

LIFEGUARD DUTIES

The lifeguard maintains a safe environment for all guests of Metro Parks' swimming pools. Under management's instruction, the lifeguard is responsible for all of the following duties on a daily basis.

- ⇒ Maintains order both in the water and on the pool deck, and enforce pool rules.
- ⇒ Attentively observes activity in the water and insures safe swimming conditions at all times.
- ⇒ Treats the public with courtesy and respect at all times.
- ⇒ Provides first aid treatment and artificial respiration when necessary.
- ⇒ Maintains proper certification, including the Jefferson County Board of Health certification, and maintains water rescue skills.
- ⇒ Attends all in-services and conditioning sessions as scheduled.
- ⇒ Performs daily clean-up or other necessary tasks as instructed.
- ⇒ Take water test and accurately record results on pool log sheet.
- ⇒ Sits in lifeguard chairs, with the rescue tube in their lap, with whistle in their hand or around their neck at all times when they are responsible for the pool.
- ⇒ Reports to work at scheduled time in your required uniform.

SWIM INSTRUCTORS

If you are interested in teaching SWIM LESSONS for Metro Parks, we can train you. Please contact Keith Smith at 897-9949 ext. 26.

APPLICATION PROCESS

Please allow at least 3 weeks after all items listed below have been submitted for processing. An employee cannot start work until the personnel office completes processing.

- ⇒ Lifeguard/First Aid Certification
- ⇒ CPR for the Professional Rescuer
- ⇒ Board of Health Water & Written Test
- ⇒ Metro Parks application (The record check must be completed and APPROVED before hire. This may take **SEVERAL WEEKS SO SEND YOUR APPLICATION IN EARLY!**)
- ⇒ Metro Parks tax packet
- ⇒ Copy of Social Security Card & Photo ID
- ⇒ Birth Certificate if under 18 years old
- ⇒ All lifeguards must pass a drug test as a condition of employment.



**METRO PARKS
AND RECREATION**

2016

LIFEGUARD TRAINING

NO COST for this training if participants are willing to work for Metro Parks during the 2016 summer season.

If not working for Metro Parks the class fee is \$200.

LIFEGUARDING
a job so hot

it's cool!

Learn how to save lives by becoming an American Red Cross trained lifeguard!

- Earn money and respect
- Have fun
- Meet great people
- Develop leadership skills
- Gain valuable work experience

**Mary T. Meagher
Aquatic Center**

Phone: (502) 897-9949

E-mail:

keith.smith@louisvilleky.gov



Proud Provider of the American Red Cross Swimming and Water Safety Program.



METRO PARKS AND RECREATION

BOARD of HEALTH WATER TEST

(Please call 502-574-6650 to register for this Board of health class.)

Date: Saturday, May 21, 2016

Time: 9 - 12 pm

Location: Mary T Meagher Aquatic Center

FEE: NO CHARGE

TRAINING LOCATIONS

MTMAC - Mary T. Meagher Aquatic Center, 201 Reservoir Ave., 897-9949

← SCHEDULE

LIFEGUARD CLASS	DATES	DAYS	TIMES	FEE	LOCATION
SESSION I	Feb 1—Feb 29	Monday's	4 — 9 pm	\$200	MTMAC
SESSION II	Feb 6—Mar 5	Saturdays (No Class Feb 20)	9 — 5 pm	\$200	MTMAC
SESSION III	Feb 25—Mar 24	Thursdays	4 — 9 pm	\$200	MTMAC
SESSION IV	April 11—May 9	Monday's	4 — 9 pm	\$200	MTMAC
SESSION V	Apr. 16—May 21	Saturdays (No Class Apr. 29, May 7)	9 — 5 pm	\$200	MTMAC
SESSION VI	May 23—May 27	M, T, W, TH, F,	4 — 9 pm	\$200	MTMAC
SESSION VII	June 6—June 10	M, T, W, TH, F	4 — 9 pm	\$200	MTMAC
SESSION VIII	June 13—June 17	M, T, W, TH, F	9 — 5 pm	\$200	MTMAC

2016

LIFEGUARD TRAINING

NO COST for this training if participants are willing to work for Metro Parks during the 2016 summer season. **If not working for Metro Parks the Class fee is \$200.00.**

To become a certified lifeguard in Louisville / Jefferson County, you must be 16 years old and hold current certification in the following courses:

- ⇒ Lifeguard/First Aid Training: certification is good for 2 yrs.
- ⇒ CPR for the Professional Rescuer: certification is good for 2 yrs.
- ⇒ Jefferson County Board of Health Guard: certification expires every year.

PREREQUISITES for Lifeguard Training

The following are **prerequisite skills** for lifeguard training; you will be asked to perform these skills on the first day of class.

- ⇒ Swim 300 yards continuously -- 100 freestyle, 100 breaststroke, and 100 choice of freestyle or breaststroke.
- ⇒ Tread Water for 2 minutes no hands.
- ⇒ Swim 20 yards and surface dive 10 feet retrieving a 10-pound brick. Once swimmer has retrieved brick then the swimmer must swim 20 yards on their back while holding both hands on the brick to the original starting point. The swimmer must exit the water without using a ladder or steps. This prerequisite must be completed in 1 min and 40 seconds.



METRO PARKS AND RECREATION