

# REGISTER TO COVER NYC LIFEGUARD TRAINING + CERTIFICATION

This Thurs 5/16 & Sat 5/18



**New York, N.Y. - May 15, 2024::** More than 60 New Yorkers have spent the past few weeks training to become lifeguards through a partnership with Friends of + POOL, Henry Street Settlement, and the Lower East Side Employment Network that includes pre-certification lifeguard training classes, classroom instruction, and free lifeguard certification courses for locals aged 15+.

“While there are many lifeguard certification programs, + POOL’s program is uniquely focused on helping future lifeguards prepare for New York City’s rigorous evaluation, even if their confidence or skills need development,” said Nora Cronin, program director of Friends of + POOL. “The goal is for applicants of all levels to be fully prepared to pass the test. We’ll help trainees improve their swimming agility so they can obtain the well-paying, responsible, and fun job of being a professional rescuer through lifeguarding.”

Today, May 15th is International Water Safety Day. Join us poolside this week to interview new NYC lifeguard trainees and certification hopefuls.

Note for Filming: challenging certification test skills may also be demonstrated on camera by an instructor by request. These include diving under water with eyes open to retrieve a brick from the bottom of the pool.

Thursday May 15, 7- 8 AM

Leman Prep Pool: 25 Greenwich Street

Final Lifeguard Skills Training Class

- Swim team vibes!
- All students have signed waivers for photography.
- On-site Interview: Nora Cronin, + POOL Programs Manager, Master swimmer, Certified Lifeguard since 1997, adult learn to swim teacher.

Saturday May 18, 2 PM

John Jay College Pool: 524 W. 59th St.

Final Certification Course

- Encouraging vibes!
- Interviews with trainees may be requested after lifeguard certification testing session.
- On-site Interview: Cailin Wolff, a certified swim instructor who just passed the certification test herself.

#### **FACTS: Lifeguard Certification**

The road to lifeguard certification is rightfully strenuous, beginning with a pre-test requiring the candidate to demonstrate the ability to:

1. Tread water for two minutes without the use of hands
2. Dive with eyes open underwater to retrieve a brick
3. Swim 300 yards continuously.

All these skills must be demonstrated before taking an American Red Cross Lifeguard Certification class, which is the standard certification accepted by many facilities nationwide. To become a lifeguard for the New York City Department of Parks and Recreation, applicants must also take a New York City test, which involves timed swims that typically fewer than half of applicants pass each year.

+ POOL's goal is to help students gain the swim skills needed to make those time standards.

#### **STATS: NYC Swim Safety + Lifeguard Shortages**

- Merely one-third of 1,400 New York City beach and pool lifeguard positions were filled in 2023 in time for Memorial Day 2023.
- New York saw the results of this shortage in closed beaches, partial pool closings, and children swimming unsupervised. The shortage particularly affects lower-income New Yorkers, who do not have the resources to leave the city to go to the beach or to go to private clubs.

- 79% of children in households with incomes less than \$50,000 have little to no swimming ability, and 69% of African-American children and 58% of Latino children do not know how to swim, compared to 42% of white children. Black children drown at almost triple the national rate.

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