



Ocean Rescue Lifeguard Candidate,

Thank you for your interest in becoming a member of Charleston County Park and Recreation Commission's Ocean Rescue Lifeguard Team. This position requires that you possess adequate vision, hearing acuity, physical ability and stamina to perform the duties of an open water lifeguard as documented by a medical doctor or osteopathic physician. The position requires a high level of commitment with ongoing physical strength and stamina requirements, along with other course and curriculum training during your employment, as essential job functions. Although the demands are high, you will find your experience rewarding and beneficial while developing the skills necessary to guard Charleston County's oceanfront and its residents and visitors.

Outlined below is the criteria and process a candidate must go through to become an Ocean Rescue Lifeguard.

All candidates must meet the following qualifications:

1. Be at least 16 years of age prior to first day of work
2. Complete a 500 meters (550 yards) swim test in 9:00 minutes or less (pool) and 10:00 minutes or less (open water)
3. Complete a 1-mile run in 7:45 minutes or less (track) and 8:00 minutes or less (beach)

Swim and run tests are scheduled to begin the 19th of February and run through March 26th. See the included calendar for dates. Dates are subject to change. Please confirm testing dates with hiring manager at the park you applied to work for. Due to the ongoing pandemic, changes may need to be made. A candidate may attempt to pass the tests as many times as they wish without penalty. If so desired, a candidate may take the test even after they have passed to improve their times; only the best times will be on record.

Only after a candidate passes both tests will they become eligible for employment and then be contacted and scheduled for an interview with a park manager. All potential employees are required to pass a drug test before being hired. Hiring selections will be based on run and swim times as well as the experience, professionalism, drug test results, and character of the candidate. **UNFORTUNATELY, NOT ALL APPLICANTS MAY BE HIRED FOR A LIFEGUARD POSITION.**

If an applicant is hired, they will be required to complete and maintain training levels of the United States Lifesaving Association Open Water Lifesaving curriculum as detailed in the calendar.

Thank you again for your interest in employment with the Charleston County Park and Recreation Commission. If you need additional information, please contact the applicable person from the attached contact sheet.



Contact Numbers and Email

For Questions Regarding the Ocean Lifeguard Training Program

- Nikki Bowie – Safety Program Manager
Phone: 843-609-7908 (cell); 843-762-8049 (office)
Email: nbowie@ccprc.com
- Charlie Vance – Beachwalker Park Manager
Phone: 843-670-6938 (cell); 843-762-9964 (office)
Email: cvance@ccprc.com
- Kari Lavoie – Safety Program Coordinator/ Acting Folly Beach Operations Manager
Phone: 843-327-4297 (cell); 843-762-8046 (office)
Email: klavoie@ccprc.com
- Laura Edwards – Isle of Palms Assistant Manager
Phone: 843-614-2011 (cell); 843-762-9957 (office)
Email: ledwards@ccprc.com

For more information, please attend one of our virtual information sessions on any of the following dates:

January 19th – 6:30 PM

January 25th – 6:30 PM

February 1st – 6:30 PM

February 9th – 6:30 PM

February 17th – 6:30 PM

You will be sent a link to attend these sessions when you submit your application.

February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Virtual Info Session 6:30 PM	2	3	4	5
6	7	8	9 Virtual Info Session 6:30 PM	10	11	12
13	14	15	16	17 Virtual Info Session 6:30 PM	18	19 Swim and Run Test 1 PM – 4 PM
20	21	22	23	24	25	26 Swim and Run Test 1 PM – 4 PM
27	28					

All returning lifeguards who are in good standing with CCPRC will have until February 1st to verbally commit to returning in order to reserve their spot on the roster; **all returning lifeguards are still subject to meeting qualifications.**

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 Swim and Run Test 1 PM – 4 PM
6	7	8	9	10	11	12 Swim and Run Test 1 PM – 4 PM
13	14	15	16	17	18	19 Swim and Run Test 1 PM – 4 PM
20	21	22	23	24	25	26 Swim and Run Test 1 PM – 4 PM
27	28	29	30	31		

The Ocean Lifeguard Preseason Test consists of a **1 mile** run in **7:45 minutes** or less and a **500 meter** pool swim in **9 minutes** or less. Candidates must be at least 16 years of age and submit a signed waiver to participate. Candidates under the age of 18 must have a parent’s signature to participate. Candidates are responsible for bringing personal items such as running shoes, swim suits, goggles, towel, etc.

*By passing the run and swim tests, candidates become eligible for employment. *Passing the tests does not guarantee employment.* A candidate may also take the test even after they have passed to improve their times, if so desired.

Testing Location:

North Charleston Aquatic Center
8610 Patriot Blvd
North Charleston, SC 29420

April 2022 Ocean Lifeguard Training Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 Rookie LG Round Up 1 HQ 4:30-8pm	7 Rookie LG Round Up 2 HQ 4:30-8pm	8	9 Rookie School 1 HQ 9 am – 5pm
10 Rookie School 1 FBCP 9 am – 5pm	11 Spring Break →	12	13 Rookies Only Training FB 4-8pm	14 Rookies Only Training IOP 4-8pm	15	16 Surf School I FBCP 9-5
17 Surf School I FBCP 9-5 (Easter)	18	19	20 LG Weekly Training FB 4-8pm	21 LG Weekly Training IOP 4-8	22	23
24	25	26	27 LG Weekly Training – CPR - JICP 4-8pm	28 LG Weekly Training – CPR - JICP 4-8pm	29	30

Rookie lifeguard Round Up I or II – New lifeguards will be required to attend either Round Up I or Round Up II, both held at Charleston County Park Headquarters from 4:30 pm-8 pm. During Round Up, employees will be issued uniforms, sign up for training dates, review the Aquatics Manual, and will attend a question/answer session. All new lifeguards will also be required to attend Rookie School I or II. Rookie School I meets April 9th-10th and Rookie School II meets May 14th-15th.

