

Water World Shallow Lifeguard Candidate Swim Test

- **Date:** Saturday March 11, or Sunday March 19 (need only to attend one)
- **Time:** 12:30pm
- **Place:** Barber National Institute Community Pool - 100 Barber Place Erie, PA 16507
- **Criteria:** Must be 15 years or older with basic swimming skills
- **Purpose:** Successful completion of Swim Test qualifies individuals to be trained and certified as American Red Cross Shallow Lifeguard.
- Swim Test and future certification courses provided only to those with intent for employment at Waldameer & Water World for the 2023 Season.
- **Items to bring:**
 - ✓ Appropriate Swim Attire
 - ✓ Swim Goggles*
- **Sign-Up:** jobs@waldameer.com
- **Online Job Application:** <https://waldameer.com/about/online-job-application/>

Shallow Lifeguard Swim Test Criteria

1. Swim 100 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl (freestyle), breaststroke or a combination of both but swimming on the back or side is not allowed. *Swim goggles may be used for this portion of the test.
2. Tread water for 2 minutes, using only the legs. Candidates should place their hands under their armpits.
3. Complete a timed event within 50 seconds without stopping.
 - a. Starting in the water, walk or swim 20 yards using front crawl or breaststroke. The face may be
 - b. in or out of the water. Swim goggles are not allowed.
 - c. Submerge to a depth of 4 to 5 feet to retrieve a 10-pound object.
 - d. Return to the surface and walk or swim 20 yards on the back to return to the starting point with both hands holding the object at the surface of the water.
 - e. Exit the water without using steps or a ladder.