

## **Lifeguard Drowns on Cape Cod**

<http://patch.com/massachusetts/marthasvineyard/lifeguard-drowns-cape-cod-0>

May 31, 2016 By Jason Claffey (Patch Staff) –

### **Lifeguard Jack Jakubek, 22, drowned on Cape Cod in Orleans' Pilgrim Lake Saturday during the hottest day of the year.**

ORLEANS, MA — A lifeguard drowned on Cape Cod Saturday—one of two drownings in Massachusetts that marked a tragic start to Memorial Day weekend.

Authorities identified the lifeguard as Jack Jakubek, 22, of Newburgh, N.Y. He drowned in Orleans at Pilgrim Lake during a lifeguard test.

Jakubek was a strong swimmer—he was a member of the State University of New York at Cortland swimming and diving team.

Temperatures soared over 90 degrees Saturday, drawing thousands to beaches across the state.

Also on Saturday, a 17-year-old teenager drowned in Georgetown at Pentucket Pond. The teen's name was not immediately released.

Police said the teen's body was pulled from the pond about 30 feet from shore in 15 feet of water. The teenager was pronounced dead at the scene.

"Our thoughts and prayers are with the victim's family during this extremely difficult time," Georgetown Police Chief Donald Cudmore said in a statement.



## **Mystery: How could a top SUNY Cortland swimmer die during lifeguard tryouts?**

[http://www.syracuse.com/news/index.ssf/2016/06/mystery\\_how\\_could\\_a\\_suny\\_cortland\\_swimmer\\_die\\_during\\_lifeguard\\_tryouts.html](http://www.syracuse.com/news/index.ssf/2016/06/mystery_how_could_a_suny_cortland_swimmer_die_during_lifeguard_tryouts.html)

June 01, 2016 By Charley Hannagan

Orleans, Mass. - Jack Jakubek was a competitive swimmer, held records at the State University College at Cortland for the breaststroke and had worked as a lifeguard at a Cape Cod beach last summer.

So it's puzzling that Jakubek, 22, drowned while taking part in a lifeguard tryout in Pilgrim Lake in Orleans, Massachusetts, on Saturday. He was swimming 400 yards, or about 16 lengths of a competition pool.

"There's nothing to say that test was too hard for him," said Tom Gill, speaking for the U.S. Lifeguards Association, a professional organization for lifeguard certification. "This is not a guy that didn't know his capabilities. He seems to be someone every beach director out there would want to have on their beach."

Massachusetts authorities are investigating Jakubek's death and autopsy results are pending from the Office of the Chief Medical Examiner, said Tara L. Miltimore, an assistant district attorney with the Cape & Islands District Attorney's Office.

"We're hoping that the investigation will conclude as soon as it can," said Orleans Fire Chief Anthony Pike. "Orleans is small town. We have a close knit community here. This is absolutely distressing and heartbreaking for the town."

Jakubek, of Newburgh in the Hudson Valley, had recently graduated from SUNY Cortland, where he earned a bachelor's degree in outdoor recreation. He was an accomplished member of the men's swim team.

After graduation he spent the evening sitting around swim team Coach Brian Tobin's dining room table, his college coach recalled Tuesday. They talked about his summer job as a beach lifeguard and his plans to return to Cortland in the fall as a graduate assistant swim coach. Jakubek talked about a future career as a swim coach and finding ways to share his love of the outdoors with kids.

"He was a young man that really was a man in a lot of respects," Tobin said. "He was the kind of guy that would be there for everybody around him."

Jakubek had a strong passion for swimming, working at it physically and mentally, Tobin said. He came to practice eager to try new techniques to improve his times, the coach said.

"He was an exceptional swimmer," said Tobin, who recruited Jakubek from Monroe-Woodbury High School south of Newburgh where he graduated in 2012.

The work paid off. Jakubek was the school record holder in the 100-yard breaststroke, for which he was also a SUNYAC record holder (56.73 seconds in 2014 as a sophomore) and 200-yard breaststroke (2:06.42 in 2016).

He was first team All-SUNYAC as a sophomore and second team All-SUNYAC as a junior and senior. And Jakubek was named a team captain in his junior and senior years.

