

**Ministry of Public Works and Environment**  
Department of Parks  
Seasonal and Seasonal Reserve Surf Lifeguards

Dynamic opportunities exist within the Department of Parks for the posts of Seasonal and Seasonal Reserve Surf Lifeguards for the 2026 Lifeguard Season from April – November. Working under the direction of the Lifeguard Superintendent, successful applicants will assist in delivering the Department’s Lifeguard Service in accordance with established standards, policies and legislation. These positions require mature, reliable persons with strong communication skills and are able to manage confidential information as per service policies.

Main duties will include, but not limited to:

- Monitoring aquatic activities within designated patrolled zones with a view to prevent incidents
- Responding to both land and aquatic emergencies using appropriate lifesaving techniques
- Providing first aid and emergency care to injured or unwell members of the public
- Compliance with the Lifeguard Service’s operational policies and procedures
- Informing and educating the public on water and beach safety through formal and informal contacts.
- Enforcing the 1988 Bermuda National Parks Regulations and subsequent amendments.
- Regularly reviewing beach safety operating procedures in addition to practicing rescue drills, resuscitation skills and engage in monthly physical assessments to maintain readiness.
- Attending water safety/resuscitation workshops.
- Inspecting, maintaining and managing safety and rescue equipment.
- Assisting with administrative duties of the Department of Parks when required.
- Supporting the Park Ranger Service and compliance with any other special working conditions inclusive of contributing to Emergency Measure Organization operations as it relates to the Department of Parks.

Applicants must be 16 years of age or older at time of commencing a training course in addition to being a strong swimmer that can surface dive to a depth of at least 2 meters. Applicants must be in good health and possess a fairly high level of fitness prior to undertaking the training course including being able to lift and drag 55 kilograms. Applicants must first pass the Initial Swim Assessment (ISA) of 400 meters in 8 minutes or less to be considered for the training course and seasonal employment.

Although any previous swimming, lifesaving experience or similar qualifications would be an advantage to have, it will not be accepted in lieu of attending any part of a training course or prerequisite requirements.

**Recruitment Packages can be collected from and submitted to the office of the Department of Parks**, Ground Floor, Global House, 43 Church Street, Hamilton HM12. Alternatively, Recruitment Packages can be found online at [www.gov.bm/online-services/lifeguardservice](http://www.gov.bm/online-services/lifeguardservice). Please contact the Department of Parks for any additional information. Telephone: 236-5902 or E-mail: [njtrott@gov.bm](mailto:njtrott@gov.bm)

**\*Closing Date for Applications:** 9<sup>th</sup> February 2026

**INITIAL SWIM ASSESSMENTS**

**Date/Time:** Sunday, 1<sup>st</sup> & 8<sup>th</sup> February at 3pm

**Where:** Bermuda National Sports Centre – pool; located at 65 Roberts Avenue, Devonshire

**Dress:** Swimming suit (*changing rooms on site*); goggles highly recommended

*Additional information regarding the Initial Swim Assessment and Training Courses can be found in the Recruitment Package.*



Department of Parks

Initial Swim Assessment

Dear Applicant,

Please find the current listed dates, times and locations of the Initial Swim Assessments (ISA) available for the 2026 Lifeguard Training Season. All new applicants must successfully pass one (1) ISA in order to qualify and participate in a Department of Parks’ Lifeguard Course during the 2026 season.

	DATE	LOCATION	TIME
	Sunday, 1 <sup>st</sup> February	Bermuda National Sports Centre	3pm
	Sunday, 8 <sup>th</sup> February	Bermuda National Sports Centre	3pm
	Sunday, 29 <sup>th</sup> March	Bermuda National Sports Centre	3pm
	Friday, 8 <sup>th</sup> May	Bermuda National Sports Centre	6pm
	Sunday, 28 <sup>th</sup> June	Bermuda National Sports Centre	3pm
POOL ADDRESS			

Bermuda National Sports Centre, 65 Roberts Avenue, Devonshire  
<http://bermudanationalsportscentre.com>

