off DaFiN Red/Yellow at www.usla.org under Shop/Member Discounts.

New! 20% off DaFiN non-lifeguard colors at www.dafin.com. Email your USLA member number to sales@dafin.com for a discount code.



MAHALO FOR YOUR SUPPORT!



DaFiN proudly supports USLA affiliated Junior Lifeguard programs through special pricing of our fins. Contact us for details.



DaFiN™

HAWAII

TRUSTED IN THE TOWER

DaFiN Surfing Products
Honolulu, Hawaii

T: 808-395-3360 • E: sales@dafin.com

www.dafin.com • [@dafinhi](https://twitter.com/dafinhi)

Bob was then long retired and was working to support Mexican lifeguards. He contacted me to ask if the USLA manual could be translated into Spanish. After some discussions with the publisher, this was approved, and Bob began the translation effort. Soon after, he came upon the passage regarding the history of the Burnside buoy.

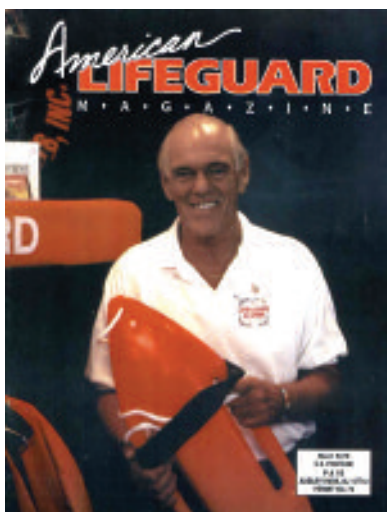
Bob called me, very upset. He explained in great detail how he had come up with the idea of the plastic rescue buoy after completing an injury report on a lifeguard struck by a metal rescue can. He had consulted with Ron Rezek, a UCLA professor in the industrial design department, to create a plastic rescue buoy design using rotational molding.

Not knowing what to think at this point, I could only refer Bob to Don Rohrer, explaining that he was the source of the narrative. Sadly, I knew that if the narrative was wrong, it could not be corrected in the published version of the book.

Righting a Wrong

Over time, Don attempted to get to the bottom of the issue. Ultimately, as we were preparing the second edition of the USLA manual, wherein a correction could be made, I received a letter from Don which began, "After many letters, faxes, and telephone conversations between Bob Burnside and myself, in addition to a thorough research of my personal files and face-to-face meetings with the two principals involved..., I am confident that the controversy on the evolution of the "Burnside Buoy" can be resolved to the satisfaction of all parties concerned."

He went on to say, "I retraced my original steps and reviewed my notes and fact-finding. As I did this, I became more convinced that my original reporting was not accurate. You can imagine my amazement and very uncomfortable feelings when [the seasonal lifeguard] told me during a breakfast meeting



Bob Burnside and the eponymous Burnside buoy, American Lifeguard Magazine Winter 1998.

recently, "You know, I owe Bob an apology, I really didn't draw his prototype."

Finally, for the second edition, the wrong could be righted. As that edition and subsequent editions explain, as Burnside was typing up the second injury report in a week for a lifeguard injured after being struck by an aluminum rescue can, he noticed a plastic statuette sitting on his desk. That was his inspiration to create a plastic rescue buoy and the rest is (the real) history.

Bob felt great pain over this incident for many years. A false claim had been an accepted truth among many lifeguards in his own organization, and he had been made to seem a charlatan when he was not. Worse, this false claim had been given credence by the USLA and by me. My bachelor of science in journalism had taught me to check the facts. I'd failed. I would learn from that.

What has always struck me, though, was how kind he was, even when so badly wronged. He was patient, considerate, and forgiving. It might not have been so.

Creating an iconic and invaluable rescue device for lifeguards would be enough to place anyone in the lifeguarding hall of fame, if we had one, but Bob's contributions far exceeded that innovation.

An Invitation

Born in 1932, Robert Burnside spent much of his youth in the Florida Keys. His mother, Jane Mackenzie, was a Ziegfeld Follies dancer. His stepfather was Stubby Kruger, a 1920 Olympic swimmer who went on to appear in many movies, including "The Old Man and the Sea."

According to the International Swimming Hall of Fame, "In his early years, Bob was selected 22 times to the 'All American Swim Team,' and three times to the 'All American Water Polo Team.' In high school, he was the national record holder in the 100-yard backstroke and the 120-yard IM. He was the first high school swimmer in the US to break the one-minute barrier in the 100-yard backstroke."

Bob started working with the Los Angeles City Parks and Recreation Department as a locker attendant in 1945, becoming a pool lifeguard in 1949. After briefly working as a beach lifeguard for the City of Los Angeles, he was hired by Los Angeles County in 1951, years before various local lifeguard agencies combined into one large county agency.

Not long after that, an invitation was issued to Los Angeles County leaders by Surf Life Saving Australia: Send a national team of American lifesavers to compete against other nationals on the occasion of the 1956 Olympics, to be held in Australia that year.

The Surf Life Saving Association of America

The US had no national association of beach lifeguards. Surf Life Saving Australia had come into existence in 1907 as a national organization of surf lifesaving clubs made up of volunteer surf lifesavers. Those clubs loved to compete against each other. Now they wanted to compete against lifesavers from throughout the world.



*Caption: The U.S. Team in Australia;
Photo: Bob Burnside*



Bob Burnside demonstrates use of a Malibu balsa surfboard in in Australia in 1956.; Photo: Bob Burnside

realized that this “independent” group could testify before the political body overseeing the lifeguards’ budget, and they did, with good consequences, but Burnside had larger plans. He thought that the Surf Life Saving Association of America should become what its name implied.

With the approval of his chief, Bob invited lifeguards from a variety of California agencies to gather and discuss this idea in 1963. The letter of invitation was masterful.

The title was, “Proposed Merger of the United States Beach Lifeguards into the International Surf Life Savers Association.” It started off this way:

“It is believed, by many serious-minded individuals in [the] lifeguard profession, that no further time can be lost in merging our forces and common interest for the purpose of upgrading and strengthening the position of the beach lifeguards. Too often, the lifeguard has been bypassed and ignored by the public and various governmental agencies, usually because of insufficient and inadequate representation and by lack of information and education. It will be the purpose of this proposed organization to remedy these existing conditions.”

The invitation went on to include a chart of how the organization would work, with chapters, a board of directors, and members. In short, Bob had outlined not only the reasons to create a national organization, but a structure which has mostly been realized today.

There were great challenges. Some chief lifeguards were wary of an organization that might undermine their otherwise unquestioned authority. Bob loved to recall how he appeared personally in front of a gruff Dutch Miller, the chief lifeguard in Long Beach, California, in an ultimately successful effort to bring his agency on board.

continued on page 26



*The program for the 1956 surf carnival.
Photo: Surf Life Saving Australia*

They brought light, maneuverable Malibu balsa surfboards, which the Australians had never seen. The team included lifeguards who were highly skilled surfers, like Tom Zahn and Greg Noll, and after their surfing demonstrations, surfing in Australia changed completely, from riding 16’ planks straight to shore to riding waves much as we know today. Surfing history books explain the team’s impact in great detail.



