



# OCEAN CITY BEACH PATROL

## WEEKLY BULLETIN

Week of July 25, 2011 to July 31, 2011

### MONDAY, JULY 25, 2011

**WEEKLY MEETING:** CONVENTION CENTER - 40TH STREET

**CREW CHIEF MEETING:** 800hrs

**AREA MEETING WITH SERGEANTS:** 0815hrs

**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:** 0945hrs

**OCBPSRA:** None

**Opportunity to Compete:** Bethany Beach Ocean Series—Garfield Pkwy—1730hrs  
USLA Jr. Lifeguard Regionals—Sea Girt, NJ

**Mandatory Daily Workout:** Run Day— Crew Chief determines specific workouts.

**Competition Workout:** Bethany Ocean Series—Garfield Pkwy—1730hrs

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

**Tides:** High: 0320hrs and 1604hrs

Low: 0925hrs and 2227hrs

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

Endless Summer Boogie Board Camp—38<sup>th</sup> St.—1400hrs to 1600hrs

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

Jesus at the Beach Festival— N. Division St.—1900hrs to 2200hrs

Movies on the Beach—*The Karate Kid*—27<sup>th</sup> St.—2030hrs

#### The OCBP Triathlon Club

The OCBP Triathlon Club will meet on  
Tuesday, Thursday, & Sunday

Tuesday--27<sup>th</sup> St. -0700hrs—Bike  
0800hrs--Run

Thursday—130<sup>th</sup> St. -0700hrs—Bike  
0800hrs--Run

Sunday—HQ—Long Run—0600hrs



**Notice:** Participation in activities that include the use of equipment not issued or authorized by the OCBP while on duty is strictly prohibited. This includes time on your break i.e: surfing, bodyboarding, fishing, etc.

**Special Note:** Allowing non-employees to use our equipment without the permission of an officer is also prohibited.

#### OCBP Floor Hockey

Northside Park 1900hrs  
\$5.00

Wear Your Athletic Shoes.  
No Blades

Tuesdays: July 26, Aug. 2, Aug. 9

S.R.T. Name:	Monday 7/25/2011	Tuesday 7/26/2011	Wednesday 7/27/2011	Thursday 7/28/2011	Friday 7/29/2011	Saturday 7/30/2011	Sunday 7/31/2011	CREW
Daily Assignment								
Rescues								Totals
Preventative actions								
First Aids								

## **TUESDAY, JULY 26, 2011**

**JBP Academy IV:** A.M. Session A—Day 1—0800hr –1130hrs (Instructors report at 0730hrs)  
P.M. Session B—Day 1—1300hr –1630hrs

**OCBPSRA:** None

**Opportunity to Compete:** OCBP Triathlon Club—27<sup>th</sup> St.—Bike-0700hrs/Run-0800hrs  
OCBP Floor Hockey— Northside Park—1900hrs--\$5.00 per person

**Mandatory Daily Workout:** Swim Day— Crew Chief determines specific workouts.

**Competition Workout:** Rehoboth Olympics workouts—130<sup>th</sup> St.—1800hrs

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

**Tides:** High: 0416hrs and 1657hrs  
Low: 1018hrs and 2323hrs

**Special Events:** Free Breakfast-Son'Spot Ministries-12 Worcester St.—0730hrs

Family Beach Olympics—27<sup>th</sup> St.—1830hrs

Free Lifeguard Dinner—OC Baptist Church—1900hrs

Jesus at the Beach— N. Division St.—1900hrs to 2200hrs

## **WEDNESDAY, JULY 27, 2011**

**Officer-in-Charge:** 1<sup>st</sup> Lt. Skip Lee

**JBP Academy IV:** A.M. Session A—Day 2—0800hr –1130hrs (Instructors report at 0730hrs)  
P.M. Session B—Day 2—1300hr –1630hrs

**OCBPSRA:** Next set of certification opportunities starts Tuesday, Aug. 9

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

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

**Opportunity to Compete:** All Women's Tournament—Sandy Hook, NJ

**Mandatory Daily Workout:** Run Day— Crew Chief determines specific workouts.

**Competition Workout:** Rehoboth Olympics workouts—130<sup>th</sup> St.—1800hrs

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

**Tides:** High: 0510hrs and 1747hrs  
Low: 1113hrs

**Special Events:** Jesus at the Beach— N. Division St.—1900hrs to 2200hrs /Baptism in the Ocean—40<sup>th</sup> St.—1300hrs

Movies on the Beach—*Despicable Me*—Carousel Hotel—2030hrs

### **Equipment Needs**

Equipments needs will be handled by appointment only. Please contact Sgt. Kauffman at HQ on Wednesdays to make arrangements to discuss any equipment concerns. However, damaged or unsightly equipment should be placed out of service A.S.A.P.

