



## CITY OF GROTON POSITION DESCRIPTION LIFEGUARD

**Position Title:** Lifeguard  
**Department:** Parks and Recreation  
**Reports To:** Beach Supervisor and/or Lifeguard Supervisor  
**Contract:** Seasonal  
**Approval Date:** January 26, 2023

### SUMMARY

The Lifeguard, under the direct supervision of the Beach Supervisor and/or Lifeguard Supervisor, supervises the waterfront areas as designated and ensures the safety of all patrons. Assists in planned activities conducted at the beach.

### ESSENTIAL FUNCTIONS AND DUTIES

1. Understands, follows and enforces all policies, rules and regulations of the City of Groton pertaining to the use of the beach and waterfront areas.
2. Assists in the general care and cleaning of the beach and its facilities.
3. Assists in the daily maintenance and minor repair of equipment used for beach maintenance.
4. Inspects the beach on a daily schedule and reports any unsafe conditions to the Beach Supervisor.
5. Maintains records, reports and information regarding incidents and accidents.
6. Performs all duties associated with lifeguard responsibilities.
7. Assists in planned activities conducted at the beach.
8. Promotes a professional and courteous image of the City of Groton.
9. Follows all safety rules and regulations and maintains a safe environment for members of the public attending Eastern Point Beach.
10. Is required to attend weekly training sessions.
11. Performs all other related duties as assigned.

### EDUCATION/TRAINING/EXPERIENCE

**Must be 16 years of age or older.**



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Experience in performing water rescue and lifesaving techniques.

Knowledgeable of the principles and practices of recreational activities.

Experience in associating with groups in extra-curricular activities, swim teams, etc.

Must pass a written test and water test conducted by the Director of the Parks and Recreation Department.

### **CERTIFICATIONS**

Must possess and maintain as a condition of employment a current Lifeguard Certification or a Waterfront Lifeguard Certification (preferred) obtained by the American Red Cross or Young Men's Christian Association, a Cardio Pulmonary Resuscitation for the Professional Rescuer certification and first aid certification.

### **KNOWLEDGE SKILLS AND ABILITIES**

Thorough knowledge and application of lifeguard rescue techniques.

Ability to understand and follow verbal and written instructions.

Ability to remain calm in emergency situations and to resolve problems as they arise.

### **PHYSICAL DEMANDS**

While performing the duties of this position, the individual must be in excellent physical condition. The individual is frequently required to talk, hear; required to stand, walk, sit, use hands and fingers, reach with hands and arms and swim. Must be able to lift up to fifty (50) pounds. The individual is required to have the physical ability to remove individuals of different weights from the beach water.

### **WORK ENVIRONMENT**

The work is performed in the outside environment and the employee will be exposed to the elements of the weather. The individual may be exposed to bodily fluids.

I have read and understand the expectations of my position description.

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EMPLOYEE'S SIGNATURE

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DATE