



## Parks, Recreation and Historic Preservation

ANDREW M. CUOMO  
Governor

ROSE HARVEY  
Commissioner

Dear 2016 Lifeguard Candidate:

Our lifeguards are a vital asset to the NYS Parks system. They protect more than 25 million swimmers and perform over 4,000 rescues annually. I would like to take this opportunity to recognize returning lifeguards for the excellent work performed in the past as well as welcome and encourage new candidates who are striving to join our team.

All seasonal lifeguard candidates must take an annual qualifying lifeguard exam. Qualifying exams for lifeguard positions are administered by the Office of Parks, Recreation and Historic Preservation (OPRHP) or the Department of Environmental Conservation (DEC). The DEC and OPRHP are two separate State agencies working together to provide upstate candidates additional testing opportunities throughout New York State. Please note: these exam results are not applicable in Long Island. OPRHP conducts a separate surf lifeguard program for our Long Island facilities. Likewise, Long Island exam results do not apply in our other Regions. Candidates seeking employment as a lifeguard for OPRHP (other than Long Island) must meet the standards outlined in this 2016 OPRHP Lifeguard Examination Information packet.

Exams have closed out in the past and candidates are strongly encouraged to pre-register. Candidates should contact the OPRHP regional offices (list attached) at least two weeks prior to the exam date, or with DEC no later than one week prior to the exam by contacting the DEC central office. DEC will accept only 5 OPRHP registrants per exam. We ask that you notify the host region as soon as possible if you decide NOT to attend an exam for which you have registered thereby allowing another person the opportunity to take your place if the exam is full.

### Reminders:

- All candidates are required to show identification prior to participating in the lifeguard exam. Acceptable forms of identification include but are not limited to: State issued driver license, non-driver ID, or Passport. A photo ID without a date of birth may be used provided a birth certificate is also presented.
- **BRING YOUR POCKET MASK TO THE EXAM.** The use of a pocket mask is required for the CPR section. **We will not supply masks at the exams.**
- The 2 arm tow will be the only acceptable towing technique for the rescue event.
- CPR will be retested once at each exam location at the conclusion of the complete first exam. Compressions must be completed within 14-19 secs. We **WILL NOT** offer a water section retest on the same day at OPRHP exam sites.
- **I urge you to review the "2016 Lifeguard Examination Information" and "2016 Lifeguard Qualifications".** The American Red Cross (ARC) Lifeguard Courses have recently changed and you may have to take a review course to become re-certified. The current ARC Lifeguarding program consists of a base Lifeguarding course with Waterfront and Water Park provided as additional modules. We require certification to the Waterfront level (base course and a module) in all Regions except NYC, as the majority of our facilities are beaches. This provides us the flexibility to move staff to facilities as needed. Also, be aware that **CPR certification is only recognized for a period of 1 year for lifeguards regardless of the expiration date indicated on your card (As per NYS Department of Health).** Please be sure you get the appropriate certification (CPR/AED for the Professional Rescuer and Healthcare Provider or equivalent). Candidates seeking employment at facilities with waterslides will need to be certified to the Water Park level. Please contact your regional representative or the Water Safety Office if you have any questions.
- Please note: As per the Agency standard lifeguard candidates must meet minimum vision requirements.

Sincerely,

Richard Alden, Director of Water Safety  
[Richard.Alden@parks.ny.gov](mailto:Richard.Alden@parks.ny.gov)





