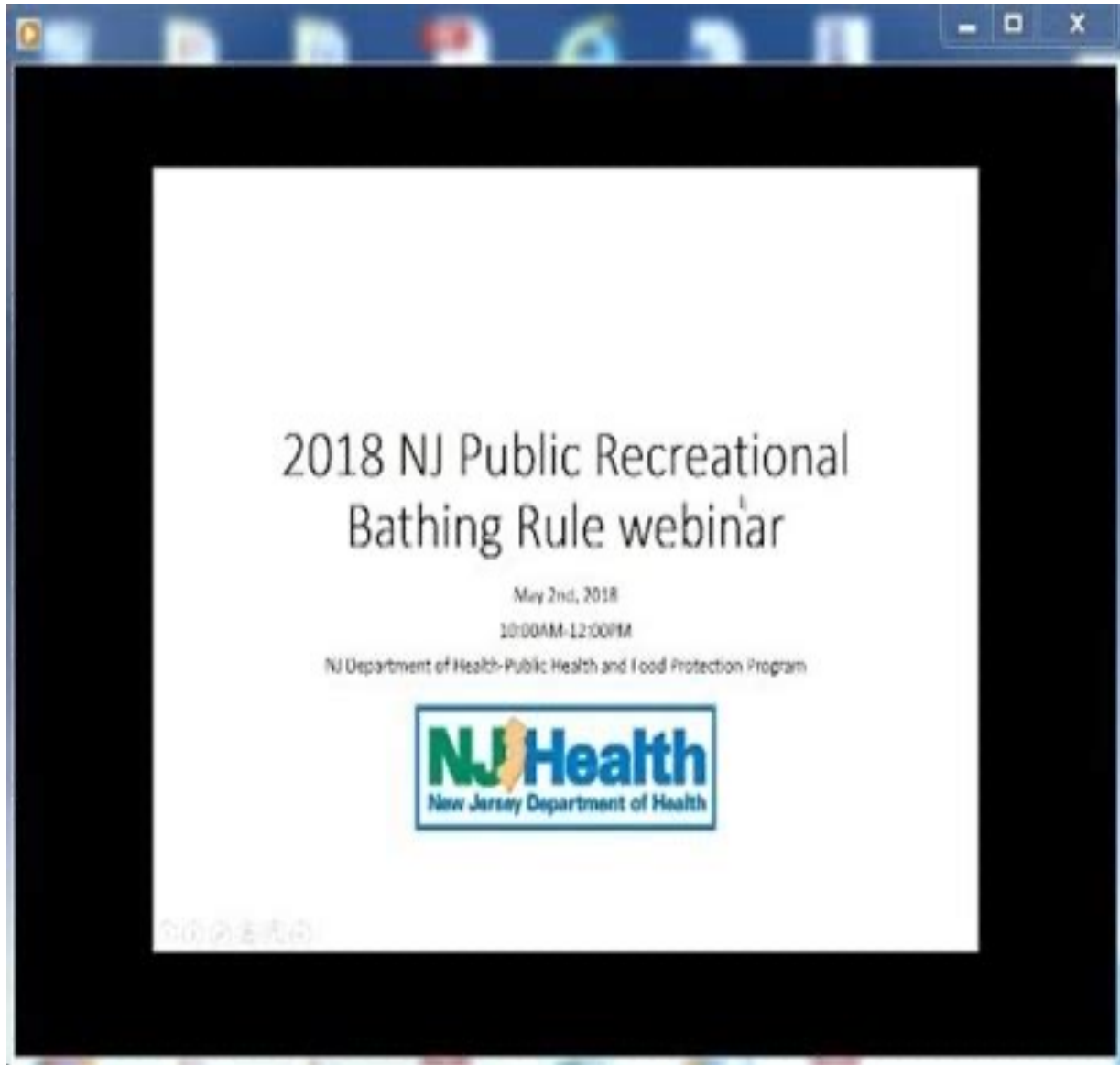


# N.J. RECREATIONAL BATHING CODE UPDATES

NJ Coalition of Lake Associations

May 6, 2023



# New Jersey Public Recreational Bathing Code-

Applies to all aquatic facilities- pools, bathing beaches, spas, health clubs, hot tubs, (*basically anything where public can go in the water!*)

**NEW JERSEY STATE SANITARY CODE CHAPTER IX  
PUBLIC RECREATIONAL BATHING N.J.A.C. 8:26**

**Authority: N.J.S.A. 26:1A-7 & 26:4A-7**

**Effective Date: January 16, 2018**

**Expiration Date: January 16, 2025**



- "Specially exempt facility" means a public recreational bathing facility that is:
- 1. A private lake, river, or bay or private community lake, river, or bay association, or private nonprofit common interest community that restricts the use of its lake, river, bay, or pool, as appropriate, to the owners of units thereof and their invited guests;







- **SUBCHAPTER 5. WATERFRONT SAFETY**
- **§ 8:26-5.1 Specially exempt facilities from first aid personnel and lifeguard requirements only**
- (a) Specially exempt facilities shall be exempt from mandatory compliance with the first aid personnel and lifeguard requirements of this subchapter at N.J.A.C. 8:26- 5.2(b), (b)1, (d), and (e); 5.6(b); 5.8(b) and (b)1; and 5.10(b), (b)1, (c), and (e).



