



# OCEAN CITY BEACH PATROL

## WEEKLY BULLETIN

Week of September 12, 2010 to September 19, 2010

### SUNDAY, SEPTEMBER 12, 2010

**GENERAL MEETING:** City Hall Council Chambers —1<sup>st</sup> Floor—3<sup>rd</sup> St.—0830hrs

**OCBPSRA:** Will resume in June 2011

**Parking is available in the City Hall lot; enter through rear of the building.**

**Opportunity to Compete:** None

**Workout:** 3 rounds of 50 squats; 10 tuck jumps; 5 broad jumps  
2 rounds of 25 v-ups

**Surfing Beaches:** Modified

**Tides:** High: 1139hrs and 2359hrs  
Low: 0500hrs and 1749hrs

#### Important Notice

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

Sunday, September 12  
City Hall—0830hrs

Sunday, September 19  
City Hall—0830hrs

Sunday, September 26  
City Hall—0830hrs



### MONDAY, SEPTEMBER 13, 2010

**Officer in Charge:** Lieutenant Ward Kovacs

**OCBPSRA:** Will resume in June 2011

**Opportunity to Compete:** None

**Workout:** 1 round of TABATA Squat-Thrusts (20 seconds fast as possible, 10 second recovery) x 8

**Surfing Beaches:** Modified

**Tides:** High: 1233hrs  
Low: 0551hrs and 1849hrs

#### 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. Following through with what you told us is critical and will affect your ability to return. 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.

All letters will be sent out by April 1 indicating your final evaluation and status for re-employment.

If you need to know your status before this time, you can contact HQ after November 1.

S.R.T. Name:	Monday 9/13/2010	Tuesday 9/14/2010	Wednesday 9/15/2010	Thursday 9/16/2010	Friday 9/17/2010	Saturday 9/18/2010	Sunday 9/19/2010	CREW
<b>Daily Assignment</b>								
<b>Rescues</b>								Totals
<b>Preventative actions</b>								
<b>First Aids</b>								

## **TUESDAY, SEPTEMBER 14, 2010**

**Officer-in-Charge:** *Lieutenant Ward Kovacs*

**OCBPSRA:** Will resume in June 2011

**Opportunity to Compete:** None

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

**Surfing Beaches:** Modified

**Tides:** High: 2451hrs and 1330hrs  
Low: 0645hrs and 1952hrs

## **WEDNESDAY, SEPTEMBER 15, 2010**

**Officer-in-Charge:** *Lieutenant Ward Kovacs*

**OCBPSRA:** Will resume in June 2011

**Opportunity to Compete:** None

**Workout:** 3 Rounds of (50 push ups, 20 V-Ups, 20 mountain climbers and 20 knee to elbow bicycles)

**Surfing Beaches:** Ordinance out of effect Sept. 15<sup>th</sup>

**Tides:** High: 0148hrs and 1434hrs  
Low: 0744hrs and 2058hrs

## **THURSDAY, SEPTEMBER 16, 2010**

**Officer-in-Charge:** *Lieutenant Ward Kovacs*

**OCBPSRA:** Will resume in June 2011

**Opportunity to Compete:** None

**Workout:** TABATA SQUATS: (20 seconds fast as possible, 10 second recovery) x 8  
2 Rounds of 5 x 10yd BEAR CLIMB SPRINTS

**Surfing Beaches:** Ordinance out of effect Sept. 15<sup>th</sup>

**Tides:** High: 0253hrs and 1544hrs  
Low: 0846hrs and 2204hrs

**Special Events:** Delmarva Bike Week

## **FRIDAY, SEPTEMBER 17, 2010—Pay Day**

**Officer-in-Charge:** *Lieutenant Ward Kovacs*

**OCBPSRA:** Will resume in June 2011

**Opportunity to Compete:** None

**Workout:** 4 rounds of (20 JUMP LUNGES followed by 20 TUCK JUMPS and 20 LATERAL)

**Surfing Beaches:** Ordinance out of effect Sept. 15<sup>th</sup>

**Tides:** High: 0403hrs and 1649hrs  
Low: 0948hrs and 2305hrs

**Special Events:** Gem, Jewelry, and Mineral Show—Convention Center—1200hrs to 1900hrs  
**Delmarva Bike Week**

### **Guidelines for Modified Surfing**

Note: The surfing ordinance is in effect until Sept. 15<sup>th</sup> each year.

