



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

All candidates must meet the following qualifications before their first day of assigned lifeguard duty:

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 on Saturday, February 21<sup>st</sup> and run each Saturday through March. Swim tests will be held at the North Charleston Aquatic Center located at 8610 Patriot Blvd, North Charleston, SC 29420 from 9am to 11am on 2/28, 3/7, 3/21, and 3/28. Swim tests will be held at the Park West Recreation Complex located at 1251 Park West Blvd, Mount Pleasant, SC 29466 on 2/21 from 9am to 11am and on 3/14 from 11am to 1pm. Please confirm testing dates with the hiring manager as dates are subject to change. A candidate may attempt to pass the tests as many times as they wish without penalty; only the best times will be on record.

A candidate will become eligible for employment after they have completed the above swim under 12 minutes and passed the run. A hiring manager will contact the candidate to schedule an interview. All potential employees are required to pass a drug test before being hired. Hiring selections will be based on run and swim times, 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**

- Kari Lavoie – Emergency Services Manager  
Phone: 843-822-3918 (cell)  
Email: kari.lavoie@ccprc.com
  - Chris Fludd-Clark – Emergency Services Coordinator  
Phone: 843-817-7279 (cell); 843-762-8046 (office)  
Email: chris.fluddclark@ccprc.com
  - Avery Marchant – Beachwalker Park Assistant Manager  
Phone: 854-999-6651 (cell); 843-762-9964 (office)  
Email: avery.marchant@ccprc.com
  - Noah Cahan – Folly Beach Operations Manager II  
Phone: 843-955-5119 (cell); 843-762-9960 (office)  
Email: noah.cahan@ccprc.com
  - Melissa Peacock – Isle of Palms Assistant Manager  
Phone: 843- 609-7912 (cell); 843-762-9957 (office)  
Email: melissa.peacock@ccprc.com
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# February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21 Swim and Run Test 9am-11am Park West Recreation Complex
22	23 CPR 4pm-8pm WCP-Cypress Hall	24	25	26	27	28 Swim and Run Test 9am-11am North Charleston Aquatic Center

# March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 CPR 4pm-8pm WCP-Cypress Hall	3	4	5	6	7 Swim and Run Test 9am-11am North Charleston Aquatic Center
8	9 CPR 4pm-8pm WCP-Cypress Hall	10	11	12 CPR 4pm-8pm JICP-Ashley Center	13	14 Swim and Run Test 11am-1pm Park West Recreation Complex
15	16	17	18 CPR 4pm-8pm WCP-Cypress Hall	19 CPR 4pm-8pm JICP-Ashley Center	20	21 Swim and Run Test 9am-11am North Charleston Aquatic Center
22	23	24	25	26 CPR 4pm-8pm WCP-Cypress Hall	27	28 Swim and Run Test 9am-11am North Charleston Aquatic Center
29	30	31				

# April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CPR 4pm-8pm JICP-Boardroom	2 CPR 4pm-8pm JICP-Boardroom	3	4
5	6 CPR 9am-12pm or 1pm-4pm JICP Boardroom	7	8 Rookie Training 4pm-8pm FBCP	9 Rookie Training 4pm-8pm IOP	10	11 Rookie School 1 9am-5pm HQ
12 Rookie School 1 9am-5pm FBCP	13 CPR 4pm-8pm WCP-Cypress Hall	14	15 USLA Training 4pm-8pm FBCP	16 USLA Training 4pm-8pm IOP	17	18 Surf School 1 9am-5pm FBCP
19 Surf School 1 9am-5pm FBCP	20	21	22 CPR 4pm-8pm JICP-Ashley Center	23 CPR 4pm-8pm JICP-Ashley Center	24	25
26	27	28	29 USLA Training 4pm-8pm FBCP	30 USLA Training 4pm-8pm IOP		