2. This exemption shall not apply to a specially exempt facility that has a functional diving board, water slide, or other recreational appurtenance that may present an increased safety risk or hazard.

**NOTE: As per the recent FAQs distributed by NJ Health Dept. Lifeguard is not required if you have a diving board, slide, etc.**





# **NO LIFEGUARD ON DUTY**

**PERSONS UNDER THE AGE OF 16  
MUST BE ACCOMPANIED BY AN ADULT**

**NO DIVING • NO SWIMMING ALONE  
SWIM AT YOUR OWN RISK AT ALL TIMES**

LAKE MOHAWK COUNTRY CLUB

- (d) Except as provided in (f) below, specially exempt facilities that do not voluntarily comply with the exempted requirements listed in (a) above shall post a sign at least three feet by four feet in size.
- 1. The sign shall be prominently displayed at every entrance to each swimming area, and shall state:
  - "No lifeguard on duty."
  - "Persons under the age of 16 must be accompanied by an adult."
  - "No swimming alone."
- 2. The sign shall include the hours that the public recreational bathing facility is open, and can be added to an existing sign.
- 3. The information on the sign shall be easily readable with contrasting colors.

**New Jersey Department of Health  
Public Health and Food Protection Program  
CHECKLIST FOR  
PUBLIC RECREATIONAL BATHING FACILITIES**

Municipality	Local Health Authority	Date
Name of Public Recreational Bathing Facility		
Dates of Operation		Type of PRB Facility
PRB Facility Location	Phone Number	Special Exempt <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Both
Owners Name and Address		Phone Number
Certified Laboratory	Phone Number	Date of Last Sample
Trained Pool Operator	Email Address	Phone Number
<b>Codes:   X-Compliant   P-Pending   N/A-Not Applicable</b>		
<b>PAPERWORK</b>		
TPO Certification No. and Exp. Date		Log Book
Lifeguard Certifications Current		Bonding and Grounding (5-year cert.)
Pro CPR Certifications Current		Bonding and Grounding (Town)
Aquatics Facility Plan		CB-20 completed and submitted
Water Sample(s) Results		MSDS sheets for all chemicals
Sanitary Surveys (N.J.A.C. 8:26-7.15)		Physical Hazards inspection
<b>GENERAL LAYOUT</b>		
Emergency Phone Numbers		No Lifeguard on Duty Sign
Pool/Natural Waters Rules Sign		Adult Supervision Sign
No Diving Signs		Special Exempt Signs
Caution Chemical Sign		Spa Clock
No Smoking Sign (Chem. Room)		Spa Rules
Depth Markings		Diving Rules
Entrance(s) Secure		Cliff Jumps < 15'
Floats and Fixed Platforms Permitted with LHA Approval		Equipment for continuous disinfect all types pool water and meet N.J.A.C. 8:26-3.22
Diving stands, boards, ladders, stairs, all equipment maintained		Pool chemicals stored, handled and used per manufacturer's instructions
Water slides conform to CPSC and approved by LHA and/or NJDCA		Anti-entrapment drain covers installed, all documentation on site
Rope drops, cliff jumping, and aquatic play equipment meet N.J.A.C. 5:14A-12		Pool Floor (Clean and Visible)
Surface area (Pool sq')		Turnover Rate(s) (Pool)
Volume (Pool)		Pump Maximum Flow Rate(Pool)

(g) A specially exempt facility shall inform the local health authority whether it is going to comply with the exempted provisions of this section.



# NJ PRB FAQs

[state.nj.us](http://state.nj.us)

**NJ PRB FAQ March 2020**

Questions? Email

[prb@doh.nj.gov](mailto:prb@doh.nj.gov)

# NJ PRB FAQs- as of March 2020

## Contents

### 1. SPECIAL EXEMPT FACILITIES

- General Requirements
- Lifeguards

### 2. SUPERVISION REQUIREMENTS

- Pools over 2,000 square feet
- Other criteria
- Platforms/Stands
- Zone of Protection
- Prohibited Activities
- Signage at Wading Pools



# NJ PRB FAQs- as of March 2020

## Contents

### 3. STAFF TRAINING REQUIREMENTS

- TPO vs. CPO
- TPO Training Programs
- Lifeguard Training
- Pool Director Certificate

### 4. WATER SAMPLING

- Microbiological Sampling
- Sample Hold Time
- Swimming Lake Requirements

# NJ PRB FAQs- as of March 2020

## Contents

### 5. EMERGENCY EQUIPMENT

- First Aid Kits
- AED Requirements

### 6. ADMINISTRATION AND ENFORCEMENT

- Administration - Approvals by Local Health Authority (LHA)
- Enforcement - Inspections
- Enforcement – Penalties

# AS PER NJ HEALTH DEPT FAQS

**Q:** Is a facility that meets the definition of specially exempt allowed to have high-risk equipment and maintain their specially exempt status?