Surfers must still wear a leash.

Swimmers **always** have the right of way.

Surfers must remain no less than 50 yds. from the nearest swimmer or non-surfer.  
Surfers should be moved to the area between the stands.

If there are too many swimmers, then the surfers must relocate or stop surfing altogether.

The use of skimboards and other watercraft (kite surfers, windsurfers, kayaks, etc. is still prohibited

If a surfer injures another person, he/she is responsible, and we must ID the surfer, involving the police if necessary.

### **SURF FISHING AND CASTING**

#### **Sec. 106-131. Public beach restrictions.**

It shall be unlawful for anyone to surf fish, surf cast or practice surf fishing or surf casting on the public beaches within the corporate limits of Ocean City between Friday of Memorial Day weekend to September 30 of each and every year, both days inclusive, between the hours of 10:00 a.m. to 5:30 p.m., prevailing time, except by permission from the Mayor and Council, within 50 yards of swimmers or persons in bathing attire lying, sitting, walking, surfing or standing on any part of said public beaches or areas adjacent thereto within the corporate limits of Ocean City.  
**(Code 1972, § 28-9)**

## SATURDAY, SEPTEMBER 18, 2010

**OCBPSRA:** Will resume in June 2011

**Opportunity to Compete:** None

**Workout:** 3 rounds of (25 PUSH UP SUPERMANS, 25 TORSO ROTATIONS, 10 leg unders)

**Surfing Beaches:** Ordinance out of effect Sept. 15<sup>th</sup>

**Tides:** High: 0506hrs and 1742hrs

Low: 1048hrs and 2353hrs

**Special Events:** Gem, Jewelry, and Mineral Show—Convention Center—1000hrs to 1800hrs  
**Delmarva Bike Week**

### 2011 W-2 Forms

The Town of Ocean City will send your W-2 form to the permanent address on record for you. This is the address that is printed on your paycheck. W-2's will be sent out by January 31, 2011. If you need to make any changes and/or adjustments, you must fill out a change of address form and submit it to the City Hall Human Resources department by January 1, 2011.

## SUNDAY, SEPTEMBER 19, 2010

**GENERAL MEETING:** City Hall Council Chambers —1<sup>st</sup> Floor—3<sup>rd</sup> St.—0830hrs--Parking is available in the City Hall lot; enter through rear of the building.

**OCBPSRA:** Will resume in June 2011

**Opportunity to Compete:** None

**Workout:** 3 rounds of (20 burpees followed by a 25 yard high knees, then 25 yard sprints)

**Surfing Beaches:** Ordinance out of effect Sept. 15<sup>th</sup>

**Tides:** High: 0555hrs and 1825hrs

Low: 1142hrs

**Special Events:** Gem, Jewelry, and Mineral Show—Convention Center—1100hrs to 1700hrs  
**Delmarva Bike Week**



### UPCOMING BEACH PATROL EVENTS

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

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 <sup>th</sup> St.

