



OCEAN CITY BEACH PATROL

WEEKLY BULLETIN

Week of August 30, 2010 to September 5, 2010

MONDAY, AUGUST 30, 2010

Officer-in-Charge: Lt. Ward Kovacs

WEEKLY MEETING: CONVENTION CENTER - 40TH STREET

AREA MEETING WITH SERGEANTS: 800hrs

CREW CHIEF MEETING: 0800hrs

SEMAPHORE TEST: 0820hrs—REQUIRED TO PASS PROBATIONARY STAGE

CREW MEETING: 0830hrs (Turn in individual stats, get schedule and assignments, information from Crew Chief)

OFFICERS' MEETING: 0830hrs

GENERAL MEETING: 0845hrs

LIEUTENANTS' MEETING: Cancelled

OCBPSRA: None

Opportunity to Compete: None

Workout: 3 rounds of: 25 v-ups, 25 lunges, 20 jump lunges, 10 tuck jumps

Surfing Beaches: Inlet/22nd/91st St.

Tides: High: 1218hrs

Low: 0539hrs and 1823hrs

Special Events: None

TUESDAY, AUGUST 31, 2010

Officer-in-Charge: Lt. Ward Kovacs

OCBPSRA: None

Opportunity to Compete: None

Workout: Perform 25 Dive Bomber Push Ups, 25 Supermenj

Surfing Beaches: Inlet/20th/89th St.

Tides: High: 2432rs and 1306hrs

Low: 0623hrs and 1917hrs

Special Events: None

S.R.T. Name:	Monday 8/30/2010	Tuesday 8/31/2010	Wednesday 9/1/2010	Thursday 9/2/2010	Friday 9/3/2010	Saturday 9/4/2010	Sunday 9/5/2010	CREW
Daily Assignment								
Rescues								Totals
Preventative actions								
First Aids								

WEDNESDAY, SEPTEMBER 1, 2010

Officer-in-Charge: Lt. Ward Kovacs

Opportunity to Compete: None

Workout: 3 rounds of 50 lunges followed by 10 broad jumps

Surfing Beaches: Inlet/18th/87th

Tides: High: 0120hrs and 1402hrs

Low: 0715hrs and 2016hrs

Special Events: None

THURSDAY, SEPTEMBER 2, 2010

Officer-in-Charge: Lt. Ward Kovacs

Opportunity to Compete: None

Workout: 3 rounds of: 50 knee to elbow bicycles, 25 mountain climbers, 10 V ups

Surfing Beaches: Inlet/16th/85th

Tides: High: 0218hrs and 1505hrs

Low: 0812hrs and 2118hrs

Special Events: None

FRIDAY, SEPTEMBER 3, 2010—Pay Day

Officer-in-Charge: Lt. Mike Stone

Opportunity to Compete: None

Workout: 3 rounds of: 40 push ups, 20 torso rotation, 10 clap push ups

Surfing Beaches: Inlet /14th/83rd

Tides: High: 0324hrs and 1611hrs

Low: 0915hrs and 2221hrs

Special Events: Labor Day Weekend Art & Craft Festival—Convention Center—1000hs to 1700hrs

SATURDAY, SEPTEMBER 4, 2010

OCBP 2011 Pre-Employment Physical Skills Evaluation #2: Dorchester St. & Boardwalk—1100hrs

Opportunity to Compete: None

Workout: 3 rounds of (20 leg raises each leg; followed by 25 body squats; followed by 25 tuck jumps)

Surfing Beaches: 12th/81st St.

Tides: High: 0431hrs and 1712hrs

Low: 1019hrs and 2321hrs

Special Events: Labor Day Weekend Art & Craft Festival—Convention Center—1000hs to 1700hrs

SUNDAY, SEPTEMBER 5, 2010

Opportunity to Compete: None

Workout: 2 rounds of 25 Torso Rotations to Side Plank

2 Rounds of (20 Buoy Axe Chops with Lunge and 20 Dead Rock)

Surfing Beaches: 10th/79th St.

