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# CIRCULAR

## 27 October 2010

**ID: C10049**  
**TO: Club Officers**  
**FROM: Shane Daw, State Manager**  
**SUBJECT: Lifeguard Positions- Applications close 12 noon Friday 19 November 2010**

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Applications are now invited for appropriately qualified persons to be considered for the position of Professional Lifeguards.

**Period of employment:**

- Varying periods are proposed to be available at this time and are subject to final confirmation from participating Councils.
- In general there is expected to be full time employment from mid December through to the end of March, with some other part time work available at various centres during this time eg December/January period.
- Areas of operation may include Glenelg (Holdfast Bay), Semaphore (Port Adelaide/Enfield) and Goolwa (Alexandrina).

**Qualifications / requirements:**

Persons applying for the position of Professional Lifeguard are required to be the holder of:

- a current Advanced Life Saving Certificate (Gold Medallion)

or

- hold (be current) the appropriate awards as a prerequisite. These being
  - Bronze Medallion
  - Advanced Resuscitation Techniques Certificate (This award combines ARC, Defibrillations and Suction)
  - A current Senior First Aid Certificate [SLSA or other] to the HLTF301B Apply First Aid standard.

Applicants will be expected to attend other courses as required.

Applicants not holding the above awards will not be considered.

All awards will be checked for currency on SurfGuard. If the award has been obtained from another organisation a copy of the award must accompany the application.

For anyone that needs to complete the HLTF301B Apply First Aid award SLSSA is conducting courses with registrations still open:

- Two day course – Monday 10 and Tuesday 11 November 2010.
- One day course – Thursday 11 November 2010.

To book into a course go to [www.surfrescue.com.au](http://www.surfrescue.com.au)



### **Fitness Assessments**

The fitness test criteria are continually being reassessed to ensure relevance to the tasks performed by Lifeguards. The tests are different from those normally associated with surf lifesaving activities. They have and will continue to be designed to ensure that all Lifeguards can demonstrate the physical endurance and skills required to safely and efficiently carry out Lifeguard duties.

At a minimum Lifeguard candidates will be required to:

Complete an 800m swim in 14 minutes or less in a swimming pool of not less than 25m.

Perform complex patient rescue and support aided and unaided by equipment:

- Select appropriate rescue equipment
- Assess and manage the patient's levels of distress
- Support and return patients to shore
- Perform a one-person drag technique and patient lay

Perform surf skill and fitness test:

- Complete a 400m swim, 800m run, 400m board paddle and 800m run within a specified time
- Complete tube rescue of a patient 100m out at sea and return (with flippers optional)
- Complete board rescue of patient 200m out at sea and return

The appropriate form must be completed and returned to Surf Life Saving SA along with any additional information by no later than **12 noon Friday 19 November 2010**.

Forms can be obtained from the web site: [www.surfrescue.com.au](http://www.surfrescue.com.au)

Further inquiries should be directed to Shane Daw.