

Cape May Point Beach Patrol

Permission for Lifeguard Applicants Under 18 Years of Age to Take the Lifeguard Pre-Employment Test

I, _____ grant my child _____
(Print Parent or Legal Guardian Name) (Print Name of Child)

permission to take the Cape May Point Beach Patrol Pre-Employment Lifeguard Test. I am not aware of or been informed by a physician of any medical or physical disability that would prevent my child from completing this test.

(Date)

(Signature of Parent or Legal Guardian)

The physical fitness test consists of:

- Open ocean swim test. Swim 500 meters in the ocean in under 10 minutes, using a swimming stroke performed on the front only.
- Run 1 mile on selected course (on road), under 7 minutes 30 seconds.