

# Becoming a Lifeguard

## Becoming a lifeguard you will learn great new skills:

- Resuscitation (CPR)
- Oxygen Supplemented Resuscitation
- Aquatic Spinal Injury Management
- Aquatic Surveillance and Rescue techniques
- Communication
- Leadership
- Working in a team environment
- Effective supervision
- Level 2 First Aid

## What formal qualifications do I need to become a lifeguard?

- Pool Lifeguard Certificate (two day weekend course, including online training)
- Level 2 First Aid (day course)
- Working with Children Check (online application)

## How do I obtain my lifeguard qualification?

Courses are being hosted at the Hamilton Indoor Leisure and Aquatic Centre on:

- **Saturday 14th & Sunday 15th October 2023**
- **Saturday 11th & Sunday 12th November 2023**

These classes run between 10:00am - 5:00pm both Saturday and Sunday. The cost is **\$330** to book. You will find a course at the website below:

<https://training.lsv.com.au/>

## Keep an eye out for recruitment dates on our Facebook page!

There are seven pools located within the Southern Grampians Shire Council. Over the summer period we will need to hire approximately 25 lifeguards to staff these pools. Lifeguards need to be at least 17 years of age. Lifeguards working at Balmoral, Dunkeld, Peshurst and Glenthompson pools have to be at least 18. Lifeguards under 18 can work at Hamilton, Coleraine and HILAC pools.

The main role of a lifeguard is to ensure everyone using the pool is doing so in a safe manner. This means following the rules and not putting themselves or anyone else in danger. There are also other responsibilities like performing water tests and general cleaning. It is important that lifeguards are mature and responsible, if an incident were to occur, the lifeguard on deck is the first responder. This means performing first aid, assisting a swimmer that is struggling or potentially rescuing someone from the water.

We can be flexible with work arrangements and a position could lead to all year round work if interested!



### How do I obtain my First Aid qualification?

You can complete your Level 2 First Aid at organisations such as South West TAFE and WDEA Works. The course is completed over one day or two evenings, the cost is **\$190.00**.

More information can be found at:

**[shortcourses.swtafe.vic.edu.au/courses/1001197-provide-first-aid](https://shortcourses.swtafe.vic.edu.au/courses/1001197-provide-first-aid)**

### How do I obtain my working with children check?

Working with Children Check applications can be completed online at **[www.workingwithchildren.vic.gov.au](http://www.workingwithchildren.vic.gov.au)** you then need to go to the Australia Post Outlet to have your photograph taken. The cost is **\$128.20**.

### Lifeguard certification checklist

**1. Enroll in Lifeguard Training**



**2. Enroll in First Aid Training**



**3. Complete Working With Children Check**

