



JOB DEMANDS ANALYSIS

Company: City of Richmond

Location: Watermania

Job Title: Lifeguard

Classification: Regular Duty

Purpose of Activities

The Lifeguard is responsible for guarding patrons in the pool and on the pool deck; instructing swimming lessons for patrons of all ages in either a group or private setting; regular pool (and some general building) maintenance/cleaning, first aid and patient rescue. Testing and monitoring of pool chemicals may be required at some pools.

Tools and Equipment

The Lifeguard will regularly use the following tools and equipment to perform their duties:

- Clothing – shorts, t-shirt, sweat shirt, whistle, non-slip footwear, long pants
- First aid kit, backboard, fanny pack with barrier mask and rubber gloves
- Floatation devices (flutter boards, foam dumb bells, foam tubes, life jackets, etc.)
- Mop and bucket, water hose and squeegee, disinfectant, brooms
- Paper, pencil, participant evaluations
- Small hand tools
- Deck brush
- Power washer
- Autoscrubber
- Pool test reagents and pool chemicals
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Usual Methods

Lifeguard

The Lifeguard will rotate through Lifeguard Stations on the pool deck during the course of the shift. The Lifeguard will perform a standing or walking patrol. The standing patrol involves standing at a particular Lifeguard Station or roving on the pool deck and scanning the pool and pool deck for patrons that require assistance. This assistance can include verbal communication (no running, no horseplay, etc.), administering first aid and/or performing a rescue of a conscious or unconscious patient. A walking patrol will involve scanning the bottom of the pool, hot pools, etc., while walking from one Lifeguard Station to another or between Lifeguard Stations. These stations also include stops at the waterslides and supervising a wave pool.

During this time the guards are also responsible for moving equipment in and out of the pools including stairs, tot docks, lane ropes and the daily dragging of the bulkhead. Many of



these activities are awkward and require reasonably high force production against hydraulic resistance.

Swim Instruction

The Lifeguard will teach group or private swimming lessons during the course of a shift. The groups may range in size from one to fifteen patrons depending on their age and skill. Swim Instruction may be provided for small children, adolescents, teens, adults and seniors. The Lifeguard will spend most of the instructional time in the water with the group. Several lessons may be taught back to back before the Lifeguard receives a break from swim instruction.

Pool Maintenance

During the course of a shift, when not guarding or providing swim instruction, the Lifeguard is required to perform pool maintenance duties and in some instances perform water quality tests, add chemicals (chlorine gas, granular chlorine, Diatomaceous Earth, etc.) to the water and fill slurry tanks. These duties may involve disinfecting and hosing down the locker rooms, shower stalls and washroom facilities; clean and stack chairs and tables on the pool deck; empty garbage containers and/or any other tasks that are considered pool maintenance. It may also involve scrubbing the decks, stairs and slides with a deck brush and using a power washer. It also includes using an autoscrubber to clean floors as well as mopping and sweeping within the entire facility. The guards are also required to do laundry.

First Aid and Rescue

The Lifeguard is required to attend minor and major first aid and rescue situations in the pool and in the indoor pool building (locker room, sauna, fitness area or the lobby). The Lifeguard is typically responding to an unknown situation where the patient may be conscious or unconscious and in or out of the water. The Lifeguard will take charge of the situation until the patient is treated (minor first aid) or Emergency Medical Services arrives (major injury or rescue).

Administrative Issues

The Lifeguard works a variety of shifts that range from two to eight hours in length. The Lifeguard receives a ten-minute rest period after three hours of work and a 30-minute unpaid lunch break after five consecutive hours of work. The Lifeguards rotate their duties between guarding (15-20 minutes at one station), instructing lessons (30-90 minute lessons) and pool maintenance. There is one Lifeguard for approximately every 30 to 50 patrons in the pool. All Lifeguards must have successfully completed the requirements of the National Lifeguard Service (NLS), hold a current CPR-C Basic Rescuer certificate, have first aid training, hold a Water Safety and Lifesaving Instructor Certificate and be a minimum of 16 years of age.