Distance: 400 meters in a pool

Qualification Time: 8 minutes or less

Any individual interested in the lifeguard position, as outlined in the Recruitment Instructions, who is in good health and possesses a reasonably high level of physical fitness is eligible to participate in any of the advertised Initial Swim Assessments (ISA)

- Candidates who have any medical conditions that may impair their ability to safely complete the ISA or subsequent lifeguard training must consult with their physician prior to participation. Any such condition must be disclosed to the Lifeguard Superintendent before undertaking the ISA if it has not already been declared on the application. Proof of being “fit for work” may be required before participation in the ISA or enrollment in any subsequent lifeguard training courses.
- Participants are permitted and encouraged to wear swim goggles during the ISA. Long hair must be neatly secured back, and swim caps may be worn. All jewelry, including body jewelry, must be removed prior to the assessment. Appropriate swim attire is required at all times; wetsuits are not permitted during the ISA.
- Candidates who successfully complete the ISA are required to qualify on that one (1) assessment date only. Candidates who are unsuccessful may attempt qualification at any subsequent advertised ISA. Applicants are strongly discouraged from waiting until the final available ISA date to attempt qualification, where this can reasonably be avoided.

Lifeguard Courses

Please find the listed tentative dates of the two Lifeguard Courses currently available for the 2026 Season:

COURSE NO.	DATES	TOTAL COURSE LENGTH
Training Course No.1 - NEW Candidates	9 <sup>th</sup> – 14 <sup>th</sup> May & 16 <sup>*th</sup> – 21 <sup>st</sup> May**	9 days
Training Course No.2 - NEW Candidates	4 <sup>th</sup> – 9 <sup>th</sup> July & 11 <sup>th</sup> – 16 <sup>th</sup> July**	9 days

*\*16<sup>th</sup> & 17<sup>th</sup> are half days only due to pool availability for assessments*  
*\*\* After 6 days of training, each course will have a scheduled 2-day or longer break followed by a 3-day assessment and work guidance period. Candidates will be notified during the course which days they will be assessed on during this period.*

- The Lifeguard Course for new candidates involves instruction delivered at various locations across the island. Course participants are expected to provide their own transportation throughout the training period, as scheduled transfers between multiple locations may be required within the same day. Candidates who qualify for the course will receive a ‘Welcome Letter’ within two weeks of the applicable course start date. This correspondence will include a detailed daily agenda (including locations), required dress and equipment, and other relevant course information.
- In the event that a course is oversubscribed by candidates who have successfully met the Initial Swim Assessment (ISA) requirements, the Lifeguard Service will apply immigration guidelines (where applicable) in conjunction with Lifeguard Service seniority, work availability, and ISA performance to determine final course placement.
- Subject to demand and resource availability, additional training courses may be scheduled during the season. Alternatively, previously advertised course dates may be adjusted to maximize participation. Applicants will be notified promptly of any changes to scheduled course dates

Applicants are encouraged to contact the Lifeguard Superintendent at their earliest convenience for any questions or clarification regarding the above information.



GOVERNMENT OF BERMUDA  
Ministry of Public Works and Environment

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**Department of Parks**

**2026 Lifeguard Service General Recruitment Instructions**

- 1) Applicants must be 16 years of age or older at the time of commencement of the training program.
- 2) Non-Bermudian applicants must abide by all laws set out by Bermuda's Immigration Act regarding terms of employment/seeking employment.
  - Non-Bermudian applicants who reside outside of Bermuda must be 18 years of age or older.
  - Non-Bermudian applicants that have permission to land/reside on island (re-entry letter) must also have permission in writing from the Department of Immigration to seek employment before submitting an application.
  - Naturalized persons should submit their certificate and/or letter from the Department of Immigration advising of such. Dependents of a BOTC parent must have permission in writing from the Department of Immigration to seek employment (I.e. certificate and/or letter advising of such) before submitting an application.