As much as he wanted to improve, Jakubek also motivated others, Tobin said. He's the one wearing the big grin with his arm around his teammates in photographs. Many considered him a big brother, Tobin said.

"He took great joy out of sharing experiences with those around him," he said. Lifeguard tryouts were held at 8 a.m. Saturday at Pilgrim Lake, a fresh water pond with no current in Orleans, a town in the crook of the elbow on Cape Cod. Tryouts for returning lifeguards were held first.

Pike, the town fire chief, and four fire department EMTs watched the approximately 10 to 15 lifeguard candidates from the beach. The fire chief said he didn't know the temperature of the water when the test took place. There is a constant sea breeze in the area, he said.

"There was nothing to indicate anything other than a test as usual," Pike told reporters at a press conference after the drowning.

Candidates were to run a mile, swim 400 yards and take another a half-mile run. A run-swim-run is a common test for lifeguards, Tobin and Gill said.

"It's a good test of physical stamina," Tobin said. "There's no doubt in my mind if it was tryout he would not have been lagging behind the back."

The test is longer than the 500 meter swim test recommended by the USLA for certification, Gill said. However, different beaches have different requirements based on local conditions, he said.

Gill and Tobin wonder if Orleans had lifeguards watching the job candidates in the water. Anytime anyone is in the water, whether its swim team practice or in the open water, "there needs to be lifeguards available," Gill said.

Pike, citing the ongoing investigation, would not say if there were lifeguards watching the swimmers during Saturday's test.

After the test the group realized that one man was unaccounted for and they began a search, Pike told reporters. That was at about 8:49 a.m.

An Orleans Fire Department diver found Jakubek at about 9:30 a.m. in 10 to 15 feet of water about 150 to 200 yards from the beach.

The other lifeguards tried to revive him. Jakubek was pronounced dead at Cape Cod Hospital.

At Cortland the students have scattered for the summer. Tobin began calling the men and women on Cortland's swim team when he heard the news of Jakubek's death. "Those were 40 of the toughest phone calls I've ever made," he said.

He asked everyone to send along pictures of Jakubek and it's likely there will be a memorial service for him when everyone returns in the fall, Tobin said.

In the meantime Tobin said "the advice that I would give others is live life like Jack. Every day was the best day for him."

## **Lifeguard who drowned had more than 10 ounces of water in lungs**

<https://www.bostonglobe.com/metro/2016/06/01/lifeguard-had-large-amount-water-lungs-said/T1znV84gnipSn4oB4EiR7L/story.html>

JUNE 01, 2016 By [Kathy McCabe](#) GLOBE STAFF

A star college swimmer from New York who drowned during tryouts for a lifeguard job on Cape Cod had a significant amount of water removed from his lungs after he was rushed to the hospital last Saturday, the Cape & Islands district attorney's office said Wednesday.

Jack Jakubek, 22, had 300 cubic centimeters of water, or just over 10 ounces, removed, authorities said.

The state Medical Examiner's office has completed an initial autopsy on Jakubek but will conduct further tests to determine the official cause of death, the district attorney's office said.

Jakubek, a two-time captain of the men's swimming team at State University of New York at Cortland, went underwater in distress Saturday morning at Pilgrim Lake in Orleans while participating in tryouts for returning lifeguards.

Divers brought him to the surface and attempted to resuscitate him on the shore, authorities said. He was taken to Cape Cod Hospital, where he was pronounced dead.

Jakubek, who lived in Newburgh, N.Y., was an accomplished swimmer. He held the SUNY Athletic Conference record for the 100-meter breaststroke and the school record for the



200-meter breaststroke, said Brian Tobin, the head swimming coach at SUNY-Cortland.

"He was an exceptional athlete," Tobin said in an interview earlier this week. Jakubek was a mentor to younger teammates, who are struggling with his death, Tobin said.

"He was a real leader," Tobin said. "We had a lot of young swimmers on the team last year, and he always wanted to make sure that they did well. That's one reason why his loss is so devastating for everyone."

Tobin last saw Jakubek the day after Cortland's graduation on May 21. He was heading off to the Cape for another summer of lifeguarding and planned to return to Cortland in the fall to work as an assistant swim coach.

"He was passionate about the sport of swimming," Tobin said.

