

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 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 for a two-day period on Saturday, June 9th and Sunday, June 10th, 2018. The test may be completed on Monday, June 12, if necessary due to poor ocean conditions and/or inclement weather. After rookie candidates have been selected, there will be a MANDATORY rookie school starting Saturday, June 16 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 First Street lifeguard station at 9:00 a.m. on Saturday, June 9th, 2018. 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. Rookie candidates are urged to practice rowing skills in a lifeguard boat prior to the test. Beginning Memorial Day Weekend, instructions in rowing the lifeguard boats will be available to rookie candidates. Stop by the 1st Street or 12th Street lifeguard stations before the test to be assigned an instructor.

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 2018 is \$11.88/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 6th 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 week days standard shift
9:30-5:30 on Weekends and Holidays
11-7pm 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.

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TRYOUT EVENTS

HALF-MILE RUN

Ocean City High School Track

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.

OCEAN SWIM

Total distance approximately 1000 Meters

The ocean swim is a timed event. Each rookie candidate swims towing a rescue can approximately 500 meters out in the ocean then turns a buoy (flag) and returns to the beach to cross the finish line. This is a very strenuous event. Prior training is recommended.

SINGLES ROW

Distance to flag approximately 150 yards in bay/ocean

Rookie candidates will be timed while rowing to a flag (buoy) approximately 150 yards from a starting point in either the ocean or bay. Once the bow of the rookie candidates boat crosses the plane of the flag (buoy) the timed portion of this event is concluded.

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:

Print Name:

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

Physician's Signature:

Print Name:

**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**