## **2016 LIFEGUARD EXAMINATION INFORMATION for OPRHP sites except Long Island**

- This Examination consists of two (2) sections; a practical test of lifesaving skills and a practical test of Cardiopulmonary Resuscitation (CPR) skills. Each event will be evaluated on a PASS or FAIL basis and all events in each section must be passed at one exam setting for that section to be considered as a pass.
- Candidates must pass both sections to be eligible for employment.
- Candidates have unlimited attempts to pass each section of the exam; however, each candidate will have only one attempt per exam session for the water section and two attempts per exam day for the CPR section at OPRHP scheduled exam sites.
- Candidates may take the exam at any scheduled test site for DEC or OPRHP and have the results forwarded to the desired region or area. Standards for employment with OPRHP are outlined for each event.
- All skills are evaluated using current standards of the American Red Cross.
- Sideline coaching and/or lap counting is not allowed. The testing procedure is designed to evaluate individual skills, endurance, and reasoning ability. Please listen closely and follow directions.
- Goggles will be allowed for the 200 and 50 yard swim events only.
- To prevent injury, all jewelry, including earrings, necklaces, body piercings, etc. **MUST** be removed or taped BEFORE starting the rescue portion.
- If you do not understand any part of the examination, please ask for clarification at the examination site.

### **WATER TEST**

#### **1. 200 YARD SWIM**

- Candidates will dive from the deep end pool deck and swim 200 yards in four (4) minutes or less. Extra lengths or laps will be considered a failure.
- The only strokes allowed are the front crawl or breaststroke.
- Any type of turn is acceptable.
- Continuous swimming is required. Do not stand or push off the pool bottom.

#### **2. 20 YARD UNDERWATER SWIM - SEARCH AND RECOVERY**

- Stand or tread water at *the location indicated by the examiner*. The brick will be thrown when you are in position looking at the deep-water end wall.

- Candidates must start, using any form of plunge, upon hearing a whistle blown by an examiner. Begin moving IMMEDIATELY BUT ONLY when you hear the single whistle blast.
- Candidates will swim 20 yards underwater **following the bottom contour of the pool**, simulating an underwater search for a victim. You must touch the deep end wall before surfacing. Breaking the surface of the water before the end-wall is touched will be considered an immediate failure.
- After touching the deep end wall, surface, take a breath and immediately swim away from the wall and perform a surface dive to recover a 10-pound brick.
- **--DO NOT PUSH OFF THE WALL - AND DO NOT HANG ONTO THE WALL.**
- Two surface dive attempts are allowed for the brick recovery.
- Pushing off the bottom after recovering the brick is acceptable.
- Upon surfacing the candidate will swim back to the shallow end wall of the pool without walking. Candidate must swim either on their side with the brick **on their hip** or swim on their back with the brick **on their torso** *simulating a victim carry*. The brick must be secured by at least one hand at all times. Underwater swimming while carrying the brick is not permitted. If the brick is dropped once during the swim, immediately recover the brick and continue the carry. Dropping the brick a second time will be considered a failure.
- Candidates must swim to and touch the shallow end wall before standing up. The event will conclude when the candidate places the brick on the deck at the point where the swim concluded.
- Candidates will fail for not immediately following verbal instructions from an examiner.
- Reminder: Do not take deep breaths before underwater swimming – take no more than 3 or 4 short breaths prior to swimming underwater to avoid shallow water blackout.

### 3. **50 YARD SPRINT –**

- Candidates will dive from the pool deck and swim 50 yards in 40 seconds or less.

Candidates who indicated DEC as their desired Region will also be permitted to continue with the exam *if* the sprint is completed between 40 and 45 seconds. This will not qualify candidates for employment with OPRHP and this event **will** be marked as a failure on the candidate result form.

- The only strokes allowed are the front crawl or breaststroke.
- Any type of turn is acceptable.
- Continuous swimming is required. Do not stand or push off the pool bottom.

### 4. **REAR CARRY WITH RESCUE TUBE -**

- Candidates will start from the shallow end of the pool with their backs against the wall (or other designated starting point), holding a rescue tube and looking down the pool at the examiner. The

examiner, who will be in deep water, will signal that the event is to begin and then begin struggling *as an active victim in need of rescue*. Candidates should immediately react to the struggling “victim”.

