



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 21st of February through March 31st (see the included calendar for dates). 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
- Melissa Peacock – Safety Program Assistant Manager
Phone: 843-609-7912 (cell) 843-762-8046 (office)
Email: mpeacock@ccprc.com
- Kristen Miller– Beachwalker Park Manager
Phone: 843-670-6398 (cell) 843-762-9964 (office)
Email: kmiller@ccprc.com
- Emily Day – Folly Beach Assistant Manager
Phone: 843-614-1073 (cell) 843-762-9516 (office)
Email: eday@ccprc.com
- Laura Edwards – Isle of Palms Assistant Manager
Phone: 843-614-2011 (cell) 843-762-9957 (office)
Email: 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 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).

February 2018 Ocean Lifeguard Open House/Test Calendar

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

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 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 2018 Ocean Lifeguard Test Calendar

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

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 2018 Ocean Lifeguard Training Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11 Rookie LG Round Up 1 HQ 4:30-8pm	12 Rookie LG Round Up 2 HQ 4:30-8pm	13	14 Rookie School 1 HQ & FB 9 am – 5pm
15 Rookie School 1 HQ & FB 9 am – 5pm	16	17	18 Rookie LG Training FB 4-8pm	19 Rookie LG Training IOP 4-8pm	20	21 Surf School I FBCP 9-5
22 Surf School I FBCP 9-5	23	24	25 LG Weekly Training FB 4-8pm	26 LG Weekly Training	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.

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 21st – 22nd and Surf School II meets May 19th – 20th.

May 2018 Ocean Lifeguard Training Calendar

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

All CCPRC Ocean Lifeguards are required to have Emergency Medical Responder (EMR) training or higher. CCPRC will offer EMR training May 14th – 18th at the James Island Board Room from 9 am-5pm and June 4th -8th 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.



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

Whirlin Waters Junior Lifeguards Swim Lesson Instructor



CHARLESTON COUNTY PARK & RECREATION COMMISSION PROGRAMS, COURSES & TRIPS

PARTICIPANT'S NAME _____ **PHONE** _____ **AGE** _____ **DATE OF BIRTH** _____

ADDRESS _____ **CITY** _____ **STATE** _____ **ZIP** _____ **SEX** _____

PLEASE READ AND FILL-OUT THIS FORM AND RETURN ON THE DAY OF YOUR PROGRAM

PART I: AGREEMENT TO PARTICIPATE AND HOLD HARMLESS

In agreeing to participate in a Charleston County Park & Recreation Commission (CCPRC) program, course or trip, I recognize certain risks and dangers exist. These risks include, but are not limited to loss or damage of personal property, injury or fatality due to tripping over roots, falling from heights, drowning, trauma from speeds and sudden stops, allergic reactions to foods or insects, exposure to temperature extremes or inclement weather, sunburn, and vehicle accidents while traveling to and from the activity site. I further recognize that remote locations can delay the delivery of emergency medical services.

I understand Charleston County Park and Recreation Commission, its staff and other program participants shall assume no responsibility or liability for me for accident, illness, injury, or loss or damage of personal property caused either by negligence or risks inherent in the activity. I acknowledge and assume all risks in connection with this activity, and I hold CCPRC and its agents harmless from any and all liability, action, claims, and damage of every kind.

Furthermore, I hereby grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

PART II: AUTHORIZATION FOR EMERGENCY MEDICAL CARE

I am aware of my general condition and affirm that I am fit to participate in any activities required for participation in this program. I will fully disclose any relevant medical information on this form and to CCPRC staff, and will engage in all prescribed activities except for those noted by me and/or by my examining physician. In the event I am rendered unable to communicate by an emergency or accident, I authorize and request such medical and surgical services as may be necessary, and further agree to accept financial responsibility for same.

PART III: MEDICAL INFORMATION

Your CCPRC program may involve strenuous physical activity. If you have questions regarding your health and participation, please consult your personal physician.

List any medical concerns that might affect your ability to participate and/or information you wish us to pass on to EMS or hospital staff in case of emergency: _____

My signature on this document is also intended to bind my heirs, representatives, executors, or administrators.

PARTICIPANT'S SIGNATURE _____ **DATE** _____

PARENT/LEGAL GUARDIAN'S SIGNATURE _____ **DATE** _____

(Required if participant is under 18 years of age)

ANYONE WITH SEVERE ALLERGIES TO FOOD, PLANTS OR INSECTS MUST INFORM CCPRC STAFF, BRING THEIR OWN MEDICATION, AND BE ABLE TO SELF-ADMINISTER IT!