## **THURSDAY, JULY 28, 2011**

**JBP Academy IV:** A.M. Session A—Day 3—0800hr –1130hrs (Instructors report at 0730hrs)  
P.M. Session B—Day 3—1300hr –1630hrs

**JBP One-Day Clinic:** 1300hrs-1700hrs

**OCBPSRA:** Next set of certification opportunities starts Tuesday, Aug. 9

**Opportunity to Compete:** OCBP Triathlon Club—130<sup>th</sup> St.—Bike-0700hrs/Run-0800hrs  
Rehoboth Lifeguard Olympics—Rehoboth Beach—1800hrs

**Mandatory Daily Workout:** Swim Day— Crew Chief determines specific workouts.

**Competition Workout:** Rehoboth Lifeguard Olympics—Rehoboth Beach—1800hrs

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

**Tides:** High: 0601hrs and 1835hrs  
Low: 2415hrs and 1205hrs

**Special Events:** Movies on the Beach—*Megamind*—Princess Royale—92<sup>nd</sup> St.—2030hrs

Sunset Park Party Night—*A Night with Elvis featuring Bob Lougheed*—S. Division St.—1900 hrs

**JBP One Day Clinic**  
Thursday afternoons  
July 28<sup>th</sup>  
August 4<sup>th</sup> & August 12<sup>th</sup>  
1300hrs to 1700hrs

Spread the word to kids 10-17 who hang around the stand. This weekly one-day activity is perfect for kids who are interested in lifeguarding. There is an additional 4-day JBP session this week , as well as the week of Aug. 2-5. This afternoon session runs from 1300hrs to 1630hrs.

## FRIDAY, JULY 29, 2011

**Officer-in-Charge:** 1<sup>st</sup> Lt. Skip Lee

**JBP Academy IV:** A.M. Session A—Day 4—0800hr –1130hrs (Instructors report at 0730hrs)  
P.M. Session B—Day 4—1300hr –1630hrs

**OCBPSRA:** Next set of certification opportunities starts Tuesday, Aug. 9

**Opportunity to Compete:** None

**Mandatory Daily Workout:** Run Day— Crew Chief determines specific workouts.

**Competition Workout:** Nationals workouts—130<sup>th</sup> St.—1800hrs

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

**Tides:** High: 0650hrs and 1922hrs  
Low: 0103hrs and 1256hrs

**Special Events:** Free Breakfast-Son'Spot Ministries-12 Worcester St.—0730hrs

Greek Festival—Convention Center—1200hrs to 2300hrs

Movies on the Beach—*Never Say Never*—27<sup>th</sup> St.—2030hrs

Free International Students Coffeehouse—OC Baptist Church—N. Division St.—2100hrs

### Equipment Needs

Equipments needs will be handled by appointment only  
Please contact Sgt. Kauffman at HQ on Wednesdays to make arrangements to discuss any equipment concerns.  
However, damaged or unsightly equipment should be placed out of service A.S.A.P.

## SATURDAY, JULY 30, 2011

**OCBPSRA:** Next set of certification opportunities starts Tuesday, Aug. 9

**Opportunity to Compete:** Crew Comps—8<sup>th</sup> St.—1830hrs

**Mandatory Daily Workout:** Swim Day— Crew Chief determines specific workouts.

**Competition Workout:** Crew Comps—8<sup>th</sup> St.—1830hrs

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

**Tides:** High: 0739hrs and 2009hrs  
Low: 0148hrs and 1346hrs

**Special Events:** ESA Chauncey's Surfabout—30<sup>th</sup> St. or 54<sup>th</sup> St.—0700hrs

Free Breakfast-Son'Spot Ministries-12 Worcester St.—0730hrs

Greek Festival—Convention Center—1200hrs to 2300hrs



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



## SUNDAY, JULY 31, 2011—End of Pay Period

**OCBPSRA:** Next set of certification opportunities starts Tuesday, Aug. 9

**Opportunity to Compete:** None

**Mandatory Daily Workout:** Run Day— Crew Chief determines specific workouts.

**Competition Workout:** None

**Surfing Beaches:** 63<sup>rd</sup> /143<sup>rd</sup> St.

**Tides:** High: 0828hrs and 2055hrs  
Low: 0232hrs and 1435hrs

**Special Events:** ESA Chauncey's Surfabout—30<sup>th</sup> St. or 54<sup>th</sup> St.—0700hrs

Greek Festival—Convention Center—1200hrs to 2100hrs

Radio Disney Sizzlin' Summer of Stars Free Event—N. Division St.—1800hrs to 2000hrs