- Candidates will **swim quickly** to the examiner and make a REAR APPROACH, making contact by using the Active Victim Rear Rescue technique.
- The candidate must use only the double armpit towing technique for an active drowning victim. Using ONE arm to stroke will not be accepted.
- Once the examiner is correctly placed upon the rescue tube the candidate will tow the examiner back to the starting point until the examiner taps out.
- The examiner will end the event if forward progress ceases. The candidate may not stand or walk at any time while "towing" the examiner
- The examiner's face must be maintained above the water at all times. **The examiner may begin struggling if their face goes underwater or if the carry is ineffective.**
- If the examiner slips off the tube, the candidate must immediately position the examiner back onto the tube and continue the tow. The candidate will fail if the examiner slips off the tube a SECOND TIME.
- Deviation from published procedures resulting in abuse or injury to the examiner will result in FAILURE.

### **CARDIOPULMONARY RESUSCITATION (CPR) TEST**

**Candidates will be evaluated based on the current standards of the American Red Cross CPR/AED for the Professional Rescuer and Healthcare Providers. Exam standards are consistent with the recently released “New First Aid, CPR and Emergency Cardiovascular Care (ECC) Guidelines”.**

**USE OF A POCKET MASK IS REQUIRED. Candidates must bring their own personal pocket mask.**

- Candidates will have at least one minute to practice on the manikin on which they will be tested. If there is a problem with the manikin please notify the Technician before the examination begins.
- Each candidate must demonstrate CPR competency by performing "professional level" one rescuer adult CPR for a suspected drowning victim.
- Once you begin, DO NOT STOP until told to do so by the examiner.
- The candidate must:
  - 1) Establish unresponsiveness.
  - 2) Establish an adequate airway and check for breathing and pulse for 5 to 10 seconds.
  - 3) Provide proper ventilations with the mask.
  - 4) Perform the correct ratio for one rescuer CPR. Each set of 30 compressions must be done between 14 - 19 seconds with the proper hand position. Compressions must be of the correct depth.

**CLEANING PROCEDURES:** We ask that candidates clean the manikins after performing CPR, by wetting or spraying the manikin's mouth and face using the supplied materials and solution. Leave the manikins face wet for at least 1 minute before wiping it dry with a clean pad. Each candidate may repeat the process, if so desired, when they arrive at the manikin for their test.





## **2016 LIFEGUARD QUALIFICATIONS for all OPRHP sites except Long Island**

1. **Minimum age: 16 (preference given to individuals 18 years of age and older)**
2. **PRIOR to employment, you must have acceptable and current certifications in the following American Red Cross courses (or equivalent):**
  - **Lifeguarding – in the New York City Region**
  - **Lifeguarding with the Waterfront Module – for all regions except NYC.**
  - **CPR/AED for the Professional Rescuer – which includes Adult and Child AED – all regions.**
  - **First Aid if not included in Lifeguard Training course material – all regions.**
  - **Waterpark Lifeguarding certification for any lifeguard working at a park with water slides.**

**Consult with the Agency Water Safety Office for equivalent courses.**

- **American Red Cross Lifeguard and First Aid certificates are valid for 2 years. Please make sure you possess appropriate and valid certifications.**
- **CPR certificates must be dated within the last year. (CPR may be included with the Lifeguard certification or be a separate certification.)**
- **A lifeguard will be terminated from lifeguard employment if any required certificate lapses during the operating season (recertification is acceptable).**
- **Please consult with the Regional or Albany Office if you have questions on certifications.**

3. **Candidates must successfully complete the practical examination and any other training programs sanctioned by the Agency. Please note: Candidates may participate in the qualifying exam process without possessing certification. Candidates that possess current certifications may have an advantage in the process over those who do not due to familiarity with the subject matter.**
4. **New candidates must undergo an interview by regional staff; the purpose of which is to evaluate an individual's maturity and the ability to communicate.**
5. **After receiving a "conditional" offer of employment, each NEW candidate will be required to submit a current 2016 NYS Parks Medical form, containing a Physician's certification concerning the candidate and:**
  - **Candidates must meet the Agency vision requirement.**
  - **Candidates must be able to hear normal sounds in each ear, along with other medical standards.**
  - **Returning lifeguards, hired prior to 2013, will be required to submit a notarized form stating that they are physically capable of performing lifeguard duties, with no medical changes. Returning lifeguards may be required to secure a standard medical examination if there are questions concerning their physical status. All medical forms and records will be held in confidence.**
6. **All lifeguard candidates are subject to a criminal background check as a condition of employment.**





