



Irish Water Safety

Sábháilteacht Uisce na hÉireann

Lifeguards

The necessary prerequisites for Lifeguards are that they be physically and mentally fit, be 17 years of age or older and that they hold a current Pool Lifeguard Award or Beach Lifeguard Award of Irish Water Safety or the equivalent in other organisations.

Candidates for a position as a Local Authority Lifeguard, for appointment to a beach are required to undergo an examination following approval of their application by the Local Authority.

The test items include:

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| (a) Swimming Ability | - A fast freestyle timed swim
- Rescue tow to show versatility in strokes |
| b) Swimming Rescue | - Approaches and carries
- Releases from drowning grips
- Release from double drowning situation
- Underwater search
- Resuscitation in water |
| c) Resuscitation | - Good practical and theoretical knowledge of Basic Life Support and Aftercare |
| d) Oral | - Have a good knowledge of a Lifeguard's duties and responsibilities, communication, equipment, hazards, basic first aid & hypothermia |

A Lifeguard is a highly skilled person who has ability to:

- prevent accidents
- evaluate the patrol area and implement appropriate safety rules, as necessary
- protect the public
- educate the public in water safety

Advertisements by Local Authorities for seasonal Lifeguards generally appear in the national or local newspapers in the spring of each year.