

Sophia Grant

Head Lifeguard

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Summary

Head lifeguard with 6 years of lifeguarding at a public aquatic complex and a resort water park. Leads a team of 18 guards, builds shift rotations, runs in-service training and audits, and handles chemical testing and emergency response for 3 pools. Red Cross Lifeguarding Instructor known for calm leadership in emergencies.

Experience

02/2023 - Present
Tampa, FL

Head Lifeguard

Palmetto Bay Aquatic Complex

Run guard operations at a year-round public complex with 3 pools.

- Lead 18 lifeguards across 3 pools, building rotations that cover every zone on 1,000-guest days.
- Conduct weekly in-service training and monthly audits, raising drill pass rates from 80% to **96%**.
- Test water chemistry 5 times a day and record readings for county health department review.
- Direct emergency response as incident lead, with 11 rescues and 2 EMS transports handled in 2025.

05/2020 - 01/2023
Clearwater, FL

Lifeguard

Sunwave Resort Water Park

Guard and lifeguard instructor at a resort water park.

- Guarded the wave pool, lazy river and 6 slide landings for daily crowds of 2,000 guests.
- Performed 15 water rescues and gave first aid for cuts, heat illness and slide injuries.
- Trained 25 seasonal guards each spring as a Red Cross lifeguarding instructor.
- Delivered customer service to resort guests, answering questions on height rules and reuniting lost children.

Skills

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|----------------------|----------------------|--------------------|
| • Lifeguarding | • First Aid | • Customer Service |
| • Lifeguard Training | • CPR | • Leadership |
| • Chemical Testing | • Water Rescues | |
| • Water Chemistry | • Emergency Response | |

Education

05/2024
Tampa, FL

Bachelor of Science

University of South Florida
Health Sciences

Certificates

03/2022

Lifeguarding Instructor

American Red Cross

01/2026

American Red Cross Lifeguarding with CPR/AED and First Aid

American Red Cross