*The 1956 American team patch.;
Credit: Bob Burnside*

They also brought rescue buoys and tubes, demonstrating how efficient this rescue method could be, but the Australians were less impressed, preferring their line and reel. More importantly though to American lifesaving, the Americans saw the value of a national association.

A True National Association of Lifeguards

Returning to the States, the Surf Life Saving Association of America became a political tool for Los Angeles County. Los Angeles County’s chief lifeguard

There was a caveat. The team must represent the USA. Bob Burnside was delegated the task of creating this “national” team. Assembling a team under the name Surf Life Saving Association of America, although they were only from Los Angeles County and local city agencies, the team had a huge impact.



The U.S. flag flies with many others during the march-past of spectators in Australia in 1956.; Photo: Bob Burnside

(888) 546-8358 - KIMTEKRESEARCH.COM

Over 4600+
units in service
Worldwide!



Get Big help on Big water. BE PREPARED with KIMTEK® Transport Systems.

**ALL UNITS SHIP
FULLY ASSEMBLED**



**SAFE
RELIABLE
COST EFFECTIVE**

KIMTEK® produces multiple premium skid unit designs for the fire and EMS services while keeping in mind quality and price. At KIMTEK we succeed through strong partnerships with our customers and vendors. Every product we sell is assembled and detailed by craftsmen utilizing the best materials and the highest manufacturing standards.



**MTB-101
Entry Level**



**MTS-102
Intermediate Level**



**MTD-103
Advanced Level**



**MTSTR-104
Specialty Cot Unit**

**Designed Right.
Built Right.
Priced Right.**



**MADE IN
THE USA**

GSA Advantage!

NOTE: Stretcher, long board and stokes baskets are not included.

Darley



**KIMTEK
CORPORATION**



326 Industrial Park Lane, Orleans, VT 05860 • 888.546.8358 • KIMTEKRESEARCH.COM

Haynes Peeler



SAN DIEGO LIFEGUARD SERVICE

AGENCY PROFILE

Editor's Note: From time to time *American Lifeguard Magazine* profiles a USLA certified agency. All agencies can learn from the work of others. If your agencies would like to be considered for a profile, please contact the Editor.

Founded: 1914

USLA certification: Certified at the advanced level since 1994 (San Diego was one of the first three agencies to be nationally certified by the USLA)

Affiliated USLA chapter: San Diego Lifesaving Association

Agency alignment: Division of the City of San Diego San Diego Fire-Rescue Department

Annual operating budget:
Approximately \$22 million



Lifeguards involved in rescue at the base of Sunset Cliffs.

Photo: San Diego Lifeguards

Describe area served: The City of San Diego has a population of approximately 1.8 million. The county population is approximately 3.5 million. Tourism is year-round. In addition to world-class beaches, San Diego attractions include venues such as the world-famous San Diego Zoo, Sea World, and the Midway aircraft carrier/museum.

Seasonal or year-round operation:
Year-round



San Diego lifeguards assist a crewman off a local commercial bait fishing vessel with a medical issue.

Photo: San Diego Lifeguards

Hours of operation: 24 hours a day, 365 days a year. A team of no less than five lifeguards are on-duty and available for response throughout each night. At least one lifeguard acting in a call-taking and dispatching capacity is also on duty at all times.

Jurisdiction: The coastal jurisdiction includes 17 miles of oceanfront up to three miles offshore (incorporated limits of San Diego) and 27 miles of waterfront within Mission Bay Park (4,500-acre aquatic park). The San Diego Lifeguard Service is the primary responder to flood and swiftwater rescue throughout the City of San Diego and maintains the City of San Diego's Dive Team. Members respond throughout the County of San Diego when other agencies request assistance.



San Diego's cliffs up to 300 feet high are the scene of many cliff rescues each year by lifeguards.

Photo: San Diego Lifeguards

Describe the coastline: The San Diego coastline includes long sand beaches between low coastal cliffs, as well as areas of high coastal cliffs exceeding 300 feet at Torrey Pines City Beach. Nearshore areas are mostly a sand seafloor with regular intervals of rip currents and irregular sandbar development along Ocean/Mission/Pacific Beaches. Areas of coastal reefs and tidepools offer varying activities including well known opportunities for scuba and snorkeling.

Fishing is excellent, both nearshore and offshore. Consistent surf with intervals of 11-14 seconds result in a high year-round surfing population of both locals and visitors. Surf size ranges from two to twenty feet. Off most beaches, there is a gradual slope to 100 feet in depth at one mile offshore, but off La Jolla Shores beach a submarine canyon descends rapidly to over 2,000 feet within two miles of shore.

The coastline is affected by semi-diurnal tidal conditions. Water temperature varies from the high 50's to the low 70's in a typical year.



San Diego lifeguards are the primary responders to inland flooding.

Photo: San Diego Lifeguards

continued on page 14

MAUI RIPPERS

OUTFITTING THE WORLDS TOP LIFEGUARD AGENCIES



AVAILABLE IN MENS, WOMENS + JUNIORS

TRIPLE-STITCHING
FOR INCREASED DURABILITY

QUICK-DRY TECHNOLOGY

LYCRA FLY + DRAWSTRING CLOSURE

LARGE CARGO POCKET
WITH KEYSRING + OPTIONAL LIFEGUARD PATCH

4-WAY STRETCH OR MICROFIBER
NO FADE, COLORFAST DYE



DIRECT PRICING ▾ ALWAYS IN STOCK ▾ FAST SHIPPING

SALES@MAUIRIPPERS.COM

MAUI RIPPERS WAREHOUSE

808-573-0402

2380 CAMINO VIDA ROBLE, STE N
CARLSBAD, CA

STAY ON BUDGET

with the most **DURABLE**
PWC Rescue Sled

LIFE+SLED

Call today: **760 . 509 . 4053**



Proudly Made in USA



www.LIFESLED.com

WAHOO INTERNATIONAL
since 1985

The makers of LifeSled®, BullyBoard® and Solarez®

• www.BULLYBOARD.com • www.SOLAREZ.com •

Average annual statistics past five years:

Attendance: 19.7 million

Water Rescues: 7,736

Swiftwater/flood rescues: 40
(incl. in above)

Cliff Rescues: 83

Boat Rescues: 189

Preventive Actions: 361,217

Major Medical Aids: 322
(involves ambulance)

Minor Medical Aids: 4,182

Citations: 187

Arrests: 25

Facilities, vehicles, vessels: The Division operates nine oceanfront main stations, most of which are three-story structures that include an enclosed observation deck (top floor), ready-room, offices, locker room, medical aid room, and garage bays. Some have sleeping facilities for night response personnel. There are four seasonal main stations, 30 seasonal (fiberglass) towers, and seven swimming area stations on Mission Bay.

The agency headquarters is located on Mission Bay. This facility also houses the Boating Safety Unit station which staffs the 24-hour dispatching center and the operations dock that supports nine patrol/rescue vessels, ranging in length from 22-28 feet, and three multi-purpose fire/rescue boats, ranging in length from 36-42 feet.



