



Spring Lake Beach Patrol
Borough of Spring Lake
423 Warren Avenue
Spring Lake, NJ 07762



December 15, 2026

Dear Applicant:

Thank you for your interest in a position with the Borough of Spring Lake as a lifeguard or EMT.

In order to be considered for a position, you must (1) submit an application; (2) obtain medical clearance; (3) successfully interview and pass the physical tests.

1. **The Application:** new applicants will complete a digital application, which can be accessed using the QR code below or by typing the following link into your web browser:

<https://forms.gle/SNmNew75zooDKVNv9>



Completed applications should be received by April 1, 2026. While we may consider new applications that arrive after this date, it is strongly recommended that you submit your application by April 1st.

2. **Medical Clearance:** the form for medical clearance for the Borough of Spring Lake is included in this packet. Our physical form must be completed and signed by a physician. Bring the completed and signed form with you on your testing date. Important—you will not be permitted to attempt the run and swim tests without a completed physical.

3. **Interview and Testing:** the specifics for interviews and physical testing sessions will be pushed out closer to the start of the season.

Please carefully review the following, which provides detailed information on positions and the hiring process.

The Role of a Lifeguard

Lifeguarding, whether in the pools or on the beach patrol, is a highly demanding job—physically, mentally, and emotionally. It requires that you maintain a high level of physical fitness, develop proficiency in the skills and craft of lifeguarding, and maintain a sustained focus and heightened level of concentration. While it can be a very rewarding experience, lifeguarding is fundamentally a serious profession, and we hold our guards to a high standard of excellence in Spring Lake.

We require our lifeguards to complete vigorous physical training on a daily basis, often involving running, swimming, rowing, paddling, and/or lifting/pushing with a high level of intensity.

On a daily basis, lifeguards will be expected to perform any and all of the following physical activities:

- Open water swimming
- Running and sprinting in soft sand
- Climbing and descending from lifeguard stands (approximately 6-8 feet above ground level)
- Kayak
- Paddle
- Row a boat
- Lift, push, pull, and/or carry heavy objects
- Perform CPR over an extended period of time

Before deciding whether to apply to the beach patrol or the pools, please carefully review the pre-employment requirements for each. Refer to the descriptions below:

Pre-Employment Requirements for the Beach Patrol:

- Minimum of 16 years of age by June 15, 2026
- Submit documentation of medical clearance to perform duties
- Pass a 1.0 mile run test in a minimum of under 10:00 minutes
- Pass a 550 yard/500-meter swim test in a minimum of under 10:00 minutes
- Pass a test of strength and stamina
- Availability to work a 40-hour per week schedule, including weekends and holidays
- Hiring will be conditional on successful completion of the SLBP Open Water Lifeguard Training Academy and the completion of certification in ASHI Advanced First Aid (to be provided by the borough)

Please be aware that the Open Water Lifeguard Training Academy consists of 80 hours training, with most of the sessions occurring on weekends and evenings in June. Beach applicants must be available for the majority of these sessions. Candidates are paid for their time and will complete the necessary coursework for certification in CPR/AED and Advanced First Aid during these sessions as well as receive training in open water rescue skills.

Pre-Employment Requirements for the Pools:

- Minimum of 15 years of age by June 15, 2026
- Submit documentation of medical clearance to perform duties
- Pass a swim test consisting of a timed 300-yard swim in a minimum of under 7:30-minutes using a freestyle stroke
- Certification in “Lifeguarding with CPR/AED for the Professional Rescuer” from the American Red Cross
- Availability to work up to 40 hours a week, including weekends and holidays, with the possibility of some morning shifts (beginning as early as 6:45 AM) and/or some evening shifts (ending as late as 8:15 PM)
- Hiring will be conditional on successful completion of the Spring Lake Pools training program

Pre-Employment Requirements for an EMT Position:

- Submit documentation of medical clearance to perform duties
- Certification in CPR/AED at the Professional level
- NREMT Certification
- NJ EMT License
- Availability to work up to 40 hours a week, including weekends and holidays, with the possibility of some morning shifts (beginning as early as 6:45 AM) and/or some evening shifts (ending as late as 8:15 PM)

Compensation: hourly rate as negotiated between the Borough and the Guards of Spring Lake for the 2026 season, ranging from \$16.00-\$21:00 per hour.

Please reach out to Chief Lifeguard Tony Hipsley at ahipsley@springlakeboro.org or (908) 309-0734 if you have any questions.

We look forward to receiving your application.

Sincerely,

Tony



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Physical Form for Lifeguards: Valid through September 30, 2026

All applicants for positions with the Borough of Spring Lake must obtain a physical providing medical clearance to perform the duties of a lifeguard BEFORE completing the pre-employment tests of physical fitness.

You will NOT be permitted to run/swim/strength test without FIRST submitting this completed physical form, which must be signed by a physician or their appropriate designee.

Applicant Information:

Name: _____

Address: _____

Phone: _____

Email: _____

Part 1: Medical History: to be completed by the applicant:

1. Have you been hospitalized within the past twelve months? ___ Yes ___ No
2. Have you had surgery within the past twelve months? ___ Yes ___ No
3. Are you presently taking any medications for an injury or medical condition? ___ Yes ___ No
4. Have you become lightheaded, dizzy, or lost consciousness during exercise at any point within the past twelve months? ___ Yes ___ No
5. Have you experienced chest pain during exercise at any point within the past twelve months? ___ Yes ___ No
6. Have you ever sustained a concussion or head/neck injury? ___ Yes ___ No
7. Have you ever been diagnosed with asthma or exercise-induced asthma? ___ Yes ___ No
8. Do you wear corrective lenses (glasses, contacts, etc.)? ___ Yes ___ No
9. If yes, when was the last time you were examined by an optometrist? ___ Yes ___ No

If you answered yes to any of the questions above, explain in detail below:

Part 2: Medical Clearance: to be completed by the physician:

Description of Duties: The Borough of Spring Lake requires lifeguards to complete vigorous physical training on a daily basis, often involving running, swimming, rowing, paddling, and/or lifting/pushing with a high level of intensity. It is of the utmost importance that a lifeguard be able to physically perform his/her duties free of medical concerns. Pre-employment physical testing consists of a timed 550-yard swim, a timed 1.0-mile run, and a test of strength. On a daily basis, lifeguards will be expected to perform any and all of the following physical activities:

- Open water swimming
- Running and sprinting in soft sand
- Climbing and descending from lifeguard stands (approximately 6-8 above ground level)
- Kayak, paddle, or row a boat
- Lift, push, pull, and/or carry heavy objects
- Perform CPR over an extended period of time

Do you have any reason to believe that this applicant cannot physically perform the duties of a lifeguard? If yes, please explain in detail in the space below.

Does this applicant possess adequate vision, hearing acuity, physical ability and stamina to perform the duties of an open water ocean rescue lifeguard?

___ Yes

___ No

Do you medically clear this applicant to perform the duties of a lifeguard?

___ Yes

___ No

Name of Physician: _____

Name of Practice: _____

Address: _____

Physician's Signature: _____ Date: _____