

# **DNREC's Division of Parks and Recreation holds lifeguard tryouts**

DOVER (March 27, 2013) – Delaware State Parks Beach Patrol is seeking qualified applicants to fill ocean lifeguard positions at five of Delaware's premier swimming beaches in Sussex County. Tryouts for interested applicants will be held at the Freeman Fitness Center at Sea Colony in Bethany Beach at 8 a.m. on April 2 and 27. There is no pre-registration necessary. Interested individuals may simply attend the tryout of their choice.

No experience is necessary; however, applicants must be at least 16 and able to meet fitness standards and swimming ability minimums, such as: swim 550 yards in 10 minutes; complete a two-mile beach run in 20 minutes; do 25 push-ups in 60 seconds; do 25 sit-ups in 60 seconds; complete a 100-yard timed soft sand sprint; and complete a 25-yard timed swim sprint.

Delaware State Parks Beach Patrol offers a competitive salary, strength training and participation in Ocean Lifeguard competitions. As a United States Lifesaving Association (USLA) Advanced Certified Agency, the Beach Patrol also offers the following paid training: Delaware State Parks Ocean Rescue Training; DOT – First Responder Training; CPR/AED/First Aid Training; Helicopter – Open Water Rescue Program; and Sussex County EMS – Medic Assistant Training.

More information about the Delaware State Parks Beach Patrol is available at [destateparks.com/lifeguard](http://destateparks.com/lifeguard) or by calling 302-632-0396 or 302-227-2800, ext. 106. Sea Colony is located at 38994 West Way Drive, Bethany Beach, DE 19930.

Contact: Bryan John, Delaware State Parks, 302-227-2800, ext.

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