

DCR Lifeguarding 2021



Requirements to be a DCR Lifeguard

ALL DCR Lifeguards must be at least 16 years of age and must be certified in three general areas:

- ▶ Lifeguard Training
- ▶ First Aid
- ▶ Cardiopulmonary Resuscitation

The following list highlights those training programs which meet our certification requirements.

Note: Applicants need only possess one of the listed certifications in each category.

- ▶ General Requirements for ALL Lifeguards

Lifeguard Training

American Red Cross Lifeguard Training; or

YMCA Lifeguarding

- ▶ First Aid

American Red Cross Community First Aid & Safety; or

American Red Cross Standard First Aid; or

National Safety Council "Green Cross" 8 Hour First Aid course

- ▶ Cardiopulmonary Resuscitation

American Red Cross CPR for the Professional Rescuer / AED; or

American Heart Association CPR for the Health Care Provider issued within the last year.

- ▶ *Note: This is a partial listing of acceptable certifications. If your certificate is not listed above, please contact us to determine whether your certification meets our minimum certification requirements.*

What is expected of Lifeguards...



- ▶ 40 hour work week
- ▶ Daily work outs
 - Swim minimum of 200 yards daily and participate in on site physical training (min 30 minutes) 3x per week
- ▶ Participation in a weekly In-service training
- ▶ Professional appearance and behavior
- ▶ Punctuality
- ▶ Surveillance and safety of patrons
- ▶ Keeping the facility clean and safe

We Emphasize: It's your job, it's your responsibility.

Normal Hours of Operation Waterfronts

- Work Schedule 9:30am-6pm
- Lifeguard services 10:15am – 5:45pm

8' Max. Depth

100' Max. from Shore

- ▶ Lifeguard Services begin at our early start locations -

Saturday, May 29, 2021

Weekends only & Memorial Day Monday
through Saturday, June 19, 2021

- ▶ Lifeguard Services begin 7 Days a week
Beginning Sunday, June 20, 2021 through
Labor Day

Normal Hours of Operation

POOLS

- Work schedule 10:45am-7:15pm
 - Lifeguard services 11:15am-6:45pm
 - Mon-Fri 9:00am– 10:45am Learn to Swim
 - Mon-Fri 11:15am-6:45pm Open Swim/Family Swim
 - Sat & Sun 11:15am-6:45pm Family/Open Swim
- Spray Decks open Saturday, May 29, 2021
 - Wading Pools open Saturday, June 19, 2021
 - Pools Open on Saturday, June 26, 2021
 - Pools Close Sunday, August 22, 2021

2021 Statewide Pool Plan for Learn to Swim



We are planning internally to hold lessons in anticipation of COVID-19 restrictions being lifted.



Recruiting Lifeguards at DCR

- ▶ DCR recruits approximately 600 lifeguards for its guarded pools, inland waterfronts and ocean beaches.
 - ▶ DCR Lifeguards are professional rescuers, trained to help prevent injuries and to respond in an emergency to help save lives. As part of a team, lifeguards must work together to calmly and efficiently manage crisis situations.
 - ▶ With a commitment to water safety, the Department places certified lifeguards and head lifeguards to work across our five regions (Boston, North, South, Central, and West).
 - ▶ Candidates must be 16 years old (Head Lifeguards - 18 years old) at date of hire.
- DCR recruits Lifeguards in various ways:
- ▶ DCR Website
 - ▶ High School and College Recruitment, including in person and virtual Job Fairs
 - ▶ Posting Recruitment Flyers (at Pools, Beaches, area Stores, Fire Departments, Libraries, etc.
 - ▶ Hired Outside Recruiting Agency; B-Big consultants
 - ▶ DCR Staff and training partners, train qualified applicants to become lifeguards.
 - ▶ DCR Lifeguards earn \$17 per hour and Head Lifeguards earn \$18 per hour.



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KEEP
CALM
AND
LIFEGUARD
ON