



## Penn State Harrisburg Aquatics Center Programs

### Lap/Open Swim

Free for students

See schedule online for specific hours

### Community Swim Lessons

### Adult Swim Lessons

### Private/Semi-Private Lessons

Adult and children

### Water Fitness Classes and Aqua Zumba Classes

Free for students

### Lifeguard Classes

Full courses and review classes

### Kinesiology 045, 047, 070

### Water Polo

Swimmers and non-swimmers

Free for students

### Intramural Water Polo

Free for students

### The Fitness Swim Club



Capital Union Building  
717-948-6740 • 717-948-6664  
[hbg.psu.edu/fitness/aquatics](http://hbg.psu.edu/fitness/aquatics)

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[hbg.psu.edu/fitness/aquatics](http://hbg.psu.edu/fitness/aquatics)

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## Information for Lifeguard Applicants



Aquatics Center  
Capital Union Building  
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# INFORMATION FOR LIFEGUARD APPLICANTS



Lifeguarding is a serious job and a large responsibility for each person utilizing the Aquatics Center. We provide training to our lifeguards to better prepare you to handle emergencies in our facility.

**Positive Attitude • Team Work • Safety First • Customer Service • Supervision • Appearance • Training**

## ELIGIBILITY

We will review your application materials for the following requirements:

- Age – 16
- Legal status – Able to legally work in the United States. Must provide documentation to the Human Resources Office upon hiring.
- Certification – All lifeguards must be certified in Lifeguard Training, First Aid, and CPR for the Professional Rescuer. *(Original certificates must be provided. Copies of certifications are not accepted. Current certification is a condition of employment for lifeguards.)*
- Background checks – All prospective employees must undergo a criminal background check. The Human Resources Office determines eligibility based on results.

## QUALIFICATIONS

Prior to being considered for employment, you must attend a scheduled pre-employment skill evaluation.

The following skills will be evaluated:

- 300-yard prerequisite swim – freestyle/front crawl breaststroke
- Brick retrieval
- Tread water for three minutes
- Active victim
- Submerged victim
- In-line stabilization
- CPR/AED – bring your own mask
- Written test

## INTERVIEWS

We are looking for highly motivated individuals who are attentive to the patrons and capable of recognizing hazards and performing rescues when needed.

## HIRING

Newly hired lifeguards are expected to work at least one shift per week. We are looking for individuals with flexible schedules.

## TRAINING

Penn State lifeguards participate in pre-service and in-service training to ensure response and preparedness in an emergency.

Training is a requirement of the job! Lifeguards who fail to attend trainings will be removed from the schedule or dismissed. In-service training is typically held on Sunday evenings with a monthly lunch-time meeting.

## SCHEDULING

Scheduling is completed each semester based on seniority. Everyone is guaranteed one shift per week. The shifts are split throughout the day. This makes it easy to schedule around classes!

Additional shifts are available when a guard needs coverage for a shift. Flexibility is important.

## SWIMMING LESSON INSTRUCTORS

Individuals are needed to teach lessons to participants of all ages. Instructors must be able to plan lessons, effectively instruct participants, and evaluate participants according to Penn State Harrisburg Aquatics Center's standards and the standards of the American Red Cross. Preferred skills: American Red Cross (or comparable organization) Water Safety Instructor (WSI) or Lifeguard Certification, previous experience teaching swimming, and strong swimming skills.



- Lifeguards train throughout the semester to maintain their skills to perform when an emergency occurs.
- We review our EAP (Emergency Action Plan) throughout training.
- Three hours per month training, plus weekly 500-yard swims and CPR review.
- Striving to increase response time through frequent training and building confidence to be prepared for an emergency situation.
- Team building and customer service training add to the lifeguarding experience.