

LIFEGUARDS WANTED



FREE WATERFRONT LIFEGUARDING COURSE

April 19-22, 2022

Gloversville Middle School | Gloversville, NY

**Positions available at DEC beaches throughout the
NYS Adirondacks and Catskills**

THE PREREQUISITE FITNESS TEST CONSISTS OF:

- A 550-yd (22 lengths) continuous swim (front crawl or breaststroke only)
- Treading water for 2 minutes using legs only
- Swim 20 yds, surface dive to retrieve a 10lb brick, return to surface, and swim on the back returning to the starting point. Exit the water without using a ladder or steps
- Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4 to 7 feet of water, resurface and continue to swim another 5 yards to complete the skill sequence
- Must be at least 16 years old

**NYS lifeguards must meet agency medical
and vision (20/70 or better) requirements.**



**Department of
Environmental
Conservation**

For more information, visit

<https://www.dec.ny.gov/about/726.html>

Pre-registration is required. Call 518-457-2500 ext. 1