



February 1, 2026

Dear Sea Girt Lifeguard Applicant,

Attached is your 2026 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 10<sup>th</sup>, 2026**. Please adhere to this deadline, if you have any problems, get in touch with me via email ([tharmon@seagirtboro.com](mailto:tharmon@seagirtboro.com)) ([seagirtbeachpatrol@gmail.com](mailto:seagirtbeachpatrol@gmail.com)) or office phone (732.449.9335 x 603) or cell (732.245.2860).

There will be Pre-Employment Swim and Stamina tests at the **Neptune Aquatic Center in April and May**. The dates are **Saturday, April 11<sup>th</sup>, 5-6 pm, Saturday April 18<sup>th</sup> 6-7 pm, Saturday May 2<sup>nd</sup> 5-6 pm**. Upon receipt of your application, you will receive a follow up call or email. I strongly urge you to attend the first test and if you cannot please communicate which test you are able to attend.

- ◆ 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 first-year lifeguard you will be attending "Lifeguard Academy" 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  
Emergency Management Coordinator  
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 returning Lifeguard and 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 Safety and Health Institute BLS Provider for the Healthcare Provider CPR. This will include training/testing in one man adult, two man adult, infant, child CPR, obstructed airway, breathing devices, oxygen and use of and AED and bag valve mask devices.
5. All lifeguard applicants will be trained/tested in American Safety and Health Institute Advanced First Aid. Additional training in 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 70 hours of open water lifeguard training, lifeguard operations skills, and ocean awareness, and other information pertinent to the job of a lifeguard such as Borough policies and procedures, sexual harassment, workplace bullying or violence, whistleblower protections and the proper procedure to report such incidents .
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: \_\_\_\_\_

Have You Ever Been Terminated Or Asked To Resign From A Job And If So Why: \_\_\_\_\_

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 or sign the Employee Qualification form attached certifying you are physically able to perform the job of a Lifeguard since last physical.

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:

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## Sea Girt Employee Qualification Certification

<b>Employee Name</b>	
<b>Position/Title</b>	
<b>Period Beginning May 1, 2023</b>	
<b>Other</b>	

### **Driver Qualification**

I certify that both my Driver's License and/or Commercial Driver's License are current with no disqualifications.

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**

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### **Certification Verification**

I agree to supply a current copy of my Driver's License for Verification.

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Witness Signature**

\_\_\_\_\_  
**Date**



## Medical Qualification for Sea Girt Beach Patrol

I certify that I have examined and documented the following individual:

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Summer Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

and certify that his/her condition below:

\_\_\_\_\_ **does** possess adequate vision, hearing acuity, physical ability and stamina to perform the strenuous duties of an open water ocean lifeguard

\_\_\_\_\_ **does not** possess adequate vision, hearing acuity, physical ability and stamina to perform the strenuous duties of an open water ocean lifeguard

To perform the effective duties of an open water ocean lifeguard the above must be able to do the following: (some examples listed below)

- Ocean Swimming
- Run and sprint in the soft and hard sand
- Jump and land in the sand from their tower four -six feet in the air
- Use equipment such as a rescue can, paddleboard, ocean kayak, lift a backboard with a patient on it
- Able to row a boat
- Able to swim and rescue someone in the ocean larger than them and bring them to safety
- Able to perform CPR skills for extended period of time

\_\_\_\_\_  
Signature of Physician

\_\_\_\_\_  
Date

\_\_\_\_\_  
Physician address