**A:** Yes. The statutory changes which went into effect January 2019 require that no specially exempt facility be deemed ineligible for an exemption from mandatory compliance with the first aid personnel and lifeguard requirements of N.J.A.C.8:26-5 et seq., as provided in this section, solely on the basis that the facility has a functional diving board, water slide, or similar recreational appurtenance.

# AS PER NJ HEALTH DEPT FAQS

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**Q:** I run a specially exempt facility and I choose to provide a lifeguard, will I be affected by the new lifeguard requirements?

**A.** Specially exempt facilities are exempt from the lifeguard requirements. They will not be affected by the changes to the lifeguard requirements for as long as they maintain the special exempt status.

**Q.** Can a special exempt facility only provide a lifeguard on days when there is a higher bather load?

**A.** Yes, provided that they maintain their special exempt status. Please refer to the answer to the first

question above. Specially exempt facilities are exempt from the lifeguard requirements as per § 8:26-5.1 (a) but not prohibited from providing a lifeguard. The supervision policy has to be outlined in writing in the aquatics facility plan as per § 8:26-5.1 (g) b.

In addition, it is acceptable but **NOT REQUIRED** for a specially exempt facility to post a sign which identifies when the lifeguard(s) is(are) present. In other words, the presence or absence of the lifeguard hours sign does not constitute a violation of the rule at specially exempt facilities that choose to provide lifeguard(s).



# AS PER NJ HEALTH DEPT FAQS

- Zone of protection is the area of responsibility of an individual lifeguard while supervising bathers. Recognized certification agencies provide training on determining the zone of protection. The local health authority will assess the adequacy of lifeguard supervision according to zone of protection. Zone of protection is deemed adequate when the zones assigned to lifeguards overlap.
- Zone of protection only includes the swimming area.



# AS PER NJ HEALTH DEPT FAQs

Q. Is an AED required at a special exempt facility that provides a lifeguard(s)?

A. No, an AED is not mandatory/required at special exempt facility, however, the Department recommends that an AED is provided at ALL public recreational bathing facilities. Whether or not AED is present at a special exempt facility is not a violation of the rule.



Q:

## AS PER NJ HEALTH DEPT FAQS

Q. Is it mandatory to submit the Checklist for Public Recreational Bathing Facilities 21 days prior to opening of a seasonal pool?

- A seasonal swimming pool **have the option** to submit to the health authority the DOH Checklist for Public Recreational Bathing Facilities prior to opening, which the health authority may review in lieu of an onsite inspection. However, any new swimming pool will be required to complete an onsite inspection prior to opening for the first time.
- Seasonal swimming pools are required to be inspected by the health authority prior to opening, and year-round swimming pools are subject to inspection twice per year. “Health authority” includes the Department of Health (DOH) and a municipal, county, or regional board of health.



# AS PER NJ HEALTH DEPT FAQs

## LIFEGUARD CHAIRS/STATIONS

- There is no specific height requirement for lifeguard stands or platforms. The height of the stand is determined by the ability of the lifeguard to have an unobstructed view while on the stand.
- Bathing beach:  
Lifeguard stations shall be located within 30 feet of the shoreline. Lifeguards shall be isolated from the beach crowds on elevated stands.
- These stands shall be high enough so as to give the lifeguards a complete and unobstructed view of the bathing area.





DUTY  
JUST BE  
ADULT  
G ALONE  
RISK  
RY CLUB

RBAGE  
HOME  
ry Club

## LAKE MOHAWK COUNTRY CLUB BEACH RULES

LIFEGUARD ON DUTY DAILY FROM NOON - 6:00 PM DURING THE SEASON.  
WHEN NO LIFEGUARD ON DUTY PERSONS UNDER 16  
MUST BE ACCOMPANIED BY AN ADULT.  
NO DIVING AT THIS BEACH • NO SWIMMING ALONE  
AT ALL TIMES SWIM AT YOUR OWN RISK

**MEMBERS ONLY:** Current beach tags shall be worn when using beach areas. Children under 6 do not require tags must be accompanied by a responsible person.