Tides: High: 0532hrs and 1809hrs

Low: 1122hrs

Special Events: Labor Day Weekend Art & Craft Festival—Convention Center—1000hs to 1700hrs

MONDAY, SEPTEMBER 6, 2010—Labor Day!

WEEKLY MEETING: CONVENTION CENTER - 40TH STREET

CREW CHIEF MEETING: 0800hrs

SEMAPHORE TEST: All Passed. No Testing Needed.

CREW MEETING: 0830hrs (Turn in individual stats, get schedule and assignments, information from Crew Chief)

OFFICERS' MEETING: 0830hrs

GENERAL MEETING: 0845hrs

LIEUTENANTS' MEETING: 0945hrs

Opportunity to Compete: None

Workout:

Surfing Beaches: Inlet/8th/77th St.

Tides: High: 0629hrs and 1902hrs

Low: 2416hrs and 1222hrs

Special Events: None

TUESDAY, SEPTEMBER 7, 2010

Officer in Charge: Lieutenant Ward Kovacs

FALL PATROL MEETING—HQ Training Room—0830hrs

OCBPSRA: None

Opportunity to Compete: None

Workout: TABATA (8 x 20 sec. hard, 10 sec easy) push-ups

TABATA (8 x 20 sec. hard, 10 sec easy) torso rotation

Surfing Beaches: Inlet/6^h/75th St.

Tides: High: 0723hrs and 1953hrs

Low: 0106hrs and 1319hrs

A Note on Fall Guarding: If you plan to work past Labor Day, you will need to complete a Fall Agreement form for full or part time. You must also fill out a form if you are interested in extended patrol, which begins on Sept. 27 and continues through Monday, Oct. 11, 2010.

UPCOMING BEACH PATROL EVENTS

Sept. 4	OCBP Pre-Employment Qualifying Skills Test for the 2011 Season
Sept. 6	OCBP Crew Meeting—0830hrs
Sept. 7	OCBP Fall Meeting—1 st Day of Fall Guarding—0830hrs
Sept. 12	OCBP Fall Meeting—0830hrs
Sept. 19	OCBP Fall Meeting—0830hrs
Sept. 19	Swim Across America—1.5K/3K—Gibson Sound
Sept. 26	OCBP Fall Meeting—0830hrs

Upcoming Town of Ocean City Special Events

Labor Day Weekend Art & Craft Show	Sept. 3-5	Convention Ctr-1000hrs
MD Open Water Swim	Sept. 5	
ESA Surf Series—MD States	Sept. 11-12	Inlet or 48 th St.
Delmarva Bike Week	Sept. 16-19	
Gem, Mineral, & Jewelry Show	Sept. 17-19	Convention Ctr-1100hrs
Annual Sandcastle Home Tour	Sept. 23-24	
Sunfest & Kite Festival	Sept. 23-26	Inlet & 6 th St.

<u>Stats.</u>	<u>Week 14</u> 8/16/10 to 8/22/10	<u>Week 14</u> Year-To- Date 2010	<u>Week 14</u> 8/17/09 to 8/23/09	<u>Week 14</u> Year-To- Date 2009	<u>Week 14</u> 8/18/08 to 8/24/08	<u>Week 14</u> Year-To- Date 2008
Action						
Preventions	4569	58840	9219	63067	3112	66261
Rescues	106115	2305	242	2898	104	3413
Minor First Aid	142	1575	147	1378	165	2259
Ambulance Calls	14	195	18	251	33	246
Police Calls	1	60	11	68	11	89
USCG/MDNRP	0	10	0	4	1	16
Lost/Found Persons	24	519	59	645	42	525
N. Surf Beach Population	5	1175	27	589	NA	NA
S. Surf Beach Population	130	3100	72	3914	NA	NA
Inlet Surf Beach Population	NA	NA	96	842	NA	NA
Beach Wheelchair Usage	32	390	34	369	44	392

Banquet Videos and Slide Show

If you are interested in obtaining a personal copy of any of the videos or slide shows previewed at the Awards Banquet, **let Lt. Mike Stone know.**

Official Beach Patrol Video— \$5.00.