Please contact the Lifeguard Superintendent and/or the Department of Immigration for any further questions regarding employment in Bermuda for non-Bermudians.

- 3) All applicants are invited to perform in an advertised **Initial Swim Assessment** (ISA) consisting of 400 meters in a pool which must be completed in 8 minutes or less as a prerequisite in order to be considered for any training program for the year.
- 4) Applicants must be able to jump/dive into deep water as well as be able to surface dive to a depth of at least 2 meters. Requirements also include being able to lift and drag 55 kilograms
- 5) Anybody in good health and of a fairly high level of fitness is allowed to take any of the advertised ISAs but must successfully pass one as a prerequisite to participate in a training course.
- 6) \*Selection for a training program is based on performance in an ISA, negative pre-employment drug test, interview, immigration status and availability for work.
- 7) The training program consists of 9 days for new applicants. **Participants are expected to be in good health and of a fairly high level of fitness prior to taking the course.** The Department of Parks' Lifeguard Training Course is physically demanding and includes lifting, dragging and swimming to set times.
- 8) At this time there are no enrollment fees in order to apply/register for our training program as candidates will be working for Lifeguard Service. Course manuals/textbooks will be supplied by the Department of Parks. Those who successfully complete this course and are offered seasonal employment as new employees (including Reserves) to the Lifeguard Service will be given a full uniform.
- 9) Successful completion of the Lifeguard course includes passing six main elements: Beach Lifeguarding Knowledge, CPR & AED, First Aid, Pool Practical, Beach Practical, and the Physical Assessment (1 mile Run followed by a 400m Swim and then a 600m Paddle Board completed consecutively. Each discipline of the Physical Assessment is to be completed in 8 minutes or less consecutively in one wave to pass).
- 10) If necessary, there may be an additional interview to assist with final selection of participants. Successful completion of the training program does not guarantee employment. Seniority and Physical Assessment times may be used as a primary tool to confirm employment placement for an individual should all other requirements be met by more than one qualifying individual for a position. Selection is then made for seasonal and reserve seasonal positions as surf Lifeguards.
- 11) You will automatically be placed in the Reserve Lifeguard program if you cannot be offered full-time seasonal employment after the successful completion of the course.
- 12) Successful participants under the age of 18 will receive Reserve status only.
- 13) Returning Lifeguards from previous years must take a Returnee's course (consisting of but not limited to: NVBLQ Theory, First Aid, Beach component and Specialist Units- Rescue Paddle Craft, Life Support 3 and AED) and pass all assessments in order to re-qualify. This includes successfully passing the Physical Assessment prior to employment.
  - Returning Lifeguards do not have to participate in an ISA at this current time.

- 14) Monthly Physical Assessments are performed by all employees throughout the season to show that the standard of physical performance is being maintained. Monthly Physical Assessments may need to be carried out by individuals on days that would normally be considered their day of rest however attempts are made when possible and where appropriate to reduce the chance of this happening. Employees who do not pass their monthly Physical Assessment may be suspended without pay until further notice and may jeopardize their employment status with the Lifeguard Service.
- 15) The Lifeguard position has an immediate and significant impact upon the safety and security of the public and of fellow employees. Candidates may be subject to vetting along with drug and alcohol testing inclusive of pre-employment, random and testing for reasonable cause. All potential candidates may undergo pre-employment drug testing after successfully passing an ISA but no sooner than 90 days prior to the commencement of the training course. Returning Lifeguards may undergo pre-employment drug testing not sooner than 90 days prior to potential hire date. Refusal to take a pre-employment drug test or have a positive pre-employment drug test may result in applicants being discharged from the application/recruitment process.
- 16) Due to the nature of the Lifeguard position in providing care, it is possible for employee exposure to bodily substances. As part of our occupational safety and health standards and guidelines to prevent transmission of serious diseases, successful candidates of the training course must have their complete Hepatitis B immunization prior to being employed or agree to have it completed as part of the conditions of employment with the Department of Parks' Lifeguard Service.
- 17) Any person 18 years of age or older must have a social insurance number in order to be employed with the Department of Parks' Lifeguard Service. Application forms can be downloaded from the Department of Social Insurance: <https://www.gov.bm>. Non-residents/non-Bermudians can apply upon confirmation of employment. Exemption from Social Insurance deductions may be granted to full-time students pending proof of qualification. All employees will be enrolled into the Government Employee Health Insurance (GEHI) plan unless proof of other qualifying local full health/medical coverage is provided and approved by the Benefits team.
- 18) In addition to submitting a completed application for employment, returning Lifeguards with a minimum of 1440hrs in combination with completing a minimum of 3 years of previous employment with the BLS wishing to apply for entry into the Senior Lifeguard Program may do so in writing submitting the following:  
1) Request to enter the Senior Lifeguard Program and answer in your own words 2) Why you would be a suitable candidate for the Senior Lifeguard Program including what the BLS and the community at large stand to gain with your potential Senior Lifeguard promotion? The Lifeguard Superintendent upon receipt of such documentation from qualifying candidates will respond with additional information regarding the Program.
- 19) As it is temporary work, requests for leave of any type are generally not accepted. Special situations may warrant exception however please note that all leave is unpaid.

