

TUESDAY, JUNE 1, 2010

Officer in Charge- Lieutenant Kovacs

OCBPSRA CERTIFICATION: None

Workout: 3 rounds of 15 squat thrusts and 20 jump lunges (See p. 6 for more information.)

Surfing Beaches: Inlet/66th St./146th St.

Tides: High: 1150hrs
Low: 0542hrs and 1734hrs

WEDNESDAY, JUNE 2, 2010

Officer in Charge- Lieutenant Kovacs

OCBPSRA CERTIFICATION: None

Workout: Hard Day: TABATA Squats and Push Ups (See p. 6 for more information.)

Surfing Beaches: Inlet /64th St./144th St.

Tides: High: 2413hrs and 1237hrs
Low: 0626hrs and 1824hrs

THURSDAY, JUNE 3, 2010

Officer in Charge- Lieutenant Kovacs

OCBPSRA CERTIFICATION: None

Workout: 3 rounds of 40 knee to elbow bicycles, 20 mountain climbers, and 10 V ups

Surfing Beaches: Inlet /62nd St./142nd St.

Tides: High: 2458hrs and 1326hrs
Low: 0710hrs and 1916hrs

FRIDAY, JUNE 4, 2010

Officer in Charge- Lieutenant Kovacs

OCBPSRA CERTIFICATION: None

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

Surfing Beaches: Inlet /60th St./140th St.

Tides: High: 0145hrs and 1418hrs
Low: 0754hrs and 2010hrs

Special Events: US Marine Corps Pull-Up Challenge- Dorchester St.—1100hrs to 1800hrs

SATURDAY, JUNE 5, 2010

Surf Rescue Academy I Supper Seminar - 1830hrs—Headquarters (MANDATORY)

OCBPSRA CERTIFICATION: None

Workout: 3 rounds of 25 tuck jumps (jump with knees to chest), 25 jump lunges, 25 lateral hops, 25 body squats—FAST

Surfing Beaches: 58th St./138th St.

Tides: High: 0235hrs and 1512hrs
Low: 0837hrs and 2105hrs

Special Events: Ravens Roosts Annual Parade- 15th - 29th St. Balto. Ave.—1000hrs
US Marine Corps Pull-Up Challenge- Dorchester St.—1100hrs to 1800hrs

2010 Officers

- Unit 2- Captain Butch Arbin
- Unit 3- Lt. Mike Stone
- Unit 4- Lt. Wes Smith
- Unit 5- 1st Lt. Skip Lee
- Unit 6- Lt. Ward Kovacs
- Unit 7- Sgt. Ryan Cowder
- Unit 8- Sgt. Tim Uebel
- Unit 9- Sgt. Ed Fisher
- Unit 10- Sgt. Rick Cawthern
- Unit 11- Sgt. Marc Bouloucon
- Unit 12- Sgt. Brent Weingard
- Unit 13- Sgt. Jamie Falcon
- Unit 15- Sgt. Colby Kauffman
- Unit 16- Sgt. Steve Fowler
- Unit 17- Sgt. Jeff Brabitz
- Unit 19- Sgt. Mat Postell

OCBP Office Assistants

- Debi Tyler
- Stella Malone
- Kristin Joson

OCBP

P.O. Box 158
 Ocean City, MD 21843
 Phone # 410-289-7556
 Fax # 410-289-8358
 e-mail: ocbp@oceancitymd.gov



Equipment Needs

Please contact Sgt. Kauffman at Headquarters to make arrangements to discuss any equipment concerns.



SUNDAY, JUNE 6, 2010—End of Pay Period

WEEKLY MEETING: CONVENTION CENTER - 40TH STREET

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

USLA ANNOUNCEMENTS: 0845hrs

GENERAL MEETING: 0850hrs

LIEUTENANTS' MEETING: 0945hrs

OCBPSRA CERTIFICATION: None

Workout: TABATA Burpees: 8 rounds of 20 second burpees, 10 sec. recovery (4 minutes total)

Surfing Beaches: 56th St./136th St.

Tides: High: 0328hrs and 1605hrs

Low: 0921hrs and 2201hrs

Special Events: US Marine Corps Pull-Up Challenge- Dorchester St.—1100hrs to 1800hrs

Play It Safe Karaoke—Dorchester St. Boardwalk—1800hrs to 2000hrs

MONDAY, JUNE 7, 2010

Officer in Charge- Lieutenant Kovacs

OCBPSRA CERTIFICATION: None

Workout: 25 Dive Bomber Push Ups; 25 Supermans (See p. 8 for more information.)

Surfing Beaches: Inlet /54th St./134th St.

