



Parks, Recreation and Historic Preservation

ANDREW M. CUOMO
Governor

ROSE HARVEY
Commissioner

Dear 2017 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 the 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 qualify annually. The lifeguard qualifying process is administered by the Office of Parks, Recreation & Historic Preservation (OPRHP) and the Department of Environmental Conservation (DEC). The DEC and OPRHP are two separate State agencies working together to provide upstate candidates additional qualifying opportunities throughout New York State. Please be aware that these results are not applicable in Long Island. OPRHP conducts a separate surf lifeguard program for our Long Island facilities. Likewise, the Long Island process does not qualify candidates for employment in our other Regions. Candidates seeking employment as a lifeguard for OPRHP (other than Long Island) must meet the standards outlined in this 2017 OPRHP Lifeguard Information packet.

Qualifying dates 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 scheduled date, or with DEC no later than one week prior by contacting the DEC central office. DEC will accept only 5 OPRHP registrants per location/date. If you decide NOT to attend we ask that you notify the host region as soon as possible thereby allowing another person the opportunity to take your place.

Reminders:

- All candidates are required to show identification prior to participating in the qualifying process. 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.
- The qualifying process consists of two sections. Candidates must pass both sections to be qualified.
- **BRING YOUR POCKET MASK.** The use of a pocket mask is required for the CPR section. We **will not supply masks.**
- Each cycle of compressions for CPR must be completed within 14-19 secs.
- Candidates will be provided a second opportunity to complete the CPR section at each location. This second opportunity will be offered after the conclusion of the entire qualifying process (Water and CPR).
- The 2 arm tow will be the only acceptable towing technique for the rescue event.
- We **WILL NOT** offer a second attempt of the water section on the same day at OPRHP scheduled sites.
- **I urge you to review the "2017 Lifeguard Information" and "2017 Lifeguard Qualifications".** The American Red Cross (ARC) Lifeguard Course is valid for 2 years. We require certification to the Waterfront level (base course and a module) in all Regions with the exception of New York City, as the majority of our facilities are beaches. Also, **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 the medical standards which includes the minimum vision requirements.

Sincerely,

Richard Alden, Director of Water Safety
Richard.Alden@parks.ny.gov



2017 LIFEGUARD QUALIFICATION INFORMATION for OPRHP sites except Long Island

- The Qualifying Process consists of two (2) sections; a practical demonstration of lifesaving skills and a practical demonstration of Cardiopulmonary Resuscitation (CPR) skills. Each event will be evaluated on a PASS or FAIL basis and all events in each section must be completed on the same day for that section to qualify as a pass.
- Candidates must pass both sections to be eligible for employment.
- Candidates have unlimited attempts to pass each section; however, each candidate will have only one attempt per session for the water section and two attempts per day for the CPR section at OPRHP scheduled sites.
- Candidates may participate at any scheduled 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 qualifying 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 directions or specifics of an event please ask for clarification.

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 evaluated. If there is a problem with the manikin please notify the Technician before the evaluation 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.



2017 LIFEGUARD INFORMATION for all OPRHP sites except Long Island

LIFEGUARD QUALIFICATIONS for 2017

- 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/First Aid/CPR/AED – in the New York City Region
 - Lifeguarding/First Aid/CPR/AED with Waterfront Skills Module – for all regions except NYC.
 - CPR/AED for the Professional Rescuer and Healthcare Providers – 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.

- Lifeguard and First Aid certificates validity periods vary by provider. Please make sure you possess appropriate and valid certifications.
- Initial certification as a Lifeguard through ARC will include CPR. No separate certificate is necessary.
- CPR certificates must be dated within the last year as per the NYS DOH.
- 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 qualifying process and any other training programs sanctioned by the Agency. Please note: Candidates may participate in the qualifying process without possessing certification; however, candidates that do possess current certifications will likely 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 2017 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.**



Parks, Recreation and Historic Preservation

REGIONAL LIFEGUARD CONTACTS 2017

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

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

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

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

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

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

Gerri Covert
(845) 889 - 3814
fax (845) 889 - 8217
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

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

John Snyder
(716) 354 - 9101, ext. 269
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

Niagara Frontier Park Region
P.O. Box 1132
Niagara Falls, NY 14303

Melissa Emhardt
(716) 278 - 1761
Melissa.Emhardt@parks.ny.gov



Parks, Recreation and Historic Preservation

REGIONAL LIFEGUARD CONTACTS 2017

Long Island Information

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

Jennifer Andujar
(631) 321 - 3528
Jennifer.Andujar@parks.ny.gov

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

Long Island Water Safety Office
(631) 321 - 5871

NYS DEC

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

Patty Wright (to register)
(518) 457 - 2500
Info.LifeGuard@dec.ny.gov

*Questions for DEC exams should be directed to Barb Palmateer.