*\*The Department of Parks' Lifeguard Service does not discriminate against any colleague or applicant for employment on the basis of race, colour, national origin, religion, sex, gender identity and/or expression, sexual orientation, age, disability or military status. The above Instructions inclusive of those organizations whom we utilize for our standards have defined conditions for certification which we mandate that candidates must meet to be considered for employment with the Department of Parks' Lifeguard Service*

**Temporary Full-time Seasonal Lifeguarding**

Successful candidates will also be expected to work any 5 out of 7 days for a 40-hour work week in accordance with an approved schedule including holidays and overtime as needed. On occasion (at any given time), Lifeguards may be required to work outside of prescheduled hours to meet operational demands or in emergency situations.

**Reserve Seasonal Lifeguarding**

The Reserve Lifeguard program is designed to support the service on weekends, special occasions and holidays when needed as well as covering absences of temporary full-time staff. Successful participants under the age of 18 will receive Reserve status only. Reserve Lifeguards may work similar weekly hours as temporary full-time seasonal staff but are not guaranteed a 40-hour work week. Temporary full-time and Reserve Lifeguards attend the same training course and meet the same standards as well as successfully passing all assessments in order to qualify. Minimum work hours = 8 hours per month.

*As leaders in water safety, the Department of Parks has incorporated the Royal Life Saving Society (RLSS) UK's National Vocational Beach Lifeguard Qualification (NVBLQ) as our entry level standard for Lifeguarding at our National Parks. Should a new applicant possess a valid RLSS NVBLQ, please be sure to include all details of it as part of your complete application. Possession of a valid NVBLQ will not be taken in lieu of a training course. Please contact the Lifeguard Superintendent for any further information.*

**APPLICATION FOR EMPLOYMENT:** ☐ SEASONAL FULL-TIME ☐ RESERVE ☒ **SURF LIFEGUARD**

☐ SEASONAL FULL-TIME  
CHECK ONE BOX ONLY

All sections to be completed by **APPLICANT ONLY**

## 1a) PERSONAL DETAILS

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Female: ☐ Male: ☐

FIRST MIDDLE LAST

DAY/MONTH/YEAR

Bermuda Social Insurance Number: \_\_\_\_\_

SEE NO.17 OF RECRUITMENT INSTRUCTIONS

**1b) CITIZENSHIP INFORMATION** – Submit high quality colour copies of your passport displaying your picture, data page, **“REGISTERED BERMUDIANS”** stamp (if applicable) in addition to a copy displaying the passport front cover ☐ (CHECK AS INCLUDED)

Do you possess Bermudian status? YES ☐ NO ☐ If **YES**, go to **1d)**. If **NO**, do you currently reside in Bermuda? YES ☐ NO ☐. If **YES**, go to **1c)**. If **NO**, complete **1c)** and provide your legal address outside of Bermuda in section 1d). A supplementary form will be sent to you to complete.

