

WEDNESDAY, AUGUST 7, 2013

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

OCBPSRA: Last event for the season on August 14

Opportunity to Compete: USLA Nationals—Manhattan Beach, CA

Workout: Swim Day— Crew Chief determines specific workouts.

Surfing Beaches: Inlet / 3rd St. / 71st St.

Tides: High: 0827hrs
Low: 1431hrs

Special Events: White Marlin Open continues

Beach Weddings—118th St.—1730hrs

Movies on the Beach—*The Odd Life of Timothy Green*—Carousel Hotel—2030hrs

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

THURSDAY, AUGUST 8, 2013

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

JBP One-Day Clinic: 1300hrs to 1700hrs

OCBPSRA: One Mile Run on August 14

Opportunity to Compete: USLA Nationals—Manhattan Beach, CA

Workout: Run Day— Crew Chief determines specific workouts.

Surfing Beaches: Inlet / 1st St. / 69th St.

Tides: High: 0908hrs
Low: 1512hrs

Special Events: White Marlin Open continues

Movies on the Beach—*Big Miracle*—Princess Royale—92nd St.—2030hrs

Sunset Park Party Night—*British Invasion Experience*—S. Division St.—1930hrs

FRIDAY, AUGUST 9, 2013—Dinner Funds for Awards Ceremony due to Lt. Stone

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

OCBPSRA: One Mile Run on August 14

Opportunity to Compete: USLA Nationals—Manhattan Beach, CA

Workout: Swim Day— Crew Chief determines specific workouts.

Surfing Beaches: Caroline St. / 67th St.

Tides: High: 0948hrs
Low: 1554hrs

Special Events: White Marlin Open ends.

Movies on the Beach—*The Pirate Band of Misfits*—27th St.—2030hrs

SATURDAY, AUGUST 10, 2013

OCBP 2014 Pre-Employment Physical Skills Evaluation #1: Dorchester St. & Boardwalk—1000hrs

OCBPSRA: One Mile Run on August 14

Opportunity to Compete: USLA Nationals—Manhattan Beach, CA

Workout: Run Day— Crew Chief determines specific workouts.

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

Tides: High: 1029hrs
Low: 1638hrs

Special Events: ESA Surf Competition—36th St.—Dawn to Dusk

Beach Weddings—59th St.—1300hrs & 100th St.—1900hrs

JBP One Day Clinic Thursday afternoons August 8, 15 1300hrs to 1700hrs

Spread the word to kids aged 10-17 who go to the beach near you.

This weekly one-day activity is perfect for kids who are interested in having fun and learning about lifeguarding.



Participants receive an official OCBP t-shirt, whistle, and sunscreen.

OCBP Floor Hockey

Two More Tuesdays
Aug. 6, 13

Northside Park 1900hrs \$5.00

Wear Your Athletic Shoes.

No Blades



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



SUNDAY, AUGUST 11, 2013—End of Pay Period

OCBPSRA: One Mile Run on August 14

Opportunity to Compete: None

Workout: Swim Day— Crew Chief determines specific workouts.

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

Tides: High: 1112hrs
Low: 1727hrs

Special Events: Beach Weddings—37th St.—1200hrs & 99th St.—1800hrs

Sundaes in the Park—*Front Page News*--Northside Park—1900hrs

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



MONDAY, AUGUST 12, 2013

WEEKLY MEETING: CONVENTION CENTER – 40th STREET-Southwest corner on steps

OFFICERS' MEETING: 0700hrs

CREW CHIEF MEETING WITH AREA SERGEANTS: 0800hrs

FULL CREW CHIEF MEETING: 0815hrs

SEMAPHORE TEST: 0820hrs—REQUIRED TO PASS PROBATIONARY STAGE

CREW MEETING: 0830hrs (Turn in individual stats, get schedule, assignments, and information from Crew Chief)

USLA ANNOUNCEMENTS: 0845hrs

GENERAL MEETING: 0850hrs

LIEUTENANTS' MEETING: 0945hrs

OCBPSRA: One Mile Run on August 14

Opportunity to Compete: None

Workout: Run Day— Crew Chief determines specific workouts.

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

Tides: High: 1159hrs
Low: 1820hrs

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

Endless Summer Boogie Board Camp—38th St.—1400hrs to 1600hrs

UPCOMING 2013 BEACH PATROL EVENTS

- Aug. 6- Aug. 9 JBP Academy V- A.M & P.M Sessions –Aug. 8—One Day Seminar
- Aug. 10 OCBP Pre-Employment Physical Skills Evaluation
- Aug. 13- Aug. 16 JBP Academy VI Aug. 15—One Day Seminar
- Aug. 17 OCBP Awards Banquet
- Aug. 31 OCBP Pre-Employment Physical Skills Evaluation



Important Address Information

Make sure that the address on your paycheck is the same one as where you want your W-2 mailed.

