



Newport Beach Lifeguards Tryout Info Night

Welcome!

Please mute your mics for the duration of the presentation

Presenters:

- George Leeper – Lifeguard Captain
- Clay Rinker – Lifeguard Captain



Pre-Tryout Prep Training

- Swim minimum 1000 meters without stopping
- Try to make swim sets 2000 yards or more (both distance and sprint)
- Swim in the ocean without a wetsuit
- Practice getting in and out of the surf line
- Catch waves without fins
- Swim around groins
- Prepare for an interview.
 - Why do you want this job?
 - What have you done to prepare?
 - Will there be any conflict with your summer schedule?



Tryout Process

- Online Application, Resume, Consent Form
- 1000 Meter Swim (28th street to Newport Pier)
- 1000 Meter Total Run-Swim-Run
- Interview
- Background checks
- TB & Drug Test
- Physical Exam

Check in

- Double check application and consent forms are complete and turned in online by Jan. 16th 5PM
- Applicants must **submit a waiver** with their online application in order to receive an invitation to try-out. Contact HR for questions at (949)644-3256
- Check in at Benjamin M. Carlson Lifeguard Headquarters(70 Newport Pier)
- Be physically prepared (stretched out, water ready, hydrated)



Things to Think About...

- Competition
- Crowds
- Weather Conditions
- What to Bring
 - Bathing suit
 - Goggles
 - Towel
 - Warm clothes
 - Water & Nutrition



1000 METER SWIM



- Events are timed
- You will wear an ankle bracelet device to track your time
- All competitors will start at the same time
- Keep device on after 1st event

1000 METER SWIM



RUN-SWIM-RUN



Academy – 2024 Tentative BLA Schedule

- Orientation (zoom ok) March 13 - 5 - 9pm
- Day 1: Friday, March 15 - 4pm - 9pm
- Day 2: Saturday, March 16 - 7am- 4pm
- Day 3: Sunday, March 17 - 8am - 5pm
- Day 4: Saturday, March 23 - 8am- 5pm
- Day 5: Sunday, March 24-8am-5pm

*Easter Weekend OFF

- Day 6: Saturday, April 6 - 8am-5pm

- Day 7: Sunday, April 7 - 8am-5pm
- Day 8: Saturday, April 13 - 8am-5pm
- Day 9: Sunday, April 14 - 8am-5pm
- Day 10: Saturday, April 20 - 8am-5pm
- Final: Sunday, April 21 - 8am-5pm
- 3 Mandatory Tower Orientations: Noon - 4pm
 - April, and May

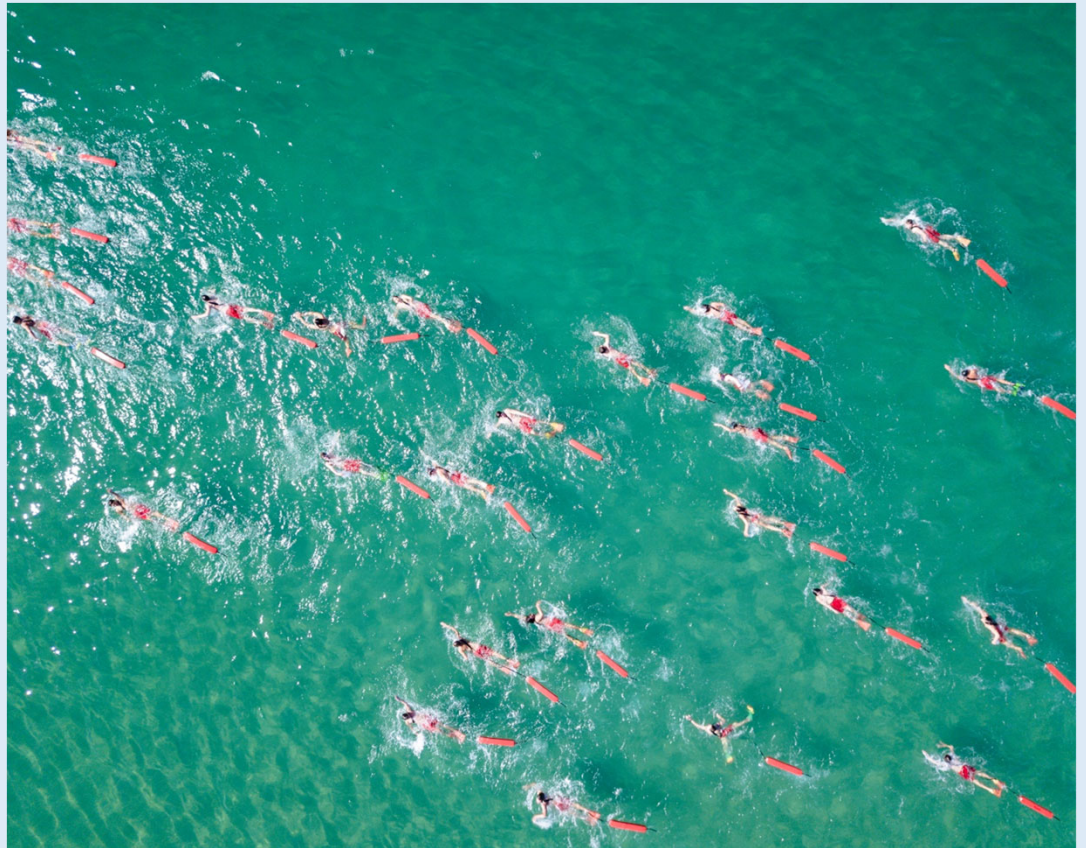
Basic Lifeguard Academy

Trainees will be given points depending on how well they do in the following categories:

- Physical Events
- Written Exams/Quizzes
- Practical Tests

Trainees will learn:

- CPR
- Basic First Aid
- Rescue Recognition
- Ocean Safety
- Customer Service
- Communication Skills



Post BLA - Hiring

- Hiring is based on candidate's performance in the BLA and the need of the department
- Full summer schedule through Labor Day



QUESTIONS?

- Please type questions in the chat. You can send it to 'Everyone' or to the hosts only.
- If you think of a question later, feel free to reach out via email: lifeguardstaff@nbfd.net
- Get your 'Lifeguard Trainee' application done!
www.newportbeachca.gov/jobs
- Applications close January 16th, 2024 at 5pm (PT).

