

# Lifeguard criteria

### **Qualifications and licences**

Certificate 2 Public Safety (Aquatic Rescue) (PUA20119)

Certificate 3 Public Safety (Aquatic Rescue)

Class C Drivers Licence

Provide First Aid certificate (including a Defibrillation (AED) certificate) (HLTAID003 / HLTAID011)

Provide Pain Management certificate (PUAEME005A)

Provide emergency care for suspected spinal injury (PUAEME004)

Provide Advanced Resuscitation Certificate (HLTAID007)

Occupational First Aid Certificate or willingness to enrol and complete (HLTSS00027)

NSW Working with Children Check

Waverley Lifeguard PWC Qualification – internal course to be completed on successful appointment to role

#### **Physical requirements**

Swim 800m in a 25m to 50m length pool in less than 14 minutes

Complete a Lifeguard 'M' Shape course – 400m run x 300m swim x 400m run x 300m board twice concurrently to a satisfactory level subject to surf conditions

Demonstrate Rescue board techniques

Demonstrate Tube rescue techniques

## **Experience and skills**

Demonstrated experience and knowledge of open ocean surfing beaches in a wide range of conditions

Willingness and ability to perform complex rescues and body retrievals in high risk conditions and/or an unpredictable environment

Ability to make critical decisions in a high intensity environment

High level interpersonal, communication and conflict resolution skills with a diverse range of groups and people

Ability to cope with emotionally challenging and/or confronting situations

Ability to work both independently and as part of a team

Good powers of observation and high levels of concentration

# **Desirable**

Proven skills and experience as a professional lifeguard