



# OCEAN CITY BEACH PATROL

## WEEKLY BULLETIN

Week of July 9, 2012 to July 15, 2012

### MONDAY, JULY 9, 2012

**WEEKLY MEETING:** CONVENTION CENTER – 41<sup>st</sup> STREET-Northwest corner behind the indoor Food Court

**CREW CHIEF MEETING:** 0800hrs

**SEMAPHORE TEST:** 0820hrs—REQUIRED TO PASS PROBATIONARY STAGE

**CREW MEETING:** 0830hrs (Be sure to check for PSRT Evals. Week 3)

**OFFICERS' MEETING:** 0830hrs

**GENERAL MEETING:** 0845hrs—*National Aquarium Update with Jennifer Dittmar, Stranding Coordinator*

**LIEUTENANTS' MEETING:** 0945hrs

**OCBPSRA:** PSRT Week 2 evaluations due at 0930hrs

Marine Animal Rescue Training—HQ Training Room—1830hrs—Required for OCBPSRA Instructor Certificate

**Opportunity to Compete:** None

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

**Surfing Beaches:** Inlet / 17<sup>th</sup> / 86<sup>th</sup> St.

**Tides:** High: 1236hrs

Low: 1855hrs

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

Beach Safety Seminar—Camp Ocean Pines—1000hrs

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

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

Beach Wedding—5<sup>th</sup> St.—0545hrs

### Special Note about the Monday Meetings

Due to construction at the Convention center and other scheduled events, we are on a week-by-week notification as to where we can meet.

In addition, due to a safety concern about our people walking around a construction zone in bare feet, the Director has requested that all employees have footwear and that no one enters through the building.

### Marine Animal Rescue Program

Jennifer Dittmar from the MARP will be our featured guest at the Monday Meeting on July 9. She will explain the rescue program as well as how to become a certified responder. Training will take place Monday evening, July 9<sup>th</sup>, in the HQ Training Room at 1830hrs. This is a requirement for an OCBPSRA Instructor certificate.



S.R.T. Name:	Monday 7/9/2012	Tuesday 7/10/2012	Wednesday 7/11/2012	Thursday 7/12/2012	Friday 7/13/2012	Saturday 7/14/2012	Sunday 7/15/2012	CREW
Daily Assignment								
Rescues								Totals
Preventative actions								
First Aids								

## TUESDAY, JULY 10, 2012

**Officer-in-Charge:** Lt. Mike Stone

**JBP Academy II:** Day 1—0800hrs –1130hrs (Instructors report at 0730hrs)

**OCBPSRA:** Resumes tomorrow!

**Opportunity to Compete:** OCBP Floor Hockey—Northside Park—1900hrs

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

**OCBP Triathlon Club:** 27<sup>th</sup> St.—Bike: 0700hrs / Run: 0800hrs

**Surfing Beaches:** Inlet / 15<sup>h</sup> / 84<sup>th</sup> St.

**Tides:** High: 1328hrs

Low: 0716hrs

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

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

Family Beach Olympics—27<sup>th</sup> St.—1830hrs to 2030hrs

Beach Fireworks—N. Division St.—2230hrs

### OCBP Floor Hockey

Northside Park 1900hrs \$5.00

*Wear Your Athletic Shoes. No Blades*  
Tuesdays: July 10, July 17, July 24, July 31, Aug. 7, Aug. 14



## WEDNESDAY, JULY 11, 2012

**JBP Academy II:** Day 2—0800hrs –1130hrs (Instructors report at 0730hrs)

**OCBPSRA:** 2 Mile Run—Dorchester St.—0830hrs

**Scamper Camp & Camp Horizon:** N. Division St.—1000hrs—1515hrs (Instructors report to HQ at 0900hrs)

**Camp Ocean Pines Beach Day—** OP Beach Club—1000hrs to 1500hrs

**Opportunity to Compete:** USLA Mid-Atlantic Regionals—Rehoboth Beach—1100hrs to 1800hrs

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

**Surfing Beaches:** Inlet / 13<sup>th</sup> / 82<sup>nd</sup> St.

**Tides:** High: 1423hrs

Low: 0802hrs

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

Concerts on the Beach—*Bob Loughheed & the Mystery Train Band*—N. Division St. Beach —2000hrs

Movies on the Beach—*Puss In Boots*—Carousel—118<sup>th</sup> St. St.—2030hrs

### JBP One Day Clinic

Thursday afternoons

July 12, 19, 26

August 2, 9

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.



