

# **The City of Brigantine Ocean Front Lifeguard Test Summer of 2023**

**Test Date:** Saturday, June 10, 2023 at BCBP HQ (17<sup>th</sup> St. South and Ocean Ave)

**Time:** 10:00 a.m. for Check in. Inclement weather date is Sunday, June 11, 2023.

## **Requirements to take the Test:**

1. MUST be 16 years of age by August 1<sup>st</sup> of 2023.
2. MUST have a copy of a current physical (School physicals will be accepted).
3. Copy of Birth Certificate.
4. Signed Participation Waiver (If under 18, Parent/Guardian MUST sign)
5. Complete a City of Brigantine Employment Application

## **Applicants must be able to perform the following:**

- Run Test: Run 1 mile under a time of 7:30 minutes
- Swim Test: 500 meter Box Swim in the Ocean in 10:00 minutes or less.
- Paddle Board Test: Complete the Paddle Board Box course in the Ocean
- Surf Dash: Run 50 yards, Swim out to buoy and back to starting line.
- Interview: An in-person interview with BCBP Officers.

**Testing may be conducted at an alternate location depending upon Ocean conditions.**

## **Items to bring with you:**

1. Running shoes
2. Swimsuit (no wetsuits permitted).
3. Towel
4. Goggles are permitted and recommended
5. Appropriate fitness clothes.

## **Practice Camp:**

Practice sessions for the test will be administered on June 3<sup>rd</sup> and 4<sup>th</sup> at 11:00 am at BCBP HQ (17<sup>th</sup> St. South and Ocean Avenue, Brigantine).

**BE ADVISED: If hired, attendance at ROOKIE TRAINING CAMP is mandatory.**

**If unable to attend, you will forfeit the opportunity to be a lifeguard.**

**Mandatory New Guard Training will begin on June 23<sup>rd</sup> and all new hires will be certified under South Jersey Chief association regulations on June 30<sup>th</sup>.**