

# 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 (if over 18) (Online application)

## How do I obtain my lifeguard qualification?

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

- **Saturday and Sunday, 16 -17 October 2021**
- **Saturday and Sunday, 13 - 14 November 2021**

These classes run between 9:00am - 5:00pm both Saturday and Sunday. The cost is \$300 to book. You will find a course at the following website

**<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, Penshurst 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:

<https://shortcourses.swtafe.vic.edu.au/courses/1001197-provide-first-aid>

[https://www.wdeaworks.org.au/course-details?course\\_id=61088&course\\_type=w](https://www.wdeaworks.org.au/course-details?course_id=61088&course_type=w)

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

Working with Children Check applications can be completed online at

<http://www.workingwithchildren.vic.gov.au> you then need to go to the Australia Post Outlet to have your photograph taken. The cost is \$121.10

### Who is suited to this type of career?

People who like meeting and caring for others:

- Active people with the ability to help others.
- Someone with the desire to learn new skills and a passion to work in the recreational field.