



# Glebe Harbor-Cabin Point Association, Inc.

751 Glebe Harbor Drive  
Montross, VA 22520  
804-472-3646

## **Lifeguard Job Requirements and Responsibilities:**

- Keep the Pool and its facilities a clean, safe, and fun place to work and play.
- Enforce pool rules with tact, handle discipline situations with courtesy and fairness.
- Supervise swimming activities at the GHCP pool and ensures that policies, guidelines, and safety procedures are followed.
- Warn swimmers of improper activities or danger and enforces pool regulations and water safety policies.
- Administer first aid in the event of injury, rescue swimmers in distress or danger of drowning, and administer CPR and/or artificial respiration, if necessary.
- Evaluate conditions for safety and initiate aquatics emergency action as required.
- Check in patrons.
- Monitor pool facilities, equipment, and water to ensure that they are safe and usable.
- Help maintain records and charts of water tests and records of accidents.
- Scrub the pool perimeter as needed, regularly skim floating debris and vacuum the pool as needed.
- Clean and restock bathrooms, maintain concession stand area.
- Assist with classes in fundamentals of swimming as requested.
- Facilitate public relations with a positive and professional attitude, courtesy and tact.
- Communicate, support and cooperate with supervisors, patrons, and peers.
- Help resolve scheduling conflicts when multiple programs/activities/priorities require use of aquatic facilities at the same time to ensure safe pool environment.
- Adapt to shift changes to support other staff members as much as possible.

## **Certifications:**

- Certified Red Cross Lifeguard Training Certificate, or equivalent
- American Red Cross CPR for the Professional Rescuer, or equivalent
- American Red Cross Standard First Aid, or equivalent
- American Red Cross AED Training, or equivalent

## **Lifeguarding Skills:**

- Knowledge of GHCP Pool protocols, operational procedures, and safety policies.
  - Swimming proficiency and comfort in all types of pool water conditions.
  - Knowledge of methods and techniques for providing on-site emergency medical services.
  - Knowledge and ability to evaluate water conditions at the pool to determine potential dangers or hazards.
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- Ability to adjust programs as necessary to ensure the safety of the visitors and other staff.

- Ability to evaluate the dynamics of individuals participating in aquatic activities to immediately assess their capabilities and any possible threats to their safety.

**Working Conditions:**

- Guards may be exposed to noise from pool equipment and individuals and temperature extremes.
- Guards will be working near common pool chemicals which if protocol not carefully followed maybe considered potentially hazardous.
- Moderate physical exertion is required to move, lift, carry or push pool objects, to climb in and out of the swimming pool and climb up and down ladders.