

Selah Aquatic Center Lifeguard

Job Title: Lifeguard

Reports to: Aquatic Director, Assistant Aquatic Director, Head Lifeguard

Job Purpose: Effective supervision of pool

Job Summary:

Lifeguards ensure the safety of patrons by preventing and responding to emergencies. Lifeguards will enforce the facility's policies, rules, and regulations. A lifeguard is responsible for participating in trainings and skills work including functioning as a lifeguard in maintaining order, preventing accidents, rescuing swimmers in distress. Duties include directing the correction of improper behaviors; checking the pool, decking, locker rooms, and pool equipment for possible safety hazards or needed repairs; and reporting problems to the Pool Manager or Head Lifeguard. A lifeguard performs related duties as required; acts as a liaison between the public, staff, and office personnel; suggests program improvements; performs routine maintenance; attends staff meetings and in-service training; assists with registration and general daily functions of an aquatics facility; notifies supervisors of disturbances, emergencies and problems; assists in opening and closing of swimming facilities as needed; assist in the organization, set up and tear down of accommodations for special events and facility rentals, and assist supervisors as requested. A successful lifeguard should have prior experience and maintain current certifications in lifeguarding, professional-level CPR, first aid, and automatic external defibrillator (AED). Additionally, there are many physical requirements for this role, such as the ability to lift up to 50 pounds, swim long distances, and pull up to 100 pounds. Part of their duties include enforcing water safety rules and regulations; performing rescues; performing first aid and resuscitation. Lifeguard work is seasonal.

Lifeguard Duties and Responsibilities

DUTIES/RESPONSIBILITIES:

Oversee Safety: A lifeguard constantly observes swimmers in their jurisdiction, protecting their safety, making sure rules are followed, giving first aid, and using the rescue techniques prescribed by the American Red Cross when needed. He/she supervises the patrons that are in a swimming pool facility.

Maintain Swimming Facilities: Lifeguards may be expected to keep the facility they work at clean and up to safety standards. This may include ensuring sidewalks and deck are clear of any hazards; cleaning locker rooms and maintaining the trash and locker room areas. Ensuring that all the people enter the pool only after washing themselves thoroughly or only after taking a bath.

Reliability/Maturity: Lifeguards must have the ability to work a variety of shifts and be able to reliably arrive promptly and prepared for their shift. They must have the maturity to exercise good judgment in stressful situations.

Attend Staff Training: Lifeguards may be expected to participate in weekly in-service trainings, be evaluated and receive instruction to improve techniques, and perform CPR and water rescue skills audits.

Lifeguard Skills, Knowledge, Abilities and Qualifications

As strong and confident leaders, successful lifeguards think proactively on their feet to resolve any issues that may arise. They thrive in high-stress environments. Additionally, preferred candidates will possess the following:

SKILLS:

Communication skills – It's crucial that lifeguards communicate issues or emergencies to peers and management clearly and effectively to ensure an individual is brought to safety as soon as possible. Lifeguards are also expected to answer any questions or concerns that patrons may have. They also must convey instructions, policies and rules to the public and swimmers very efficiently and effectively. They may also be called upon to complete written documents regarding accidents, incidents, and swimming lessons. Makes daily entries into a logbook outlining the day's activities.

Observation skills –Lifeguards constantly scan their work area to detect safety concerns and practice preventative lifeguarding. They use judgment to determine if patrons are safely and properly conducting themselves. Observes and supervises pool patrons.

Manual/Physical Skills: Lifeguards must be extremely strong swimmers. They are also expected to swim strongly while pulling or carrying another person. Performs swimming rescues on patrons in distress including approaching, breaking holds, and carrying people, which may require the removal of the patron from the water who may weigh from 50 - 300 pounds. Performs resuscitation techniques requiring stamina and other first aid measures. Climbs up and sits on guard chairs approximately six feet from ground level, rotating position every 15 - 40 minutes. Remains outside in 100+ degree temperatures for up to three-hour shifts. Performs maintenance tasks which include moving hoses to clean bathrooms and pool deck, sweeping and scrubbing bathrooms, emptying garbage cans, and setting up and taking down folding chairs and tables. Operates a cash register and adding machine. Listens for distress calls for possible activation of emergency procedures. Inspects pool facility for unsafe or broken equipment. Observes patron behavior while engaged in swimming activities for unsafe or improper conduct and possible drowning situations. Keeping himself fit and athletic in order to save the lives of people.

