

***Bobby and Ringo Introduce***  
**Water and Beach**  
**Safety**



## Ocean City Beach Patrol

**Over 80 years of Saving Lives**

Protecting 10 miles of beach in Ocean City, Maryland

[www.ococean.com/ocbp](http://www.ococean.com/ocbp)

410-289-7556

Email: [ocbp@ococean.com](mailto:ocbp@ococean.com)

*Get Active. Be Healthy. Have Fun!*

Ocean City Recreation & Parks

This is the sign you can see on the back of every lifeguard stand in Ocean City, Maryland. Visit your lifeguard today! Ask about the current beach conditions. We are glad you are here and we want you to stay safe.



**KEEP YOUR FEET IN THE SAND,  
UNTIL THE LIFEGUARD'S IN THE STAND**

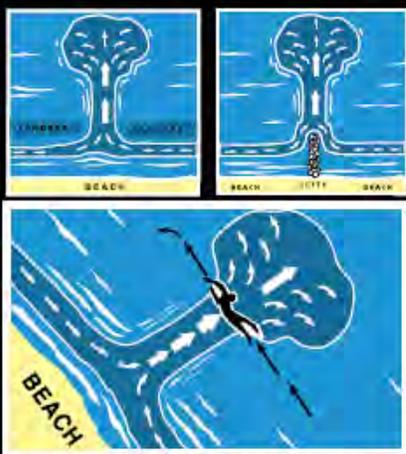
**BEACH PATROL ON DUTY 10:00-5:30**

**Ocean City Maryland**



## RIP CURRENTS

The 3rd leading cause of weather related death!



### What is a Rip Current?

Often mistaken for jet sandbars and ripholes, these powerful currents can sweep swimmers out to sea in a matter of minutes. They are formed when water pulled back to sea in a narrow channel, or other feature, is forced by returning waves to flow back to the beach. They are most common in areas with a narrow channel, or other feature, that forces water back to the beach. They are most common in areas with a narrow channel, or other feature, that forces water back to the beach.

### Telltale Signs of Rip Currents

- A gap in waves or a hole in the surf.
- A difference in wave action, larger waves in the rip current.
- A hole or gap in the surf, usually located in the rip current.

### What to Do?

Ask the lifeguard about local conditions and to current activity. If you are caught in a rip current, don't panic or attempt to swim towards the beach. Swim parallel to shore until you are out of the current. If you can't escape the current, keep your arms to help you tread water and then swim diagonally to shore. If you don't see land, stay in water, keep your head and limbs above water. Do not only depend on an artificial flotation device, never swim in unguarded waters.

**Never swim without lifeguards!**

For your **PROTECTION & SAFETY**, the following are either regulated by the Beach Patrol **BP** or prohibited **no** on the beach.



- UMBRELLA PLACEMENT BP**
- LOUD MUSIC BP**
- KITE FLYING BP**
- SURFING BP**
- DIGGING HOLES BP**
- FLOATATION DEVICES BP**
- BALL PLAYING BP**

- NO ALCOHOLIC BEVERAGES no**
- NO GLASS CONTAINERS no**
- NO SKIM BOARDING no**
- 10:00AM - 5:30PM**
- NO DOGS ON THE BEACH no**
- 24 HRS. MAY 1 - SEPT. 30**

### WARNING!



**DANGEROUS SHOREBREAK**



**SHALLOW WATER NO DIVING OR FLIPS**

**STRIKING THE OCEAN BOTTOM WITH YOUR HEAD, NECK OR BACK MAY CAUSE SERIOUS INJURIES, PARALYSIS OR DEATH!**

**HIGH TIDE  
LOW TIDE  
H2O TEMP.**

**SURFING BEACHES  
NORTH  
SOUTH  
INLET**

**BEACH PATROL ON DUTY 10:00-5:30**

EMPLOYMENT INFO JR, BEACH PATROL  
410-289-7556 410-250-0125  
[ocbp@ocean.com](http://ocbp@ocean.com)



Discover an ocean of Fun!  
Ocean City Recreation & Parks

[www.ocean.com/ocbp](http://www.ocean.com/ocbp)

### SUN PROTECTION FACTOR GUIDE SPF



ver.5212a

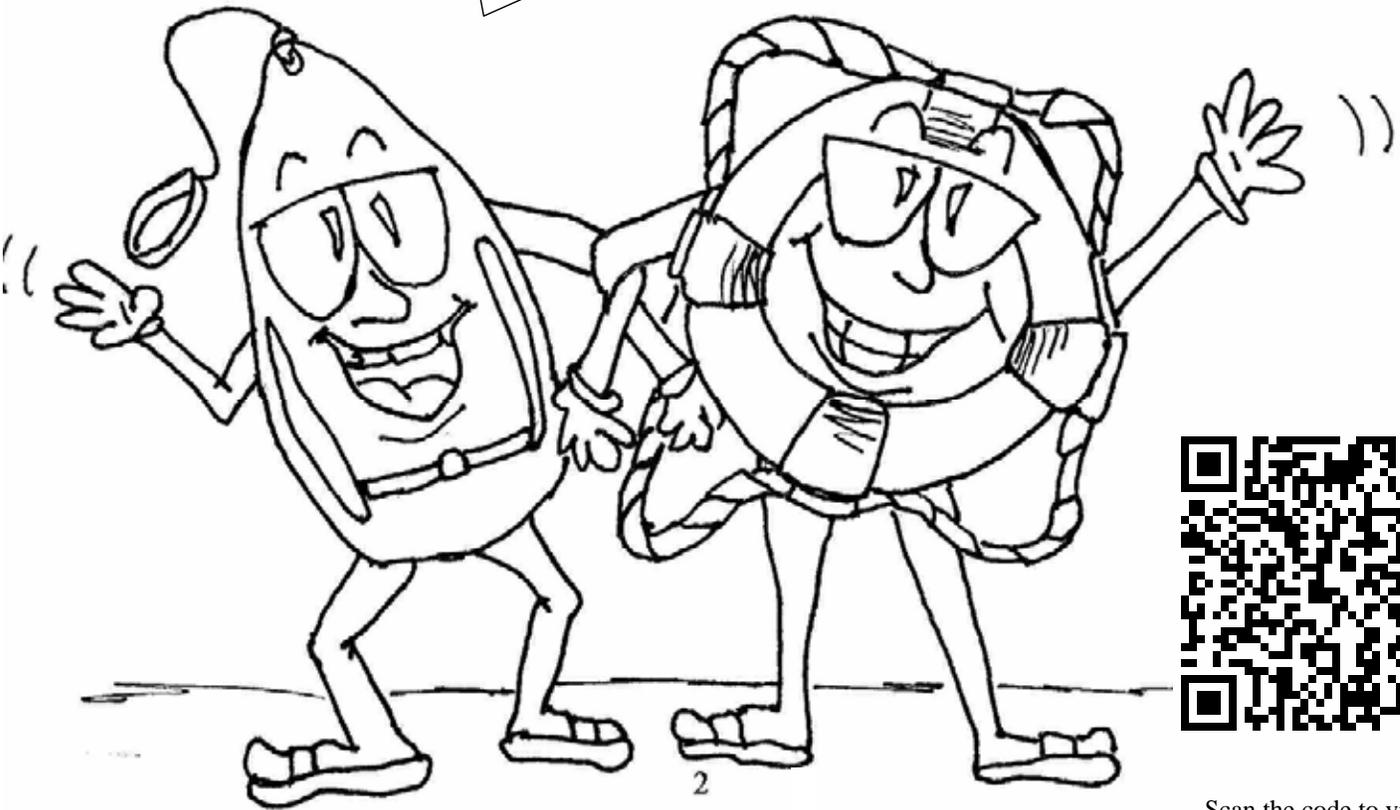
SUN TYPE	EXPECTED TIME IN SUMMER SUN	1 HR.	2 HRS	3 HRS	4 HRS	5 HRS
VERY FAIR EXTREMELY SENSITIVE Normal skin No freckles		SPF 15	SPF 30	SPF 30	SPF 30	SPF 45
FAIR/SENSITIVE Fair skin Some freckles		SPF 8	SPF 15	SPF 30	SPF 30	SPF 30
Good Fair skin Some freckles		SPF 8	SPF 15	SPF 15	SPF 30	SPF 30
MEDIUM Fair skin Some freckles		SPF 4	SPF 8	SPF 8	SPF 15	SPF 30
DARK Dark skin Some freckles		SPF 2	SPF 4	SPF 4	SPF 8	SPF 15