If it is not the same:

Contact Dolores in the City Hall Human Resources office at 410-289-8822

and

Contact Secretary Tyler at Headquarters.

This is Very Important!

Upcoming Town of Ocean City Special Events

<i>White Marlin Open</i>	Daily Weigh-ins	Aug. 5-9	Harbour Island Marina—14 th St.-1600hrs to 2100hrs
Movies on the Beach	<i>The Muppets</i>	Aug. 5	27 th St. 2030hrs
Family Beach Olympics		Aug. 6	27 th St. 1830hrs
Movies on the Beach	<i>Odd life of Timothy Green</i>	Aug. 7	Carousel Hotel 2030hrs
Movies on the Beach	<i>Big Miracle</i>	Aug. 8	Princess Royale 2030hrs
Arts on the Dock		Aug. 8	OC Fishing Pier 1600hrs
Sunset Park Party Night	<i>British Invasion Experience</i>	Aug. 8	S. Division St. 1900hrs
Movies on the Beach	<i>Pirate Band of Misfits</i>	Aug. 9	2030hrs
ESA Surf Competition		Aug. 10	36 th St. Dawn to Dusk
Sundaes in the Park	<i>Front Page News</i>	Aug. 11	Northside Park 1900hrs
Boogie Board Camp	Endless Summer Surf Shop	Aug. 12-14	38 th St. 1400hrs
Movies on the Beach	Beverly Hills Chihuahua 3	Aug. 14	Carousel Hotel 2030hrs
Concert on the Beach	<i>Clones of Funk</i>	Aug. 14	N. Division St. 2200hrs
Sunset Park Party Night	<i>Lovin Cup</i>	Aug. 15	S. Division St. 1900hrs
Surfer's Healing	Castle in the Sand	Aug. 15	37 th St. 0900hrs to 1600hrs
Concert & Cruzers	<i>Sweet Harmony</i>	Aug. 18	Somerset Plaza 1500hrs

Stats.	Week 10 7/22/13 to 7/28/13	Week 10 Year-To- Date 2013	Week 10 7/23/12 to 7/29/12	Week 10 Year-To- Date 2012	Week 10 7/25/11 to 8/1/11	Week 10 Year-To- Date 2011
Action						
Preventions	3946	19719	4633	43332	3830	57667
Rescues	450	1357	184	2152	15	896
Minor First Aid	127	800	116	850	166	1288
Ambulance Calls	15	63	1	139	21	174
Police Calls	17	94	1	80	5	51
USCG/MDNRP	1	5	0	5	1	3
Lost/Found Persons	38	256	8	311	30	379
N. Surf Beach Population	34	420	35	410	44	374
S. Surf Beach Population	357	1796	326	2483	9	1766
Inlet Surf Beach Population	426	1443	111	782	39	587
Beach Wheelchair Usage	36	260	43	259	48	251

OCBP Surf Rescue Association – Store Price List

- Blue or Grey Short-sleeve T-Shirt—\$10.00
- Grey or Tan Long-sleeve T-shirts—\$15.00
- Grey Sweatshirts—\$25.00
- Grey Sweatpants—\$20.00
- Tie-Dyed T-shirts-Blue, Red, or Purple—\$15.00
- Reversible Mesh Tanks—\$20.00
- Hats – 1 for \$6.00 or 2 for \$10.00
- Knit Hats—\$10.00
- Swim Caps \$5.00
- Whistles \$6.00
- Lanyards \$6.00
- Buoy Key Chains \$4.00
- Car window sticker Ocean City Beach Patrol—\$2.00
- OCBP Stickers—Small--\$2.00 or 3 for \$5.00/
- OCBP Stickers—Large—\$3.00 or 2 for \$5.00
- OCBP Big White Towels \$15.00



Attaboy

From: rndeeds
 Sent: Tuesday, July 30, 2013 5:26 PM
 To: Butch Arbin
 Subject: Lifeguard on 120th Street

Dear Mr. Arbin:

This message is in reference to Chase, who is the lifeguard on 120th Street. We own a place in OC and have been here with our 3 children for over a month. Over that time, we've watched Chase jump into the water on numerous occasions to assist both adults and children. His quick response is impressive and he's also great with kids--explaining rip currents and tides to name a few.

We just wanted to let you know what a great job Chase is doing. We've been to several beaches and Ocean City, MD has the most professional lifeguards by far.