One of nine permanent oceanfront lifeguard stations with an enclosed observation deck on the third floor, offices and locker rooms on the second floor, garages and a medical aid room on the first floor. Photo: B. Chris Brewster

There are 34 four-wheel drive patrol/response vehicles with full emergency response capability (lights and siren), as well as eight all-terrain vehicles. There are six personal rescue watercraft. There are six specialized inflatable craft used for flood and swiftwater rescue.



San Diego lifeguards return from a rescue off a Mission Bay channel jetty. Photo: San Diego Lifeguards

Agency staffing:

Full-time staff: The sworn permanent lifeguard staff includes one Lifeguard Chief, one Captain, four Lieutenants, 19 Sergeants, and 80 full-time lifeguards. Of the 80 full-time lifeguards, 20 are specialized field training officers and serve as training leads. All full-time staff are Emergency Medical Technicians.

Seasonal lifeguard staff: The Division maintains up to 225 seasonal lifeguards who attend annual re-training and are guaranteed full-time work June through Labor Day. Seasonal staff may work March through October per conditions and are offered various specialty roles as Junior Guard instructors, bay station leaders, and recruiting and outreach opportunities. All seasonal staff are either Emergency Medical Responders or Emergency Medical Technicians.



Extinguishing an offshore boat fire. Photo: San Diego Lifeguards

Civilian staff: The civilian staff is made up of four administrators, two marine mechanics, and an Operational Effectiveness Manager who runs the Junior Guard Program.

Services provided:

San Diego Lifeguard Service responsibilities include water rescue, boat rescue, marine fire suppression up to three miles offshore, coastal cliff rescue, underwater search and recovery, swiftwater and flood search and rescue, and emergency medical response on and around beach, bay and ocean areas.



A rescue boat used for in-surf and offshore rescue. Photo: San Diego Lifeguards

San Diego Lifeguards also handle enforcement of city, state and federal laws and regulations. All lifeguards are statutorily empowered to enforce laws by issuing citations and arresting suspects. Enforcement actions are targeted to regulate local ordinances involving beach and boating activity.

Swiftwater Rescue Team: This 25-person team is responsible for all inland flood and swiftwater rescue in the City of San Diego and throughout the county as requested. Maximum Alert levels



San Diego's specialized rescue unit with articulating crane used for cliff, swiftwater, and dive responses. Photo: San Diego Lifeguards

provide for up to nine Type 4 squads to stage at various locations or when combined, can respond as a Type 1 or Type 2 Swiftwater Rescue Team. The team staffs the California Office of Emergency Services San Diego Swiftwater/Flood Taskforce.

Dive Rescue Team: The San Diego Lifeguard Dive Rescue Team (DRT) has been responding to underwater emergencies since the 1950's. Led by a lieutenant, the 13-member team responds to all ocean and bay underwater emergencies. Members are normally limited to a depth of 100'. Additionally, the team responds to inland lake emergencies in the City of San Diego.

The team is trained in underwater search for the purposes of rescue and recovery in all types of visibility, from kelp forests to blackwater reservoirs. Lifeguard divers act as underwater crime scene technicians for the City of San Diego and dive with members of the San Diego Police Department and other agencies to assist in investigations.



*Annual swiftwater rescue training is conducted offsite.
Photo: San Diego Lifeguards*

The team is equipped with full face masks and underwater communications, dive propulsion vehicles, and side scan sonar. The team averages 15-20 responses per year with call types ranging from the recovery of missing persons to the extrication of vehicles that have gone into the water.

Coastal Cliff Rescue: San Diego lifeguards are trained and equipped to act

as the primary provider of cliff rescue along the San Diego coastline. A unit of 10 lifeguards are tasked with teaching baseline rope rescue in an advanced academy which includes the state fire marshal course and annual refresher of rope rescue training to all full-time staff. These instructors also teach the specialized cliff rescue apparatus academy (see below).

Specialized Cliff Rescue Apparatus: San Diego lifeguards staff a specialized cliff rescue vehicle. Lifeguard Rescue 44 is a 2014 Pierce model SA5700 4X4 Technical Rescue with an articulating crane. The apparatus has a cable hoist and can utilize twin rope lines for rescues. The apparatus has a horizontal reach of 56 feet and a vertical reach of 64 feet. Lifeguard operators must attend an 80-hour dedicated training academy and must have a commercial driver license to operate the unit. It is available for response 24-hours a day.



Lifeguard Rescue 44 is used for a cliff rescue. Photo: San Diego Lifeguards

Boating Safety Unit Specialty Team, PSAP Dispatchers and 24-hr Operations: The San Diego Lifeguard Service Boating Safety Unit provides harbor patrol services for Mission Bay and ocean rescue. Lifeguards assigned to this unit have multiple responsibilities including enforcement of boating regulations and issuance of boat mooring and long-term boat beaching permits. Boating Safety Unit personnel also staff the Lifeguard Communications Center 24 hours a day. The dispatch center handles incoming 9-1-1 calls, VHF distress calls from boaters, fire and police referrals, and maintains surveillance of boating traffic traveling in and out of Mission Bay.

San Diego Regional Academy: The San Diego Lifeguard Service partners with seven other local ocean lifeguard agencies to conduct a regional lifeguard academy hosted and accredited by Miramar Community College. There are several academies each year. The academy includes 80 hours of lifeguard training which meets and exceeds USLA requirements, along with 40 hours of medical aid training. Graduates are eligible for hire at any of the participating agencies.



A stranded surfer is hoisted from a trapped position in a cove at Sunset Cliffs. Photo: San Diego Lifeguards

Advanced Academy: The San Diego Lifeguard Services offers an Advanced Lifeguard Academy to prepare qualified seasonal lifeguard candidates to become full-time lifeguards.

continued on next page

Grants and Regional Exercises: As the largest municipal maritime agency in San Diego County, San Diego Lifeguards take the lead on procuring outside financial support for regional equipment and exercises. One sergeant is assigned to procure and manage grants from federal, state, and regional entities to support a wide variety of missions from radiological and nuclear detection to cleaning abandoned vessels. This position has been successful in securing over a million dollars in state and federal grants for an all hazards response vessel and harbor management funding.

The San Diego Lifeguard Service hosts a regionally funded mass response operation (MRO). This exercise is coordinated with the US Coast Guard. The exercise simulates a catastrophic maritime event and involves local fire and EMS for mass casualty simulation, as well as dive teams for sub-surface rescue and recovery operations.



Lifeguards work to suppress a recreational vehicle fire on Mission Bay while awaiting land-based firefighters.
Photo: San Diego Lifeguards

The last exercise in 2016, which simulated a plane crash, had over 80 role players as victims and 35 divers participate. The next exercise will be in autumn of 2020.

DMO Program: Designated lifeguards are Division Medical Officers who provide oversight of EMS operations and training for the Lifeguard Division of San Diego Fire-Rescue. The training DMOs provide EMT continuing education hours, EMT skills verification, BLS CPR recertification, and Emergency Medical Response recertification.