NYS PARKS QUALIFYING DATES 2017 Season

Wednesday, December 21, 2016

Date	Location	Region	Time	Address	City	Sta	Zip	To Register	Telephone
12/27/2016	Salamanca H.S.	Allegany	9:00 AM	50 Iroquois Drive	Salamanca	NY	14779	John Snyder	(716) 354-9101 x.269
12/27/2016	Monroe Woodbury MS	Palisades	11:00 AM	199 Dunderberg Rd.	Central Valley	NY	10917	Erin Martin	(845) 786-2701 x.232
1/7/2017	Odessa-Montour	Finger Lakes	11:30 AM	300 College Ave.	Odessa	NY	14869	Andy Chouinard	(607) 387-7041 x.104
1/8/2017	Cohoes Comm. Center	Saratoga/Capital District	9:00 AM	22-24 Remsen St.	Cohoes	NY	12047	Laura Smith	(518) 584-2000 x.252
1/14/2017	Jamesville-Dewitt M.S.	Central	9:30 AM	6280 Randal Road	Jamesville	NY	13078	Bonnie Ward	(315) 492-1756
3/11/2017	Niagara University	Niagara	8:30 AM	Robert Moses Parkway	Niagara University	NY	14109	Melissa Emhardt	(716) 278-1761
3/19/2017	Monroe Woodbury MS	Palisades	9:00 AM	199 Dunderberg Rd.	Central Valley	NY	10917	Erin Martin	(845) 786-2701 x.232
3/24/2017	Odessa-Montour	Finger Lakes	5:30 PM	300 College Ave.	Odessa	NY	14869	Andy Chouinard	(607) 387-7041 x.104
3/25/2017	Letchworth Cent. School	Genesee	9:00 AM	5550 School Rd.	Gainesville	NY	14066	Mary Jane Brooks	(585) 493-3604
3/25/2017	Taconic Hills HS	Taconic	9:00 AM	73 County Rt. 11A	Craryville	NY	12521	Gerri Covert	(845) 889-3814
4/1/2017	Niagara University	Niagara	8:30 AM	Robert Moses Parkway	Niagara University	NY	14109	Melissa Emhardt	(716) 278-1761
4/8/2017	Chenango Forks H.S.	Central	9:30 AM	1 Gordon Drive	Binghamton	NY	13901	Bonnie Ward	(315) 492-1756
4/8/2017	Brockport H.S.	Genesee	9:00 AM	40 Allen St.	Brockport	NY	14420	Mary Jane Brooks	(585) 493-3604
4/8/2017	SUNY Potsdam Maxcy Hall	Thousand Islands	9:30 AM	44 Pierpont Ave.	Potsdam	NY	13676	Regional Office	(315) 482-2593

Date	Location	Region	Time	Address	City	Sta	Zip	To Register	Telephone
4/9/2017	SUNY Plattsburgh	Thousand Islands	9:30 AM	Rugar St.	Plattsburgh	NY	12901	Regional Office	(315) 482-2593
4/21/2017	Odessa-Montour	Finger Lakes	5:30 PM	300 College Ave.	Odessa	NY	14869	Andy Chouinard	(607) 387-7041 x.104
4/22/2017	Chautauqua Institute	Allegany	9:30 AM	4840 West Lake Road	Mayville	NY	14757	John Snyder	(716) 354-9101 x.269
4/22/2017	SUNY Oneonta	Central	9:30 AM	108 Ravine Parkway	Oneonta	NY	13820	Bonnie Ward	(315) 492-1756
4/22/2017	Taconic Hills HS	Taconic	9:00 AM	73 County Rt. 11A	Craryville	NY	12521	Gerri Covert	(845) 889-3814
4/23/2017	Monroe Woodbury MS	Palisades	9:00 AM	199 Dunderberg Rd.	Central Valley	NY	10917	Erin Martin	(845) 786-2701 x.232
4/29/2017	Jamesville-Dewitt M.S.	Central	9:30 AM	6280 Randal Road	Jamesville	NY	13078	Bonnie Ward	(315) 492-1756
4/29/2017	George Washington HS	New York City	8:00 AM	549 Audubon Ave.	New York	NY	10140	Darren Green	(212) 694-3666
4/29/2017	Indian River M.S.	Thousand Islands	9:30 AM	32735A County Rt. 29	Philadelphia	NY	13673	Regional Office	(315) 482-2593
5/6/2017	New Hartford Senior High	Central	9:30 AM	33 Oxford Rd.	New Hartford	NY	13413	Bonnie Ward	(315) 492-1756
5/6/2017	Niagara University	Niagara	8:30 AM	Robert Moses Parkway	Niagara University	NY	14109	Melissa Emhardt	(716) 278-1761
5/6/2017	South Jefferson H.S.	Thousand Islands	9:30 AM	11060 US Route 11	Adams	NY	13065	Regional Office	(315) 482-2593
5/7/2017	Kips Bay Boys and Girls Club	New York City	9:00 AM	1930 Randall Ave.	Bronx	NY	10473	Darren Green	(212) 694-3666
5/13/2017	Salamanca H.S.	Allegany	9:00 AM	50 Iroquois Drive	Salamanca	NY	14779	John Snyder	(716) 354-9101 x.269
5/13/2017	Ballston Spa	Saratoga/Capital District	9:00 AM	220 Ballston Ave.	Ballston Spa	NY	12020	Laura Smith	(518) 584-2000 x.252

