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With summer fast approaching, lifeguard slots open at regional parks

By John T. Miller



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Ever consider becoming a lifeguard over the summer? If so, the East Bay Regional Park District is recruiting 40-60 new full-time lifeguards for the 2019 swim season at its 11 facilities in the East Bay. But the application process isn't easy. Participants must swim 500 yards in under 10 minutes, carry a rescue board 50 feet, retrieve three dive rings under 4-7 feet of water, tread water for two minutes using only their legs, and retrieve a 10-pound brick from under water. A short interview will follow successful completion of the swim test.

Four different testing dates remain on Saturdays and Sundays over the last two weekends in March. Participants who pass will receive paid training and certification in open water lifeguarding at the District's Lifeguard Academy, which takes place over five weekends in April and May. The swim season begins in May for most facilities.

The remaining testing schedule includes Saturday, March 23 at Livermore High School, and on March 24, 30 and 31 at Roberts Pool in Oakland. All sessions start at 1 p.m.

Lifeguards can work at any of the District's 11 swim facilities: Lake Del Valle in Livermore (East and West Beach), Shadow Cliffs in Pleasanton, Quarry Lakes in Fremont, Lake Don Castro in Hayward, Cull Canyon in Castro Valley, Roberts Pool in Oakland, Lake Anza in Berkeley, Castle Rock in Walnut Creek, and Contra Loma in Antioch.

"Promoting water safety and educating park visitors on how to safely recreate around the water is paramount in what a lifeguard does," says EBRPD Aquatics Manager Pete DeQuincy. "Working as a lifeguard is one of a few ways a young adult can give back to their community and learn about public service."

Anyone age 16 or over by April 20 is encouraged to apply. Applicants must submit an EBRPD job application online and a supplemental questionnaire included in the application. For more information, call (510) 690-6625 or visit [www.ebparks.org/activities/](http://www.ebparks.org/activities/swimming/lifeguard.htm)

[swimming/lifeguard.htm](http://www.ebparks.org/activities/swimming/lifeguard.htm).

Reach the reporter at: john@lamorindaweekly.com

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