**ANIMALS:** Dogs and other animals prohibited. Please do not feed the waterfowl.

**CONDUCT:** All persons shall conduct themselves in an orderly manner. No roughhousing or rowdiness. Distracting the lifeguard is prohibited.

**REFUSE:** No glass on beach. Recyclables must be separated. We recommend all trash be taken home.

**SWIM AREA:** Defined by buoys/markers floats. All boats, canoes, skiers prohibited in the beach & swim areas. All must be 200' from swimming area.

- Do not enter the water if you are experiencing or recovering from diarrhea or have had any signs or symptoms of a gastrointestinal (stomach) disease in the past seven days.
- All children in diapers must wear plastic pants with snug fitting elastic waist and leg bands.
- Do not wash out soiled diapers in bathing water.
- Children should be encouraged to use the restroom before entering the water. Immediately report any "accidents" you observe in the bathing water to a lifeguard.
- No animals, except for service animals, shall be allowed in the bathing area.
- Glass containers shall be prohibited in food and drink areas.
- Conduct which endangers the safety and comfort of others shall be prohibited.
- Outdoor bathing shall be prohibited during an electrical storm.
- Persons suspected of being under the influence of drugs or alcohol shall be prohibited from entering the water.
- No motorized vehicles, except emergency and maintenance vehicles, shall be permitted in the bathing area while in use.
- NO boating, water skiing, sailboating, windsurfing, scuba diving, or surfboarding shall be permitted in the swimming/bathing area while in use.
- Rope drops are not permitted.

Ernie Hofer, Lake Mohawk Country Club General Manager  
973-729-6156

**LAKE MOHAWK**  
COUNTRY CLUB



**LMCC REGULATIONS**

**SWIMMING/BATHING IS PERMITTED ONLY AT DESIGNATED PROTECTED BEACHES, LIFEGUARDS ARE ON DUTY BETWEEN 12 NOON AND 6 PM DAILY. SWIMMING/BATHING AT ANY OTHER TIME IS DISCOURAGED AND IS AT YOUR OWN RISK. A PROTECTED BEACH IS ONE WITH A MANNED LIFEGUARD STAND. IF THE STAND IS NOT MANNED, THE BEACH IS NOT A PROTECTED BEACH.**



## LIFEGUARD AGE REQUIREMENTS

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### U.S. DEPARTMENT OF LABOR- Fact Sheet #60 July 2010 (Current)

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15 yr olds can work as a Lifeguard at POOLS and certain areas of WATERPARKS. Subject to hour limitations.

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16 yr olds can work as a Lifeguard at POOLS, WATERFRONTS, OCEANS.

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In NEW JERSEY, if you have a camp at your POOL, Lifeguards must be 16 yrs of age.





# BASIC CERTIFICATION

Check approved Lifeguard Certifications in the NJ PRB

- Lifeguard with Waterfront Module
- CPR/AED for Professional Rescuer
- First Aid
- Blood borne Pathogen (Required by OSHA)
- Administering Emergency Oxygen (Recommended/Not Required)



# Lifeguard Basic and Re cert Training

Lifeguarding with Waterfront Module- ARC 36 hours initial course

Waterfront Lifeguarding Re cert - 8 hours every 2 years

*CPR/AED and First Aid Re cert* – every 2 years

**BLOODBORNE PATHOGENS-** Re cert every year as per OSHA and enforced by Health Dept.

**In-Service training required under NJ PRB** – at least 4 hours per month. Documented!



**Make sure you test water rescue skills each year prior to start of season.**

# PRE SERVICE EVALUATIONS

POSSESSION OF A LIFEGUARDING CERTIFICATION INDICATES THAT ON A SPECIFIC DATE, AN INDIVIDUAL COMPLETED THE CERTIFICATION REQUIREMENTS.