## LIFEGUARD EXAM CONTACTS 2016

**Central New York Park Region**  
6105 E. Seneca Tnpk.  
Jamesville, NY 13078

**Bonnie Ward**  
(315) 492 - 1756  
fax (315) 492- 3277  
[Bonnie.Ward@parks.ny.gov](mailto:Bonnie.Ward@parks.ny.gov)

**Finger Lakes Park Region**  
2221 Taughannock Park Rd.  
Trumansburg, NY 14886

**Andrew Chouinard**  
(607) 387 - 7041, ext. 104  
fax (607) 387 - 3390  
[Andrew.Chouinard@parks.ny.gov](mailto:Andrew.Chouinard@parks.ny.gov)

**New York City Region**  
Riverbank State Park  
679 Riverside Drive  
New York, New York 10031

**Darren Green**  
(212) 694 - 3664 or 65  
fax (212) 694 - 3668  
[Darren.Green@parks.ny.gov](mailto:Darren.Green@parks.ny.gov)

**Palisades Interstate Park Commission**  
Bear Mountain State Park  
Administration Building  
Bear Mountain, NY 10911

**Erin Martin, ext. 232**  
Janelle Lozina, ext. 269  
(845) 786 - 2701  
[Erin.Martin@parks.ny.gov](mailto:Erin.Martin@parks.ny.gov)

**Saratoga/Capital District Park Region**  
Saratoga Spa State Park  
19 Roosevelt Drive  
Saratoga Springs, NY 12866

**Laura Smith**  
(518) 584 - 2000, ext. 252  
fax (518) 584 - 5694  
[Laura.Smith@parks.ny.gov](mailto:Laura.Smith@parks.ny.gov)

**Taconic Park Region**  
P. O. Box 308  
Staatsburg, NY 12580

**Gerri Covert**  
(845) 889 - 3814  
fax (845) 889 - 8321  
[Geraldine.Covert@parks.ny.gov](mailto:Geraldine.Covert@parks.ny.gov)

**Thousand Islands Park Region**  
Keewaydin State Park  
PO Box 247  
Alexandria Bay, NY 13607

**Regional Headquarters**  
(315) 482 - 2593  
fax (315) 482 - 9413  
or [Angela.Seymour@parks.ny.gov](mailto:Angela.Seymour@parks.ny.gov)

**Allegany Park Region**  
2373 ASP Ret 1, Suite 3  
Salamanca, NY 14779

**John Snyder**  
(716) 354 - 9101, ext. 269  
[John.Snyder@parks.ny.gov](mailto:John.Snyder@parks.ny.gov)

**Genesee Park Region**  
1 Letchworth State Park  
Castile, NY 14427

**Mary Jane Brooks**  
(585) 493 - 3604  
fax (585) 493 - 5272  
[MaryJane.Brooks@parks.ny.gov](mailto:MaryJane.Brooks@parks.ny.gov)

