

Complete a Medley of 150 meter run, 100 meter swim, and a 150 meter run.

The fourth phase of the pre-employment physical skill evaluation requires the candidate to put their physical abilities to the test by completing a 150-meter running sprint, a 50 meter dash out through the surf to a marker and return back to the beach, followed by a 150 meter running sprint back to the starting line. There is a 4:30 limit on this event. This is also the point in the test where the candidates sit up in the tower for the first time. The testing officers explain and demonstrate the proper procedure to climb the tower, scan the waterfront, dismount the tower, and initiate the rescue. Upon hitting the sand the candidate begins the 150 meter run portion of the medley. Upon reaching a marker, the candidate turns towards the ocean and swims out 50 meters and back 50 meters (100 meter swim) to the marker on the beach and returns to the original starting line.

On Site Testing



Candidates are instructed about the Tower, how to take the stand correctly, and where to position it on the morning.



The candidate mounts the stand for the first time.

Off Site Testing



A modified run of 125 meters with a time limit of 25 seconds is substituted for the medley administered during the onsite testing.



Candidates take the stand for a temporary glimpse of the job of an S.R.T.



Dismounting the stand and taking off, this candidate charges the surf.



Candidate runs down the beach on the way to the swim.



Candidate enters the surf for the 100 meter swim. The swim is actually 50 meters out and 50 meters back.



The candidate returns to the starting point.



The buoy is repositioned at the end of the 4:30 minute time limit.