



OCEAN CITY BEACH PATROL
NEWS RELEASE
 TOWN OF OCEAN CITY
 P.O. BOX 158
 OCEAN CITY, MARYLAND 21843

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Date: Friday, July 01, 2011

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Time: 4:00:41 PM

NEVER, NEVER SWIM ALONE!!!

SWIMMING NEAR A LIFEGUARD COULD SAVE A LIFE! YOURS!!

Saturday July 9, 6 p.m.

The Captain Robert S. Craig Annual Boardwalk Swim

The Ginny Craig Quarter Mile Boardwalk Swim

Captain Craig Mile Swim - Competitors swim a measured mile with the prevailing current to a finish line located at 14th Street and the beach.

Ginny Craig ¼ Mile Swim - Competitors swim a 400m distance along the coast with the prevailing current to a finish line located at 14th Street and the beach.

Participants compete under the watchful eye of surf rescue technicians deployed in the water, on the beach and in rescue boats. Competitors swim with the prevailing current and finish at 14th Street and the beach. This is an excellent opportunity for anyone interested in open-water swimming. The Ginny Craig ¼ Mile Swim is also a good training distance to work up to the Captain Craig Mile Swim.

This year the registration form can be completed online. To receive the early registration discount you must complete and submit the completed form online before July 6. This is pre-registration only. You must check in on the day of the competition, pay the \$15 registration fee (if pre-registered before July 6, or \$20 race-day registration) and sign a “waiver and release of liability” before you will be permitted to compete.

Registration: \$15 if received before July 6. \$20 Race-day registration (5 p.m.) Price includes certificates for top three finishers in each category and a t-shirt for all participants.

You can also mail registration forms to: Ocean City Beach Patrol, 109 Dorchester Street, OC, MD 21842

Registration forms are available online. www.ococean.com/ocbp; click on the Competitions link on the homepage. Registration on-site at 5 p.m. registration; race begins at 6 p.m. at 14th Street and the Boardwalk.

The late Captain Craig served as captain of the Ocean City Beach Patrol from 1935-1986. Every year, in honor of his 52 years of service, OCBP hosts a swim competition. The Mayor and City Council appointed him captain with direct responsibility to the Mayor. He held the position until he retired in 1986. Upon his appointment, the first change that Captain Craig made in procedure was that each person interested in becoming a member of the Ocean City Beach Patrol had to fill out a written application. Following a test of the applicant’s swimming ability, breaking a front strangle hold, a back strangle hold and a double wrist lock (all administered by the captain), the applicant had to run a prescribed course in the soft sand in 60 seconds or less. If successful, he was then assigned to an experienced guard for further instruction in spotting rip currents, knowledge of waves and what to look for so that preventive measures could be taken before difficulties occurred. After a few days, the guard was assigned a beach between two experienced men. Captain Craig introduced semaphore to the patrol, and it is still used for communication between guards to supplement radio communication.



KEEP YOUR FEET IN THE SAND..... UNTIL THE LIFEGUARD’S IN THE STAND!

