United States Department of the Interior

NATIONAL PARK SERVICE

Gateway National Recreation Area
210 New York Avenue
Staten Island, N.Y. 10305–5019

IN REPLY REFER TO:

A7615 (GATE–R&VP)

December 10, 2010

Dear Friend:

The purpose of this letter is to provide you with a current copy of the Surf-Lifeguard Preemployment Test. You will find it on the flip side of this page.

For those of you who have taken this yearly test in the past, you will note that Part 2 of the test, the simulated rescue skill, has been modified only very slightly. This has been done to ensure that the content of this skill reflects—

(1) The applicable scientific findings contained in the "2010 American Heart Association Guidelines for Cardio-pulmonary Resuscitation and Emergency Cardiac Care."

(2) The clarification statement contained in "Compression-only CPR and drowning," from the medical committee of the International Life Saving Federation, October 22, 2010.

For those of you who have never taken this yearly test before, the content of this particular skill will represent no change for you.

If you have any questions as to the above, please feel free to call the toll-free telephone number 800–678–7946, and someone will get back to you.

Sincerely,

CARL MARTINEZ
Water Safety Coordinator

U.S. DEPARTMENT OF THE INTERIOR
NATIONAL PARK SERVICE
GATEWAY NATIONAL RECREATION AREA

SURF–LIFEGUARD PREEMPLOYMENT TEST

Persons seeking employment or reemployment as surf-lifeguard personnel must pass all parts of following yearly performance test in following order at any one test session:

1. Swim 600 yards continuously (in 25-yard pool or other measured course) in less than 10 minutes,* using swimming stroke performed on front only.

2. Perform following simulated rescue skill (in 25-yard pool or other measured course) in less than 4 minutes: Without equipment of any sort, push off from near end of pool. Sight on passive victim while swimming 50 yards to it (Snijders' dive-training manikin). Upon reaching victim, make contact. Move victim to horizontal position. Using cross-chest carry, tow victim 50 yards back to starting point. Touch pool wall with free hand first; then let go of victim. (Do not let go of victim before then, nor make contact with pool bottom or walls during swim to victim or while towing victim back.) Exit pool. Walk 5 feet to CPR manikin that is lying faceup. (From start of rescue till now, elapsed time must be less than 2:45 minutes; 1:15 minutes will be added for what follows.) Since this particular scenario involves drowning-incident victim, use traditional A–B–C sequence (airway–breathing–chest compression) for adult BLS, after ensuring that scene is safe. Start by simultaneously checking for victim responsiveness as well as for lack of breathing or for lack of normal breathing. Tap victim's (CPR training manikin's) shoulder and also shout, "Are you all right?" If victim (CPR training manikin) remains unresponsive with no breathing or no normal breathing, have someone activate local EMS system by calling 9–1–1 or local emergency-response number. (In this particular scenario, assumption is that victim (CPR training manikin) is unresponsive and not breathing or not breathing normally.) Use head-tilt / chin-lift technique to open victim's (CPR manikin's) airway that shows neither evidence of head nor of neck trauma. Pinch victim's (CPR training manikin's) nostrils. Create airtight mouth-to-mouth seal. Deliver 1 rescue breath over 1 second, with enough volume to produce visible rise in victim's (CPR training manikin's) chest. Take "regular" ("not-deep") breath. Deliver second rescue breath over 1 second. Check for pulse for no more than 10 seconds. (In this particular scenario, assumption is that victim has no pulse.) Deliver 30 chest compressions. Place heel of one hand on center (middle) of victim's (CPR training manikin's) chest. Then place heel of other hand on top of first hand, so that hands are overlapped and parallel. Push hard: Depress victim's (CPR training manikin's) chest at least 2 inches. Allow chest to completely recoil after each compression. And push fast: Deliver chest compressions at rate of at least 100 per minute. Perform 3 cycles of compressions and ventilations at compression-ventilation ratio of 30 compressions to 2 ventilations.** (Please note: Under no circumstances should you practice chest compressions on live person.)

3. Run 1½ miles (on ¼-mile track or other measured course) in less than 12 minutes.***

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* Based on original aerobics fitness program developed by Kenneth H. Cooper, M.D., M.P.H. Satisfies U.S. Lifesaving Association guideline for minimum swimming ability for seasonal open-water lifeguard.

** Based on Statement of International Life Saving Federation Medical Committee, dated 22 October 2010, titled "Compression-only CPR and drowning," under "Medical Position Statements," at www.ilsf.org; and information contained in "Part 5: Adult Basic Life Support," of publication titled "2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiac Care," Circulation 2010;122;S685–S705, at http://circ.ahajournals.org/cgi/content/full/122/18_suppl_3/S685.

*** Based on original aerobics fitness program developed by Kenneth H. Cooper, M.D., M.P.H.

A PERSON MUST PASS ALL PARTS OF THE TEST IN ORDER IN ONE TEST SESSION

NO ONE IS GUARANTEED EMPLOYMENT OR REEMPLOYMENT SIMPLY BECAUSE HE OR SHE HAS PASSED THE ABOVE SURF-LIFEGUARD PREEMPLOYMENT TEST