



Seasonal Open Water Lifeguard (SOWL) Requirements:

Prior to start of training:

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

Pre-Season 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
- Medical Training
 - 20 hours of EMR Refresher Course

Recurrent Training:

- 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