Tides: High: 0420hrs and 1656hrs

Low: 1007hrs and 2256hrs

Tax Form Changes

If you would like to change any deduction information on either of your tax forms, please go to the Human Resources office at City Hall.

If you need to update your personal data information, including any changes in your local address, please see Secretary Tyler.

UPCOMING BEACH PATROL EVENTS

June 5	SRA 1 Supper Seminar
June 6	Weekly Meeting- Convention Center
June 8	Play It Safe Beach Safety Seminar
June 11	Pay Day
June 12	OCBPSRA Pre-Employment Ocean Test
June 13	Weekly Meeting- Convention Center
June 13	Captain Schoepf Relay Swim
June 15-June 25	OCBPSRA Events
June 17	JBP Instructor Training
June 21-27	Surf Rescue Academy II
June 20	Assateague Sprint Triathlon
June 21	Weekly Meeting Moves to Mondays--Convention Center
June 22	Floor Hockey Begins
June 25	Pay Day
June 26	CC Requalification
June 26	SRA 2 Supper Seminar
June 28-July 6	Veteran Re-certification
July 10 & 24	Veteran Re-certification
July 8	Rookie Graduation
July 11	Captain Craig Swim
July 14	USLA Mid-Atlantic Regionals
July 16	Ironguard Relay
July 22	Rehoboth Olympics
July 24	Mitch Maiorana Run Swim Run



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



Upcoming Town of Ocean City Special Events

Ocean City Restaurant Week	May 31-June 7	www.oceancityrestaurantweek.com	
OC Air Show	June 4-6	1200hrs to 1600hrs	Boardwalk
Baltimore Ravens Roost Parade	June 5	1000 hrs	15 th to 29 th St.
O.C. Car & Truck Show	June 5-6	1000hrs to 2200hrs	Convention Center
Play It Safe Events	June 6-June 25	Various Times and Places	www.playitsafeoceancity.com
Flag Day Ceremony	June 6	1200hrs	16 th St. Beach
Sand Duels Beach Soccer	June 5-6	0900hrs to 1800hrs	
Pro Beach East Volleyball Tour	June 12-13	0900hrs to 2000hrs	Dorchester St.
MD Firemen's Parade	June 16	1300hrs	Inlet to 9 th St.



Crew	2010 Crew Chiefs	Assistant Crew Chiefs
1	Ben Davis	Jenelle Irwin
2	Jon Clouser	J.B. Miller
3	Randy Wheeler	Greg Evanoff
4	Joe Osborn	Nick McClueb
5	Alex Desy	Adam Haines
6	Jason Konyar	Dillon Levy
7	Tommy Spencer	Aaron Steely
8	Patrick Riley	Jonathan Wallender
9	James McVey	Laura Allen
10	Dustin Stokes	Tradd Cummings
11	Mark Muller	Jason Mohring
12	Steve DeKemper	Tommy Hammond
13	Dave Haight	A.J. Smith
14	Adam Atwood	Harrison Fisher
15	Travis Wagner	Dan Pogonowski
16	Garrett Lee	Sean Snee
17	Jake Foy	Thomas Moyer



Annual Captain George A. Schoepf Memorial Relay
Sunday, June 13, 2010

Run-Swim-Run Begins at 7th St. 1000hrs
 Run South to Rockpile Swim North to 146th St. Run South to 7th St.

Important Reminder!

As representatives of the Town of Ocean City, the Ocean City Beach Patrol is committed to upholding the highest standards of employee conduct. Therefore, you are reminded that you are a representative of this organization and must conduct yourself as a model citizen at all times. This includes, but is not limited to, following all ordinances and laws at all times and not taking advantage of your position as a civil servant.

Important Reminder!

OCBP Question of the Week for The Worcester County Times

The Ocean City Beach Patrol is a division of the Department of Recreation and Parks in Ocean City, MD. The OCBP consists of over 200 men and women dedicated to ocean rescue and maintaining a safe and orderly environment along 10.5 miles of Ocean City's beautiful beaches. The Surf Rescue Technicians (SRTs) guard the beach seven days a week from 10:00 a.m. –5:30 p.m. While on duty they often get questions from beach goers. The following is our "Question of the Week." We hope sharing these questions and answers will help make your stay in Ocean City as safe and enjoyable as possible. Always remember, "Keep Your Feet in the Sand until the Lifeguard's in the Stand." If you would like to submit a question, simply ask a lifeguard at his or her stand or email your question to ocbp@ococean.com.

When do the Lifeguards (Surf Rescue Technicians -S.R.T.s) start guarding the beaches?

