



Town of Old Orchard Beach  
Fire Department

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**POSITION DESCRIPTION**

Class Title: Lifeguard (Oceanfront)

FLSA: Non-Exempt

Apply Online [here](#)

**LIFEGUARD**

**GENERAL**

This position is responsible for maintaining a safe and clean beach environment for visitors to the beach.

The Lifeguard will follow all departmental Policy's and S.O.P.'s.

The Lifeguard is responsible to prevent accidents through enforcement of policies, rules, regulations, and ordinances governing the conduct of persons using the beaches or waters.

The Lifeguard is responsible for the safety and well-being of all beach participants.

Lifeguard will anticipate problems before they occur. Prevention of accidents is a main function.

The main responsibility of the Lifeguard is the visitors on the beach or in the water.

**SUPERVISION RECEIVED**

Direct supervision is received from the Lifeguard Captain, Lifeguard Co-Captain & Fire Chief.

**ESSENTIAL DUTIES AND RESPONSIBILITIES**

- Be on the lookout, when on duty, for accidents occurring in the water, on the rocks, in the bay and on the beaches.
- Make rescues, administer first aid, and follow emergency procedures.
- Maintain order on the beach and in the water (as far as possible) and anticipate trouble and the steps to prevent it. Remember—"Preventive Lifeguarding".
- Enforce and adhere to all rules and regulations of the beaches and water.
- Perform other duties and/or assist as needed in any area of the lifeguard program when requested by the Captain, Co-Captain or Fire Chief.
- Responsible for making sure all equipment is in good condition and is in its proper place after use.
- Will help maintain a safe and clean environment. Any debris found in the water or on the beach will be disposed within reason.

- Will perform related duties as required.

## **MINIMUM QUALIFICATIONS**

- Minimum age of 18 years old at the start of the program.
- Some experience working on an oceanfront beach is preferred, but not required.
- Must enjoy working and being outside.
- Must be able to follow directions from Parks & Recreation Administrative Staff.
- Must be a Certified Lifeguard and certified in First Aid and CPR, through the end of the season.
- Must pass the swim and fitness test as outlined below.
- **Swim Test**
  1. Swim 500 yards under 10 minutes without stopping
  2. Retrieve 8 lb. weight from depth of 10 feet in pool and swim with weight to the shallow end of pool or carry individual full length of pool.
  3. Perform the appropriate rescues on the mock victims.
  4. The individual in charge of the swim test has the authority to ask candidates to perform additional swim tests if needed.
- **Fitness Test**
  1. Physically able to run a mile under 12 minutes without stopping.
  2. Perform other cardio activities, stretches, and basic workout to include but not limited to AB workout, lunges, sprints, and paddling of a kayak.

## **EDUCATION & EXPERIENCE**

Experience in oceanfront lifeguarding is preferred, but not required.

## **WORK ENVIRONMENT**

The work environment characteristics described here are representative of those an employee encounters while performing the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

## **PHYSICAL DEMANDS**

The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

While performing the duties of this job, the employee is frequently required to sit and talk or hear, use hands and finger, handle, or feel objects, and reach with hands and arms.

The employee may be asked to move equipment such as rescue kayaks, rescue boards, umbrellas, and other lifeguard equipment.

Specific vision abilities required by this job include close and distant vision and the ability to adjust focus.

### **SELECTION GUIDELINES**

Formal applications, rating of education and experience; oral interview and reference check.

The duties listed above are intended only as illustrations of the various types of work that may be performed. The omission of specific statements of duties does not exclude them from the position if the work similar, related or a logical assignment to the position.

This job description does not constitute an employment agreement between the employer and the employee and is subject to change by the employer as the needs of the employer and requirements of the job change.