



NEWS RELEASE

FOR IMMEDIATE RELEASE

March 1, 2007

State Park Lifeguard Swim Tests

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

Testing for the Best!

The California State Park Lifeguard Program begins 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.

Beginning at 9 a.m. on Saturday at the Huntington State Beach Lifeguard Headquarters, seasonal lifeguards will enter the surfline to test their mettle in the turning waters off the California coast. Ocean tests will also be conducted weekends throughout March at selected state beaches. Lake testing will be conducted in March, April and May.

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

Recruits who are trying out must not only make the 1,000-yard swim, but they must complete a 200-yard run, 400-yard swim, and a 200-yard swim within 10 minutes.

If they make it through this competitive, physical testing process, recruits are invited to an oral interview. Ranked according to their interview, the top candidates earn a seat at the California State Park Lifeguard Training Program. This is an eight-day, 80-hour program where they are instructed in advanced first aid, resuscitation, rescue and emergency procedures. In addition, every day they have to complete their "daily vitamin" -- a physical test involving any combination of running and swimming in the ocean.

"Our lifeguard training instructors are no nonsense veterans who have no problem telling a 'rookie' that they don't have what it takes to be an open water lifeguard," said Peabody. "There is simply too much at stake."

According to Peabody, California State Lifeguards made over 9,000 water rescues along California State Park beaches, lakes, and reservoirs in calendar year 2006.

"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.

(more)

Information on Swim Tests for California State Park Lifeguards:

OCEAN TESTING and REQUALIFICATION DATES AND LOCATIONS:

Huntington State Beach	Saturday, March 3, 2007	9:00 am
Silver Strand State Beach	Saturday, March 10, 2007	9:00 am
San Buena Ventura State Beach	Sunday, March 11, 2007	9:00 am
Rio Del Mar State Beach	Saturday, March 17, 2007	9:00 am
San Clemente State Beach	Saturday, March 24, 2007	9:00 am
South Carlsbad State Beach	Sunday, March 25, 2007	9:00 am
Point Mugu State Park	Saturday, March 31, 2007	9:00 am
Refugio State Beach	Sunday, April 1, 2007	9:00 am
Monterey State Beach	Saturday, April 7, 2007	9:00 am

LAKE TESTING and REQUALIFICATION DATES AND LOCATIONS:

Perris Beach, Lake Perris SRA	Sunday, March 4, 2007	9:00 am
Millerton Lake State Recreation Area	Saturday, March 31, 2007	10:00 am
Perris Beach, Lake Perris SRA	Saturday, April 28, 2007	9:00 am
Beals Point, Folsom Lake SRA	Saturday, April 21, 2007	9:00 am
Beals Point, Folsom Lake SRA	Saturday, May 19, 2007	9:00 am

For further information on what is required to become a lifeguard, visit the California State Park website at: www.parks.ca.gov/aquaticsafety and click on LIFEGUARD JOBS. You may also want to contact specific California State Park areas at the following:

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, North	310-457-2585
Ventura County	805-648-3321
Santa Barbara County	805-968-3834
Monterey County	831-649-2976
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 Millerton Lake: 559-822-2332
San Luis Reservoir:	209-826-1197

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