

UNITED STATES DEPARTMENT OF THE INTERIOR  
 NATIONAL PARK SERVICE  
 GATEWAY NATIONAL RECREATION AREA

## SURF-LIFEGUARD TEST DATES / SITES / TIMES

### ADVANCE COPY OF SCHEDULE

Two sets of dates appear directly below. On the left side are the last possible dates on which you can pass the Surf-Lifeguard Preemployment Test and still be considered for employment or for reemployment at Gateway National Recreation Area in the time periods whose beginning dates are given on the right side. (For example, you must pass all parts of the test in order at any test session on or before March 23, 2014, if you wish to be considered for employment or for reemployment at Gateway National Recreation Area in the time period beginning May 4, 2014.) Note: To be eligible at Gateway National Recreation Area for early consideration, you must pass all parts of the test in order on or before March 23, 2014. You may take the test as often as it is offered.

LAST TEST DATE  March 23, 2014 .....	TO BE ELIGIBLE TO START WORK IN TIME PERIOD THAT BEGINS  May 4, 2014
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The test will be conducted on the following dates at the following sites. Check-in time for the test is 15 minutes before the start times shown below.

TEST DATE	TEST SITE	START TIME
Thursday .. December 26, 2013 .....	Elizabeth HS .....	NJ ..... 7:00 a.m.
Saturday ..... January 4, 2014 .....	Fordham U – Bronx County.....	NY ..... 8:00 a.m.
Sunday ..... January 12, 2014 .....	Monmouth U .....	NJ ..... 2:15 p.m.
Sunday ..... January 26, 2014 .....	Elizabeth HS .....	NJ ..... 7:00 a.m.
Sunday ..... February 9, 2014 .....	Monmouth U .....	NJ ..... 2:15 p.m.
Sunday ..... February 23, 2014 .....	Elizabeth HS .....	NJ ..... 7:00 a.m.
Saturday ..... March 1, 2014 .....	Fordham U – Bronx County.....	NY ..... 8:00 a.m.
Saturday ..... March 8, 2014 .....	St. Joseph’s C – Suffolk County ....	NY ..... 3:00 p.m.
Saturday ..... March 22, 2014 .....	St. Joseph’s C – Suffolk County ....	NY ..... 3:00 p.m.
Sunday ..... March 23, 2014 .....	Elizabeth HS .....	NJ ..... 7:00 a.m.

TEST SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

**TEST SITES**

Elizabeth High School (HS)  
Dunn Sports Center Swimming Pool  
600 Pearl (between South and Bridge)  
Elizabeth, New Jersey 07202-3624

Fordham University (U) – Bronx County  
Lombardi Center Swimming Pool  
E. Fordham Road & Southern Blvd. (near N.Y. Botanical Garden)  
Bronx, New York 10458-5149

Monmouth University (U)  
Boylan Gym Swimming Pool  
N.J. Highway 36 to Route 71 (to Cedar and Larchwood)  
West Long Branch, New Jersey 07764-1898

Saint Joseph’s College (C) – Suffolk County  
Danzi Sports Complex Swimming Pool  
155 West Roe Boulevard (Exit 52 of Sunrise Highway (N.Y. 27))  
Patchogue, New York 11772-2325

**REMINDER**

You must take care of the following matters if you wish to be permitted to take the test. Otherwise, you will not be permitted to take the test:

**COMPLETE FORM FOR ADMISSION TO TEST**

You must complete the form entitled “Application for Admission / Surf-Lifeguard Preemployment Test.” A National Park Service representative will have a copy of this form available for you at the test site. He or she will serve as the witness that is required of your signature on this form.

**PROOF OF AGE**

Please bring acceptable proof of age with you to the test site (e.g., birth certificate, driver’s license, U.S. passport).

**IF UNDER 18 YEARS OF AGE**

If you are under 18 years of age on the date of the test, your parent or legal guardian must accompany you to the test site and sign the appropriate section of the form that is entitled “Application for Admission / Surf-Lifeguard Preemployment Test.”

**NOTE**

If your parent or legal guardian cannot accompany you to the test site, we can mail you a copy of this form. Your parent or legal guardian can have his or her signature attested to by a currently certified notary public. To be acceptable, the notary’s official stamp or seal must appear on this form, together with the notary’s full name, original signature, registration number, and commission-expiration date. Please bring the notarized form with you to the test site.

**APPROPRIATE CLOTHING FOR TEST**

A swimsuit, sweatshirt, gym shorts or sweatpants, warm cap (for running outdoors in cool weather), running shoes, and towel are examples of what you will need, plus a lock of some sort to secure your valuables.

**TEST-SITE PARKING FEE**

Please be aware that some of test sites may charge a parking fee. If so, it is your responsibility to pay. The National Park Service has no control over this, and will not reimburse you for that fee.

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**IF YOU HAVE ANY QUESTIONS  
ABOUT THIS TEST SCHEDULE  
PLEASE CALL**

**1-800-678-7946**



# United States Department of the Interior

NATIONAL PARK SERVICE  
Gateway National Recreation Area  
210 New York Avenue  
Fort Wadsworth, N.Y. 10305-5019

IN REPLY REFER TO:

A7615 (GATE-R&VP)

Dear Friend:

Please be advised the Surf-Lifeguard Preemployment Test is required yearly of all seeking to join the Gateway National Recreation Area surf-lifeguard staff.

To pass the endurance-run and -swim parts of the required Surf-Lifeguard Preemployment Test, you will need—at the slowest—to maintain this pace:

ENDURANCE SWIM		ENDURANCE RUN	
Distance	In Less Than	Distance	In Less Than
100 yards	1:40 min.	¼ mi.	2:00 min.
200 yards	3:20 min.	½ mi.	4:00 min.
300 yards	5:00 min.	¾ mi.	6:00 min.
400 yards	6:40 min.	1 mi.	8:00 min.
500 yards	8:20 min.	1¼ mi.	10:00 min.
600 yards	10:00 min.	1½ mi.	12:00 min

It is highly advisable for you to seek the professional opinion of a medical doctor before undertaking rigorous physical training in preparation for the required test.

We hope the above information will be helpful to you if you decide to attempt to join our surf-lifeguard staff.

Sincerely,

CARL MARTINEZ  
*Water Safety Coordinator*