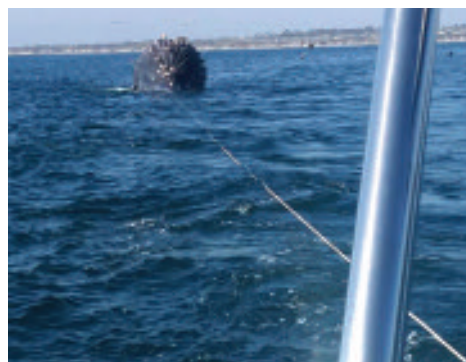


One of 34 patrol/response vehicles, both trucks and SUVs.
Photo: San Diego Lifeguard Service

There are currently 6 DMOs, three of whom are paramedics and three of whom have training beyond EMT-B. DMOs provide training to the entire staff of approximal 300 Lifeguards on an annual basis.

Mutual aid agreements: The agency is a founding member of the San Diego Regional Aquatic Lifesaving Emergency Response Taskforce (SDR ALERT). In addition to regional lifeguard agencies, SDR ALERT includes the US Coast Guard, US Border Patrol, Port of San Diego (San Diego Harbor Police), and the National Weather Service. The group regularly discusses regional events, exercises, emergency incidents and communications, and public messaging aimed at maintaining high levels of coordination among the participating agencies.

Junior Lifeguard Program: During summer months 1,200 youth ranging in age from 8-15 years old participate annually in 4-week long, half-day sessions. Those 16-17 years of age may apply to become Lifeguard Interns to assist the SDJG Program. The program has a director, a full-time lifeguard as a



Towing a humpback whale carcass offshore. **Photo: San Diego Lifeguards**

coordinator, and utilizes 20 or more seasonal lifeguards each summer as instructors.

USLA Life Members affiliated with your agency: B. Chris Brewster (former USLA President, President of the Americas Region, International Life Saving Federation)

Other legacy members and their contributions: Byron Wear (City Councilman, YMCA BOD, Aquatic Services) Corey McClelland (President, SD Junior Lifeguard Foundation), Greg 'Buc' Buchanan (President (Prevent Drowning Foundation of San Diego)



A flood rescue
Photo: San Diego Lifeguards

Awards to the agency and members: The USLA has awarded the Medal of Valor to 10 San Diego lifeguards: Bob Albers (1999), Mark Brown (2012), Mark Feighan (2010), Ed Harris (1999), Chris Ingalls (2017), Peter Leibig (2010), Daryl McDonald (2010), Laine Pepper (1999), Dave Raines (1999), and John Vipond (2010). The San Diego Lifeguard Swiftwater Rescue Team received the Higgins & Langley national swiftwater rescue team award in 1993 and 2012. San Diego lifeguards have also received awards from the American Red Cross, the City of San Diego and the State of California.

Contact information:
 Phone: (619) 221-8899,
 Email: SDLG@sandiego.gov;
 Website: www.sandiego.gov/Lifeguards;
 Address: 2581 Quivira Ct.
 San Diego, CA 92109

Completed by:
 Captain John Sandmeyer



DOLPHIN
SURF CRAFT



www.barrierwaterman.com

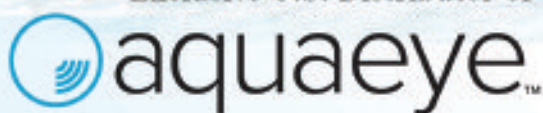
10'6 DOLPHIN AND JM'S IN STOCK

DOLPHIN ADJUSTABLE AND
FIXED SURF SKI'S IN STOCK

Proud equipment sponsor for Team USA at the
World Lifesaving Championships – Italy 2020



Exclusive U.S. Distributor of



barrier waterman north east
Ryan Matthews matthews@barrierwaterman.com

barrier waterman central east
Phill Lloyd info@barrierwaterman.com

barrier waterman south east
A.J Miller ajm@barrierwaterman.com

pacific waterman
Jay Butki pacificwaterman@barrierwaterman.com

CANADA **Lifeguard
Depot.com**



Jobbedu

FOR ALL YOU DU!

CUSTOM MADE SUN PROTECTIVE APPAREL SINCE 1992

*A faithful supporter of the
USLA for over 20 years*



SUN PROTECTIVE RASH GUARDS, BEANIES, & DRY SHIRTS



25% OFF
ONLINE ORDERS
USE PROMO CODE:
25JOB20

PROUDLY MADE IN THE U.S.A

ENDORSED BY

ORDER ONLINE AT:
WWW.JOBBEEDU.COM

QUANTITY OR CUSTOM ORDERS
CALL 321-784-5343

The **WORLD**
SKIN CANCER FOUNDATION



Hobie[®]

P O L A R I Z E D

ENJOY
25%
OFF

USE CODE: USLAHP2020

VISIT HOBIEPOLARIZED.COM

OFFICIAL SUNGLASS SPONSOR OF





2019 JUNIOR LIFEGUARDS OF THE YEAR

David Robinson, Chair, USLA National Junior Lifeguard Committee



**Caroline Brown USLA
2019 Female Junior
Lifeguard of the Year**

The 2019 female Junior Lifeguard of the Year is Caroline Brown. Caroline is a member of the 14 and 15-year-old Junior Guards for the Town of East Hampton, New York. She is a member of the cadet group and competition team.

Caroline has wonderful character and exemplifies qualities such as commitment, discipline, and self-sacrifice. Caroline consistently attends

each session. She works with dedication and passion to hone her lifeguard skills each time she trains.

Caroline has aspirations to make the U-19 USA Team so she also trains on her paddle board and surf ski on her own. She is a tough competitor. She competes in all of the local tournaments and has gone to Nationals every year.

Caroline continually goes out

of her way to help her peers and her fellow junior guards in all age groups. She is a good communicator and mentor. Caroline works well with the younger Junior Guards helping them get their paddle boards through the surf or helping a scared swimmer through challenging conditions. Caroline is a role model for younger Junior Guards and a great example of Junior Lifeguard of the Year.



**Patrick Melia USLA
2019 Male Junior
Lifeguard of the Year**

The 2019 male Junior Lifeguard of the Year is Patrick Melia. Patrick is a 15-year-old JG from Hermosa Beach California. He has a 4.0 GPA, is captain of his high school swim team, and is a member of the National Honor Society.

Patrick has a strong love of the ocean and ties to the community. He volunteers and is an

active member of his church. He is the first to arrive at junior guard sessions and the last to leave at the end of the day. He volunteers to help the lifeguard instructors set up and break down daily equipment.

Patrick follows the rules, leads by example, and demonstrates pride in his junior lifeguard experience.

He has proudly represented the Hermosa Beach Junior Lifeguard program in the National Junior Lifeguard competitions in Hermosa Beach and Virginia Beach, as well as regional competitions. He has been the MVP of his junior lifeguard class for the last four years straight.

Where Are They Now?



**Aaron Blanco,
USLA 2018 Male
Junior Lifeguard
of the Year**



**Isabella Taylor,
USLA 2018
Female Junior
Lifeguard of the Year**



**Kennedy Campbell,
USLA 2018 Female
Junior Lifeguard
of the Year**

Isabella Taylor, Kennedy Campbell, and Aaron Blanco were the Junior Lifeguards of the Year for 2018. Isabella is now a professional ocean lifeguard for Wildwood New Jersey Beach Patrol. She was selected to the 2019 U19 team for the

International Surf Rescue Challenge as well as the 2019 National Champion U19 Iron person and Board Race. Kennedy finished in second place from Cape May Beach Patrol at the 2019 South Jersey Paddleboard series. Aaron is in his freshman year at the University of Florida, playing water polo in the utility position.

