



FOR IMMEDIATE RELEASE
Wednesday, Aug. 14, 2024

City of San Diego Recruiting Beach Lifeguards for Summer 2025

LIFEGUARD SWIM TRYOUTS SCHEDULED IN SEPTEMBER AND OCTOBER

SAN DIEGO – The San Diego Fire-Rescue Department (SDFD) is already planning for next summer’s busy beach season. SDFD’s Lifeguard Division is currently recruiting seasonal lifeguards for summer 2025.

On Friday, Aug. 16, the Lifeguard Division is inviting members of the media to a mock swim tryout at Ventura Cove. This tryout is the same swim tryout that all candidates must complete to be considered for the seasonal lifeguard position. In addition to filling out the online application two weeks prior to the swim test, candidates must successfully swim 500 meters in under 10 minutes to earn an interview.

“Lifeguarding is a challenging and rewarding career that starts with the Lifeguard I position,” said Lifeguard Chief James Gartland. “Our lifeguards are highly trained and very motivated to protect beachgoers and boaters. We encourage those who might be interested to apply online and participate in a swim tryout.”

Swim tryouts for the current recruitment process are scheduled for Sept. 12, 13, 14, Oct. 10, 11, 12 and Jan. 16, 17 and 18, next year. Tryouts are held at 8 a.m. at Ventura Cove, 1000 West Mission Bay Drive. Candidates must fill out the [online application](#) two weeks prior to the swim test date. Details and requirements about the position can be found on the [City’s website](#). Prospective candidates must complete the online application at least two days before the swim tryout date they are interested in.

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.

WHAT: Media availability

WHO: Sgt. Neal Collins, San Diego Fire-Rescue Lifeguard Division
Seasonal lifeguards

WHEN: Friday, Aug. 16, 2024, 7 to 9:30 a.m.

WHERE: Ventura Cove
1000 W. Mission Bay Drive
San Diego, CA 92109

VISUALS: News photographers will have the opportunity to videotape current seasonal lifeguards as they participate in a mock swim tryout. The lifeguard recruiting sergeant is available for interviews regarding the position and requirements.

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