**A note to parents and teachers:**

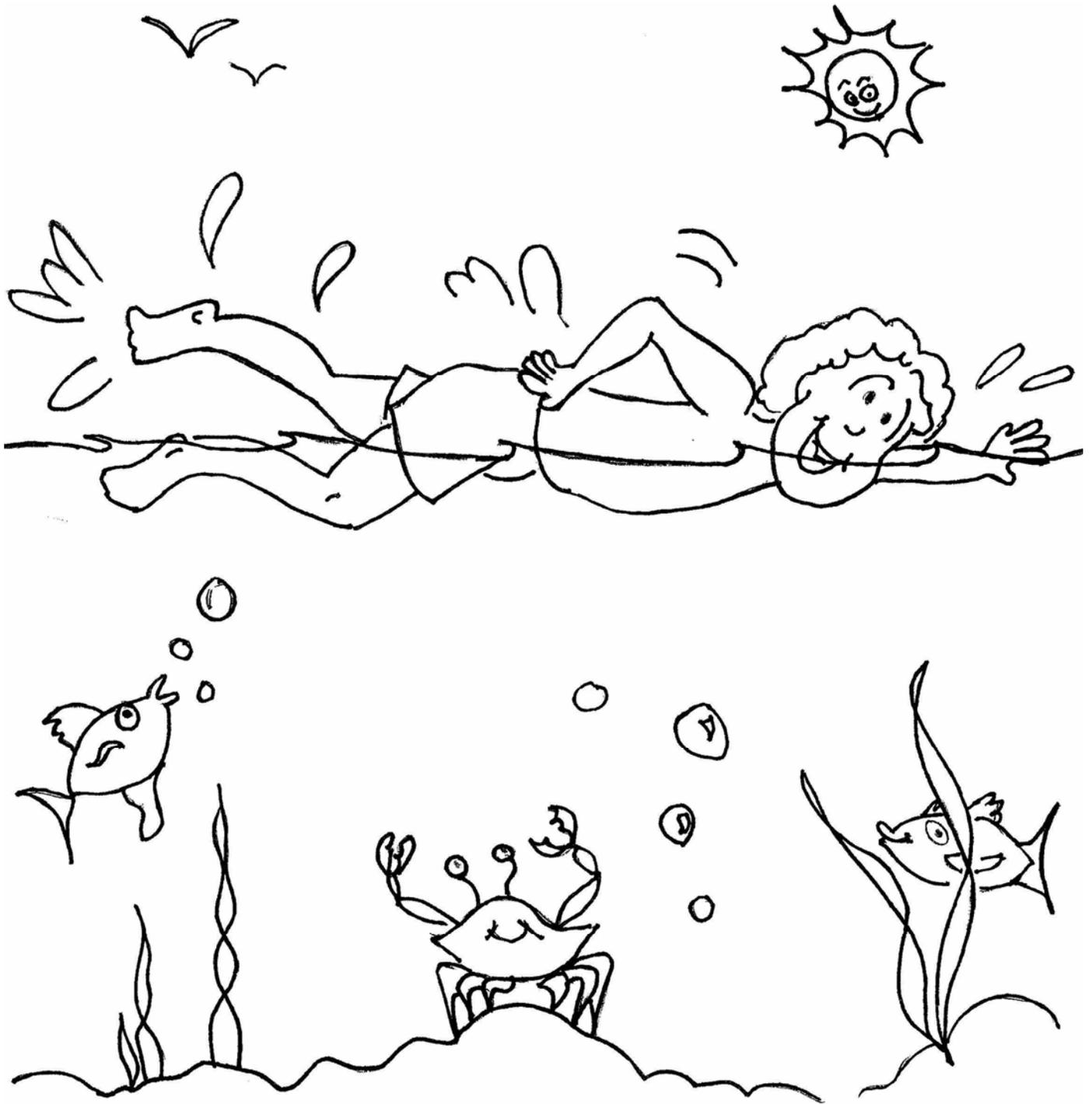
This coloring and activity book may be used to instruct children in some of the basics of water and beach safety. We recommend that you go through the book with your child/children and read each page. Discuss how the message on each page applies to them. The teaching guide in the back of the book elaborates on the safety tips. There are also suggested activities that will help reinforce what the children have learned and will suggest topics for discussion. You will find several pages of puzzles with a water and beach safety theme.

Please take a little time with your child to study this book and help protect one of our most precious resources..... Our children!

Hi, I'm Bobby the Buoy and this is my friend, Ringo. Going to the beach is lots of fun, but sometimes it can also be dangerous. We want to help you learn how to be safe at the beach. Follow the tips in this Coloring Book and you are sure to have fun the next time you go to the beach !



Scan the code to visit the OCBP website.



Learn how to swim. If you don't know how to swim, don't go in the water. If you already know how to swim, sign up to be in our Junior Beach Patrol Program. For more information about this program see page 21.

