

# HOW TO BECOME A LIFEGUARD

## Your Complete Career Guide

**STA**  
LIFEGUARD



**AWARDS**  
2022  
**WINNER**



AO OF THE YEAR FOR DELIVERING REAL IMPACT  
ON EQUITY, DIVERSITY AND INCLUSION  
**FAB 2024 AWARDS**  
AWARD WINNER



**CIMSPA**  
Endorsed

**Professional  
Standards**

A woman with long brown hair in a ponytail, wearing a yellow lifeguard uniform, is shown in profile from the chest up. She is holding a black walkie-talkie to her mouth. The background is a blurred outdoor setting, possibly a poolside.

# A FLEXIBLE, SKILLED AND REWARDING CAREER THAT MAKES A DIFFERENCE:

Becoming a lifeguard is a fantastic career path for those looking for a rewarding, active, and challenging profession.

Training provides essential lifesaving, first aid, and transitional knowledge and skills making it a fantastic career choice whether it be short-term, long-term, or a steppingstone onto other careers.

Working hours can fit around your lifestyle with options of full-time, part-time, and casual hours, as well as morning, daytime, evening, and weekend shifts. Providing work-life balance or to work alongside studying commitments.

Countless employment opportunities are available within public leisure centres and private pool operators who are on the search for qualified and motivated lifeguards.

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# NEW TO THE INDUSTRY?

If you are brand new to the industry, you will need to qualify as a lifeguard by completing the STA Award for Pool Lifeguards qualification.

This qualification aims to provide learners with the knowledge and practical competences required to be able to safely provide constant poolside supervision for structured and unstructured swimming pool activities, as well as be able to deal with a range of emergency situations in a swimming pool environment including rescues, basic life support, first aid and incident management.

To attend a course, you will need to:

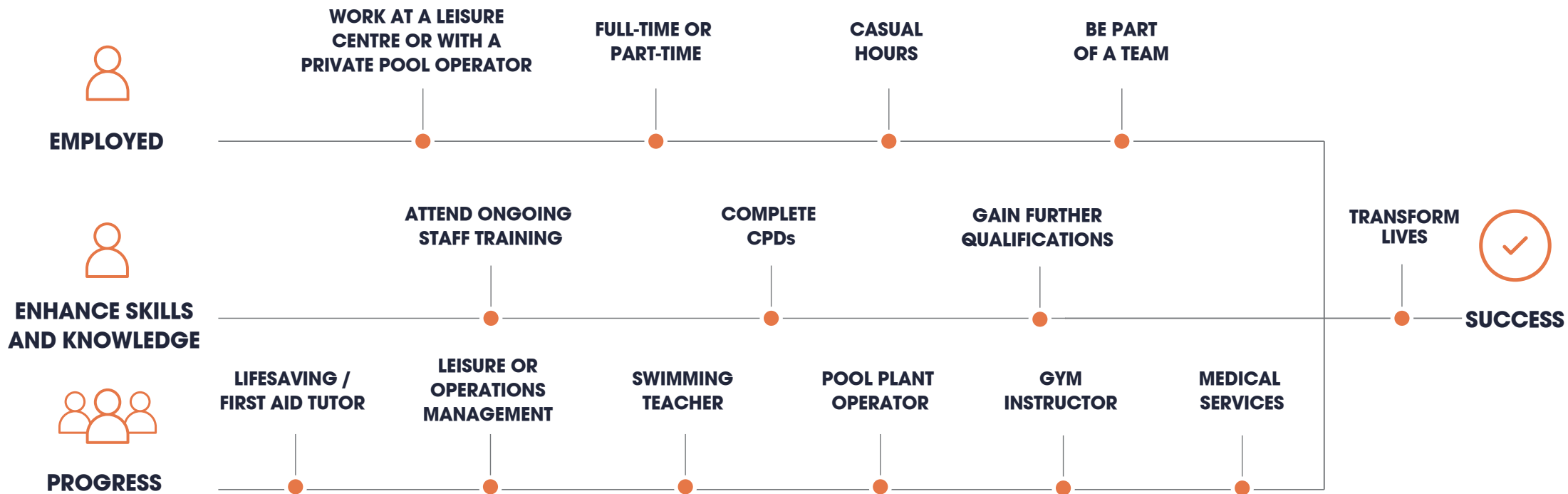
- Be 16 years of age or older at time of assessment
- Be able to perform practical demonstrations on the floor
- Be able to jump and dive into deep water
- Be able to swim 50 metres in under 1 minute
- Be able to swim 100 metres on the front and 100 metres on the back without stopping
- Be able to tread water for 30 seconds in deep water
- Be able to surface dive and recover a submersible adult manikin from the deepest part of the pool
- Be able to climb out of the pool unaided without the use of steps or ladders.



