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State of New Jersey

DEPARTMENT OF ENVIRONMENTAL PROTECTION
MAIL CODE 501-04
DIVISION OF PARKS AND FORESTRY
STATE PARK SERVICE
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NEW JERSEY STATE PARK SERVICE 2019 LIFEGUARD TEST INFORMATION

The following information will be helpful in preparing applicants for the State Park Service Lifeguard Test.

1. All applicants under 18 years of age must have an official State Park Service permission slip signed by a parent or legal guardian to participate in lifeguard testing. Applicants under 18 must present this slip at the test-site or they will not be tested. A permission slip is attached to this information package. Applicants 18 years of age or older must have adequate proof of age.
2. If you are hired for employment as a lifeguard, you must undergo a medical examination by a M.D. or D.O. The physician will then complete a form provided to you by the area Superintendent.
3. Lifeguards normally work 40 hours per week, including weekends and holidays. Lake swimming areas open Memorial Day weekend. The ocean swimming facility will open Memorial Day weekend (weekends only), and daily beginning the second Saturday in June.
4. Non-resident applicants will be considered only if there are inadequate numbers of qualified New Jersey applicants.
5. Test sites and dates are listed on the website.
6. All tests will begin promptly at the time designated. Applicants must bring all necessary personal effects, including swimsuit, running shoes and shorts, T-shirt, towels, food, beverages, etc.
7. Employment as a State Park Service Lifeguard offers a unique opportunity to participate in an organized program of physical conditioning, including calisthenics, swimming, running, rowing and kayaking. The regular training program includes first aid, CPR, oxygen administration, AED use and water safety instruction.

PRIOR TO THE TEST DATE, PLEASE CONFIRM LIFEGUARD TEST DATE, TIME & LOCATION ON OUR WEB SITE (www.njparksandforests.org).

Purpose of Testing - Indicates an applicant's potential to complete the training program successfully and safely. The lifeguard test is designed to give a measure of the following:

1. **Swimming Ability**
2. **Physical Condition**
3. **Confidence and Poise**
4. **Recovery Time after Physical Exertion**
5. **Potential Strength and Stamina**
6. **Coordination and Adaptability**
7. **Willingness to Expend a Maximum Effort**

TESTING PROCEDURE

The following are the testing procedures administered to all lifeguard applicants for lake and ocean swimming areas. The applicant is expected to perform the three parts to the best of their ability as follows:

Part 1 - Swim

This part of the test is designed to demonstrate the applicant's overall swimming ability and speed. Upon a signal from the timer, the applicant must swim 500 meters in 10 minutes or less, using a swimming stroke performed on the front only. The applicant's condition at the completion of this phase will be noted.

Part 2 - Run

The run is performed on a track or parking lot. The applicant must run 400 meters in 1 minute 40 seconds or less.

Part 3 - Personal Interview

Applicants will be interviewed by the area Superintendent or their representative.

No commitments will be made regarding employment on the test date so that each applicant will receive equal opportunity for employment based on their test results and interview. All applicants that complete all three test parts will be notified as soon as possible after the test date as to whether they will be employed.

LIFEGUARD EMPLOYMENT OPPORTUNITIES ARE ANTICIPATED AT THE FOLLOWING AREAS:

	<u>Telephone Numbers</u>
<u>SOUTHERN REGION</u>	
Atsion Recreation Area, Wharton State Forest, Shamong, NJ	609-268-0444
Bass River State Forest, New Gretna, NJ	609-296-1114
Belleplain State Forest, Woodbine, NJ	609-861-2404
Parvin State Park, Pittsgrove, NJ	856-358-8616
<u>ISLAND BEACH STATE PARK</u> , Seaside Park, NJ	732-793-0506
<u>CENTRAL REGION</u>	
Cheesequake State Park, Matawan, NJ	732-566-2161
Round Valley Recreation Area, Lebanon, NJ	908-236-6355
Spruce Run Recreation Area, Clinton, NJ	908-638-8572
<u>NORTHERN REGION</u>	
High Point State Park, Sussex, NJ	973-875-4800
Hopatcong State Park, Landing, NJ	973-398-7010
Ringwood State Park, Ringwood, NJ	973-962-7031
Stokes State Forest, Branchville, NJ	973-948-3820
Swartwood State Park, Swartwood, NJ	973-383-5230
Wawayanda State Park, Hewitt, NJ	973-853-4462

SUMMER EMPLOYMENT APPLICATIONS MAY BE OBTAINED FROM:

**DEPARTMENT OF ENVIRONMENTAL PROTECTION
DIVISION OF PARKS AND FORESTRY
Website: www.njparksandforests.org
OR VISIT ANY STATE PARK SERVICE AREA OFFICE**



New Jersey Department of Environmental Protection
Division of Parks and Forestry



STATE PARK SERVICE

**PERMISSION FOR LIFEGUARD APPLICANTS
UNDER 18 YEARS OF AGE
TO TAKE THE LIFEGUARD EMPLOYMENT TEST**

I, _____ *grant my child* _____
(Print Parent or Legal Guardian Name) (Print Name of Child)

permission to take the New Jersey State Park Service Pre-Employment Lifeguard Test. I am not aware of or been informed by a physician of any medical or physical disability that would prevent my child from completing this test.

(Date)

(Signature of Parent or Legal Guardian)

Freshwater and Ocean Test

The physical fitness test consists of:

- Swim 500 meters in an indoor pool in 10 minutes or less, using a swimming stroke performed on the front only.
- Run 400 meters on a track or parking lot in 1 minute 40 seconds or less.