

Please send application (can be downloaded from website), resume, and cover letter to:

**Captain Ryan Dacey**  
rpdacey@gmail.com

## **South Bethany Beach Patrol**

### **Job Posting:**

## **Lifeguard / Ocean Rescue**

### **Requirements:**

We are seeking individuals to fill positions as ocean lifeguards for the upcoming summer season. Candidates must have current certifications in CPR, First Aid, AED, and 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 blast 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 300 meter soft sand run in less than 65 seconds** (400 meter run in 80 seconds offsite testing)

**Complete a 400 meter ocean swim in less than 10 minutes** (500 yards in less than 10 minutes offsite in a pool)

**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 medley of 150 meter run, 100 meter swim, and a 150 meter run**

**Complete a transport of the lifeguard stand a distance of 20 meters**

**Complete a 25 yard underwater swim while holding breath**

**Complete a personal interview**

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