The Beach Patrol starts guarding the 10.5 miles of beach the Saturday of Memorial Day and guards through Sunfest weekend, which is usually the third weekend in September. The Beach Patrol is on duty every day from 10:00 a.m. to 5:30 p.m. At 5:25 p.m., you will see the lifeguards signaling everyone out of the ocean. This is our way of letting the beach-goers know we are going off duty. We continue our efforts to educate the public, warning them of the dangers of swimming on unguarded beaches, and we do whatever it takes to make sure people leave the ocean before we make that last turn to the West, leaving our beaches for the night.

This Week's Question: Lifeguards don't go on duty until May 29. Why do I see them running up and down the beach with their buoys before then?

The beach patrol starts recruiting for the next season at the end of July in the prior year and then throughout the winter. Once a candidate passes the rigorous physical test to become a surf rescue technician, the Ocean City Beach Patrol provides training for the job during surf rescue academy. The lifeguards you see on the beach during this time are in one of the training academies that we offer. They are called probationary SRTs, and are taught all necessary skills, techniques, procedures and protocols of the beach patrol.

This is an eight-day, paid training program conducted by beach patrol instructors with support from other public safety agencies, followed by three weeks of supervised, on-the-job probation. When you see an SRT guarding your beach after May 29, you can feel confident that they have been through one of the most rigorous testing and training programs in the nation.

Our veteran guards are also required to pass a drug test, re-qualify in physical skills and complete re-certification and update training each season. If you or someone you know would like to work for OCBP as a surf rescue technician, there will be a pre-employment physical skills test on June 12. Once a candidate passes the skills test they will receive an appointment to a paid surf rescue academy where all training and certification will be provided. For more information, visit the OCBP website at www.ococean.com/ocbp.

Please note this letter sent from Eric Lagstrom to all City employees on May 26:

Please review the OCBP Policy regarding cell phones:

I wanted to remind all employees about the City Wide Cell Phone Policy, as I have recently witnessed city employees using their cell phone while driving, as well as receiving complaints from city employees about other city employees violating this policy.

Bottom Line: No texting (send or receive) allowed by law. Although the current policy states hand held cell phone use only while driving, we highly recommend not to use the cell phone at all while driving, rather pull over to call or answer a call.

If anyone witnesses any city employee operating city vehicle of any kind violating should contact this office with the city vehicle #, date of violation and if possible location, we can then handle with the employee's department for further disciplinary action.

Your name will remain anonymous

Eric T Lagstrom
Risk Manager
Town of Ocean City

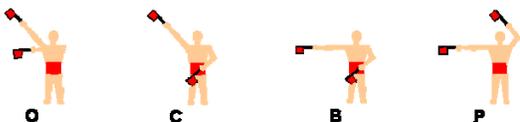
**Ocean City Beach Patrol
Policies and Procedures
(Effective Date: May 24, 2010)**

Your initials here 18. Two-Way Communication Devices:

No device that allows two-way communication (transmitter) will be allowed to be used (**or powered on**) on the beach during the hours that you are working, unless issued to you by the Beach Patrol. This includes but is not limited to: walkie-talkies, cellular phones, wireless headsets, cordless phones, etc. Receiving devices such as AM/FM radios, pagers, etc are not prohibited, but must not interfere with the performance of your duties. **NO HEAD PHONES or EAR PHONES! THIS ABSOLUTELY INCLUDES ANY FORM OF TEXT MESSAGING!**

...and as stated in the PSRT Summer Survival Guide...

"Because of the serious responsibilities of the Surf Rescue Technician position and the service you will be performing, you will not be allowed to have any two-way communication devices in your possession, unless issued by the Beach Patrol. This includes but is not limited to cellular devices or combination cell phone media players. Devices of this type may not be powered on (not even to use as a clock), including during the time allowed for workout breaks. No hands-free devices, Bluetooth, headphones, or earphones are allowed. We recommend avoiding the temptation to use these devices by leaving your phone secured in your car. **PLEASE UNDERSTAND THAT THIS POLICY PROHIBITS ANY FORM OF TEXT MESSAGING, SENDING OR RECEIVING.** Since you will be living and driving in Maryland this summer it is important to be aware that Maryland law prohibits sending or reading text messages while operating a motor vehicle or in a driving lane (even if stopped at a traffic signal), and will require the use of a hands-free device when using the phone, as of October 1, 2010.



The OCBP Workout for the Week of May 31 to June 7

Monday: Perform 25 Dive Bomber Push Ups, 25 Supermen

Dive Bomber Push Up: From the regular pushup position with your hands under your shoulders, spread your feet shoulder width apart and, keeping your legs as straight as you can, push your hips into the air and your chest down towards the ground. Try to keep your back as straight as you can while leaning back and stretching the hamstrings before beginning the movement.

