



LONG BEACH TOWNSHIP BEACH PATROL

6805 Long Beach Boulevard, Brant Beach, NJ 08008

"Protecting 12 Miles of Ocean Beach on Long Beach Island"

2026

Dear Prospective LIT/B-LIT:

Thank you for your interest in participating in our Lifeguard-In-Training (LIT) Program/Beginner Lifeguard-In-Training (B-LIT) Program during our 2026 summer season.

The **deadline** for **all** required documents and a guaranteed spot in the program is **May 1, 2026**. However, we will take applications until the start of the program if there are spots available. The following documents are to be submitted via email to **Taylor@lbtbp.com** or dropped off/mailed to Town Hall:

1. Application – completed in full
2. Physician's Document (School Sports physical is **not** acceptable)– needed for swim test/participation in program
3. Birth Certificate (for new applicants)

Each applicant must pass our swim test, taken at St. Francis Aquatic Center (schedule is attached). The requirements are as follows:

LIT -	150 yards in 2:30 or less
B-LIT -	150 yards in 3:00 or less.

You will be notified, **at the swim test**, if you have been accepted into the LIT or B-LIT Program by the Program Director.

The fees for the LIT/B-LIT Program this summer are as follows and payable **only upon** notification of acceptance:

LIT Program -	\$ 375.00
B-LIT Program -	\$ 150.00

(Do not send payment with application.

This fee is due only upon your notified acceptance into the LIT/B-LIT Program.)

B-LIT and LIT is one (1) six (6) week session from **Monday, June 29th through Friday, August 7th**.

If you have any further questions, you may contact the beach patrol office at (609) 361-1200 between 9:00 am and 4:00 pm Monday thru Friday.

Sincerely,

Tracey A. Schmidt
Beach Patrol Coordinator

Josh Bligh
Beach Patrol Coordinator



LONG BEACH TOWNSHIP BEACH PATROL

6805 Long Beach Boulevard, Brant Beach, NJ 08008

"Protecting 12 Miles of Ocean Beach on Long Beach Island"

2026 Lifeguard-in-Training Application

B-LIT (10-12 yrs of age) / LIT (13-15 yrs of age)

Application is computer friendly

B-LIT (1:30pm - 3:30pm M-W-F)

Monday, June 29 thru Friday, August 7

LIT (9:00am - 12:00pm M-F)

Monday, June 29 thru Friday, August 7

Clothing Sizes: S M L XL

T-Shirt:

Shorts:

Sweatshirt:

Adult

Youth

Last Name

First Name

MI

Date of Birth

Permanent Address

Summer Address

Permanent Phone #

Cell Phone #

Summer Phone #

E-Mail Address

School Name

City

State

Grade

ARC CPR Certification?

SCUBA Certification?

LBTBP LIT Certification?

Y N Expires

Y N Expires

Level Year

Other certifications - list dates and locations. Continue on next page if necessary.

Emergency Contact #1 - Name / Relation

Address

Phone #

Emergency Contact #2 - Name / Relation

Address

Phone #

Have you ever been discharged from a position, asked to resign or resigned to avoid termination? Y N

If you answered Yes, please explain below:

I state that the above information is true and correct to the best of my knowledge.

Signature of Applicant (Electronic signatures accepted)

Date

Signature of Parent or Guardian (for minors only) (Electronic signatures accepted)

Date

Incomplete application packets will not be accepted. Must be completed in full.

Phone
(609) 361-1200

www.lbtbp.com

Fax
(609) 361-1210



LONG BEACH TOWNSHIP BEACH PATROL

6805 Long Beach Boulevard, Brant Beach, NJ 08008

"Protecting 12 Miles of Ocean Beach on Long Beach Island"

2026

Medical or Osteopathic Physician's Documentation of the Physical Health of an Individual Applying for Participation in the Long Beach Township Beach Patrol Lifeguard-In-Training (LIT) Program and/or Beginner Lifeguard-In-Training (B-LIT) Program

I certify that I have examined/documentated:

First Name Middle Initial Last Name Date of Birth

Permanent Address

City State Zip

and find his/her condition as indicated below:

In my opinion the above named individual (Check one)

- ☐ **Does** possess the adequate vision, hearing acuity, physical ability, and stamina to participate in the activities of the LBTBP Lifeguard-In-Training (LIT/B-LIT) Program, with or without reasonable accommodation.
- ☐ **Does not** possess the adequate vision, hearing acuity, physical ability, and stamina to participate in the activities of the LBTBP Lifeguard-In-Training (LIT/B-LIT) Program, with or without reasonable accommodation.

