

**TOWN OF MERRIMACK
PARKS & RECREATION
LIFEGUARDS**

JOB SUMMARY:

Lifeguards are responsible for safely managing the waterfront environment of the Summer Day Camp Program swim area as well as the Town Beach on Lake Naticook.

SUPERVISION RECEIVED:

Position works under the Direction of the Waterfront Director and/or Assistant Waterfront Director

SUPERVISION EXERCISED:

None

EXAMPLE OF DUTIES:

- Keep Waterfront Area clean and safe at all times
- Patrols swimming areas and monitors swimmers
- Performs rescue maneuvers, CPR, and First Aid as necessary.
- Transmits requests for emergency assistance when needed.
- Ensures that maximum safety precautions are practiced and rules and regulations are followed by all beach patrons.
- Communicate effectively to enforce safety regulations
- Must have considerable ability as a swimmer.
- Assumes responsibility for care of all equipment and supplies used in daily operations.
- Oversees that storage area is regularly kept clean, stocked, and organized.
- Reports to Waterfront Director when supplies are low or equipment is damaged.
- Performs related duties and on-the-job-training as specified by the Waterfront Director or as the situation dictates.
- Other duties may be assigned as required

KNOWLEDGE, SKILLS & ABILITIES

- Ability to relate to one's peer group
- Ability to accept guidance and supervision
- Good character, integrity and adaptability
- Enthusiasm, sense of humor, patience and self-control
- Ability to communicate and train staff and campers in safety regulations and emergency procedures
- Physical ability to respond appropriately to situations requiring first aid

MINIMUM QUALIFICATIONS REQUIRED:

College student or at least 16 years of age

Current Certifications must include:

- CPR/AED for the Professional Rescuer or equivalent
- Lifeguard / Waterfront First Aid
- Lifeguard Certification from a nationally recognized program

Additional Preferred Certifications to include:

- CPR/AED for the professional Rescuer **Instructor**
- Lifeguarding / Waterfront Instructor
- Red Cross Water Safety Instructor
- Small Craft Safety

Cognitive and Sensory Requirements:

Talking: Necessary for communicating with others
Hearing: Necessary for taking instructions and receiving information.
Sight: Necessary for doing job effectively and correctly.

During an 8 hour day, employee is required to:

Consecutive Hours

Sit 1 2 3 **4** 5 6 7 8
Stand 1 2 3 4 5 6 **7** 8
Walk 1 2 3 **4** 5 6 7 8

Environment: Inside 5% Outside 95%

Equipment Used: Waterfront safety equipment.

Hand Manipulation

Grasping: Frequently required
Handling: Frequently required
Torquing: Rarely required
Fingering: Rarely required

Controls and Equipment: Lifeguard Rescue Equipment

Specific Vocational Preparation Requirements:

- () 1. Short demonstration only.
- () 2. Any beyond short demonstration up to and including 30 days
- (x) 3. 30 – 90 days
- () 4. 91 – 180 days
- () 5. 181 days to 1 year
- () 6. 1 to 2 years
- () 7. 2 to 4 years
- () 8. 4 to 10 years
- () 9. Over 10 years

Physical Activity Requirements

Primary Physical Requirements

Lift up to 10 lbs. : Frequently required
Lift 11 to 25 lbs. : Frequently required
Lift 26 to 50 lbs. : Rarely required
Lift over 50 lbs. : Not required

Carry up to 10 lbs. : Frequently required
Carry 11 to 25 lbs. : Frequently required
Carry 26 to 50 lbs. : Rarely required
Carry over 50 lbs. : Not required

Reach above shoulder height: Frequently required
Reach at shoulder height: Frequently required
Reach below shoulder height: Frequently required

Push / Pull: Rarely required.

Other Physical Considerations

Twisting: Frequently required
Bending: Frequently required
Crawling: Rarely required
Squatting: Frequently required
Kneeling: Frequently required
Crouching: Frequently required
Climbing: Frequently required
Balancing: Frequently required

Work Surface (s)

Waterfront, Beach area