

DAILY WORK LOG

SUNDAY 11/26/2006	
MORNING	Departure. Ten hour flight (air time), stop over in Miami. Total transit time 14 hours.
NIGHT	Arrive in Guayaquil, Ecuador. Met by Senora Esperanza (Minister of Tourism for the state of Guayas and hotel / restaurant owner in Guayaquil and Playas) and Evelio Baquerizo (bi-lingual surf trip guide). Stay at Evelio's home on the Malecon. Election results final. Socialist Leftist, Dale Correa wins Presidential election. Fireworks and political rallies with no problems.

MONDAY 11/27/2006	
MORNING	Drive to Playas, ocean swim. Drive to Saraguro Military Base; 'Honor valor y Fuerza' with Savinovich & Esperanza. Meet the Military Commander, pass out business cards. Office very intimidating, but he has his big dog under his desk! The guy is ok!- we get the ok to use pool.
NOON	Lunch with Senora Esperanza Lopez, Armando Savinovich (Red Cross) and local officials at Hotel
AFTERNOON	Orientation Meeting - 9 cadets show up. Overview of training schedule and goals. Start time for Tuesday is 1pm. Confirmed with each cadet.
EVENING	Thinking, "what are we getting ourselves into???" What are we doing here???"
NIGHT	Dinner at Hotel Arena Caliente. Flur de Cana with Victor Lopez, hotel owner.

TUESDAY 11/28/2006	
MORNING	Breakfast at the hotel; 2 fried eggs, goat cheese, 2 buns, juice and café with milk. Review Fundacion Intercontal Econatur; Ministerio de Turismo legal documentation, content, signatures; validate..
NOON	Lunch at Hotel Arena Caliente. Fried fish over cabbage then covered with a rich sauce and a dozen shrimp with rice and fried plantations on the side!
AFTERNOON	Training 1-4pm; only 2 arrived on time. Thinking, "what's going on?" By 1:30, about 4 new guys showed up. Thinking, "let's go surfing!" All arrive by 1:45. This <i>is</i> Latin America! Rescue Buoy- hands on, wrapping. Timed wrap. 4 km run, 150 yard swim; water entry w/ high knees + dolphin techniques. Water entry speed test, 25 yds out. Pearce example of water entry "the wrong way" (1) buoy line detaches from harness upon first dive (2) trips at the very shallow drop off, falls down face first in 2 feet of water (twice)! Ended training with "uno, dos, tres" SALVAVIDAS!
EVENING	5PM Press Conference: Pass out business cards. Senora Esperanza, Foundation President-Introduction, reason for Foundation-lifeguards at Playas to save lives and improve the local economy. Comments by Mayor-Correa, Navy-Pincay, University President, Business Owners. Pearce/Dunning Introduced. Pearce speaks, "life is the most important issue". Cadets comment on why they want to be lifeguards. Toast to our success. Distribute LBLG shirts/stickers/key chains/pencils to officials and cadets. Photo shoot.
NIGHT	Dinner at Empanadas de Playas.(awesome food!) Military commander drives by and stops to ask us if we want a swim race challenge against his best guys! We say yes! Date & time set for Thursday at 10am

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WEDNESDAY 11/29/2006	
MORNING	Breakfast at the hotel; 2 fried eggs, goat cheese, 2 buns, juice and café with milk.
NOON	Drive beach, get stuck 3 times. Map lifeguard towers; location and condition. Total area to lifeguard is 2.4 miles. Total 13 towers. Towers #1-4 are 12 feet high and approximately 1/8 mile apart spreading to 1/5 mile. Towers #5-13 are 6 feet high and consistently 1/5 mile apart. Off to the Military Base for a 1 mile swim workout; watch 2 enlisted men in short fist fight while 6 guards (with big guns) watch. The officer wins.
AFTERNOON	Training 2-5pm; Roll Call, most on time. Pearce notifies Armando Savinovich that his son, Paulo, cheated on yesterday's run. Threatened to kick him out. Training was in kaos. The Navy allowed us to have use of their 20' boat w/ a 75 hp outboard. The Navy skipper loaded 10 cadets (in lifejackets) and went out to sea. John and I are on beach. No way to communicate. The original intent was to review beach and rip tides. Capacity only 10, but we have 17 guys. Almost gets swamped by a big wave. Boat drops off cadets 500 yards off shore. Deep water Rescue training. 300 yard swim. Review buoy techniques; wrap, run, release, exchange, violent victim. Rescue buoy wrap for time; best time 7 seconds. Lecture on Playas beach currents, rip tides by local; Luis Salazar. Rescue to surf line 2 times. Rescue to deep water 2 times. 2nd time w/ fins. Stop training. Discipline cadets; Dunning say, "too long to rescue me". "I'm dead" Re-do Deep water rescue. Timed deep water rescue. Much improved! Made cadets hold their breath for their time compared to Dunning's rescue time of 1 minute, 6 seconds. Best cadet was 1:22, longest rescue time was 1:48. Ended with "uno, dos, tres.." SALVAVIDAS!
EVENING	Cervasas poolside.
NIGHT	Dinner at Armando Savinovich's home. He's a FINA aquatics official: (Swimming & Diving) Tuna in sauce with rice, beans and fried bananas. Received gift of Cruz Roja (Red Cross) Volunteer shirt. Reaffirmed his commitment to be "Chief" lifeguard.