### 1c) IMMIGRATION STATUS

Please check one box only: SEE NO. 2 OF RECRUITMENT INSTRUCTIONS

- ☐ I am a Spouse of a Bermudian – submit a high quality copy of your marriage certificate and spousal letter from the Department of Immigration
- ☐ I am a Belonger, Spouse of Belonger, PRC holder – submit a high quality copy of your certificate /letter from the Department of Immigration
- ☐ I have permission to Reside and Seek Employment – submit a high quality copy of your certificate/letter from the Department of Immigration
- ☐ I have none of the above - **please contact the Lifeguard Superintendent before submitting an application**

### 1d) ADDRESS AND CONTACT INFORMATION

Home/Street Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Mailing Address: IF DIFFERENT THAN ABOVE \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Home Telephone No: \_\_\_\_\_ Cell Telephone No: \_\_\_\_\_

Have you been employed by this Department before? YES ☐ NO ☐ If **YES**, provide details: \_\_\_\_\_

### POSITION(S) HELD, DATES, ETC.

**2a) HEALTH STATUS** – Applicants are required to be in good health and of a fairly high level of fitness.

Do you have any allergies? YES ☐ NO ☐. If **YES**, provide details: \_\_\_\_\_

Do you have any other medical conditions? YES ☐ NO ☐. If YES, provide details: \_\_\_\_\_

Do you require use of glasses/correctors? YES ☐ NO ☐. If **YES**, is your vision corrected with their use? YES ☐ NO ☐

## 2b) IMMUNIZATION STATUS

Date of final Hepatitis B vaccination: \_\_\_\_\_ or Never/Unknown ☐

Date of most recent Tetanus/Diphtheria (Td) vaccination: \_\_\_\_\_ or Never/Unknown ☐

**3a) EDUCATION** – List all institutions attended:

Schools, Colleges, Universities attended	Full or Part-time	Entered	Left
		MM/YYYY	MM/YYYY
		MM/YYYY	MM/YYYY
		MM/YYYY	MM/YYYY

ATTACH ADDITIONAL SHEET(S) IF NECESSARY

**3b) QUALIFICATIONS** – List all Qualifications obtained. Copies of Lifesaving (CPR/1<sup>st</sup> Aid/AED, Lifeguarding, EMT, etc.) certificates can be submitted with the completed application. **Returning Lifeguards must submit RLSS/NVBLQ award information if applicable:**

Academic, Professional and Technical qualifications obtained (Please include any RLSS award names & society #s)	Date Obtained
	MM/YYYY
	MM/YYYY
	MM/YYYY
	MM/YYYY

ATTACH ADDITIONAL SHEET(S) IF NECESSARY

4) WORK EXPERIENCE – List all jobs held:

Name of Employer	Post Held	Date Started	Date Left and Reason for Leaving
		MM/YYYY	MM/YYYY
		MM/YYYY	MM/YYYY
		MM/YYYY	MM/YYYY
		MM/YYYY	MM/YYYY

ATTACH ADDITIONAL SHEET(S) IF NECESSARY

5) VEHICLE/DRIVER’S LICENSE – Employees are responsible for their own means of transport to and from their designated area of work/duty. Do you have a valid Bermuda Driver’s License to operate a light, intermediate and/or heavy truck? YES ☐ NO ☐

If YES, specify which one(s) and submit a high quality copy of your license: \_\_\_\_\_

6) EMPLOYMENT AVAILABILITY – The Lifeguard Service operates generally between 1st April and the 30th November. Please be as specific as possible with your dates in the section below as it will assist with training program arrangements, recruitment selection and assignment priorities during the Season if employed.

