

Lifeguard Requirements

- Lifeguards must be 18 years of age or older
- Lifeguards must hold current certifications from the Red Cross
- A copy of the front & back of all certification cards must be given to AMR before Lifeguard will be allowed to guard
- Lifeguard must go through AMR pool/lake orientation – approx. 15 minutes
- One lifeguard is required for every 25 people in the pool area or every 25 people on the lake

Please note that when at the lake, one additional staff person is required for every 10 people left on the beach area