

## MISSION POINT:

Depending on the size of the group and our time, the campers will be involved with two or three activities. The scheduled activities are seining and snorkeling. If time allows, we will play beach games and possibly conduct a SCUBA demonstration if staffing allows.

Staff duties are as follows:

- One or two instructors will take the gear van to Mission Point
- Unload and organize all gear and wait for the group to arrive—organize wetsuits, fins, etc.
- Other staff will make sure that all campers have what they need (swimsuit, towel, sunscreen, dry clothes, camera, inhalers and necessary medications etc...)
- Periodically change the location of gear set up to minimize impact on the grass
- Staff should make sure they have first aid kits, small O2 unit, AED/BVM, phone, folders, digital camera with extra disks and lunches (if necessary), water, sunscreen and keys to camp.
- Take a head count and lockdown camp
- Make sure that nothing is left out in the courtyard or on the tables
- Have campers get into vans and take a final head count before proceeding to Mission Point *as a group*. Check seatbelts are on.
- Once at Mission Point, have the campers (and chaperones) sit down on the grass so that an instructor can give a talk about snorkeling and seining (and SCUBA if applicable). Explain how to put on wetsuits, masks, snorkel and show snorkeling hand signals etc.
- Divide the group accordingly for the planned activities
- Help campers with wetsuits, hoods, masks, and snorkels. Be sure all gear is fitted and handed out by an instructor. If students have their own gear they must check fit with instructors as well.
- Group the kids up for their assigned activities and get group pictures.
- While one group snorkels, the other will go down to the water with one or two instructors to seine or SCUBA Demo, depending on tide
- Use the buddy system
- Do not allow students to wander over to the playground area or vending machines

### Snorkeling:

- 1:7 ratio, Lifeguards must all wear a red rashguard over their wetsuit and carry a rescue tube with a whistle attached, and have access to Lifeguard Pack (with gloves and pocket mask).
- All participants must wear a 7mm wetsuit. If there is a physical limitation prohibiting the use of a wetsuit, participant may wear a USCG Type III PFD instead as the buoyancy is equitable.
- Depending on the size of the group and our time, the campers will be involved with two different activities. The scheduled activities are seining and snorkeling. If time allows, we will play beach games and possibly conduct a SCUBA demonstration if staffing allows
- Get pre-snorkel picture with gear on
- Bring students to the edge of the water. Instruct them on cleaning and donning masks and then fins.
- Allow time in the shallow water for students to get comfortable and acclimated.
- Be aware of campers who are nervous, afraid, or are having problems with the gear. Make sure each student checks their gear isn't leaking, fits them etc in the shallows before snorkeling out.
- Observe students carefully on the snorkel across the seagrass. Swim with your eyes on the participants and keep your group close together while you assess their abilities.
- Once across to the rocks, explain why and how to keep off of the rocks and demonstrate how to look for animals.
- Staff are responsible for lifeguarding and safety first, but also for finding animals and teaching about them while in the water.

- There should be an appropriate distance between instructor and campers depending on campers' abilities. (e.g., should remain as a fairly tight group)
- Parents/chaperones are part of the group if in water and should adhere to SEACAMP San Diego policies while participating in activities
- Although they are often leading their individual groups, staff in the water should not be so far apart that they cannot communicate.

#### Seining:

- No animals will be taken unless Fish and Game has been notified 24 hours prior.
- Set boundaries for both on the beach and in the water, explain what seining is.
- Take camera. Do NOT sit it in the sand.
- Kids on beach can find clams, walk in water toward net to "scare" animals into the net, build sand castles, snorkel without fins in the shallows, etc.
- Assist smaller kids with the seine net, especially during high tide
- Hold animals in bucket and discuss. Change the water out every 10 minutes or let animals go immediately. Release all animals following activity.
- Lead the group in games or activities on the beach.

#### SCUBA demo:

- Staff conducting the SCUBA demonstration must be certified SCUBA divers
- Students are not allowed to use equipment on their own and must stay at the surface at all times.
- Activity is time-dependent and age-dependent
- Discuss what SCUBA is and explain the equipment involved
- Stay shallow
- Set up an activity for kids while they wait, bring masks, look for sand dollars, sand castle competition etc.
- After a period of time (temperature dependent and determined by the group leader) the groups will switch
- One staff member watches the gear (no sleeping) while the group is snorkeling and seining - is also on-call for Emergency Action Plan (whistle signal, see below).
- This staff member should check with seiners and snorkelers to make sure everything is OK—be alert in case you are needed
- Up-top staff may organize gear, repair gear, get lunch ready, or take pictures.
- When all activities are completed, everyone helps to pack up gear
- Make sure students don't leave anything behind, we should leave the area cleaner than we found it—no trash etc.
- Load students into vans and get a head count before leaving
- Drive back to camp as a group
- All campers and staff clean wetsuits and put gear away before the dorms or bathrooms are opened