CAN YOU COMMENCE TRAINING/WORK IN APRIL AND WORK THROUGH TO NOVEMBER? PLEASE BE AS SPECIFIC AS POSSIBLE WITH DATES IN SECTION 6

I am available to start working: \_\_\_\_\_  
DAY/MONTH/YEAR

My last available day of work is: \_\_\_\_\_  
DAY/MONTH/YEAR

Educational/additional commitments (if applicable): \_\_\_\_\_  
I.E. DATES OF EXAMS, PRESENTATIONS, ETC. PROOF OF ATTENDANCE MAY BE REQUESTED. SEE NO.20 OF RECRUITMENT INSTRUCTIONS

7) PROFESSIONAL REFERENCES – Provide TWO references (I.e. current/former employer, advisor, supervisor, teacher), NOT relatives or members of the Legislature; that can be contacted in reference to this application. Please ensure that all contact details are current:

Name: \_\_\_\_\_  
FIRST MIDDLE (OPTIONAL) LAST

Address: \_\_\_\_\_

Relationship: \_\_\_\_\_ Telephone No: 1) \_\_\_\_\_ 2) \_\_\_\_\_  
(OPTIONAL)

E-mail Address: \_\_\_\_\_

Name: \_\_\_\_\_  
FIRST MIDDLE (OPTIONAL) LAST

Address: \_\_\_\_\_

Relationship: \_\_\_\_\_ Telephone No: 1) \_\_\_\_\_ 2) \_\_\_\_\_  
(OPTIONAL)

E-mail Address: \_\_\_\_\_

8a) HAVE YOU EVER BEEN CONVICTED BY A COURT OF LAW? YES ☐ NO ☐ If YES, provide details: \_\_\_\_\_

INCLUDE ANY CURRENT CONDITIONS THAT ARE IN PLACE STEMMING FROM THE CONVICTION(S). ATTACH ADDITIONAL SHEET(S) IF NECESSARY

8b) SAFETY – Employees of the Department of Parks’ Lifeguard Service are required to work island-wide. Are you able to work in ALL areas of Bermuda? YES ☐ NO ☐

9) EMERGENCY CONTACT INFORMATION – Provide contact information for one individual in Bermuda (over the age of 18) that can be contacted at any time in the event of an emergency:

Name: \_\_\_\_\_  
FIRST MIDDLE (OPTIONAL) LAST

Address: \_\_\_\_\_

Relationship: \_\_\_\_\_ Telephone No: 1) \_\_\_\_\_ 2) \_\_\_\_\_

E-mail Address: \_\_\_\_\_

10) NOTICE TO APPLICANTS – I CERTIFY, to the best of my knowledge, that the information contained in the application is true and of factual record. I understand that should the information prove to be incorrect or misleading, the appointment whether offered or in effect may be cancelled and result in immediate discharge. I have read the Recruitment Instructions and have sought out clarification from the Department of Parks for any points of query inclusive of any COVID-19 controls. Having read the Recruitment Instructions, I understand that refusal to take a pre-employment drug test or have a positive pre-employment drug test will result in applicants not being hired. I understand that the completion of this application does not constitute an offer of employment. I hereby authorize and give consent to the Government of Bermuda (Department of Parks) to conduct security/police vetting and obtain reference information from my listed references for the purpose of assessment of my competence and suitability for the position applied for.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
DAY/MONTH/YEAR

Parent’s Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
REQUIRED IF APPLICANT IS UNDER 18 DAY/MONTH/YEAR

Additional Notes:

a) Resumes and Passport documentation (1b) should accompany this application upon submission. Any other additional information (3b,5) is welcome

b) Only completed applications should be addressed to the attention of the LIFEGUARD SUPERINTENDENT and submitted by either of the following methods:  
- BY HAND/COURIER: Department of Parks, Ground Floor, Global House, 43 Church Street, Hamilton HM12, BERMUDA  
- BY E-MAIL: NJTROTT@GOV.BM

c) Which Initial Swim Assessments (ISA) can we expect to see you participate in? 31st Feb 8th Feb 29th Mar 8th May 28th June  
June