# May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Rookie School 2 9am-5pm HQ
3 Rookie School 2 9am-5pm FBCP	4	5	6 USLA Training 4pm-8pm FBCP	7 EMR 1 830am-530pm JICP Boardroom  USLA Training 4pm-8pm IOP	8 EMR 1 830am-530pm JICP Boardroom	9 PRWC Training 9am-5pm FBCP
10	11 EMR 1 830am- 530pm JICP Boardroom	12 EMR 1 830am-530pm JICP Boardroom	13 EMR 1 830am-530pm JICP Boardroom	14	15	16 Surf School 2 9am-5pm FBCP
17 Surf School 2 9am-5pm FBCP	18	19	20	21	22 EMR Refresher 1 9am-5pm JICP Boardroom	23 PRWC Training 9am-5pm FBCP
24	25	26	27 CPR 1pm-4pm or 4pm-8pm JICP-Boardroom	28 CPR 1pm-4pm or 4pm-8pm JICP- Boardroom	29	30 EMR Refresher 2 9am-5pm JICP Boardroom
31						

# June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 EMR 2 830am-530pm JICP Boardroom	2 EMR 2 830am-530pm JICP Boardroom	3 EMR 2 830am-530pm JICP Boardroom	4 EMR 2 830am-530pm JICP Boardroom	5 EMR 2 830am-530pm JICP Boardroom	6
7	8	9	10 PRWC Training 9am-5pm FBCP	11	12	13
14	15	16	17	18	19	20
21	22	23	24 PRWC Training 9am-5pm FBCP	25	26	27
28	29	30				

New lifeguards will be required to attend a total of 48 hours of rescue skills training. New lifeguards must attend either Rookie School 1 on April 11<sup>th</sup> and 12<sup>th</sup> or Rookie School 2 on May 2<sup>nd</sup> and 3<sup>rd</sup>. New lifeguards must attend Rookie School prior to Surf School. The first day of each Rookie School will be held at CCPRC Headquarters and the second day will be held at Folly Beach County Park.

New lifeguards must attend four of the USLA Trainings offered on select Wednesday and Thursday evenings. Lifeguards may attend both Wednesday and Thursday if they choose.

All CCPRC Ocean Rescue Lifeguards are required to attend Surf School 1 or Surf School 2. Surf School is an intense 2 day, 16-hour training on the beach consisting of physical training and rescue skills. Surf School 1 is on April 18<sup>th</sup> and 19<sup>th</sup> and Surf School 2 is on May 16<sup>th</sup> and 17<sup>th</sup>. Each Surf School will be held at Folly Beach County Park.

All CCPRC Ocean Lifeguards are required to have Emergency Medical Responder (EMR) certification or higher. CCPRC will offer EMR training on weekdays May 7<sup>th</sup> – 13<sup>th</sup> at the James Island Boardroom from 8:30am-5:30pm and June 1<sup>st</sup> – 5<sup>th</sup> at the James Island Boardroom from 8:30am-5:30pm. Lifeguards must attend one of these weeks of trainings. Returning lifeguards are required to attend an EMR refresher class. Dates offered are May 22<sup>nd</sup> or May 30<sup>th</sup> at the James Island Boardroom from 9am-5pm.

All CCPRC Ocean Rescue Lifeguards must attend a blended learning CPR course. The online learning must be completed prior to classroom participation. New lifeguards must complete CPR prior to attending an EMR course. There are 17 offerings.

Personal Rescue Watercraft (PRWC) 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.



## 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 Practiced Registered Nurse (APRN).

**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.**

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### **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) \_\_\_\_\_



## **WAIVER FOR SWIM AND RUN TEST**

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

\*Visit [Activity Waiver 2026](#)

\*Select "Add to cart"

\*Click "Sign In" if you have an account – if not, click "Create an Account"

## **RETURNING LIFEGUARDS**

All returning lifeguards in good standing with CCPRC will have until February 1st to commit to returning to reserve their spot on the roster; all returning lifeguards are still subject to meeting qualifications. If commitment is not made by February 1<sup>st</sup>, they become part of the general pool of applicants. This enables us to know by February 1<sup>st</sup> exactly how many spots we must 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).