

CAPITAL DISTRICT YMCA

Job Description

Position Title: Lifeguard

FLSA status: Non-Exempt

Reports To: Aquatics Director

General Function

Under the direction of the Aquatics Director, the lifeguard carries the primary responsibility for the safety and well being of all persons in the pool area. The lifeguard enforces all pool rules and regulations and uses good judgment and experience to prevent accidents. If an incident or accident occurs, the lifeguard will act within CDYMCA procedures in aiding the individual(s).

Job Requirements (Include education, experience and specific competencies)

- Minimum of 16 years of age.
- Current CPR for the Professional Rescuer certification.
- Current certification in First Aid.
- Current lifeguard certifications (YMCA or Red Cross)
- Be able to pass the CDYMCA swim test, as administered by the Aquatic Director.
- Knowledge of and commitment to the mission of the YMCA and its capacity to build strong kids, families and communities. The ability to articulate and model YMCA's four core values of Caring, Honesty, Respect and Responsibilities are essential.

Principal Responsibilities:

1. To actively guard the pool from a standing position or lifeguard chair by using 10 x 10 and triage scanning, must be rescue ready at all times. Rescue ready includes: wearing a fanny pack, whistle, appropriate colored shirt, name tag, bathing suit, appropriate footwear, and rescue tube with strap around shoulders.
2. Never leave the pool unattended. Prior to ever leaving the pool, arranges for relief by a certified lifeguard or clear the pool of all swimmers and lock the door until a certified lifeguard appears.
3. Never engages in extended conversations or other activities while guarding the pool.
4. Enforce pool rules and regulations of the CDYMCA as well as any branch specific regulations.
5. Signal infraction of pool rule through use of a whistle, which should be carried at all times.
6. Set up lane lines and safety ropes as required by pool program scheduling.
7. Ensure the pool area is neat and clean prior to ending shift (pick up kick boards, pull buoys and ropes, check safety equipment, etc).
8. Interact with all members and staff in a professional, courteous and friendly manner.
9. Open and close the pool according to the branch procedures.
10. Test and note whirlpool and pool chemical levels (chlorine, pH) in the Pool Log Book when not assigned to pool surveillance. (how often)
11. In the case of an emergency during a lock-in, close the pool and immediately respond.
12. In the case of a lock in, secure all pool access doors at the end of the pool time.
13. Attend monthly mandatory staff meetings and in-services as required.
14. Maintain cleanliness of facility as a member of Clean Team.
15. All other duties, as assigned.

Effect on End Result

The satisfactory performance of the incumbent will result in the consistent safety of all persons in the pool area.

Physical Requirements _____

This work requires the following physical activities: climbing, bending, stooping, kneeling, twisting, reaching, sitting, standing, walking, lifting, finger dexterity, grasping, repetitive motions, talking, hearing, visual acuity and swimming. The work is performed primarily in an indoor aquatic facility.