

NEWS RELEASE



FOR IMMEDIATE RELEASE

March 7, 2006

Alex Peabody
(831) 649-7132
(831) 402-7805

State Park Lifeguard Swim Tests

State Parks Holds Lifeguard Tryouts

The California State Park Lifeguard Program continues its annual swim tests this weekend for both its returning seasonal lifeguard staff and for the brave hopefuls trying out for a seasonal lifeguard job on a State Beach this summer, State Park officials said today.

This weekend in San Diego County, near the city of Coronado, tryouts will be held at 9 a.m. in Silver Strand State Beach. Last weekend, the start of the tryouts, the swim test was given at Huntington State (Orange County) and at Lake Perris (Riverside County).

Ocean tests will be also conducted weekends throughout March at selected State Beaches. Lake testing will be conducted in March, April and May. Tryouts are not required to take place at the desired place of employment. People interested in working in the ocean, can test in the ocean anywhere the test are being given (see list below on next page).

“We strongly believe in testing our lifeguards in the very waters that they will be making rescues in,” said Alex Peabody, State Parks’ Aquatic Safety Specialist. “Each year we require our returning lifeguards to make a 1,000 yard open water swim in 20 minutes or less.”

Recruits must make the 1,000-yard swim and immediately run 200 yards, swim 400 yards, and swim 200 yard swim each within 10 minutes.

If they complete this competitive, physical testing process, recruits are then invited to an oral interview. Ranked according to their interview, the top candidates earn a seat in the California State Park Lifeguard Training Program. The eight-day, 80 hour program provides instruction in advanced first aid, resuscitation, rescue and emergency procedures. Further, each day they must complete a physical test involving any combination of running and swimming in the ocean.

“You might call it lifeguard bootcamp,” said Peabody. “Our lifeguard instructors are no nonsense veterans who have no problem telling a ‘rookie’ that they don’t have what it takes to be an ocean lifeguard. There is simply too much at stake.”

California State Lifeguards made nearly 6,000 water rescues along California State Park beaches, lakes, and reservoirs last year. Despite the millions of visitors to parks, there has not been one drowning in water where there was a California State Parks lifeguard on-duty. Reported drownings in state parks declined approximately 22 percent from a high of 31 in 2004 to 24 last year.

“That is why we train the way we do. We want the best to be out there protecting the public on our beaches.” Peabody said. “In the culture of lifeguards, even one drowning is one too many.”

(more)

Lifeguard Tryouts

March 7, 2005

P. 2

Information on Swim Tests for California State Park Lifeguards:

OCEAN TESTING (SB= State Beach)	LOCATION	DATES	
Silver Strand State Beach	San Diego County	Sat., March 11	9 am
San Buena Ventura SB	Ventura County	Sun., March 12	9 am
Seacliff SB, Rio Del Mar beach	Santa Cruz County	Sat., March 18	9 am
San Clemente SB	Orange County	Sun., March 19	9 am
Point Mugu State Park	Ventura County	Sat., March 25	9 am
Refugio SB	Santa Barbara County	Sun., March 26	9 am
South Carlsbad SB	San Diego County	Sat., April 1	9 am
Monterey SB	Monterey County	Sat., April 8	9 am

LAKE TESTING and REQUALIFICATION DATES AND LOCATIONS:

Millerton Lake State Recreation Area	Fresno County	Sat., March 25	10 am
Perris Beach, Lake Perris SRA	Riverside County	Sat., April 22	9 am
Granite Bay, Folsom Lake SRA	Placer County	Sat., May 6	9 am

FOR FURTHER INFORMATION PLEASE CALL:

San Diego County, South	619-435-0126
San Diego County, North	760-438-2675
Orange County, South	949-366-8592
Orange County, North	714-536-1454
Los Angeles County, South	310-457-2585
Los Angeles County, North	805-488-7844
Ventura County	805-648-3321
Santa Barbara County	805-968-3834
Monterey County	831-649-2976
Santa Cruz County	831-427-4868
Russian River Area	707-865-2391
Southern California Lakes & Reservoirs	Perris Lake: 951-940-5645
	Silverwood Lake: 760-389-2281
Northern/Central California Lakes & Reservoirs	Folsom Lake: 916-988-0205
	Millerton Lake: 559-822-2332
	San Luis Reservoir: 209-826-1197

Additional information on what is required to become a lifeguard is available online at: www.parks.ca.gov/aquaticsafety , click on JOBS.

#