Next, allow your elbows to flare outward and lower your nose toward an imaginary spot between your hands as if you are trying to slide under a wire, flatten yourself out so that your body is parallel to the ground. You've made it half way!

Keeping your pelvis close to the ground and your hands directly beneath your shoulders, drive your head up using your triceps like performing a dip until you are looking straight ahead. Now, reverse the process, dipping back under the imaginary bar, back to the original position.

Tuesday: 3 rounds of: 15 squat thrusts, 20 jump lunges

Wednesday: TABATA Squats and Push Ups (hard day)

*8 rounds of 20 seconds body squats FAST, 10 seconds recovery (4 minutes total)
8 rounds of 20 seconds push ups FAST, 10 seconds recovery (4 minutes total)*

Thursday: 3 rounds of: 40 knee to elbow bicycles, 20 mountain climbers, 10 V ups

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

Saturday: 3 rounds of: 25 tuck jumps (jump with knees to chest), 25 jump lunges, 25 lateral hops, 25 body squats—FAST

Sunday: TABATA Burpees: 8 rounds of 20 seconds burpees, 10 sec. recovery (4 minutes total)

**2010 Recreation and Parks Employee Softball League
Men/Women Town Employees: Age 18+**



Mondays and Wednesdays

Dates: June 14- August 11 Northside Park Ball fields
Game times: 6:30 pm, 7:30 pm & 8:30 pm
Cost: \$350 --\$100 Deposit due at league meeting
MANDATORY League Meeting Monday, May 31, 2010
6:00 pm at Northside Park

Contact: Ron Strickler—410-250-0125

Discover an ocean of Fun!
Ocean City Recreation & Parks

Tides for Ocean City Inlet May 31, 2010 to June 7, 2010

Day	High Low	Tide Time	Height Feet	Sunrise Sunset	Moon Time Set	% Moon Visible
M 31	Low	4:58 AM	0.1	5:39 AM	Set 8:48 AM	91
31	High	11:05 AM	1.9	8:17 PM	Rise 11:29 PM	
31	Low	4:46 PM	0.1			
31	High	11:30 PM	2.5			
Tu 1	Low	5:42 AM	0.3	5:38 AM	Set 9:48 AM	84
1	High	11:50 AM	1.9	8:18 PM	Rise 12:00 PM	
1	Low	5:34 PM	0.3			
W 2	High	12:13 AM	2.3	5:38 AM	Set 10:47 AM	77
2	Low	6:26 AM	0.4	8:19 PM		
2	High	12:37 PM	1.9			
2	Low	6:24 PM	0.5			
Th 3	High	12:58 AM	2.2	5:38 AM	Rise 12:27 AM	69
3	Low	7:10 AM	0.5	8:19 PM	Set 11:45 AM	
3	High	1:26 PM	1.9			
3	Low	7:16 PM	0.5			
F 4	High	1:45 AM	2.1	5:37 AM	Rise 12:51 AM	59
4	Low	7:54 AM	0.5	8:20 PM	Set 12:42 PM	
4	High	2:18 PM	1.9			
4	Low	8:10 PM	0.6			
Sa 5	High	2:35 AM	2.0	5:37 AM	Rise 1:15 AM	50
5	Low	8:37 AM	0.5	8:21 PM	Set 1:39 PM	
5	High	3:12 PM	2.0			
5	Low	9:05 PM	0.7			
Su 6	High	3:28 AM	1.9	5:37 AM	Rise 1:39 AM	41
6	Low	9:21 AM	0.5	8:21 PM	Set 2:38 PM	
6	High	4:05 PM	2.1			
6	Low	10:01 PM	0.6			
M 7	High	4:20 AM	1.9	5:37 AM	Rise 2:04 AM	31
7	Low	10:07 AM	0.4	8:22 PM	Set 3:38 PM	
7	High	4:56 PM	2.3			
7	Low	10:56 PM	0.5			

Direct Deposit/Pay Day Procedure

Direct deposit is required of all Beach Patrol employees. Your direct deposit receipt will be available at the weekly meeting. If you have not completed all requirements for direct deposit, you must see Sect. Tyler.

If your direct deposit has not been activated, and you are issued a paycheck, the following procedures will be followed:

If you are scheduled to work, your check will be relayed to you by quad by 12:00hrs. You must sign for your check.

If you are scheduled off, your check will be held at Headquarters. You may pick it up after 1300hrs.

If you do not pick up your check in person, it will be relayed to you on the beach the next day.

If there is a problem with your paycheck, fully describe the problem in writing, print your name on your pay stub, and deliver both to Sect. Tyler.