Sundaes in the Park—The Janitors (Classic Rock/Funk/Pop)— Northside Park—1800hrs



Follow the Beach Patrol on Facebook  
Go to [www.ococean.com/ocbp](http://www.ococean.com/ocbp)  
Click on



See daily updates, safety tips, and photos.

### Follow the OCBP on Twitter!

If you send a text message saying "Follow OCBP\_HQ" to 40404, the tweets will appear as text messages on your cell phone. Tides & surf beaches go out prior to 1000hrs daily. You can also tell beach patrons. Even if they don't really use Twitter, they can still get the messages on their cell (TXT rates apply).



**MONDAY, AUGUST 1, 2011**

**WEEKLY MEETING:** CONVENTION CENTER - 40TH STREET

**CREW CHIEF MEETING:** 800hrs

**AREA MEETING WITH SERGEANTS:** 0815hrs

**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:** 0945hrs

**OCBPSRA:** Next set of certification opportunities starts Tuesday, Aug. 9

**Opportunity to Compete:** Rehoboth Jr. Guard Competition—Rehoboth Beach

**Mandatory Daily Workout:** Run Day— Crew Chief determines specific workouts.

**Competition Workout:** TBD

**Surfing Beaches:** Inlet /61<sup>st</sup> /141<sup>st</sup> St.

**Tides:** High: 0917hrs and 2142hrs

Low: 0315hrs and 1525hrs

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

White Marlin Open begins.

Movies on the Beach—*Tangled*—27<sup>th</sup> St.— 2030hrs

**UPCOMING 2011 BEACH PATROL EVENTS**

July 26-29	JBP Session IVA-Morning Academy
July 26-29	JBP Session IVB-Afternoon Academy
July 28	Rehoboth Olympics
July 30	Crew Comps
July 31	Crew Comps Lightning Date
Aug. 2	Beach Safety Seminar Training—HQ-1830hrs
Aug. 2-5	JBP Session VA-Morning Academy
Aug. 2-5	JBP Session VB-Afternoon Academy
Aug. 9-12	JBP Session VI
Aug. 9-18	OCBPSRA Events-Round 2
Aug. 13	OCBPSRA Pre-Employment Skills Evaluation
Aug. 14	OCBP Sprint Triathlon
Aug. 20	OCBP Awards Dinner

**Upcoming Town of Ocean City Special Events**

Endless Summer Boogie Board Camp-Session C	July 25-27	38 <sup>th</sup> St.	1400hrs
Jesus at the Beach Festival	July 25-27	N. Division St	Various Times
Sunset Park Party Nights- <i>A Night with Elvis</i>	July 28	S. Division St.	1900hrs
Chauncey's Surfabout	July 30-31	30 <sup>th</sup> or 54 <sup>th</sup>	0700hrs
Sundaes in the Park— <i>The Janitors</i>	July 31	Northside Park	1800hrs
Concerts on the Beach- <i>N.O.M.A.D.</i>	Aug. 3	N. Division St.	2000hrs
Sunset Park Party Nights- <i>Flashback to the Beatles</i>	Aug. 4	S. Division St.	1900hrs
K Coast Beginners' Bash	Aug. 13	40 <sup>th</sup> St.	0700hrs
Endless Summer Boogie Board Camp-Session D	Aug. 15-17	38 <sup>th</sup> St.	1400hrs