How We Select the JGs of the Year

How does the USLA select the Junior Lifeguards of the Year? An application form is posted on the USLA website. Submissions can be made online at: www.usla.org/JGAwardApplication. Once received, the applications are forwarded to the USLA Region where the applicants are from. Regions select their top male and female candidates and submit them to the National Junior Lifeguard Committee. The finalists are selected by vote of one delegate from each of the nine USLA Regions.



Sam Jarmer with his mother Jessica Jarmer. Photo: Brian Johnston

PARALYZED TEEN LIFEGUARD DETERMINED TO SWIM AGAIN

Jerry Carino

Editor's note: This article first appeared in the *Asbury Park Press* (New Jersey) on October 7, 2109. It is used by permission.

Sam Jarmer lifts an arm to greet you. It's a gesture countless people make daily, reflexively, without a second thought.

In Sam's case it's remarkable, inspiring, hopeful.

Ten weeks ago the teenager was paralyzed from the neck down after fracturing the sixth cervical vertebra in his spine. He got hurt diving into the Atlantic while working as a beach lifeguard in his neighborhood, the Ocean Grove section of Neptune.

What's happened since then is a story of sheer resilience: Sam's and his family's, with a big assist from the community that rallied by his side.

"I can't even tell you, the amount of energy we have coming at this kid," Sam's mom Jessica Jarmer said. "It has been awesome."

He's been visited by a bishop, a hockey legend and an X Games champion who recovered from a broken neck. He's amazed his therapists at Children's Specialized Hospital in New Brunswick.

He surprised his mother with a priceless birthday present. Now Sam is able to sit up and stay there, a huge step on the road back.

"He's made tremendous progress," said Dr. Michele Fantasia, director of the Spinal Cord Injury Program at Children's Specialized Hospital. "Sam is very motivated. His attitude is phenomenal."

Sam is on pace to go home later this month and hopes to return to St. Rose High School before Thanksgiving. You wouldn't bet against him.

"People come to visit and they don't expect me to be this far along," he said. "I'm my normal self, just a little different. Same personality, same me."

Something Was Wrong

Sam Jarmer always wanted to be a lifeguard. He grew up on the beach and swam for the varsity at St. Rose High School, where he also played soccer. The summer of 2019 was his first with a whistle.



Sam Jarmer at Children's Specialized Hospital in New Brunswick.

Photo: Brian Johnston

Everything changed on July 24. He dove into a wave, not realizing that a hidden sandbar lay just beneath the surface.

"Once I hit, I knew something was wrong," Sam recalled. "I went limp. I had to try to get on my back so I could at least breathe a little. I could get about half my face out of the water, and I could see all these people on the beach looking at me."

He was gasping for air when his lifeguard partner, Neptune Middle School math teacher Garth Greer, rescued him from the water.

"Unfortunately we see these types of injuries every summer," Fantasia said.

There was a sliver of good news in the accident's aftermath: His spinal cord



Sam Jarmer at Children's Specialized Hospital in New Brunswick.

Photo: Brian Johnston

injury was classified as incomplete, which means there is room for recovery. When he woke from surgery, Jarmer had just the slightest movement in his arms and shoulders.

"It almost feels like you're trying to lift a 500-pound weight and your muscles are struggling to do it and you can't lift it," he explained.

During those difficult first few days at Jersey Shore University Medical Center, before he was transferred to New Brunswick, Sam received a surprise visitor: Bishop David O'Connell of the Diocese of Trenton.

"He gave me the Miraculous Medal from his neck that he said he'd worn for 60 years, every day," Sam said. "He took it and put it on me."

The Miraculous Medal, which depicts Mary the mother of Jesus, holds a special significance for many Catholics. It's right next to Sam's bedside in New Brunswick. He can't wear it now because of his neck brace. But he will.

A Wiggle and a Breakthrough

Sam's rehab regimen is extensive. He spends four hours each day in physical therapy and occupational therapy. It's paying off. He's regained use of his arms, stomach muscles and back muscles.

continued on page 23



“Designed and tested for lifeguards, by lifeguards”

AJ DeFilippis

USLA MEMBER OCEAN LIFEGUARD / FIREFIGHTER PARAMEDIC

Ultra durable surf rescue boards. Sleek design with adequate nose rocker, and low tail rocker with flat hard bottom maximizes glide and paddling speed in any water conditions.

Affordable, lightweight, and built to last with real wood stringer, high tech IXPE foam, multilayer fiberglass over closed cell EPS foam core. Reinforced neoprene soft surf rescue handles and deep ledge carry handle for ease of transport. 9" flexible safe fin and hardware included.

Currently two sizes available:

- 10'10" x 24.5" x 4" | 130L | 24lbs.

- 11' x 25" x 5" | 159L | 26lbs.

Contact:

AJ DeFilippis

Email: AJ@north2boards.com

Phone: 561-628-0063

www.north2boards.com



Proud Supplier of: Martin County FL Fire / Ocean Rescue, Boca Raton FL Ocean Rescue, Town Of Palm Beach Ocean Rescue, Palm Beach County FL Fire Rescue, Ocean City NJ Beach Patrol, Carolina Beach NC Ocean Rescue, WAVES Management, Palm Beach Bath & Tennis Club Lifeguards, Jupiter Island Club Lifeguards



The arms were tricky; his biceps came around before the triceps, so he would start to lift his arms and get them some of the way up before they would collapse. That's better now, after much labor.

His hands are a work in progress. The tips of his thumbs can move, and the other four fingers are moving fairly well, but his ability to grip isn't there yet.



Sam Jarmer holds up his at hand Children's Specialized Hospital in New Brunswick, something which he's worked hard to do again.

Photo: Brian Johnston

A breakthrough came recently. "My therapists put me in a sitting position and I was able to hold my balance for a while without getting tired," he said. "That was a big stepping stone."

Sam's lower body remains mostly immobile. "He has gained a full level of function, which is great," Fantasia said. "He's actually beginning to show us some slight movement in his lower extremities, so we're very happy with that."

On his mom's birthday in late September he wiggled his right pinky toe, a big deal that brought tears to her eyes.

"He hasn't cried once," Jessica Jarmer said. "He hasn't said, 'why me' once. Every time I cry he's like, 'Knock it off.'"

Video of the wiggle made its way to Instagram, to the delight of 2,000 supporters who follow the aptly named account "SAMVincible." It's run by longtime family friend Dave Matteo, who posts regular updates there and at the website www.samvincible.com.

"People are following his story from around the country," said Matteo, who's heard from folks as far away as Arizona, Hawaii and even Italy. "He's becoming a legend."

A Visitor Who Understood

The outpouring of support "makes my recovery so much easier," Sam said.

He's a big New York Rangers fan, so he was thrilled when legendary Blueshirts goaltender Mike Richter dropped in to say hello. Will Reeve, the son of the late spinal-cord injury pioneer and "Superman" actor Christopher Reeve, called to offer words of encouragement. So did New York Giants wide receiver Sterling Shepard.

