



SAARTHI - सारथी

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करियर शीट · CAREER SHEET

लाइफगार्ड

A lifeguard - also called a pool guard, beach lifeguard or lifesaver - watches over swimming pools, beaches and inland waterways to keep swimmers safe. The core job is constant surveillance of the water, warning people about...



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Salary, exams, colleges, the routes in and the steps after — all on the portal.

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Principal, GSSS Jethantri · Master Trainer



श्री चेनाराम चौधरी

प्रधानाचार्य, डाइट बाड़मेर
Principal, DIET Barmer



श्रीमती संघमित्रा

वरिष्ठ व्याख्याता, डाइट बाड़मेर (सहयोग)
Sr. Lecturer, DIET Barmer (Support)



भरत चौधरी

अभिकल्पना व विकास · व्याख्याता (इतिहास)
Designed & developed · Lecturer (History)

विशेष धन्यवाद · SPECIAL THANKS



सुरेन्द्र सिंह राठौड़

व्याख्याता (इतिहास) · रा.उ.मा.वि. कानाना



सुरेश कुमार सैन

व्याख्याता (भूगोल) · रा.उ.मा.वि. रामसीन मूंगड़ा



वनिता कुमारी

व्याख्याता (इतिहास) · रा.उ.मा.वि. रामसीन मूंगड़ा



कमलेश चौधरी

व्याख्याता (राजनीति विज्ञान) · रा.उ.मा.वि. टापरा

करियर मार्गदर्शन कार्यशाला, डाइट बाड़मेर (14-17 जुलाई 2026) में विकसित व लोकार्पित
Developed & unveiled at the Career Guidance Workshop, DIET Barmer (14-17 July 2026)

यह एक स्वतंत्र परियोजना है, जो सरकार की आधिकारिक करियर-मार्गदर्शन सामग्री पर आधारित है। · An independent project based on the Government's official career-guidance content.

1 About this career

A lifeguard - also called a pool guard, beach lifeguard or lifesaver - watches over swimming pools, beaches and inland waterways to keep swimmers safe. The core job is constant surveillance of the water, warning people about hazardous conditions, and carrying out a fast, trained rescue whenever someone is in danger of drowning or gets injured. Lifeguards must maintain excellent physical fitness in and out of water, strong swimming and rescue skills, and up-to-date first-aid/CPR knowledge. It is a career that combines adventure, responsibility and the deep satisfaction of directly saving lives.

2 At a glance

Minimum qualification	Class 10 pass
Entry Age	18 years or above
Course Duration	About 290 hours (NSQF Level 4)
Essential Skill	Must already know swimming well

3 What you need

INTERESTS

- Enjoys working in and around water, in the outdoors
- Strong interest in sports, swimming and fitness
- Passion for helping others and responding in emergencies

ABILITIES

- Physically strong and fit, with high stamina and endurance
- Excellent, fast swimmer, comfortable in water
- Sharp observation, quick decision-making, and ability to stay calm under pressure

KEY SKILLS

- Fast and long-distance swimming ability
- CPR and first-aid administration
- Communication and crowd management skills
- Mental toughness and composure under stress
- Water rescue techniques and basic diving/lifesaving skills
- Continuous surveillance and risk assessment
- Teamwork and adherence to emergency protocols

4 How to get there

- 1 Complete Class 10 and be at least 18 years old
- 2 You must already know how to swim well before applying
- 3 Enrol in an NSQF Level-4 Lifeguard training programme via NSDC, Jan Shikshan Sansthan (JSS) or NIOS
- 4 Complete the roughly 290-hour theory + practical training (swimming drills, rescue technique, CPR/first-aid)
- 5 Earn a recognised lifeguard certification, e.g. from RLSS India (Rashtriya Life Saving Society) or an equivalent body
- 6 Clear the NSQF skill-assessment/certification exam and start applying for lifeguard jobs

MAIN EXAMS

- There is no conventional written entrance exam. Instead, candidates must clear a practical NSQF/Sector Skill Council skill assessment (swim test, rescue drills, CPR test) at the end of training, and obtain lifeguard certification from a recognised body such as RLSS India.

