



FOR IMMEDIATE RELEASE  
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CONTACT:  
 Ombretta Di Dio at 619-455-9653 or ODiDio@sandiego.gov

# **City of San Diego Set to Hire More Than 40 Seasonal Lifeguards**

**INITIAL 500-METER SWIM TEST TO BE HELD SEPT. 26**

SAN DIEGO – On Thursday morning, Sept. 26, 2019, the City of San Diego Fire-Rescue Department’s (SDFD) Lifeguard Division will conduct a tryout session for perspective applicants interested in becoming ocean and bay seasonal lifeguards.

As part of the initial qualification process, applicants will be asked to complete a 500-meter swim in under 10 minutes to be considered for admittance into the lifeguard training program. Applicants will also have the opportunity to interact with current and former SDFD lifeguards as well as view some of the equipment they will be using during their lifeguard career.

**“Lifeguarding in San Diego isn’t just sun and sandy beaches. Lifeguards must be physically and mentally ready to respond to an emergency at any time,” said Lifeguard Chief James Gartland. “For those who can meet the demands of the job and become a lifeguard, I guarantee they will never have a more rewarding or unique job experience.”**

With more than 40 miles of oceanfront and bay shoreline to patrol throughout the city, SDFD lifeguards help keep an average of 17 million visitors safe and conduct an estimated 7,000 rescues at local beaches each year. Additionally, lifeguards manage cliff, scuba and swift water rescues, enforce boating safety regulations and respond to emergencies involving seafaring vessels and other watercraft.

Every year, the City of San Diego employs approximately 200 seasonal lifeguards. It is anticipated that at least 45 to 55 new seasonal lifeguards will be hired by the summer of 2020.

**WHAT:** City of San Diego lifeguard tryouts. Learn more about the hiring process and what it takes to be a seasonal lifeguard (panel interview, lifeguard academy, medical training as well as the job duties of a seasonal lifeguard)

**WHO:** Maureen Hodges, Marine Safety Lieutenant, San Diego Fire-Rescue Department

Rick Strobel, Lifeguard Sergeant, San Diego Fire-Rescue Department  
Lifeguard recruits  
Past and current lifeguards

**WHEN:** Thursday, Sept. 26, 2019, 7 – 10 a.m. (Earlier interviews available upon request.)

**WHERE:** Ventura Cove – Mission Bay  
1000 West Mission Bay Dr.  
San Diego 92109

**VISUALS:** Rescue 44 (lifeguard cliff rescue vehicle), scuba and swift water rescue equipment, lifeguard vessels.

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For more information, please visit [sandiego.gov/bealifeguard](http://sandiego.gov/bealifeguard)