**Niagara Frontier Park Region**  
Castellani Building  
Niagara Falls, NY 14303

**Melissa Emhardt**  
(716) 299 - 0813  
[Melissa.Emhardt@parks.ny.gov](mailto:Melissa.Emhardt@parks.ny.gov)



## **LIFEGUARD EXAM CONTACTS 2016**

### **Long Island Information**

**Long Island Region  
P.O. Box 247  
Babylon, NY 11702**

**Jennifer Pevera  
(631) 321 - 3528  
[Jennifer.Pevera@parks.ny.gov](mailto:Jennifer.Pevera@parks.ny.gov)**

**Long Island Region  
Jones Beach State Park Box 1000  
Wantagh, NY 11793**

**Joe Scalise  
(631) 321 - 5871  
[Joseph.Scalise@parks.ny.gov](mailto:Joseph.Scalise@parks.ny.gov)**

---

### **NYS DEC**

**Lifeguard Testing  
NYS DEC  
625 Broadway, Third Floor  
Albany, NY 12233**

**Patty Wright (to register)  
(518) 457 - 2500  
[lifeguard@dec.ny.gov](mailto:lifeguard@dec.ny.gov)**

**\*Questions for DEC exams should be directed to Barb Palmateer or Lisbeth Brooks**

# NYS PARKS LIFEGUARD EXAMS 2016 Season

Month	Location	Time	Region	Address	City	State	Zip	To Register	Telephone
December 2015									
12/27/2015	Cohoes Comm. Center	9:00 AM	Saratoga/Cap	22-24 Remsen St.	Cohoes	NY	12047	Laura Smith	(518) 584-2000 x.252
12/28/2015	Monroe Woodbury M.S	9:30 AM	Palisades	199 Dunderberg Rd.	Central Valley	NY	10917	Erin Martin	(845) 786-2701 x.232
January 2016									
1/9/2016	Odessa-Montour	11:00 A	Finger Lakes	300 College Ave.	Odessa	NY	14869	Andy Chouinard	(607) 387-7041 x.104
1/10/2016	Jamesville-Dewitt M.S.	9:30 AM	Central	6280 Randal Road	Jamesville	NY	13078	Bonnie Ward	(315) 492-1756
March 2016									
3/5/2016	Salamanca H.S.	9:30 AM	Allegany	50 Iroquois Drive	Salamanca	NY	14779	John Snyder	(716) 354-9101 x.269
3/12/2016	Niagara University	8:30 AM	Niagara	Robert Moses Parkway	Niagara Univer	NY	14109	Melissa Emhardt	(716) 299-0813
3/13/2016	Monroe Woodbury M.S	9:00 AM	Palisades	199 Dunderberg Rd.	Central Valley	NY	10917	Erin Martin	(845) 786-2701 x.232
3/19/2016	Odessa-Montour	11:00 A	Finger Lakes	300 College Ave.	Odessa	NY	14869	Andy Chouinard	(607) 387-7041 x.104
3/19/2016	Letchworth Cent. Schoo	9:00 AM	Genesee	5550 School Rd.	Gainesville	NY	14066	Mary Jane Brooks	(585) 493-3604
3/19/2016	Copper Beech MS	9:00 AM	Taconic	3401 Old Yorktown Rd.	Yorktown Heig	NY	10598	Gerri Covert	(845) 889-3814
3/26/2016	Chautauqua Inst.	9:30 AM	Allegany	4840 West Lake Road	Mayville	NY	14757	John Snyder	(716) 354-9101 x.269
3/26/2016	Taconic Hills HS	9:00 AM	Taconic	73 County Rt. 11A	Craryville	NY	12521	Gerri Covert	(845) 889-3814
April 2016									
4/2/2016	Fredonia HS	9:30 AM	Allegany	425 E. Main St.	Fredonia	NY	14063	John Snyder	(716) 354-9101 x.269
4/2/2016	Copper Beech MS	9:00 AM	Taconic	3401 Old Yorktown Rd.	Yorktown Heig	NY	10598	Gerri Covert	(845) 889-3814
4/8/2016	Odessa-Montour	5:30 PM	Finger Lakes	300 College Ave.	Odessa	NY	14869	Andy Chouinard	(607) 387-7041 x.104
4/9/2016	SUNY Oneonta	9:30 AM	Central	108 Ravine Parkway	Oneonta	NY	13820	Bonnie Ward	(315) 492-1756
4/9/2016	Niagara University	8:30 AM	Niagara	Robert Moses Parkway	Niagara Univer	NY	14109	Melissa Emhardt	(716) 299-0813
4/9/2016	SUNY Potsdam Maxcy H	9:30 AM	Thousand Isl	44 Pierpont Ave.	Potsdam	NY	13676	Regional Office	(315) 482-2593
4/10/2016	SUNY Plattsburgh	9:30 AM	Thousand Isl	Rugar St.	Plattsburgh	NY	12901	Regional Office	(315) 482-2593
4/16/2016	Jamesville-Dewitt M.S.	9:30 AM	Central	6280 Randal Road	Jamesville	NY	13078	Bonnie Ward	(315) 492-1756

