



# EAST BAY REGIONAL PARK DISTRICT

## Lifeguard Pre-Employment Physical Appointment

Please schedule your physical immediately! Failure to complete your physical by June 15th may result in removal from the work schedule. As a pre-employment requirement, there is no compensation for any time spent getting to and from the physical, time spent at the physical appointment, nor reimbursement for mileage. You have a choice to contact either Muir/Diablo or Kaiser On-the-Job to schedule your physical appointment. You do not need to be a Kaiser member to schedule an appointment with Kaiser On-the-Job. If you are a member, please be prepared to provide your medical record number.

The clinic locations are listed on the reverse side. Write your appointment information below. *No TB tests are administered on Thursdays. (TB results must be checked within 48 to 72 hours and the clinics are not open on Saturday or Sunday).*

Your pre-employment physical is scheduled for:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Minors (under age 18) must have a parent or guardian present OR a signed "Authorization for Consent to Treatment of Minor" form.

**Annual TB tests are required for all Lifeguards.** After receiving your TB test, you **MUST** return to the clinic to have your TB test results checked within 48 to 72 hours! **NOTE: If you fail to make the return visit for the TB test reading, you will be responsible for payment of the second test.**

See other side for clinic locations and telephone numbers.



## **VERIFICATION OF COMPLETED LIFEGUARD PHYSICAL**

### Instructions to Clinic Performing Pre-employment Physical

Please complete the following information and return this form to the lifeguard who was examined.

Name of Lifeguard examined \_\_\_\_\_

Date and Time of physical \_\_\_\_\_ Name of Occupational Clinic \_\_\_\_\_

Date and Time of TB test \_\_\_\_\_ Date TB test read \_\_\_\_\_ Results \_\_\_\_\_

Signature of clinic personnel completing this Verification Form \_\_\_\_\_

### Instructions to Lifeguard

Please note the date that your TB test was read \_\_\_\_\_

After the above information is complete, please detach the bottom half of this form and give it to the **HEAD LIFEGUARD** at your assigned facility.

**(OVER...)**

**NOTE: PLEASE ONLY CONTACT THE CLINICS LISTED BELOW**

**KAISER ON-THE-JOB (Kaiser Occupational Health Services)\*\***

**\*\* (no TB tests are scheduled on Thursdays at Kaiser clinics)**

**Antioch Medical Offices**

**Sand Creek Building  
4501 Sand Creek Rd.  
Antioch, CA 94531  
(925)813-3770  
Hours: 8:30 a.m. - 5:00 p.m. M-F**

**Livermore Medical Offices**

**3000 Las Positas Rd.  
Livermore, CA 94551  
(925)243-4880  
Hours: 8:30 a.m. – 5:00 p.m. M-F**

**Fremont Medical Center**

**Mission Building  
39400 Paseo Padre Parkway  
Fremont, CA 94538  
(510)248-3015  
Hours: 8:30 a.m. – 5:00 p.m., M-F**

**Pleasanton Medical Offices**

**South Building, 1<sup>st</sup> Floor  
7601 Stoneridge Dr.  
Pleasanton, CA 94588  
Hours: 8:30 a.m. – 5:00 p.m., M-F  
(925)847-5160**

**MUIR/DIABLO OCCUPATIONAL MEDICINE**

**OCCUPATIONAL PHYSICIANS MEDICAL ASSOCIATES, INC.\*\***

**\*\* (no TB tests are scheduled on Thursdays at any Muir/Diablo clinics)**

**2231 Galaxy Court  
Concord, CA 94520-4993  
(925) 685-7744  
Hours: 7:00 a.m. – 7:00 p.m., M-F**

**1981 N. Broadway, Suite 190  
Walnut Creek, CA 94596-3817  
(925) 932-7715  
Hours: 8:30 a.m. – 5:00 p.m., M-F**

**2400 Balfour Rd., Suite 230  
Brentwood, CA 94513-4957  
(925)626-3801  
Hours: 8:30 a.m. – 5:00 p.m., M-F**