



# Preseason Training 2020

USLA *Advanced* Agency Requirements

## Returner Requirements

- **Run/Swim**

- Testing dates and times are to be determined. All perspective employees must successfully complete the timed run and swim tests. Each applicant must schedule a testing time and date with the supervisors. Out of state returners must submit a full-length, unedited video of the timed run and timed swim if unable to test in person.
- Run 1 mile in less than 8 minutes \*
- Swim 500 meters (550 yards) in less than 10 minutes \*

- **Minimum 16 Hours of USLA Training \***

- BP Skills and Ops- April 4th, April 11th, 0800-1700hrs (16 hours)
- Weekly Training- April 7th, April 21st, April 28th, May 5th, May 12th, 1600-2000hrs (20 hours)
- Surf School- May 2nd AND May 3rd, 0800-1700hrs (16 hours) \*

- **40 Hour Emergency Medical Responder (EMR) Training Biannually (2 year certification)**

- Attend either EMR 1 or EMR 2
  - EMR 1: May 13-17. Monday through Friday, 0900-1700hrs (40 hours)
  - EMR 2: June 10-14. Monday through Friday, 0900-1700hrs (40 hours)

- **4 Hours CPR Training Annually \***

- Either April 15th OR April 16th OR May 14th, 1600-2000hrs (4 hours) \*

- **8 Hours Rescue Watercraft Training Annually \***

- May 9th, 0800-1700hrs (8 hours) \*

\* Denotes Required Attendance