



# NOW HIRING LIFEGUARDS

## AGE & WORKING CONDITIONS

### AGE 16+

16+ years of age or older to take classes

### Conveys and exchanges verbal and written information

Work may be performed outdoors in various weather

### Physical tasks: walking, standing, sitting and swimming rescues

Lifting, moving or carrying objects up to 50lbs

### Walking on various surfaces that may be slippery

### May come into contact with pool chemicals

### May work evenings, weekends and holidays



May come into contact with pool chemicals



May work evenings, weekends and holidays

The Washoe County School District or the Board of Trustees neither endorses nor sponsors the organization or activity represented in this document. The distribution of this material is provided as a community service.

### Northwest Pool - 2925 Apollo Way

\$77.50 for Non-City of Reno Employees | \$38 for City of Reno Employees

*Minimum of 3 and maximum 10 participants*

#### Session #1

February 24-March 16  
Mon, Wed & Fri 7-10pm  
(9 classes)

#### Session #2

March 16-20  
9am-3pm  
(5 classes)

#### Session #3

March 23-27  
9am-3pm  
(5 classes)

#### Session #4

April 6-24  
Mon, Wed & Fri 7-10pm  
(9 classes)

#### Session #5

April 25-May 10  
Sat & Sun 9am-3pm  
(6 classes)

#### Session #6

May 18-22  
Mon-Fri 9am-3pm  
(5 classes)

Lifeguard training is offered in the spring, fall and winter by certified American Red Cross trainers. The minimum age for Lifeguard Training is 16. Once certified, participants are eligible to work in the City of Reno aquatic centers or they can take their certification to another aquatic facility. For dates or more information call Lauren Kaz at (775) 657-4651 or email [KazL@Reno.Gov](mailto:KazL@Reno.Gov).

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Participants must attend all classes within the selected session.

### Prerequisites

- Continuously swim 300 yards
- Tread water for 2 min using only legs
- Complete a timed event within 1 min 40 sec:
  - Swim 20 yds > Surface dive to 7-10 ft to retrieve a 10-lb object > Swim 20 yds on back to starting point > Exit water without using a ladder or steps
- Register at any City of Reno Aquatics facility or by calling (775) 334-2262