5 Where to study

GOVERNMENT INSTITUTES

- NSDC प्रशिक्षण केंद्र (Life Guard - Pool & Beach, QP: SPF/Q1104, NSQF Level 4) — Across India, including centres in Jaipur and other Rajasthan cities (<https://nsdcindia.org/find-training-center>)
- जन शिक्षण संस्थान (Jan Shikshan Sansthan - JSS) — Various districts, including in Rajasthan (<https://nsdcindia.org/find-nsdc-training-centre-jss/>)
- NIOS वोकेशनल स्टडी सेंटर (लाइफगार्ड/स्पोर्ट्स सेक्टर) — NIOS study centres across Rajasthan (<https://voc.nios.ac.in/registration/locate-study-centre>)

- राजस्थान कौशल एवं आजीविका विकास निगम (RSLDC) — Jaipur, Rajasthan (<https://livelihoods.rajasthan.gov.in/rsldc/>)

PRIVATE INSTITUTES

- राष्ट्रीय लाइफ सेविंग सोसाइटी (RLSS India) - पूल/ओपन वाटर लाइफगार्ड कोर्स — Headquartered in Pune, with training centres in multiple cities (<https://www.lifesavingindia.org/join-a-course/>)
- दृष्टि मरीन (Drishti Marine) लाइफसेविंग प्रशिक्षण — Goa (<https://www.drishtimarine.com/>)
- अमेरिकन लाइफगार्ड एसोसिएशन (ALA) - भारत लाइफगार्ड ट्रेनिंग — Online with in-person practical sessions in select cities (<https://americanlifeguardassociation.com/lifeguard-training/india/>)

ONLINE

- Skill India Digital Hub (SIDH) — Online (<https://www.skillindiadigital.gov.in/courses>)
- NIOS ऑनलाइन वोकेशनल कोर्स सामग्री — Online (<https://nios.ac.in/online-course-material/vocational-courses.aspx>)

FEES

Most government schemes (NSDC/PMKVY, JSS, NIOS) offer lifeguard training free of cost or at a nominal fee. Private certification courses (e.g. through RLSS India or similar lifesaving academies) typically cost anywhere from a few thousand rupees up to about ₹15,000-20,000, depending on the level of certification (pool lifeguard vs. open-water/beach lifeguard).

SCHOLARSHIPS

- नेशनल स्कॉलरशिप पोर्टल (ITI/वोकेशनल छात्रों के लिए) (<https://scholarships.gov.in/fresh/onlineInstituteSearchIndex>)
- ITI छात्रों के लिए स्कॉलरशिप गाइड (Buddy4Study) (<https://www.buddy4study.com/article/iti-scholarships>)

6 What the work is like

WHERE YOU WORK

Swimming pools, hotels and resorts, water parks, beaches, adventure sports companies, sports-event agencies, schools/colleges, and corporate training organisations.

WORK CULTURE

Work is typically 8-9 hours a day, 5-6 days a week in shifts, with overtime common during peak season or events. Much of the job is spent outdoors, standing or actively watching the water, so ongoing physical fitness is essential. Opportunities also exist for persons with disabilities in supportive roles such as training and administrative support.

WHO HIRES

- Private swimming pools and water parks
- Beach safety agencies (e.g. Drishti Marine, Goa)
- Adventure tourism and water-sports companies
- Hotels, resorts and clubs
- School and college sports/swimming departments
- Disaster management and rescue agencies (e.g. water-rescue teams linked with NDRF)

DEMAND (2026)

Demand for trained lifeguards is rising steadily in India as water parks, hotel-resort pools and coastal tourism expand. In Rajasthan too, new water parks, club pools and school swimming facilities are creating more openings. Stricter safety regulations mean certified lifeguards are increasingly preferred over untrained staff.

