

Fraser Valley Metropolitan Recreation District
P.O. Box 3348
Winter Park, CO. 80482
970-726-8968



APPLICATION INFORMATION FOR ALL INTERESTED LIFEGUARD APPLICANTS.

STEP ONE:

Please fill out employment application found online at fraservalleyrec.org/employment-opportunity/ or an application can be found at Guest Services at the Grand Park Community Recreation Center located at 1 Main Street, Fraser, CO 80442.

STEP TWO:

Interview with Aquatics Supervisor and/or Recreation Center Manager.

STEP THREE:

At time of interview, all applicants must pass the swimming pretest outlined by the American Red Cross.

SWIM PRETEST INFORMATION:

In order to obtain employment and/or participate in our lifeguard training class, **ALL** participants must be **15-years-old** by the end of the training course and at time of interview. Successfully completing the swimming **pretest** is also **REQUIRED** to participate in the full lifeguard training course.

The swimming pretest occurs several days before class begins and includes:

- Swimming 300 yards continuously, demonstrating breath control and rhythmic breathing.
 - Candidates may use goggles and use any combination of front crawl or breaststroke. Swimming on the back or side is not allowed.
- Treading water for two (2) minutes, using the legs only.
 - Candidates will be required to place their hands under the armpits.
- Completing a series of actions within 1 minute, 40 seconds:
 - Swim 20 yards (goggles not allowed)
 - Surface dive (head or feet first) to a depth of 7-10 feet and retrieve a 10-pound object.
 - Return to the surface with object and swim 20 yards (on the back)
 - Exit water without using a ladder or steps

STEP FOUR

Candidates must pass all written exams with an 80% or better and must pass all in-water skills tests in order to receive your Lifeguard Certification. After successfully completing the Lifeguard Training Course all applicants will have an opportunity for employment with the Fraser Valley Metropolitan Recreation District. However, completion of your Lifeguard Certification does not guarantee employment.

****All interested applications should view Lifeguard Job Description or call (970) 726-8968 x113 for more information regarding employment opportunities with the Fraser Valley Metropolitan Recreation District. ****