



Jessica Taylor

Lifeguard

Recently certified lifeguard and former high school swim team captain looking for a summer pool position. Red Cross Lifeguarding/CPR/AED certified in March 2024, with strong scanning habits and a calm voice in the chair.

CONTACT INFORMATION

 (208) 555-0149

 tyler.brennan@example.com

 Boise, ID 12345

KEY SKILLS

- Zone scanning and 10/20 surveillance
- Active and passive victim recognition
- CPR and AED operation
- Rescue tube entries and assists
- Spinal injury management and backboarding
- Water chemistry checks (chlorine, pH)
- Pool deck rule enforcement
- Incident reporting and documentation
- Swim lesson support (Levels 1-2)
- Calm verbal communication with guests
- Team radio and whistle signals
- Strong endurance freestyle and approach stroke

PROFESSIONAL EXPERIENCE

Summer 2024

Lifeguard (Seasonal) | Foothills Family YMCA, Boise, ID

- Guarded outdoor lap pool and zero-entry kiddie pool, scanning zones with up to 180 swimmers at once.
- Logged 12 preventive interventions (rule reminders, swim ability checks) during the 11-week season.
- Backed up head guard on one assist rescue of a tired swimmer in the deep end; no injury reported.
- Opened and closed the deck, including chlorine readings, chair setup, and skim of debris.

2023

Swim Instructor Assistant (Volunteer) | Treasure Valley Swim Club, Boise, ID

- Helped lead-coach run Parent and Tot and Level 1 lessons for groups of 8-12 children.
- Modeled freestyle and back float technique and offered in-water support for nervous beginners.
- Set up kickboards, barbells, and lane lines before each session.

EDUCATION

High School Diploma, Boise High School, Boise, ID, 2024

American Red Cross Lifeguarding/First Aid/CPR/AED Certification, March 2024 (valid through March 2026)

Varsity Swim Team Captain, Boise High School, 2023-2024