



March 6, 2015  
#150306-LIFEGD

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## *Lifeguards on Duty Beginning March 14*

Lifeguard season on Navarre Beach begins Saturday, March 14. Initially, four lifeguards will be on duty from 9 a.m. - 5 p.m. on Monday, Wednesdays, Fridays, Saturdays, and Sundays. Staff will monitor the number of swimmers at the public gulf-side beach areas, manning the one-to- two towers with the greatest need. As the number of swimmers increase, lifeguard staffing will increase to 10 or 12 providing coverage seven days a week at all four lifeguard towers. Lifeguard season ends Sunday, Oct. 25.

Applications for lifeguards are currently being accepted online at [www.santarosa.fl.gov](http://www.santarosa.fl.gov), and by selecting “Find a County Job” from the “How Do I” menu or going directly to <http://agency.governmentjobs.com/santarosa/default.cfm>. Applicants must be at least 16, certified in American Red Cross CPR, first aid and lifeguard training. Positions start at \$12.79 per hour with part time and full time positions available.

When enjoying Navarre’s beaches, residents and visitors are asked to exercise caution and use common sense, including heeding the warnings of beach flags. Beach conditions can be checked on the county’s website at [www.santarosa.fl.gov](http://www.santarosa.fl.gov).

Additionally beach goers are urged to follow these simple beach safety tips:

- Swim near a lifeguard tower. On Navarre Beach there are four towers located gulf-side – two near the Navarre Beach Pier and two inside Navarre Beach Park.
- Learn to swim and never swim alone.
- Supervise children closely, even when lifeguards are present.
- Don’t rely on flotation devices, such as rafts; you may lose them in the water.
- Alcohol and swimming don’t mix.
- Protect your head, neck, and spine- don’t dive into unfamiliar waters- feet first, first time!
- Don’t swim at dawn, dusk or at night as these times are when sharks feed.
- During thunderstorms move inside to a building or vehicle.
- Scuba dive only if trained and certified, and within the limits of your training.
- No glass containers at the beach. Broken glass and bare feet don’t mix.
- No beach fires- fire residue and superheated sand can severely burn bare feet.
- Report hazardous conditions to the Navarre Beach office at (850) 981-8888.

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