

# Sarah French

Hardworking aspiring health care worker with experience as a resource officer and lifeguard. Recognized consistently for leadership skills and willingness to help. Certified training in CPR, first aid, and as a certified STNA.

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## EXPERIENCE

### **Camp Widewater Retreat Center, Washington Township, OH — Resource Officer and Lifeguard**

June 2019 - August, 2019

Started as a volunteer the year prior.

- Monitored safety of all guests in and around the swimming pool. Checked water readings whenever asked to keep chemicals at safe levels and avoid potential illnesses among campers.
- Supervised pre-planned field trips and followed established safety guidelines to minimize campers' accident and injury risks.
- Delivered first aid for accidents and injuries in compliance with established procedures to promote campers' well-being and health.
- Developed age-appropriate arts and crafts activities such as friendship bracelets and rock painting to encourage campers' artistic skills development and creative expression.
- Kept athletic and games equipment and facilities organized and maintained.
- Participated in camp-centered activities, including canoeing, swimming, painting and kickball while monitoring campers of all ages.
- Taught children of all ages basics of water sports, including swimming, boating, kayaking and canoeing.
- Supervised, helped and encouraged campers throughout the day.

## EDUCATION

### **Napoleon High School, Napoleon, OH — High School Honors Diploma**

Graduation: May 2021

Graduated from Napoleon High School while going to Four County Career Center in the Health Careers Program.

## Accomplishments

- Placed top 10 in Healthy Lifestyle Competition at the 2020 International HOSA Leadership Conference.
- Participated in the State DECA Food Marketing competition.
- Placed in local speech tournaments and participated in State my senior year of high school.
- Trainer for the Napoleon Football Team in 2017.
- Ohio HOSA State Vice President from 2020 to 2021
- Elected to Leadership Team for National Technical Honor Society in 2020

## SKILLS

- First Aid and CPR Certified
- STNA Certified
- Completed HIPAA Privacy and Security Training for Covered Entities
- Capable communicator
- Strong Leader
- Problem Resolution
- Supporting personal needs
- Privacy and confidentiality
- Patient-focused care
- Patient Bathing
- Adaptable
- Compassionate

## AWARDS

- 2021 Outstanding Senior
- Certificate of Successful Completion of Nurse Aide Training and Competency Evaluation Program
- Completion of Dean Vaughn Medical Terminology 350
- Selected for the 30th Annual Northwest Ohio Student Leadership Conference