

* Becoming a Lifeguard

Health Services Final Project (Sample)
by Mr. Sutcliffe

- * Baywatch?
- * Swimming Ability?

The Real Reasons

1. I enjoy the training
2. I enjoy the people



* Why lifeguard?



- * During this course, I volunteered at WC Blair pool in Langley.
- * I helped with swimming lessons every Saturday morning for 2 hours.

* Volunteer Experience



- * Lifeguards working at a community centre do a LOT of teaching. (lessons, schools, birthdays, adults, lifesaving, etc.)
- * Not sure if I like teaching little ones, but volunteering gave me some confidence

* Working as a Lifeguard

* I knew that you needed to take

1. Bronze Medallion
2. Bronze Cross
3. Standard First Aid
4. N.L.S. Pool (National Lifeguard Service)

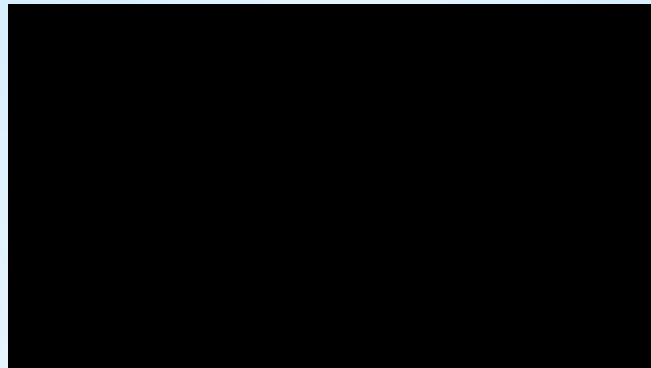
* I found out that many more courses may be required:

To teach swimming, you need W.S.I. (Water Safety Instructor) Part 1 and Part 2

Depending on the pool

- * LSI (Lifesaving Instructor)
- * AED Provider
- * Pool Operators
- * NLS Waterpark,
- * NLS Waterfront, etc.

* Becoming a Lifeguard



* Fitness Requirements



=at least \$1000
200 hours
High school course credit

* Counting the Cost

- * Lifeguarding could be a short-term job, or a career opportunity:
 - * Multiple Locations (Beaches, Travel...)
 - * Lifeguard Supervisor, Trainer
 - * Recreation Programmer
 - * Pool Manager
- * If it is only a short-term job, then it will provide many useful skills and opportunities.

* Further Opportunities

* Most lifeguards are casual (<20h/week) and teaching hours are easier to come by.

* Saturday morning might involve:

6x30 minute lessons teaching kids 3-12 how to swim

1-2 hours of lifeguarding, rotating around the pool and cleaning bathrooms, etc.



* A Day in the Life...

* More experienced lifeguards would do 8 hour shifts watching the water, and likely some cleaning and administrative duties as well.

* Lifeguards make \$15-25 per hour + benefits



* A Day in the Life...

- * Responsible and Fulfilling Job
- * Teaching is Tiring
- * Lifeguarding can be boring: requires vigilance
- * Real rescues are Difficult
- * Good people to work with
- * Transferrable skills



* **What is it really like?**

- * Local, Provincial, and National Competitions
- * Skill and Sport Competition
- * Opportunity for training and networking.



* **Competition**

- * Lifeguards must recertify all their qualifications (CPR - 1 year, NLS - 2 years, WSI - 2 years, First Aid - 3 years, etc.)
- * Most lifeguards are going to school for training as a paramedic, teacher, nurse, physiotherapist, etc.
- * Recreation Management at Langara College:
<http://www.langara.bc.ca/departments/recreation/index.html>

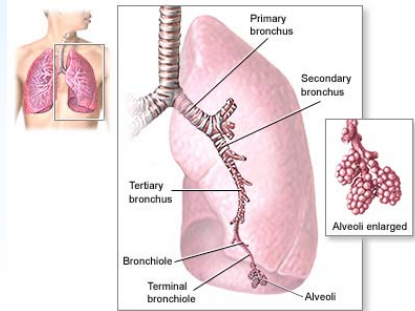
* Further Education

- * CPR and SFA are pre-requisite courses for lifeguarding
- * Learning fitness theory helps: you could teach aquafit (plus most pools are connected to a gym)
- * Water is used for rehabilitation of sports injuries



* How does this course relate?

- * Lifeguards are expected to be experts on drowning.
- * In this class we learned about the cardiopulmonary system (heart and lungs)
- * We then learned the etiology of pulmonary edema (a common result of a drowning episode)



* Specific Theory

Scenario #1: You are lifeguarding the pool and someone starts having a seizure in the deep end. When you get them to shallow water, you notice a medical alert saying they have epilepsy.

Scenario #2: Someone is swimming laps in the pool and starts having a heart attack. They collapse before making it to the edge.

Scenario #3: Someone dives in awkwardly and dislocates their shoulder upon impact.

* Scenarios

*After my volunteer experience, I learned that the job is not always as fun as I thought, but it is still very rewarding.

*The information we learned in this course confirmed my interest in the Health field.



* Conclusion