



California State Parks Lifeguard

MAKE A DIFFERENCE! BECOME A CALIFORNIA STATE PARKS SEASONAL LIFEGUARD I



STARTING PAY \$14.91 PER HOUR
BEGIN A REWARDING & CHALLENGING CAREER!

Work as a seasonal lifeguard for the California State Park System at a State Park beach, lake, or reservoir.

BE TRAINED IN:

- Advanced First Aid & CPR
- Open Water Lifesaving Techniques
- Aquatic Search and Rescue Procedures

REQUIREMENTS:

- Possession of a valid California drivers license with a good driving record at time of appointment.
- Physical strength and endurance.
- Willingness to work weekends and holidays.
- Visual and hearing acuity necessary to detect and rescue a struggling victim in the water.

In accordance with AB 1531, any person admitted to the interview and who is receiving State Public Assistance under the Aid to Families with Dependent Children Program shall be given priority consideration. Equal opportunity to all regardless of sex, race, ancestry, disability, age or sexual orientation.

TO QUALIFY: Picture I.D. is REQUIRED on the day of the swim test. All minors are required to have a parent or guardian PRESENT on the day of the swim test for swim test waiver signature.

- 1.) You must pass a **COMPETITIVE** swimming test consisting of the following:
 - 1,000 yard open water swim. Time limit of 20 minutes.
 - A continuous 200 yard run, 400 yard swim, 200 yard run. Time limit of 10 minutes.
- 2.) Qualification appraisal interview.
- 3.) Successful completion of the California State Park Lifeguard Training Program.(8days)
- 4.) Successful completion of work location Field Training Program.

OCEAN TESTING DATES AND LOCATIONS:

Huntington State Beach	Saturday, March 6, 2010	9:00 am
Ventura (San Buenaventura) State Beach	Sunday, March 7, 2010	9:00 am
Silver Strand State Beach	Saturday, March 13, 2010	9:00 am
Rio Del Mar State Beach	Saturday, March 13, 2010	9:00 am
South Carlsbad State Beach	Sunday, March 14, 2010	9:00 am
Leo Carrillo State Park	Saturday, March 20, 2010	9:00 am
Monterey State Beach	Saturday, March 27, 2010	9:00 am
San Clemente State Beach	Saturday, March 27, 2010	9:00 am
Refugio State Beach	Sunday, March 28, 2010	9:00 am
Crystal Cove State Park	Saturday, April 10, 2010	9:00 am

LAKE TESTING DATES AND LOCATIONS:

Perris Beach, Lake Perris SRA	Sunday, March 28, 2010	9:00 am
Millerton Lake State Recreation Area	Saturday, April 10, 2010	10:00 am
San Luis Reservoir SRA	Saturday, April 17, 2010	10:00 am
Beals Point, Folsom Lake SRA	Saturday, April 17, 2010	9:00 am
Perris Beach, Lake Perris SRA	Saturday, April 24, 2010	9:00 am
Beals Point, Folsom Lake SRA	Saturday, May 15, 2010	9:00 am
Lake Oroville SRA	Saturday, May 22, 2010	9:00 am

FOR FURTHER INFORMATION PLEASE CALL:

San Diego County, South	619-435-0126
San Diego County, North	760-438-2675
Orange County, South	949-366-8509
Orange County, Central	949-497-7641
Orange County, North	714-377-5691
Los Angeles County, North	310-457-2585
Ventura County	805-648-3321
Santa Barbara County	805-968-3834
Monterey County	831-649-2808
Santa Cruz County	831-427-4868
San Mateo County	650-726-8806
Sonoma Coast	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
	Lake Oroville:	530-538-2200
	Millerton Lake:	559-822-2332
	San Luis Reservoir:	209-826-1197

Want to Learn More?
Visit our website and watch our State Lifeguard Training video!

Go to:
www.parks.ca.gov/aquaticsafety

For more information and questions contact:

AquaticSafety@parks.ca.gov

Phone: 831-649-7132

2010 LIFEGUARD TRAINING PROGRAMS (all programs are 8 days / 80+ hours):

Ocean Lifeguard Training dates @ Huntington State Beach
Saturday, June 19 – Saturday, June 26

Lake Lifeguard Training dates @ Lake Perris
Monday, June 14 through Monday, June 21