SUPPLEMENTARY FORM A: UNIFORM SIZING DETAILS

All sections to be completed by **APPLICANT ONLY**

1) PERSONAL DETAILS

Name:  FIRST  MIDDLE  LAST

Date of Birth:  DAY / MONTH / YEAR Age:  Male: ☐ Female: ☐

2) TEE-SHIRT – UNISEX

Lifeguard staff tee; cotton or polyester unisex

<input type="checkbox"/>	SM	<input type="checkbox"/>	MED	<input type="checkbox"/>	LG	<input type="checkbox"/>	XL
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PLEASE SELECT (v) ONE SIZE ONLY

3) SWEATSHIRT/JACKET – UNISEX

Lifeguard staff sweatshirt or jacket; polyester/cotton/nylon blends

<input type="checkbox"/>	SM	<input type="checkbox"/>	MED	<input type="checkbox"/>	LG	<input type="checkbox"/>	XL
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PLEASE SELECT (v) ONE SIZE ONLY

4) SWIMSUIT – WOMEN’S

Lifeguard **TYR** full (1) piece or two (2) piece; durafast lite/polyester/spandex/lycra/nylon

<input type="checkbox"/>	30 (XS)	<input type="checkbox"/>	32 (S)	<input type="checkbox"/>	34 (M)	<input type="checkbox"/>	36 (L)	<input type="checkbox"/>	38 (XL)
	0/2		4/6		8		10/12		14/16

PLEASE SELECT (v) ONE SIZE ONLY

5) SHORTS – WOMEN’S (Cover) BOARD SHORT

Lifeguard board short; nylon with Teflon finish; elastic waistband with drawstring for adjustable fit (3” inseam)

<input type="checkbox"/>	SM (28-30in)	<input type="checkbox"/>	MED (31-32in)	<input type="checkbox"/>	LG (33-34in)	<input type="checkbox"/>	XL (35-36in)
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PLEASE SELECT (v) ONE SIZE ONLY

6) SHORTS – MEN’S PRO SHORT

Lifeguard pro short; nylon with Teflon finish; elastic waistband with drawstring (5.5” inseam)

<input type="checkbox"/>	SM (28-30in)	<input type="checkbox"/>	MED (31-32in)	<input type="checkbox"/>	LG (33-34in)	<input type="checkbox"/>	XL (35-36in)
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PLEASE SELECT (v) ONE SIZE ONLY

7) SHORTS – MEN’S BOARD SHORT

Lifeguard board short; nylon with Teflon finish; elastic waistband with drawstring for adjustable fit (8 ½” inseam)

<input type="checkbox"/>	SM (28-30in)	<input type="checkbox"/>	MED (31-32in)	<input type="checkbox"/>	LG (33-34in)	<input type="checkbox"/>	XL (35-36in)
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PLEASE SELECT (v) ONE SIZE ONLY

8) SWIM FINS– UNISEX

Rubber power fin for Lifeguard daily use. Sizes in brackets (number sizes) depict regular men’s shoe size. Please note that **women should select one “number” size down** from the below options.

<input type="checkbox"/>	XS (3-4)	<input type="checkbox"/>	SM (5-6)	<input type="checkbox"/>	MED (7-8)	<input type="checkbox"/>	MED/LG (9-10)
		<input type="checkbox"/>	LG (11-12)	<input type="checkbox"/>	XL (13-14)		

PLEASE SELECT (v) ONE SIZE ONLY

9) CAP – UNISEX

Lifeguard FlexFit cap

<input type="checkbox"/>	S/M (6 3/4 – 7 1/4)	<input type="checkbox"/>	L/XL (7 1/8 – 7 5/8)
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PLEASE SELECT (v) ONE SIZE ONLY

10) WIDE-BRIM HAT – UNISEX

Lifeguard wide brim hat

<input type="checkbox"/>	S/M (7 – 7 3/8)	<input type="checkbox"/>	L/XL (7 3/8 – 7 3/4)
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PLEASE SELECT (v) ONE SIZE ONLY

Additional Notes:

