

## **Ocean City Beach Patrol Physical Testing Description**

The physical testing for the Ocean City Beach Patrol is a rigorous program designed to test various lifeguard skills in swimming, boat handling, and other lifesaving techniques. The test is used as a guideline for inviting candidates to rookie school. Individuals who show exceptional abilities in a skill in one or more events may be invited to rookie school. The program has evolved into a system that provides each candidate an equal opportunity to demonstrate his or her potential as a lifesaver for the Ocean City Beach Patrol. Address questions to Operations Chief Mark Jamieson (609) 525-9200.

### **WHEN**

Physical testing of candidates for the Ocean City Beach Patrol will be held on Sunday, August 15, 2021. The test may be completed on Monday, August 16, 2021 if necessary due to poor ocean conditions and/or inclement weather. After rookie candidates have been selected, there will be a rookie school starting Monday, August 16 during the day (9 a.m.– 5 p.m.). Prior to the test, please make arrangements to be able to attend rookie school and be available for full-time work immediately.

### **WHERE**

Rookie candidates should report to the 34th Street lifeguard station at 9 a.m. on Sunday, August 15, 2021. Check in is 9 – 9:30 am. Please bring a swimsuit, towel, goggles, water, sunscreen and sneakers for a half-mile run.

### **PREPARATION**

It is recommended that all rookie candidates acclimate themselves to the surf conditions prior to the test. Wetsuits will not be permitted. Rookie candidates are urged to practice rowing skills in a lifeguard boat prior to the test.

### **REQUIREMENTS**

Rookie candidates must be 16 years old. Proof of age will be required upon offer of employment. Rookie candidates must have a completed physical signed by a licensed physician submitted prior to the rookie test.

### **SALARY**

Starting pay for first year guards in 2021 is \$12.55/hour. Seniority increments continue up to the 16th year. All lifeguards 16 and 17 years of age will be required to work a 5-day work week. Lifeguards 18 years and older will be required to work an 8-hour day, 5-day work week. A 6<sup>th</sup> day may be offered to employees 18 and older for special circumstances. The Ocean City Lifeguard Association (O.C.L.A.) is the official bargaining unit for the Ocean City Beach Patrol lifeguards and medics. The association will deduct a one-time amount of \$15.00 for dues from your paycheck during the summer. All O.C.B.P. lifeguards also are included in a city-sponsored pension program. Four percent of your salary is deducted towards the pension fund.

### **Operational Hours**

9:30-5 on weekdays standard shift

9:30-5:30 on Weekends and Holidays

11-7:30pm on extended shift

### **GUARD APPEARANCE**

Each lifeguard is an employee of the City of Ocean City. It is important that you uphold the tradition of the O.C.B.P. Therefore all guards are expected to be clean-shaven, hair trimmed and dressed properly for work. Earrings (hoops) and body piercing are hazards and are not allowed.

## Ocean City Beach Patrol

### Physical Testing Description

#### **TRYOUT EVENTS**

##### **HALF-MILE RUN**

This is a Pass or Fail Event: Time: 3 min. 45 seconds or less. Rookie candidates will be timed in a ½ mile run on the beach. You must pass this event in order to continue the testing process. Each year, returning lifeguards are required to re-qualify by running the ½ mile in 3 minutes 45 seconds or faster.

##### **OCEAN SWIM**

Total distance approximately 500 to 600 meters

The ocean swim is a timed event. Each rookie candidate will swim towing a rescue can approximately 500 to 600 meters in a box-shaped course in the ocean. This is a very strenuous event. Prior training is recommended.

##### **SINGLES ROW**

Distance to flag approximately 150 yards in ocean

Conditions permitting, rookie candidates will be timed while rowing to a flag (buoy) approximately 150 yards from a starting point in the ocean. The tryout also will include a timed 500-meter erg row.

##### **RESCUE DRILLS (CAN RUN/SURF DASH)**

Distance: 75-100 Meters

Rookie candidates run into the water with a rescue buoy (can) and sprint to a flag approximately 75–100 meters out in the ocean. When the rookie candidate reaches the standard, he/she must make contact with the standard above the surface of the water and return to the start finish/finish line in their start lane. This event is performed twice, with the average of the two times will be scored.

##### **INTERVIEW**

The selection process will include a personal interview with candidates who pass the physical performance portion. This is a pass/fail event.

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ROOKIE CANDIDATE'S STATEMENT**

The rookie candidate recognizes and acknowledges that there are certain risks of physical injury and agrees to assume the full risk of any injury, damage or loss sustained as a result of participating in the testing for the Ocean City Beach Patrol. Rookie candidates will not be eligible for Workers Compensation through the City of Ocean City should an accident occur during testing. Any such accident or injury and the cost associated with the related medical treatment will be the sole responsibility of the rookie candidate.

**Signature of Applicant:**

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**Print Name:**

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**Parent or Guardian's signature: (if rookie candidate is under 18 years old)**

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\*\*\*The above signature indicates that the candidate's parent/guardian attests that the individual is at least 16 years of age at the commencement of the testing process.\*\*\*

**PHYSICIAN'S STATEMENT**

I have examined the above individual for fitness to safely perform the testing as described for the Ocean City Beach Patrol.

**SUMMARY OF FINDINGS**

\_\_\_ Fit for Testing

\_\_\_ Fit for Testing with Accommodations (explain, attach reason)

\_\_\_ Not Fit for Testing (explain, attach reason)

**Comments**

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**Physician's Signature:**

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**Print Name:**

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**This page must be completed and submitted prior to participating in the rowing instruction or testing.**

**Return this sheet and the enclosed completed application to:**

**DIVISION OF HUMAN RESOURCES**

**CITY OF OCEAN CITY**

**861 ASBURY AVENUE**

**OCEAN CITY, NJ 08226**