

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 |

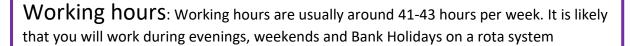
Restrictions and requirements for Lifeguards:

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.





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. <u>Entry requirements</u>: 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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www.successatschool.org

www.nationalcareers.service.gov.uk

www.prospects.ac.uk/jobs-and-work-experience/job-sectors

www.ucas.com/careers-advice

www.kudos/cascaid.co.uk/#/ (you all have a log on for this service)

www.careersbox.co.uk (careers videos)











Helpful sites for careers information GAT careers links

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