Sincerely,
 Nicole Deeds



**2013 All Women's Competition
 OCBP Team Results**

- 5th Place Overall (out of 27 teams)**
- Sprint Relay—1st Place**
 Kelly McGrath, Abbie Shobe, Liz Vander Clute, Kari Sheahan
- Beach Flags—3rd Place**—Kelly McGrath
- Kayak—3rd Place**—Jenelle Irwin
- 1 Mile Run—3rd Place**—Liz Vander Clute
- Run-Swim-Run—13th Place**—Shelby Stang
- Run-Swim-Run Relay-6th Place:**
 Shelby Stang, Emily Stang, Emmanuelle Ouellet

**American Heart
 Association**



Learn and Live

There will be a CPR class offered in the HQ training room on Wednesday, August 21st at 1830hrs. Certification is for 2 years.

Crew	2013 Crew Chiefs	Assistant Crew Chiefs
1	Kevin Johnson	Jon Rothermel
2	Liz Vander Clute	Marcela Rojas
3	Jake Ritter	Josh Wilder
4	Phil Fraley	Seth Bergman
5	Alex Desy	Pat Kearns
6	Kelly McGrath	Paul Vassalotti
7	Jenelle Irwin	Pat O'Malley
8	Jon Clouser	Kari Sheahan
9	Dave Cuomo	Bryan Clark
10	Tom Lurie	Mitch Messer
11	Damien Sanzotti	Tom Mechling
12	Steve DeKemper	Adam Grant
13	Dave Haight	Billy Eckert
14	Adam Atwood	Chris Barton
15	Travis Wagner	
16	Justyn Zangwill	Brian Joiner
17	Jake Foy	Joe Stedman

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

This Week's Question: I was staying on the beach in one of the high rises in the northern end of Ocean City, when the guard pulled everyone together and told us to be careful because the shorebreak was expected to be particularly bad. Although the lifeguard explained to all of us the dangers of shorebreak, what else can you tell me about this type of danger?

Before you can understand shorebreak, you need to understand a little bit about wave action and the contour of the ocean's bottom (bathymetry) close to shore. A wave is a body of water moving along the surface of the ocean. It loses speed and gains height when it approaches the shore. As this happens, the depth of the water below the wave is becoming increasing more shallow. The size of the wave is affected by how strong the wind is, the direction from which it is blowing and tropical activity in the Atlantic. As tropical events form and approach the east coast they cause large and sometimes rough surf especially in late July and August. As a wave passes over the ocean bottom and the depth decreases, the energy of the wave is forced up until the wave can no longer maintain its form and it breaks (top of wave plunges forward). Depending on the tide, and the depth of the water, the waves may break on the sandbar causing the force of the wave to plunge into the deeper trough (this is the type of wave that is appropriate for body surfing or body boarding). However, during high tide the depth of the water over the sandbar will allow the wave to continue toward the beach continuing to build in size until it eventually runs out of water depth as it arrives on the beach. When this happens, the wave will break on the shoreline with all of its crushing force. This is what we call shorebreak and consequently, swimmers in shorebreak, land directly on the sand. These waves are unpredictable and dangerous because they can cause serious shoulder, neck, and spinal injuries to even the most experienced swimmer. The beach patrol recommends that you never attempt to ride waves that are breaking on the shore or play in the impact zone (the area where the force of the wave is being delivered)

Although the beach patrol treats even the most minor injury to the head (abrasion on forehead, bloody nose etc.) as though it was a life and death spinal cord injury, most turn out to be minor muscular injuries rather than the more serious fractures of the vertebral column. Of the suspected head/neck and spinal injuries we respond to, 60% are caused by swimmers who ride a wave into shore incorrectly, and the other 40% are caused by swimmers diving into shallow water or doing tricks such as flips and striking their head or neck on the ocean floor.

Be reassured that when the need arises, the Ocean City Beach Patrol is ready to respond. We have worked with trauma doctors to develop a specialized technique to manage suspected head, neck and back injuries. Although every Surf Rescue Technician is trained and skilled in the use of these techniques it is far better for our beach patrons to have injuries prevented rather than treated. When body surfing, we recommend doing so with your head up and your arms out in front of the body to protect yourself. If using a boogie board, make sure you keep it out in front of you to prevent your head from hitting the shore (ride on the back half).

Taking responsibility for your own actions and spreading the caution about spinal cord injuries is the greatest form of prevention we have. Many people just do not realize that wet sand is just as un-yielding as concrete and that it is the bones of the spinal column that cause the damage and possible paralysis that results from the impact of your head, neck or back with the beach. Most people would never think of attempting a flip in the middle of a parking lot for fear of striking the ground. However, many of these same individuals will attempt these aerial maneuvers on the beach or into a few inches of ocean water, with the all too often result, of witnessing our spinal stabilization technique first hand. Please, use your head to protect your spine and think before diving or riding breaking waves into the beach. Have fun but remain safe! The beach patrol reminds you to always check water depth before diving. Our saying is, " Feet first, first time" which is to remind you to walk out into the surf rather than running and diving. Whenever in doubt, please feel free to ask the lifeguard on duty what the current conditions are.

