

NEW YORK STATE OFFICE OF PARKS, RECREATION AND HISTORIC PRESERVATION
OF THE LONG ISLAND REGION



JONES BEACH LIFEGUARD CORPS



LIFEGUARD QUALIFYING PROCEDURE

SUNDAY, JUNE 11th, 2023 AT 7:30 A.M.



SUFFOLK COUNTY COMMUNITY COLLEGE POOL, BRENTWOOD

(POOL LOCATED IN THE HEALTH, SPORTS, AND EDUCATION CENTER)

AND

WEST BATHHOUSE, JONES BEACH STATE PARK

All candidates must provide their own transportation from Suffolk County Community College to Jones Beach West Bathhouse.

LIFEGUARD QUALIFYING PROCEDURE

100 YARD TIMED SWIM- Suffolk County Community College- Applicant must finish swim in 75 seconds or less to continue.

50 YARD CROSS CHEST CARRY- Suffolk County Community College- 25 yard swim; 25 yard applicant carries manikin in cross-chest position in 70 seconds or less.

3/4 MILE (1,320 YARDS) TIMED ENDURANCE RUN- Suffolk Community College- Applicant must complete the 3/4 mile (1,320 yards) run in six minutes or less. (Sneakers recommended).

TIMED OCEAN SWIM – Jones Beach West Bathhouse Ocean Front- Applicant must complete the approximately 350-400 yard swim on prescribed open water, run-swim-run course to continue. Stopping will result in disqualification.

NOTE: All elements must be successfully completed to be considered qualified for hiring. (Not necessarily performed in this order.)

Please register at <https://bookwhen.com/lifeguardtest>

PLEASE BE PREPARED FOR APPROXIMATELY AN 8 HOUR DAY. BRING LUNCH WITH YOU

MINIMUM QUALIFICATIONS

Candidates must be at least 17 years of age by the date of the test- no exceptions.

Male Candidate MUST wear either boxer, brief or board shorts when qualifying. Jammers are not permitted.

Female Candidates MUST wear a standard one piece or two piece swim suit.

All candidates participating in the qualifying procedure must present photo proof of age and identity prior to swim. Please have government photo identification.

Candidates must be able to successfully complete both the Lifeguard Qualifying Procedure and the Lifeguard Training Program. All candidates must attend 40 hours of required training in pay status before they can be considered for placement as New Hire Lifeguards. New Hire candidates must be certified in CPR/AED for the Professional Rescuer prior to reporting to their assigned work stations. Basic First Aid and Administering Emergency Oxygen certification will be provided during training. No prior swimming certifications are necessary.

Candidates must have at least 20/70 uncorrected vision in each eye, 20/40 corrected. Contact lenses or glasses are not permitted.

IMMEDIATELY AFTER SUCCESSFULLY COMPLETING THE PROCEDURE, PARK ASSIGNMENTS WILL BE MADE IN THE WEST BATHHOUSE POOL MEETING ROOM.

Prior to employment, those candidates with park assignments must present the following documentation:

- A NYS Parks medical standards form completed by a qualified physician stating the candidate meets criteria listed to perform full lifeguard duties and meets acceptable standardized requirements;
- An original birth certificate indicating that the candidate is at least 17 years of age (Current U.S. passport may be presented in lieu of birth certificate at the time of hiring);
- An original Social Security card;
- Candidates who are 17 years of age must present valid working papers;
- All New Hire candidates must present acceptable proof of employment eligibility;
- All New Hire candidates must successfully complete 40 hours of lifeguard rookie training in pay status and be certified in CPR/AED for professional rescuer prior to reporting to their assigned work stations.

****Please note that candidates will have approximately one week to submit all required documentation and may need to make an appointment with their physician.**

Any questions, feel free to call the Water Safety Office at (631) 321-3568