Joseph Pilewski

<u>Why I Want to be a Lifeguard</u>

One career I would like to pursue is to be a Jones Beach lifeguard. I want to be a lifeguard so I can help people and have fun doing it! They help to keep the beach safe and even save people's lives.

One benefit of being a lifeguard is being able to help the community. Lifeguards rescue people in danger, administer CPR, and treat other medical conditions. The give people a sense of confidence and safety while in the water. They also look out for dangerous surf conditions, such as rip currents or extremely large waves. They make sure people are swimming in the right areas and aren't out too far. If people have boogie boards, paddleboard, or surfboards, lifeguards direct them to the correct areas to avoid collisions with other bathers. Without lifeguards, a beach would be a disorganized and dangerous place.

A benefit of training to be a lifeguard is learning how to use surf conditions to your advantage. Lifeguards learn how to use water currents, such as the sweep or the rip current, to their advantage to get out to a victim faster. They also learn how to dive under large waves and how to porpoise out past where the waves break. Lifeguards also learn how to swim in the ocean faster. These techniques can be used to rescue someone more efficiently or just for a casual swim.

If I become a lifeguard one of my main goals would be to give back to Jones Beach Junior Lifeguard program. It has taught me everything I know so far about lifeguarding and the ocean. I want to become a lifeguard to help the program, and if available, even coach it.

Being a lifeguard is a very honorable position. To me, it means more than just being a lifeguard. It means to be a good person who helps others voluntarily. I look up to all the lifeguards at Jones Beach and hope to join when I am eighteen.