



Permanent Open Water Lifeguard (POWL) Requirements:

Prerequisites:

- Work a minimum of 1,000 hours (6 months full-time)
- Complete a 500-meter swim < 10 min
- Complete initial 40-hour Rescue Watercraft Course
- Complete initial 24-hour Beach Emergency Vehicle Operations Course

Quarterly Physical Qualifications:

- Complete a 1 mile run < 8 min
- Complete a 500-meter swim < 10 min

Annual Training Requirements:

- 16 hours of ocean rescue training
 - Attend any combination of weekly spring training sessions, monthly in-services, or other scheduled training opportunities
- 24 hours of Rescue Watercraft Training Annually
- 16 hours of Beach Emergency Vehicle Operations Training Annually
- 4 hours of CPR training annually
- Minimally maintain EMT-Basic Certification

Recurring Training:

- Maintain daily personal physical fitness training (conditions permitting)
- Participate in scheduled and random drills monthly
- Participate in monthly Continuing Education (CEP)