#### Emergency Procedures:

- Primary rescuer alerts other staff with sharp, repeated blows on the whistle
- Primary rescuer stays with injured person while other staff members get the rest of the group out of the water
- Once all other participants are safely out of the water, one or more staff members should aid the primary rescuer in removing the victim from the water and continuing appropriate care.
- The staff member on the beach for seining should conduct a head count and take the students to the grass and out of the way of the ongoing rescue. Once the students are counted and moved, a chaperone can be put in charge of the students if necessary.

- The up top staff member, upon hearing the repeated blows on the whistle will phone 911 and proceed to the beach with a First Aid Kit, the Oxygen and the AED.
- Student forms with appropriate medical information and power of attorney should be located once appropriate medical care is being given.
- Call SEACAMP Administration as soon as is reasonable.

Directions to Mission Point:

Sea World Dr. to W. Mission Bay Dr.

Turn left onto Mission Blvd.

Follow road until it ends (at jetty) and go left

Mission Point is on the left—park near the bathrooms

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## LA JOLLA SHORES:

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La Jolla Shores is where we take the campers boogie boarding, on an educational beach walk, and sometimes a shark snorkel (season, age, and conditions dependent). Also, if the tide is low enough, we may take the group to the tide pools.

Staff duties are as follows:

- One or two instructors will take the gear van to La Jolla Shores
- Unload all gear and wait for the group to arrive—organize wetsuits etc.
- Other staff make sure all campers have what they need (swimsuit, towel, sunscreen, camera, warm clothes, inhalers, medications etc...)
- Group Leader should make sure to bring the phone, folders, digital camera, first aid kits.
- Take a head count and lockdown camp (including main entrance)
- Make sure that nothing is left out in the courtyard or on the tables
- Have campers get into the vans and take a final head count before proceeding to La Jolla Shores as a group. Check seatbelts are on.
- Pull up to drop campers off *with a staff* and then go to park the vans (street parking)
- Have group sit on the grass for an introductory talk, discuss equipment, rules etc.
- Assist campers in finding the proper sized wetsuit and in putting them on
- Use the buddy system, especially when using the public restrooms
- One instructor should inform the lifeguards that we will be going in the water with a group (where would be the best spot, are there any rip currents to watch out for, etc...)
- Another instructor will demonstrate how to boogie board (and snorkel if applicable) and give some safety procedures (shuffle feet in case of stingrays, what their boundaries are while in the water, what to do if they want to get out of the water, etc...)
- The group will then be divided with one group going boogie boarding and the other on a beach walk (physical oceanography, kelp talk, tide pools, etc...) and/or shark snorkel
- Take picture of boogie board group suited up and with boards.
- Make sure kids' personal belongings are grouped together and easy to keep an eye on
- Be aware of students wandering over to the playground area

### Boogie Boarding:

- All participants must wear a 7mm wetsuit. If there is a physical limitation prohibiting the use of a wetsuit, participant may wear a USCG Type III PFD instead as the buoyancy is equitable.
- Lifeguards will carry a rescue tube with a whistle and fins.
- Lifeguards will create a north and south boundary, between which the students can play/boogie board
- Maximum depth should be determined and enforced by the lifeguards and will depend on the size of the students and the size of the waves but should never be more than the students' shoulder height.
- On days with big surf the students should only be in the wash
- Prior to free time you may do a physical oceanography demonstration of currents/waves using boogie boards (students should be wearing wetsuits and there should be guards in the water)
- Campers should remain in between the SEACAMP San Diego lifeguards at all times while in the water
- Campers should inform a SEACAMP San Diego lifeguard if they need to get out of the water for any reason
- There should be no more than a 1:7 ratio
- Remind students to shuffle their feet
- Pay attention to lifeguard announcements and adjust the group accordingly

- Watch for rip currents

### Beach Walk:

- First discuss Physical Oceanography, eg. waves, currents, tides, erosion, sand transport etc
- Take camera and make sure kids have emergency medications with them (inhalers, epipens)
- Once education has been covered, walk kids along the water line and have them look for kelp, sand crabs, coquina clams, shells, etc. and discuss what you find as a group
- Campers are NOT permitted to swim during the beachwalk
- You may tell them they are limited to ankle-deep water (you can let them go to knee deep). If you let them in the water at all strong group control is essential. If you question the controllability of a group then don't let them get wet at all.
- You can also stop to play games or build sand castles etc. but be aware of other beachgoers.