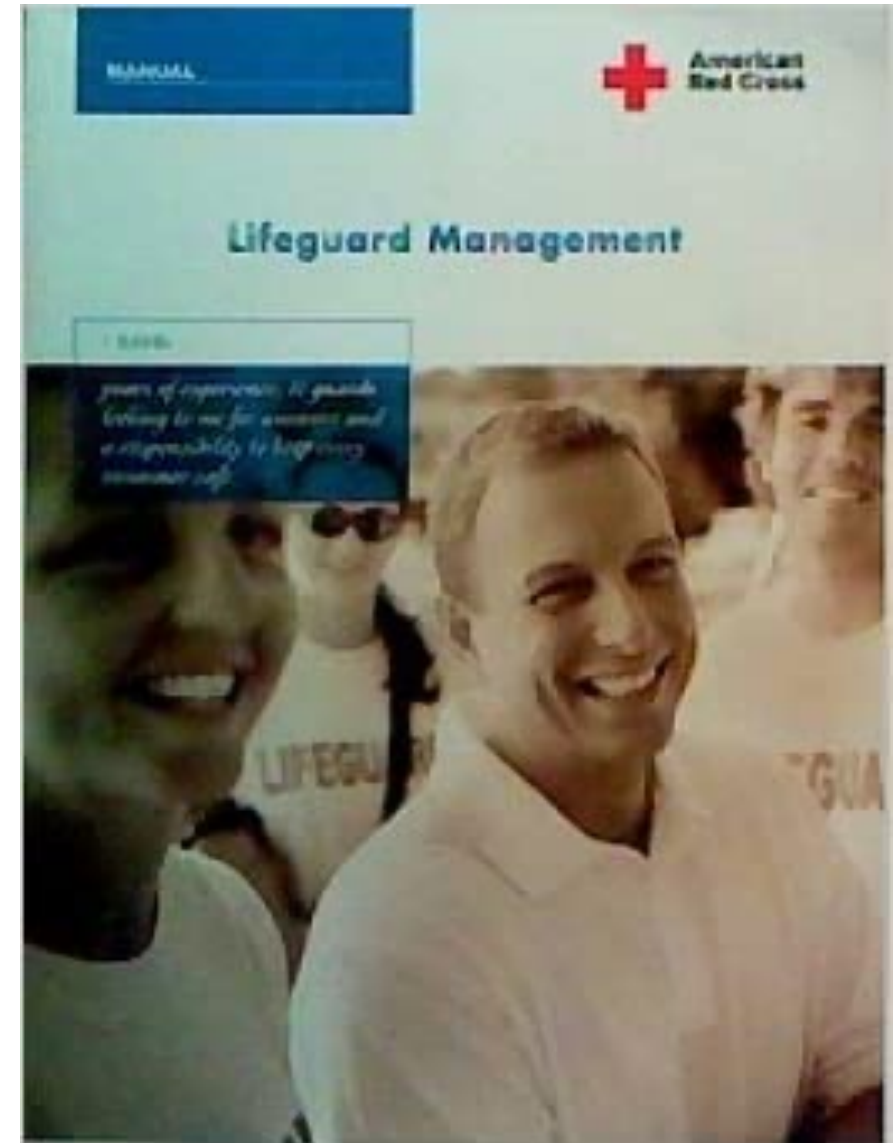
THERE IS NO GUARANTEE OF FUTURE PERFORMANCE!

LIFEGUARD MANAGERS HAVE A DUTY TO ASSESS SKILLS OF EACH MEMBER OF THE LIFEGUARD TEAM PRIOR TO STARTING TO WORK AS A LIFEGUARD.

# TRAINING & CERTIFICATIONS

## LIFEGUARD MANAGEMENT CERTIFICATION

- REQUIRED FOR POOLS
- OPTIONAL FOR WATERFRONTS, BUT HIGHLY RECOMMENDED
- ONLINE COURSE with a Supplemental State Written Exam for certification







*MARINE PATROL  
WATERFRONT LIFEGUARDS  
WATER SAFETY INSTRUCTORS  
BEACH PATROL*

*973-440-8767  
21 The Boardwalk  
Sparta, NJ 07871*

## **LIFEGUARD AND WATERFRONT STAFF PRE SEASON TRAINING SCHEDULE 2023**

All LMCC Lifeguards and Marine Safety Officers must re certify in CPR/AED, First Aid, Bloodborne Pathogens and Emergency Oxygen Administration annually. In addition, ALL Lifeguards must re certify and test in Waterfront Lifeguard skills annually. Sign up is on Google Docs. Class size limits are noted, ie. 10 for CPR, 14 for WF Skills. You must complete a CPR/AED training session prior to the Waterfront Lifeguard skills testing.

<b>TRAINING</b>	<b>DATE</b>	<b>TIME</b>	<b>LOCATION</b>	<b>TOTAL PARTICIPANTS</b>
CPR/AED & First Aid Bloodborne Pathogen, Emergency Oxygen Admin.	5/17/23 Wed	6-9 PM	LMCC- Mohawk Rm	10
CPR/AED & First Aid Bloodborne Pathogen, Emergency Oxygen Admin.	5/18/23 Thu	6-9 PM	LMCC- Mohawk Rm	10
CPR/AED & First Aid Bloodborne Pathogen, Emergency Oxygen Admin.	5/19/23 Fri	6-9 PM	LMCC- Mohawk Rm	10
CPR/AED & First Aid Bloodborne Pathogen, Emergency Oxygen Admin.	5/22/23 Mon	6-9 PM	LMCC- Mohawk Rm	10
CPR/AED & First Aid Bloodborne Pathogen, Emergency Oxygen Admin.	5/23/23 Tus	6-9 PM	LMCC- Mohawk Rm	10
LG WATER SKILLS & TESTING	5/20/23 Sat	9:30AM- 1:30 PM	Upper Lake Beach	14
LG WATER SKILLS & TESTING	5/21/23 Sun	9:30 AM- 1:30 PM	Upper Lake Beach	14
LG WATER SKILLS & TESTING	5/24/23 Wed	5-8PM	Upper Lake Beach	14