Striking the ocean bottom with your head or neck may cause serious injuries, paralysis, or death. "Feet first, first time." To check the water depth.



Meet the Lifeguard: ACC Marcela Rojas

Assistant Crew Chief Marcela Rojas is from Canada and has been with the Beach Patrol for 3 years. She is the Assistant Crew Chief (a leadership training position) to Crew Chief Liz Vanderclute in the south area of Ocean City with Crew 2, which covers the beach from North Division Street to 5th Street. Marcela is active in the Junior Beach Patrol program. As a United States Lifesaving Association member, Marcela is also very involved in competitions; she participated in the USLA Nationals Competition in Cape May, New Jersey, as well as the International All-Women's Competition in Sandy Hook, New Jersey. In her free time, Marcela likes to do Yoga, swimming, and running. In the off-season Marcela studies Engineering in Montreal.

ACC Marcela Rojas and the other lifeguards of the Ocean City Beach Patrol are glad to answer any of your beach and water safety questions.

At right: Assistant Crew Chief Rojas is shown competing in a run representing the Ocean City Beach Patrol's Women's Team.



End-of-Year Information Regarding Last Days

The following is a reminder from Lt. Stone: You are required to turn in a “*Last Day of Full Time Work*” form two weeks prior to your last day of full time work. The forms have been available since Memorial Day weekend on the Beach Patrol web site.

All employees must complete the following **THREE STEPS!**

1. Turn in a completed “**Notification of Last Day of Full Time Work**” form. *
2. Provide official verification (documentation) from your institution or school supporting your need to return at this time. * (If you turned it in with your original paper work, you do not need to provide it again).
3. Fulfill your employment agreement.

***REQUIRED OF ALL EMPLOYEES**

Listed below are the requirements concerning “**Notification of Last Day of Full Time Work**” forms. The requirements are noted on the following forms with your initials and/or signature.

Invitation Letter

As a result of this new emphasis on availability, you are required to provide “official” documentation of your last day of full-time work **BEFORE** you will be considered for a position with the patrol for the 2013 season.

EMPLOYEE AGREEMENT FORM

AGREEMENT:

If appointed, I hereby agree to work from the date of acceptance until 5:30 PM on the last day I have indicated above. I shall file a “**Concluding Date of Full Time Work**” Form, including necessary documentation, with the Captain two (2) weeks prior to my last day of work.

My signature indicates that I have read the above Agreement, understand it, and do hereby agree to honor all terms set forth, and realize that failure to do so may result in a less than satisfactory final evaluation and/or immediate termination.

POLICIES AND PROCEDURES

(Effective Date: May 19, 2013)

Initial each statement in the blank next to the number as an indication that you have read and understood that policy and/or procedure

5. **Last Day of Full Time Work:** You are required to complete an exit form two weeks prior to your last day of work. This policy includes those who plan to work through Sunfest Sunday. This date should not vary from the date you indicated on your employment agreement or the required documentation you submitted at registration and may affect your eligibility for employment anytime in the future. *Form is available on the website as a PDF.*

NOTIFICATION OF LAST DAY OF FULL TIME WORK

PLEASE PROVIDE THE BEACH PATROL WITH OFFICIAL VERIFICATION FROM YOUR SCHOOL SUPPORTING YOUR NEED TO RETURN AT THIS TIME (i.e., SCHOOL GENERATED SCHEDULE OF CLASSES, LETTER FROM ADMINISTRATION OFFICES, COPY OF YOUR SCHEDULE).

Policies and Procedures are covered in each training class, and Lt. Stone covers the **Last Day** forms and **Personal Data** forms in detail during training. Captain Arbin also refers to this information at the weekly meetings. Don't miss out on being invited back!

OCEAN CITY BEACH PATROL

Reservation for Awards Ceremony and Dinner



The 2013 OCBP Awards Ceremony and Dinner will be held on Saturday, August 17, 2013, in the Crystal Ballroom of The Clarion Resort Fontainebleau Hotel on 101st St. Arrival time is from 6:30 to 7:00 pm. The dinner buffet, which will include Prime Rib and Chicken Piccata, will be served promptly at 7:15 pm in the ballroom.

You may pay by cash or check. Please specify in the area below, and include payment with this form.
Payroll deduction is not offered for this event.

RSVP: Please submit this reservation to Lt. Mike Stone by Friday, August 9th

I, _____, will be attending the 2013 OCBP Awards Ceremony and Dinner. I understand that the cost per employee is \$16.00 and that the cost per guest is \$32.00.

_____ \$16.00 for self
+ _____ \$32.00 per _____ guest(s)
= \$ _____ for _____ guest(s) & self

_____ I have included payment (cash/check—please circle).

Signature _____