To participate in the activities of the LBTBP Lifeguard-In-Training (LIT/B-LIT) Program the above named individual must be able to do the following:

- Running/sprinting on beach/sand
- Ocean swimming
- Paddling a rescue paddleboard in ocean/surf
- Rowing a surfboat in ocean

Provide details regarding the requested accommodation and medical condition which requires it, if any.

Signature of Physician Date Phone #

Address

City State Zip

*This form must be stamped by the physician's office doing the exam
using their office/business stamp and/or notarized.

Phone
(609) 361-1200

www.lbtbp.com

Fax
(609) 361-1210



2026 Health, Safety Course and Swim Test Registration Form

Class Location: Beach Patrol Headquarters

7910 Long Beach Blvd., Beach Haven Crest, NJ 08008 (Enter off of Bayview Avenue)

Class Limit: 25 Students (First Come Basis)

Cost: \$ 45.00 for CPR/AED (if you need to take EMR - DO NOT SIGN UP FOR CPR)

\$ 95.00 for EMR (Emergency Medical Response)

(CPR/AED included in this course at no additional cost)

Checks only and are to be made payable to **LBTBP ARC Cert. Acct. PAYMENT MAY ACCOMPANY REGISTRATION OR BE BROUGHT TO CLASS.**

Contact: Tracey Schmidt at (609) 361-1200 or tracey@lbtbp.com if you have any questions.

Personal Information

Name:

Date of Birth:

Address:

Home Phone:

Cell Phone:

Email:

Previous patrol assignment: LL NB BB BHC SB H New Lifeguard Beach Badge Checker

Note: Emergency Medical Response must be re-certified every 2 years. CPR must be re-certified annually.

Click on the box that corresponds with the course(s) you wish to take.

CPR/AED/AEO with PDT**

Full Course #1 - Sunday, March 8, 2026 9am - 5pm
Full Course #2 - Saturday, April 4, 2026 9am - 5pm
Full Course #3 - Friday, May 1, 2026 9am - 5pm
Full Course #4 - Saturday, May 2, 2026 9am - 5pm
Full Course #5 - Friday, May 8, 2026 9am - 5pm
Full Course #6 - Saturday, May 9, 2026 9am - 5pm
Full Course #7 - Monday, May 11, 2026 9am - 5pm
Full Course #8 - Monday, May 18, 2026 9am - 5pm

OR

Emergency Medical Response (includes CPR)

Sundays - March 8, 15, 22, 29, 2026 9am - 5pm
Saturdays - April 4, 11, 18, 25, 2026 9am - 5pm
Weekday #1 - May 11 - 14, 2026 Mon - Thurs - 9am - 5pm
Weekday #2 - May 18 - 21, 2026 Mon - Thurs - 9am - 5pm
LIT EMR - July 28 - 31, 2026 Tues - Fri - 9am - 5pm
Can not attend any scheduled course. Please email tracey@lbtbp.com to set up an alternative time to take the course.

OLTC (Ocean Lifeguard Training Course)

OLTC #1 - June 1 - 5, 2026 Monday - Friday - 9am - 5pm
OLTC #2 - June 8 - 12, 2026 Monday - Friday - 9am - 5pm
OLTC #3 - June 15 - 19, 2026 Monday - Friday - 9am - 5pm
OLTC #4 - June 22 - 26, 2026 Monday - Friday - 9am - 5pm
OLTC #LIT - August 10 - 14, 2026 Monday - Friday - 9am - 5pm

Applicants must pass the swim test and Emergency Medical Response to participate in OLTC.

