



February 1, 2010



Dear Sea Girt Lifeguard Applicant,

Attached is your 2010 application for employment as a Lifeguard with the Borough of Sea Girt. Please take the brief few minutes it takes to fill it out and send back as soon as possible. All applications need to be returned to Borough Hall by April 30, 2010. Please adhere to this deadline, if you have any problems, get in touch with me via email (tharmon@seagirtboro.com) or phone (732.449.9335 x 15).

There will be a Pre Employment Swim and Stamina test at the Atlantic Club in Wall Township in May. The test is held in the "complex pool" which is the pool with the bubble over it. The date is set for **Saturday, May 1st, 4pm**. Upon receipt of your application, you will receive a follow up call or email.

- ◆ The pool test will be: A 500m test in 10 minutes or less.
- ◆ The stamina test will be two parts: A 50m cross chest carry of a victim
A 1 1/2 mile run in 12 minutes or less
- ◆ You will need to be at the pool 15 minutes before the test. Please bring a towel, goggles etc., as they will not be provided for you. Please bring appropriate footwear for the run test.
- ◆ There is no make up date for this test. All parts of the test must be completed.
- ◆ You will also need to provide a Medical Doctors note the day of the swim test stating that you are of sound medical condition and are able to perform the strenuous duties of a lifeguard.
- ◆ Please take the time to read the attached guidelines regarding some basic information in reference to the employment pre-requisites.

You should know that ocean lifeguarding is a very demanding yet very rewarding job. The pre employment swim test is a basic measure of your swimming ability. As a "rookie lifeguard" you will be attending "Lifeguard School" to learn the basic fundamentals of the job as well as a rigorous training program. You need to be in the best of shape to work with an ocean lifeguard service. Applicants will be chosen for open positions based on swimming ability, strength and stamina, and character. Those hired are hired for the borough as an at will employee while employed.

Sincerely,

Timothy Harmon

Timothy Harmon

Chief of Lifeguards

Borough of Sea Girt, NJ



Employment Prerequisites for the Sea Girt Beach Patrol

1. Minimum age: 16 years of age
2. Physical Condition:
 - a. normal hearing
 - b. 20/20 vision normal or corrected
 - c. no disabling deformities or conditions
 - d. demonstration of the ability to handle any and all situations indigenous to the area of responsibility
 - e. a medical doctors statement certifying that you are healthy enough and are in good physical shape to participate in the strenuous physical activity of a lifeguard
3. Each new applicant will participate in a pre-employment strength, stamina, and swimming test. This test will consist of the applicant completing a distance of 500 meters in a time of 10 minutes, a 50 meter cross chest carry of a victim, and a 1 ½ mile run in 12 minutes.
4. All lifeguard applicants will be trained in American Red Cross Professional Rescuer CPR. This will include training/testing in one man adult, two man adult, infant, child CPR, obstructed airway, and breathing devices.
5. All lifeguard applicants will be trained/tested in American Red Cross Standard First Aid, cervical and spinal immobilization, emergencies specific to the beachfront, other common first aid emergencies, and interfacing with outside agencies in respect to medical emergencies. The above coursework totals the USLA minimum 21 hours of first aid training, however normally exceeds the minimum training time.
6. All lifeguard applicants hired(in training), will attend “Lifeguard School” a course of a minimum of 40 hours of open water lifeguard training, lifeguard operations skills, and ocean awareness, and other information pertinent to the job of a lifeguard.
7. All lifeguards hired will be subject to background investigations conducted by the Borough of Sea Girt administration. Information and release of information request will be forwarded to you once hired/rehired.



LIFEGUARD & WATER SAFETY DEPARTMENT
APPLICATION FOR EMPLOYMENT

Name: _____ Social Security # _____
Mailing Address: _____ Summer Address: _____

Phone: _____ Phone: _____
Date of Birth: _____ Height: _____ Weight: _____

E-Mail Address: _____

Previous Sea Girt Beach Employment: _____

Other Beach Related Experience: _____

Date Available for Work: _____

Date Available Until: _____

Can You Work A Five Day Work Week? Y N If No, Then How Many Days: _____

T-Shirt Size S M L XL XXL Board Short/Waist Size: _____

Rash Guard Size S M L XL XXL Jacket size: _____

Do you hold a current CPR card: Y N date of expiration: _____

Do you hold a current First Aid card: Y N date of expiration: _____

Do you hold any USLA open water lifeguard certification: Y N

Do you hold any other certification pertinent to Lifeguarding: _____

Signature: _____ Date: _____

*Please send all applications to: Borough of Sea Girt
Attn: Beach Department-Lifeguards
P.O. Box 296
Sea Girt, N.J. 08750*

Be advised: Lifeguarding is a physically demanding job. You will need a Medical Doctors note stating that you are able to perform the duties of a lifeguard.

- If you are a **new applicant**, you will need this before the pre employment swim test in May.
- If you are a **returning Sea Girt Lifeguard**, you will need this before you start any type of work related duties for the Borough of Sea Girt.

FOR OFFICE USE ONLY:

Rate of Pay: _____ Amount: _____

Pre Employment Swim Time: _____

Pre Employment Run: _____

Open Water Certification Time: _____

Certification Run: _____

Open Water Testing Checklist:

Sit Row _____

Stand Row _____

Run _____

Kayak _____

Paddle _____

Rescue _____

Line/Torp _____

First Aid Training _____

Backboard _____

CPR _____

AED _____

Other _____

Other _____

Uniform:

Shirt Size: _____ # of _____

Tank Top: _____ # of _____

Short Size: _____ # of: _____

Long Sleeve: _____

Wind Pant: _____

Hat: _____

Whistle: _____

Rash Grd: _____

Other: _____

Other: _____

Notes:
