

Summer Employment Opportunities

TESTING WILL BE SUSPENDED ONCE ALL ANTICIPATED POSITIONS ARE FILLED. **WE ENCOURAGE ALL CANDIDATES FOR SURF RESCUE TECHNICIAN POSITIONS TO CONSIDER THIS FACT WHEN DECIDING WHEN AND WHETHER TO TAKE THE PRE-EMPLOYMENT PHYSICAL SKILLS EVALUATION.**

Suggestions for successful completion of the OCBP Pre-Employment Physical Skills Evaluation.

A candidate needs to report to the pre-employment physical skills test with the following:

1. Bring photo identification that reveals the candidate's Name, Age and Birth Date
2. If a minor, the candidate needs to report with a parent or guardian (ID will be required for Guardian) who will accompany the candidate for the entire test. There are NO exceptions to this standard.
3. Report to Dorchester Street and the Boardwalk before 11:00am so that you are not rushed or feel unprepared for the information that is to be given.
4. If you park at a meter, prepare to pay for up to six hours of parking. We highly recommend that persons taking our test park in spaces that are not associated with a meter.

REMEMBER, No previous experience or certifications are required to participate in the pre-employment evaluations.

Suggestions Below:



The candidate should be able to swim in the ocean in a straight line to be able to meet the 10 minute swim criteria



The candidate should be able to run in deep, soft sand in a straight line to be able to meet the 65 second run criteria



Full preparation should be made **PRIOR** to attempting to complete the evaluation including both speed and endurance workouts and training.

We encourage candidates to workout with current beach patrol members if possible.



Training with someone who has successfully completed the test at some time in the past has often proven to make a positive difference.



Eat a nourishing meal the evening prior to taking the test and avoid alcohol at all costs. Meals high in carbohydrates and low in acidic content are the most highly recommended.



Eat a light meal the morning of the test. Eat potassium filled foods like bananas to assist in avoiding cramps.



Bring swim goggles with you if you are used to wearing them. Make sure they are well-fitted. Bring a towel. Bring a change of clothes for the interview if you would like to.



Bring plenty of water with you as the physical exertion you will be exposed to will dehydrate you and deplete your energy supply.



Be prepared for a full day of exercise. The test begins at 11:00am with introductions and an explanation of the day's itinerary. Physical activity starts shortly thereafter.



Bring a photo identification that includes a birth date and picture. If you are under the age of 18, you are required to be in the presence of a parent or guardian. This person must remain at the testing venue throughout the entire day.



If at any time prior to taking the test you should have questions, please e-mail the Beach Patrol at ocbp@ococean.com