<b><u>Stats.</u></b>	<b><u>Week 8</u></b> 7/11/11 to 7/17/11	<b><u>Week 8</u></b> Year- To-Date 2011	<b><u>Week 9</u></b> 7/12/10 to 7/18/10	<b><u>Week 9</u></b> Year-To- Date 2010	<b><u>Week 8</u></b> 7/13/09 to 7/19/09	<b><u>Week 9</u></b> Year- To-Date 2009
<b>Action</b>						
Preventions	7119	45617	6703	29626	5091	33755
Rescues	171	857	180	1235	162	1688
Minor First Aid	193	958	171	833	107	627
Ambulance Calls	21	134	19	99	27	122
Police Calls	3	34	6	38	5	31
USCG/MDNRP	0	2	3	6	1	4
Lost/Found Persons	44	303	64	270	53	298
N. Surf Beach Population	0	318	589	589	46	478
S. Surf Beach Population	392	1654	1863	1863	205	2655
Inlet Surf Beach Population	14	533	299	1202	81	221
Beach Wheelchair Usage	29	159	44	165	41	183

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

The newspaper is published on Thursdays; these weekly questions are a new addition for the summer.

#### **Last Week's Question: What exactly is an SRT? Are they like pool lifeguards?**

SRT 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 Surf Rescue Academy (much like a police officer or fire fighter) and have passed all certification requirements will they begin safeguarding your family and receive certification as an SRT. The SRT is an important part of the beach environment. They are strong swimmers, 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 and is currently certified in First Aid, CPR and use of an Automatic External Defibrillator (AED) and has current information on tides and local events. They also receive training in enforcement of laws and local ordinances, search and recovery as well as perfecting their skills in management of suspected head or neck injuries. It is important that you cooperate with the SRT in the performance of his/her duties.. **IMPORTANT:** Whenever you hear a whistle blast, even if you don't think it is for you, locate the SRT to see what they may need. Don't be afraid to ask for help and remember to wave your arms when in danger.

To get current information about the beach patrol as well as daily stats and current beach conditions, you can follow us on Twitter or "like us" on our Official OCBP Facebook page. We can't wait to be a part of your wonderful experiences in Ocean City, because we are glad your here, and always remember to "Keep your feet in the sand until the lifeguard's in the stand!"

#### **This Week's Question: Does the beach patrol provide any activities for children vacationing at the beach?**

Yes, we have our **Junior Beach Patrol Program**. This program offers children ages 10-17 the opportunity to experience the training and daily routine of real lifeguards or, as we call them, surf rescue technicians (SRTs). The program models itself after the duties and responsibilities of the SRT and focuses on the development of skills associated with the enjoyable and safe use of the beach. It is designed to instruct boys and girls in the skills and techniques of beach safety, water safety, surf rescue and physical fitness. Registration for these programs begins in early March and is ongoing until all slots are filled. Registration questions maybe be directed to the Ocean City Recreation and Parks Department at 410-250-0125. Many SRTs made their start in lifesaving in the junior beach patrol.

This program is offered in two types of sessions. We offer a four-day academy from Tuesday through Friday from 8 until 11:30 a.m. as well as a one-day introduction session, which takes place on Thursdays from 1 to 5 pm. The four-day academy consists of four levels that children can advance through, having new skills introduced at each level. Due to the popularity of the program, we have now added an afternoon four-day session during several weeks from 1 to 4 p.m. Programs are repeated each week for six weeks so there should be a JBP academy that will work during your stay in Ocean City.

In addition to the junior beach patrol program, the beach patrol also provides special activities, programs, speakers and seminars to various groups such as scouts, church groups, camps, schools and civic organizations. They conduct these water safety seminars both in Ocean City and throughout the region. Safety training focuses primarily on drowning prevention and safety around the water. They also provide many helpful tips on how to keep children safe at the beach. These presentations and hands-on activities are critical in allowing the beach patrol to fulfill their three-part mission of education, prevention and intervention. If you have a group interested in a beach safety program or speaker, contact the beach patrol at 410-289-7556 or email [ocbp@ococean.com](mailto:ocbp@ococean.com). We also provide on the beach safety presentation in a reserved section of the beach for your group and will also have surf rescue technicians (lifeguards) in that area while the members of the group are getting oriented to the beach and water. You must contact us 2 weeks before your visit for this service. There is no charge to organizations for these presentations.

To get current information about the beach patrol as well as daily stats and current beach conditions, you can follow the beach patrol on Twitter or "like us" on the Official OCBP Facebook page. We can't wait to be a part of your wonderful experiences in Ocean City, because we are glad you are here, and always remember to "Keep your feet in the sand until the lifeguard's in the stand!"