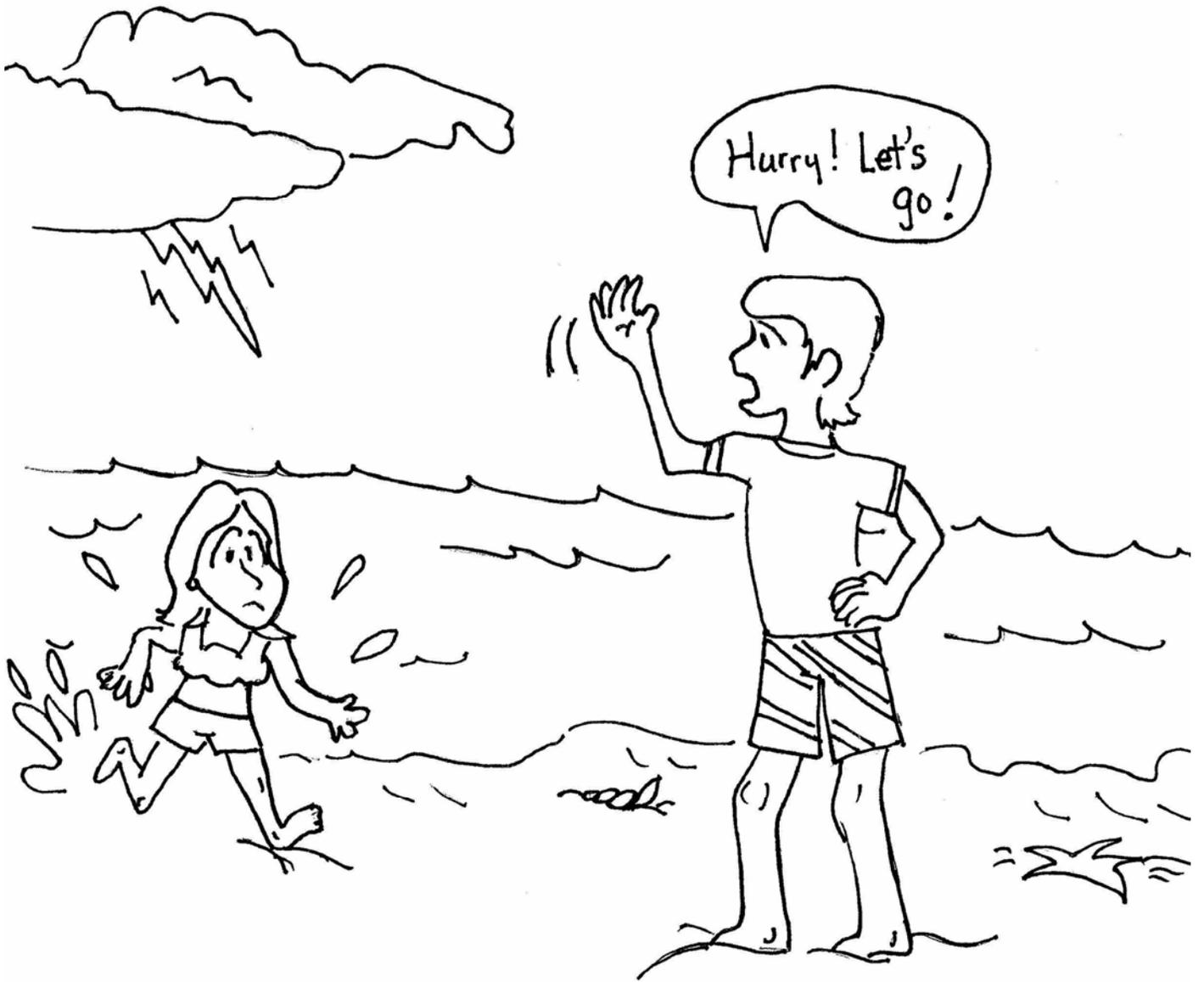




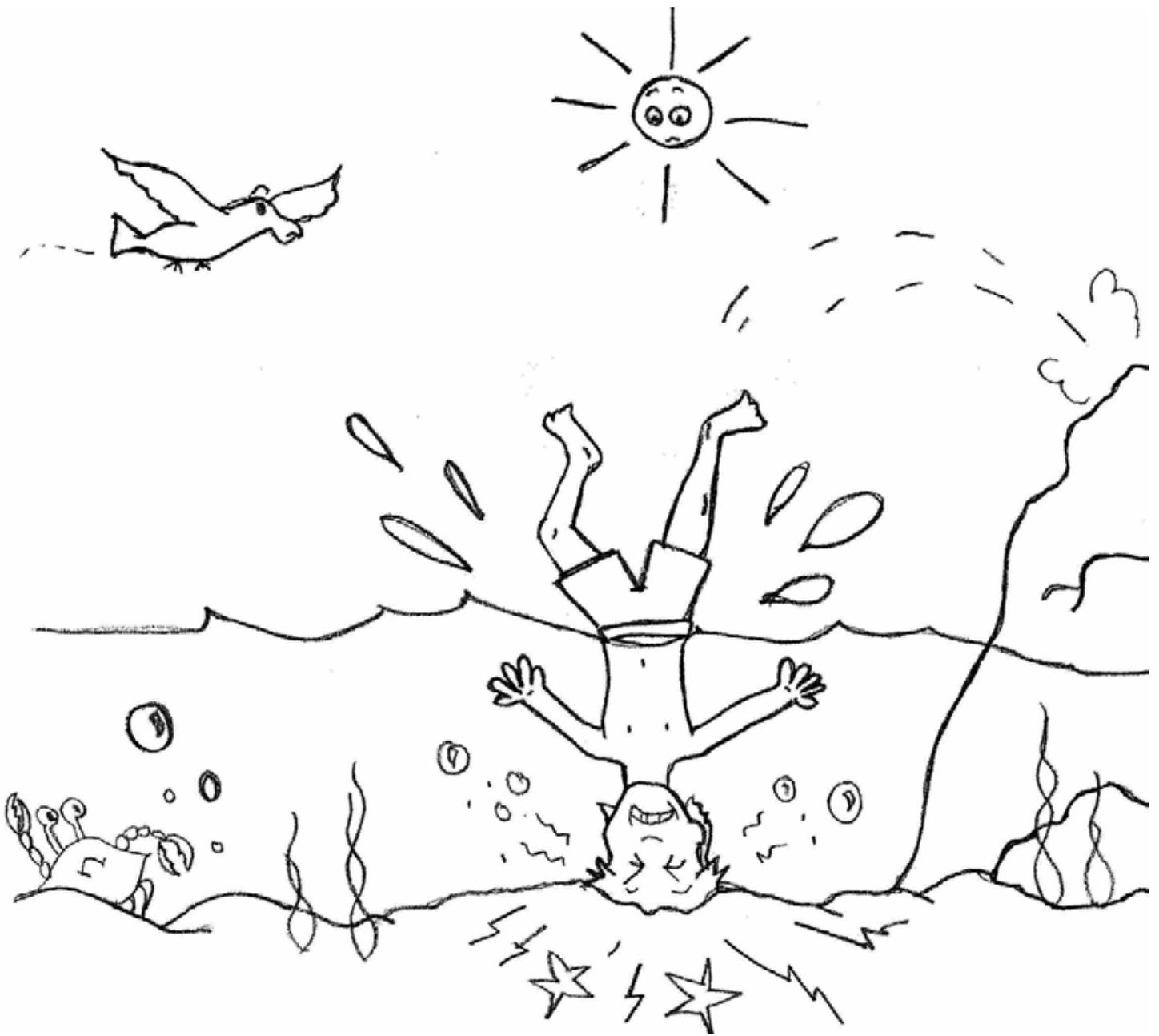
Always swim with a friend and only swim when a lifeguard is on duty. The lifeguard at the beach is your friend. Ocean City lifeguards are on duty every day from 10:00 am until 5:30 pm. Feel free to ask the lifeguard on duty about any potential dangers on your beach. They want you to be safe and they will be more than happy to answer any questions.



If you get lost, go to the nearest lifeguard and tell them that you are lost. The lifeguards will help you find your family.



Get out of the water and leave the beach if you see lightning or hear thunder. The lifeguards are in constant communication with the National Weather Service and will clear the beach if lightning is near. Listen to the directions of the lifeguard at your beach at all times and do what they say.



Never dive headfirst into the water! The water may not be as deep as it looks. Never dive off of piers, rock jetties or surfboards. Diving in shallow water can be dangerous and can even cause you to become paralyzed.



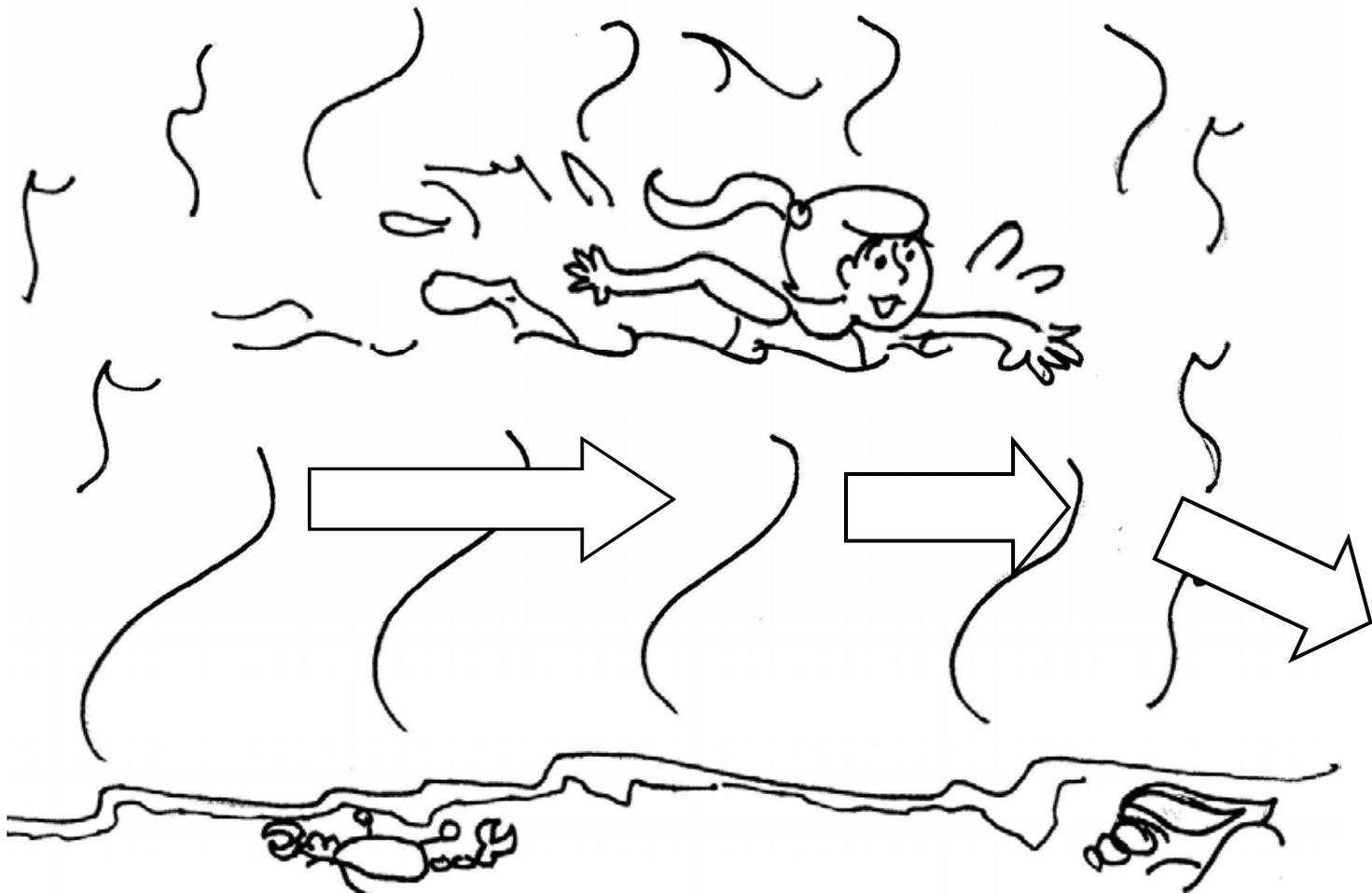
Stay away from the big waves that crash onto the shore.

