



## Ocean City Beach Patrol

1st Street and Boardwalk

Ocean City, New Jersey 08226

609-525-9200

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### Ocean City Beach Patrol Lifeguard Test

On **Monday August 1st, 2022** the Ocean City Lifeguard Test will be held at 18th Street and the beach in Ocean City, New Jersey. All candidates will report at 8:30am for registration. Candidate's applications should be completed [\(click here\)](#) and each candidate is required to have documentation of a recent physical examination from a medical doctor prior to registering. All events will be scored and counted towards the candidate's overall standing. The following is a list of the revised events:

1. **The ½ Mile Run** Lifeguard candidates will complete a half mile run. This event will have a 3:45 cutoff time. Any lifeguard candidate not completing the distance in under that time will be disqualified from the rest of the test.
2. **500 Meter Box Swim** Lifeguard candidates will complete a 500 meter box course swim. The lifeguard candidates will swim with a rescue buoy or can during this event.
3. **300 Meter Box Paddle** Lifeguard candidates will complete a 300 meter box course paddling a rescue board. Rescue boards will be provided by the Ocean City Beach Patrol and all be a standard length.
4. **Surf Dash** All candidates will do two surf dashes and their times will be averaged together for their final score. *(A surf dash is a simulated rescue where candidates will be required to run from a flag on the beach into the ocean, touch another flag positioned outside the breaking waves, and return to their starting flag.)*
5. **500 Meter Ergometer Row** Candidates will complete a 500 meter row on a Concept 2 ergometer.
6. **Interview** All lifeguard candidates will be required to complete an interview conducted by officers from the Ocean City Beach Patrol.