

**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 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