John Dunnigan video slide show DVD- \$10.00
(see Lt. Stone for a copy)

Request for Recommendations

Between seasons, I am often asked to complete references and recommendations. If you need me to provide something like this for you, I ask that you make the request in writing. In that request you should give me any information that will help me in giving you the best possible recommendation. I will need to know whom it goes to and if there is a particular format or form that is required. It will also be helpful to remind me of some of the Beach Patrol activities that you have been involved in, such as JBP, Camps, special duties, etc. I also will need a fair amount of lead-time since personnel files are secured in Ocean City while I am in La Plata. You may send your request by e-mail or if you are required to mail to a physical address, you may use:

Captain Butch Arbin
134 West Quail Lane
La Plata, Maryland 20646

OCBP Surf Rescue Association – Price List

Water Bottles \$10.00
Travel Coffee Mugs \$10.00
Whistles \$5.00
Lanyards \$6.00
Buoy Key Chains \$4.00
Car window sticker "Ocean City Beach Patrol" \$2.00
Beach Patrol Logo Tattoos \$.25
Grey or White Ringer T-Shirts \$10.00
Sweatshirts Adult \$30.00
Child \$25.00
Captain Craig T-shirts \$10.00
Long-sleeved T-shirts \$15.00
Hats – 1 for \$6.00 or 2 for \$10.00
Swim Cap 1 for \$8.00/ 2 for \$15.00



Employee Evaluations – Not the Entire Picture

Although having satisfactory evaluations is very important, they are only one aspect of each person's summative performance rating. Employee commendations, incidents, responsibility for equipment, amount of time worked, amount of time taken off, fulfilling work agreement, and last day worked are all considered by the review panel. Only once a full and complete assessment is made will a final recommendation be made to the Captain, regarding an employee's status for the next season.

DO NOT FORGET THE BEACH PATROL WHEN YOU MAKE CHANGES

If you make any changes in the contact information that you have on file with us, it is your responsibility to let us know. If this coming season is as we predict, we will not be allowing personnel to return who have missed deadlines. Having mail returned or lost in forwarding may cause you to miss an important deadline.

E-mail – With free accounts and school accounts that are often changed you need to let us know immediately. We use e-mail to keep everyone informed of events and activities as well as confirming information and to get out quick updates.

Winter address – This is used to send U.S. mail such as newsletters, incentive checks, invitations to return, and other paperwork.

Permanent address – This address is not used by the Beach Patrol but is used by the Town of Ocean City to send tax information (W-2).

Important Notice

Please note the dates and times of the remaining weekly meetings and adjust your calendar accordingly.

Monday, September 6 (Labor Day)
Convention Center—0800hrs

Tuesday, September 7 (Start of Fall Patrol)

HQ Training Room—0830hrs

Beginning on September 12, the weekly meetings will move to Sundays at City Hall.

