



Preseason Training 2019

USLA *Advanced* Agency Requirements

Rookie Requirements

- **Run/Swim/Interview**

- Testing will be performed at the Danny Jones Complex Pool (1455 Monitor Street, North Charleston, SC 29405) on Wednesdays (7:00am-8:30pm) and Saturdays (10:00am-12:00pm) from February 20th through March 30th. All perspective employees must successfully complete the timed run and swim tests. Each applicant must schedule a testing time and date with the supervisors.
- Run 1 mile in less than 8 minutes
- Swim 500 meters (550 yards) in less than 10 minutes

- **48 Hours of USLA Training**

- Rookie School- April 13th AND April 14th, 8:00am-5:00pm (16 hours)
- Weekly Training- Minimum of 2 of the Following: April 23rd, April 30th, May 7th, 4:00pm-8:00pm (8 hours)
- RWC Training- May 4th, 8:00am-5:00pm (8 hours)
- Surf School- May 11th AND May 12th, 8:00am-5:00pm (16 hours)

- **40 Hours Emergency Medical Responder (EMR) Training**

- Attend either EMR 1 or EMR 2
 - EMR 1: May 13-17. Monday through Friday, 9:00am-5:00pm (40 hours)
 - EMR 2: June 10-14. Monday through Friday, 9:00am-5:00pm (40 hours)

- **4 Hours CPR Training**

- Either April 17th OR April 18th, 4:00pm-8:00pm (4 hours)