But the biggest boost came from someone who's walked the walk, so to speak. Jackson native Scotty Cranmer, a BMX legend and three-time gold medalist at the X Games, came to Sam's bedside and shared his own recovery story. In October of 2016, the then 29-year-old got thrown from his bike and faceplanted, causing a cerebral hemorrhage and damage to two vertebrae. Doctors didn't think he would walk again.



Scotty Cranmer poses in his showroom at SC Bicycles in Howell, NJ.

Photo: David Guard

"He told me how weird it is, how some things come back (before others)," Sam said. "He said keep pushing forward and stay motivated no matter what. Don't get down."

Sam had long been a Cranmer fan, had followed his recovery closely, and kept thinking about that through the darkest hours early on, when he couldn't move a thing.

"He had no movement from the neck down, and over the course of 10 months he went from paralyzed to riding his bike again," Jarmer said. "He was worse than me, and now he's living a pretty normal life and doing the things he loves to do."



Sam in a standing frame during physical therapy. He is pictured at 90% upright and getting stronger every day.

Photo: Jessica Jarmer

That's Sam's goal. There is much to be done. Once he returns home, outpatient therapy will commence.

"With spinal-cord healing we talk about months to years," Fantasia said. "You get the most recovery in the first six months, but it's documented that people have had returns up to two years."

Everyone is rooting for him, from Monmouth County's lifeguard community to the students and staff at St. Rose (his teachers are working with Children's Specialized Hospital instructors who are tutoring Sam for an hour each day).

"It's a little absurd how many people have heard my story and sent their best wishes," Sam said. "I still can't comprehend it."

The vision of a full recovery, though, is crystal clear in his mind. "The second I can swim and run and do everything I did, I'm getting back in the water," he said. "I'm going to be lifeguarding again."

Update: On November 19th, 2019 Sam came home from the hospital. He continues to thrive in therapy. Three days a week Sam goes to Kessler Rehab Facility in West Orange, NJ. Kessler is a nationally ranked center of excellence for spinal cord rehabilitation. With continued hard work & faith, Sam is determined to walk, run, swim and guard again.



WE ARE THE SUM OF
DECADES
SPENT IN THE
WATER
ON THE
SAND
AND IN THE
TOWER

RESCUE BOARDS | WETSUITS | APPAREL

buelldsurf.com

e: rescue@buelldsurf.com | (831) 245-0395

Photo: Emma King/Suard, Justin Lee/Jansdown

HIPPYTREE

DESIGNED BY WATERMEN FOR WATERMEN

THE PATROL TRUNK

OCEAN LIFEGUARD APPROVED

BACK HIP POCKET DESIGNED FOR HOLDING TWO-WAY RADIO.

CINCH TIE WAISTBAND WITH FLAT DRAWCORD FOR SECURE FIT.

DUAL CLOSURE SIDE POCKET. ZIP + VELCRO KEEP KEYS AND ID SAFE AND SECURE.

SELF DRAINING LYCRA FLY FOR COMFORT.

GRID TECH STRETCH FABRIC WITH DWR COATING FOR QUICK DRY TIME.

GUSSETED LEG PANELS FOR PERFORMANCE AND MOBILITY.

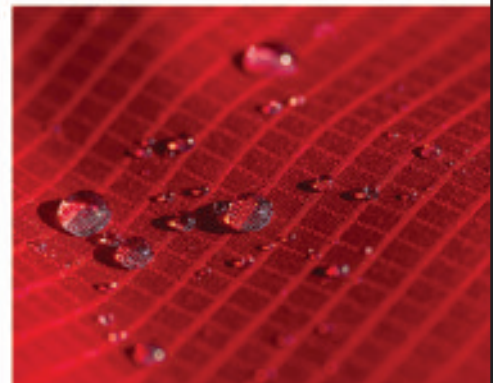


HippyTree's Patrol Trunk is the official boardshort of the Los Angeles County Lifeguards. We are honored to be outfitting LA County Lifeguards with a durable performance trunk they can wear day in and day out while keeping our beaches safe.

Use code "PATROL20" for 20% off on hippytree.com
For bulk order discounts on the Patrol Trunk, email customerservice@hippytree.com

DESIGNED IN LOS ANGELES, CA
hippytree.com | 310.341.0663 | @hippytree

Photo courtesy of Los Angeles County Lifeguards



In the end, it worked, and the organization was officially founded in 1964. The meetings were tough sometimes. They had to appoint a sergeant at arms to keep warring factions apart.

At Bob's insistence, the organization eventually visited other coasts, bringing in lifeguards from throughout the US and becoming truly national. And eventually it was renamed the United States Lifesaving Association.

Professional and Personal Milestones

Bob became a lieutenant and then a captain at Zuma Beach. One of the things he was most proud of was convincing the then-chief lifeguard to allow women to compete for the job, which led to the hiring of the first female ocean lifeguards by the department. He was one of the first certified Los Angeles County scuba diving instructors and a longtime member of LACO's underwater rescue and recovery unit.

He was appointed chief lifeguard in 1967. During his tenure, Los Angeles County created the first lifeguard paramedic program and became known for the prevention-first concept in lifeguarding. Also during his tenure as chief, most of the city lifeguard agencies merged into the single agency that is Los Angeles County. He retired in 1983



The author and Bob Burnside at his home in Eden, Utah.; Photo: Valerie



Bob Burnside helped create a junior lifeguard program in Puerto Escondido, Mexico.; Photo: Bob Burnside

Bob often reflected on the complicated politics of being a chief lifeguard of a large agency when difficult issues like public beach access were being debated and affluent landowners were pushing back. Like perhaps every chief lifeguard, he was sometimes caught between the expectations of the troops below, the pressures from those above, and the outside influence of those with a stake in how the beaches are run. In that regard, as in many other areas, we shared a bond.

Later Years

In 1986 Bob travelled to Puerto Escondido, Mexico, where he came to realize the desperate need for professional lifeguards there and throughout Mexico. He was the driving force behind the creation of "Club Tortuga" to support the creation of professional lifesaving in Mexico. He helped create a paid municipal lifeguard program in Puerto Escondido and a junior lifeguard program as well. Through a longtime college friend, he was able to solicit donations for a fund to assist Mexican lifeguards, which now resides on the USLA's accounts, available for specified purposes.

Bob became a regular participant at the USLA National Lifeguard Championships, becoming a multiple masters division champion in events like the ironman, rescue board, dory, and rescue race events. According to the International Swimming Hall of Fame, he was a grand champion in World Body Surfing in 1989, and for 13 consecutive years the winner in his age division.



Bob Burnside was a champion bodysurfer



Bob Burnside and Buddy Belshe at the National Lifeguard Championships.

He was an avid snow skier, whose sometime email address, "monoski-bob," said it all about his preferences. He regaled many of his friends for years with helmet videos of the powder he would ski and invitations to join him. Searching the internet for "monoski bob" still yields many of those videos.



Bob Burnside was given the Paragon Award by the International Swimming Hall of Fame in 2014.; Photo: International Swimming Hall of Fame



Bob Burnside poses with his characteristic exuberance in his original 1956 event shirt and a historic rescue buoy.

