

LIFEGUARD REQUIREMENTS AND EXPECTATIONS

The following list is just some of the things that should be considered for those people considering becoming a beach or pool lifeguard and a reminder to those who are currently lifeguards.

Spring Lake lifeguards are an outreach to the surrounding community. Our beach embraces a “team” concept which can show itself in many ways. This can easily be seen in the coordination of rescues, communication between lifeguards and supervisors, as well as the public. Spring Lake guards are expected to possess above average personal attributes while on duty and off duty. They should be able to interact with respect and honesty with their co-workers and the public.

- 500 meter swim in under 9:45 minutes (this is a MINIMUM) requirement.
- Pool lifeguards in under 10:00 minutes for a 500 meter swim.
- 1 mile run in under 10 minutes (this is a MINIMUM) requirement.
- Current Professional CPR/AED and at minimum a basic FIRST AID certification. A list of acceptable certifications is on a tab on the www.springlakeguards.com web site.
- LGT for pool guards.
- Work availability from Memorial Day to Labor Day for the beach.
- Work availability for emergency situations, before or after regular beach hours.
- If necessary, availability to pick up additional work days if beach conditions deem necessary.
- Attend training sessions to keep necessary certifications of Professional CPR/AED/FIRST AID current.
- Attend training sessions on information about Blood Borne Pathogens.
- Attend training sessions on information about Sexual Harassment in the workplace.
- Participate in group crew training each morning. This will involve lifesaving drills as well as use of all lifesaving equipment, and physical fitness training.
- Drill on first aid requirements for USLA beach certification.
- Participate in individual workout in the afternoon involving use of equipment and/or also incorporating swimming or running.
- Strive to become proficient in rowing, single or double.
- Become proficient in uses of paddleboard and kayaks.
- Meet time standard qualifications in rescue techniques. For example, swimming with rescue torpedo, securing a victim, and or pulling the rescue line.
- Follow directions, policy and procedures of crew chief, lieutenant, beach captain, or any other administrative personnel on the beach.