



# State of New Jersey

DEPARTMENT OF ENVIRONMENTAL PROTECTION

*Division of Parks and Forestry  
State Park Service  
P.O. Box 404  
Trenton, New Jersey 08625-0404  
Tel. # 609-292-2772  
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## NEW JERSEY STATE PARK SERVICE 2009 LIFEGUARD TEST INFORMATION

The following information will be helpful in preparing applicants for the State Park Service Lifeguard Test.

1. All applicants under 18 years of age must have an official State Park Service permission slip signed by a parent or legal guardian to participate in lifeguard testing. Applicants under 18 must present this slip at the test-site or they will not be tested. A permission slip is attached to this information package. Applicants 18 years of age or older must have adequate proof of age.
2. If you are hired for employment as a lifeguard, you must undergo a medical examination by a M.D. or D.O. The physician will then complete a form provided to you by the area Superintendent.
3. Lifeguards normally work 40 hours per week, including weekends and holidays. Lake swimming areas open Memorial Day weekend. The ocean swimming facility will open Memorial Day weekend (weekends only), and daily beginning the second Saturday in June.
4. Non-resident applicants will be considered only if there are inadequate numbers of qualified New Jersey applicants.
5. Test sites and dates are listed on pages 4, 5 and 6.
6. All tests will begin promptly at the time designated. Applicants must bring all necessary personal effects, including swimsuit, running shoes and shorts, T-shirt, towels, food, beverages, etc.
7. Employment as a State Park Service Lifeguard offers a unique opportunity to participate in an organized program of physical conditioning, including calisthenics, swimming, running, rowing and kayaking. The regular training program includes first aid, CPR, oxygen administration, AED use and water safety instruction.

**PRIOR TO THE TEST DATE, PLEASE CONFIRM LIFEGUARD TEST DATE, TIME & LOCATION ON OUR WEB SITE ([www.njparksandforests.org](http://www.njparksandforests.org)).**

**Purpose of Testing** - Indicates an applicant's potential to complete the training program successfully and safely. The lifeguard test is designed to give a measure of the following:

1. **Swimming Ability**
2. **Physical Condition**
3. **Confidence and Poise**
4. **Recovery Time after Physical Exertion**
5. **Potential Strength and Stamina**
6. **Coordination and Adaptability**
7. **Willingness to Expend a Maximum Effort**

### **TESTING PROCEDURE**

The following are the testing procedures administered to all lifeguard applicants for lake and ocean swimming areas. The applicant is expected to perform the three parts to the best of their ability as follows:

#### **Part 1 - Swim**

This part of the test is designed to demonstrate the applicant's overall swimming ability and speed. Upon a signal from the timer, the applicant must swim 500 meters **in 10 minutes or less**, using a swimming stroke performed on the front only. The applicant's condition at the completion of this phase will be noted.

#### **Part 2 - Run**

The run is performed on a track or parking lot. The applicant must run 400 meters in **1 minute 40 seconds or less**.

#### **Part 3 - Personal Interview**

Applicants will be interviewed by the area Superintendent or their representative.

No commitments will be made regarding employment on the test date so that each applicant will receive equal opportunity for employment based on their test results and interview. All applicants that complete all three test parts will be notified as soon as possible after the test date as to whether they will be employed.

