

# To Serve and Protect

An Inside Look at the  
Jones Beach Lifeguard Corps

This presentation was originally  
created to augment 2009  
NYSLC union contract negotiations.

It has been modified to appear  
as a stand-alone piece  
that needs no voice-over  
and will appeal to a wider audience.

We hope you enjoy this inside look into  
the world's most famous lifeguard corps.

Since inception in 1929,  
the Jones Beach Lifeguard Corps  
has been one of the world's  
premier rescue organizations.  
Our safety record is unsurpassed.

Innovators of lifesaving  
equipment and technique,  
our methods are copied around the world.

We have a SYSTEM that works,  
and has been refined into an art form  
through years of practice.

We attract and retain an  
extraordinary level of TALENT,  
which is transformed to a very high skill level.

Our EXPERIENCE base is phenomenal.  
Rookies sit with guards that have decades  
of real-live rescue expertise.

We have seen it all, both in the water  
and on the land.

We have a TRADITION of excellence.

We demand a high level of  
PROFESSIONALISM.

It is peer pressure  
with a positive emphasis.

We are an extended FAMILY.  
We have each other's back.

When it counts,  
we simply are the best.



Elevated gas prices...



...coupled with the recession  
are causing more  
New York State residents...



...to stay close to home  
and forego distant vacations...





as evidenced by a sharp increase in park attendance last year.



**Robert Moses Field 5 holds 2500 cars,  
which translates into @ 8,000 patrons at  
just this one beach.**



Larger crowds lead to more litter...

...more violence





...more rescues.

**It is common to have 300+ bathers in the water in front of one wingstand.**



In the last four years,  
beach erosion has been significant.

Combined with tough economic conditions,  
there are more patrons and less beach.

More bathers are now in the water  
unprotected by lifeguards.

The possibility of tragedy  
has increased dramatically.

Increase in bathers in unprotected waters.





...2009



2007...



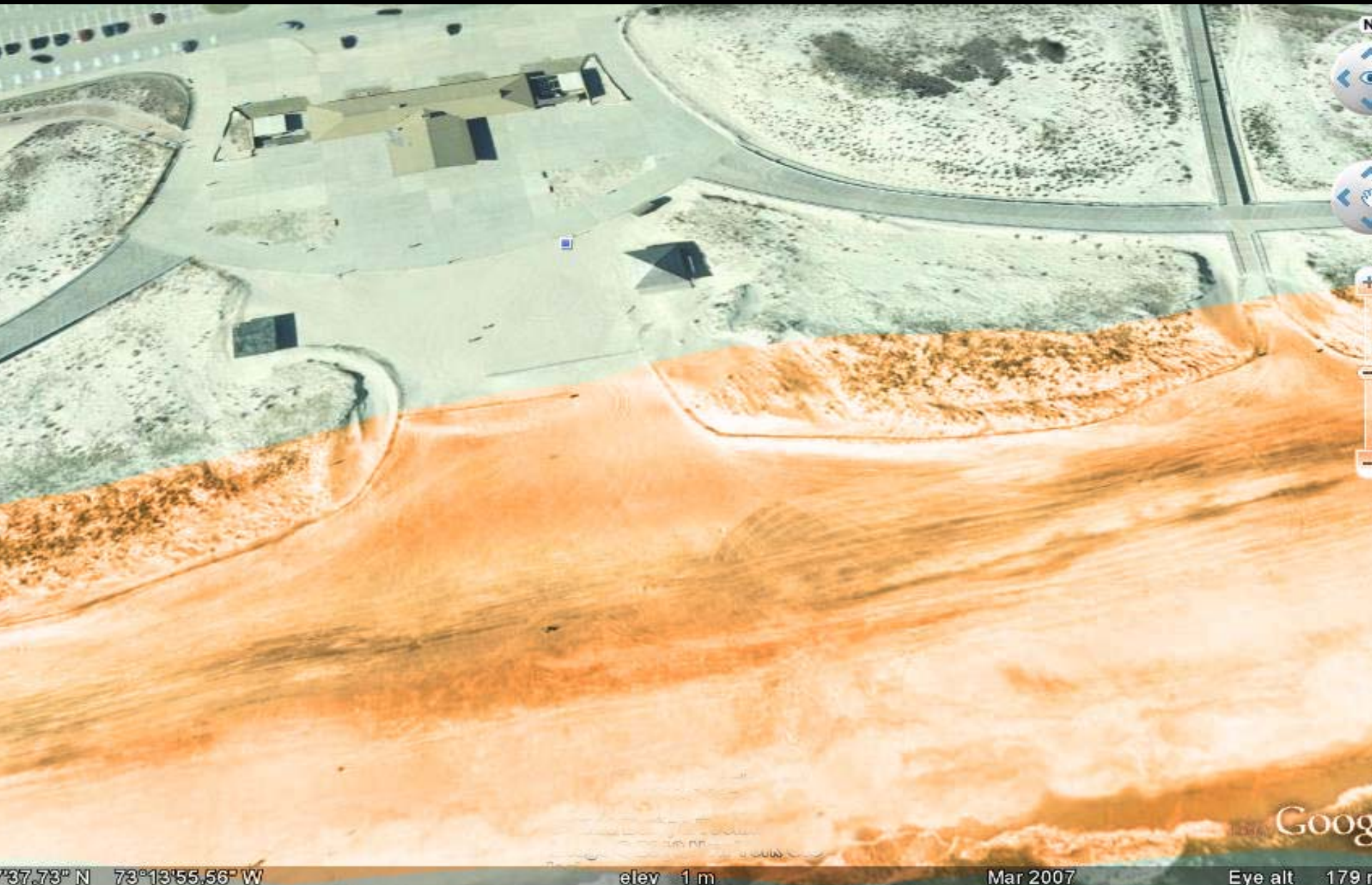
2007...