<u>Stats.</u>	<u>Week 16</u> 8/30/10 to 9/5/10	<u>Week 16</u> Year-To- Date 2010	<u>Week 16</u> 8/31/09 to 9/6/09	<u>Week 16</u> Year-To- Date 2009	<u>Week 16</u> 9/1/08 to 9/7/08	<u>Week 16</u> Year-To- Date 2008
<b>Action</b>						
Preventions	1628	73219	881	69523	N/A	67584
Rescues	81	3126	71	3399	215	3747
Minor First Aid	31	1937	4	1445	N/A	2295
Ambulance Calls	18	228	11	269	11	285
Police Calls	6	72	3	80	2	96
USCG/MDNRP	0	10	0	5	0	16
Lost/Found Persons	28	588	26	695	4	563
N. Surf Beach Population	276	1459	N/A	629	NA	NA
S. Surf Beach Population	133	3233	N/A	4414	NA	NA
Inlet Surf Beach Population	NA	1936	N/A	1046	NA	NA
Beach Wheelchair Usage	20	440	17	420	6	431

**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



**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)**

**Winter Mailings**

Newsletters and all return-to-work information and notifications for the 2011 season will be sent to the winter address that you provided. Updates and/or adjustments should be made through the office--either in person or by e-mail.



**Tides for Ocean City Fishing Pier— Sept. 12 to 19, 2010**

Day	High/Low	Height Feet	Sunrise Sunset	Moon Time	% Moon Visible
Su 12	Low 5:00 AM	-0.1	6:40 AM	Rise 11:42 AM	16
12	High 11:39 AM	3.0	7:13 PM	Set 9:38 PM	
12	Low 5:49 PM	0.1			
12	High 11:59 PM	2.3			
M 13	Low 5:51 AM	0.0	6:40 AM	Rise 12:49 PM	25
13	High 12:33 PM	2.8	7:12 PM	Set 10:25 PM	
13	Low 6:49 PM	0.3			
Tu 14	High 12:51 AM	2.1	6:41 AM	Rise 1:50 PM	36
14	Low 6:45 AM	0.2	7:10 PM	Set 11:18 PM	
14	High 1:30 PM	2.6			
14	Low 7:52 PM	0.5			
W 15	High 1:48 AM	1.9	6:42 AM	Rise 2:43 PM	46
15	Low 7:44 AM	0.4	7:09 PM		
15	High 2:34 PM	2.5			
15	Low 8:58 PM	0.6			
Th 16	High 2:53 AM	1.8	6:43 AM	Set 12:16 AM	56
16	Low 8:46 AM	0.5	7:07 PM	Rise 3:27 PM	
16	High 3:44 PM	2.4			
16	Low 10:04 PM	0.7			
F 17	High 4:03 AM	1.8	6:44 AM	Set 1:15 AM	66
17	Low 9:48 AM	0.5	7:05 PM	Rise 4:05 PM	
17	High 4:49 PM	2.3			
17	Low 11:05 PM	0.7			
Sa 18	High 5:06 AM	1.9	6:45 AM	Set 2:15 AM	75
18	Low 10:48 AM	0.5	7:04 PM	Rise 4:37 PM	
18	High 5:42 PM	2.4			
18	Low 11:53 PM	0.6			
Su 19	High 5:55 AM	2.0	6:46 AM	Set 3:14 AM	82
19	Low 11:42 AM	0.5	7:02 PM	Rise 5:06 PM	
19	High 6:25 PM	2.4			



Two Photos from the Parade of Brothers 9/11 Memorial Service on the Boardwalk.

Let us **never forget** the ultimate sacrifices that were given by so many in public safety on September 11, 2001, and every other day of the year!

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

***This Week's Question:*** I have heard a lot about the dangers of rip currents on just about every radio and TV station for the past two weeks. I am still unclear about what the difference between a rip current and a rip tide is and what makes them so dangerous?

What you have seen on local and national news coverage are stories about rip currents. Although they are often mistakenly referred to as "rip tides" or "undertow," they are in fact a current. A current is simply a volume of water moving from one location to another. In contrast, tides are caused by the gravitational pull of the moon and sun and occur about every 12 hours. What makes a rip current dangerous is that it moves water away from beach and out to sea, whereas north or south currents (littoral) just move water along the beach. As water flows away from the beach anything or anyone in or near that water current will also be pulled steadily away from shore.