## **At Seashore test, recent lifeguard drowning called rare, shocking**

<http://www.capecodtimes.com/article/20160612/NEWS/160619848>

**Jun 12, 2016** By Mary Ann Bragg

**To make sure she was safe during the lifeguard swim test Saturday at Herring Cove Beach, returning Cape Cod National Seashore lifeguard Erin McLaughlin said she kept eye out for where she was in the water and who was around her.**

**PROVINCETOWN** — To make sure she was safe during the lifeguard swim test Saturday at Herring Cove Beach, returning Cape Cod National Seashore lifeguard Erin McLaughlin said she kept eye out for where she was in the water and who was around her.

"To make sure I'm not swimming out to Duxbury," said McLaughlin, a college swimmer from Rhode Island. "Mostly I don't want to be swimming on top of anyone, or kick anyone. For the most part, you rely on the guards on the shore to keep an eye on everybody out there."

Safety was on the minds of lifeguards and Seashore rangers who oversaw Saturday's lifeguard fitness test, following the death on May 28 of collegiate swimmer Jack Jakubek, 22, of Newburgh, New York, during a swim test for a town of Orleans lifeguard position.

"It was definitely a shocker," returning Seashore lifeguard Peter Lord of Virginia said of Jakubek's death.

A search for Jakubek began just before 9 a.m. May 28 at Pilgrim Lake in Orleans, where the test was being conducted, and he was pulled from the water 34 minutes later. He was found in about 10 to 15 feet of water about 150 to 200 yards offshore, an Orleans fire official said. Jakubek was declared dead at Cape Cod Hospital in Hyannis but the official cause and manner of death has not yet been determined following an autopsy, Cape and Islands Assistant District Attorney Tara Miltimore said.

The incident is under investigation by the Orleans police and the state police, Miltimore said.

An internal review and assessment also is underway in Town Hall according to Selectman Sims McGrath, board chairman.

"What happened with that lifeguard was so accidental," Lord said. "It really doesn't ever happen."

In 52 years, no visitors have died at the Seashore's six lifeguarded beaches and no one has died during lifeguard tryouts, said Seashore ranger Craig Thatcher, who oversaw the tryouts Saturday.

At the tryouts, 45 people, most of them returning lifeguards, had to swim 500 yards along the shoreline and then run a half-mile along the beach parking lot, all within 20 minutes. There were fair skies and a calm sea, with a water temperature of 62 degrees.

"The worst part of the test is just getting into the water for the first time of the summer," veteran lifeguard Chris Randall of Norwood said.

To start, lifeguard supervisors marked each participant's upper arm with a number, and everyone was assigned to one of three groups. During the swim test, each group swam north toward a big orange buoy. Along the way, there were three lifeguards on paddleboards farther out in the water, parallel to shore and the swimmers, and three lifeguards with buoys walking along the shore. With the eight new lifeguard applicants, the last group to swim, a few additional people were walking along the shore as guards. With new lifeguard applicants, because their swimming skills are unknown, more people watch the swim test, said Gordon Miller, a lifeguard supervisor.

"They're only in about 5 or 6 feet of water," returning lifeguard Keith McFarland, of Amherst, said. "We try to box them in."

As each person got out of the water Saturday and headed to grab their shoes for the run, the number on their arm was called by a lifeguard supervisor and checked off a list by Seashore ranger Russ Hughes. "My firm belief is that if anyone actually got in trouble in the water we'd see them immediately," McFarland said. "I've been on the board for years. We're watching. We're evaluating people's strokes. I'm

hyperaware of who's got the strongest stroke, who's got the weakest stroke, who's not going straight, who's going straight. Just being hyperaware."

In the first group to swim — the 21 returning lifeguards for the southern Seashore beaches — the fastest swimmer came in at 5 minutes, 15 seconds, and the slowest, accompanied by a paddler all the way, came in at 9 minutes, 54 seconds.

"Everybody's accounted for," said veteran lifeguard Louis Cote, of Worcester, who called swimmers' numbers as he stood next to Hughes.

At the finish line, following the swim test and the run test, Grant Madigan-Kolstad, of Worcester, was catching his breath.

"I'm excited to get a lot of work in with these guys," Madigan-Kolstad said. "I've been a lifeguard in a pool. I feel like this the next step."