



# OCEAN CITY BEACH PATROL

## WEEKLY BULLETIN

Week of June 28, 2010 to July 4, 2010

### MONDAY, JUNE 28, 2010

**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)

**OFFICER MEETING:** 0830hrs

**GENERAL MEETING:** 0850hrs

**JBP DAY LEADER MEETING:** 0930HRS

**LIEUTENANT MEETING:** Following the JBP Meeting

**OCBPSRA CERTIFICATION:** None

**Veteran Recertification:** Session I—Inlet—1000hrs with buoy and first aid kit. Syllabus includes run, swim, physical skills review, special topics, CPR/AED review, spinal cord management, and first aid recertification.

**Note:** Arrangements have been made for parking in the Inlet lot. You must have a parking pass and present it with your gate ticket when exiting or you will be required to pay the full fee. Do not park at OCBP headquarters. The training room will be open from 9:30 to 9:45 to secure your belongings.

**Workout:** 3 rounds of 25 tuck jumps followed by 10 jump lunges--See p. 10 for more information.

**Surfing Beaches:** Inlet/12<sup>th</sup>/81<sup>st</sup> St

**Tides:** High: 0956hrs and 2221hrs

Low: 0350hrs and 1537hrs

**Special Events:** Movies on the Beach—*Monsters vs Aliens*—27<sup>th</sup> St.—1930hrs

Beach Wedding—15<sup>th</sup> St.—1800hrs

International Students' Dinner—Free—OC Baptist Church—N. Division St.—1800hrs

#### SPECIAL NOTES ABOUT CONVENTION CENTER MEETINGS

1. Do not park on Convention Center Drive.
2. Do not park in the rear of Convention Center
3. Meetings begin promptly at 0830hrs
4. Clean up your trash.
5. Drive carefully to your assignment.

### 2010 OCBP Themes

Let's remember these overarching themes while performing our roles for the OCBP:

**Public Theme:** *Hospitality First-We are glad you are here!*

**Organizational Theme:** *Integrity is doing what's right when no one knows and no one is watching.*

**Leadership Theme:** *Be quick to listen—slow to speak—and slower to anger!*

S.R.T. Name:	Monday 6/28/2010	Tuesday 6/29/2010	Wednesday 6/30/2010	Thursday 7/1/2010	Friday 7/2/2010	Saturday 7/3/2010	Sunday 7/4/2010	CREW
Daily Assignment								
Rescues								
Preventative actions								
First Aids								
								Totals

## **TUESDAY, JUNE 29, 2010**

**OCBPSRA CERTIFICATION:** None

**Veteran Recertification:** Session II—Inlet—1000hrs with buoy and first aid kit. Syllabus includes run, swim, physical skills review, special topics, CPR/AED review, spinal cord management, and first aid recertification. **Note:** Arrangements have been made for parking in the Inlet lot. You must have a parking pass and present it with your gate ticket when exiting or you will be required to pay the full fee. Do not park at OCBP headquarters. The training room will be open from 9:30 to 9:45 to secure your belongings.

**Opportunity to Compete:** OCBP Triathlon- 2 Mile run—130<sup>th</sup> St.--1815 hrs

**Workout:** 3 rounds of 10 dive bomber push ups followed by 20 push ups with rotation

**Surfing Beaches:** Inlet/10<sup>th</sup>/79<sup>th</sup> St.

**Tides:** High: 1039hrs and 2302hrs

Low: 0428hrs and 1620hrs

**Special Events:** Family Beach Olympics—27<sup>th</sup> St.—1830hrs-2030hrs

Lifeguard Dinner-- Free —OC Baptist Church—N. Division St.—1900hrs

### **OCBP Floor Hockey**

Northside Park--1900hrs--\$5.00  
Wear Your Athletic Shoes—No Blades  
First Game— Tuesday June 29  
Subsequent Games—July 6, July 13,  
July 20, July 27, Aug. 3, Aug. 10, Aug. 17

## **WEDNESDAY, JUNE 30, 2010**

**OCBPSRA CERTIFICATION:** None

**Veteran Recertification:** Session III—Inlet—1000hrs with buoy and first aid kit. Syllabus includes run, swim, physical skills review, special topics, CPR/AED review, spinal cord management, and first aid recertification. **Note:** Arrangements have been made for parking in the Inlet lot. You must have a parking pass and present it with your gate ticket when exiting or you will be required to pay the full fee. Do not park at OCBP headquarters. The training room will be open from 9:30 to 9:45 to secure your belongings.

**Scamper Camp:** N. Division St.—0945hrs—1145hrs (Instructors report to HQ at 0900hrs)

**Camp Horizon:** N. Division St.—1145hrs—1515hrs

**Opportunity to Compete:** North Bethany Ocean Series—Sea Del Estates—1800hrs

**OCBP Softball**—OCBP 1 vs. OCBP 2— Field 2—1830hrs

**OCBP Softball**—OCBP 3 vs. OCPD —Field 3—1830hrs

**OCBP Softball**—OCBP 2 vs. OCBP 1 — Field 2—1930hrs

**OCBP Softball**—OCPD vs. OCBP 3 — Field 3—1930hrs

**Workout:** 3 rounds of 20 v-ups followed by 20 knee to elbow bicycles followed by 20 mountain climbers

**Surfing Beaches:** Inlet/8<sup>th</sup> /77<sup>th</sup> St.

**Tides:** High: 1121hrs and 2341hrs

Low: 0507hrs and 1704hrs

### **North Bethany Ocean Series**

**June 30**

**1800hrs**

**Sea Del Estates, across from the water tower  
North Bethany Beach, DE**

From Ocean City, MD: Head North. When you hit Rt 26.  
in Bethany Beach you will continue North for exactly  
1.91 miles. Turn right into the Sea Del Estates.