This action accounts for how unsuspecting bathers and people never intending to venture further than their waists are pulled into water that is suddenly over their heads. It is also responsible for creating the telltale signs that identify a rip current to the trained eye. As waves break and stir up the sandy bottom and create foam, this discolored water and foam are carried away from the shore clearly marking the location of a rip current.

While the mechanics of a rip current can be easily understood, they still remain the greatest surf zone hazard for anyone enjoying water activities at any beach and, they account for 95 percent of all water-related rescues. Rip currents are such a well-known natural hazard that the National Weather Service has identified them as the third leading cause of weather-related death. If you question the seriousness of this threat then just take a moment to realize that not all states could even contribute to this statistic because not all states have ocean beaches.

To understand how to escape a rip current, it is important to understand what causes rip currents. Rip currents occur when the water that comes onto the beach by wave action and wind needs to make its way back out. The natural sandbar that runs the length of Ocean City, tends to trap this large volume of water being brought in by waves until it can find a path to make its way back out to sea. As wave action continues to bring water over the sandbar, the trapped water has difficulty going out against the incoming waves. This water will take the path of least resistance and find a lower spot, or trough, along the sandbar to escape; thus becoming the natural path for the flow of the water. As more water comes across the sandbar, the volume in the trough increases and this additional volume of water causes an increasingly greater volume of water to flow through this path. As the water flows along this path, it will move sand and create a deep underwater channel from the shoreline cutting through the sandbar. As waves break near the beach, they cause a change in bathymetry (the contour of the ocean bottom), which causes a constant change in the sandbar; thus, the location and severity of rip currents are constantly changing as well.

Another factor that has an influence on the frequency and severity of rip current activity is water depth, which is directly related to changing tides. This is why rip current risk may be reported as moderate at 1 p.m. and become high by 4 p.m. Because safety and accident prevention are key components of the beach patrol mission, the Ocean City Beach Patrol provides rip current assessments to NOAA three times each day and has worked directly with scientists to help them understand rip currents and how to better forecast and predict them.

Although rip currents do not pull a person under water, it is the deep channel that gives the impression that a swimmer may be pulled down. What is really happening is that a non-swimmer who intended to remain only in waste deep water is being moved by the rip current into increasingly deeper water. Since these non-swimmers cannot swim, they try to stand on the bottom and as they move away from shore into water that is over their head they are no longer able to keep their head above water. A person watching from the beach may think that what they are seeing is a person being pulled under; in fact, it is a non-swimmer who does not have the ability to keep his or her head above water. If this occurs while the beach patrol is on duty, the lifeguard will simply assist the person back to safety. If this occurs while lifeguards are not on duty, the outcome could turn deadly.

You may believe that only non-swimmers drown as a result of rip currents; in reality, many rip current drowning victims had moderate to good swimming ability. This brings up the question: Why would a person who knows how to swim, drown? The answer is simple: Panic, fatigue and lack of ocean awareness all contribute to the outcome. A rip current is very much like a treadmill. As water is flowing away from the beach, a swimmer attempting to swim straight in will make little or no progress against this outgoing current. Since a rip current may flow faster than an Olympic swimmer can swim, swimming against this current only causes a person in this situation to become fatigued, while not actually getting any closer to the beach. Eventually they become so fatigued that they are no longer able to keep their head above water and once they slip below the water's surface and are no longer able to get air, they become unconscious and only have moments before they become a statistic.

In contrast, a swimmer or someone with a flotation device can easily escape the grip of the rip. By nature a typical rip current is not very wide. It is usually 20 yards at most, which means that a person who is being pulled out, can be out of the rip after a few swimming strokes. Additionally, once the rip current reaches the sandbar, the pull disperses and the current no longer continues to pull you away from shore. With these facts in mind, if you find yourself being pulled away from shore, do not panic. Simply swim parallel to shore; once you no longer feel the pull of the rip, swim back into shore. If you feel you are unable to swim across the rip, relax and let it take you out to the sandbar, then swim back to shore. Whatever you do, never abandon a flotation device and remember to signal the lifeguard if you want their assistance. In most cases they will already be on their way to assist you back to safety. However, even our skilled lifeguards will not attempt to swim straight into shore against a rip current but will use their knowledge of the ocean to swim parallel to the beach until they are out of the rip current and then will make their way back into safety with their victim in tow.