## THURSDAY, JULY 12, 2012

**JBP Academy II:** Day 3—0800hrs -1130hrs (Instructors report at 0730hrs)

**JBP One-Day Clinic:** 1300hrs—1700hrs—**Tell the kids on your beach!**

**OCBPSRA:** 2 Person Rescue—Dorchester St. ~ and ~ 200 Meter Sprint-Dorchester St.—0830hrs

**OCBP Triathlon Club:** 130<sup>th</sup> St.—Bike-0600hrs

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

**Surfing Beaches:** Inlet / 11<sup>th</sup> / 80<sup>th</sup> St.

**Tides:** High: 1519hrs

Low: 0849hrs

**Special Events:** Open Water and Rescue Divers—HQ Training Room—1830hrs

Movies on the Beach—*Jack & Jill*—Princess Royale—92<sup>nd</sup> St.—2030hrs

Sunset Park Party Nights—*Full Circle*—S. Division St.—1900 hrs to 2100hrs

### OCBP Iron Guard Triathlon Championship

Presented by Unit 17 and Sponsored by Pizza Tugos

130<sup>th</sup> St. Beach

First heat starts promptly at 1750hrs

**1000-meter swim**

**2 mile run**

**2000-meter paddle**

Open to individuals and teams

The event begins with individual heats followed by team heats.

Free to all OCBP members

Free pizza by Pizza Tugos



## FRIDAY, JULY 13, 2012

**JBP Academy II:** Day 4—0800hrs–1130hrs (Instructors report at 0730hrs)

**OCBPSRA:** Captain Craig 1 Mile Swim Tomorrow!

**Opportunity to Compete:** OCBP Iron Guard Triathlon—130<sup>th</sup> St.—1745hrs

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

**Surfing Beaches:** Inlet / 9<sup>th</sup> / 78<sup>th</sup> St.

**Tides:** High: 1613hrs

Low: 0937hrs

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

Movies on the Beach— *Kung Fu Panda 2* —27<sup>th</sup> St.—2030hrs

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

26<sup>th</sup> Annual OC Tuna Tournament

## SATURDAY, JULY 14, 2012

**OCBP Group Photos—South Side of Pier—0730hrs—Mandatory if working!** SRTs & SBFs: Wear Your Best (Clean) Red or Yellow Shirt). You may park in the Inlet lot for this photo shoot. See page 8 for order form.

**Veteran Recertification—Last One This Season!** Session VIII—Inlet—1000hrs— Minimal equipment includes buoy, flags, whistle, and first aid kit.. Bring your fins if you have them. 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.*

**OCBPSRA:** The Captain Craig Swim counts as the 1 Mile Swim—14<sup>th</sup> St.—1800hrs

**Opportunity to Compete:** The 18<sup>th</sup> Annual Captain Craig Swim—14<sup>h</sup> St.—1800hrs

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

**Surfing Beaches:** 7<sup>h</sup> / 76<sup>th</sup> St.

**Tides:** High: 1704hrs

Low: 1027hrs

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

26<sup>th</sup> Annual OC Tuna Tournament

Beach Weddings—109<sup>th</sup> St.—0723hrs / 50<sup>th</sup> St.—0830hrs / 88<sup>th</sup> St—1900hrs

## SUNDAY, JULY 15, 2012—End of Pay Period

**OCBPSRA:** PSRT Week 3 evaluations due

**Opportunity to Compete:** None

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

**OCBP Triathlon Club:** Bike Ride to Assateague—Meet at HQ—0600hrs

**Surfing Beaches:** 5<sup>th</sup> / 74<sup>th</sup> St.

**Tides:** High: 1751hrs

Low: 1117hrs

**Special Events:** 26<sup>th</sup> Annual OC Tuna Tournament

Sundaes in the Park—*The Janitors*— Northside Park—1900hrs to 2100hrs

Beach Lights Spectacular—N. Division St.—2130hrs, 2200hrs, & 2230hrs

Starpower National Talent Competition—Convention Center

### OCBP Triathlon Club

This week's workouts

Tuesday, July 10 will be a bike ride at 0700hrs from 27<sup>th</sup> St., followed by a run at 0800hrs.