## **THURSDAY, JULY 1, 2010**

**OCBPSRA CERTIFICATION:** None

**Veteran Recertification:** Session IV—Inlet—1000hrs with buoy and first aid kit. Syllabus includes run, swim, physical skills review, special topics, CPR/AED review, spinal cord management, and first aid recertification. **Note:** Arrangements have been made for parking in the Inlet lot. You must have a parking pass and present it with your gate ticket when exiting or you will be required to pay the full fee. Do not park at OCBP headquarters. The training room will be open from 9:30 to 9:45 to secure your belongings.

**Opportunity to Compete:** OCBP Triathlon--Bike-0700hrs/Run-0800hrs—130<sup>th</sup> St. Beach house

**Workout:** Set 1: 3 rounds of 25 burpees followed by 25 tuck jumps

**Surfing Beaches:** Inlet/6<sup>th</sup>/75<sup>th</sup> St.

**Tides:** High: 1204hrs

Low: 0545hrs and 1750hrs

**Special Events:** Movies on the Beach—Astro Boy—Princess Royale—92<sup>nd</sup> St.—2045hrs

### **Equipment Issues**

Sgt. Kauffman will be available for  
any equipment issues until 1830hrs  
on Wednesdays.

### **4<sup>th</sup> of July**

#### **Special Detail Reminder**

The Beach Patrol is in need of several SRTs to  
work a special detail on July 3<sup>rd</sup> and 4<sup>th</sup>. If you are  
interested in Boat Operator, Day Security,  
Lagoon Guard, or Perimeter Security, see Lt.  
Stone.



Notice: Participation in activities that use equipment not issued or authorized by the OCBP while on duty in uniform (including breaks) is strictly prohibited.  
e.g.: surfing, body boarding, fishing, etc.

## FRIDAY, JULY 2, 2010

**OCBPSRA CERTIFICATION:** None

**Veteran Recertification:** Session V—Inlet—1000hrs with buoy and first aid kit. Syllabus includes run, swim, physical skills review, special topics, CPR/AED review, spinal cord management, and first aid recertification. **Note:** Arrangements have been made for parking in the Inlet lot. You must have a parking pass and present it with your gate ticket when exiting or you will be required to pay the full fee. Do not park at OCBP headquarters. The training room will be open from 9:30 to 9:45 to secure your belongings.

**Opportunity to Compete:** None

**Workout:** TABATA SQUATS: (20 seconds fast as possible, 10 second recovery) x 8  
TABATA PUSH UPS: (20 seconds fast as possible, 10 second recovery) x 8

**Surfing Beaches:** Inlet /4<sup>th</sup>/73<sup>rd</sup> St.

**Tides:** High: 2421hrs and 1248hrs  
Low: 0625hrs and 1839hrs

**Special Events:** NHSCA Beach Wrestling—N. Dorchester St.—1500hrs to 1900hrs

Movies on the Beach—Kung Fu Panda—27<sup>th</sup> St.—1930hrs

International Coffeehouse—Free—OC Baptist Church—N. Division St.—2200hrs

## SATURDAY, JULY 3, 2010

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

**Veteran Recertification:** Session VI—Inlet—1000hrs with buoy and first aid kit. Syllabus includes run, swim, physical skills review, special topics, CPR/AED review, spinal cord management, and first aid recertification. **Note:** Arrangements have been made for parking in the Inlet lot. You must have a parking pass and present it with your gate ticket when exiting or you will be required to pay the full fee. Do not park at OCBP headquarters. The training room will be open from 9:30 to 9:45 to secure your belongings.

**Opportunity to Compete:** None

**Workout:** 3 rounds of 25 torso rotation, 25 Supermen in push up position  
2 rounds of 20 Hindu Push Ups (like dive bomber except return to starting position after each one)

**Surfing Beaches:** 2<sup>nd</sup>/71<sup>st</sup> St.

**Tides:** High: 0103hrs and 1335hrs  
Low: 0706hrs and 1930



## SUNDAY, JULY 4, 2010—End of Pay Period—Happy Independence Day!

**OCBPSRA CERTIFICATION:** None

**Opportunity to Compete:** OCBP Triathlon-- Long Bike—66th St. Trailer—0700hrs

**Workout:** 3 rounds of 30 lateral hops, 30 lunges (alternating), 30 Romanian deadlifts, 20 V-Ups

**Surfing Beaches:** N. Division St./69<sup>th</sup> St.

**Tides:** High: 0148hrs and 1425hrs  
Low: 0748hrs and 2024hrs

**Special Events:** **4th of July in OC!** Concert & Fireworks on the Beach—Caroline St.—2000hrs to 2200hrs--Concert & Fireworks at Northside Park—125<sup>th</sup> St.—2000hrs to 2200hrs

### End of Day Procedure

All stands are required to be pulled back far enough so that at a high tide they will not be in the water and that it will be difficult for vandals to push the stands into the ocean. Once pulled back **ALL** stands must be laid down (not pushed over) on their side.