### Shark Snorkel:

- 1:7 ratio, Lifeguards must carry a rescue tube with a whistle attached, and a Lifeguard Pack (with gloves and pocket mask).
- Make sure students leave all personal belongings up top, nothing can be left on the beach
- Discuss possible animals you may see before entering the water
- Divide the students into groups and make sure they use the buddy system
- Students should put on their gear before entering the water
- Conditions determine means of surf entry - students can walk into the surf backwards or put fins on past the surf zone
- At least one instructor should be in the water beyond the breaking waves and other instructors can assist with gear and surf entry
- Observe students carefully on the way in.
- Staff are responsible for lifeguarding and safety first, while looking for sharks, remember to keep close tabs on the students.
- Be aware at all times of other snorkelers, kayakers and SUPers. Always assume that they will not have good control over their vessel and give them lots of space.
- There should be an appropriate distance between instructor and campers depending on campers' abilities. (e.g., should remain as a fairly tight group)
- Parents/chaperones are part of the group if in water and should adhere to SEACAMP San Diego policies while participating in activities
- Although they are often leading their individual groups, staff in the water should not be so far apart that they cannot communicate.
- After a period of time (determined by group leader) the group will switch

### Wrap up

- We normally have 2-4 instructors in the water as lifeguards, one on the beach walk, and one to watch the gear
- When all activities are done, staff load gear into the SEACAMP San Diego van, get parked vans, and take final head count before going back to camp, or to next activity
- Make sure students don't leave anything behind, we should leave the area cleaner than we found it—no trash etc.
- Once we return to camp, staff will help campers with cleaning wetsuits and putting gear away before the dorms or bathrooms are opened

### Emergency Procedures:

- Primary rescuer alerts other staff with sharp, repeated blows on the whistle. Other staff should wave their rescue tubes in the air to alert City Lifeguards while getting attention of the rest of the students
- Primary Rescuer stays with injured person and provides appropriate care while other staff member gets the rest of the group out of the water
- City Lifeguards can help with water removal if necessary
- Other staff re-group campers and take a head count.
- One staff should supervise the student so other staff can assist with emergency care. Once all students are safe and accounted for one staff member should secure student forms with appropriate medical information and power of attorney and notify the up to staff of the emergency
- Call SEACAMP Administration as soon as is reasonable.

### Directions to La Jolla Shores:

- 5 North to La Jolla Parkway West.
- Right on La Jolla Shores Rd.
- Left on Vallecitos
- Drop off kids at the grassy area in Kellogg Park
- Park vans on the street

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## KAYAKING and STANDUP PADDLE BOARDING

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Kayaks are CG auxillary-inspected, sit-on-top style kayaks designed for up to 3 adults.

Staff duties are as follows :

- Take caddy over to beach and unload kayaks or SUP's before or immediately after breakfast
- Tell students they need to be wearing clothes/swim suits that can be wet
- Make sure they leave all other belongings in the dorms-shoes, towels, glasses anything they might lose
- Give a kayak or SUP briefing: stay between instructors, always wear lifejacket, rafting up etc.
- Hand out lifejackets – make sure they are buckled up and fit correctly (whistles are for emergencies only) All participants must wear a USCG Type III PFD.
- Students should get into groups of 2-3, depending on group size of group and students for kayaking
- Hand out paddles, 2 per kayak or one each for SUP
- For kayaking, have students stand in their kayak group as if in a kayak and give paddle demonstration/practice
- Before leaving camp lock the front gate and dorms, and take first aid kit, camera and 1 phone down to the beach
- Students pick up kayaks or SUPs and take them to the waters edge (make sure they use the handles)
- Make sure one staff member stays in front of the group and one stays behind
- All students should be visible to staff at all times
- When finished have students bring kayaks up to the trailer-depending on the group they may help with clean up
- Then have them take their life jackets and paddles to the blue barrels to be washed off and hung up
- Make sure kayaks are drained, rinsed and stacked back inside the courtyard

### Emergency Procedures:

- Primary rescuer alerts other staff with sharp, repeated blows on the whistle
- If necessary lifeguards should work together to get the victim onto a lifeguard kayak or back on an SUP.
- Primary rescuer will stay with and transport the injured person back to the beach while other staff members get the rest of the group out of the water and call 911 if necessary
- Once all other participants are safely out of the water, one or more staff members should aid the primary rescuer in removing the victim from the water and continuing appropriate care.
- Student forms with appropriate medical information and power of attorney should be located once appropriate medical care is being given.
- Call SEACAMP Administration as soon as is reasonable.