Sunday, September 12
City Hall—0830hrs

Sunday, September 19
City Hall—0830hrs

Sunday, September 26
City Hall—0830hrs



Tides for Ocean City Inlet--August 30 to September 6

Day	High/Low	Tide Height Feet	Sunrise Sunset	Moon Time	%Moon Visible
M 30	Low 5:39 AM	0.5	6:28 AM	Set 12:08 PM	77
30	High 12:18 PM	2.5	7:33 PM	Rise 10:12 PM	
30	Low 6:23 PM	0.7			
Tu 31	High 12:32 AM	2.0	6:29 AM	Set 1:10 PM	68
31	Low 6:23 AM	0.5	7:32 PM	Rise 10:54 PM	
31	High 1:06 PM	2.5			
31	Low 7:17 PM	0.8			
W 1	High 1:20 AM	1.9	6:30 AM	Set 2:11 PM	58
1	Low 7:15 AM	0.5	7:30 PM	Rise 11:44 PM	
1	High 2:02 PM	2.5			
1	Low 8:16 PM	0.8			
Th 2	High 2:18 AM	1.9	6:31 AM	Set 3:09 PM	48
2	Low 8:12 AM	0.5	7:29 PM		
2	High 3:05 PM	2.5			
2	Low 9:18 PM	0.8			
F 3	High 3:24 AM	1.9	6:32 AM	Rise 12:43 AM	37
3	Low 9:15 AM	0.5	7:27 PM	Set 4:02 PM	
3	High 4:11 PM	2.7			
3	Low 10:21 PM	0.6			
Sa 4	High 4:31 AM	2.0	6:33 AM	Rise 1:49 AM	27
4	Low 10:19 AM	0.3	7:26 PM	Set 4:48 PM	
4	High 5:12 PM	2.8			
4	Low 11:21 PM	0.5			
Su 5	High 5:32 AM	2.2	6:33 AM	Rise 3:01 AM	17
5	Low 11:22 AM	0.1	7:24 PM	Set 5:29 PM	
5	High 6:09 PM	2.9			
M 6	Low 12:16 AM	0.1	6:34 AM	Rise 4:16 AM	9
6	High 6:29 AM	2.5	7:23 PM	Set 6:05 PM	
6	Low 12:22 PM	-0.1			
6	High 7:02 PM	3.1			
Tu 7	Low 1:06 AM	-0.1	6:35 AM	Rise 5:32 AM	3
7	High 7:23 AM	2.7	7:21 PM	Set 6:39 PM	
7	Low 1:19 PM	-0.3			
7	High 7:53 PM	3.1			

2010-2011 Off-Season Contact Information

The following numbers and addresses will ensure that you have all available means to communicate with the OCBP.

Keep this page available for future reference.

Ocean City Beach Patrol
P.O. Box 158
Ocean City, MD 21843
410-289-7556
Rec. & Parks: 410-250-0125

Captain Butch Arbin
134 Quail Lane
La Plata, MD 20646
240-349-2834
barbin@oceancitymd.gov.com
barbin@ococean.com

Lt. Skip Lee
Lt. Wes Smith:
Lt. Mike Stone:
Lt. Ward Kovacs:
Sgt. Ryan Cowder
Sgt. Tim Uebel:
Sgt. Ed Fisher:
Sgt. Rick Cawthern:
Sgt. Marc Bouloucon:
Sgt. Brent Weingard:
Sgt. Jamie Falcon
Sgt. Colby Kauffman:
Sgt. Steve Fowler
Sgt. Jeff Brabitz
Sgt. Mat Postell
Debi Tyler
Stella Malone
Kristin Joson

slee@oceancitymd.gov
wsmith@oceancitymd.gov
mstone@oceancitymd.gov
wkovacs@oceancitymd.gov
rcowder@oceancitymd.gov
tuebel@oceancitymd.gov
efisher@oceancitymd.gov
rcawthern@oceancitymd.gov
mbouloucon@oceancitymd.gov
bweingard@oceancitymd.gov
jfalcon@oceancitymd.gov
ckauffman@oceancitymd.gov
sfowler@oceancitymd.gov
jbrabitz@oceancitymd.gov
mpostell@oceancitymd.gov
dtyler@oceancitymd.gov
smalone@oceancitymd.gov
kjoson@oceancitymd.gov

ocbp55@comcast.net
wes@miami.edu
mkstone13@hotmail.com

ryancowder@hotmail.com
timtubal@gmail.com
Edward_Fisher@fc.mcps.k12.md.us
surfrac@comcast.com
mbouloucon@hotmail.com
hairear@aol.com
jfalcon465@yahoo.com
colbykauffman@yahoo.com
sfowler85@gmail.com
brabitzj@yahoo.com
gpostell@aacps.org
debiocbp@aol.com
bystarlight@verizon.net
kjoson@ccboe.com

OCBP Question-of-the-Week for The Worcester County Times

This Week's Question: I was on the beach the other day and noticed water almost like a swimming pool behind the guard stand. I have never seen this before but my kids sure loved playing in it. Does this happen often and what causes it?