### 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 1for \$8.00/ 2 for \$15.00



## **MONDAY, JULY 5, 2010**

**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

**GENERAL MEETING:** 0850hrs

**LIEUTENANTS' MEETING:** 0945hrs

**OCBPSRA CERTIFICATION:** None

**Veteran Recertification:** (If needed) -Session VII—Inlet—1000hrs with buoy and first aid kit. Syllabus includes run, swim, physical skills review, special topics, CPR/AED review, spinal cord management, and first aid recertification. **Note:** Arrangements have been made for parking in the Inlet lot. You must have a parking pass and present it with your gate ticket when exiting or you will be required to pay the full fee. Do not park at OCBP headquarters. The training room will be open from 9:30 to 9:45 to secure your belongings.

**Opportunity to Compete:** None

**Workout:** 25 Dive Bomber Push Ups; 25 Supermen

**Surfing Beaches:** Inlet/65<sup>th</sup>/145<sup>th</sup> St

**Tides:** High: 0237hrs and 1519hrs

Low: 0833hrs and 2120hrs

**Special Events:** Beach Safety Seminar—OC Lifesaving Museum—1000hrs

Free International Students Dinner—OC Baptist Church—N. Division St.—1900hrs

**OCBP Annual Women's Dinner—The Blue Ox—1830hrs**

Movies on the Beach—Astro Boy—27<sup>th</sup> St.—1930hrs

## **TUESDAY, JULY 6, 2010**

**Special Note: JBP Session A starts today.**

### **UPCOMING BEACH PATROL EVENTS**

June 29	Floor Hockey Begins
July 3	SRA 2 Supper Seminar
July 5	Women's Dinner
July 6-9	JBP Session A
July 7	Beach Safety Seminar @Salisbury Horizons
July 8	Rookie Graduation
July 10	OCBP Group Photo Day
July 10, 24	Veteran Re-certification
July 10	Captain Craig Swim
July 10 & 24	Veteran Re-certification
July 13-16	JBP Session B
July 14	USLA Mid-Atlantic Regionals—Non-crafts
July 16	Ironguard Relay—8 <sup>th</sup> St.
July 20-23	JBP Session C
July 21	USLA Mid-Atlantic Regionals—Crafts
July 22	Rehoboth Olympics
July 23	Iron Guard—65 <sup>th</sup> St.
July 24	Mitch Maiorana Run Swim Run
July 28	All-Women's Tournament
July 30	Iron Guard—130 <sup>th</sup> St.

### **Upcoming Town of Ocean City Special Events**

Sunset Park Party Nights-OC Cruzers	July 6	1900hrs	S. Division St./Bay
Bonfire Story Hour-Recreation & Parks	July 8	2100hrs	N. Division St.
OC Tuna Tournament	July 9-11	1630hrs-1930hrs	Inlet Isle Lane
Radio Disney Road Crew Event	July 11	1500hrs	N. Division St.
Sundaes in the Park-Mary Lou & the Untouchables	July 11	1800hrs	Northside Park
Concerts on the Beach—Key West Band	July 14	2000hrs	N. Division St.
ESA Malibu's Classic	July 17-18	0700hr to Dusk	18 <sup>th</sup> St.
ESA Chauncey's Surfabout	July 31- Aug. 1	0700hr to Dusk	30 <sup>th</sup> or 54 <sup>th</sup> St.
White Marlin Open	Aug. 4-6		

<b><u>Stats.</u></b>	<b>Week 5 6/14/10 to 6/20/10</b>	<b>Year-To- Date 2010</b>	<b>Week 5 6/15/09 to 6/21/09</b>	<b>Year-To- Date 2009</b>	<b>Week 5 6/16/08 to 6/22/08</b>	<b>Year- To-Date 2008</b>
<b>Action</b>						
Preventions	2130	7312	4236	10262	4018	10123
Rescues	33	162	268	453	51	406
Minor First Aid	92	220	55	164	73	216
Ambulance Calls	7	32	10	22	6	25
Police Calls	4	10	4	10	3	16
USCG/MDNRP	1	1	0	3	0	2
Lost/Found Persons	7	44	7	30	25	44
Beach Wheelchairs	18	39				

### **15<sup>th</sup> Annual OCBP Women's Dinner**

**Who:** All Female OCBP SRTs, SBFs, & Secretaries

**When:** Monday, July 5, 2010 at 1830hrs

**Where:** The Blue Ox Restaurant-126<sup>th</sup> St.

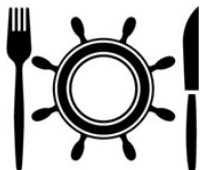
**What:** Buffet Dinner

**Cost:** \$20.00 includes gratuity and soft drinks  
(Pay at the restaurant that night)

**RSVP:** Fill out this form and return to Colby at the  
Monday morning meeting by July 5<sup>th</sup>.

#### **Reservation for the 15<sup>th</sup> Annual Women's Dinner**

Name: \_\_\_\_\_ will  
attend the dinner at the The Blue Ox on 7/5/10 at 6:30  
PM.



