

# Hugh Pabalate

Lifeguard

## Profile

I have over 5 years of experience as a professional lifeguard. I am certified in CPR and First Aid, and I have a strong background in water safety. I am passionate about my work and I take pride in providing a safe environment for others to enjoy the water.

## Employment History

### Head Lifeguard at Clearwater Marine Aquarium, FL

Mar 2022 - Present

- Trained in emergency care and CPR.
- Monitored swimmers from elevated positions, using binoculars.
- Rescued 6 drowning victims during my shifts this summer.
- Gained the trust of child pool-users by playing games with them while also keeping an eye on their safety.
- Encouraged adults to take water breaks and stay hydrated throughout their swims.
- Asked disruptive guests to leave the premises when necessary.

### Lifeguard at Dolphin Research Center, FL

Sep 2017 - Feb 2022

- Authored lifesaving research paper that was published in the National Aquatic Safety Journal.
- Rescued 15 swimmers from rip currents over the course of 5 summers as a lifeguard.
- Certified EMT who has administered first-aid to an average of 3 people per shifts worked as a lifeguard.
- Trained 20 new lifeguards each summer season on proper rescue techniques and emergency protocol.
- Exemplary attendance record, with zero absences across 5 summers working as a lifeguard.
- Recognized by supervisors each summer for going above and beyond duty requirements.

## Education

### High School Diploma at Fountainbleau High School

Sep 2013 - May 2017

I have maintained a high GPA throughout my time in high school.

## Certificates

### Water Safety Instructor (WSI)

Jun 2021

### First Aid certified

Nov 2019

### CPR/AED for Professional Rescuers and Health Care Providers

Jul 2018

## Details

[hugh.pabalate@gmail.com](mailto:hugh.pabalate@gmail.com)

257-670-9540

1018 Saturn Ave, Fort Myers, FL 33901

## Links

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

## Skills

First Aid

AED (Automated External Defibrillator)

CPR (Cardiopulmonary Resuscitation)

Ability to rescue swimmers in trouble

Strong swimming skills

Good judgment

Being able to stay calm under pressure

## Languages

English

Portuguese