



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 will be conducted beginning the 20<sup>th</sup> of February through March 23<sup>rd</sup> (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.). 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. Park Managers will make hiring selections throughout March. 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 WILL 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 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](mailto:nbowie@ccprc.com)
- Melissa Peacock – Safety Program Assistant Manager  
Phone: 843-609-7912 (cell) 843-762-8046 (office)  
Email: [mpeacock@ccprc.com](mailto:mpeacock@ccprc.com)
- Kristen Miller– Beachwalker Park Manager  
Phone: 843-670-6398 (cell) 843-762-9964 (office)  
Email: [kmiller@ccprc.com](mailto:kmiller@ccprc.com)
- Emily Day – Folly Beach Assistant Manager  
Phone: 843-614-1073 (cell) 843-762-9516 (office)  
Email: [eday@ccprc.com](mailto:eday@ccprc.com)
- Laura Edwards – Isle of Palms Assistant Manager  
Phone: 843-614-2011 (cell) 843-762-9957 (office)  
Email: [ledwards@ccprc.com](mailto:ledwards@ccprc.com)



## PAYMENT OF LIFEGUARD TRAINING FEES

Charleston County Park and Recreation Commission realizes that there are significant fees and uniform costs related to lifeguarding. In an effort to offset some of these costs, uniforms may be paid for through payroll deduction. The Ocean Rescue Lifeguard Course fee of \$110 must be paid prior to the first day of training. The \$110 includes the United States Lifesaving Association Manual of Open Water Lifesaving, course completion card and USLA membership for one year. In the case where a lifeguard has completed a training course and/or received a uniform from CCPRC and leaves the agency before their fees have been deducted, they will be required to reimburse CCPRC for the full amount owed.

Payments can be made by calling Park and Program Services 843-795-4386 or by visiting any of your county park facilities.

## RETURNING LIFEGUARDS

All returning lifeguards who are in good standing with CCPRC will have until February 1<sup>st</sup> 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 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 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 [ccprc.com/activenet](http://ccprc.com/activenet)
- \*Click "Sign In" if you have an account – if not, click "Create an Account"
- \*Once you are logged in, add or check that all family members are included in the account. Then click "Memberships"
- \*Find "Activity Waiver 2019" and click "Add to Cart"
- \*Be sure to choose the correct person for whom you are signing the waiver. If you are under the age of 18, a parent or guardian must sign the waiver

# February 2019 Ocean Lifeguard Open House/Test Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Ocean Rescue Preview – HQ Commission Board Room  6:00pm-8:00pm	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20 Swim and Run Test-Danny Jones  700pm-830pm	21	22	23 Swim and Run Test-Danny Jones  10am – 12pm
24	25	26	27 Swim and Run Test-Danny Jones  700pm-830pm	28		

**Ocean Rescue Preview** – All new lifeguard candidates who are interested in the Ocean Rescue Lifeguard positions, please attend this informational session with PRC Management and Safety Staff. The preview will be located at CCPRC Headquarters, 861 Riverland Drive, James Island, SC 29412.

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

# March 2019 Ocean Lifeguard Test Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Swim and Run Test-Danny Jones 10am – 12pm
3	4	5	6 Swim and Run Test-Danny Jones 700pm-830pm	7	8	9 Swim and Run Test-Danny Jones 10am – 12pm
10	11	12	13 Swim and Run Test-Danny Jones 700pm-830pm	14	15	16 Swim and Run Test-Danny Jones 10am – 12pm
17	18	19	20 Swim and Run Test-Danny Jones 700pm-830pm	21	22	23 Swim and Run Test-Danny Jones 10am – 12pm
24/31	25 CCSD Spring Break	26	27	28	29	30

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:

**Danny Jones Pool**  
**1455 Monitor St**  
**North Charleston, SC 29405**  
 Outdoor track  
 50 meter pool

# April 2019 Ocean Lifeguard Training Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Rookie LG Round Up 1 HQ 4:30-8pm	4 Rookie LG Round Up 2 HQ 4:30-8pm	5	6
7	8	9	10 Rookie LG Training FB 4-8pm	11 Rookie LG Training IOP 4-8pm	12	13 Rookie School 1 HQ & FB 9 am – 5pm
14 Rookie School 1 HQ & FB 9 am – 5pm	15	16	17 LG Weekly Training – CPR - JICP 4-8pm	18 LG Weekly Training – CPR - JICP 4-8pm	19	20 Surf School I FBCP 9-5
21 Surf School I FBCP 9-5 EASTER	22	23	24 LG Weekly Training FB 4-8pm	25 LG Weekly Training IOP 4-8	26	27
28	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, pay for Ocean Rescue Lifeguard course and collect materials, 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 13<sup>th</sup> – 14<sup>th</sup> and Rookie School II meets May 11<sup>th</sup> and 12<sup>th</sup>.

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 20<sup>th</sup> – 21<sup>st</sup> and Surf School II meets May 18<sup>th</sup> – 19<sup>th</sup>.

# May 2019 Ocean Lifeguard Training Calendar

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

All CCPRC Ocean Lifeguards are required to have Emergency Medical Responder (EMR) training or higher. CCPRC will offer EMR training May 13<sup>th</sup> – 17<sup>th</sup> at the James Island Board Room from 9 am-5pm and June 10<sup>th</sup> -14<sup>th</sup> 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 2019 Ocean Lifeguard Training Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10 Emergency Medical Responder Class JICP Board Room 9am-5pm	11 Emergency Medical Responder Class JICP Board Room 9am-5pm	12 Emergency Medical Responder Class JICP Board Room 9am-5pm	13 Emergency Medical Responder Class JICP Board Room 9am-5pm	14 Emergency Medical Responder Class JICP Board Room 9am-5pm	15
16	17	18 Monthly Inservice - BWP	19 Monthly Inservice – FB	20 Monthly Inservice - IOP	21	22
23/30	24	25	26	27	28 Local Competition – Low Tide 10:53 am	29





## 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.**

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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) \_\_\_\_\_

**Facility** (circle one): Beachwalker    Folly Beach    Isle of Palms    Splash Island    Splash Zone  
Whirlin Waters    Junior Lifeguard Instructor    Swim Lesson Instructor