

# Summer Times

July 15, 2009

## Special points of

### Interest

- Lifeguard Competition
- Mandatory In-Services
- Off-Season Maintenance
- Staff Appreciation Day



**Safety is our  
#1 concern**



## GREAT JOB ON 4TH OF JULY

We would like to thank the entire GHPM staff for a wonderful 4<sup>th</sup> of July!!! The games and prizes were a big hit. Thank you for your professionalism and hard work. Keep up the good work!

## SAFE KIDS - GREATER HOUSTON

Thank you to everyone who donated to the SAFE KIDS-Greater Houston Campaign. Your contribution will help educate our communities on water safety.

## DEHYDRATION IS PREVENTABLE

The key to prevention is drinking the right amount of fluid. Following a drinking schedule helps ensure you stay hydrated.

The best fluid to drink is a scientifically formulated sports drink because it replaces electrolytes lost through sweat, helping to maintain the right balance of fluids in the body, and contains flavor and sodium to encourage drinking when active.

### Early warning signs of dehydration

Thirst, irritability, headache, dizziness, muscle cramping, nausea, vomiting, weakness, decreases performance

Information provided by Defeattheheat.com

|   |                                      |
|---|--------------------------------------|
| 1 hour before activity                                | 6-12 oz. of fluid                    |
| During activity, every 20 minutes                     | 6-9 oz. of fluid                     |
| After activity, to replace fluids lost through sweat. | Up to 12 oz. of fluid, per ½ lb lost |

## PAYCHECKS

Just as a reminder, this paycheck runs from Monday, June 22 – Sunday, July 5, 2009. Please review your paycheck for accuracy: name, social security number, pay rate, shifts worked, etc. If there are problems concerning your paycheck please fill out the Payroll Discrepancy Form.

This form can be found on our website under the Employee News section. We must have the discrepancy in writing. Please do not call. We will thoroughly investigate any discrepancies.



## Staff Appreciation Week

GHPM would like to show appreciation to all of our employees and the way we will be showing that is by hosting Staff Appreciation Week.

Everyday beginning July 13th - July 19th we will be delivering all kinds of different treats to all of our pool locations. Our goal is to deliver something everyday that week to show that we appreciate you and all that you do for GHPM!!!

So keep an eye out for us all that week as we come by to say thank you in our own way!!!!

### Mandatory In-service Trainings

**Physical In-Services:** You are required to complete the 2nd physical in-services of the summer. Session 2 is from July 11th - August 22nd. Each in-service is 1 1/2 hours long and conducted at a facility in your area. Dates, times and locations are posted under 2009 in-services on our website.

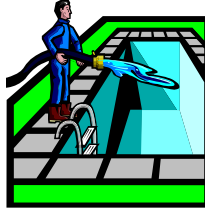
**Online In-services:** You must also complete weekly online training. Online training is posted on the GHPM website every Monday. The tests will stay posted for two weeks then removed.

#### **THIS IS STATE LAW!!**

Failure to complete these trainings will result in disciplinary action. In-service information is posted on our website and at each facility. If you have any questions, please contact the Safety Department at [certifications@greaterhoustonpool.com](mailto:certifications@greaterhoustonpool.com)

## OFF-SEASON MAINTENANCE

As you know, the lifeguard season will end on September 27th. However, work is available after this date. If you choose to continue working for GHPMI, you can be part of our OSM crew. This is a great way to earn extra money during the school year and the schedules are flexible. If you are interested in performing off-season maintenance please send an email to



[HRD@greaterhoustonpool.com](mailto:HRD@greaterhoustonpool.com)



- You must be on time to each shift. On time is 10 minutes early for each shift.
- A smile goes a long way
- Cell phone usage is prohibited while on duty
- A lifeguard should always be in the guard stand—even with 1 person in the pool
- You must always be in a complete official GHPMI uniform while on duty. This includes GHPM suit, GHPM shirt, whistle and safety pack.

## 2009 LIFEGUARD COMPETITION

The Lifeguard Competition will be held on Monday, July 27, 2009 at Club Sienna in Sienna Plantation. Registration will begin at 8:00AM. T-shirts will be given to all participants and awards will be given to the top 3 winning teams, spirit parade winner and individual event winners.

It's not too late to get involved as a participant. Contact your Supervisor if you are interested. Family and Friends are welcome to come out and cheer on their favorite teams!

**Congratulations again to the June Employees and Facilities of the month.**

**Employees of the month received 12 Lifeguard Reward Points and a Gift Certificate.**

**Members of the winning facilities received 10 Lifeguard Reward Points.**

**Reward Points are updated every Wednesday on the website.**