

PA

Paul Allen

Lifeguard

Head lifeguard with 9 seasons across ocean, waterpark, and municipal pool settings. Ellis & Associates Lifeguard Instructor with experience auditing scanning, running in-service drills, and managing schedules for teams of 25-40 guards.

CONTACT INFORMATION

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KEY SKILLS

- Vigilance Awareness Training (VAT) auditing and 10/20 scanning protocols
- Open water and surf rescue using rescue board, tube, and PWC
- AED operation, CPR, oxygen administration, and BVM ventilation
- Spinal injury management and in-water backboarding
- Rip current identification and beach flag advisory systems
- Incident report writing and root-cause analysis
- Staff scheduling, payroll coding, and seasonal hiring for teams of 25-40
- In-service drill design and Lifeguard Instructor training delivery
- Pool chemistry monitoring and CPO-level water quality troubleshooting
- Radio dispatch communication and multi-agency coordination
- Heat illness prevention and crowd management during high-attendance days
- Bilingual guest education (English/conversational Spanish)

PROFESSIONAL EXPERIENCE

HEAD LIFEGUARD | PACIFIC TIDE WATERPARK, LONG BEACH, CA 2022 – PRESENT

- Oversee 32 lifeguards across 14 attractions including a wave pool, lazy river, and four body slides.
- Cut average response time from whistle to victim contact from 28 to 17 seconds through targeted drills.
- Run weekly VAT (Vigilance Awareness Training) audits and document results in the Jeff Ellis system.
- Investigate incident reports and present root-cause findings at monthly safety meetings.
- Manage shift schedules for a 130-day season and coordinate coverage during 100-degree heat advisories.

OCEAN LIFEGUARD II | SEAL HARBOR MARINE SAFETY, HUNTINGTON BEACH, CA 2019 – 2022

- Patrolled 0.8-mile stretch of open ocean, performing 64 rescues over three seasons.
- Responded to medical aids including jellyfish stings, lacerations, and one cardiac event using AED.
- Operated rescue board and PWC (personal watercraft) in surf up to 6 feet during summer south swells.
- Educated beachgoers on rip current ID and posted flag advisories at the tower.
- Logged daily ocean conditions and beach attendance estimates in the dispatch system.

LIFEGUARD / SWIM COACH | RIVERSIDE AQUATIC CENTER, RIVERSIDE, CA 2017 – 2019

- Guarded 50-meter outdoor pool during USA Swimming meets with 400+ athletes on deck.
- Coached novice age-group swimmers (ages 7-10) two evenings a week; group grew from 9 to 22 swimmers.
- Backed up assist rescues during clinics and ran in-water spinal practice at monthly in-services.
- Maintained pool chemistry logs and flagged a saturator malfunction that prevented a closure.

SEASONAL LIFEGUARD | CITY OF POMONA PARKS & REC, POMONA, CA 2015 – 2017

- Started as junior guard and promoted to senior guard for the 2016 season.
- Guarded municipal splash pad and 25-yard pool serving free-swim programs for underserved youth.

- Earned Lifeguard Instructor certification at age 19 and assisted with 3 new-hire classes.

EDUCATION

A.S. in Kinesiology, Long Beach City College, 2017

Ellis & Associates Lifeguard Instructor (ILTP), current through 2025

American Red Cross CPR/AED for the Professional Rescuer & First Aid Instructor, current

USLA Open Water Lifeguard Certification, 2019

EMR (Emergency Medical Responder), National Registry, current

PWC Rescue Operator Certification, California State Parks, 2020