Date	Location	Region	Time	Address	City	Sta	Zip	To Register	Telephone
5/13/2017	Taconic Hills HS	Taconic	9:00 AM	73 County Rt. 11A	Craryville	NY	12521	Gerri Covert	(845) 889-3814
5/13/2017	Thousand Islands HS	Thousand Islands	9:30 AM	8481 County Rt. 9	Clayton	NY	13624	Regional Office	(315) 482-2593
5/19/2017	Odessa-Montour	Finger Lakes	5:30 PM	300 College Ave.	Odessa	NY	14869	Andy Chouinard	(607) 387-7041 x.104
5/19/2017	Kips Bay Boys and Girls Club	New York City	4:30 PM	1930 Randall Ave.	Bronx	NY	10473	Darren Green	(212) 694-3666
5/20/2017	N. Rockland HS	Palisades	10:30 AM	196 Hammond Rd.	Thiells	NY	10984	Erin Martin	(845) 786-2701 x.232
5/21/2017	Copper Beech MS	Taconic	9:00 AM	3401 Old Yorktown Rd.	Yorktown Heights	NY	10598	Gerri Covert	(845) 889-3814
5/22/2017	Salamanca H.S.	Allegany	5:00 PM	50 Iroquois Drive	Salamanca	NY	14779	John Snyder	(716) 354-9101 x.269
6/2/2017	Kips Bay Boys and Girls Club	New York City	4:30 PM	1930 Randall Ave.	Bronx	NY	10473	Darren Green	(212) 694-3666
6/3/2017	Niagara University	Niagara	8:30 AM	Robert Moses Parkway	Niagara University	NY	14109	Melissa Emhardt	(716) 278-1761
6/3/2017	Mohonasen High School	Saratoga/Capital District	9:00 AM	2072 Curry Road	Schenectady	NY	12303	Laura Smith	(518) 584-2000 x.252
6/4/2017	Copper Beech MS	Taconic	9:00 AM	3401 Old Yorktown Rd.	Yorktown Heights	NY	10598	Gerri Covert	(845) 889-3814
6/10/2017	Fredonia HS	Allegany	10:00 AM	425 E. Main St.	Fredonia	NY	14063	John Snyder	(716) 354-9101 x.269
6/10/2017	N. Rockland HS	Palisades	10:30 AM	196 Hammond Rd.	Thiells	NY	10984	Erin Martin	(845) 786-2701 x.232
6/10/2017	Ballston Spa	Saratoga/Capital District	9:00 AM	220 Ballston Ave.	Ballston Spa	NY	12020	Laura Smith	(518) 584-2000 x.252

2017 NYS DEC Lifeguard Qualifying Procedure Dates and Locations

Date	Start Time	Location	Address	City
Saturday January 21st	9:00 a.m.	Lynch Literacy Academy	55 Brandt Place	Amsterdam
Saturday February 25th	9:00 a.m.	Gloversville Middle School	234 Lincoln Street	Gloversville
Sunday March 19th	2:00 p.m.	Glens Falls High School	15 Quade Street	Glens Falls
Sunday March 26th	2:00 p.m.	Paul Smiths College (Saunders Sports Complex)	Route 30	Saranac Lake
Saturday April 1st	9:00 a.m.	Holland Patent High School	8079 Thomson Road	Holland Patent
Sunday April 2nd	2:00 p.m.	Moriah Central School	39 Viking Lake	Port Henry
Saturday April 8th	9:00 a.m.	Gloversville Middle School	234 Lincoln Street	Gloversville
Sunday April 30th	9:00 a.m.	SUNY Delhi (Kunsela Hall)	2 Main Street	Delhi
Saturday May 6th	9:00 a.m.	South Lewis Central School	4264 East Road	Turin
Sunday May 7th	2:00 p.m.	SUNY Cobleskill (Bouck Hall)	Route 7	Cobleskill
Saturday May 20th	9:00 a.m.	Queensbury Elementary School	431 Aviation Road	Queensbury
Saturday June 3rd	9:00 a.m.	Lynch Literacy Academy	55 Brandt Place	Amsterdam
Sunday June 11th	2:00 p.m.	Paul Smiths College (Saunders Sports Complex)	Route 30	Saranac Lake

Pre-registering is required 518-457-2500 x1 or via email info.lifeguard@dec.ny.gov

Candidates must arrive at the specified start time. Qualifying procedures will begin on time. Late arrivals will not be accepted

We reserve the right to cancel qualifying procedures. In the event of a qualifying procedures cancellation we will do our best to notify you in a timely manner.