

## **Overall Purpose**

The lifeguard plays a very important role in ensuring the safety of staff and campers on the waterfront. They must preserve, prevent, and promote while on the job. They enforce the rules, supervise attendants in their various activities, and provide first aid.

## **Responsibilities**

- Supervise swimmers, boaters, and watersports participants and watch out for unsafe behaviour
- Enforce the rules of the waterfront and the camp
- Educate and inform waterfront participants to avoid accidents and injury
- Respond immediately and appropriately, carry out rescues, and give immediate first aid in the event of an emergency
- Act as a role model to campers and fellow staff members by acting maturely, respectfully, and appropriately
- Train in first aid skills and prepare for rescues during in-service
- Help to clean and maintain the waterfront (i.e., raking the beach, etc.)
- Participate in camp wide games, chapel services, and other camp activities
- Act as an assistant cabin leader or sleep-in cabin leader as necessary
- Assist other staff on rain or inclement weather days or when requested

## **Other Job Duties**

- Attend shifts on time and complete duties correctly and efficiently
- When assigned the beach shack, distribute lifejackets and paddles of the appropriate size to boaters
- Answer any questions waterfront participants may have, while surveying the waterfront area
- Follow camp rules, codes, and curfews
- Read and abide by the guidelines in the “Welcome to the Camp Kahquah Waterfront Team” and “Lifeguarding Guidelines and Safety Rules” documents

## **Relationships**

Lifeguards report directly to the Waterfront Director or the Assistant Waterfront Director. Other interactions may include:

- Waterfront Assistants
  - running boating and waterfront activities
- Health Care Centre Staff
  - in case of emergency

### Equipment Used

- Whistle
- Emergency boat
- Watersports equipment
- Canoes/kayaks/paddleboards
- First aid kit
- Rakes to keep the beach clean

### Qualifications

Lifeguards must be at least 16 years old with a current NL certification issued by the Lifesaving Society. They should also have their current First Aid certification and CPR Class C.

### Requirements

- Must be able to sit or stand for long durations of time in various weather conditions (e.g., heat, sun, cold, rain etc.)
- Must be able to complete the physical standards required by the National Lifesaving Society (e.g., swimming, treading, and rescue kicks)
- Lifting heavy waterfront equipment (e.g., canoes, watersports equipment, etc.)
- Good vision
- Alert, responsive, and fast moving