*What is dangerous shore break? Shore break is a condition when large waves break directly on shore. These waves can throw swimmers onto the sand very hard. These waves are unpredictable and dangerous because they can cause shoulder, neck and back injuries to even the most experienced swimmer. When body surfing, we recommend doing so with your head up and your arms out in front of your body to protect yourself.*





When bodyboarding or bodysurfing, keep your arms out in front of you and remain on the back half of the board. If you are using a leash, it should be attached to your wrist.

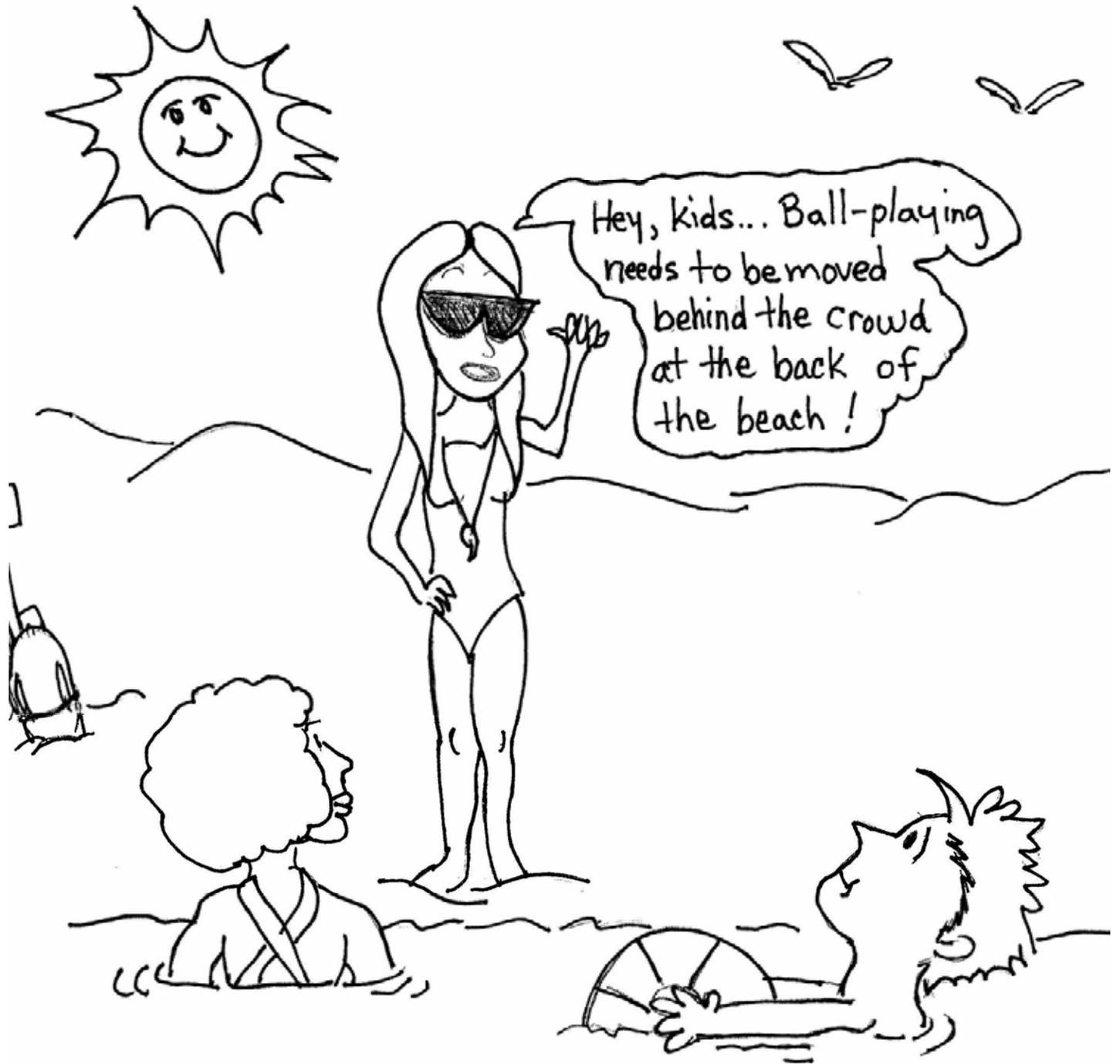


A **rip current** is a powerful current that can pull a swimmer away from the beach. If you think you are caught in a **rip current**, don't panic. Shout for help and swim parallel to the beach about the length of a backyard pool. Then swim at an angle away from the rip current until you reach the shore. Remember, **RIP**  
**R** = **R**elax, **I** = "**I** need help!" **P** = Swim **P**arallel





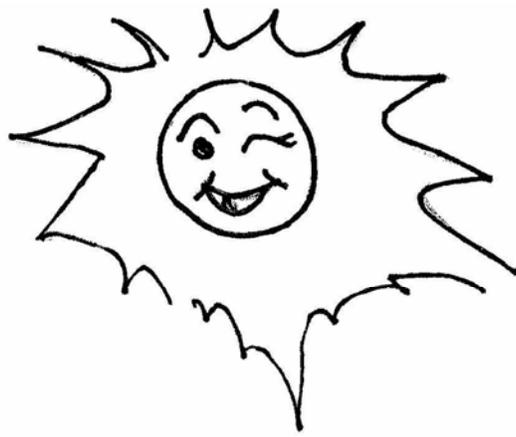
Be careful when digging holes. No hole should be deeper than the knees of the shortest person near the hole. Sand is very unstable and may suddenly collapse without warning and cause a suffocation emergency.



Obey all laws, ordinances, rules and directives of lifeguards. If you hear a whistle, stop what you are doing and look directly at the lifeguard to make sure he/she is not trying to tell you something.