Thursday, July 12 will be a bike ride at 0600hrs.

Sunday, July 15 at 0600hrs will be a ride from HQ to Assateague and back to HQ



**OCBP TRIATHLON**

### The Captain Craig Swim



**July 14, 2012**

**Registration: 1700hrs**

**Race: 1800hrs**

**Location: 14<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.

### OCBPSRA SRT Levels and Requirements

#### SRT I—Required for Round SRT Patch

- Complete Surf Rescue Academy
- Pass Semaphore Test
- 21 Days Incident Free
- 3 Successful PSRT Evaluations
- Complete Rookie Graduation
- Complete National Incident Management Systems Courses (NIMS) IS 100 & IS 700

#### SRT II – Required for ACC (Previous Basic)

- Two Mile Run—18:00 minute limit
- One Mile Swim—40:00 minute limit
- Dispatch Training
- Beach Safety Seminar
- 100 Days Experience after SRT I
- NIMS Courses IS 200 & IS 800

#### SRT III – Required for CC (Previous Advanced)

- Paddleboard Training
- Landline Training
- 1 Mile Run—8:00 minute limit
- 200m Soft Sand Sprint—40 second limit
- Run-Swim-Run
- Two Person Rescue
- Successfully serve as Assistant Crew Chief
- Instruct at Rookie Graduation
- Junior Beach Patrol Instructor Training
- 100 Days Experience after SRT II

## **MONDAY, JULY 16, 2012**

**WEEKLY MEETING:** Location to be announced—See the note on page 1 about the Monday Meetings

**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:** PSRT Week 3 evaluations due at 0930hrs

Beach Safety Seminar Training—HQ—1815hrs

**Opportunity to Compete:** Dewey Beach Patrol Ocean Series

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

**Surfing Beaches:** Inlet / 3<sup>rd</sup> / 72<sup>nd</sup> St.

**Tides:** High: 1835hrs

Low: 1205hrs

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

Movies on the Beach—*Happy Feet 2*—27<sup>th</sup> St.—2030hrs

Starpower National Talent Competition—Convention Center

### **UPCOMING 2012 BEACH PATROL EVENTS**

July 10-13	JBP Academy I
July 11	USLA Mid-Atlantics-Rehoboth
July 13	Ironguard Triathlon Championship
July 14	OCBP Group Picture Day
July 14	Veteran Re-certification
July 14	Captain Craig Swim
July 17-20	JBP Academy II
July 21	Mitch Maiorana Run Swim Run
July 24-27	JBP Academy III
July 28-29	American Heart Association BLS Instructor Course
July 28	OCBP 2012 Crew Comps
July 31-Aug. 3	JBP Academy IV—AM & PM Sessions
Aug. 4	OCBP Triathlon
Aug. 7-10	JBP Academy V—AM & PM Sessions
Aug. 11	OCBPSRA 2013 Pre-Employment Ocean Test
Aug. 14-17	JBP Academy VI
Aug. 16-19	Dew Tour-Pier—N. Division-OC, MD
Aug. 18	OCBP Annual Awards Dinner
Sept. 1	OCBPSRA 2013 Pre-Employment Ocean Test

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

Concerts on the Beach	July 18	2000hrs	N. Division St.-Rising Sun Reggae
Sunset Park Party Night	July 19	1900hrs	S. DivisionSt. —Pat O'Brennan Trio
ESA Surfing Competition	July 21-22	0700hrs	8 <sup>th</sup> St.
Sundaes in the Park	July 22	1800hrs	Northside Park—The Groove Train
Concerts on the Beach	July 25	2000hrs	N. Division St.—21Horses Band
Sunset Park Party Night	July 26	1900hrs	S. DivisionSt. —Lauren Glick Band
ESA Surfing Competition	July 28-29	0700hrs	30 <sup>th</sup> St.
White Marlin Open	Aug. 6-10	Daily	Weigh-ins at Bahia Marina-
Dew Tour-Pier-N.Division-OC, MD	Aug. 16-19	Various Times and Places	
ESA Surfing Competition	Aug. 18-	0700hrs	40 <sup>th</sup> St.
Movies on the Beach	June-Aug.	2030hrs	27 <sup>th</sup> St. & The Carousel
Family Beach Olympics	June-Aug.	1830hrs	27 <sup>th</sup> St.
OC Lifesaving Museum Summer Programs	July-Aug.	1000hrs	OC Lifesaving Museum
Beach Lights Spectacular	Sundays	2130, 2200, & 2230hrs	N. Division St
Beach Fireworks	Tuesdays	2230hrs	N. Division St

