



Ocean Beach and Bay Club, LLC.

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# Lifeguard Physical Requirements



Physical requirements to become or continue to be an OB3 lifeguard:

- Every person trying out and all returning members must swim 200 yards in under 4:00 Minutes.
- Carry two 75 lb. Dumbbells 50 feet without stopping or putting the weight down

Each candidate will be interviewed by the Captain and/or Co-Captain

All staff must be certified in American Red Cross CPR/AED with First Aid for the Professional Rescuer, Course Code HSSPRO401.

This course teaches those with a duty to respond how to care for breathing and cardiac emergencies in adults, children and infants.

- Performing a primary assessment
- Giving ventilations (includes Bag Valve Mask, or BVM)
- Choking (conscious and unconscious)
- CPR (one- and two-rescuer)
- Automated External Defibrillator (AED)
- First Aid