KNOWLEDGE:

Knowledge of the principles and methods used in lifesaving including modern methods of approaching, breaking holds, spinal injury management and carrying people; standard techniques of resuscitation and other first aid measures; swimming pool sanitary regulations and their use; and the rules and regulations governing the conduct of people at a swimming pool or swimming area.

ABILITIES:

Ability to:

- Remain vigilant and act quickly and calmly in ALL emergencies/making rescues/rendering aid;
- Function as a lifeguard and apply lifesaving techniques and render first aid/CPR to various age groups
- Effectively supervise patron activities at a public pool including the non-water areas
- Resolving conflicts of the public within the swimming pool and staying attentive
- Monitor the activities of swimmers and quickly detect problem areas
- Check facility for safety hazards to maintain a clean and safe work area,
- Enforce water safety standards and departmental regulations;
- Maintain positive yet professional relations & communicate effectively with the public and staff;
- Work effectively and courteously with pool patrons, staff, and the general public
- Independently make decisions which comply with overall facility policies and procedures
- Read, understand and explain facility policies and procedures;
- Maintain records and periodic reports;
- Accept constructive criticism and direction from supervisors;
- Motivate program participants;
- Swim 300 yards continuously per lifeguard training prerequisites;
- Tread water for two minutes per lifeguard training prerequisites;
- Perform tasks requiring physical strength and/or stamina to effectively rescue victims, administer first aid, and CPR;
- Perform work, which involves frequent lifting, pushing and pulling of heavy objects;
- Hear and distinguish a variety of sounds in a noisy environment such as participants in need of assistance, whistles, or co-workers requesting assistance in a rescue effort;
- Speak loudly/blow whistle to warn program participants of impending danger;
- Successfully complete all training provided by the department.
- Participate in the formulation of rules and regulations regarding operation of a public pool
- Undertaking all other jobs that need his/her direction and attention.

Special Requirements:

Possession of or in training for a current American Red Cross Lifeguard Training Certificate, First Aid, and a current CPR Certificate. * (If in training for, must possess certifications prior to first shift). This certification must be maintained as long as individual is working as a lifeguard. Ability to pass pre-employment practical skills test in the water

***Acceptable Lifeguard and CPR Certifications include:**

American Red Cross Lifeguarding/First Aid/CPR/AED **OR**

American Red Cross Lifeguarding/First Aid

With

The American Red Cross CPR for the Professional Rescuer. **OR**

The American Heart Association Basic Life Support (BLS) for the Healthcare provider. **OR**

The American Red Cross CPR – AED for Lifeguards

Special Working Conditions:

Exposure to variable temperatures and weather conditions; strong and unpleasant odors and fumes such as chlorine; noise from children; allergens such as pollen and bee stings; pool chemical fluctuations which might cause irritation to eyes and skin; and the possibility of administering first aid which may involve exposure to infections which might cause chronic disease or death. A head lifeguard should be comfortable working in a wet and watery environment. He/she will have to wear a uniform provided by management.

Other Requirements:

Maintain professional attire at all times when on duty

- Athletic one-piece swim suit* (i.e., Speedo, Nike, TYR)
- Hats*, sunglasses*, sunscreen*, use of provided umbrellas as needed to reduce sun exposure
- Whistle* of decibel level to be heard inside building when blown on deck
- Staff issued lifeguard shirt and black, red, or navy shorts or sweats

(*these are not provided by SPRSA and must be provided by employee):

Availability to work days, early mornings, afternoons, late evenings and weekends; Work is reviewed for results by observation. Employees in the seasonal classification normally work full-time seasonal (May through September) schedules. These employees are supervised by the pool manager and/or head lifeguard at the work site.

Substance Abuse Testing. Due to the safety and/or security sensitive nature of this classification, individuals shall be subject to pre-employment or pre-placement alcohol, drug and/or controlled substance testing as outlined in SAC policy and procedures.

Background Investigation:

Fingerprinting is required for persons 18 and older.