CHECKLIST

Choosing between pool and beach lifeguarding

- [ ] Identify which environment appeals to you most
- [ ] Assess your current fitness level against the demands of each role
- [ ] Shadow a lifeguard in your preferred setting to observe the work firsthand
- [ ] Enrol in the appropriate training course for pool or beach certification
- [ ] Build open-water swim confidence if pursuing beach work
- [ ] Understand the seasonal employment patterns of beach lifeguarding