To help people remember how to escape a rip current, we use an acronym to make it easier. Remember the word RIP. The R stands for relax and don't panic. The "I" stands for, "I need help." Wave your arms and yell to alert someone that you need help. The "P" stands for parallel. Swim parallel to get out of the rip current and then you will be able to swim back into shore.

To learn more about rip currents and other safety topics visit [www.ococean.com/ocbp](http://www.ococean.com/ocbp) and click on the safety button. To help educate your children, beach safety coloring and activity books are available by request. Simply call headquarters and request one at 410-289-7556 or stop by headquarters and pick one up.

September 9, 2010

Dear Mr. Arbin:

I want to take this opportunity to thank the Ocean City Beach Patrol for the wonderful service you provided to my sister and myself. On Saturday August 28, 2010 we were caught in a powerful rip tide in front of our building at 127<sup>th</sup> street. If not for the beach patrol, we could have drowned. The guard spotted us, and was there in less than a minute. I read that there were nearly 500 rescues that weekend.

I have been coming to Ocean City my entire life, and a part-time resident for the last 10 years. In all of this time I have never needed the Beach Patrol, but always appreciated their presence. I have felt confident in their abilities to watch over my children, and now grandchildren, as they played in the surf. I never imagined that I would need their services myself.

Thank you so much for all you do to provide a safe swimming environment to all of us at the beach. I have always had a healthy respect for the ocean, but now have a first hand experience of how quickly things can happen.

Sincerely,  
CATHY L. CARTER

Cc: Beachcomber  
Ocean City Today  
The Salisbury Times

**From:** Bill Long  
**Sent:** Fri 9/10/2010 8:55 PM  
**To:** Arbin III, Melbourne L. [Butch] (CCPS)  
**Subject:** My Congratulations!!

Captain Arbin, Again, let me offer my sincere congratulations on another outstanding year by your lifeguards. With the unusual number of days with deadly rip currents your crew worked exceedingly hard and efficiently to rescue a large number of distressed swimmers. I never cease to be amazed by the professional dedication of all the lifeguards. How well they work together and how excellently trained they are. Working with the swimmers by holding beach meetings to make certain everyone knows the dangers.

There is one incident that really caught my eye and it did not have to do with a rescue. It was late Sunday, September 4<sup>th</sup>. We noted that there was what appeared to be a violent disagreement near the surf. Interestingly, Rick, the crew chief near the Sea Watch, was cruising by on his quad. Perhaps he noted the incident since he cruised very slowly keeping an eye on the couple. He was further down the beach when the couple became violent. Rich immediately raced back to the altercation. Quietly and very professionally he took charge of the situation. One of the participants a woman who was out of control took exception to his interference and stood toe-to-toe with Rick. He quietly again took charge of the situation. In a most supporting manner other lifeguards noted the situation and immediately came to support Rick so that the incident did not escalate. The lady was escorted from the beach. Order was restored. All in a quiet proficient manner.

I was sincerely impressed by the immediate, quiet, forceful, action that was taken by Rick. I was also impressed by the support that was quickly given so that the situation did not escalate.

My congratulations for another outstanding performance by the professional, and competent members of the Beach Patrol. I have used Ocean City, MD beaches since I was a three years old – I am now seventy-six. I have always felt safe and secure on the beach. It is an Ocean City tradition.

William O.(Bill) Long

**OCBP Alumni Reunion**  
**Legends of the Past Impacting the Future—1940s – 1980s**  
Stowaway Grand Hotel—Reunion Headquarters  
October 15-17  
Contact Vic Sprecher @ (505) 238-6169



Pass this information on to anyone you know who might be interested.

**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

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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  
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