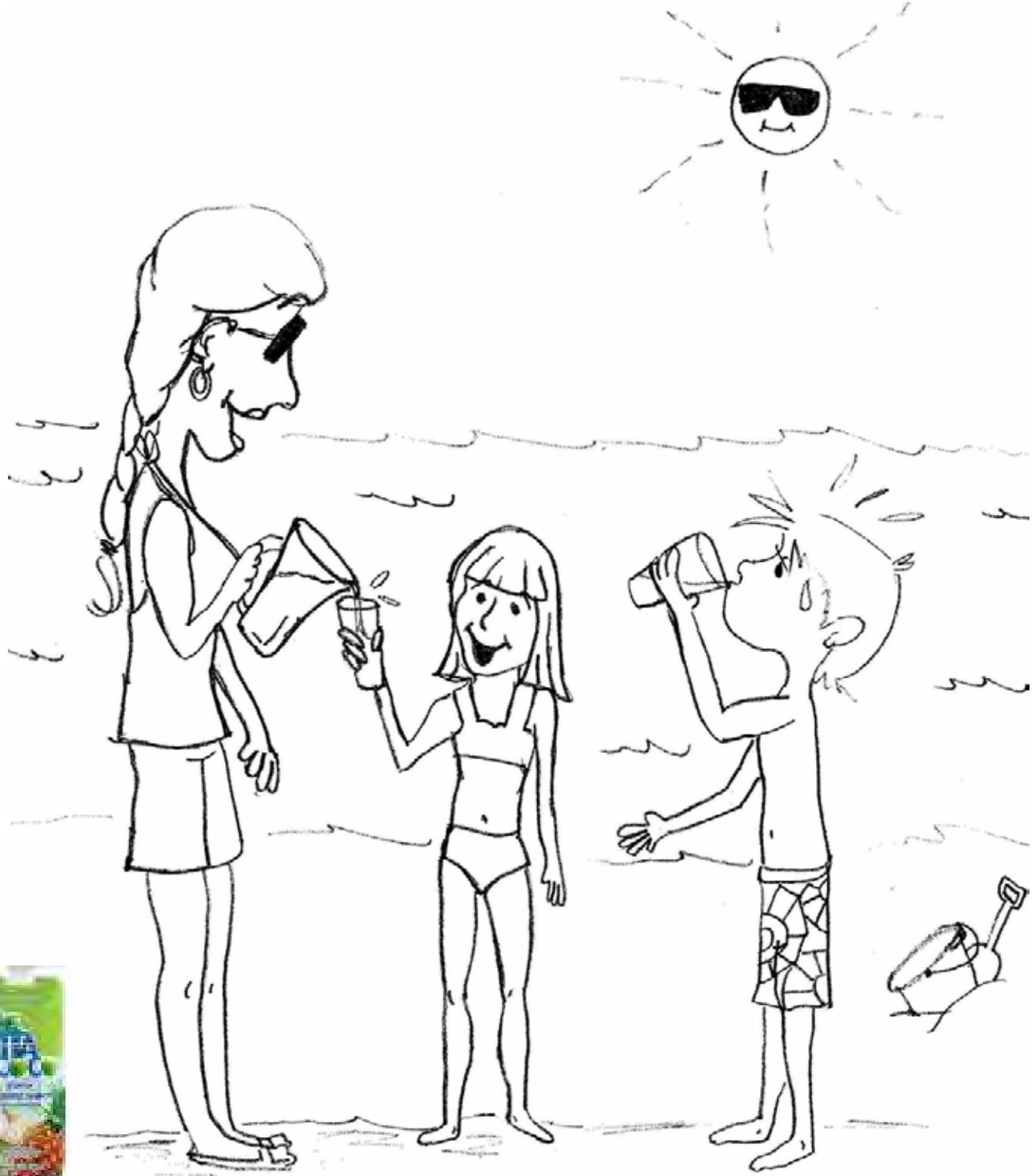
If you see someone in trouble tell the lifeguard right away. If lifeguards are not on duty, tell an adult. Never try to swim out to help someone who is in trouble in the ocean. Go get help for them.



Ocean City Beach Patrol lifeguards use Panama Jack products to protect their skin.

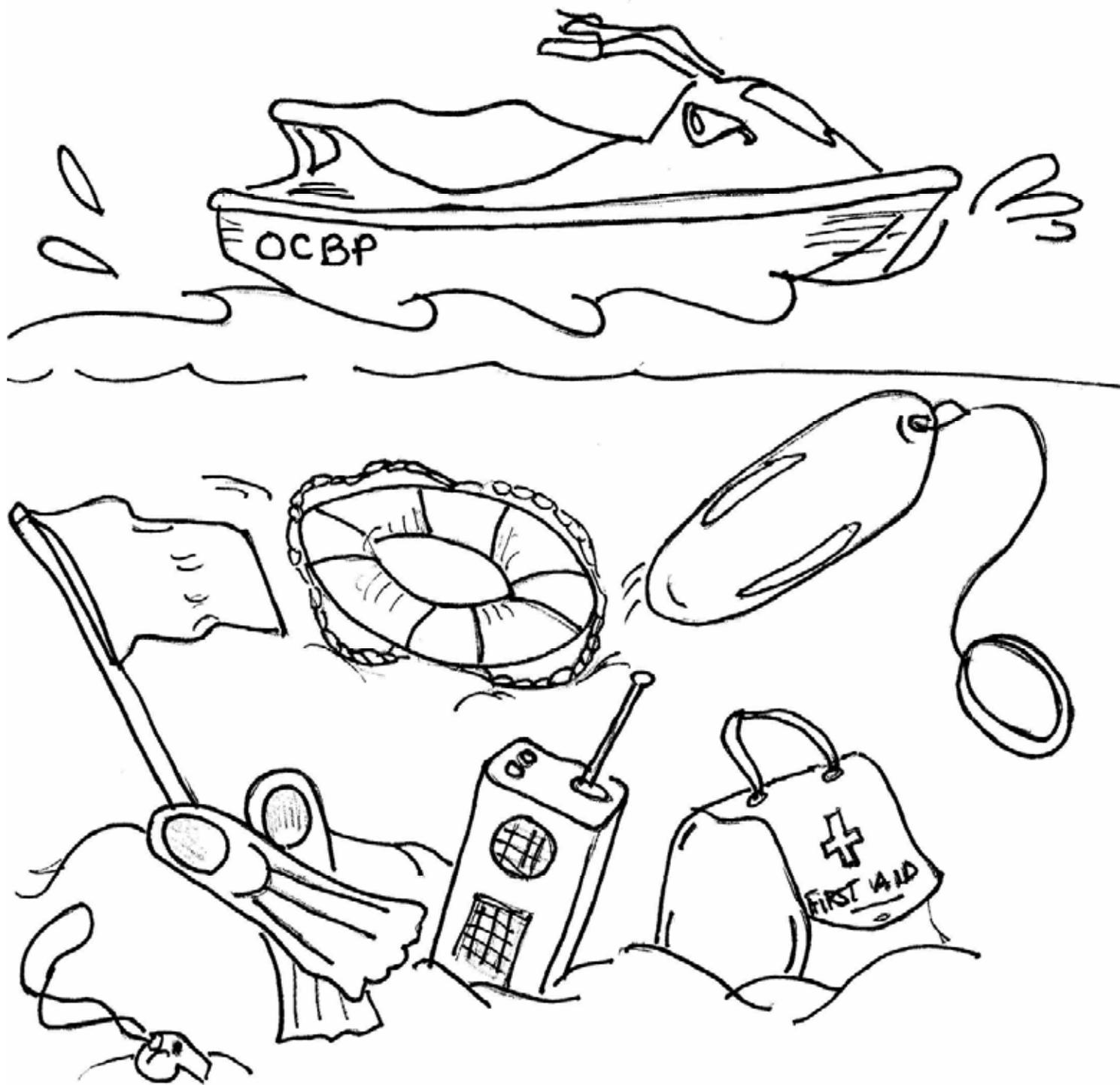
Remember to apply sunscreen with a minimum of SPF 30, thirty minutes before going outdoors and again every two hours even if your sunscreen is waterproof. Apply sunscreen to your whole body; your bathing suit can move and expose unprotected skin. There is no such thing as all-day protection. Sunburn is the most common injury that happens to people at the beach.

*A blistering sunburn during adolescence doubles the chance of developing skin cancer later in life.*



When you are outside in warm weather, your body needs plenty of water. Remember to drink lots of water even if you are not thirsty. Dehydration can be a serious problem, so drink plenty of liquids. Water is best, although our guards often like to hydrate with the delicious *Vita Coco* Coconut Water, the all-natural, super-hydrating, nutrient-packed, potassium-stacked, mega-electrolyte coconut water!