NJ COLA member associations may participate in LMCC's Lifeguard Re certification program. COLA member Lifeguards must have current Waterfront Lifeguard, CPR/AED, and First Aid certification. COLA member association must attest in writing on club letterhead that Lifeguard is employed and covered by Workman's compensation by their association. Cost is \$90.00 for COLA members, \$110.00 for non members per lifeguard payable to Lake Mohawk Country Club. All registrations must be made through [lmccwaterfront@gmail.com](mailto:lmccwaterfront@gmail.com). Space may be limited.

# LIFEGUARD RE CERT TRAINING REQUIREMENTS

- NJ COLA member associations may participate in LMCC's Lifeguard Re certification program.
- COLA member Lifeguards must have current Waterfront Lifeguard, CPR/AED, and First Aid certification.
- COLA member association must attest in writing on club letterhead that Lifeguard is employed and covered by Workman's compensation by their association.
- Cost is \$90.00 for COLA members, \$110.00 for non members per lifeguard payable to Lake Mohawk Country Club.
- All registrations must be made through [lmccwaterfront@gmail.com](mailto:lmccwaterfront@gmail.com). Space may be limited.





# Vigilance Awareness & Zone Testing

## LIFEGUARD ZONE EVALUATIONS

- Ask Drill
- Lifeguard Station Response Time Testing
- Live Recognition Drill



# Ask Drill

- Ask drills are conducted to verify that all areas of the zone can be seen from the lifeguard station position.
- The Ask drill is not a test of the lifeguard's performance.
- Each zone should be tested at different times of day and for different activities or conditions in the zone. For example, conduct an ask drill during a swim lesson program and again in that same zone during an open water swim.
- The Ask drills should be done initially to verify all areas of the zone can be seen. The drills should also be done any time the zone or the characteristics of the zone change.







Zone of Protection/Surveillance

# Zone of Protection defined

- Zone of protection is the area of responsibility of an individual lifeguard while supervising bathers.
- Recognized certification agencies provide training on determining the zone of protection.
- The local health authority will assess the adequacy of lifeguard supervision according to zone of protection.
- Zone of protection is deemed adequate when the zones assigned to lifeguards overlap.
- Zone of protection only includes the swimming area.

# Water Sampling- Swimming Lakes Requirements

- **Q:** What are the new swimming lake water testing requirements?

**A:** The required analysis for natural lake bathing waters has been changed from Fecal Coliform to E. coli.

# Supervision Requirements- Prohibited Activities

- **Q:** What activities lifeguards are allowed to perform while on duty?
- **A:** According to the Statutory change of January 2019, lifeguards who are on duty at a swimming pool shall not have duties or perform any activities that would distract them or intrude upon their attention from proper observation of persons in the swimming pool area or that prevent immediate assistance to persons in distress in the water; except that nothing in this subsection shall be construed to prevent any lifeguard from performing minor administrative tasks, such as checking pool passes, or from performing any routine testing required by the Department of Health by regulation, including, but not limited to, testing disinfectant levels and measuring the pH of the water during operational hours, provided that the lifeguard can perform these tasks and tests without causing an imminent, significant risk to bather safety.
- Public recreational bathing facilities **shall** describe in writing under the Supervision section of their Aquatics Facility Plan the list of all duties, responsibilities and tasks to be performed by lifeguards.
- In addition, a written procedure must be established listing what measures the facility is taking to ensure that minor administrative tasks, duties or activities allowed to be performed by the lifeguards do not distract them or intrude upon their attention from proper observation of persons in the swimming pool area or that prevent immediate assistance to persons in distress in the water.

# LIFEGUARD STATION RESPONSE TIME TESTING

- The Lifeguard Station Response Time Testing drill tests the response time only (not the recognition of a victim) for a lifeguard station.
- The purpose of this drill is to help evaluate the ability of any lifeguard to be able to get to a victim in that zone and conduct a worst-case scenario rescue (submerged, passive victim), extricate the victim, and start ventilations.
- This testing should be done with a variety of different lifeguards and for the extremes of each zone.
- To ensure ideal conditions, the zone being tested should be closed so there is no interruption.
- Lifeguards should be able to respond to the furthest section of their zone within 30 seconds.