...2009



January 2010, Google Earth satellite photo,  
showing erosion of sand since 2007.



37.73° N 73°13'55.56" W

elev 1 m

Mar 2007

Eye alt 179

**Ocean lifeguards face a wide variety of challenges, like...**



**...glass, hooks and lures...**

...unruly crowds...





...medical waste washing ashore...



...dangerous weather conditions...





"Cyclonic event" at Robert Moses St. Park



PICNIC AREA  
← SUNBATHING (East of Picnic Area)  
← SUNBATHING (West of Picnic Area)  
← VOLLEYBALL (On Beach Beyond Picnic Area)  
← LIGHTHOUSE

PICNIC AREA  
← FISHING (Bathing Area)  
← SUNBATHING (Bathing Area)  
← VOLLEYBALL (Playing Field)  
← USE



# Roof of RM5 Concession



Reuniting lost children  
with their parents.





On-the-beach refresher courses in the use of first aid equipment and procedures.



AMERICAN RED CROSS  
American Red Cross  
CPR/AED for the Professional Rescuer  
LEARNING

# Mandatory yearly ARC re-certification in CPR/AED/First Aid.



Lifeguards and EMT's from Robert Moses receiving NY State's highest award, the Sidney Shapiro Award, for a dramatic and successful CPR.





A large, powerful wave is crashing onto a pebbly beach. The wave is breaking into a massive splash of white water and foam, creating a large, turbulent mass of water. The water is a deep blue-green color, and the foam is bright white. The beach is composed of small, reddish-brown pebbles. The sky is a clear, bright blue. The overall scene is one of a powerful, natural force of nature.

**Both bathers and lifeguards are at risk  
from certain wave and water conditions.**

**These next seven images display  
wave types that can cause  
neck and back injuries**

**and commonly occur in our parks.**















Bruce Meirowitz at Robert Moses St. Park  
on a 15' wave from Hurricane Bill.





Later that same day, Bruce shows us that it's dangerous even for those with decades of experience.

Shoreline "cut".





**70 yard long "cut" that knocked bathers off their feet,  
and pulled them down and out at 3-4 knots.**

Surfboats, kayaks and surfboards  
are used for patrol and rescue.





**Entry into the surf can be dangerous for guards.**



Using a surf boat to sweep bathers off the sand bar as the tide begins to rise.





On rough days, walking patrols augment lifeguards in wingstands.



Using whistles and hand gestures, lifeguards move bathers out of dangerous sections of water.







This is what a “suck” full of bathers looks like from a lifeguard stand. It requires an experienced eye to discern who in trouble. Notice the lifeguard at far left.

Can you pick out the three bathers that were rescued?



The typical rescue requires 4 lifeguards. The buoy swimmer is the first responder. The second swims out a line made of rope or polypro. The third “feeds” the line out, trying to keep it straight, above the shorebreak if possible, and away from bathers. When the swimmers hook up, the feeder pulls them back to shore. The fourth guard fills the vacated wingstand and watches that piece of water while the rescue is being completed.



**Lifeguards place rescue buoys between themselves and the victim to avoid being jumped on by the victim.**







Lifeguards at the Central Mall  
section of Jones Beach State Park saved  
over 500 victims in one day  
in July of 2009.



9 victims were saved in this 3 buoy 2 line rescue.  
(Several unseen victims are in the trough behind the wave.)







5 buoys and 2 lines were in use simultaneously.



Line feeders often get blasted  
by the shorebreak.



Lifeguards try to avoid “going over the falls”  
when exiting with the victim.





Upon hookup, the line feeders then pull the rescuers and victims carefully to shore.





Victims are often panicky and/or exhausted,  
requiring assistance all the way out of the water







The exit is often the most dangerous part of the rescue for victim and rescuers.





**Some parts of the job are better than others.**

Nassau County Executive Tom Suozzi presents the JBLC with an award for "exemplary service and heroic actions".

