

Fantastic Opportunity to Make a Difference!

Hamley Bridge & Owen Pools are seeking Lifeguards, Bronze Medallions & Canteen Volunteers

Training and support will be provided – so jump on board to help your community. This great training opportunity is open to those who would like to play a role at the pools this season.

Training is kindly funded by Wakefield Regional Council.

All will be required to:

- Be over 16 years of age
- Have a police check and working with children clearance – contact us on the numbers below if you don't have one
- Hold a COVID Marshall certificate
- Have a current first aid certificate – a first aid course will be held on Friday 29th October 9am-4pm at the Hamley Bridge Institute
- Undertake a CPR course – a CPR course will be held Friday 29th October at the Hamley Bridge Institute (time to be confirmed)

Bronze medallion holders will require a basic water rescue course theory and practical components:

- **Fitness:** Swim 200 metres continuously within 6 minutes (using any stroke)
- **Rescue Test** – 25 metre swim / 25 metre non-contact tow in less than 1 minute and 45 seconds
- **Survival and Rescue Skills:** Demonstrate a range of survival techniques and appropriate rescues for a range of different aquatic environments and scenarios.
- **Spinal Injury Management**
- **Rescue Response Initiatives**

Lifeguards will be required to undertake a two-day lifeguard course on Saturday 30th and Sunday 31st October 9am-5pm at the Hamley Bridge Swimming Pool. Applicants who just need a refresher course are only required to attend the Sunday. The course includes a theory and a practical component. For the practical component participants will require a medium to high level of aquatic fitness to successfully complete the following practical components:

- **Deep Water Retrieval Test** – ability to retrieve an object from the deepest water within the aquatic environment
- **Lift Test** – ability to lift a swimmer out of the water (using appropriate manual handling procedures)
- **Rescue Test** – 25 metre swim / 25 metre non-contact tow in less than 1 minute & 45 seconds
- **Fitness Test** – 200 metre swim in less than 6 minutes (using any stroke)
- **Spinal Injury Management**
- **Rescue Response Initiatives**

Availability

Lifeguards would be required to be available for at least 2 days per week at any of these times. Bronze medallions and Canteen Volunteers would be required to be available at least one day per week.

HBSP opening hours:

General Swimming

- School term - Mon-Fri 4pm-6pm
- School holidays and weekends - 2pm-6pm

Lap Swimming times

- Morning 6am-8am
- Evening 6pm-8pm

Owen swimming Pool Hours

General Swimming

- School term - Mon-Fri 3:30pm-6pm
- School holidays and weekends - 2pm-6pm

Lap Swimming

- Morning 6am-8am
- Evening 6pm-8pm

Please register your interest with owenswimmingpool@outlook.com or hspinc@hotmail.com and include your contact details, availability, and current police checks and working with children's clearances or qualifications.

Contact Mel 0400282574 (Hamley Bridge) or Erin 0417 834 248 (Owen) for any queries.