Bob was, of course, a Life Member of the USLA. He was also conferred the Paragon Award for Aquatic Safety by the International Swimming Hall of Fame. There are too many other awards to mention.

When we visited, Bob and I would sit for hours talking about lifeguarding. He was enormously supportive when I was president of the USLA and inevitably took criticism from various sides. He'd been there and done that. He understood. And like all lifeguards, he loved to tell stories, always with a glint in his eye.

There are a handful of people in any generation who change the course of history by seeing not just what is, but what can be, and by pushing to make it a reality. Bob Burnside was probably the most important influence on professional beach lifeguarding in my lifetime. His vision revolutionized an under-appreciated profession to the benefit of all of us. Without him, we would not be who we now are as professional lifeguards and as junior lifeguards.

I will sorely miss our talks.

Editor's Note: Bob Burnside was a friend to many, many people who have their own stories to tell. On April 17, 2020 at 10:00 a.m. a flag ceremony will be held at 30050 Pacific Coast Highway in Malibu (Zuma Beach). At 11:00 a.m. a celebration of life will be held at the Malibu West Swim Club, 30765 Pacific Coast Highway.

Lifelines

Congratulations to New USLA Officers: The USLA held biannual elections in December 2019. The USLA's new President is Gus Avila of the Southwest Region. The USLA's new Vice-President is Tom Gill of the South Atlantic Region. Both are long-time regional officials who have also served in national appointments. The other nationally elected officers—Secretary Nikki Bowie, Treasurer Michael Bradley, and Executive Delegate Kyle Maxwell—were reelected for another two-year term. Additional leadership changes, in the form of appointed officers and committee chairs, will be announced at the spring Board of Directors meeting.

Cancun Conference: You're invited to a one-of-a-kind lifesaving event

in Cancun, Mexico from March 31-April 3, 2020. The newly established Asociación Mexicana de Guardavidas will host a Lifesaving Sport Championship and Drowning Prevention Symposium on behalf of the Americas Region of the International Life Saving Federation. Lifeguards from throughout the Americas will be in attendance for an event funded, in part, by Olympic solidarity funds and the Mexican lifesaving support fund created by Bob Burnside. To register: congresoilsamericasmex@outlook.com

USLA Educational Conference and Board Meeting: The USLA and the Pacific Islands Region will host our next biannual Board of Directors Meeting and Educational Conference in Pittsburgh, Pennsylvania from April 23-25, 2020. For details on the meeting and to register, keep an eye on the event calendar on our home page at www.usla.org where you'll be able to register online.

National Lifeguard Championships 2020 Edition: The Nationals move to a brand new location in 2020—South Padre Island, Texas—which has never hosted before. You can find details on the event in a full-page flyer in this edition of ALM. So giddy-up and start planning for Texas!

Lifesaving World Championships 2020: The next Lifesaving World Championships will be held in Riccione, Italy from September 15 to October 4. The World Championships are held every two years showcasing the best lifesaving athletes from around the world. The USLA will field an open and youth national team. Club teams and individuals (masters) are also welcome to compete. Visit www.lifesaving2020.it to find all the information about how to book your accommodation, service, and competition packages.

YOUR CPR *and* FIRST AID TRAINING SOLUTION!

LifeForce USA and the USLA are working together to provide the management of all ASHI training for USLA Agencies and Lifeguards.



LifeForce USA is an authorized ASHI Distributor. If you are already an ASHI Training Center, you will experience special USLA pricing supported through LifeForce USA's ASHI Distributorship. Contact LifeForce USA to learn more about your options.

If not yet a Training Center, we can make you one.

- Easy to use order system
- Customer representatives always available
- Purchase AED's, AED accessories, First Aid Supplies and Training Equipment at special USLA member discounts
- LifeForce USA was founded by lifeguards, just like you. We understand your needs.

1-888-761-LIFE (5433) / 732-919-6070
www.LifeForceUSAInc.com/USLA

Specialize in the following areas:

- CPR and Advanced Life Support
- Basic, Advanced and Wilderness First Aid
- Emergency Medical Response
- AED and Safety Equipment Sales



2020 USLA NATIONAL LIFEGUARD CHAMPIONSHIPS

AUGUST 4-9, 2020
South Padre Island, TX



South Padre Island is a tropical oasis located off the southern tip of Texas. This barrier island offers the unsurpassed beauty of the Laguna Madre Bay and the Gulf of Mexico and is the ideal year-round destination for visitors seeking a getaway from the daily grind.

PLAN YOUR TRIP

Discover the fascinating creatures native to the area at Sea Life Marine Center, Sea Turtle INC., and the Birding, Nature and Alligator Sanctuary, with aquariums showcasing live fish, starfish, crabs, octopi, snails and more. Swim, snorkel, and explore the barrier Island. Take a kiteboard lesson, jetski, kayak, or paddleboard and catch the waves!

EXPLORE THE ISLAND

Choose from a variety of tours and cruises that offer everything from snorkeling, dolphin watching, eco-tours, bay and deep sea fishing, sunset and dinner cruises.

SO ENTICING

Experience the bold, tropical flavors of the Island at one of more than 40 local dining and live music venues. Casual, take out, fine dining, with beach and bayside views, the Island has it all. With plenty of live music and local hangouts, your time on the Island is guaranteed

THE CITY OF SOUTH PADRE ISLAND IS EXCITED TO HOST THE 2020 USLA NATIONAL LIFEGUARD CHAMPIONSHIPS.

To book your stay at
Isla Grand Beach Resort
(Host Hotel)
call 956-761-6511 and
mention Group Code: 2020RESCUE
to receive discounted rates

To book your stay at
Beach Resort at South Padre Island
(Overflow Hotel)
call 877-834-3613 and
mention Group Code: USL
to receive discounted rates

Airports to fly into: VALLEY INTERNATIONAL AIRPORT - HRL flythevalley.com
BROWNSVILLE SOUTH PADRE ISLAND INTERNATIONAL AIRPORT - BRO flybrownsville.com

Beach lovers know it. Kiteboarders and windsurfers know it.
Little kids and big kids know it. Everyone who's ever been here knows it.
South Padre Island is so fun and so perfect. And, most of all — So Padre.

SO FUN. SO PADRE. PLAN YOUR TRIP AT WWW.SOPADRE.COM



THE LONG BLUE LINE: WARREN DEYAMPERT - AFRICAN-AMERICAN RESCUE SWIMMER OF WORLD WAR II

William H. Thiesen - Coast Guard Atlantic Area Historian



Enlistment photograph of Warren Deyampert at the beginning of his brief but heroic Coast Guard career. (U.S. Coast Guard)

African-American Warren Traveous Deyampert served in the U.S. Coast Guard in early World War II. It was a time when the U.S. military barred African-Americans from the officer ranks and limited them to junior enlisted or food service ratings. Deyampert was a heroic Coast Guardsman with great loyalty for his cutter and shipmates. This fact seems surprising given the second-class status African-Americans held in the service at the start of the war.

Born in Alabama, Deyampert moved to Pittsburgh while in high school and enlisted in the Coast Guard at age 19, five months before the attack on Pearl Harbor. During his time in the Coast Guard, Deyampert served on only one cutter, the *Escanaba*. He came aboard in August 1941 and, over the next two years, he advanced rapidly from a third class mess attendant to second class officer's steward.

