# Ocean Lifeguard Preparation

***Medical Training***

- ***EMT*** *certification is preferred, but* ***not required***.
- *The next best option is* ***PSFA (Public Safety First Aid)*** *or* ***First Aid & CPR for the Professional Responder***.
    - *We certify all cadets in this during training, but coming in already certified allows you to start working tower shifts much sooner.*

***Running***

- *One of the biggest surprises for new cadets is* ***how much running*** *is involved in beach lifeguarding — especially barefoot running on both hard-packed sand and soft, dry sand.*
- *You should train for a wide variety of distances: sprints, intervals, 5Ks, and everything in between.*

***Swimming***

- *Strong swimming ability is obviously essential.*
- *The physical tryout includes a* ***900-meter ocean swim*** *that must be completed in under 18 minutes shore to shore around the Avial Pier.*
- *Open water swimming experience is highly beneficial, as it feels very different from pool swimming.*
- *Practice swimming in a wetsuit — the shoulder restriction and occasional neck irritation can take some getting used to.*
- *Swimming with* ***fins*** *is another skill worth practicing.*

***Paddling***

- *Many candidates struggle with paddling, especially on our larger 11-foot rescue boards.*
- *Focus on:*
    - *Getting the board through the surf zone*
    - *Turning efficiently*
    - *Prone paddling and knee paddling*
- Paddling a long board or even a foam board will help familiarize yourself with

***Calisthenics***

- *Build a strong foundation with bodyweight exercises such as:*
    - *Push-ups*
    - *Planks*
    - *Lunges*
    - *Burpees*
    - *Flutter kicks*
    - *And similar core and full-body movements*

***Combination Training***

*The best preparation combines everything together. Practice these types of sessions regularly:*

- *Run → Swim → Run*
- *Run → Paddle → Run*
- *Paddle → Swim → Run*

*Getting comfortable with quick transitions between running and swimming is especially valuable.*

***Surfing & Ocean Comfort***

- *Surfing and body surfing are excellent ways to become truly comfortable in the ocean environment.*
- *They help you develop a much better understanding of currents, tides, wave patterns, and beach conditions — all critical skills for a lifeguard.*

*Consistency beats intensity. Training specifically for the demands of beach lifeguarding (ocean conditions, soft sand, transitions, and rescue equipment) will give you a huge advantage over general fitness training.*

***Contact Us***

For more information about beach safety, lifeguard services, and community programs, please contact us:

- Email: juniorguards@pismobeach.org
- Phone: (805) 773-7069
- Office Hours: Monday – Friday, 8 AM – 5 PM