THURSDAY 11/30/2006	
MORNING	Workout; weights (Pearce) run beach (Dunning) - Video Beach and Towers
NOON	Swim Race Challenge @ Military Base. Introduced to Special Forces - Black Berets (7). They want to join Lifeguard training. "OK!" Photo of Pearce and Dunning with Black Berets in fatigues and guns! They run around the compound then enter the pool to swim 50 meters. Upon exiting, they yell, "Mission accomplished officer!" We were not prepared to do training... no buoys... so, Dunning becomes the Drill Sergeant: 50 meter swim test, backstroke test, instruction on floating, kicking. Swim and dive test to find hat on bottom of deep end. Swim and dive test to pull Dunning off the bottom of the deep end. How to use international hand signals. Replicated buoy rescue by putting kickboard between legs, swim 25 meters to victim, hand kickboard (buoy) to victim. Swim for time. Dunning 13 seconds, Pearce 14 seconds. Their best guy was 14 seconds. Slowest guy 20 seconds. Ended with "uno, dos, tres.." SALVAVIDAS!
AFTERNOON	Late Lunch at Hotel Arena Caliente. Training 2-6pm. Roll call. Rescue buoy wrap for time. Rip Tide lecture and examples. Found rip tide. All went into rip. Experienced undertow. Long lecture on currents; how to use them, how to get out of them. Deep Water Rip Tide rescues. Pull victim to sand. Saddleback carry. Beach sprint run, 2km. Photo shoot on beach. Lifeguard coverage when tower empty/ guard on rescue. International hand signals. 1.5 mile run. Ended with "uno, dos, tres" SALVAVIDAS!
EVENING	Dinner at Hotel Arena Caliente. Flur de Cana with Victor Lopez and friend from Cuba.
NIGHT	Visit Norman Jarimillo, tourism official.

DAILY WORK LOG

FRIDAY 12/01/2006	
MORNING	6:00 am attempt to go surfing / bodysurfing at Embigow. No surf. Return to hotel; sleep 2 more hrs. Article and photo in the National Ecuadorian newspaper, " <u>El Universo</u> ". Pearce and Dunning interviewed by radio station 105.5 Radio Costa; about 20 minutes long. Esperanza and Jarimillo interviewed too.
NOON	Lunch at Hotel Arena Caliente. Numerous phone calls to Sn Esperanza to get more interviews. Nearby citys want to meet Pearce / Dunning to create new lifeguard program at their towns; Libertad, Salinas, Montanita. Received letter from Cadet Francisco, on behalf of the entire training group, thanking us for the training and wishing that we will return again soon. Wow!
AFTERNOON	Training 2-7pm. Roll Call at the Hotel. 23 cadets! Mandatory attendance required today. CPR Training by Armando Savinovich - Red Cross Coordinator General, state of Guayas, Ecuador. Infant and Adult mannequin provided by LBLG on loan. CPR discussion and practical. Distributed "inflat-a-shield" to each cadet. Donated by LA County Lifeguards. First Aid review. Sunstroke, Heatstroke, Jellyfish. Lecture: Pearce, One page consolidation of facts: Duties of the Lifeguard, Basic Rules, Ethics, Signs of Danger. Then to the beach. Jog 1 mile. First beach day by Military. Run - Swim - Run. Best race yet. Pearce 2nd behind top Military guy. Everyone had all out effort. Reviewed buoy techniques, fastest water entry, dolphin, buoy exchange, tow victim to shore. 10 deep water rescues exercises. Simulated adjacent lifeguard coverage when middle tower on rescue. Photo shoot through out. Cadets wanted to continue beyond sunset. Ended with the best cheer! "uno, dos, tres.." SALVAVIDAS!
EVENING	Dinner at Hotel Arena Caliente. Flur de Cana with Victor Lopez and friend from Cuba. Surprise "thank you" party by cadets! All cadets (except Military) attended. Many heart felt words were enchanged. Tears had to be held back. Very moving. Our hearts were touched deeply. Champagne toast! Then we awarded the top 4 honors; #4 was Elvis (received LBLGA sticker), he was really #1 or #2, but his attendance was the only problem (school), Number 3 went to Christian (blue 'surf lifesaving association' bag), awesome attitude and great runner. Number 2 went to Richard (another blue bag) and the top Cadet was Marlon; top overall athlete, best attitude, funny guy (gay bar story). For this honor we presented the Panama Jack "lifeguard for life" shirt! The cadets said in English, "come back" when we gave final thanks. Very touching.
NIGHT	Take out cadets for beers. Marlon takes us to the hot spot (a gay bar)! Then the cadets start running away after we entered the doors! Funny stuff! Later meet up with military guys in the promonade. Explain to cadets the effects of beer and salt = foam!

