OCEAN LIFEGUAR

ALL TRAINING is FREE

Uniforms and USLA Membership Provided

Pay - \$12.00 per hour to \$18.00 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 2020 summer season. SBOR is a municipal public safety lifeguard service and USLA Certified Agency. Our lifeguards protect four busy ocean front beaches as well as two river front beaches in North Monmouth County. SBOR has a nationally certified 24-hour aquatic rescue team which provides reactive response to surf and river rescue incidents 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: MUST be at least 16 years old by 6/01/20.

Preferred availability is 40 hours a week for the entire summer season until Labor Day.

These candidates will be given priority in the hiring process.

Pass Rookie Screening "Try-outs"



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

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

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

> Mandatory - Candidates must have proof of CPR certification or registration for a course by the AHA or Red Cross (Professional level HCP with AED) by June 1st 2020.

The borough pays for all 71 hours of lifeguard training adhering to the guidelines set forth by the USLA including over 40 hours of comprehensive water rescue training. The Rookie must also-

- Complete a 24 hour on-line medical responder course and another 10 hours of skills training during Rookie School.
- Obtain medical clearance by a Physician, PA or RNP for ocean rescue duties by June 1st, 2020.

Pass our comprehensive ocean rescue and river rescue testing process on July 3rd 2020.

Rookie Screening

PHYSICAL ASSESSMENT & INTERVIEW

Date: Saturday May 16th 6:30 pm sharp to 9pm

Location: Neptune Aquatic Center

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 and
 - bring it with you.
- Please also bring copies of your lifeguard and/or medical certifications, including CPR card First Aid card or EMT EMR EMT-P cert.