### **Tides for Ocean City Inlet-- June 28, 2010 to July 5, 2010**

<b>Day</b>	<b>High/Low Time</b>	<b>Tide</b>	<b>Height Feet</b>	<b>Sunrise Sunset</b>	<b>Moon Time</b>	<b>% Moon Visible</b>
M 28	Low 3:50 AM	0.1	5:39 AM	Set 7:37 AM	98	
28	High 9:56 AM	1.9	8:28 PM	Rise 10:01 PM		
28	Low 3:37 PM	0.1				
28	High 10:21 PM	2.6				
Tu 29	Low 4:28 AM	0.1	5:40 AM	Set 8:37 AM	94	
29	High 10:39 AM	1.9	8:28 PM	Rise 10:29 PM		
29	Low 4:20 PM	0.1				
29	High 11:02 PM	2.5				
W 30	Low 5:07 AM	0.2	5:40 AM	Set 9:35 AM	89	
30	High 11:21 AM	2.0	8:28 PM	Rise 10:54 PM		
30	Low 5:04 PM	0.3				
30	High 11:41 PM	2.4				
Th 1	Low 5:45 AM	0.3	5:40 AM	Set 10:32 AM	82	
1	High 12:04 PM	2.0	8:28 PM	Rise 11:18 PM		
1	Low 5:50 PM	0.4				
F 2	High 12:21 AM	2.3	5:41 AM	Set 11:29 AM	75	
2	Low 6:25 AM	0.4	8:28 PM	Rise 11:42 PM		
2	High 12:48 PM	2.0				
2	Low 6:39 PM	0.5				
Sa 3	High 1:03 AM	2.1	5:41 AM	Set 12:26 PM	66	
3	Low 7:06 AM	0.5	8:28 PM			
3	High 1:35 PM	2.1				
3	Low 7:30 PM	0.6				
Su 4	High 1:48 AM	2.0	5:42 AM	Rise 12:06 AM	57	
4	Low 7:48 AM	0.5	8:27 PM	Set 1:25 PM		
4	High 2:25 PM	2.1				
4	Low 8:24 PM	0.7				
M 5	High 2:37 AM	1.9	5:43 AM	Rise 12:32 AM	47	
5	Low 8:33 AM	0.5	8:27 PM	Set 2:26 PM		
5	High 3:19 PM	2.2				
5	Low 9:20 PM	0.7				

### **Maryland Basic Boating Safety**

#### **Northside Park**

**Section B: June 29-30**

**Section C: July 13-14**

Tues. & Wed--1800hrs to 2130hrs

O.C. Employees—\$22.00

A written test will be given for certification at the end of the course.

Register online at [www.oceancitymd.gov](http://www.oceancitymd.gov) (Click on Rec. & Parks)

FAX your form to 410-250-5409.

#### **Course # 414503**

#### **Frontier Town**

**July 12, 13, 15**

**1800hrs to 2000hrs**

\$3.00

You must attend all three days.

A test will be given on the last day.

Register at the camp's front office

410-641-0880

These three-day courses are mandatory for eligibility in the Jet Drive  
School. (TBA)

#### **REQUIRED FOR OCBPSRA ADVANCED**

Note: If you are currently certified through a recognized boating  
course, you do not need to retake this. Just provide a copy of your  
card.

### **Pool Lifeguards Needed**

The Fenwick Inn is looking for part time lifeguards.  
Day and Evening Hours  
Contact Greg Fleming 410-430-1744

## CBPSRA Results for 6/22/10 thru 6/25/10

### OCBPSRA Two Mile Run

June 22, 2010

<u>Name</u>	<u>Crew</u>	<u>Time</u>
Joe Stedman	17	17:18
Travis Sevier	10	17:16
Steven Reddick	15	15:14
Jack Kleman	11	13:29
Tom Lurie	6	15:26
Samantha McElvaney	12	15:25
Colby Smith	6	17:05
Tim Jackson	9	17:18
Patrick McElvaney	10	15:10
Whitney Eiring	16	16:33
Jay Kleman	17	12:47
Lucie Lagace	12	17:29
Joe Keefe	3	15:09
Chris Meeker	14	17:34
Chad Miller	4	16:47
Nick Sakell	15	14:31
Matt Lindsay	14	15:58
Chris McGervey	11	16:33
Aaron Steely	7	13:42
Shawn Seibert	7	15:09

### OCBPSRA One Mile Swim

June 23, 2010

<u>Name</u>	<u>Crew</u>	<u>Time</u>
Matt Lindsay	14	40:47
Joe Keefe	3	29:00
Jack Kleman	11	30:22
Christian Castaneda	8	31:02
Jake Lebo	8	38:37
Chris McGervey	11	36:25
Shawn Seibert	7	34:02
Jay Kleman	17	30:49
Nick Sakell	15	26:02
Patrick McElvaney	10	34:30
Robert Forristal	5	37:50
Emmanuel Ouellet	1	27:25
Marina Aleksandrova	2	27:14
Kevin Johnson	1	29:29
Chris Johnson	1	29:09
Genevieve Beaulieu	10	34:53
Colby Smith	6	34:40
Whitney Eiring	16	37:15
Gregory Evanoff	3	25:32



