



Rookie Training Requirements:

Pre-Employment:

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

Pre-Season Training Prior to Independent Assignment:

- Complete 48 hours of preseason USLA Lifeguard Training Academy
- Complete 40-hour Emergency Medical Responder Training
- Complete 40-hour Rescue Watercraft (RWC) Training Course
- Complete 24-hour Beach Emergency Vehicle Operations (BEVO) Course
- Complete 4-hour CPR 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