# Live Recognition Drill

- This drill tests the lifeguard's performance for victim recognition while on the job.
- The size and shape of each zone should allow the lifeguard to see all areas of the zone, from the bottom through to the surface. The size and shape should also allow the lifeguard to be able to recognize a victim and reach the extremes of each zone—furthest and deepest—in 30 seconds.
- Facilities should conduct regular live action recognition drills during operations as a method to help identify the effectiveness of surveillance. It is as important to evaluate surveillance as it is to evaluate skills. This helps the lifeguard and the management to evaluate how they are doing with surveillance and to identify challenges, performance issues or areas that need further training.





A close-up photograph of a human hand reaching up from the surface of the ocean. The hand is positioned in the center-left of the frame, with fingers spread. The water is a deep, vibrant blue with visible ripples and small waves. The background shows the horizon line under a clear sky.

**STATE HEALTH CODES are MINIMUM STANDARDS...**  
**MINIMUM is one small step above INADEQUATE!**  
- Lifesaving Resources  
[www.lifesaving.com](http://www.lifesaving.com)

**STANDARD OF PRACTICE**

(What you do)

**SHOULD MEET OR EXCEED THE**

**STANDARD OF CARE**

(Minimum Standards)



# Recruitment and Retention



## Think outside the box!

- Try recruiting adult and senior members of your community.

Frequent attendees, parents, grandparents, seniors, Masters' swimmers, Triathletes.

- Hold separate basic course for seniors and adults.
- Make flexible schedule. (Hire 2 to work for 1 position)
- Share workload/schedule

*GreyWatch!!!!*



**LIFEGUARDING**



SENIOR MOMENT - I'VE  
FORGOTTEN WHY I  
CAME IN HERE



# Retention-Keep em' coming back!

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## Incentives-

- \$\$\$
- Free Training and/or Certification
- Food!
- Advancement
- Prizes
- Recognition- Feedback is the "Breakfast of Champions!"







