

## **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 [mjamieson@ocnj.us](mailto:mjamieson@ocnj.us) .

### **WHEN**

Physical testing of candidates for the Ocean City Beach Patrol will be held for a two-day period on Saturday, June 5<sup>th</sup> and Sunday, June 6<sup>th</sup>, 2021. The test may be completed on Monday, June 15, if necessary due to poor ocean conditions and/or inclement weather. After rookie candidates have been selected, there will be a MANDATORY rookie school June 12<sup>th</sup>, 13<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 26<sup>th</sup> and 27<sup>th</sup> during the day (9:00 a.m.–5:00 p.m.). Please make arrangements to attend prior to the test.

### **WHERE**

Rookie candidates should report to the Community Center Parking lot 18<sup>th</sup> and Simpson ave. at 9:00 a.m. on Saturday, June 5<sup>th</sup>, 2021. Check in is 9 – 9:30. Please bring a swimsuit, towel, goggles, water, sunscreen and sneakers for the ½ mile run.

### **PREPARATION**

It is recommended that all rookie candidates acclimate themselves to the surf conditions and low water temperature prior to the test. Water temperatures generally range between the mid 50's to the mid 60's F. Wetsuits will not be permitted for the test if water temperature is over 60 degrees. It will be the event director's discretion to allow wetsuits if water temp is below 50 degrees. Rookie candidates should prepare for the ocean row by attending the rowing clinics held the May 29<sup>th</sup> and 30<sup>th</sup> 10-1:30 pm at the Ocean City Boat Ramp located on Tennessee ave.

### **REQUIREMENTS**

Rookie candidates must be 16 years old by the day of the test. 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/hr. Seniority increments continue up to the 16th year. All lifeguards 16 and 17 years of age will be required to work a 5-day workweek. 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**

9:00-5:00 on weekdays standard shift

9:00-5:30 on Weekends and Holidays

11:30-7:30pm 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 high school track. 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.

##### **500 Meter swim.**

Total distance 500 Meters

The swim is a timed event. Each rookie candidate swims approximately 500 meters in the ocean. The swim will be conducted in a box course.

##### **ROW**

##### **300 Meter Ocean Row (Water Conditions permitting)**

##### **500 meters erg row.**

Rookie candidates will be timed while rowing 500 meters on an erg and will have a pass/fail ocean row (water condition permitting) The ocean Row will be a 300 meter row parallel to the beach. The time standard will be between 4-6 minutes depending on the water and wind conditions of that day.

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

Distance: 75-100 Meters

Rookie candidates run into the water and sprint to a flag approximately 25-50 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 better of the two times being 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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Physical Testing Description  
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)**

\*\*\*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**