A Tester plays an important role in each phase of SDLC (Requirement Analysis, Design, Development, Testing and Deployment/Documentation). Here, I try to explain how Tester works in each phase of SDLC.  
  
Requirement Analysis  
In this phase Tester will do feasibility study of the Requirement, risk Analysis/Forecasting, bug prevention/mitigation and identify the loop holes. Tester will properly express functional requirements and review the gap between features so that they can be analyzed as early as possible. Establish the environment requirements. Prepare the higher level test plan including the risk and tools used in the project. Establish defect tracking methodology also identify the type of the testing to be carried in the project.  
Design  
In this phase tester will review the design, if they are testable, how long will it take to test? Tester will be assuring architecture satisfies all (non)-functional requirements. Prepare the Data Flow Diagram (DFD) of the project and document it. Verify the flow of the functionalities. Verify the ER diagram, Process diagram, Use Case etc. Since, tester is the proxy end user, they review the design as an end user perspective. Verify the user type and the user interface/experience. Prepare the low-level test plan including risk, scope, tools, environment etc.  
Development  
In the development phase tester will maintain the algorithm for the development. Develop the test case so that it can be used in TDD or BDD. Preparation of Environment for testing.  
Testing  
This is the most important phase for the tester. S/he will verify the test are run according to the test plan. Execute the test case. Testing is also known as defect detection phase, in this phase, tester find the defect and report them as early as possible. Verify the bugs are fixed before release. Perform the following testing and assure that no defects remain in the project.  
Functional Testing  
Test Automation  
Integration Testing  
Regression Testing  
Performance Testing  
Security Testing  
User Acceptance Testing (UAT)  
  
Deployment/Documentation  
Lastly tester will prepare all standard Guides and Manual and ensure nothing has been left behind which can create a problem with software deployment. Prepare the user guide/manual of the product.