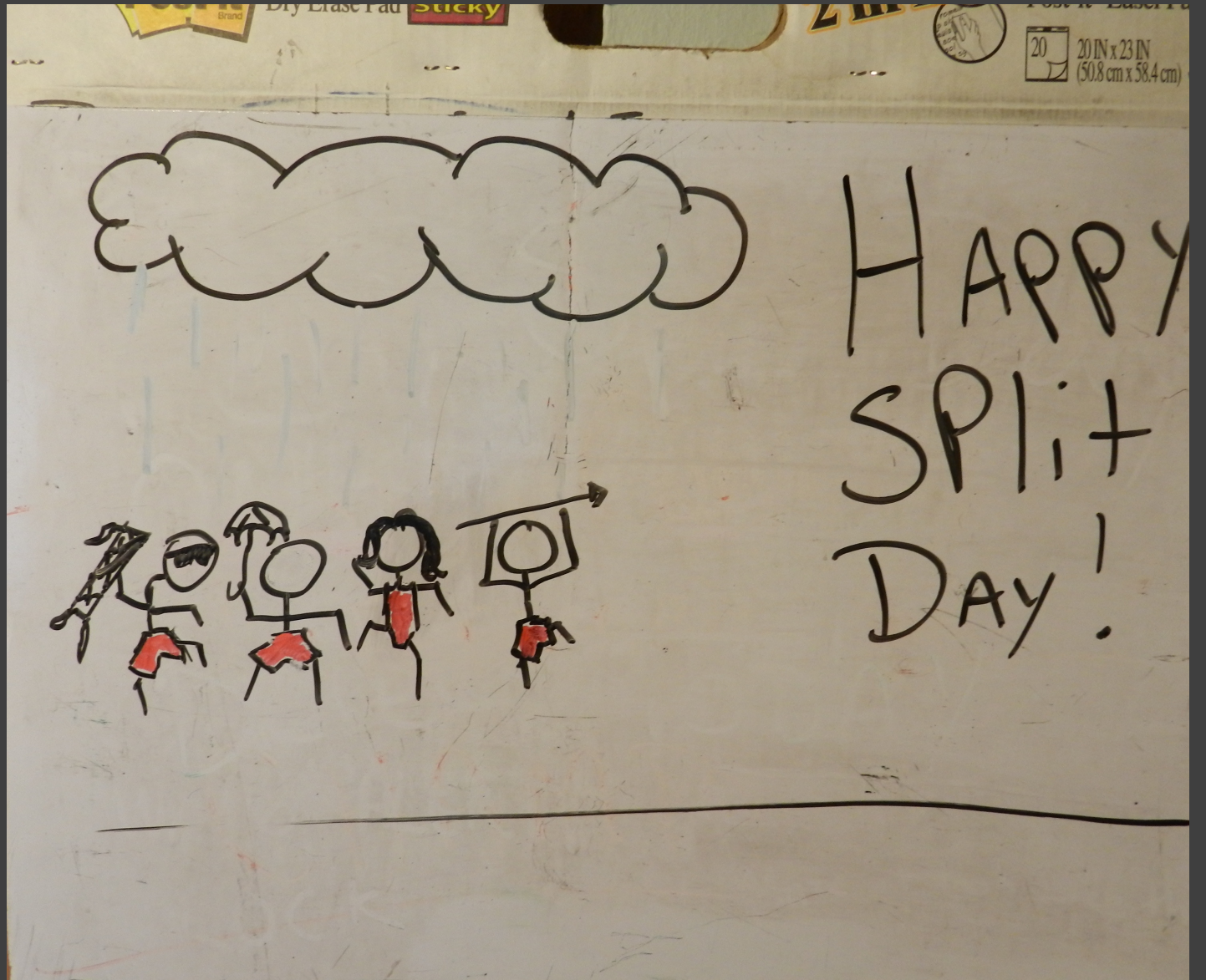
















# NEIGHBORHOOD BEACH WATCH

**Location:**

**Marine Safety  
Headquarters**

620 Avenida Del Mar  
San Clemente, CA 92672

**Date:**

**February 27, 2019**

**Time:**

**6:30pm to 7:30pm**

**Cost: FREE!**



## Help Save a Life - Free Training!

Thousands of people visit the beach daily – all can help save lives. Come learn tips and secrets not normally taught to the public, with emphasis on safe ways to assist others without becoming a victim yourself!

## Observe, Report, Respond...

Become part of a group of trained surfers, swimmers, and beachgoers dedicated to assisting others and saving lives.

Regardless of swimming or surfing ability, everyone plays a part in making our community safer.

## Learn "Secrets of the Lifeguards"

Learn techniques normally only taught to lifeguards, including:

- How to recognize rip currents
- Signs of someone in distress
- How to call for help
- How to safely use surfboards and body boards as rescue tools
- How to assist injured swimmers & surfers

**Whether you observe and report –  
or physically assist someone –  
your part may help save a life!**

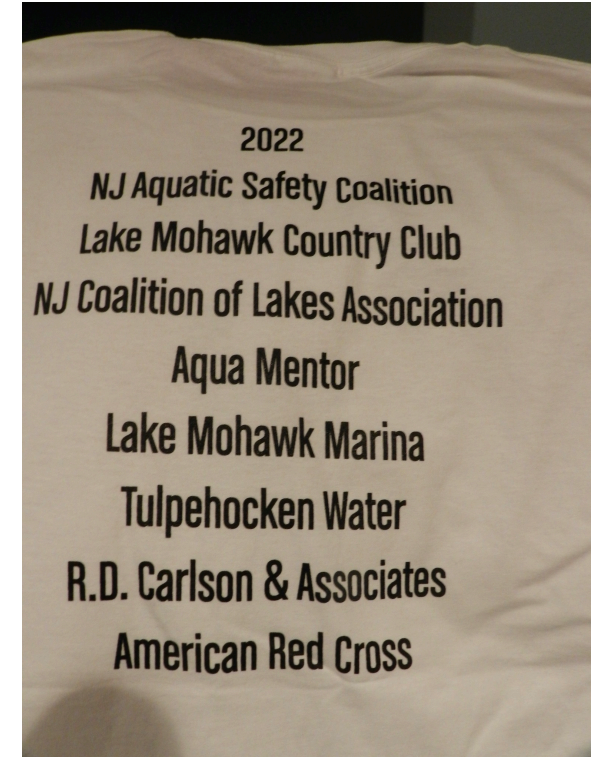


Sponsored by the City of San Clemente Marine Safety Division

**(949)361-8219 • [www.san-clemente.org/NBW](http://www.san-clemente.org/NBW)**

# ANNUAL LIFEGUARD COMPETITION

- Looking for a new venue to make it more convenient for other facilities to participate.
- Considering other dates in late July, early August.
- Budget is designed to break even.
- Expenses are tee shirts and medals.
- Optional expenses: food, beverages,
- Borrow/loan rescue equipment-paddleboards, rescue tubes, backboards, manikins, etc.









# Free Webinar Series



*Presented by*  
**Gerry Dworkin**  
**Lifesaving Resources**  
[www.lifesaving.com](http://www.lifesaving.com)

*Designed specifically for*  
**Lifeguard Supervisors & Instructors**  
**Aquatic Facility Operators & Managers**  
**Lifeguards & First Responders**

**The Scared Straight of Aquatics**  
**May 17, 1:00 PM EST**

**Open Water Lifeguarding**  
**June 8, 1:00 PM EST**

**Don't Let Your Guard Down**  
**June 28, 1:00 PM EST**

*To register:*  
[www.lifesaving.com](http://www.lifesaving.com)

# Thank you! And let's have a safe season!

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Richard D. Carlson

[njaquaticsafetycoalition@gmail.com](mailto:njaquaticsafetycoalition@gmail.com)