



SURF RESCUE COURSE DISPATCH SHEET

PRE-REQUISITE(S): 1.) 16 years of age or older; 2.) swim 500 yards in open water in 10 minutes or less; 3.) run one (1) mile in seven (7) minutes, thirty (30) seconds or less; 4.) current and verifiable World Academy of Safety & Health (WASH) pool lifeguard certification

COURSE PURPOSE: The goal of this specialty course is to provide participants with the confidence, content knowledge, and physical skills to recognize, respond, and recover in the event of an emergency in or around tidal open-water and/or surf zone environment.

PARTICIPANT COURSE MATERIALS/EQUIPMENT: World Academy of Safety & Health (WASH) Pool Lifeguard Student Manual (free electronic or paid paperback); World Academy of Safety & Health (WASH) Surf Rescue Student Manual (free electronic or paid paperback); hip pack with CPR pocket mask, basic first aid supplies, whistle and gloves.

CERTIFICATION PERIOD: One (1) year from the date of completion of the certificate with a thirty (30) day grace period to be eligible for a recertification or challenge course (lifeguards should not be considered certified during the grace period).

DELIVERY: Delivered only as an in-person course.

AVAILABLE: English and Spanish

NOTES: The HSI (formerly ASHI) 2020 Basic Life Support (BLS)/First Aid course may be added for those participants who may require certification and/or recertification.