DAILY WORK LOG

SATURDAY 12/02/2006	
MORNING	Article and photo in the local Playas newspaper. Meeting @ 8am with Military Commander cancelled. Breakfast; fish soup. Pack.
NOON	<p>Last day of training. Time 9-1pm. Roll call with all 23 cadets. Distributed one fin to each cadet. (Note: first time using fins for most these guys) Most fins sizes to big. Need Sm and Med next time. Timed water current. Entered at Tower #5, by the Cabanas. Surf was a modest 1 to 2 foot face and grew to 4' – 5' faces by tower # 12. <u>Final analysis: Side current strength is 1 mile in 40 minutes.</u> Reviewed findings with cadets, discussion, questions. Beach run 1 mile back to cabanas. Hot day! Rented 3 cabanas to get out of the sun. Busy day at the beach. Moderate crowds. Dunning spoke his inner thoughts of what is happening on the beach so the cadets can understand how a lifeguard thinks...: "little girls going into water, parent close by, now holding hands, ok... Another family entering water, must be tourists, they have new hats, must watch them closer,... child playing dead in the shallow water, (I hate that), keep eyes moving, two people down the beach wearing long pants, watch them"</p> <p>We observed a dark patch in the ocean about 2 miles off.... continued to watch, was it algae? It was the remains of a boat wreck with an oil spill, chunks of wood, rope, etc.. Gave the cadets buoys and had them inform the public of the pending danger. A one mile stretch of beach was cleared of swimmers within a few minutes. The cadets informed the public to move to the north where the water is not polluted. Amazing to watch them. They felt empowered and proved their ability to control the beach!!! Last final words of encouragement. Military leader spoke very kind words. Friends forever and many thanks. Graduated the cadets. Gave them new T-shirts with a red cross on the front inscribed with "Salvavida" and large red letters on the back " SALVAVIDA". Shook their hand and congratulated them on their efforts! We had 24 shirts and 23 were given to the new Salvavidas and one to Armando Savinovich! One last cheer! "uno, dos, tres.." SALVAVIDAS! Perfect way to end the week of training!</p>
AFTERNOON	Inventory of Lifeguarding equipment. Official transfer to Armando Savinovich. 6 Burnside Buoys, 1 Peterson Buoy. 13 individual fins. 3 short cervical collar braces and one large duffle bag to carry all equipment. Last lunch at Hotel Arena Caliente. Fried fish over cabbage then covered with a rich sauce and a dozen shrimp with rice and fried plantations on the side! Way too good!
EVENING	Off to Guayaquil. Stopped by Military Base to see Commander. Gave him red LBLG hat. He was overwhelmed with joy. Stayed at Victor and Esperanza Lopez's home. Tour of nice 3 story home next to airport. Victor has a recording studio in the home. They also have a restaurant next to the bus terminal for the airport, so they do very well. Went shopping at the artisan mall.
NIGHT	Final dinner in Guayaquil. Brother of Victor Lopez. Sangria, grilled steak, pork, tit, intestines, sausage with potatoes.

SUNDAY 12/03/2006	
MORNING	Breakfast at Lopez's airport restaurant. Fish soup, plantines, café with milk. Received "Proclamation" from Senora Esperanza. Gave her gift; red LBLG hat. She too was overwhelmed.
NOON	Flight home
AFTERNOON	
EVENING	
NIGHT	Arrive home