Month	Location	Time	Region	Address	City	State	Zip	To Register	Telephone
4/16/2016	Brockport H.S.	9:00 AM	Genesee	40 Allen St.	Brockport	NY	14420	Mary Jane Brooks	(585) 493-3604
4/16/2016	Taconic Hills HS	9:00 AM	Taconic	73 County Rt. 11A	Craryville	NY	12521	Gerri Covert	(845) 889-3814
4/16/2016	Indian River M.S.	9:30 AM	Thousand Isl	32735A County Rt. 29	Philadelphia	NY	13673	Regional Office	(315) 482-2593
4/17/2016	Monroe Woodbury M.S	9:00 AM	Palisades	199 Dunderberg Rd.	Central Valley	NY	10917	Erin Martin	(845) 786-2701 x.232
4/22/2016	Odessa-Montour	5:30 PM	Finger Lakes	300 College Ave.	Odessa	NY	14869	Andy Chouinard	(607) 387-7041 x.104
4/23/2016	Chenango Forks H.S.	9:30 AM	Central	1 Gordon Drive	Binghamton	NY	13901	Bonnie Ward	(315) 492-1756
4/23/2016	George Washington HS	8:00 AM	New York Cit	549 Audubon Ave.	New York	NY	10140	Darren Green	(212) 694-3666
4/24/2016	Cohoes Comm. Center	9:00 AM	Saratoga/Cap	22-24 Remsen St.	Cohoes	NY	12047	Laura Smith	(518) 584-2000 x.252
May 2016									
5/7/2016	Niagara University	8:30 AM	Niagara	Robert Moses Parkway	Niagara Univer	NY	14109	Melissa Emhardt	(716) 299-0813
5/7/2016	South Jefferson H.S.	9:30 AM	Thousand Isl	11060 US Route 11	Adams	NY	13065	Regional Office	(315) 482-2593
5/14/2016	Salamanca H.S.	9:30 AM	Allegany	50 Iroquois Drive	Salamanca	NY	14779	John Snyder	(716) 354-9101 x.269
5/14/2016	Mohonasen High School	9:00 AM	Saratoga/Cap	2072 Curry Road	Schenectady	NY	12303	Laura Smith	(518) 584-2000 x.252
5/14/2016	Taconic Hills HS	9:00 AM	Taconic	73 County Rt. 11A	Craryville	NY	12521	Gerri Covert	(845) 889-3814
5/14/2016	Thousand Islands HS	9:30 AM	Thousand Isl	8481 County Rt. 9	Clayton	NY	13624	Regional Office	(315) 482-2593
5/21/2016	N. Rockland HS	10:30 A	Palisades	196 Hammond Rd.	Thiells	NY	10984	Erin Martin	(845) 786-2701 x.232
5/21/2016	Copper Beech MS	9:00 AM	Taconic	3401 Old Yorktown Rd.	Yorktown Heig	NY	10598	Gerri Covert	(845) 889-3814
5/26/2016	George Washington HS	4:00 PM	New York Cit	549 Audubon Ave.	New York	NY	10140	Darren Green	(212) 694-3666
June 2016									
6/4/2016	Niagara University	8:30 AM	Niagara	Robert Moses Parkway	Niagara Univer	NY	14109	Melissa Emhardt	(716) 299-0813
6/4/2016	N. Rockland HS	10:30 A	Palisades	196 Hammond Rd.	Thiells	NY	10984	Erin Martin	(845) 786-2701 x.232
6/4/2016	Queensbury Elementary	9:00 AM	Saratoga/Cap	431 Aviation Rd.	Queensbury	NY	12804	Laura Smith	(518) 584-2000 x.252
6/9/2016	George Washington HS	4:00 PM	New York Cit	549 Audubon Ave.	New York	NY	10140	Darren Green	(212) 694-3666