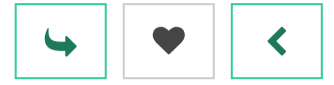


1 2 3

Lifeguard



Also called: Swimming pool attendant, recreation assistant, beach lifeguard

Lifeguards help swimmers stay safe, carry out rescues in emergencies, and look after swimming spaces like pools and beaches.



What you'll do

Both pool and beach lifeguards supervise swimming areas and help people in trouble. Their main tasks include:

- making sure swimmers follow safety rules
- making sure people stay in safe areas
- rescuing swimmers in danger
- giving first aid

Pool lifeguards will also spend time:

- advising swimmers on how to use diving boards and slides
- checking pool water temperature and chemicals
- cleaning the pool area and setting up/putting away equipment

Beach lifeguards will also be:

- monitoring sea conditions and setting up safety flags
- a point of contact for people on the beach

Record relevant activities you've already done on the [Activities tool](#) >

Working hours and environment

Most pool lifeguards work part-time hours which could include weekends, evenings, and public holidays. Beach lifeguards may work seasonal shifts – so you may only work during busy parts of the year, and need to find other work for the rest of the year.

You'll need to stay alert, keeping watch for long periods of time, whilst also being prepared to deal with emergencies when they occur.

Although you might be part of a bigger team, you might spend most of your day working alone.

Career path and progression

You could become a leisure centre manager with the [National Pool Management Qualification](#).

Some pool lifeguards gain swimming teaching or coaching qualifications and give swimming lessons.

You could compete in lifeguarding competitions.

You could lead a team of lifeguards and train them.

Skills required

You'll need:

- strong physical skills like coordination and stamina – and especially, being a strong swimmer
- excellent observational skills, so you can stay focused on the area you're looking after for long periods of time
- to be able to take the initiative to help in an emergency
- the ability to work under pressure, so you can keep calm and act quickly in an emergency
- courage, as you may need to enter dangerous situations like choppy waters

Got evidence of these skills? Record your examples on the [Skills tool](#) >

Entry requirements

You could get into this job by:

- working as a swimming pool attendant and completing lifeguard training on the job
- completing a recognised qualification. For example:
 - the Spanish Lifesaving Federation (Federación Española de Salvamento y Socorrismo)
 - the Ellis & Associates International Lifeguard Training Program in the USA
 - the National Vocational Beach Lifeguard Qualification (NVBLQ) in the UK
 - the Bronze Medallion, offered by organisations like the Surf Life Saving Australia (SLSA)

You'll also need to:

- meet a minimum age requirement, usually between 15 and 18 depending on which country you live in
- complete a first aid qualification and/or CPR certificate
- pass a criminal records background check, which your employer will usually arrange for you

Related know-how guides

Explore know-how guides related to this career:

- [Working in sport: an insider's perspective](#) >
- [Get on the ladder: sport and fitness](#) >

Related university subjects

These university subjects are related to this career; check out their profiles on the [Subjects library](#):

- [Sport science](#) >

Related careers

You may also be interested in:

- [Sports coach >](#)

Explore

Want to see what relevant education and training opportunities are available right now? Search here:

Sport science at uni:

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Apprenticeships:

[UK >](#)

Labour Market Information (LMI)

Median averages relating to the Lifeguard profession.

● [UK](#) [USA](#)

Jobs

Leisure and travel professionals

113,350

 **1,107** in your local area of Liverpool

Top 5 local areas

1	West Sussex	3,565
2	Surrey	3,440
3	Kent	3,266
4	Hertfordshire	2,851
5	Hampshire	2,833

Salaries

Other leisure and travel workers

£26,656

 **(Not enough data for this region)** in your region of North West

Top 5 regions

1	Yorkshire and the Humber	£20,191
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🕒 Hours/week

Other leisure and travel workers

37.5

📍 37.5 in your region of North West

📈 Growth

2020-2035

Leisure, travel and beauty professionals

-4.2%

 ↓ 30,919 jobs

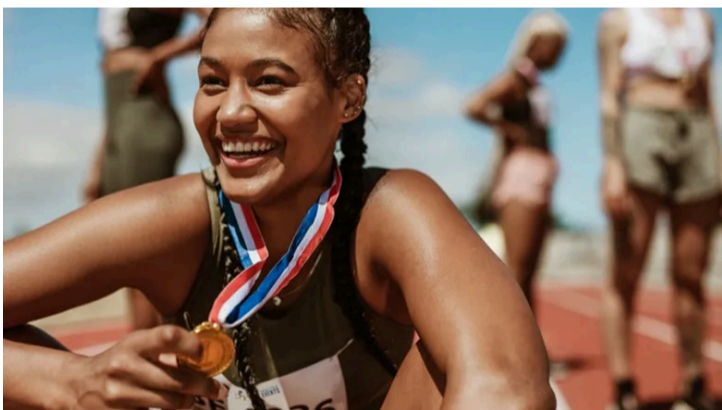
📍 -10.4% in your region of North West, an decrease of 7,632 jobs

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Sports coach

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PE teacher

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