#### **OCBP Surf Rescue Association – Price List**

Classic Grey or White Ringer T-Shirts-navy collar \$10.00  
Grey T-shirts-\$10.00  
Tie Dye T-shirts-L/XL-\$15.00  
Adult Sweatshirts-with OCBP on front & logo on back-\$30.00  
Adult Sweatshirts with-logo on back only-\$25.00  
Sweatpants \$20.00  
Captain Craig T-Shirts \$10.00  
Beige Long-sleeved T-shirts \$15.00  
Whistles \$5.00  
Lanyards \$6.00  
Red SRT Lanyards-\$5.00  
Buoy Key Chains \$4.00  
"Only God Saves More Lives"-\$3.00 or 2 for \$5.00  
OCBP stickers-\$3.00 or 2 for \$5.00  
Ocean City Beach Patrol car window sticker \$2.00  
Beach Patrol Logo Tattoos \$.25  
Hats – 1 for \$6.00 or 2 for \$10.00  
Swim Caps \$5.00  
CDs-\$5.00

#### **OCBPSRA Round 2 Events**

Tuesday, Aug. 9--1 Mile Swim—Dorchester St.—0800hrs  
Wednesday, Aug. 10--2 Mile Run—Dorchester St.—0830hrs  
Thursday, Aug. 11--Run-Swim-Run—Dorchester St.--0830hrs  
Tuesday, Aug. 16—Paddleboard & Landline—Dorchester St.—0830hrs  
Wednesday, Aug. 17--1 Mile Run—Dorchester St.—0830hrs  
Thursday, Aug. 18—2 Person Rescue—Dorchester St.--0830hrs  
& the 200M Sprint—Dorchester St.—0830hrs



**ALL-WOMEN LIFEGUARD TOURNAMENT**  
**July 27, 2011**  
**Sandy Hook, NJ**

**LIST OF EVENTS**

1. **Surfboat Challenge** — *Limited to one entry per team. Requires two competitors, two surfboat tenders, and has land start. Both competitors and tenders must wear protective headgear (e.g., cycling helmets).*
2. **Distance Run** — *Unlimited entries per team.*
3. **Ocean-Kayak Challenge** — *Limited to one entry per team. Requires one competitor, one kayak tender, and has water start.*
4. **Run-Swim-Run** — *Unlimited entries per team*
5. **Run-Paddle-Run** — *Limited to two entries per team. Requires one competitor, one rescue-board tender, and has land start.*
6. **Beach Flags** — *Limited to one entry per team.*
7. **Ironwoman** — *Limited to two entries per team. Requires one competitor, one rescue-board tender, and has land start.*
8. **Surf Rescue** — *Limited to one entry per team. Requires one competitor, one victim, and has land start.*
9. **Swim-Run Relay** — *Limited to one entry per team. Requires three competitors and has land start.*
10. **Run Relay** — *Limited to one entry per team. Requires four competitors.*

**BETHANY BEACH PATROL / MANGOS**  
**Surf Rescue Challenge 2011**

**DATE:** Monday, July 25, 2011      **TIME:** Registration 5:45 – 6:15 / Start 6:30

\*Registration will take place on the bandstand on Garfield Parkway, and the competition will be on the beach right out in front.  
**ENTRY FEE:** \$10.00 per competitor: Includes entry, t-shirt (limited supply – first come, first serve), and after party at Mangos  
**EVENT 1**—Main Beach Melee Relay: Team of 5 guards (any gender) competing in a series of sprint running, swimming, and paddling legs. **BIG RED PADDLE BOARDS**  
**EVENT 2**—Run-Swim-Run Relay (5 competitors, 1 female)  
**EVENT 3**—Rescue Dash with can (5 competitors)  
**EVENT 4**—Swim / Run Suicide (4 competitors, 1 female)  
**EVENT 5**—Water Flags: Team (team of 2 competitors) beach flag concept (alternating runs). Upon the command, competitors will execute a beach flag start, turn, and sprint/swim a short distance to the flags out in the water.  
**EVENT 6**—6 x 200 soft sand sprint relay (1 female)

**Parking: Wellington Parkway** from 5:30 – 8:30, which is 3 blocks south of Garfield Parkway (main street). Put something from your patrol in the dashboard. Guards may park at the meters and in permit parking along that street. Parking will also be available on **Atlantic Ave** should space run out on Wellington Pkwy. Do not park at any BLUE colored meter.

