

Lifeguard or Pool Attendant

Lifeguards or pool attendants look after the safety of people using a swimming pool, or are in open water, and rescue anyone who gets into difficulty.

The Work

You could be:

- walking around the edge of the pool or up and down the beach and sitting in a high seat, watching people in the pool or sea
- watching people carefully, making sure that no-one is in danger and that swimmers use flumes, chutes and diving boards safely
- jumping into the pool or sea to help anyone in difficulty, swimming to the person and helping them out the water
- carrying out first aid, including artificial respiration
- stopping rowdy or dangerous behaviour
- dealing with any accidents out of the water – for example people slipping on wet surfaces
- cleaning the pool area and facilities such as whirlpool baths, spas, saunas and showers
- monitoring and maintaining the water quality in the pool, and checking equipment such as heating or ventilation units, filters and pumps
- supervising changing rooms, keeping them clean and tidy, checking lockers and reporting missing keys.

Pay

The figures below are only a guide. Actual salaries may vary, depending on:

- where you work
- the size of the company or organisation you work for
- the demand for the job.

As a pool attendant your wages in Scotland would be in the range of £8.50 to £13.00 an hour.

Conditions

- You will work shifts including evenings, weekends and public holidays – you may be able to work overtime.
- Part time work is common.
- You may get casual work at weekends or during the summer.
- Near the pool, it will be damp, noisy and probably smell of chlorine.
- You will wear a uniform (usually shorts and a T-shirt) when you are working.

Getting In

- You must be a strong, confident swimmer – swimming ability is more important than educational

qualifications.

- You need a current lifeguard qualification. In Scotland this would be the [RLSS](#) National Pool Lifeguard Qualification (NPLQ). See their website for details.
- You must be at least 16 years of age, and be able to swim 50 metres in less than a minute and be able to swim 100 metres in deep water on your front and back without stopping. You should be able to tread water for 30 seconds, surface dive to the bottom of the pool to pick up an object and climb out of the pool unaided (no use of ladders or steps).
- You should be physically fit.
- You will require a satisfactory criminal record check from [Disclosure Scotland](#) to show that you are suitable for this type of work. Contact Disclosure Scotland for details on the type you would need.

Jobs are in local authority swimming pools, health and fitness centres, hotels, activity holiday centres, leisure centres and with the RNLI.

What Does It Take

You need to be:

- alert, observant and able to concentrate
- very aware of health and safety
- careful and accurate in checking the water quality and filters and using chemicals
- able to remain calm, react quickly and take charge in an emergency
- willing to take responsibility
- pleasant and friendly
- assertive – to deal firmly with rowdy or difficult people.

Training

- Introductory training is on the job and should include health and safety.
- If you do not have a first aid qualification, you would usually need to obtain one within the first three months.
- There is an option to obtain additional qualifications when completing the NPLQ such as First Aid at Work, Emergency First Aid at Work, Automated External Defibrillation Certificate and Management of Anaphylaxis.
- If you are responsible for maintaining the water quality, you can complete the RLSS National Pool Management Qualification. This 4-day course is a technical qualification for staff operating pool plant each day.
- To become a beach lifeguard, you would need a National Beach Lifeguard qualification such as the National Vocational Beach Lifeguard Qualification (NVBLQ). This lasts a minimum of 40 hours and is followed by a practical assessment.
- To become an open water lifeguard, you would complete the Open Water Lifeguard Qualification. This is allows you to provide rescue during controlled activities such as triathlons. It is available as a top up module for those with a lifeguard qualification, or a course for those with no experience.
- Candidates that hold a current RLSS UK National Pool Lifeguard Qualification (NPLQ) can now attend a one-day RPL OWL qualification course and will be externally assessed to gain a 2 year OWL qualification.

Getting On

- After gaining experience you might progress to a supervisory post, pool manager or centre manager.
- Your lifeguard qualifications are only valid for 24 months. You must then have your lifesaving and first aid skills assessed before you can renew your qualification.
- You must complete 20 hours Continued Professional Development within these two years covering content from the NPLQ syllabus.

More Information

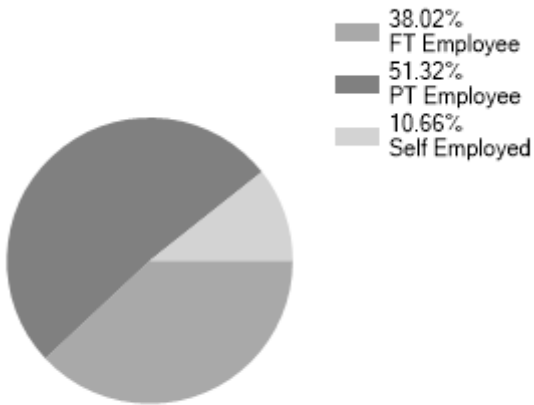
For more information please see organisations listed below:

- [SkillsActive](#)
- [Chartered Institute for the Management of Sport and Physical Activity](#) (CIMSPA)
- [Swimming Teachers Association](#) (STA)
- [Royal National Lifeboat Institution](#) (RNLI)

Contacts

Statistics

Employment Status UK %



Past Unemployment - Scotland

No Claimant statistics available for Scotland.

LMI data powered by [LMI for All](#)

Predicted Employment Statistics : Not available this career.