



# JOB of the Week



**Job name:** Lifeguard

**Job description:** A Lifeguard looks after swimming areas, helps swimmers to stay safe and carries out rescues in emergencies.

**Tasks you will undertake in the job:** As a Lifeguard, you'll:

- **Day-to-day tasks**
- supervise swimming areas and help people in trouble.  
For your main tasks you will:
  - make sure swimmers follow safety rules
  - make sure people stay in safe areas
  - rescue swimmers in danger
  - give first aid
  - advise swimmers on how to use diving boards and slides
  - check pool water temperature and chemicals
  - clean the pool area and set up equipment
- As a **beach lifeguard** you'll also:
  - monitor sea conditions and set up safety flags
  - be a point of contact for people on the beach
  - help administer first aid for stings, bites and other seawater-related injuries / conditions (e.g. jellyfish; stones cutting feet)

**Skills required for this job (core competencies):**

Communication	Resilience	Organisation	Teamwork
Problem Solving	Initiative	Creativity	Digital literacy

**Restrictions and requirements for Lifeguards:**

You'll need to: pass enhanced background checks, as you may be working with children and vulnerable adults be able to swim.

To qualify as a pool lifeguard, you'll need to: be able to swim 50 metres in less than one minute; be able to swim 100 metres on your front and back without stopping; surface dive to the deepest part of the pool

To qualify as a beach lifeguard you must have a good level of fitness and be able to swim in the sea to take the National Vocational Beach Lifeguard Qualification. You'll also be expected to meet more standards, such as:

- completion of a 400m pool swim in less than eight minutes
- making a surface dive to a depth of 1.5 metres
- treading water for two minutes
- climbing out of deep water unaided
- You'll have to demonstrate these skills as part of an assessment.

**Salary:** Lifeguards are typically paid a starting wage of £13 000, this increases with experience; experienced Lifeguards can expect to earn approximately £29 000 per year.



**Working hours:** Working hours are usually around 41-43 hours per week. It is likely that you will work during evenings, weekends and Bank Holidays on a rota system

**Qualifications to become a Lifeguard:** You can get into this job through: an apprenticeship; working towards this role and training with professional bodies

**Apprenticeship.** You can complete a leisure team member intermediate apprenticeship to get into this role. Entry requirements: To get onto an apprenticeship, you'll find it useful to have: GCSEs, usually including English and maths, or equivalent, for an intermediate apprenticeship.

**Work.** You may be able to work as a pool attendant or assistant, for example in a leisure centre, and take lifeguard qualifications on the job.

**Other Routes.** If you want to work as a pool lifeguard you'll need one of the following qualifications: National Pool Lifeguard Qualification (NPLQ) OR Level 2 Award for Pool Lifeguard. To be a beach lifeguard, you'll need to complete the National Vocational Beach Lifeguard Qualification (NVBLQ).

You can complete the qualifications by: joining a local club as a volunteer and training with them and training with a professional body. Once you're qualified, you can also apply to work with the Royal National Lifeboat Institution.

**Essential skills you need to show:** To succeed as a Lifeguard, the following personal skills and attributes would give you an advantage:

- customer service skills
- sensitivity and understanding
- the ability to work well with others
- patience and the ability to remain calm in stressful situations; excellent thinking and reasoning skills
- to be thorough and pay attention to detail
- to enjoy working with other people
- excellent verbal communication skills
- to be able to carry out basic tasks on a computer or hand-held device

**This job in the future:** The workforce is projected to decline by -1.3%, losing 900 jobs; in the same period, 68.7% of the workforce is likely to retire, creating 50 500 job opportunities.

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