

SOUTH BETHANY BEACH PATROL LIFEGUARD/OCEAN RESCUE REQUIREMENTS

Candidates must have current certification in CPR, First Aid and AED; as well as pass the South Bethany Beach Patrol Fitness test requirements listed below. Inability to perform these tasks will result in disqualification from the testing process.

Every candidate must be able to perform the following task:

- 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 33 meters
- Speak and read the English language

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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