Dear Lifeguard-in-Training (L.I.T.) Applicant:

We are pleased you have expressed an interest in our L.I.T. program which is designed for teens, **13 years of age or older,** who want to further develop their leadership and water safety skills as well as gain experience in planning and instructing activities for young children. **Acceptance into this program is based on an application and interview process.** Selected L.I.T.s will be assigned to a counselor and a group of children and be given a list of tasks to complete during the camp session**.** To be considered for an interview for the summer L.I.T. program, you must first complete the attached application and submit it to the Wolfeboro Parks and Recreation Department either electronically to parksdirector@wolfeboronh.us or mail to PO Box 629 Wolfeboro, NH 03894.

Selected applicants must commit to a set schedule with some flexibility and attend beach training, along with any pre-season in-service training. It is important for all selected applicants to attend. LIT Handbooks and shirts will be distributed at this training.

Sincerely,

Christine Collins
Director, Wolfeboro Parks and Recreation

Wolfeboro Parks and Recreation
LIT (Lifeguard-in-Training) Application

First Name:		**Last Name:**
Street Address:		**City, State, ZIP:**
Home Phone:		**Cell Phone:**
Parent/Guardian #1 Name:	**Parent/Guardian #2 Name:**	**Parent/Guardian Cell Phone:**
Gender:	**Date of Birth:**	**Email:**
School:	**Grade:**	**T-Shirt Size:**

Have you ever been a L.I.T. before? Circle: Yes / No If so, when and where? _____

_____

Why do you want to be a L.I.T.?_____

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Describe all of your experience in dealing with the public:

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_____

Do you have any special skills (speaks another language) or talents that may be useful in being a L.I.T.?

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Please list two references (not including family members – include names and phone numbers):

1._____

2._____

I certify that the above information is true. I understand that selection into the L.I.T. program is based on this application and an interview.

Signature: _____

Parental or Guardian Signature required if under 18 years of age:

_____

Parent or Guardian

Lifeguard-In-Training Rules of Conduct

Lifeguard-in-Training agrees to:

- Stay with assigned beach at all times unless otherwise stated by the supervising lifeguards. If on an assigned task, LIT shall not deviate from task for personal needs.
- Maintain personal care (sunscreen, eating well, staying hydrated) and wearing appropriate beach attire (one piece swimsuits and LIT t-shirts/hats).
  LIT's arriving at beach without appropriate attire will be asked to leave the site.
- Never be alone with children.
- Respect others in what you say and do. LITs shall never use inappropriate language while in the vicinity of the site.
- Refrain from using a cell phone during beach hours. LITs may keep a cell phone In the lifeguard shack or in their bag, but only in vibrate or silent settings. LITs found using a cell phone for any reason during beach hours will immediately forfeit their right to carry the cell phone. Confiscated cell phones will remain in the lifeguard office until the end of the day, when a parent/guardian may pick up the phone. LITs needing to make an emergency phone call during the day will have access to a site phone under
  Lifeguard/supervisor/director supervision.
- Be involved and engaged with swimmers throughout the entire day.
- Get to know swimmers' names and their families.
- Keep incidents or issues confidential, only sharing information with supervisors and never with other employees.
- Take care of personal belongings & keep belongings out of swimmers' reach.
- Use equipment and supplies in a safe and appropriate manner.
- Create a safe and fun environment.
- Notify a lifeguard if someone is injured…this includes broken or lost teeth, bruises, and cuts. LITS are not permitted to administer any first aid.
- Report problems to supervisors concerning swimmers and staff and use appropriate chain of command.
- Chain of command for all beach issues, from staff issues to swimmers issues is as follows: lifeguard, Aquatic Director, Assistant Parks and Recreation Director, Parks and Recreation Director, Town Manager.

I have read & understand the chain of command-_____

Grounds for Immediate Dismissal:

- Bringing a weapon to camp
- Intentionally harming yourself or causing injury to a member of the staff or public
- Vandalizing the property of the beach facility, staff or member of the public
- Stealing items from the beach facility, staff or the public
- Displaying inappropriate behaviors repeatedly
- Failing to comply with the Rules of Conduct
- Failing to display appropriate respect to authority figures on site

We have read and understand the rules of conduct and agree to uphold them to maintain a safe and enjoyable camp experience for everyone.

Lifeguard in Training's Name (please print) _____

Signature LIT_____ Date_____

Signature of Parent/Guardian_____ Date_____

Lifeguard LIT PROGRAM

TITLE: Lifeguard in Training
DEPARTMENT: Recreation
EFFECTIVE DATE: June 1- August 31
REPORTS TO: Aquatics Director
SALARY LEVEL: Community Service

POSITION SUMMARY:

Lifeguard-in Training (L.I.T's) will work closely with lifeguards and swim instructors to assist in the running of beaches and swimming programs. This is an excellent opportunity to gain valuable experience. L.I.T.'s must attend a pre-beach opening, CPR/First Aid either June 17th or June 19th during the day- must sign up, All Staff Training, Summer Kick Off – June 24th

RESPONSIBILITIES:

- Assist with duties of lifeguards such as beach maintenance and setting up.
- Support swim instructors with swimmers that may need extra help.
- Commit to a schedule with the Aquatic Director.
- Actively participate in staff training and meetings.
- Enthusiastically participate in beach programs.

QUALIFICATIONS:

- An outgoing, positive attitude
- Ability to maintain safety and discipline in a fun and positive way.
- Ages 13-15

BENEFITS:

- Earn community service hours for graduation, honor society, and/or college applications (this is a volunteer opportunity).
- Receive feedback for your work with staff, parents, and swimmers.
- Develop your leadership skills
- Gain hands-on experience working with children and the public
- Reference Letter for future employment
- Successful completion of this program could potentially lead to a part-time/full-time position with Aquatics programs.