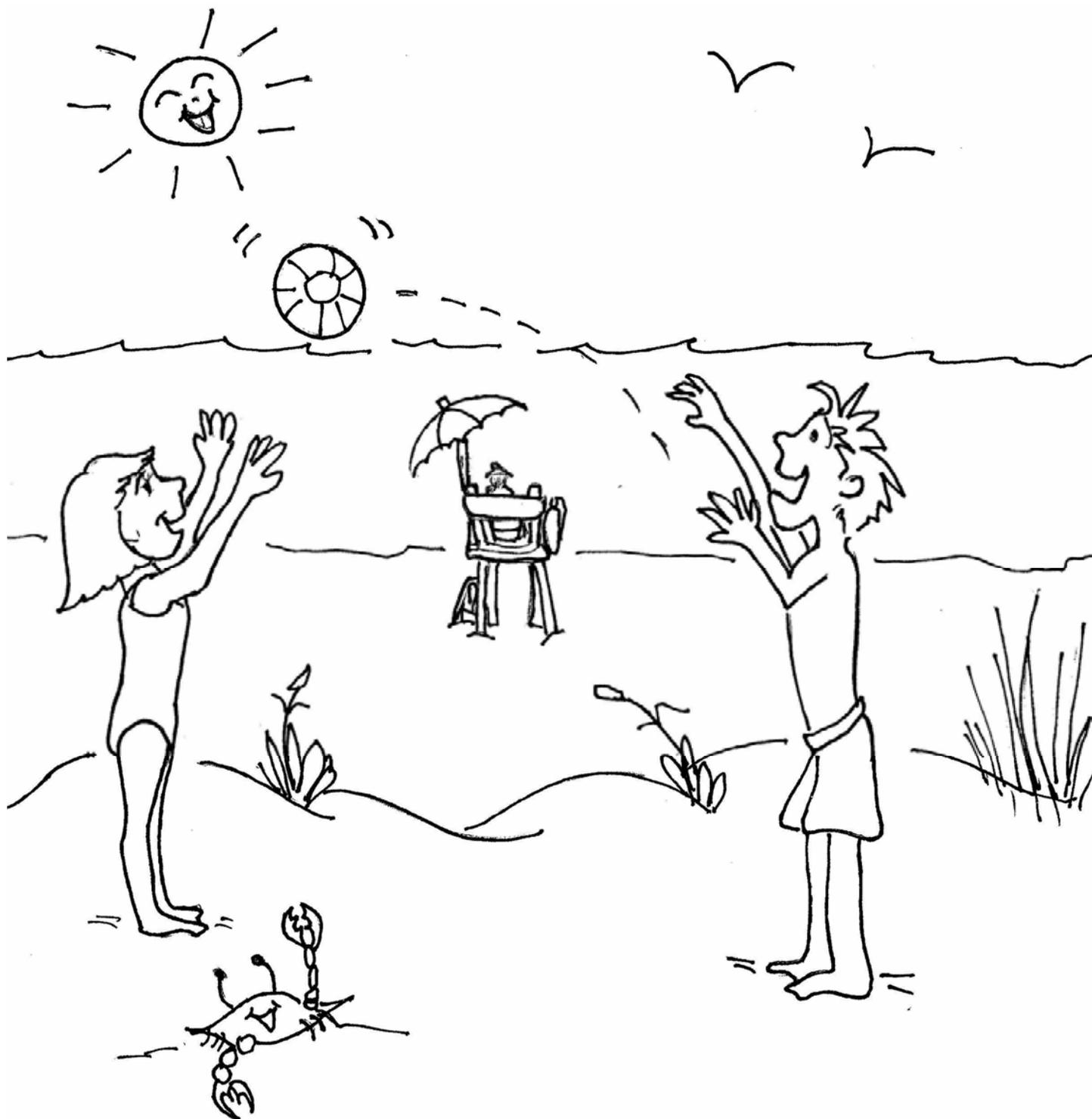




Lifeguards are trained in first responder skills and surf rescue. They use many kinds of rescue equipment.



Some lifeguards patrol the ocean with personal watercraft for the safety of swimmers.

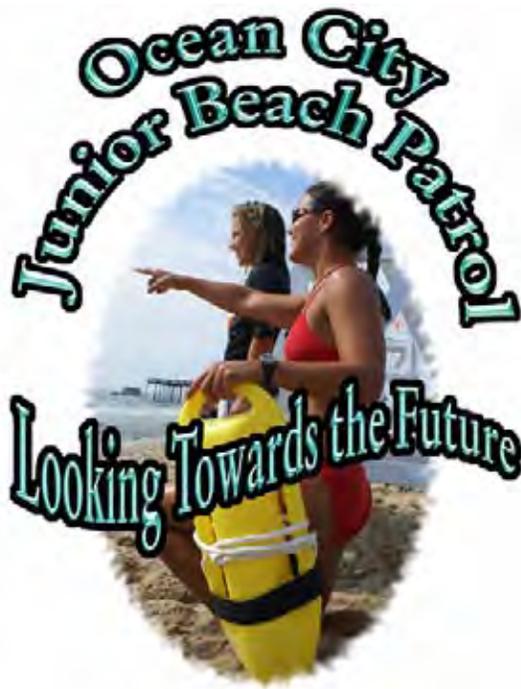


Play ball behind the lifeguards and away from other people on the beach. The back of the beach is usually the best place to play ball. Remember all of the safety tips in this book in order to have a safe and fun time at the beach!

## Ocean City Beach Patrol Safety Tips

By following these safety tips, you and your family can enjoy a fun and safe day at the beach.

- Learn to swim.
- Never swim alone and always swim when the lifeguards (Surf Rescue Technicians- SRTs) are on duty 10:00- 5:30.
- Ask the SRT about water conditions.
- Do not go on the beach if you see lightning or hear thunder.
- Stay away from the big waves that crash directly onto the shore.
- Never dive head first into the waves. And never jump or dive into the water from a pier or rock jetty.
- Keep your arms out in front of you when body boarding or body-surfing.
- If caught in a rip current, swim parallel to the shore until you are out of the rip current. Then swim at an angle away from the rip current toward the shore. Remember **RIP** **R** = **R**elax, **I** = "**I** need help!" **P** = Swim **P**arallel
- If you are in trouble, call or wave for help. If you see someone else in trouble, tell the SRT right away.
- Report dangerous situations to the SRT
- Remember to apply sunscreen (SPF 30 or greater) before going outdoors and don't forget to reapply sunscreen every two hours or more frequently; especially if swimming.
- Be sure to drink plenty of water to remain hydrated while out in the hot sun.
- Never drink alcohol or use drugs that are not prescribed for you. They could alter your ability to make smart decisions.



The OCBP offers a Junior Beach Patrol program each summer to individuals ages 10-17. Once enrolled, they have the opportunity to experience the training and daily routine of real "Surf Rescue Technicians" (SRT's). The program models itself after the training, workouts, duties and responsibilities of the SRT and focuses on the development of skills associated with the enjoyable and safe use of the beach environment. It is designed to instruct boys and girls in the skills and techniques of beach safety, water safety, surf rescue and physical fitness. Registration for these programs begins in early March each year and, depending on availability, registration can occur up until the day the program begins. Many SRT's made their start in lifesaving in the Junior Beach Patrol. This is a 4-day program offered each week beginning in July through mid August. There is also a one afternoon introductory camp offered on Thursdays. It is a great way for parents and children to enjoy a day at the beach. Parents can stake out their spot on the beach for the day and sit back and relax and enjoy watching their children experience the Junior Beach Patrol program. For more information on the OCBP Junior Beach Patrol follow the link on the Beach Patrol's main web page or call Recreation and Parks Department at (410) 250-0125.



## Teaching Activity and Study Guide to go along with coloring pages

**Page 3:** Going to the beach should be fun and safe

**Activity:** Understanding the ocean is very important- the more you know about how waves, wind and tides affect conditions in the water, the better able you are to keep yourself safe, or even to warn others away from danger. Recognizing danger signs and awareness of surf conditions is an essential way to keep yourself, family and friends safe. Have your child identify any potential dangers at the beginning of each beach outing.

**Page 4:** Learn to Swim - The best water safety advice we can give is to learn to swim properly. Lessons are available from the American Red Cross, YMCA, community school programs and many local pools.

**Activity:** If you are a weak swimmer or don't know how to swim at all, enroll in a swimming class today!

**Page 5:** Swim with a friend and only when a lifeguard is on duty.

**Activity:** Talk about why there should be a grown-up present to supervise swimmers. The adult who is supervising should be watching the swimmer, not reading a book or snoozing.

**Page 6:** Go to the nearest lifeguard stand if you are lost

**Activity:** Introduce yourself to the lifeguard at your beach. Getting children familiar with the lifeguards will make it easier for them to approach a lifeguard if they need help. Lifeguards hold safety seminars on Sundays at 11:00 on the beach and are available at the Life Saving Station Museum at the Inlet every Monday at 11:00 a.m. to teach about the Beach Patrol and inform the public about beach safety.

**Page 7:** Leave the beach if you hear thunder or see lightening.

**Activity:** Explain to children that The Ocean City Beach Patrol is in constant contact with the weather service and is aware of the current weather situation at all times. There are many documented cases throughout the country of people being hit by lightning while the sun is shining (called a bolt from the blue). The Beach Patrol is not only in constant contact with the weather service but they have constant communication with each other up and down the beach as well. The Beach Patrol's primary concern is your safety and will clear the beaches if they are not safe. There have been at least ten documented cases of people who have been struck by lightning while on the beach (not in the water) and several have been killed in the past 35 years on Ocean City beaches. While vacationing on the beaches in OC you may or may not notice the lifeguards communicating with each other but please heed their warnings and leave the beach if asked to do so even if you do not see lightening. Due to constant monitoring of the weather and their communication systems, they are aware of dangers that you might not be able to see. Beaches are among the most vulnerable places to be during an electrical storm according to weather researchers.