2010 Ocean City Employee Softball  
League Schedule

Teams: OCBP 1-Stokes (Yellow); OCBP 2-Clouser (Blue); OCBP 3-Atwood (Pinkish)



<u>Date</u>	<u>Time</u>	<u>Place</u>	<u>Home</u>	<u>Away</u>
Mon 06/28/10	06:30 PM	Field 2	OC Beach Patrol 3	OC Rec & Parks
	07:30 PM	Field 2	OC Rec & Parks	OC Beach Patrol 3
Wed 06/30/10	06:30 PM	Field 1	OC Fire & EMS	OC Rec & Parks
	06:30 PM	Field 2	OC Beach Patrol 1	OC Beach Patrol 2
	06:30 PM	Field 3	OC Beach Patrol 3	OC Police
	07:30 PM	Field 1	OC Rec & Parks	OC Fire & EMS
	07:30 PM	Field 2	OC Beach Patrol 2	OC Beach Patrol 1
	07:30 PM	Field 3	OC Police	OC Beach Patrol 3
Wed 07/07/10	06:30 PM	Field 1	OC Police	OC Beach Patrol 2
	06:30 PM	Field 2	OC Beach Patrol 3	OC Fire & EMS
	06:30 PM	Field 3	OC Beach Patrol 1	OC Rec & Parks
	07:30 PM	Field 1	OC Beach Patrol 2	OC Police
	07:30 PM	Field 2	OC Fire & EMS	OC Beach Patrol 3
	07:30 PM	Field 3	OC Rec & Parks	OC Beach Patrol 1
Mon 07/12/10	06:30 PM	Field 2	OC Beach Patrol 3	OC Beach Patrol 2
	06:30 PM	Field 3	OC Beach Patrol 1	OC Fire & EMS
	07:30 PM	Field 2	OC Beach Patrol 2	OC Beach Patrol 3
	07:30 PM	Field 3	OC Fire & EMS	OC Beach Patrol 1
Wed 07/14/10	06:30 PM	Field 2	OC Police	OC Rec & Parks
	07:30 PM	Field 2	OC Rec & Parks	OC Police

### Standings as of 6-23-2010

<u>Team</u>	<u>Points</u>	<u>Wins</u>	<u>Losses</u>	<u>Ties</u>
OC Beach Patrol 1	9	3	1	0
OC Police	9	3	1	0
OC Rec & Parks	6	2	0	0
OC Fire & EMS	3	1	3	0
OC Beach Patrol 2	3	1	3	0
OC Beach Patrol 3	0	0	2	0

### OCBPSRA Quad Recertification

June 24, 2010

<u>Name</u>	<u>Crew</u>
Charles Swartz	12
Dave Haight	13
Aimee Bachman	13
AJ Smith	13
Steve DeKemper	12
Ryan MacCubbin	10
Tommy Spencer	7
Aaron Steely	7
Dustin Stokes	10
Alex Desy	5
Steven Reddick	15
Shane Neumann	5
Tradd Cummings	10
Damien Sanzotti	10
Nicholas McClueb	4
Nick Gerthoffer	4
Kalani Linnell	4
Tommy Hammond	12
Kevin Johnson	1
Ben Davis	1
Jesse Crone	6
Patrick Riley	8
Jason Konyar	6
Garret Lee	16
Jake Foy	17
Randy Wheeler	3
Brian Cardile	14
Jonathan Clouser	2
John Miller	2
Dan Pogonowski	15
Phil Fraley	17
Lance Sincavage	2
Chris Johnson	1

### OCBPSRA Paddleboard & Landline

June 25, 2010

<u>Name</u>	<u>Crew</u>
Chris Cornwell	5
Lucie Lagace	12
Jack Kleman	11
Whitney Eiring	16
Laura Allen	9
Tom Lurie	6
Dave Krabbe	15
Bily Eckert	13
David Balog	1
Jenelle Irwin	1
Kate Rowe	13
Patrick McElvaney	10
Travis Sevier	10
Patrick O'Malley	7
Jake Lebo	8
Emanuelle Ouellet	1
Kevin Johnson	1
Andrey Levchenko	SRA II
J.W. Abernathy	SRA II
Svetlana Sutova	SRA II
Andy Norwalt	SRA II
Michael Legath	SRA II
Mick Chester	SRA II
Andrew King	SRA II
Amanda Doane-Johnson	SRA II
Joshua Wilder	SRA II
Luca Fortin	SRA II
John Andrews	SRA II

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

### Last Week's Question: What exactly is an S.R.T.? Are they like pool lifeguards?

S.R.T. stands for Surf Rescue Technician. Ocean/Surf Rescue is significantly more challenging than pool or lake guarding. The job has far more responsibility and entails much more than a regular lifeguard. Because of the uniqueness of the job's demands, our lifeguards receive specialized testing, training, and certifications. Only after they have successfully completed the Surf Rescue Academy (much like a police officer or firefighter) and have passed all certification requirements will they be called Surf Rescue Technicians (SRTs) and begin safeguarding your family. The SRTs are important members of the beach environment. They are strong swimmers, are familiar with their areas, and are able to respond if someone is in danger. Additionally, every SRT is drug tested, meets annual re-qualification standards, participates in weekly in-service training, is currently certified in First Aid, CPR, and the use of an Automatic External Defibrillator (AED), and has current information on tides and local events. It is important that you cooperate with the SRT in the performance of his/her duties. REMEMBER: Whenever you hear a whistle blast, even if you don't think it is for you, locate the SRT to see what he or she may need. Don't be afraid to ask for help and remember to wave your arms when in danger.

