

# Become a **LIFEGUARD**

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## Lifeguards enjoy:

- Working outdoors, by the water
- Working in a high performing team environment
- Working within the community
- Being challenged each day
- Career Opportunities

## Why become a lifeguard?

Supported by Surf Life Saving Queensland's combined history and world class reputation, our lifeguards acquire a set of skills that will last a lifetime.

## The role

A lifeguard is responsible for keeping the public safe in an aquatic environment whether it be in the ocean, pool or a lagoon.

## The Selection Criteria

Lifeguarding can be a physically challenging role that requires dedication, fitness and stamina.

A lifeguard must maintain and retain a certain level of fitness to fulfil the physical requirements of the role – this includes regular fitness testing. A lifeguard must also be qualified in First Aid, Advanced Resuscitation and hold a Surf Life Saving bronze medallion or equivalent.

## An ocean lifeguard must:

- Complete an 800m pool swim in less than 14 minutes
- Perform a simulated rescue mission (600m swim, 800m run, 600m board paddle, 800m run) in a combined time of less than 28 minutes in the ocean

- Perform a tube rescue 100m out to sea and return
- Perform a board rescue 200m out to sea and return
- Undertake CPR upskilling
- Have Marine / PWC / Driver License / blue card
- Undertake First Aid upskilling including Advanced Emergency Care
- Pass a theoretical knowledge test
- Pass a local council by-laws knowledge test
- Pass a marine stinger risk management knowledge and skills test (including stinger drags, identification of marine creatures and first aid procedures) for North Queensland

## A lagoon lifeguard must:

- Complete a 400m pool swim in less than 8 minutes
- Perform rescue techniques on patients
- Undertake CPR upskilling
- Undertake First Aid upskilling including Advanced Emergency Care
- Pass a theoretical knowledge test
- Pass a local council by laws knowledge test

## Rewards

Surf Life Saving Queensland's paid lifeguards are rewarded for their time and skills. Our classification system and structure provides opportunities to climb our corporate ladder and the potential to earn more as skills and experience grow.

To register your interest or ask any further questions send an email to [lifeguard@lifesaving.com.au](mailto:lifeguard@lifesaving.com.au)