**Page 8:** Never dive into waters of unknown depth. Diving headfirst can result in serious injury

**Activity:** Talk about why diving is dangerous. Explain how most beach-related neck and back injuries are caused by the tremendous strength of the ocean's waves forcing a person's neck and back into harmful, unnatural positions.

**Page 9:** Stay away from the big waves that crash on the shore.

**Activity:** Learn about shorebreak. Ask your lifeguard if there is any danger of shore break throughout the day.

**Page 10:** Keep your hands out in front of you when bodyboarding or bodysurfing

**Activity:** Show children the proper technique. Ask them if they could teach someone else the proper technique and explain how it will protect their head and neck.

**Page 11:** Swim parallel to shore if caught in a rip current

**Activity:** Draw what a rip current looks like in the sand. Explain how 80% of all beach rescues are related to rip currents. Show how a rip current is a channel of water that flows away from the shore. Rip currents often form at breaks in sandbars and near jetties and piers. They can be narrow or more than 50 yards wide. Rip currents are common and can be found on many beaches. Always ask a lifeguard about water conditions

**Page 13:** Obey all laws and ordinances.

**Activity:** Know the laws and ordinances. The ones that pertain to the beach are located on the back of each lifeguard stand.

**Page 14:** If you see someone in trouble tell the lifeguard right away.

**Activity:** Lifeguards are highly trained individuals that constantly scan their area while on duty. If you spot someone in trouble never hesitate to inform the lifeguard.

**Page 15:** Always apply sunscreen before outdoor activity.

**Activity:** Reduce your risk of sunburn and more importantly, skin cancer. Apply sunscreen with a minimum of SPF 30 a half hour before going outdoors. If you are going to be in the water make sure your sunscreen is waterproof. Reapply sunscreen every two hours or more frequently if you are swimming.

**Page 16:** Lifeguards often freeze bottles of water from which they can drink throughout the day. Always be prepared when going to the beach and bring water.

**Page 17:** Lifeguards are trained in first responder skills

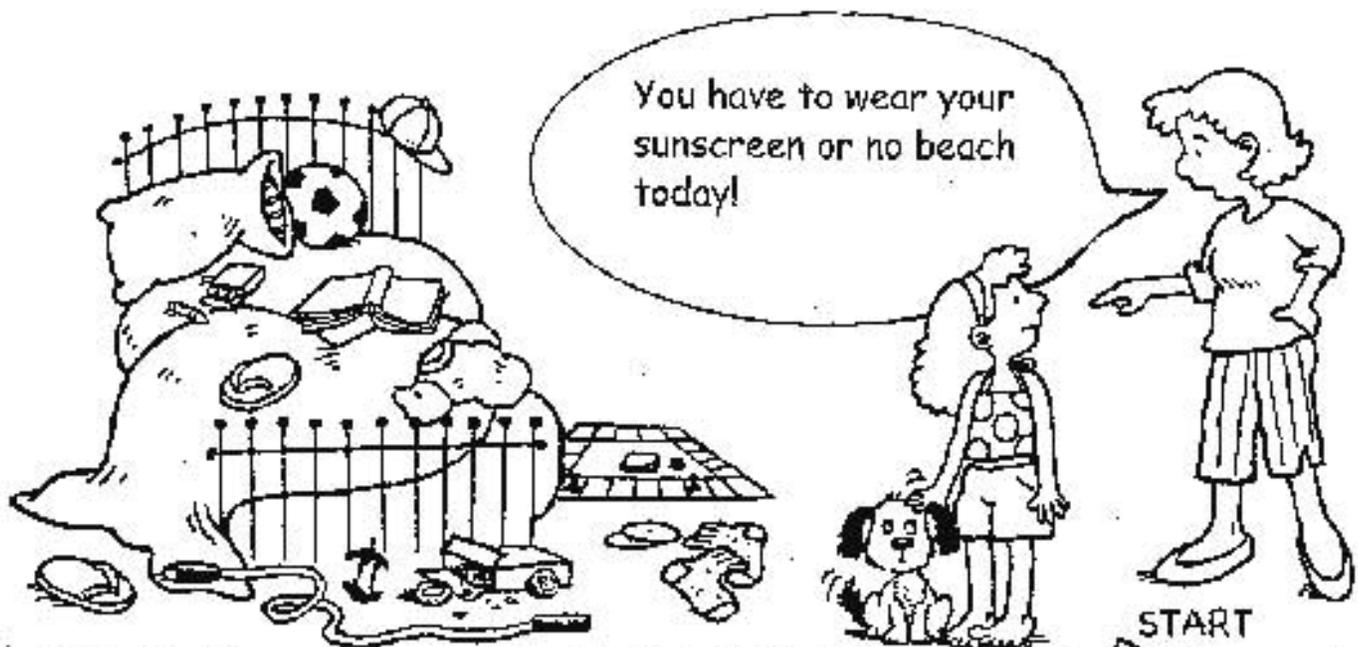
**Activity:** See how many pieces of rescue equipment you can spot at your beach

**Page 18:** Lifeguards also patrol the ocean with boats or personal watercraft.

**Activity:** Can you tell which boaters are lifeguards out in the ocean?

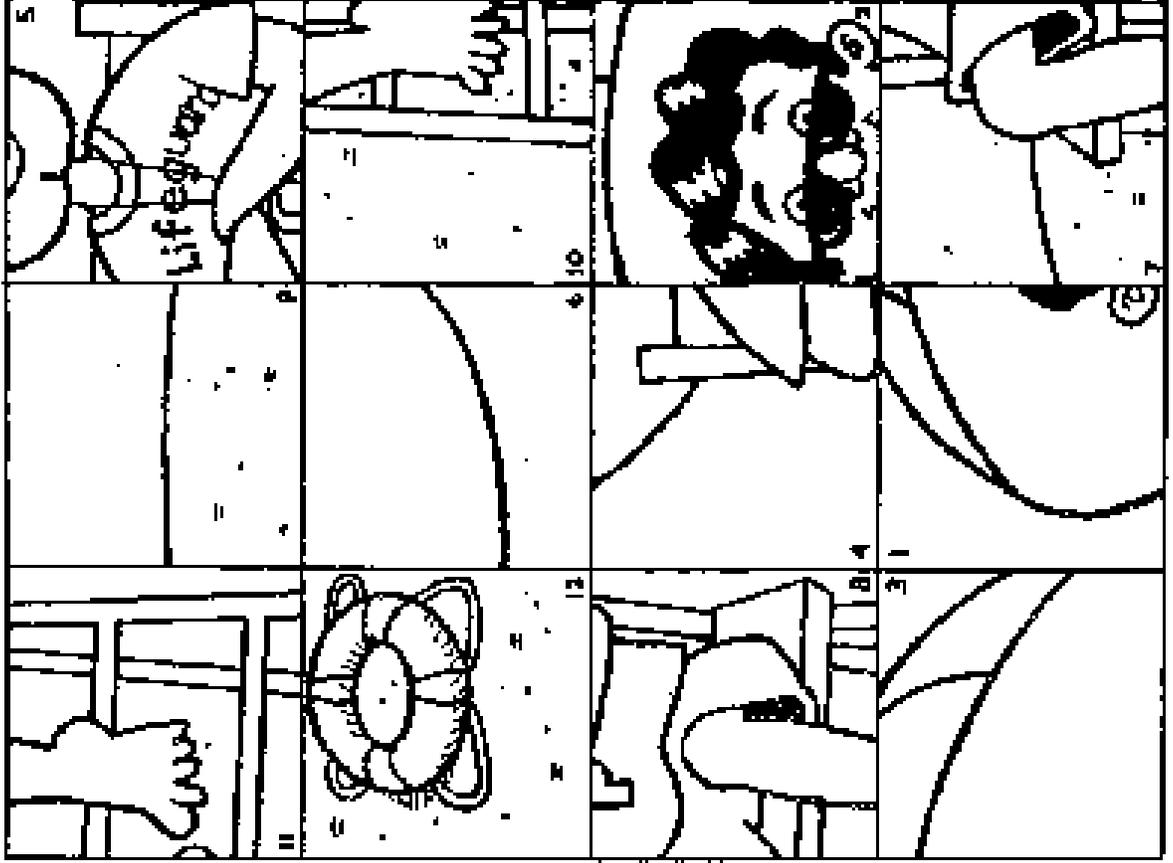
**Page 20:** Remember "Safety Tips" will help you to have a fun safe time at the beach.