**After Party:** Mango's will be hosting a party afterwards with a light appetizer buffet and drink specials. The championship belt will be awarded to the winning team during the after party.

Again this year, Alex and Mangos will be hosting an after party with appetizers, pizza, drink specials, and their wing eating contest. For the wing eating contest, it is helpful to have an idea of how many patrols will be participating. If you could let me know if your patrol plans on entering a "wing team" I would greatly appreciate it.

**2011 Competition Schedule**

**July**

- 25—USLA Regionals Junior Lifeguard (Sea Girt, NJ)
- 25—Bethany Beach (Ocean Series)
- 27—All Women's (Sandy Hook, NJ)
- 28—Rehoboth Lifeguard Olympics

**August**

- 1—Rehoboth Junior Lifeguard
- 3, 4, 5, 6—USLA Nationals—(Cape May, NJ)
- 11—Middlesex (12<sup>th</sup> Rain Date)
- 14—OCBP Triathlon



**The Rehoboth Lifeguard Olympics—July 28, 2011**

The Rehoboth Beach Patrol Lifeguard Olympics is a very unique and exciting competition for both competitors and spectators. This event falls during peak summer season when the crowds are massive and the competitors are in peak condition. A variety of events different than those seen in typical lifeguard competitions make this event fun for all. For all participants, please read the text below as it will prove helpful in preparing for the competition.

**EVENTS**

- |                       |                      |
|-----------------------|----------------------|
| 1. Mile Run           | 7. 4 X 220 Run Relay |
| 2. Landline           | 8. Iron Man Medley   |
| 3. Half Mile Swim     | 9. Surf Dash Relay   |
| 4. Paddleboard Rescue | 10. Beach Flags      |
| 5. Run-Swim-Run       | 11. Tug-of-War       |
| 6. Half Mile Paddle   |                      |

**SCORING**

1 <sup>st</sup> Place	10 Points
2 <sup>nd</sup> Place	8 Points
3 <sup>rd</sup> Place	6 Points
4 <sup>th</sup> Place	4 Points
5 <sup>th</sup> Place	2 Points
6 <sup>th</sup> Place	1 Point



Sgt. Weingard patrolling the Dew Tour

## Attaboys

Letter from a beach patron sent via the USPS, complimenting SRT Alex Sirois for his skillful rescue.

Dear Captain Arbin,

This past Weekends ( Saturday and Sunday July, 16th and 17th ) my family and I spent the weekend in Ocean City, MD. We spent the majority of the time on 92 street beach near where we stayed at the Princess Royal.

I want to Thank the girl Lifeguard on our street.

Unfortunately, I don't remember her name, but she had dark hair and had a nice European accent. Saturday the ocean was very rough. Earlier on Saturday morning she called everybody together and had a safety talk about rip currents and how to escape them. But some people still got in trouble in the rip currents and had to be rescued. I was very impressed by the professionalism and quick response to the situation by our Lifeguard. I was amazed watching her jumping from her chair 10 times a day to ensure that everybody was safe, I really felt like I'm in some Hollywood movie scene or Baywatch show. Ocean City is blessed to have such well trained personnel!

P.S. ( Being a lifeguard is a tough job for anyone much less a lady. But having her as our lifeguard made me and my family feel a lot safer and gives us another reason to come back to OC! )

Thank you again, for watching us and for your great job!  
Bob Robinson  
Silver Spring, MD

**From:** Ryan Warner  
**Sent:** Saturday, July 23, 2011 2:35 PM  
**To:** Butch Arbin  
**Subject:** Pulled back in

To whom it may concern,

I just wanted to say thank you to the lifeguard on duty on 31st Street. My 10 year old son got caught in the riptide, and I went to go get him only to realize that I could only get myself back in, which really wasn't an option. After struggling for a few minutes, I signaled to the life guard that we needed help. In the mean time I made sure my son stayed above water. Neither of us needed medical attention, but if it weren't for that young man in the chair I'm not sure how it would have turned out. I believe I was so tired that I didn't even thank him; if you could express my thanks I would greatly appreciate it.

