

**ELIOT INSTITUTE
LIFEGUARD
Summer Eliot Camps
(Revised June 2023)**

NOTE: Eliot Institute requires that two lifeguards be appointed for our July and August summer camps. We will continue to only have one lifeguard at the Creative Arts Eliot until the number of campers requires another lifeguard.

SELECTION: Selected by the Dean and responsible to the Waterfront Director.

QUALIFICATIONS: A water safety and life-saving certification such as Red Cross Senior Water Safety, Bronze Cross, or NSL certification. While current certification is preferable, it must have been completed within the past 10 years.

GENERAL RESPONSIBILITIES: Under the direction of the Waterfront Director, supervise safety during designated hours at the swim dock and the lagoon beach.

SPECIFIC RESPONSIBILITIES: [See Timeline]

**LIFEGUARD
TIMELINE**

BEFORE CAMP

- _____ Register for camp. Sign a contract and Code of Ethics; send both to the Registrar.
- _____ Regularly check the website job description for a new Revised date.
See www.eliotinstitute.org —> Volunteers —> Camp Jobs
- _____ Be familiar with “Seabeck’s Rules for Lagoon Use.” The Registrar will have a copy for you upon arrival at camp. If you would like to view it earlier, see Ideas, Hints and Tips at end of this job description.
- _____ Be completely familiar with Eliot Waterfront Rules found on the Eliot website and Use of the Air Horn.

ARRIVAL DAY

- _____ Attend staff meeting.
- _____ Be present when the Board Representative signs “Seabeck’s Rules for Lagoon Use” with the Seabeck staff person.

DURING CAMP

- _____ Help the Waterfront Director to enforce the general rules applicable to waterfront activities. Inform campers they may swim at Eliot only when supervised by an appointed lifeguard, only at the lagoon swimming area and swimming dock, and only during daylight, usually from 1:30 - 5:00 each afternoon, or at other times when designated and authorized by the Dean(s). No swimming after dark. Swimming at other locations, such as the picnic area at Salmon Bake beach, at any time, is also unauthorized, not supervised and solely at the risk of the swimmers and their parents, guardians, or sponsors.

- _____ Supervise the morning Polar Bear Swim. Ensure swimmers enter the lagoon in waves with the stronger and heavier swimmers first, then lighter swimmers and smaller adults, then children last. People should dive in, not jump in, then immediately swim away from the dock to clear potentially dangerous congestion there. Campers under 18 must have a swim badge; for the first morning of camp, before badges are earned, they must be accompanied by a parent or a designated adult swim buddy.
- _____ In the event that weather, water conditions, or a decrease in the number of swimmers reduces the need for two lifeguards, the Waterfront Director may assign shifts to the lifeguards as deemed appropriate.
- _____ Conduct swim checks of children 17 and younger and add appropriate colored tapes to their swim bracelets. See “Swim Badges” under Camp Jobs on the website. [Note: Usually a volunteer adult camper will help do this task.]
- _____ Recommend new or revised rules to the Waterfront Director for submission to the Dean.
- _____ August Camp Only: Hiroshima Boat Ceremony: One lifeguard and one adult are to be in a boat in the lagoon during the time MAGs are setting out Hiroshima boats. Also each MAG rower must be qualified (passed the row boat test or paddle boat test).

USE OF AIR HORN

One Blast: All persons swimming, on the swim dock or on the beach are to immediately stop what they are doing, and pay attention to the instructions of the Lifeguard.

Three Long Blasts: This should be used ONLY for “911” type emergencies. Any camper should call 911 if heard. ONLY campers trained in emergency or medical procedures should respond. Three blasts on the horn requires ALL people to leave dock and water, except those responding to the emergency.

LAST DAY OF WATERFRONT ACTIVITIES

- _____ Assist the Waterfront Director in returning waterfront equipment to the Storage Closet. Be sure all equipment is bone dry.

IDEAS, HINTS AND TIPS

SEABECK’S RULES FOR LAGOON USE

Here's the link on the Seabeck website for the Lagoon Use form:

http://media.wix.com/ugd/00a371_803de2053bc54985bc126fae6d4f0c10.pdf

To navigate to the form:

www.seabeck.org –> "Group Retreats" menu –> select "Retreat Forms" –> scroll down, then select "Lagoon Form"

SPECIAL REQUESTS

Sometimes a swimmer may request doing something new and different to receive a special “badge”. It is always up to the lifeguard to determine if this is to be allowed.

For instance, in July 2016 a couple swimmers wanted to tread water for 60 minutes. This was allowed with a non-staff observer watching and timing. The observer and/or lifeguard reserved the right to end the event if the swimmer showed signs of difficulty or distress (hypothermia, for example).