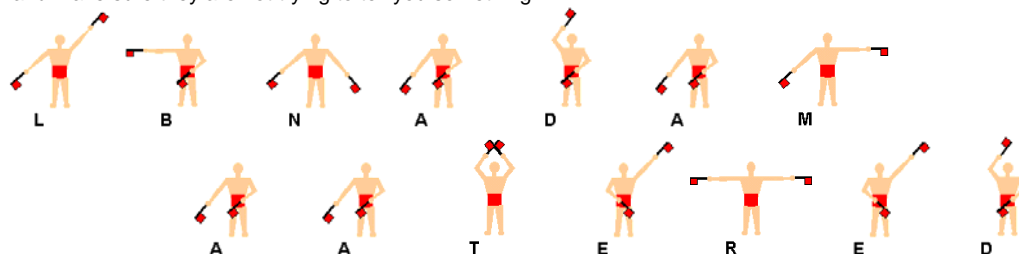
### This Week's Question: What are you doing with those flags?

The SRT's (Lifeguard's) flags serve two purposes. First, they are used in one of the three communications methods that the beach patrol utilizes to communicate amongst themselves. This form of communications is called semaphore. Semaphore is a type of communication by which a person signals with two hand flags, moving his arms through various positions to represent letters, numerals, and special signs. Semaphore is also used by the scouts, navy, and the coastguard to communicate over long distances (as long as you can see the other person). Although this method has been around for a long time, a major benefit to the beach patrol is that in an emergency or when a lifeguard is in the water, they do not need any electronics or technology to immediately update and communicate with each other. The majority of messages being sent between lifeguards are communicating about lost and found individuals and potential dangers. Example: LB N ADAM A ATE RED (Lost Boy Name Adam Age eight bathing suit color red)

Above is an example of one type of a message that SRTs send between adjoining stands. This information is also transmitted by radio to the beach patrol dispatch center for broadcast to other agencies and departments throughout Ocean City.

Note: We respond to approximately 2000 cases of lost and found individuals in a typical season with a 100% return rate. To learn more about semaphore visit the Beach Patrol website [www.ococean.com/ocbp](http://www.ococean.com/ocbp) click on the Semaphore Alphabet link under Employee Links. The other two communication methods used by the beach patrol are a whistle system and two-way radios.

The second use of the flags is to direct beach patrons out of harms way. Although we do not expect any of our beach patrons to understand this signaling system, we also use the flags to indicate and point to our visitors. The SRT may point at you and direct you to move in a particular direction or to stop an activity such as ball playing in the water. This gentle signaling may be all it takes to warn and move you out of potential danger, such as rip currents, dangerous shorebreak or even marine life such as we saw with last weeks whale sightings. So remember, when an SRT whistles and points, locate them and make sure they are not trying to tell you something.



### 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 Josen

### OCBP

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

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 McClae
5	Alex Desy	Shane Neumann
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

### The Captain Craig Swim

July 10, 2010

Registration: 1700hrs

Race: 1800hrs

Location: 13<sup>th</sup> St. & the Boardwalk

Competitors swim a measured mile with the prevailing current to a finish line located at 13th Street and the beach. Awards will be presented to age group finishers and a commemorative t-shirt is included in the \$15.00 registration fee.

### Captain Craig Swim History

The Annual Captain Craig Swim is named for Robert S. Craig who served as the captain of the Ocean City Beach Patrol for forty years, from 1946 to 1986. The Annual Ginny Craig Swim is named for his wife. Both Captain Craig and his wife Ginny passed away this past year.

Bob Craig was born and reared in Wilmington, Delaware. Ocean City has always been an important part of his life. His father was a schoolteacher, and the family spent the summers in a cottage at the beach. He married a young woman from nearby Berlin, Virginia Lee Mason.

After attending the University of Pennsylvania, receiving an undergraduate degree with a major in languages and a master's degree in education, he still returned every summer to Ocean City to be on the Beach Patrol.

Craig's teaching career was in St. Louis, where he taught languages and mathematics to high school students and coached football, basketball, tennis, and golf. He and his wife settled into a year-round home in, of course, Ocean City. He remained Captain of the Beach Patrol, and once described himself as "probably the longest-term employee the city ever has ever had."

Since Bob Craig started on the Patrol, it has grown to about 160 members. The guard towers continued their advance up the beach as the resort developed. Today, the Patrol covers over ten miles of beach, from the inlet to the Maryland-Delaware line. It is equipped with jeeps, Honda quads, walkie-talkies, and the familiar semaphore flags. Written by 1<sup>st</sup> Lieutenant Skip Lee, OCBP (c) 1998



June 22, 2010

Mr. Butch Arbin  
Captain, Ocean City Beach Patrol

Dear Butch:

I am reminded that this year marks the 75<sup>th</sup> anniversary of the start of my father's association with the OCBP in 1935. He will be on the beach in spirit as you celebrate his career with the Robert S. Craig and Ginny Craig swims in July; July 11<sup>th</sup> would have been his 92<sup>nd</sup> birthday.

