

SOUTH BETHANY BEACH PATROL

Lifeguard/ Ocean Rescue

Requirements:

Candidates must have current certifications in CPR, First Aid, and AED, as well as pass the South Bethany Beach Patrol Fitness test requirements listed below.

Every candidate must be able to perform the following tasks: Run in soft sand; Swim in ocean water, enter and exit the ocean through the surf, move an unconscious person of 150 lbs., see for 400 meters, hear and locate whistle blasts from 300 meters, speak and read the English language. Inability to perform these tasks will result in disqualification from the testing process. Ocean Rescue Training is provided by the South Bethany Beach Patrol . Prior to entering training, each candidate, must pass a vigorous physical test consisting of the following phases in succession:

Complete a 1 mile beach run in under 8 minutes 30 seconds

Complete a 300 meter soft sand run in less than 65 seconds

Complete a 500 meter swim in less than 10 minutes

Complete a 25 meter underwater swim

Complete a series of simulated rescues in the surf incorporating the rescue buoy

Complete a rescue using a cross chest carry and victim removal techniques

Complete a personal interview

Questions – Contact

Captain Ryan Dacey

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