<u>Stats.</u>	<u>Week 6</u> 6/25/12 to 7/1/12	<u>Year-</u> <u>To-Date</u> 2012	<u>Week 6</u> 6/27/11 to 7/3/11	<u>Year-</u> <u>To-Date</u> 2011	<u>Week 6</u> 6/28/10 to 7/4/10	<u>Year-To-</u> <u>Date</u> 2010
<b>Action</b>						
Preventions	2307	17585	6801	29722	3420	13298
Rescues	49	851	55	553	60	241
Minor First Aid	73	314	238	551	135	477
Ambulance Calls	9	46	16	72	12	49
Police Calls	14	31	7	22	15	29
USCG/MDNRP	3	3	0	2	0	2
Lost/Found Persons	44	111	95	188	88	169
N. Surf Beach Population	5	140	5	156	49	367
S. Surf Beach Population	461	1313	120	831	170	737
Inlet Surf Beach Population	65	311	121	281	273	657
Beach Wheelchair Usage	28	120	32	101	41	98

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

**This Week's Question:** What are the different whistle blasts used for? While vacationing on the beaches in Ocean City you may notice a surf rescue technician (SRT) blowing his or her whistle. The sound produced by a SRT's whistle tells the surrounding guards as well as beach patrons what is going on. One whistle blast means the lifeguard wants your attention. If you hear the lifeguard blow his whistle you should look at him to see if he is attempting to tell you something whether you are in the water or on the beach (Even if you are "sure" that they are not talking to you, they may see or know something that you do not). He may be indicating that you need to move out of potential danger, such as rip currents, dangerous shorebreak or even marine life such as we saw earlier last summer with the whale sightings. The guard could also be letting you know that you are breaking a rule. Two whistle blasts indicate that the lifeguard has made the decision that he needs to leave the stand to intervene in a beach emergency or a water rescue. These two whistle blasts will also initiate the back-up coverage system and will involve SRTs from several surrounding locations. In a severe emergency a lifeguard will blow three whistles and this is an indication that there is a life and death situation and that they need immediate back up and assistance. Although by today's technology standards, the whistle may seem prehistoric, the response it initiates brings the most up to date communication and life-saving equipment to the scene. Because this signaling device is so critical to our rescue and response system it is the only piece of required uniform other than the SRT's bathing suit. It is worn at all times and ready to be used both on the beach and in the ocean.

#### **Harrison Fisher**

Crew Chief Harrison Fisher has been a member of the Ocean City Beach Patrol for the past five years. After excelling as an SRT and Assistant Crew Chief, he was promoted to the Crew Chief position at the beginning of the 2012 summer season. As Chief of Crew 10, Harrison is the leader of the guards who sit the stands from 64th Street to 74th Street in what is called the Middle-North area. Harrison recently graduated from the University of Pittsburgh. During his time at Pitt, Harrison played water polo and was the team captain during his senior year; he hopes to start a team for OCBP soon. CC Fisher is a member of the OCBP Triathlon Club and enjoys participating in the various competitive events throughout the area. If he is not spending time with his family, working, or eating, CC Fisher likes to travel, play the drums, and play poker with friends.

CC Harrison Fisher and the other lifeguards of the Ocean City Beach Patrol are glad to answer any of your beach and water safety questions.



*Do you have any remarkable stories that are almost too unbelievable to be true?*

#### **Ripley's wants your Believe it or Nots!**

The contest runs from June 25 to August 13. Every submission in the Exhibit Quest Contest and every submission of a local rescue survival story guarantees you one entry in a drawing for the chance to win an iPad 3! There are also unique prizes for the most submissions and the best exhibit. Jot down your story, and Stella can help you make it Believe It or Not ready!

