



Ocean City Beach Patrol

1st Street and Boardwalk

Ocean City, New Jersey 08226

609-525-9200

Ocean City Beach Patrol Lifeguard Test

On Saturday June 4th, the Ocean City Lifeguard Test will be held at 18th street and the beach in Ocean City, New Jersey. All candidates will report at 8:00 am for registration. Candidate's applications should be completed 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.