We commonly refer to these as tide pools. However, they are not only formed by the outgoing tide but are also formed when large waves are driven further onto the beach by wind or during storms. Tropical activity in the Atlantic over the past several weeks has caused larger than usual waves and surf conditions. These waves bring more water onto the beach and if it becomes trapped in a low area a "tide pool" may form. These low areas on the beach are formed as waves push sand into large mounds running parallel to the shore with the area behind the mound (to the west) being lower than this newly formed retaining mound. As water is pushed over this mound, it cannot make its way back into the ocean as runoff and becomes trapped in the low lying area. Although the amount of water, the size of the low lying area and the depth of low lying area, may vary from a few inches to a few feet deep and the size may be as small as a backyard pool or as large as several city blocks, most tide pools are only a few inches deep and less than a block long. Because of the relatively small quantity of water, the sun heats it and it is much warmer than the ocean and it usually has no wave action making it very inviting. When a child comes to the beach and finds a tide pool, they become very excited. It is like having a backyard pool on the beach. However, tide pools pose their own dangers. Because a tide pool seems like the perfect place for small children to play, parents often do not give the same attention to their children as they would if they were playing in the ocean. Further complicating this is the fact that most often the tide pool ends up forming behind the guard stands. This means that the SRT (lifeguard) is only scanning this area as part of their secondary scan giving much less attention to this water hazard than the large body of water directly in front of them. Parents often have a false sense of security due to the shallow depth of most of these tide pools but those of us in water safety realize it only takes 1 inch of water to drown a toddler. A second hazard associated with this phenomenon is the risk of injuries from running and jumping into such a shallow area. Although not a safety concern another potential issue has to do with this trapped water becoming stagnant, dirty, and smelly. Therefore, the Public Works Maintenance Department sculpts the beach to facilitate the drainage of these tide pools after they have remained for a couple of days. Sometimes you might find a tide pool that behaves more like a waterslide than a pool. In this instance wave action is bringing more water into the low area while breaks in the retaining mound allow water to flow back into the ocean resulting in strong currents being formed in the tide pool. When this happens the tide pool becomes far more dangerous as people playing in the tide pool might find themselves washed into the ocean. Tide pools can be fun when enjoyed safely.

Last Week's Question: When I came to the beach last year around this time, the lifeguards were not allowing any swimmers in the ocean at all one day, yet I saw surfers out in the ocean. The weather seemed like it was a great beach day and I was surprised I wasn't even allowed to go wading. Why?

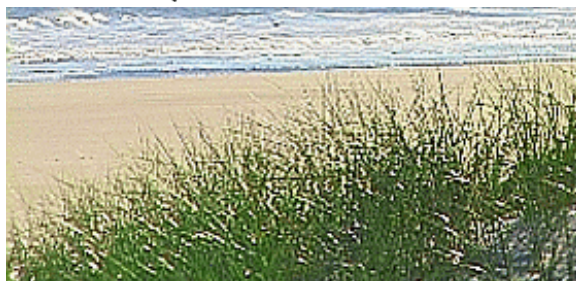
This is the time of year that Ocean City experiences an increase in the volume and size of waves due to tropical activity in the Atlantic. August and September are traditionally our large surf months, producing larger waves, dangerous rip currents and hazardous shorebreak. Larger waves bring more water into shore, which has to escape out through the rips, meaning that rip currents become larger, longer, faster moving and deadlier. As these systems move closer to our coast, the impact becomes greater and the potential for dangerous conditions becomes more likely. The weekend that you are referring to from last year had a high tide, which occurred at 10 a.m. We had 4-6 foot wave height with an occasional 8-foot swell breaking right on the beach called shorebreak. As a result it was unsafe for anyone to be in the impact zone (wading to waist deep). Additionally, as the tide receded going to low this is the perfect recipe for the most dangerous rip activity. For this reason there was no safe area for the general public to enjoy the ocean except for the pools of ocean water that became trapped on the beach (tide pools).

Tide pools are a result of the extreme high tides when large pockets of water are left pooling or trapped on the beach. Although the amount of water may vary from a few inches to a few feet deep and the size may be as small as a backyard pool or as large as several city blocks, most tide pools are only a few inches deep and less than a block long. Because of the relatively small quantity of water, the sun heats it and it is much warmer than the ocean and it usually has no wave action, making it very inviting. So even though the ocean was closed to swimmers for one day, many people came to the beach and found a tide pool that they could play in.

