TOWN OF MERRIMACK

PARKS & RECREATION

LIFEGUARDS –FULL TIME & PART TIME SEASONAL

**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:

* Hold current Lifeguard Certification from the American Red Cross, YMCA, Boy Scouts of America, Ellis and Associates or other national recognized certification.
* Hold current CPR/AED for the Professional Rescuer or equivalent
* Lifeguard / Waterfront First Aid

Additional Preferred Certifications to include:

* 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 34 5 6 **7** 8

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

**Environment:** Inside 5% Outside 95%

**Equipment Used:** Waterfront safetyequipment.

# 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