**LIFEGUARD EMPLOYMENT OPPORTUNITIES ARE ANTICIPATED AT THE FOLLOWING AREAS:**

	<b><u>Telephone Numbers</u></b>
<b><u>SOUTHERN REGION</u></b>	
Atsion Recreation Area, Wharton State Forest, Hammonton, NJ	609-268-0444
Bass River State Forest, New Gretna, NJ	609-296-1114
Belleplain State Forest, Woodbine, NJ	609-861-2404
Parvin State Park, Pittsgrove, NJ	856-358-8616
<b><u>CENTRAL REGION</u></b>	
Round Valley Recreation Area, Lebanon, NJ	908-236-6355
Spruce Run Recreation Area, Clinton, NJ	908-638-8572
Hopatcong State Park, Landing, NJ	973-398-7010
<b><u>NORTHERN REGION</u></b>	
High Point State Park, Sussex, NJ	973-875-4800
Ringwood State Park, Ringwood, NJ	973-962-7031
Stokes State Forest, Branchville, NJ	973-948-3820
Swartswood State Park, Swartswood, NJ	973-383-5230
Wawayanda State Park, Hewitt, NJ	973-853-4462
<b><u>SHORE REGION</u></b>	
Cheesequake State Park, Matawan, NJ	732-566-2161
Island Beach State Park, Seaside Park, NJ	732-793-0506

**SUMMER EMPLOYMENT APPLICATIONS MAY BE OBTAINED FROM:**

**DEPARTMENT OF ENVIRONMENTAL PROTECTION  
DIVISION OF PARKS AND FORESTRY**

Web Site: [www.njparksandforests.org](http://www.njparksandforests.org)

Email: [Gerry.Davies@dep.state.nj.us](mailto:Gerry.Davies@dep.state.nj.us)

**OR VISIT ANY STATE PARK SERVICE AREA OFFICE**

**The Department of Environmental Protection is an equal opportunity employer.**

## LIFEGUARD TEST SITES AND DATES

### SOUTHERN REGION:

**Saturday, April 25, 2009**  
**5:30 p.m. – 7:30 p.m.**

**Ocean City Aquatic & Fitness Center**  
**1735 Simpson Ave.**  
**Ocean City, New Jersey**

**Saturday, May 2, 2009**  
**5:30 p.m. – 7:30 p.m.**

**Ocean City Aquatic & Fitness Center**  
**1735 Simpson Ave.**  
**Ocean City, New Jersey**

### Directions to Ocean City Aquatic & Fitness Center:

**From North:** Garden State Parkway South to Exit 30; follow signs into Ocean City (about 4 miles); first light after bridge Bay Avenue turn right; proceed to 18th Street turn left; 1 block to Simpson Avenue, Aquatic Center on left.

**From South:** Garden State Parkway North to Exit 25; turn right on Route 623 East OR Route 9 North to Route 623 East; proceed 2 miles to first light after bridge Bay Avenue turn left; proceed to 18th Street turn right; 1 block to Simpson Avenue, Aquatic Center on left.

**From West:** Route 49 to Tuckahoe; turn right on Route 50 South; approximately 2.5 miles to traffic light intersection Route 631 turn left on Route 631 to Marmora (6 miles); Cross Route 9 - road becomes 623 East; proceed 2 miles to first light after bridge Bay Avenue turn left; proceed to 18th Street turn right; 1 block to Simpson Avenue; Aquatic Center on left.

### CENTRAL REGION:

**Saturday, April 11, 2009**  
**9:00 a.m. – 11:00 a.m.**  
**(Swim Test)**

**Somerset Valley YMCA @ Raritan Valley**  
**Community College**  
**Rt. 28 and Lamington Rd.**  
**North Branch, New Jersey**

**Saturday, May 2, 2009**  
**9:00 a.m. – 11:00 a.m.**  
**(Swim Test)**

**Somerset Valley YMCA @ Raritan Valley**  
**Community College**  
**Rt. 28 and Lamington Rd.**  
**North Branch, New Jersey**

**Saturday, May 9, 2009**  
**8:00 a.m. – 12:00 noon**  
**(Swim Test & Mandatory Training)**

**Somerset Valley YMCA @ Raritan Valley**  
**Community College**  
**Rt. 28 and Lamington Rd.**  
**North Branch, New Jersey**