Surfers and experienced body boarders with swim fins were allowed in the ocean on that day because the equipment used for these sports gives flotation and the people who usually have this type of equipment are far more experienced. The extra flotation makes it safer for these individuals to enjoy their sport while providing additional assistance should a beach patron disregard the warnings of the beach patrol and find themselves being pulled away from the beach in a rip current. Typically surfers and body boarders have the experience and skills to keep themselves out of danger compared to the typical tourist who buys a boogie board at a sundry shop and has little to no knowledge of the ocean.

Discover an Ocean of Fun!

Ocean City Recreation & Parks



ATTABOYS

From: Linda Petsu
Sent: Wednesday, August 25, 2010 1:20 PM
To: Butch Arbin
Subject: Letter commending S.R.T. Rodney Yates

Dear Mr. Arbin,

I am writing to commend S.R.T. Rodney Yates who saved our friend, Tyler Bolton, on Monday, August 16, 2010, when caught in an ocean riptide near 134th Street in Ocean City.

Mr. Yates exhibited profound good judgement, skill and courage in this rescue. I personally thanked him the next day and found him to be extremely polite and courteous.

He truly is an invaluable asset to your outstanding team. We are very grateful for Mr. Yates.

The excellence of the Ocean City Beach Patrol under your direction and training is most impressive. Our sincere thanks.

Mrs. Linda Petsu and family

GREENBRIAR WAY • BALTIMORE, MD 21220
410-574-9159
EMAIL: TMGONGLEWSKI@AOL.COM

August 20, 2010

Town of Ocean City
Beach Patrol
109 Dorchester Street
Ocean City, MD 21842

To Whom It May Concern:

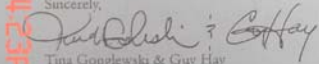
We wanted to write to tell you how impressed we are with the lifeguards who work the beach near the condo we stay at when we are in OC. The condo is in the "Our Place at the Beach" community on Old Landing Road. We use the beach access between the Quay and the Atlantis.

Our lifeguard's name was Lucy and we have had the pleasure of sitting on her beach for the past 2 years (it may have been longer, but we just realized this trip she was the same lifeguard). She also lives, we think, in Our Place at the Beach. She is phenomenal. She is friendly, helpful, professional, courteous and kind. She's tough and diligent in her job duties too. We always feel safe knowing she is in her chair.

This past week, Friday, August 13, the water was very rough with lots of rip currents and harsh waves crashing continuously, sometimes even breaking on the beach. But Lucy was there, standing in her chair, scanning the surf always ready to dash into the water or run up the beach when needed. And she was needed that day. We witnessed at least 5 rescues, sometimes with Lucy diving into the surf to pull someone out, sometimes with her running up the beach to stand watch while the other life guards (farther up the beach) ran in to pull someone out. And those were only the rescues we were alert enough to see, there were many more. It was definitely a busy and exhausting day for those manning the life guard chairs that day.

We know being a life guard is not an easy job and we imagine it is sometimes a thankless job, but it is, none the less, an important one. We wanted to write to let you know how much we appreciate all that Lucy and her fellow life guards do. We have been fortunate enough to have never needed the assistance of one of your beach patrol members, but we feel confident that if the occasion ever comes up, they'll be there to lend a hand and bring us safely back to the beach.

Thank you again for all that you do.

Sincerely,

Tina Gonglewski & Guy Hay

10
#23PM



Get Your Fall Patrol Shirt!

I will be ordering long sleeve, navy blue shirts with the following art work: girl lifeguard in stand on back (previous shirt from years prior), "Guard Long, Guard Strong" with logo on the front left chest and OCBP down left sleeve, Hawaiian hibiscus flower down right sleeve. If you would like one of these you must fill this form out, include payment, and turn into me (Unit 15) NO LATER THEN TUESDAY AUGUST 31ST. There will be NO payroll deduction for these shirts. Checks can be made out to OCBPSRA. Shirts are \$15 and should be ready the week of the 7th.

Name: _____

Size: SM _____ Med _____ Lg _____ XL _____ XXL (\$2 more) _____

Total Quantity: _____ **Amount Paid:** _____

Address to be shipped if leaving: _____