**ARC CPR Instruction Book is available to download from our website on Employment link.

500M USLA Swim Test (10 minutes or less)

All tests by Appointment (choose one)

St. Francis Aquatic Center

Saturday, May 2, 2026 - 5:30pm

Saturday, May 9, 2026 - 5:30pm

Saturday, May 16, 2026 - 5:30pm

Saturday, May 23, 2026 - 5:30pm

Bayview Park

Saturday, May 23, 2026 - 9am

Sunday, May 24, 2026 - 9am

ALL APPLICATION DOCUMENTATION, INCLUDING PHYSICIANS DOCUMENT, MUST BE SUBMITTED PRIOR TO TAKING SWIM TEST NO EXCEPTIONS

2026 LBTBP Lifeguard-In-Training and Beginner Lifeguard-In-Training (LIT/B-LIT) Programs

Objectives

The following skills and goals will be met through practical and objective application as guided by the instructors.

- To enable young men and women to become familiar with and knowledgeable about the profession of lifeguarding.
- To improve physical, mental, and social skills while developing maturity.
- To give each individual the ability to safely enjoy our surrounding water environment.
- To learn the ocean rescue techniques used by LBTBP.
- To educate individuals about ocean safety and LBTBP policies.

Class Times and Dates

LIT class will begin at 9:00 a.m. and end at 12:00 noon, Monday through Friday.

B-LIT class will begin at 1:30 p.m. and end at 3:30 p.m., on Monday, Wednesday and Friday.

There will be optional skill sessions Tuesdays and Thursdays from 1:30 p.m. to 3:30 p.m. for those who want or need additional skill instruction, as determined by the LBTBP LIT Program instructors.

Classes meet at Bayview Park, 68th St., on the Bay in Brant Beach.

For **2026**, the Program dates will be:

Monday, June 29th through Friday, August 7th

Swim Test

A swim test will be held in the indoor pool at the St. Francis Center. The test consists of a 150-yard swim (6 lengths) that must be passed in 2:30 minutes or less for LITs and 3:00 minutes or less for B-LITs. Candidates may take the swim test up to two (2) times in order to improve their swim test times. You must attend one of the swim test dates below. Physicians Document must be submitted prior to, or on the day of, the swim test to be permitted to take the swim test.

Saturday, May 2nd	5:00 p.m. – 5:30 p.m.	If you can not attend one of the scheduled tests, please email Tracey@lbtbp.com
Saturday, May 9th	5:00 p.m. – 5:30 p.m.	
Saturday, May 16th	5:00 p.m. – 5:30 p.m.	
Saturday, May 23rd	5:00 p.m. – 5:30 p.m.	
Saturday, May 30th	5:00 p.m. – 5:30 p.m.	
Saturday, June 27th	5:00 p.m. – 5:30 p.m.	

Arrangements have been made to use the St. Francis Pool for pre-season training. Beginning April 1st - Monday, Wednesday and Friday 4 p.m. - 6:00 p.m., Tuesday and Thursday 7 a.m. - 9 a.m., and Sunday 3 p.m. - 5 p.m. Lifeguards/LITs/B-LITs may use the pool to train for their swim test. Enter at the main Aquatic Center door, sign in and respect all pool rules. LBTBP application must be received to take part in the pre-test/pre-season pool training. These times are specifically for training for the swim tests. Please do not bring friends/siblings, not training for the test, to use the pool during these times.

Program Requirements

- LIT applicants must be 13 - 15 years of age at the start of the session. B-LITs must be 10 - 12 years of age at the start of the session.
- **Applications will not be accepted unless accompanied by the applicant's birth certificate and completed physicians form. School sports physicals are not acceptable.**
- Uniforms will be provided and must be worn during the LIT Program.
- Applications are requested to be submitted by May 1, 2026, but will be accepted until the start of the program if spots are available.
- Priority for sessions will be given to returning LITs. Admission in the program is on a first-come, first-serve basis provided the applicant passes the swim test.
- Participants of the LIT program will be charged a fee of \$375.00 and participants of the B-LIT program will be charged a fee of \$150.00. **This fee is due only upon your acceptance into the LIT/B-LIT Program.** Further questions may be directed to the LIT Program Director or Tracey A. Schmidt. They can be reached at the Long Beach Township Beach Patrol office at (609) 361-1200. The Long Beach Township Beach Patrol reserves the right to alter, in any way, the Life guard-In-Training Program.