**CIMSPA**<sup>®</sup>  
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**Professional  
Standards**

# YOUR LIFEGUARDING CAREER



## TRAVEL WITH YOUR CAREER

As STA's qualifications are recognised internationally, you also have the option to travel with your career, opening up endless opportunities so you can explore and work at the same time.

**Jasmin Harvey**

*"Getting to know other people is the best thing about being a lifeguard. Virgin Active feels like a family."*

# EARNING POTENTIAL

Lifeguards are typically paid by the hour and as with any other job, income for lifeguards can vary according to age, geographical location, skills, and experience.

Lifeguards can progress after gaining experience, further training, and qualifications into tutoring, leisure or operations management, swimming teaching, pool plant operations, first aider, open water lifesaving, gym instructing, or even as a steppingstone into medical service roles.

It is a fantastic job to have that could open numerous doors within the leisure, lifesaving and first aid industries depending on individual career aspirations.

## **Jay Layachi**

*"The best thing about being a lifeguard for me is looking after people and helping them out. It's a great skill to have. I trained and got my lifeguard qualifications with Virgin Active. I love working out when I'm not on the poolside and I would like to be a PT here one day!"*



# STEP ONE

## ARE YOU SUITABLE?

DO YOU HAVE THE SKILLS AND ATTRIBUTES TO MAKE A GOOD LIFEGUARD?

- ✓ INTEREST IN LIFESAVING
- ✓ OBSERVANT
- ✓ GOOD TIMEKEEPER
- ✓ PATIENT
- ✓ SAFE
- ✓ FRIENDLY
- ✓ POSITIVE ATTITUDE
- ✓ ALERT
- ✓ PROFESSIONAL MANNER
- ✓ GOOD COMMUNICATOR
- ✓ TEAM PLAYER
- ✓ ABLE TO STAY CALM
- ✓ CAN THINK ON YOUR FEET
- ✓ PROBLEM SOLVER
- ✓ PHYSICALLY FIT
- ✓ RELIABLE

### ROLES OF A LIFEGUARD INCLUDE:

- Being professional
- Observing and supervising pool users
- Intervening and preventing accidents
- Communicating with pool users
- Checking and maintaining rescue equipment
- Carrying out rescues
- Administering first aid and CPR
- Cleaning and maintaining the building
- Setting up and taking down for sessions.

*WHILST YOU DON'T NEED TO HAVE ANY PREVIOUS EXPERIENCE, YOU DO NEED TO BE A GOOD SWIMMER AND HAVE A PASSION FOR LIFESAVING, FIRST AID, AND WORKING AS A TEAM.*





# STEP TWO

## FIND AN STA AWARD FOR POOL LIFEGUARDS COURSE

Your next step is to enrol on to an Award for Pool Lifeguards course developed by Safety Training Awards (STA) awarding organisation whose qualifications are endorsed by CIMSPA (Chartered Institute for the Management of Sport and Physical Activity).

STA's comprehensive range of professionally regulated qualifications will give you the knowledge and skills required to become a successful lifeguard. With Approved Training Centres (ATCs) delivering courses nationwide, you will be sure to find a course close to you by using STA's course search engine.

[CLICK HERE](#)

# STEP THREE

## FIND EMPLOYMENT

**After you have qualified, you can apply to work as lifeguard.**

**Jobs in Leisure, which has been created by STA, will connect you with the latest job vacancies for lifeguards across the country and internationally.**

**Many lifeguards start their career by securing work with leisure centres or with private pool operators, hotels, health clubs, etc to gain experience.**

**jobsinleisure.**



# STEP FOUR

## MAINTAIN YOUR SKILLS

As a qualified lifeguard, you will need to maintain occupational competency by undertaking regular ongoing training.

This is usually organised by the employer and covers elements of the theory, CPR, first aid, and pool skills including 'real life' scenarios, site-specific content, and fitness training.

You will also need to re-take the Pool Lifeguard assessment every 3 years.

WHETHER YOU ARE NEW TO LIFEGUARDING OR ARE LOOKING TO EXTEND YOUR SKILLS AND KNOWLEDGE, STA HAS MANY QUALIFICATIONS AND CPD'S ON OFFER.



### STA Swimming Teacher

Shape futures, build your career, and teach one of life's most important skills with STA's new Swimming Teacher Qualification.



