

SUNSHINE COAST LIFEGUARD RECRUITMENT INFORMATION

Sunshine Coast Lifeguard Recruitment 2025 - Fitness Assessments & Training Schedule

The Australian Lifeguard Service (ALS) Sunshine Coast invites applications for our annual Lifeguard recruitment program. If you're passionate about water safety and meet the fitness requirements, we encourage you to attend our upcoming assessments.

Phase 1: Recruitment Fitness & Skills Assessment (Mandatory for All Applicants)

- **Date:** Monday, 28th July 2025
- **Time:** 8:00 AM start
- **Activities:**
 - **Pool Swim:** 800m swim in under 14 minutes. (Location: Cotton Tree Pool)
 - **Lifeguard Mission:** Completed at Twin Waters HQ (Beach Access 131, North Shore Road, Mudjimba) *after* the pool swim. Must be completed in under 28 minutes.
 - 600m Ocean Swim (run as 2 x 150m swim out-and-back)
 - 800m Beach Run
 - 600m Board Paddle (run as 2 x 150m paddle out-and-back)
 - 800m Beach Run
 - **Basic Rescue Skills:** Tube & Board Rescue assessment.

Phase 2: Interviews

- **Dates:** Wednesday, 30th July - Thursday, 31st July 2025
- **Details:** Candidates successful in Phase 1 will be invited to attend an interview.

Phase 3: Mandatory Training & Qualification (For Successful Candidates from Phase 1 & 2)

- **Provide First Aid & Advanced Resuscitation Techniques (ART) Certificates:**
 - **Dates:** Monday, 4th August & Tuesday, 5th August 2025
 - **Time:** 8:00 AM start
 - **Attendance:** Mandatory for ALL recruits.
- **Bronze Medallion / Certificate II in Public Safety (Aquatic Rescue):**
 - **Dates:** Wednesday, 6th August & Thursday, 7th August 2025
 - **Time:** 8:00 AM start
 - **Attendance:** Mandatory ONLY for recruits who DO NOT already hold this qualification.
- **Bronze Medallion Assessments & Proficiencies:**
 - **Date:** Friday, 8th August 2025
 - **Time:** 8:00 AM start
 - **Attendance:** Mandatory for ALL recruits (including those already qualified, for proficiency update).

Phase 4: Operational Training (Mandatory for All Recruits)

- **Rescue Watercraft (RWC), All Terrain Vehicle (ATV) & 4WD Training:**

- **Dates:** Monday, 11th August - Wednesday, 13th August 2025
- **Time:** 8:00 AM start

Phase 5: Induction (Mandatory for All Recruits)

- **Local Beach Inductions (Bus Tour):**
 - **Date:** Thursday, 14th August 2025
 - **Time:** 8:00 AM start
 - **Details:** Covering areas from Twin Waters to Noosa (North) and Twin Waters to Caloundra (South).
- **Basic Beach Management, Lifeguard Induction & BBQ:**
 - **Date:** Friday, 15th August 2025
 - **Time:** 8:00 AM start

Important Notes:

- Please ensure you arrive promptly for all scheduled sessions.
- Bring appropriate attire (swimwear, wetsuit, water, sunscreen, and any existing relevant qualification certificates).
- Set yourself up for success! We encourage preparing for the physical assessments by training in advance. Aiming for the target times – 800m swim in under 14 minutes and the Lifeguard Mission within 28 minutes this will help ensure you feel confident on the day.

We look forward to meeting all interested candidates for the opportunity to join the Australian Lifeguard Service team on the Sunshine Coast.