**Saturday, May 16, 2009  
9:00 a.m. – 4:00 p.m.  
(Mandatory Training)**

**Somerset Valley YMCA @ Raritan Valley  
Community College  
Rt. 28 and Lamington Rd.  
North Branch, New Jersey**

**Directions to Raritan Valley Community College:**

**Located 4 miles west of Somerville on Route 28. Interstate 287 to Route 78 West to Exit 26. Turn left onto Lamington Road. Proceed approximately 2 miles. College entrance will be on the left. Follow signs to parking lot #1. Pool is located in Physical Education building.**

**NORTHERN REGION:**

**Saturday, April 4, 2009  
3:00 p.m. – 5:00 p.m.**

**Ramapo College Pool  
505 Ramapo Valley Road  
Mahwah, NJ 07430**

**Saturday, April 25, 2009  
3:00 p.m. – 5:00 p.m.**

**Ramapo College Pool  
505 Ramapo Valley Road  
Mahwah, NJ 07430**

**Sunday, May 3, 2009  
1:00 p.m. – 3:00 pm**

**Kittatinny Regional High School  
77 Halsey Road  
County Route 626  
Newton, New Jersey**

**Saturday, May 9, 2009  
9:00 a.m. – 12:00 noon**

**Kittatinny Regional High School  
77 Halsey Road  
County Route 626  
Newton, New Jersey**

**Directions to Ramapo College:**

**Take Route 287 North to exit 58 (Route 202/Oakland). Turn left at the light at the end of the exit ramp and left again onto Route 202 North. Continue on Route 202 North through the next two traffic lights and go approximately five miles to the next traffic light. Campus entrance is on right. Pool is located in the Bill Bradley Sports and Recreation Center.**

**Directions to Kittatinny High School:**

The school is located ½ mile east of County Route 627 on Halsey Myrtle Grove Road (County Route 626) or one mile northwest of County Route 519 on Route 626. County Route 626 intersects State Route 206 North of Newton, New Jersey.

**SHORE REGION:**

Saturday, May 2, 2009  
1:00 p.m. – 4:00 p.m.

Ocean County YMCA  
1088 West Whitty Road  
Toms River, New Jersey 08755

Sunday, May 3, 2009  
1:00 p.m. – 4:00 p.m.

Ocean County YMCA  
1088 West Whitty Road  
Toms River, New Jersey 08755

**Directions to Ocean County YMCA:**

**From the North:** Garden State Parkway Exit 88 to Route 70 West to New Hampshire Avenue South (Left turn is jughandle to the right). Continue 2 1/2 miles on New Hampshire. Turn right onto Whitty Road (just before GSP overpass). The YMCA will be on the right, just past the cemetery. *Alternate:* On Route 70 West, if you miss New Hampshire, continue to US Route 9 South. Continue 3 miles to Whitty Road. Turn left onto Whitty Road and the YMCA will be 1/4 of a mile on left.

**From the South:** Garden State Parkway to Exist 83 (US Route 9 North). Continue north and Whitty Road will be the second traffic light. Turn right onto Whitty Road and the YMCA will be 1/4 mile on the left.

**From the West:** Route 70 East to Route 571. At the US Route 9 intersection, turn left (north). At the first traffic light, turn right onto Whitty Road. The YMCA will be 1/4 mile on the left.



New Jersey Department of Environmental Protection  
Division of Parks and Forestry



**STATE PARK SERVICE**

**PERMISSION FOR LIFEGUARD APPLICANTS  
UNDER 18 YEARS OF AGE  
TO TAKE THE LIFEGUARD EMPLOYMENT TEST**

I, \_\_\_\_\_ grant my child \_\_\_\_\_  
(Print Parent or Legal Guardian Name) (Print Name of Child)

permission to take the New Jersey State Park Service Pre-Employment Lifeguard Test. I am not aware of or been informed by a physician of any medical or physical disability that would prevent my child from completing this test.

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Signature of Parent or Legal Guardian)

Freshwater and Ocean Test

The physical fitness test consists of:

- Swim 500 meters in an indoor pool in 10 minutes or less, using a swimming stoke performed on the front only.
- Run 400 meters on a track or parking lot in 1 minute 40 seconds or less.