### Pool Plant Operations

The pinnacle of pool plant training, equipping learners with the skills and knowledge to fully operate and maintain a pool plant on a daily basis.



### Open Water Safety

The Open Water Safety qualification aims to train personnel to act as safety cover in an open water environment for competent swimmers.

# CREATING YOUR CV

**Your CV is the first point of contact between you and an employer. Precise content, a clear structure and a clean design will help you make an impact.**

- Keep your CV to a maximum of 2 pages**
- Stick to one clear font such as Times New Roman**
- Always use subheadings for different sections e.g. Personal Statement, Work Experience, Education, Key Skills, Interests and References**
- Research the company you are applying for and adapt your CV accordingly.**



# ONCE YOU'RE A MEMBER OF STA, THE SUPPORT CONTINUES

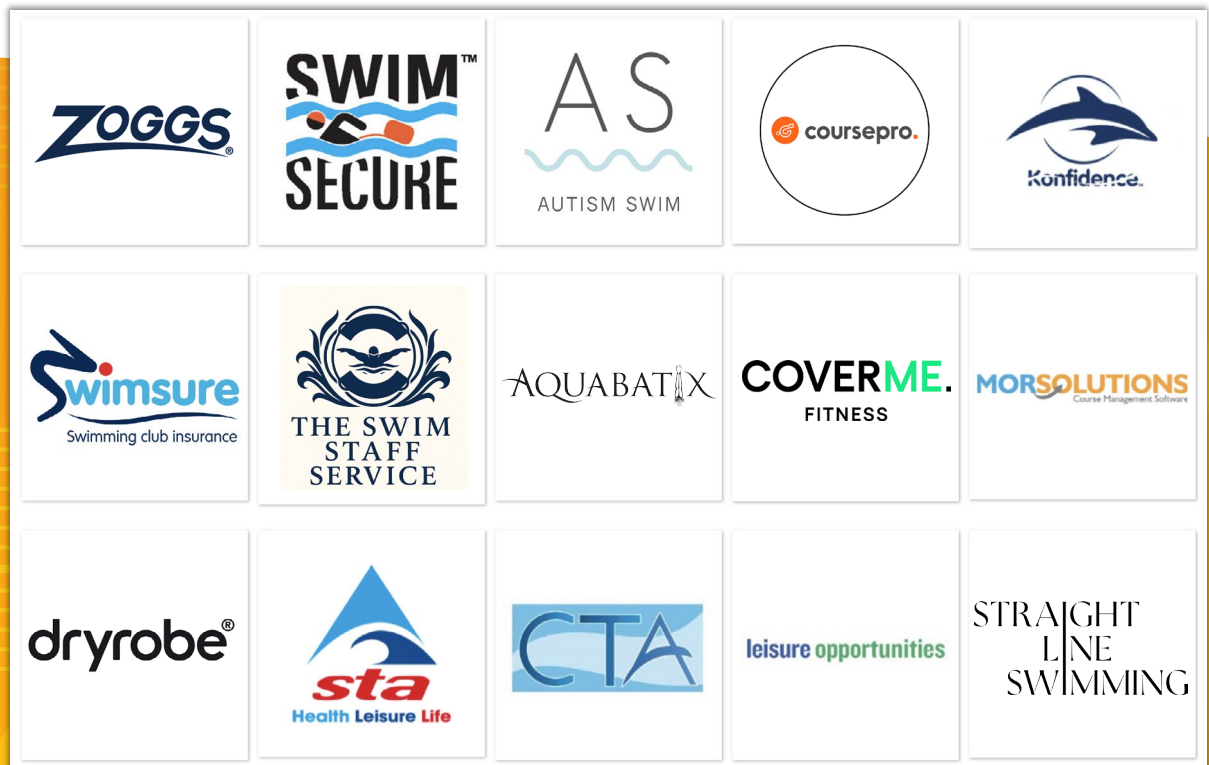
Whether you're just starting out or have worked in the industry for years, you can gain recognition as a current and actively engaged professional with STA, a governing body within swimming and lifesaving.

## YOU WILL RECEIVE:

- ✓ Public Liability Insurance (up to £10 million)
- ✓ Professional Indemnity Insurance (up to £1 million provided by Allianz)
- ✓ Access exclusive resources.

PLUS ACCESS EXCLUSIVE  
BENEFITS FROM THE  
FOLLOWING PARTNER  
ORGANISATIONS:

Have any questions?  
Contact us via [info@sta.co.uk](mailto:info@sta.co.uk)



STRATEGIC  
PARTNER



CIMSPA  
Education Partner