

CITY AND COUNTY OF HONOLULU
Honolulu Emergency Services Department
Ocean Safety and Lifeguard Services Division
BEACH LIFEGUARD RECRUITMENT
(Part-time, On-Call Contract)

GENERAL INFORMATION:

The Ocean Safety and Lifeguard Services Division will be conducting a physical performance examination for employment opportunities as **part-time, on-call contract** hire beach lifeguards.

LICENSE REQUIREMENTS:



Applicants must:

- Have a current Drivers License.
- Have a High School Diploma, GED, or proof of completion of High School.
- Proof of previous completion of a American Red Cross Lifeguard Training Class
- Proof of previous completion of a Basic First Aid Class
- Proof of previous completion American Red Cross CPR for the Professional Rescuer Class or American Heart Association BLS Healthcare Provider Class.

Only applicants who meet the above requirements and provide the proper documentation will be allowed to take the performance exam
- all documents must be provided on the day of examinations
*** All applicants must be present at 08:00 ***
- no exceptions -

PHYSICAL PERFORMANCE EXAM:

The physical performance examination is a strenuous activity. The performance examination consists of the following events:

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| 1. <u>1000 Yards Run and 1000 Yard Swim</u> | <u>Time: Under 25:00 Minutes</u> |
| 2. <u>400 Yards Rescue Board Paddle</u> | <u>Time: Under 4:00 Minutes</u> |
| 3. <u>Run-Swim-Run 100 Yards each length</u> | <u>Time: Under 3:00 Minutes</u> |

Registration and tryouts will be held on the following dates at Ala Moana Beach Park behind lifeguard tower 1B, starting at 8:00 a.m.

1. **Friday, August 21st, 2015**
2. **Saturday, August 22nd, 2015**