With heavy seas and icy water, the North Atlantic seems an impossible place to save lives. Nevertheless, the

challenge of rescuing as many men as possible motivated *Escanaba's* crew to develop a system of tethered rescue swimmers equipped with parachute harnesses and leash lines as well as rubber dry suits that insulated the swimmers from the cold water. Three of the cutter's crew volunteered to serve the hazardous duty of rescue swimmer, including Deyampert.

Deyampert and his fellow rescue swimmers drilled frequently, so they and their supporting deck crews could work in heavy seas and blackout conditions. In early February 1943, Deyampert and the others had a chance to put their skills to the test. At the time, *Escanaba* served as an escort for the three-ship convoy, SG-19, bound from St. Johns, Newfoundland, to southwest Greenland. Weather conditions during the convoy's first few days proved horrendous as they usually did in the North Atlantic winter. The average air temperature measured well below freezing, the seas were heavy and the wind-driven spray formed layers of ice on *Escanaba's* decks and superstructure.

At 1 a.m., Feb. 3, the enemy submarine U-223 torpedoed the convoy vessel and U.S. Army transport, *Dorchester*, that



U.S. Army Transport Dorchester before its ill-fated voyage to Greenland. (U.S. Coast Guard)

carried over 900 troops, civilian contractors and crew. Within 20 minutes, the transport slipped beneath the waves sending surviving passengers and crew into lifeboats or the icy water. By the time *Escanaba* arrived on scene, *Dorchester* had already begun its descent into the abyss. The seas were smooth due to a heavy oil slick and the wind was light. *Dorchester's* life preservers were equipped with blinking red lights to help rescuers locate floating victims at night. These lights dotted the water's surface into the distant darkness.

During the war, the service required cutters to observe blackout conditions during nighttime operations. Hence, *Escanaba's* crew began preparations to deploy the rescue swimmers in advance, to minimize confusion in the dark. As *Escanaba* steamed to the scene of *Dorchester's* sinking, the rescue swimmers donned their exposure suits and the deck crews made lines ready for hauling helpless survivors aboard. Sea ladders and heaving lines were made ready and a cargo net dropped over the side.

Once on scene, *Escanaba* located its first group of floating survivors, stopped and drifted toward them. Some of the men were clinging to doughnut rafts, while others remained afloat using life preservers. The victims suffered from severe shock and hypothermia and could not climb the sea ladders or the cargo net. In fact, they were incapable of grasping a line used to haul them on board the cutter. Clad in his dry suit and secured to *Escanaba* by a line, Deyampert swam out to the floating victims and life rafts. He checked for signs of life and secured victims to a



Cutter Escanaba shown in camouflage paint scheme during its deployment with the Greenland Patrol. (U.S. Coast Guard)

line, so the deck crews could pull the survivors up to the cutter. Even though many victims appeared frozen to death, 38 out of 50 that appeared dead were frozen but still alive. The swim-

mers got the floating victims to the cutter immediately saving time and saving more lives. Thus, Escanaba could reach more victims before exposure froze them to death.

Selflessly, Deyampert remained in the icy water nearly four hours. Pulling rafts in close to the cutter and securing them with lines from Escanaba, the officers' steward was often in danger of being crushed between life rafts and the cutter's side. He kept helpless survivors afloat until they could be secured with a line and hauled aboard the cutter. He also swam under the fantail of the maneuvering cutter to keep floating victims away from the suction of Escanaba's propeller. All the while, he disregarded the danger to himself trying to save as many lives as possible.

In the end, Escanaba's tethered rescue swimmer system proved more effective in recovering survivors than any other method. After eight hours of rescue operations, the cutter had saved 133 lives. However, the glow of success proved short-lived. In June, Escanaba joined cutters Storis and Raritan to escort a convoy bound from Greenland to Newfoundland. At 5 a.m., Sunday, June 13, Escanaba fell victim to a catastrophic explosion, believed by many the result of a torpedo. The cutter sank in minutes, taking Deyampert and 100 of his shipmates down with it. Only two Coast Guardsmen survived the sinking.

Despite his secondary status in a segregated service, Deyampert placed the needs of others before his own and played a key role in the rescue of well over 100 Dorchester survivors. For his heroic service, Deyampert posthumously received

the Navy & Marine Corps Medal and Purple Heart Medal. Soon, the U.S. Coast Guard will name a Fast Response Cutter in his honor. Deyampert was a selfless and courageous Coast Guardsman who embodied the service's core values of honor, respect and devotion to duty.



Deyampert's father, Joseph Deyampert, receives the Navy & Marine Corps Medal from a Coast Guard officer near Mobile, Al. (U.S. Coast Guard)

ADVENTURE! MYSTERY! SURFING!



Two great summer reads for your Junior Lifeguard!

by graphic novelist (and former Laguna Beach lifeguard) Kim Dwinell.



ISBN 978-1-60309-411-5



ISBN 978-1-60309-447-4

Buy wherever books are sold!

www.surfsidegirls.com

CHAMPIONS CHOOSE ENGINE

MILLER¹

KNO IRONWOMAN SERIES CHAMPION 2019

DAY¹

KNO IRONMAN SERIES CHAMPION 2019



ALL ONLINE ORDERS TO THE USA

FREE SHIPPING

USE THE CODE: FREESHIP

 **ENGINE**

engineswim.com



XCEL

P R E M I U M W E T S U I T S



DRYLOCK

UNMATCHED WARMTH AND PERFORMANCE

FEATURING



CELLIANT
BLACK

- SEMI-DRY ZIPPER WITH MAGNETIC CLOSURE
- FUSIONX TAPE
- DRYLOCK WRIST SEALS

SPECIAL PRICING FOR LIFEGUARDS & PUBLIC SAFETY

RESCUESALES@XCELWETSUITS.COM

PARTING SHOT



Michelle Davidson (bow) and Janet Carbin (stern) launched their surfboat at the start of the women's age group (40-49) surfboat race at the Jersey Mike's 2019 National Lifeguard Championships on the afternoon of August 9. They were hit by an incoming wave which sent the surfboat vertical. That left Davidson in a precarious position, from which she leaped before the boat toppled over. The team finished the race. Photos: Candi LaCasse, Candi Lee Photography

**P2P
RESCUE**

NEW SOFT TOP RESCUE BOARDS



11' x 25" \$895



10' x 23" \$875



Nipper 6'6" \$635



Sled \$1,995



FOR DETAILS & QUOTES

Cliff Ray

cliff@p2prescue.com

www.p2prescue.com

910.547.9344

Rest In Peace, Bob

All of us at Marine Rescue Products have been extremely fortunate to have known Bob for 50 years. Bob has been an advisor, role model, inspiration, business partner, and most of all, a true friend. We will miss watching him compete, talking about his beloved USC Trojans and receiving his animated Christmas cards.

We wish the best to Bob's family and all his friends.

Rian, Sue, Dan and Diane



Bob Burnside

*Founder of Surf Saving International,
which became
Marine Rescue Products*



Marine-Rescue.com