7 Career growth

- 1 Intern / Trainee Lifeguard
- 2 Lifeguard
- 3 Senior Lifeguard / Shift Supervisor
- 4 Swimming Pool Manager / Lifeguard Instructor

EARNINGS

Starting	₹16,000 - 18,000/माह
Mid level	₹20,000 - 28,000/माह
Senior level	₹30,000 - 40,000/माह

According to the National Career Service (NCS), lifeguard salaries range roughly from ₹16,000 to ₹40,000 per month depending on experience, employer type (hotel/water park/beach agency) and city. Independent salary data from Indeed India shows an average of around ₹18,000/month, which aligns with the lower part of this range; pay rises further with experience and in supervisory or pool-manager roles.

8 The good parts · The challenges

The good parts

- The direct satisfaction of saving lives and serving the community
- Active, outdoor, fitness-focused work rather than a desk job
- Relatively short training (about 290 hours) leads quickly to certification and employment

The challenges

- Shift duty, overtime and seasonal/peak-time pressure are common
- Physical strain from sun exposure, heat, and long hours of standing/watching
- Emergency rescues carry real physical risk and can be mentally stressful

9 Real-life journeys

Charmaine M. deSouza

Lifeguard, Drishti Marine, Goa

Charmaine M. deSouza is one of the small number of women lifeguards employed by Drishti Marine on Goa's beaches, a role traditionally seen as male-dominated. Inspired to join by watching the TV show 'Baywatch', she says, 'It feels amazing to be able to enter a field in which women are not usually expected to be in.' She emphasises that skill comes before bravery on the job - 'Bravery comes with the skills.' Her journey shows students across India, including in Rajasthan, that with the right training, women can build strong, adventurous, service-oriented careers as certified lifeguards.

Goan Observer · <https://www.goanobserver.in/2022/04/29/the-life-of-a-woman-lifeguard-in-go/>

Shashikant Jadhav

Lifeguard & Operations Manager, Drishti Marine, Goa

Originally from Raigad district, Maharashtra, but raised in a small village in south Goa, Shashikant Jadhav learned to swim in the sea with friends as a child and decided to become a lifeguard after witnessing drowning incidents. Now 38, he has risen from lifeguard to Operations Manager at Drishti Marine. He explains the real danger of the job: 'When people are drowning, they panic. When you directly engage with a victim of drowning, there is always the danger that they'll drag you into the water with them.' His path illustrates the career ladder from entry-level lifeguard to a supervisory/management role after years of field experience.

The Better India · <https://thebetterindia.com/367889/drishti-marine-lifeguards-saving-lives-from-drowning-beaches-go-a-government/>

Ashwin Ghag**Senior Lifeguard, Drishti Marine (Calangute Beach, Goa)**

Ashwin Ghag from Pune was a national-level competitive swimmer and worked as a swimming coach from 1999 to 2008 before moving into lifeguarding, inspired by his own father's career as a lifeguard. Now 42, he serves as a senior lifeguard at Calangute Beach, Goa. He describes the unique challenge of open-water rescue: 'In the sea, you can only save someone by taking them back one way. It's not a confined space.' His story shows how a sports/swimming background can be turned into a stable, respected, lifelong lifeguarding career.

The Better India · <https://thebetterindia.com/367889/drishti-marine-lifeguards-saving-lives-from-drowning-beaches-go-a-government/>

10 Sources & further reading

1. Rajasthan Career Guidance Portal - Lifeguard — <https://cg.rajasthan.gov.in/careerguidance/hi/career/लाइफगार्ड-पूल-गार्ड-बीच-ल/>
2. NSDC - Life Guard (Pool & Beach) Job Role — <https://nsdcindia.org/life-guard-pool-beach>
3. Rashtriya Life Saving Society (RLSS India) — <https://www.lifesavingindia.org/>
4. Expected Salary (as cited via NCS) — <https://bit.ly/3Ex5M6d>
5. Lifeguard Average Salary - Indeed India — <https://in.indeed.com/career/lifeguard/salaries>

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