



Permanent Staff Requirements:

Prerequisites:

- Work a minimum of 1,000 hours (6 months full-time)
- Complete a 500-meter swim < 10 min

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 one or both days of surf school
- BIOR Rescue Watercraft Training Course
- 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 in-services