

Surf Rescue Academy

The training for the beach patrol begins with a week of academy dedicated to learning the physical demands, surf rescue techniques, and policies and procedures involved in lifesaving excellence. This exciting week is physically and mentally demanding, yet a rewarding experience that will introduce you to a job that could change your life and the lives of those you serve. Training sessions scheduled for the Probationary Surf Rescue Technicians (PSRTs) are specifically organized to best suit the needs of the patrol. The week is organized in units that follow the sequence of a drowning victim's progression: distressed, active drowning, and passive. The distressed victim unit involves routine rescue operations in rip currents, and the long-shore current rescues near piers and jetties. The active drowning unit involves rescues of victims prior to submersion, where hold/releases are performed, as well as the standard cross-chest rescue, all while in contact with a panicking victim. The passive drowning unit involves search and rescue of submerged victims, extraction and treatment of victims with spinal injuries, American Heart Association CPR and AED training, and carrying victims from the surf without spinal involvement. Finally, the last unit of the week is a culmination of all the units, called Rips, Rocks, and Rescues. Here, new members of the beach patrol will run along miles of Ocean City's beach while spotting and making rescues on distressed, active, and passive victims in rip currents and along rock jetties, without knowing when or where these training rescues will pop up. The goal is for the instructors to identify candidates worthy of joining the ranks of one of the most elite and highly trained lifeguard organizations in the world. The PSRT MUST attend all sessions in sequence and be on time with ALL issued equipment, water or sports drink, healthy snack, sunscreen, a pen, shoes and socks. FAILURE TO REPORT ON TIME OR WITHOUT ISSUED EQUIPMENT WILL RESULT IN IMMEDIATE DISCIPLINARY ACTION & POSSIBLE TERMINATION.