Sincerely,  
Ryan L. Warner

Reply message -----From: Butch Arbin

Thank you for your kind remarks and for taking the time to not only notice the performance of our personnel but to let me know. You happened to see the Surf Rescue Technicians on your beach doing his job but the real strength of our organization is that this level of performance can be seen on any beach that we are responsible for. I will make sure that your letter is printed in our weekly bulletin, that all employees receive and I will read it at our weekly in-service to the entire patrol. I will make sure that the SRTs involved receives a written commendation in his file and a copy of your note. Take a look at our website [www.ococean.com/ocbp](http://www.ococean.com/ocbp)

Mr.Arbin,

Thank you for your quick response, I will only take a few more minutes of your time. I have been swimming at this beach my whole life and never experienced a more humbling experience; however I am thrilled that I could let you and your staff know that all of their hard work is noticed and appreciated. Have a great day and thank you and your SRTs for your service.

Ryan L. Warner

**The Ocean City Beach Patrol Dive Team**



The Ocean City Beach Patrol Dive Team picked up 5 Open Water Certifications and 6 Advanced Open Water Certifications. A few more people will be completing their courses soon.

If there is time and interest this summer, the next course to be offered is Rescue Diver. Contact Jamie Falcon if you are interested.

**USLA Mid-Atlantic Regional Crafts in Long Branch, NJ**  
**7/20/11**

**Rescue Board**

<b>Men-Finals</b>	<b>Women-Finals</b>
Bobby Frey-4 <sup>th</sup>	Lucie Lagace-5 <sup>th</sup>
Joe Keefe-10 <sup>th</sup>	Kate Rowe-6 <sup>th</sup>
Jay Kleman-13 <sup>th</sup>	Marie-Annick Beliveau-9 <sup>th</sup>
<b>Men-Age Group</b>	
Rick Cawthern-1 <sup>st</sup>	Ryan Cowder-3 <sup>rd</sup>

**Surf Ski**

<b>Men-Open</b>	<b>Women-Open</b>
Rick Cawthern-12 <sup>th</sup>	Annick Berard-Giasson-3 <sup>rd</sup>
Ryan Cowder-13 <sup>th</sup>	Lucie Lagace-5 <sup>th</sup>
<b>Men-Age Group</b>	Marie-Annick Beliveau-7 <sup>th</sup>
Rick Cawthern-1 <sup>st</sup>	
Ryan Cowder-2 <sup>nd</sup>	

**Iron Man/Iron Woman**

<b>Men-Open</b>	<b>Women-Open</b>
Ryan Cowder-11 <sup>th</sup>	Annick Berard-Giasson-1 <sup>st</sup>
<b>Men-Age Group</b>	Lucie Lagace-6 <sup>th</sup>
Rick Cawthern-1 <sup>st</sup>	Marie-Annick Beliveau-7 <sup>th</sup>
Ryan Cowder-2 <sup>nd</sup>	

<b>American Iron Man</b>	<b>American Iron Woman</b>
Bobby Frey-4 <sup>th</sup>	Kate Rowe-3 <sup>rd</sup>
	Annick Berard-Giasson-4 <sup>th</sup>
	Emanuelle Ouellet-6 <sup>th</sup>
	Marie-Annick Beliveau-9 <sup>th</sup>
	Samm McElvaney-10 <sup>th</sup>
	Kelly McGrath-12 <sup>th</sup>

**UMES Triathlete Research**



**This study will examine:** body composition, fitness, psychosocial measures & performance in recreational tri-athletes.

Are you between 18-\*40 yrs?  
 Have you participated in two or more trathlons in the last three years?  
 Are you interested in your body composition and aerobic fitness measurements?  
 If you answered "Yes," please join this study!

Any triathlete between 18 to 40 years old who has done at least 2 triathlons in the last 3 years and is interested in his or her cardiovascular fitness level & body composition assessment should contact Lisa Lee at 443-880-4187 to set up a time for testing. Participants should not be smokers, pregnant or have metal implants. Each subject will get a results sheet, which will categorize your fitness level. Hope to speak with you soon!

I have just been authorized to implement a second method of estimating body composition and aerobic fitness for those triathletes who are interested but cannot make it to UMES for the actual measurement of true body composition and aerobic fitness. This second method is less accurate but allows us to come to the subjects to run tests and it also increases the age range up to 50 yrs. Any triathletes who are interested can sign up with Sergeant Weingard or call Lisa Lee directly anytime at 443-880-4187.

Exclusions to your Participation: Physician prohibits exercise; Smoker, Metal implants; Pregnant; History of life-threatening diseases; Chronic CV disease; Cancer