

## **LIFEGUARD**

Intramurals and Recreation is a division of the Department of Campus Life that provides a variety of vigorous, fun-filled, health-promoting, physical and recreational activities conducive to wellness and personal development. Students, faculty, and staff participate in these activities through the following programs and services: intramural sports, open recreation, sports clubs, recreational organizations, special events, and instructional programs.

Lifeguards are responsible for ensuring the safety of the facility patrons by preventing and responding to emergencies. You must be able to supervise swimmers, minimize dangers, educate facility users about safety, enforce rules and regulations, give assistance and prepare records and reports when necessary. You must act in a professional manner at all times, being mentally and physically prepared to do your very best. Characteristics of professionalism include being reliable, courteous, prompt, positive in attitude, well groomed and appropriately dressed for duty, ready to act, mature, consistent, alert, healthy and fit.

### **MINIMUM QUALIFICATIONS:**

Current certifications in the following:

- American Red Cross Lifeguard Training
- American Red Cross First Aid and Safety
- American Red Cross CPR and AED for the Professional Rescuer

### **REQUIREMENTS:**

1. As part of the hiring process, each employee is required to attend a mandatory orientation session which is not paid. These sessions will be beginning on Friday, August 28, 2009.
2. As part of the hiring process, each employee is required to attend a mandatory training session which is paid. These sessions will be beginning on Friday, August 28, 2009.

### **SWIM TEST REQUIREMENTS:**

1. 300 yard continuous swim, using each of the following strokes for at least 100 yards;
  - a. Front crawl (or freestyle)
  - b. Breast Stroke
  - c. 100 yards of your choice.
2. Submerge to a depth of at least 7 feet, retrieve a 10-pound object and return it to the surface.
3. Tread water for 2 minutes, using legs only (arms across chest and hands under armpits).
4. Rescue scenarios are predetermined by the testers and may include both water and land based rescues.
5. Back board scenario and rescue.

### **RESPONSIBILITIES:**

1. Arrive on time.
2. Enforce all facility policies, rules and regulations.
3. Minimize and eliminate hazardous situations.
4. Recognize and respond effectively to emergencies using whistles and rescue equipment.

Oswego State University  
Department of Campus Life  
Campus Recreation  
101 Lee Hall, 312-3114  
[www.oswego.edu/campuslife/intramurals](http://www.oswego.edu/campuslife/intramurals)

5. Administer first aid when necessary.
6. Inspect the facility on a daily schedule and report unsafe conditions and equipment to supervisor.
7. Educate patrons to our rules and policies.
8. Maintain appropriate placement of rescue equipment.
9. Maintain a neat and professional appearance.
10. Secure the facility when leaving.
11. Complete appropriate records, reports and timecards.
12. Participate in in-service trainings as scheduled.
13. Complete any additional duties as assigned by the Assistant Director of Campus Life.
14. Follow all established policies regarding substitutes.

For this position an individual must be highly observant at ALL times. There is a very large responsibility involved with life guarding and therefore split-second decision making is required. The ability to react quickly and effectively is key to successful life rescue and intelligent processing of the scene is wholly critical.