

LIFEGUARD ROADMAP

RHODE ISLAND STATE PARKS

Becoming a Lifeguard can seem like a daunting process. Use this roadmap as a guide to help you navigate your way.

Feel free to contact us with any additional questions!



More Information at
riparks.ri.gov/lifeguard-training

Practice

Practice your swimming, take a swim lesson to learn proper technique

01

Lifeguard Training

Sign up for a lifeguard training class from an approved organization. Gain certifications in Lifeguard Training, First Aid, & CPR.

02

State Certification

Register for a RI State Lifeguard Certification Test to become a surf or non-surf lifeguard in the State of Rhode Island.

03

Get Hired

Get hired and begin working for a lifeguard agency and keep your training certifications active.

04