**Ripley's**  
**Believe It or Not!**<sup>®</sup>

**2012 Competition Schedule**

**July**

- 11—USLA Mid-Atlantics Non-Crafts – Rehoboth Beach, DE
- 14—Captain Craig Swim
- 16—Dewey Beach Ocean Series
- 17—Jones Beach Invitational—Jones Beach, NY
- 18—USLA Mid-Atlantics Crafts – Long Branch, NJ
- 20—USLA Mid-Atlantics-Non-Crafts (Cape May, NJ)
- 21—Mitch Maiorana Run-Swim-Run
- 21—WaveJet Ocean Rescue Lifeguard Challenge—Narragansett, RI
- 23—USLA Mid-Atlantics Junior Lifeguard (Sea Girt, NJ)
- 25—All Women’s (Sandy Hook, NJ)
- 26—Rehoboth Lifeguard Olympics
- 28—OCBP Crew Comps
- 30—Bethany Beach (Ocean Series)

**August**

- 3—N. Bethany Beach Ironman Relays
- 4—OCBP Triathlon
- 6—Rehoboth Junior Lifeguard
- 9, 10, 11—USLA Nationals—Cape May, NJ
- 15—Middlesex BP Invitational

**OCBPSRA Events-Round 2**



- July 11—2 Mile Run— Dorchester St.—0830hrs
- July 12—200M Sprint – Dorchester St.— 0830hrs
- July 12—2 Person Rescue— Dorchester St.— 0830hrs
- July 13—Captain Craig Mile Swim—14<sup>th</sup> St.—1800hrs
- July 16—Beach Safety Training—HQ Training Room —1815hrs
- July 18—Landline – Dorchester St.—0830hrs
- July 18—Mile Run – Dorchester St.—0830hrs
- July 19—Run Swim Run— Dorchester St.—0830hrs
- July 23—Jet Drive Certification—HQ Training Room —1830hrs
- Aug. 8— Mile Swim—Dorchester St.—0830hrs

**OCBP Surf Rescue Association – Price List**

- 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
- Tye-Dyed T-shirts \$15.00
- Hats – 1 for \$6.00 or 2 for \$10.00
- Swim Caps \$5.00
- OCBP Big White Towels \$15.00
- BP Bumper Stickers 3:00 / \$2 for 5.00
- New OCBP Oval Sticker \$2.00 / 3 for \$5.00



**May I bring my pet to Assateague?**

FYI: We often get questions about where people can bring dogs on the beach:



- Pets are permitted** in the Maryland portion of the National Seashore. All pets must be on a leash no longer than 6 feet at all times.
- Pets are completely prohibited** in the following areas:
- all backcountry campsites
  - nature trails
  - lifeguard-protected beach
  - north of the State Park to the Ocean City inlet
  - the entire Virginia portion of Assateague Island\*

\*Pets are prohibited in the entire Virginia portion of Assateague Island, even in your car. The U.S. Fish and Wildlife Service manages nearly all of the land area on the Virginia portion of Assateague Island as a National Wildlife Refuge.

**Scuba Dive Certification Classes**

**Rescue Divers** —Thursday, July 12--HQ Training Room then Conference Room to preview open water work—1830hrs

**Open Water Class** —Thursday, July 12--HQ Training Room then Harrison Hall pool—1830hrs

TBD—Wednesday, July 18— HQ Training Room then Harrison Hall pool—1830hrs (If course is not already complete).



**Open Water Dives—Lake Rawlings, VA**

July 20-21-Open Water  
July 22-23 Open Water, Advanced, Rescue Divers

Each person needs two consecutive days.  
Make sure you put in your Special Off forms!

**AHA BLS Instructor Course**

The American Heart Association Basic Life Support Instructor course will take place on July 28 and July 29



American Heart Association | American Stroke Association

Learn and Live.

