



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

HOW TO BECOME A LIFEGUARD



RED CROSS LIFEGUARD PRE-TEST

Must be at least 15 Years Old
SWIM..... 300 yard swim on front continuously
TREAD ... Treading without hands for 2 minutes
BRICK.... Remove a 10 lb. brick in 1:40



+ RED CROSS LIFEGUARD COURSE



+ CERTIFIED AMERICAN RED CROSS LIFEGUARD



FOR NASSAU COUNTY EMPLOYMENT



NASSAU COUNTY LIFEGUARD PREPARATION

NEED HELP?

Scan for
LIFEGUARD
PRE-TEST
PREPARATION



Scan for
LIFEGUARD
INSTRUCTION
COURSE



Scan for
LIFEGUARD
CERTIFICATION



NASSAU COUNTY AQUATIC CENTER

Eisenhower Park | Merrick Ave, East Meadow | 516-572-0500 | www.nassaucountyny.gov/agencies/Parks





BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

WORKING AS A LIFEGUARD IN NASSAU COUNTY



COMPLETED NASSAU COUNTY PHYSICAL

Scan for
LIFEGUARD
PHYSICAL



COMPLETED LIFEGUARD CERTIFICATION

PASS



**REGISTER FOR NASSAU COUNTY
TEST ROOM 110**

Scan for
LIFEGUARD
OFFICE WEBSITE



NASSAU COUNTY CERTIFICATION TEST

SWIM..... 50 yards in 35 seconds and
200 yards in 3:45

ESCAPES ... Front and rear

BRICK..... Retrieve a 10 lb. brick from 10 feet

BASIC SURFACE RESCUES - Front and rear

CROSS CHEST CARRY - 25 yards

MULTIPLE CHOICE TEST - 80% is Passing

HOW WE CAN HELP

**Nassau County
TEST PREPARATION**

**Nassau County
SWIM PREPARATION**

Scan for
LIFEGUARD
REGISTRATION



PASS



**NASSAU COUNTY
CERTIFIED LIFEGUARD**

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