

EMMA CALDWELL

LIFEGUARD

CONTACT

✉ emma.caldwell@email.com

☎ (619) 555-0158

🏠 San Diego, CA

🌐 [linkedin.com/in/emmacaldwell](https://www.linkedin.com/in/emmacaldwell)

SKILLS

- CPR
- First Aid
- AED
- Water Rescues
- Rescue Techniques
- Chemical Testing
- Patron Surveillance
- Incident Reports
- Customer Service
- Communication

EDUCATION

Bachelor of Science (in progress)

05/2028

San Diego State University

San Diego, CA

Kinesiology

CERTIFICATES

American Red Cross Lifeguarding with CPR/AED and First Aid

04/2025

American Red Cross

SUMMARY

Lifeguard with 1.5 years of pool guarding, certified in American Red Cross Lifeguarding, CPR/AED and First Aid. Keeps constant watch over zones of up to 120 swimmers, performs water rescues calmly, and runs chemical testing every 2 hours. Brings friendly customer service to families, lap swimmers and swim teams.

EXPERIENCE

Lifeguard

05/2025 - Present

Pacific Crest Swim & Fitness Club

San Diego, CA

Part-time guard at a year-round 50-meter outdoor pool while attending college.

- Monitor an assigned zone of up to **120** swimmers on 20-minute rotations during open swim and lap swim.
- Respond to first aid and rescue calls, handling 6 rescues and 14 injuries in 2025 with full incident reports.
- Test chlorine and pH every 2 hours and record readings for the pool operator.
- Enforce pool rules with clear communication and run the deep-water swim test for 300+ kids each summer.

Swim Lesson Aide

06/2024 - 04/2025

Bayside Swim School

Chula Vista, CA

Part-time aide for children's group swim lessons.

- Coached 4- to 8-year-olds in groups of 6 on floating, kicking and basic water safety.
- Tracked progress for 40 students a session and shared short notes with parents at pickup.
- Set up lane lines, kickboards and noodles before each of 5 weekly classes and stored them after.
- Delivered customer service at the front desk on busy Saturdays, booking makeup lessons for families.