OCBPSRA Paddleboard Event	July 6, 2012
Name	Crew
Christopher Kim	5
Dustin Whittles	1
Devin Paquette	4
Paul Rudell	12
Mike Brockmeyer	7
Juan Luis Cepeda	7
Maude Desroches	7
Kyle Anderson	1
Ben Montes	17
Shayne Custodio	10
Taylor Warren	15
Vincent Martirano	5
Kevin O'Malley	15
Tucker Lurie	15

### 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 temporary employee the city ever has ever had."

Since Bob Craig started on the Patrol, it has grown to about 200 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 4-wheel drive vehicles, rescue watercrafts, Honda quads, walkie-talkies, and the familiar semaphore flags. Written by 1<sup>st</sup> Lieutenant Skip Lee, OCBP (c) 1998



**The Rehoboth Beach Patrol is hosting the 2012 Mid Atlantic Regional Lifeguarding Championship on July 11, 2012 in front of the RBP HQ on Baltimore Ave. and Rehoboth Ave.**

#### EVENT ORDER

- 2 Mile Beach Run
- 400 Meter Surf Swim
- Swimmer Rescue Race
- Landline Rescue Race
- Rescue Board Race
- Run-Swim-Run
- 4 x 100 Soft Sand Run Relay
- Beach Flags
- Surf Dash

AFTER PARTY to be held at the Greene Turtle Restaurant & Bar on Wilmington Avenue & Boardwalk--- Drink and food specials for all competitors, officials and volunteers!

**The Atlantic Sands Hotel** is pleased to support the 2012 Mid Atlantic Regional Lifeguarding Championship! Please call our Reservations Department (800) 422-0600 and mention you are competing in the 2012 Mid Atlantic Regional Lifeguarding Championship to receive a discounted rate for overnight accommodations (Average Standard Rate is \$350.00 +).



### **OCBP TRIATHLON**

The OCBP Triathlon is August 4!  
Time to push the training into overdrive!  
Registration begins in 2 weeks, so keep watch for the notification. For a mere \$25.00, you will participate in a rigorous yet fun competition with fellow athletes, achieve a complete sense of personal accomplishment, and receive a fantastic commemorative T-shirt specially designed for this event.

**28<sup>th</sup> ANNUAL ALL-WOMEN LIFEGUARD TOURNAMENT**  
**Wednesday, July 25, 2012**      **Gateway National Recreation Area**      **Sandy Hook, NJ**  
**Hosted by the National Park Service**

Check-in time is 0730hrs; the captains' meeting is at 0830hrs; the Surfboat Challenge Race begins at 0900hrs; all others follow.

- |                          |                 |
|--------------------------|-----------------|
| 1. Surfboat Challenge    | 2. Distance Run |
| 3. Ocean-Kayak Challenge | 4. Run-Swim-Run |
| 5. Run-Paddle-Run        | 6. Beach Flags  |
| 7. Ironwoman             | 8. Surf Rescue  |
| 9. Swim-Run Relay        | 10. Run Relay   |

*Note:* In order to keep the tournament moving along in timely fashion, two sets of events will start at the same time: Surfboat Challenge and Distance Run, and Run-Paddle-Run and Beach Flags.

2012 Photos - Order Form

johnpdunnigan.com

Name:

Crew:

Email:

Please check here to have these items pay roll deducted from your paycheck.

Signature:

PACKAGE 1 (5x7, 8x10) = \$30.00 (Crew)

Custom (use prices from right)

PACKAGE 2 (5x7, 8x10, 11x14) = \$65.00 (Crew)

5x7 = \$10.00 each (Crew Shot)

8x10 = \$25.00 each (Crew Shot)

11x14 = \$40.00 each (Crew Shot)

20x30 = \$55.00 (Group Shot)

11x14 = \$40.00 (Group Shot)

8x10 = \$25.00 (SBF)

8x10 = \$25.00 (Women)

8x10 = \$25.00 (Comp)

8x10 = \$25.00 (Officer)

8x10 = \$25.00 (CC)

8x10 = \$25.00 (Rookie Class)

Check out [johnpd.smugmug.com](http://johnpd.smugmug.com) to see examples of John's former OCBP work. Individual shots, if you choose to do one, will be offered the week following the Crew Comp if anyone is interested. (Kristin will have details). Feel free to contact John at [johnpdunnigan@comcast.net](mailto:johnpdunnigan@comcast.net) if you have any questions.

TOTAL (add \$2.00 for shipping) = \$



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

