

Thank you for your interest in becoming a Lifeguard with the Maine Bureau of Parks and Lands. This information will assist you in the application and hiring process. If you have questions at any time during your job search, please contact:

Sean Vaillancourt, Lifeguard Coordinator

Popham Beach State Park

10 Perkins Lane

Phippsburg, Maine 04562

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Email:

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Steps to Becoming a Lifeguard:

1. **START NOW!** – Winter is the time to start looking for classes and refresher courses and to get physically fit for the summer lifeguarding season (June – August). Check with your local American Red Cross and YMCA for course listings. Park Managers may also be able to provide guidance.
2. **CERTIFICATION - Get Your Certifications.***
Lifeguards must be trained and certified in Lifesaving, CPR, and First Aid for the Professional Rescuer prior to accepting a position with Maine State Parks and certification must remain valid for the full employment season, June through August.

Accepted Certifications:

- **American Red Cross** Lifeguard Instructor, Lifeguard
- **YMCA** Lifeguard Instructor, Lifeguard
- **USLA** Lifeguard Instructor, Lifeguard

If you have a training certificate that is not listed here, please call the Lifeguard Coordinator to determine if it meets the minimum training requirements.

Note: *Waterfront module is NOT required; Maine State Parks provides that training.*

3. **ELIGIBILITY – Check that you can answer yes to all of the criteria below:**

- At least 16 years old.
- U.S. Citizen or legal alien with permission to work in the U.S. and have proof of citizenship (birth certificate) or a work permit.
- Able to work 40 hours a week, with weekend & holiday work required.
- Willing to work during inclement weather.
- Have current Lifeguard certification, OR will complete certification prior to the end of May.*
- Able to pass a Maine State Park Lifeguard Academy that includes:
 - 500 meter (550 yards) open water swim within 10 minutes.
 - 500 meter (550 yards) prone paddleboard within 8 minutes.
 - 1.5-mile run within 12 minutes.

**The Bureau may accept applications from individuals who are involved in or scheduled for training or recertification prior to the employment season, provided that certification is complete prior to actual employment.*

4. **APPLY – Submit a State of Maine Employment Application.**
 - Application is available online: www.maine.gov/dacf/parks/get_involved/employment_opportunities.shtml#apply
 - Update your contact information if it changes during the application & hiring process.
5. **REVIEW PROCESS – What happens after you apply.**
 - A. **Swim Test Qualification.** The park manager will call eligible applicants to schedule a 550-yard swim test.
 - Held in April & May at various swimming pools.
 - Must be successfully completed in 10 minutes or less in order to qualify for active consideration. If you cannot pass this test, you will not be considered for employment.
 - Testing may be arranged on an individual basis at pre-selected pool sites, provided a Bureau employee is present to proctor the test.
 - B. **Interview** is scheduled by the park manager.
 - C. **Final Selection.** If selected, you will be offered employment **under the condition that you successfully complete the State Park Lifeguard Academy**, the 6th and final step.



JOIN US at the Beach!

Why sit at a pool all summer when you can work as a lifeguard surrounded by the natural beauty of a Maine State Park?

You must be a Certified Lifeguard.

START NOW!

- Check for courses at your local American Red Cross, YMCA, and colleges.
- Read this guide for step-by-step information.
- FMI: www.parksandlands.com then left tab: "Careers & Seasonal Jobs."

YOU WILL GET:

- Additional training through our Lifeguard Academy.
- Maine State Park Lifeguard uniform provided for the summer.
- Maine State Park Pass for use while employed to visit other parks.
- A beautiful place to work.

NOTE: Housing is not provided.



JOB DESCRIPTIONS

Lifeguard

Pay Rate = \$15.00 to \$18.98/hour*

Observes and protects swimmers at state park beaches; recognizes potential dangers and hazards. Assists visitors, enforces rules, and provides rescue services when necessary. Other duties may be assigned.

Additional Qualifications:

Current lifeguard certification is required. Hiring is contingent upon successful completion of the Maine State Parks Lifeguard Academy; applicants must be able to run a 1.5-mile course in 12 minutes or less, complete a 500-yard paddleboard in 8 minutes or less, and swim 500M (open water) in 10 minutes or less.



Lifeguard Supervisor

Pay Rate = \$15.00 to \$19.92/hour*

Must meet all lifeguard requirements. Directs the activities of other lifeguards, ensures reports are completed correctly, oversees proper care & maintenance of equipment, and helps coordinate the work schedule. Other duties may be assigned.

*Contact Sean Vaillancourt for more details on the pay structure and lifeguard qualifications.

Become a LIFEGUARD at one of these MAINE STATE PARKS

Crescent Beach
Damariscotta Lake
Ferry Beach
Lake St. George
Mount Blue
Peaks-Kenny
Popham Beach
Range Pond
Reid
Sebago Lake
Swan Lake



Maine Department of Agriculture,
Conservation and Forestry
Bureau of Parks and Lands
www.parksandlands.com