**Activity.** Go over the safety tips often before visiting the beach for the day. See how many your child can memorize.



Copy the number in the boxes on the left in the correct box on the right to unscramble the picture. Then try to copy what's on the left in the correct position on the right. (Hint: You should always obey this person at the pool or the beach.)

# SAFETY SCRAMBLE




## Unlock the Code

OCBP Lifeguards use semaphore to communicate. Figure out the water safety tips with semaphore. Write the letter in the box to the left of the lifeguard to complete the safety tips.

1. Swim with a        , never alone.

2. Swim     a lifeguard.

3. Never dive headfirst into      break.

4.     the lifeguard.

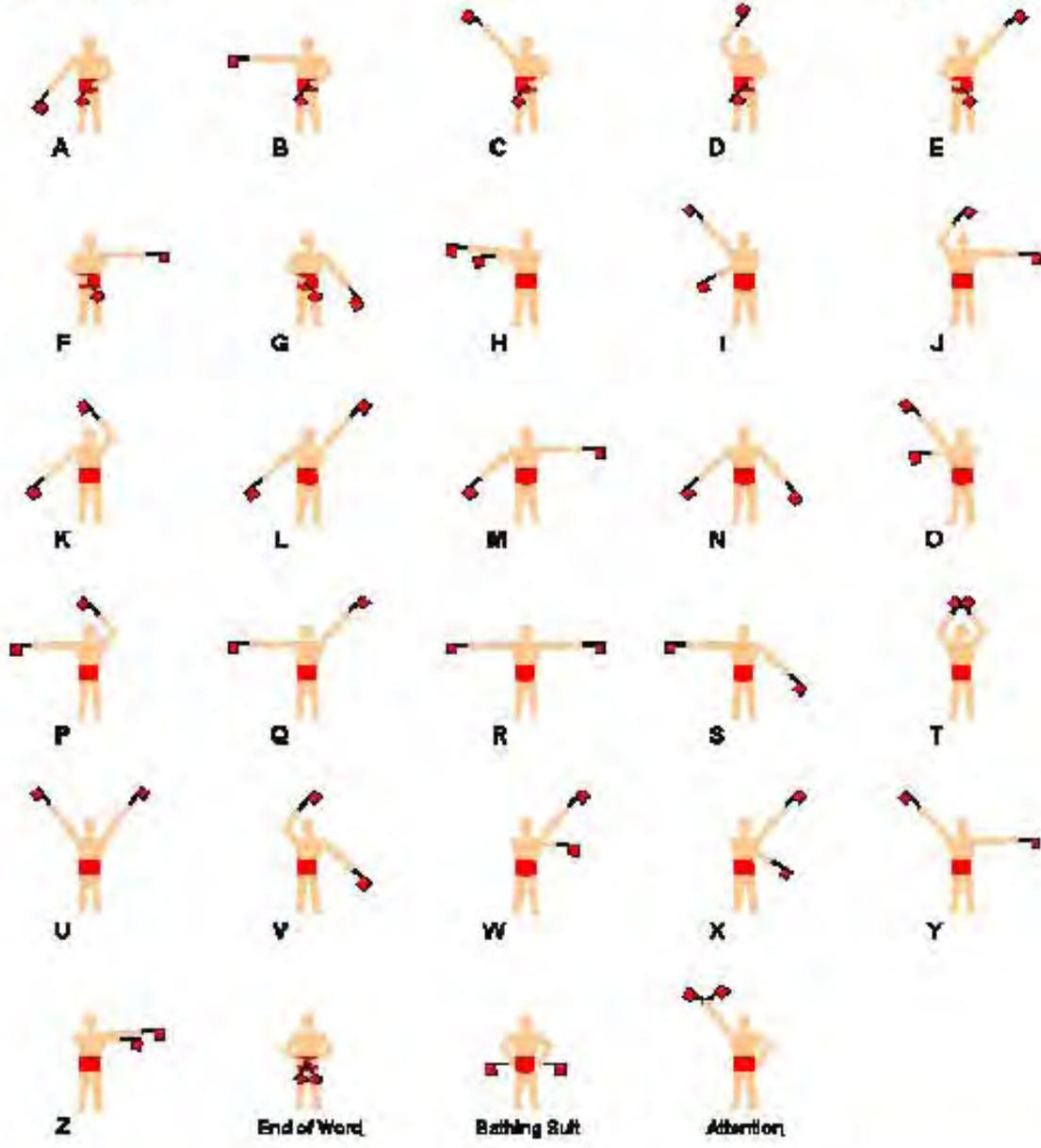
5. When boogie boarding, keep your     out in front of you.



# OCEAN CITY BEACH PATROL



## Semaphore Alphabet (Facing Sender)



[WWW.OCEAN.COM/OCBP](http://WWW.OCEAN.COM/OCBP)

e-mail = [ocbp@ococean.com](mailto:ocbp@ococean.com)



Keep your feet in the sand,  
until the lifeguard's in the stand!



Discover an ocean of Fun!

Ocean City Recreation & Parks



Phone:(410)289-7556  
**OCBP Headquarters**  
109 Dorchester Street  
Ocean City, MD 21842



Keep your feet in the sand,  
until the lifeguard's in the stand!



## Get to Know Your Beach Patrol An Organization Dedicated to A Safe and Enjoyable Beach Environment for You

The Ocean City Beach Patrol is a division of the Department of Recreation and Parks. The OCBP consists of over 200 men and women dedicated to ocean rescue and maintaining a safe and orderly environment along the 10.5 miles of Ocean City's beautiful beaches. We invite you to learn more about the OCBP and what it is like to be a member of this professional organization. We hope this information will assist you in understanding the operations of our division and our efforts to keep the guests that visit here safe.



**SRT** stands for Surf Rescue Technician (Lifeguard). This is the title earned by the men and women who have demonstrated competency in the techniques and skills required for surf rescue. The SRT's duties include educating the public, warning swimmers of potential danger, rescuing distressed swimmers, responding to emergency situations, administering first aid, reuniting lost and found individuals, enforcing city ordinances, and other duties as assigned. The Beach Patrol is on duty everyday from 10:00 a.m. to 5:30 p.m. starting the Saturday of Memorial Day weekend and continuing 7 days a week though the Sunday of Sunfest Weekend, usually the third Sunday after Labor Day. After labor day, the Beach Patrol begins implementation of the Fall coverage scheme. Fall coverage extends until the Sunday of Sunfest weekend. Fall coverage is a change in standard operating procedures as well as placement of guard stands along the beach. Surf Rescue Technicians will be on duty between the hours of 10:00am and 5:30pm. After Sunfest weekend the Beach Patrol no longer mans guard stands on the beach, but roaming patrols on four-wheel-drive vehicles continue to monitor the beach through the end of October. The purpose of these patrols is to be available should beach goers not heed our strong warnings of, "Never swim when Surf Rescue Technicians are not manning the lifeguard stands."

The mission of the Ocean City Beach Patrol is to provide for the safety and well-being of the beach patrons of the Town of Ocean City, Maryland, who participate in beach and ocean-related activities. This mission includes **educating** the public, **preventing** potential accidents, and **intervening** when necessary and appropriate, both on the beach and in the adjacent Atlantic Ocean waters. The Patrol intends to fulfill its mission by:

- Recruiting the most highly qualified candidates.
- Employing qualified individuals for administrative and educational positions, competent surf rescue technicians, and public-minded surfing beach facilitators.
- Training personnel with the most current information, technology and equipment.
- Outfitting personnel with current, well-maintained, and appropriate equipment.
- Upholding the highest standards of professionalism; to present knowledgeable, capable, and reliable Surf Rescue Technicians to the general public.



Panama Jack is a proud sponsor of the Ocean City Beach Patrol, providing protection from the sun's harmful rays while the Patrol provides protection for beach patrons. Protect your skin like the lifeguards do.