- a) Lifeguards once offered employment will have the opportunity to try on kit for final sizing.
- b) We have found that some female employees that prefer wearing a two-piece swim suit as part of their duty uniform have had to mix and match sizes (tops & bottoms) in order to find an appropriate fit. Please list your full (1) piece size on 4) if you feel that you may fall in this category. Again; Lifeguards will have the opportunity to try on kit.
- c) Any questions regarding sizing above can be e-mailed directly to the Lifeguard Superintendent at **NJTROTT@GOV.BM**



**SUPPLEMENTARY FORM B: CONSENT STATEMENT FROM PARENT/LEGAL GUARDIAN FOR YOUNG PERSONS (under 18 years of age)**

All sections to be completed by **PARENT/LEGAL GUARDIAN ONLY**

While other professions may also involve regular exposure to serious incidents, lifeguarding is unique in that it has traditionally employed teenagers and requires them to make split-second decisions that can ultimately carry life-and-death consequences for the public we serve.

The Department of Parks’ Lifeguard Service maintains that the safety and wellbeing of our employees is one of our highest priorities. Central to this commitment is the protection of **young persons** under the age of 18. As such, it is essential that parents and legal guardians are fully informed of their child’s intent to pursue employment with us and understand the responsibilities associated with this role.

The Department of Parks employs qualified lifeguards as young as 16 years of age. Written consent from a parent or legal guardian is required for any individual under the age of 18 to participate in the Department’s lifeguard training course and, if selected, to be temporarily employed for a period of up to six months.

Lifeguards under the age of 18 who are hired by the Department of Parks will be offered Reserve status only. Reserve positions do not guarantee a 40-hour work week. Positions designated as Temporary Full-Time Seasonal, which provide a guaranteed 40-hour work week, are reserved for individuals aged 18 and older. This policy supports sound employment practices for minors while allowing younger lifeguards to be progressively introduced to the responsibilities and accountabilities inherent in a profession that involves significant public safety and life-saving duties.

This approach enables the Department to provide a more structured, supportive, and nurturing introduction to the lifeguarding profession for younger employees, while still preserving the seriousness, professionalism, and sense of belonging associated with the role.

*As part of our safeguarding responsibilities, we strongly encourage parents and legal guardians to maintain open and ongoing dialogue with their child regarding their work as a lifeguard. Regular discussions about their daily experiences help ensure that each young employee has a safe, meaningful, and rewarding experience while working as a Lifeguard in Bermuda. Parents and guardians are encouraged to contact the Lifeguard Superintendent should they have any questions or concerns.*

**PARENT/LEGAL GUARDIAN CONTACT INFORMATION:** REQUIRED ONLY IF DIFFERENT THAN LISTED ON SECTION 9 OF THE APPLICATION UNDER EMERGENCY CONTACT INFORMATION

Name: \_\_\_\_\_  
FIRST MIDDLE (OPTIONAL) LAST

Address: \_\_\_\_\_

Relationship: \_\_\_\_\_ Telephone No: 1) \_\_\_\_\_ 2) \_\_\_\_\_

E-mail Address: \_\_\_\_\_

**NOTICE TO PARENT/LEGAL GUARDIAN** – By signing below; I CERTIFY that I am aware of my child’s intent to participate in the Department of Parks’ Lifeguard Service training course. I have read through the Lifeguard Service General Recruitment Instructions and to the best of my knowledge, believe that the content contained in my child’s application is a true and factual record including that he or she is fit to participate otherwise a medical practitioner would have been consulted. I understand the above and therefore certify that I give informed consent for my child to participate with our program and related activities inclusive of workplace immunization programs (if applicable) and pre-employment drug testing as it relates to the training course and seasonal employment as a Lifeguard with the Department of Parks if offered:

REQUIRED FOR ALL APPLICANTS

Parent/Legal Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
DAY/MONTH/YEAR

Parent/Legal Guardian (Print Name): \_\_\_\_\_

Candidate’s Name (Print Name): \_\_\_\_\_