



New Jersey State Park Service

LIFEGUARD TEST INFORMATION



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

- 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 included with this information packet. Applicants 18 years of age or older must have adequate proof of age.
- If you are hired for employment as a lifeguard, you must submit a medical certification form signed by a M.D. or D.O. Your physician will be asked to complete a form provided to you by the area Superintendent. You must submit this form prior to the start of your employment.
- Lifeguards generally work up to 40 hours per week, including weekends and holidays. Lake swimming areas target date to open is Memorial Day weekend. The ocean swimming facility will open weekends only starting Memorial Day weekend, and daily beginning mid-June. Schedules can vary from area to area and positions may include working part time to working 5 days a week, weekends included. High School students can work weekends only until school is out for the summer. Check with the park you are interested in for more details.

• Test sites and dates can be found at www.nj.gov/dep/workinparks

- All tests will begin promptly at the time designated. Applicants must bring all necessary personal effects, including swimsuit, goggles, swim cap, running shoes and shorts, T-shirt, towels, food, beverages, etc.
- 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. We provide all training, including advanced 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.nj.gov/dep/workinparks

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:

- Swimming Ability
- Physical Condition
- Confidence and Poise
- Recovery Time after Physical Exertion
- Potential Strength and Stamina
- Coordination and Adaptability
- 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.

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

SOUTHERN REGION

Wharton State Forest Atsion Recreation Area, Shamong, NJ	609-268-0444
Bass River State Forest New Gretna, NJ	609-296-1114
Belleplaine State Forest Woodbine, NJ	609-861-2404
Parvin State Park Pittsgrove, NJ	856-358-8616
Island Beach State Park Seaside Park, NJ	732-793-0506

CENTRAL REGION

Cheesequake State Park Matawan, NJ	732-566-2161
Round Valley Recreation Area Lebanon, NJ	908-236-6355
Spruce Run Recreation Area Clinton, NJ	908-638-8572

NORTHERN REGION

High Point State Park and NJ Veterans' Memorial Sussex, NJ	973-875-4800
Hopatcong State Park Landing, NJ	973-398-7010
Wawayanda State Park Hewitt, NJ	973-853-4462
Swartswood State Park Swartswood, NJ	973-383-5230



**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, _____
(Print Parent or Legal Guardian Name)

grant my child _____
(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.

PRINTED NAME

(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 stroke performed on the front only.
- Run 400 meters on a track or parking lot in 1 minute 40 seconds or less.

Call any park or forest for information for a summer
employment application or apply online!
www.nj.gov/dep/workinparks