Lifeguards must attend either a Wednesday or Thursday training each week from 4pm-8pm. The same curriculum will be taught both days. Lifeguards will sign up for which dates they will attend during Lifeguard Round-Up.

All CCPRC Ocean Lifeguards are required to attend Surf School I or II. Surf School is an intense 2-day, 16-hour training on the beach consisting of physical training, surf rescue, and medical skills. Surf School I meets April 16th – 17th and Surf School II meets May 21st – 22nd.

May 2022 Ocean Lifeguard Training Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 LG Weekly Training – FB 4-8pm	5 LG Weekly Training – IOP 4-8pm	6	7 Start Guarding – BWP, FBCP, IOP
8	9	10	11 EMRR JICP Board Room 9am-5 pm	12 EMRR JICP Board Room 9am-5 pm	13	14 Rookie School 2 HQ 9 am – 5pm
15 Rookie School 2 FB 9 am – 5pm	16	17 Make-up/ Beach Driving	18 Make-up/ Beach Driving	19 CPR Make Up JICP 4-8pm	20	21 Surf School II – 9am-5pm FBCP
22 Surf School II – 9am-5pm FBCP	23 Emergency Medical Responder Class JICP Board Room 9am-5pm	24 Emergency Medical Responder Class JICP Board Room 9am-5pm	25 Emergency Medical Responder Class JICP Board Room 9am-5pm	26 Emergency Medical Responder Class JICP Board Room 9am-5pm	27 Emergency Medical Responder Class JICP Board Room 9am-5pm	28 Start Guarding - FBFP
29	30 Memorial Day Guard Daily	31				

All CCPRC Ocean Lifeguards are required to have Emergency Medical Responder (EMR) training or higher. CCPRC will offer EMR training May 23rd – 27th at the James Island Board Room from 9 am-5pm and June 6th – 10th at the James Island Boardroom from 9am-5pm. Lifeguards must attend one of these weeks of training.

Personal Water Craft (PWC) training is offered to Lifeguards who meet the following requirements: 18 years of age, 1 full season of lifeguarding at an USLA accredited beach, or has applicable experience determined by the instructors.

June 2022 Ocean Lifeguard Training Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Emergency Medical Responder Class JICP Board Room 9am-5pm	7 Emergency Medical Responder Class JICP Board Room 9am-5pm	8 Emergency Medical Responder Class JICP Board Room 9am-5pm	9 Emergency Medical Responder Class JICP Board Room 9am-5pm	10 Emergency Medical Responder Class JICP Board Room 9am-5pm	11
12	13	14 EMRR JICP Board Room 9am-5 pm	15 EMRR JICP Board Room 9am-5 pm	16	17	18
19	20	21	22	23	24 Local Competition?	25
26	27	28	29	30		



PHYSICIAN CERTIFICATE FOR LIFEGUARD CANDIDATES

Lifeguard employment with Charleston County Park and Recreation Commission requires that those candidates-- in order that they are able to perform the duties of a lifeguard-- possess adequate vision, hearing acuity, physical ability and stamina as documented by a medical doctor, a doctor's designated physician's assistant or Advanced Registered Nurse Practitioner (ARNP).

WORKING CONDITIONS: Duty as a Charleston County Park and Recreation Commission lifeguard will include, but not be limited to, exposure to

1. Environmental conditions, sometimes extreme, i.e. sun, wind, salt, ocean currents and conditions, inclement and threatening weather;
2. Physical training to include, but not limited to, running, swimming, agilities and other activities of a highly physical nature;
3. Emergency, rescue or first aid situations of a varied nature which could result in degrees of mental and physical stress;
4. Blood-borne pathogens;

Your physician should complete the certification portion of this document. Return it on or before your scheduled beach training or water park training. **You will be denied participation in any ocean rescue or water park training until this certification has been completed and returned.**

PHYSICIAN'S CERTIFICATION

This is to certify that _____ is physically fit to perform the duties of a lifeguard, as described above.

Doctor _____

Print name

signature

Address _____

Telephone (____) _____

Date _____

Employee Name (print) _____

Facility (circle one): Beachwalker Folly Beach Isle of Palms Splash Island Splash Zone

West County Aquatic Center Whirlin Waters Junior Lifeguard Instructor Swim Lesson Instructor



RETURNING LIFEGUARDS

All returning lifeguards who are in good standing with CCPRC will have until February 1st to verbally commit to returning in order to reserve their spot on the roster; **all returning lifeguards are still subject to meeting qualifications.** If commitment is not made by February 1st, they become part of the general pool of applicants. This enables us to know by February 1st, exactly how many spots we have to hire (i.e. if there are 50 ocean lifeguard spots open county wide, 32 returning guards have committed; we will hire 18 new guards this spring).

WAIVER FOR SWIM AND RUN TEST

All Lifeguard Candidates must complete an online waiver prior to any pre-employment testing:

- *Visit [Online Services \(activecommunities.com\)](http://activecommunities.com)
- *Select "Add to cart"
- *Click "Sign In" if you have an account – if not, click "Create an Account"