



# Jones Beach Junior Lifeguard Program

## Week 2 Newsletter

<https://jbjg.org/>



### Sun Safety Spotlight: A Message from the John Wayne Cancer Foundation

As part of this week's session, we focused on an essential topic for all lifeguards—sun protection and skin cancer awareness. This lesson was made possible through the support of the John Wayne Cancer Foundation, which generously provided each Junior Lifeguard with a hat and sunscreen to reinforce the importance of safe sun practices.

Skin cancer is the most common form of cancer in the United States, but fortunately, it's also one of the most preventable. As lifeguards spend extended time in the sun, developing healthy habits now is critical for their long-term health and safety.

During Sunday's session, each group discussed the dangers of excessive sun exposure and the steps they can take to stay protected. Here's a quick overview of key sun safety habits we reviewed with your children:

- **Wear Sunscreen:** We emphasized the importance of applying broad-spectrum sunscreen with at least SPF 30. Junior Lifeguards were reminded to apply it 15 minutes before sun exposure and to reapply every two hours, especially after swimming or sweating.
- **Protective Clothing:** In addition to sunscreen, we discussed the value of sun-protective gear—hats, sunglasses, and long-sleeved shirts when appropriate. The hats provided by the John Wayne Foundation serve as a practical example.
- **Seek Shade:** We encouraged Junior Lifeguards to take breaks in the shade, especially during peak sun hours (10 AM – 4 PM), when UV rays are strongest.
- **Stay Hydrated:** Proper hydration was also emphasized as part of skin and overall health. Dehydration can increase susceptibility to sunburn.
- **Understand the UV Index:** We introduced the concept of the UV index and explained how higher numbers indicate a greater need for caution.

We were impressed with the level of engagement from all participants and proud to see them take these messages seriously. A few serious sunburns in childhood can significantly increase the risk of skin cancer later in life, which is why this education is such a crucial part of our program.

To learn more about this topic or to explore the work of the John Wayne Cancer Foundation, please visit [johnwayne.org](http://johnwayne.org).





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### How It All Began: A Look at the History of the Jones Beach Junior Lifeguard Program

The Jones Beach Junior Lifeguard Program was founded in 1998 by veteran lifeguards Scott Riegel, Bob Adler, Jim Figliuolo, and Tom Curtin. Their mission was simple but powerful: introduce young swimmers to the basics of ocean lifeguarding in a fun and educational environment. What began with just 20 participants, ranging in age from 8 to 17, quickly gained popularity as word spread about the program's unique blend of athletic challenge and beach camaraderie.

Today, the program trains over 300 student-athletes ages 10 to 16 each summer in water safety, ocean rescue techniques, rip current identification, and the use of professional lifeguard equipment. The ultimate goal? Prepare the next generation of beach rescuers to become part of the elite Jones Beach Lifeguard Corps. On any given year the program now proudly sees 30–40% of new Jones Beach lifeguard hires come directly from the junior ranks—evidence of the program's long-lasting impact.



### Jones Beach Junior Guard Tournament

Tournament paperwork is available on the Jones Beach Junior Lifeguard website. This exciting event brings together junior lifeguards from across Long Island! We strongly recommend that our junior lifeguards participate in this wonderful experience!!

- Date: Wednesday, July 16, 2025
- Location: EBHO
- Check-In: Begins at 8:30 a.m.
- Cost: \$20 (check ONLY: payable to Natural Heritage Trust)

Please submit your entry form as soon as possible. These can be returned Sunday mornings to the parent committee table.

### Important Dates

#### July

- 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27 – Sunday Practice
- Wed 16<sup>th</sup> – Jones Beach Junior Lifeguard Tournament
- Wed 23<sup>rd</sup> – Junior Lifeguard Mid-Atlantic Regional Championship – Sea Girt, NJ
- Wed 30<sup>th</sup> – All Women's Lifeguard Tournament – Lido Beach, NY

#### August

- 3<sup>rd</sup> & 10<sup>th</sup> – Sunday Practice
- Wed 6<sup>th</sup> – USLA Jr. Lifeguard National Championship – Huntington Beach, CA

### Equipment Pick-Up: Part 2

This week, athletes received their sweatshirt and t-shirts. If you were unable to pick up any equipment item over our first two Sundays, please check in with the parent committee next week.

Once again, thank you to our volunteer parent committee for their support in distributing equipment! Their dedication continues to be the driving force behind our program.