



Robert C. Thruelen

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Position

Lifeguard / Swimming Instructor

Job Objective

Looking for the challenging post of a Swimming instructor in a reputed educational/training institute where I could utilize my swimming skills and abilities in the most professional manner for some constructive purpose.

Personal Data

Date of Birth : Oct. 19, 1977
Place of Birth : Manila
Religion: : Christian
Height : 5'5
Weight : 132lbs.
Languages : Tagalog , English , Arabic
Civil Status : Single Parent

Educational Attainment

Primary	1990	Quirino Elem. School
Secondary	2000	Commonwealth High School
College Level	2001	Computer Technician

Responsibilities

- Work shifts as a Lifeguard/ Swim Instructor and follow the expectations of both positions.
- Maintain constant surveillance and visually scan assigned area of responsibility, monitor activities, provide instructions, and prevent accidents.
- Provide general information on pool operations to members. Caution swimmers regarding unsafe

practices and safety hazards, enforce pool rules and regulations.

- Respond to all illness and injury incidents around the entire pool facility immediately and appropriately. This includes, but not limited to performing Lifeguarding skills, First Aid, CPR, and other until arrival of emergency medical services.
- Rescue swimmers in danger of drowning.
- Maintain a clean, safe and orderly pool, deck, Aquatics Office, and Locker rooms. Inspect facilities regularly and report any unsafe conditions/equipment to supervisor or facilities manager immediately.
- Perform pool chemical checks at designated times.
- Keep accurate records of pool usage, chemical levels, pool closures, etc.
- Attend and participate in all Mandatory Staff Meetings and Trainings.
- Hold productive and engaging 30 minute lessons.
- Complete our Bubbles and Mastering Form Training. Teach all group lessons based on this format.
- Set up and clean up lesson station.
- Keep accurate and timely records of all lessons taught, purchased, scheduled.
- Maintain open communication with client and/or client's family about the progression of the lessons and future goals.
- While working as a Group Lesson Instructor and/or Lifeguard, follow the Coordinator's and Aquatics Directors directions and requests.
- Communicate openly and regularly with supervisor and team members.

Knowledge, Skills and Abilities

- Ability to react calmly and effectively in emergency situations.
- Understand and abide by center's customer service standards and procedures.
- Swimming experienced preferred
- Maintain personal physical endurance and agility necessary to perform job functions.

Employment Record

Swimming Instructor 1994 – 2002 & April 23, 2004 to 2014 Aqua Sprint Swimming Club Q.C
Beach Lifeguard 2002 – 2004 Saudi Aramco KSA
Lifeguard April 1 – June 7, 200 Ciudad Christia Resort San Mateo Rizal

Training and Seminars

CPR Cardio Pulmonary Resuscitation	Philippine National Red Cross Q.C	2006
Standard First Aid	Philippine National Red Cross Q.C	2006
Senior Life Saving Water Safety	Philippine National Red Cross Q.C	2006
Fire Prevention First Aid & BLS	BF Homes QC	2002