



Seasonal Returner Requirements:

Prior to start of training:

- Complete a 1 mile run < 8 min
- Complete a 500-meter swim < 10 min
 - Run and swim can be done in person by appointment with a supervisor or this can be filmed remotely and submitted electronically to the supervisors.

Pre-Season 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
- Medical Training
 - EMR recertification class biennially on odd years
 - Patient assessment scenario biennially on even years

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