**Lifeguard Resume Sample 1**

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**A. Summary**

Experienced lifeguard with 5 years of experience monitoring the safety of swimmers at public pools, sometimes upwards of 400+ swimmers. CPR and First Aid certified. Strong knowledge of all safety procedures relevant to swimming and other water activities. Dedicated to providing a safe environment to swimmers of all levels. Seeking a position that will allow me to provide safety for large groups of people, and prevent any potential dangers.

**B. Working Experience**

**June/2012 - September/2014 - Lakeland City Pool - Lakeland, Florida**

**Responsibilities:**

* Monitored all swimming activities at the facility
* Enforced pool rules and regulations
* Identified potential hazards and responded immediately
* Inspected facility each day, and reported any unsafe conditions to management
* Provided swimming lessons

**Achievements:**

* Won "Lifeguard of the Month" on three different occasions
* Promoted to Senior Guard within two months of employment
* Received many positive reviews from members of the swim club

**October/2014 - August/2017 - Winter Garden Family Resort Pool - Winter Garden, Florida**

**Responsibilities:**

* Assistance in maintaining the safety and cleanliness of the pool, and its surrounding areas
* Monitored pool area for potentially dangerous situations, and acted accordingly
* Provided swimming lessons
* Enforced all rules and regulations of the facility

**Achievements:**

* Received continuous positive feedback from pool members
* Won several staff leadership awards

**C. Education and Academic Training**

South Lake High School, 1996 - 2000  
Lake County Community College, 2000 - 2002 - Medical Technology Certificate

**D. Job-Related Skills**

* Water rescue
* First Aid and CPR
* Exceptionally strong swimmer
* Strong observational skills
* High-concentration skills
* The ability to act quickly in the event of an emergency

**E. General Skills**

* Strong work ethic
* Problem-solving
* Handling pressure
* Quick-thinking