



Rookie Requirements:

Pre-Employment:

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

Pre-Season Training:

- Complete 48 hours of preseason Ocean Rescue Training before working independently through:
 - Weekly Training sessions
 - Surf School Training
 - Beach Patrol Skills and Operations Training
- Complete Rescue Watercraft (RWC) Training
- Complete 40 hours of Emergency Medical Responder Training
- Complete 4-hour CPR course.

During the Season:

- Maintain daily personal physical fitness training (conditions permitting)
- Participate in scheduled and random drills monthly
- Participate in monthly in-services and quarterly run/swim tests