Regrettably, I am committed to presenting some lectures at Principia College in Illinois in mid July, and so I cannot be in Ocean City. However, I send my warmest regards to you all, and my sincere appreciation for your remembrance of Dad and his half century association with the patrol.

You may be interested to learn of another tribute to Captain Craig instituted this year at The Principia School in St. Louis. In 2004 I published a major book on the architectural history of Principia College, the same institution [K thru college] with which Dad, during winter months, had been associated as high school teacher and coach for over 40 years. Earlier this month, my wife Carole and I inaugurated an annual book gift program in which high school students from Dad's Principia "Upper School", who have been accepted for college the following fall at Principia College, are presented a copy of this award-winning book about Principia, "In Memory of Robert S. Craig, Upper School Math and Latin Teacher, and Coach, 1940-1981." In June, 32 students received this 2010 memorial prize. As you have done with the annual Robert S. Craig swim each July, it is our intention to continue this memorial prize for many years.

I appreciate very much your continuing efforts in so many ways to keep Dad's legacy alive in thought, not least of which is your maintaining the OCBP standards of conduct and good character, which meant so much to him throughout his life.

Warmest regards,  
Rob Craig  
Professor, Georgia Tech  
and "8<sup>th</sup> street guard," early 1960s





**June-**

Monday 28<sup>th</sup> 130<sup>th</sup> Street 6pm.- 2K Run & Swimmer Rescue  
Tuesday 29<sup>th</sup> 130<sup>th</sup> Street 6pm.- Beach Flags & Landline

**July-**

Thursday 1<sup>st</sup> 130<sup>th</sup> Street 6pm- Run-Swim-Run  
Friday 2<sup>nd</sup> 130<sup>th</sup> Street 6pm-4x100 & 400m Swim  
Saturday 3<sup>rd</sup> 130<sup>th</sup> Street 6pm-Paddle Rescue

**Important Dates-**

**June 30<sup>th</sup> North Bethany Beach Patrol Competition**  
**July 7<sup>th</sup> Sea Colony Beach Patrol Competition**  
**July 10<sup>th</sup> Capt. Craig Swim**  
**July 14<sup>th</sup> Mid-Atlantics Non-Crafts-Ocean City**  
**July 16<sup>th</sup> "South" Iron-Guard 8<sup>th</sup> Street- (Mid-South & South)**  
**July 19<sup>th</sup> Dewey Beach Patrol Beach Competition**  
**July 21<sup>st</sup> Mid-Atlantics Crafts-Long Branch, N.J.**  
**July 23<sup>rd</sup> "North" Iron-Guard 65<sup>th</sup> Street- (Mid-North-North)**  
**July 24<sup>th</sup> Mitch Maiorana Run-Swim-Swim 6pm. Surf Ave.**  
**July 25<sup>th</sup> Rehoboth Olympics Try-outs-130<sup>th</sup> 6pm**  
**July 26<sup>th</sup> Bethany Beach Patrol Competition**  
**July 28<sup>th</sup> All-Women's Competition Sandy Hook, N.J.**  
**July 29<sup>th</sup> Rehoboth Olympics**  
**July 30<sup>th</sup> Iron-Guard Championship 130<sup>th</sup> Street**

## Ocean City Beach Patrol Workouts from Lt. Wes Smith

### Monday

**3 rounds of (25 tuck jumps followed by 10 jump lunges).**

Goal: to improve leg power. A tuck jump is when you jump straight up and tuck your knees to your chest before you land (like doing a cannonball, but without using your arms.). A jump lunge is when you start in a lunge position, jump up in the air switch legs and land in a lunge position.

### Tuesday

**3 rounds of (10 dive bomber push ups followed by 20 push ups with rotation)**

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.

Push Ups With Rotation: Do a push up, but at the top rotate your body to the left raising your right arm straight into the air, hold this position a second with your left arm locked and planted on the ground, come back down into a push up. Next push up while rotating your torso to the right lifting your left arm straight toward the sky, etc.

### Wednesday

**3 rounds of (20 v-ups followed by 20 knee to elbow bicycles followed by 20 mountain climbers)**

V-Up: KEEPING YOUR LOWER BACK PRESSED AGAINST THE GROUND, raise your legs up while straight and your arms up while straight simultaneously and do an abdominal curl (or crunch). Don't let your lower back come off the ground.

Elbow Bicycles: On your back, move your legs in a cycling motion while bringing your right elbow to your left knee and then your left elbow to your right knee.

Mountain climbers: In a push up position, run in place bringing your knees up toward your chest.

### Thursday

**3 rounds of 25 burpees followed by 25 tuck jumps**

Burpee or Sandcrab feeder: From a standing position, squat down and place your hands in front of your feet, jump into a push up position and do 1 push up, jump your feet back toward your hands and from a squat position jump into the air. Repeat.

### Friday

**TABATA SQUATS: (20 seconds fast as possible, 10 second recovery) x 8**

Use your arms to propel your squat faster. You should get more than 20 squats in 20 seconds, shooting for 23-25. Go all the way down to your end range of motion and back into a full standing position as fast as you can.

