



Lifeguard in Training (L.I.T)

The HCP lifeguard in training program offers participants the chance to learn about the responsibilities that come with being a lifeguard and learn team building and leadership skills in a fun friendly environment. Each participant will have the opportunity to aid lifeguards in daily tasks around the pool and help out with events. Throughout the summer the participants will have the chance to accumulate points for the various tasks they accomplish, the participant with the most points will receive a reward that will be decided upon by the group. This program is a fun way to make new friends, learn new skills, and get a taste of what being a lifeguard is all about

Who can join?

Any swimmer of the age of 13 and over is welcome to join the lifeguard in training program. All participants should be dedicated, motivated fun-loving team players that want to learn about lifeguarding and the pool in general. We want to build a team of young future lifeguards who can balance responsibilities and fun.

Attendance and vacation

This program meets biweekly and attendance to minimum one meeting a week is required since tasks will be delegated during these meetings. If a participant is leaving for vacation they must notify the coach a week in advance.

What do we do?

There are a multitude of tasks to be done around the pool that L.I.T.s will have the opportunity to take part in. Amongst these tasks include; gate duty, cleaning up around the pool, running the snack shack, running for swim meets, helping with Leaders, doing fun projects to make the pool more welcoming, and many more!

If you have any questions or concerns about the Lifeguard in Training program, please do not hesitate to speak with the coach following the biweekly meetings.