

# NOW HIRING: OCEAN LIFEGUARDS

ALL TRAINING is FREE

UNIFORMS ISSUED - NO EXPENSE

CPR & FIRST AID CERTIFICATION PROVIDED

**Pay - \$10.00** per hour to **\$16.00** per hour depending on EMT status and past lifeguard experience.

**Do you have what it takes to save a life?** Sea Bright Ocean Rescue is recruiting for the position of **Rookie Ocean Lifeguard** for the 2019 summer season. SBOR is a USLA Certified Agency and Aquatic Rescue Team. Our lifeguards protect busy municipal ocean beaches and river front beaches in North Monmouth County. SBOR also has a 24 hour surf rescue team which provides reactive response to water rescue incidents and emergency medical aid throughout our jurisdiction. Our lifeguards have saved hundreds of lives, do you have what it takes to do the same?

## Minimum Standards to Qualify for Rookie Selection and Training:

You must be at least 16 years old by 5/26/19 and

Preferable for Rookies to have availability to work full time for the entire summer season until Labor Day. These candidates will be given priority hiring.

### - Pass Rookie Screening "Try-outs"

Pass a 500 meter pool swim completed in less than < 10 minutes \*\*USLA minimum standard

Pass a 25-25 yard underwater swim. 25 yards underwater then return 25 yards surface. time allowed < 45 seconds to complete

Pass a 50 yard sprint free timed to be completed < 40 seconds maximum

Pass a ½ mile run completed in less than 5 minutes

- Prefer certifications by the AHA or Red Cross Professional level:  
CPR-AED  
Lifeguard First-Aid, NJ EMR EMT or Paramedic

- Obtain Medical Clearance by a Physician, PA or RNP for ocean rescue duties by June 1<sup>st</sup>, 2019.

- Attend up to 71 hours of structured ocean/river lifeguard training throughout the month of June 2019.

- Pass our comprehensive ocean rescue and river rescue skills testing process on July 3<sup>rd</sup> 2019.

## Try-outs & Interview

### PHYSICAL ASSESSMENT & SCREENING

Date: Saturday April 6<sup>th</sup> at 6:30 pm sharp  
Location: Neptune Aquatic Center

Date: Sunday May 12<sup>th</sup> at 3:00 pm sharp  
Location: Red Bank YMCA, main pool

If you pass the physical assessment you will interview that same day. The whole process will take about 2 hours to complete.

### FOR THE INTERVIEW

- Download and complete a Sea Bright Boro Employment Application before the physical assessment test- **Bring it with you.**
- Please also bring copies of your lifeguard and/or medical certifications, including CPR card and First Aid card or EMT EMR EMT-P



CERTIFIED AGENCY  
CERTIFIED ARRT

To apply go to:  
[seabrightoceanrescue.com](http://seabrightoceanrescue.com)