**TABATA PUSH UPS: (20 seconds fast as possible, 10 second recovery) x 8**

When you fatigue, continue with your knees on the ground.

### Saturday

**3 rounds of 25 torso rotation, 25 superman in push up position**

**2 rounds of 20 Hindu Push Ups (like divebomber except return directly to starting position after each one)**

Superman push ups: perform a push up, but at the top extend your right arm and your left leg off the ground, attempting to make your body as long as possible. Return to a push up and then use your left arm and right leg. Make sure each rep is a fluid motion.

### Sunday

**3 rounds of 30 lateral hops, 30 lunges (alternating), 30 Romanian deadlifts, 20 V-Ups**

Lateral Hops: Make a line in the sand. Using both feet at the same time, hop laterally (to the side) over the line and back continuously (like skiing).

Romanian Deadlifts: Keeping your knees in a fixed position, bend at the waist using your hamstrings as far as you can while maintaining a natural curve in your lower back (helps to stick your chest out). If your lower back flattens or rounds you're going too far.



Event Group _____	Comp. # _____
Age Group _____	Paid \$ _____
Gender Group _____	Cash CK # _____

# The 16<sup>th</sup> Annual

## Captain Robert S. Craig One Mile Boardwalk Swim

This memorial swim is in honor of the contributions of the late  
Beach Patrol Captain Robert S. Craig.

### ALSO, The Ginny Craig 1/4 Mile Swim

Welcome! Please read and complete the following. When finished, sign in the space provided below.

Return this document along with your registration fees. Thank you and Good Luck!

Registration: \$15 if mailed before July 3, 2010. \$20 Race-day registration (5 pm)

First Name:

Last Name:

Address:

City:  State:  Zip Code:

Telephone:  -  -

Birth Date:  /  /  Age:  Gender: ☐ Female ☐ Male

E-mail Address:

Agency Affiliation:

(if none, write NONE)

WOULD YOU WANT TO BE CONTACTED ABOUT FUTURE JOB OPPORTUNITIES WITH THE OCEAN  
CITY BEACH PATROL? YES NO

Select an Event by Circling one = 1 Mile Swim 1/4 Mile Swim

Select an Age Classification by Circling one

One Mile Swim

1/4 Mile Swim

Boys	Girls	Juniors	16yrs old & under	Boys	Girls	12yrs & Under
Men	Women	Open	All Ages	Boys	Girls	Juniors
Men	Women	Seniors	30yrs to 39 yrs old	Men	Women	Open
Men	Women	Masters	40yrs to 49 yrs old	Men	Women	Masters
Men	Women	Veterans	50 and Over			40yrs & Over

-OVER-

## **WAIVER AND RELEASE OF LIABILITY**

In consideration of being allowed to participate in any way in the 2009 Summer Competition Series sponsored by the Ocean City Beach Patrol Chapter of the United States Lifesaving association and the Town of Ocean City's Beach Patrol, an athletic/sports event, which includes related events and activities, the undersigned:

1. Acknowledges and fully understands that each participant will be engaging in activities that involve risk of serious injury. This includes permanent disability, death, and economic losses that might result not only from their own actions, inactions or negligence, but the actions or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known or reasonably foreseeable at this time. Acknowledge, that mine or the minor's participation is voluntary and agrees to:
2. Assume any and all risks of personal injuries to the minor or myself and authorize the Town of Ocean City, the Ocean City Beach Patrol, to contact Ocean City Emergency Medical Services to render any emergency medical treatment that may be deemed necessary for the minors or mine or to take the minor or me to any hospital. I (we) give authorization to a physician or surgeon for the minor or me to receive care and/or emergency medical treatment when necessary. If such medical treatment or hospitalization is required, I agree to pay all medical and hospital bills related hereto, permanent or partial disability, or death and damages to myself or the minor or any property, caused by or arising from participation in the event or activity.
3. Release, waive, discharge, and covenant not to sue the Town of Ocean City, The Ocean City Beach Patrol, their respective administrators, directors, agents, coaches and other employees or volunteers of these organizations, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from any and all liability, loss, damage, claim, demand or cause of action against those attributable to myself or the minor's participation in the event or activity, whether same shall arise by their negligence or otherwise, except that injury or loss which results from gross negligence or willful or wanton misconduct of one of those individuals or organizations.
4. Agree that prior to my or the minor's participation in the event or activity, I or the minor and parents will inspect the facilities, equipment, and areas where the event or activity being conducted, and if either of us believe any of them are unsafe, will immediately advise the person supervising the event, activity, facility or area.
5. Grants the releasees the right to film, photograph or videotape the participant during the event which extends to all phases of publicity, promotion and advertising.
6. Warrant that the minor or I are in good health and has no physical condition that would prevent the minor or me from participation in the event or activity.

I / We have read the above waiver and release, understand that we have given up substantial rights by signing it and sign voluntarily.

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date

The following also must be signed and completed by the Parent or Guardian of each Competitor under 18. I, the parent or legal guardian, consent to the minor's participation in the event.

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Relationship to Minor Child

\_\_\_\_\_  
Minor Child's Age

**DO NOT MARK IN THIS  
SPACE  
OFFICIAL CHECK**

\_\_\_\_\_  
All Information Provided