



OCEAN CITY BEACH PATROL

WEEKLY BULLETIN

Week of July 13, 2009 to July 19, 2009

MONDAY, JULY 13, 2009

WEEKLY MEETING: CONVENTION CENTER - 40TH STREET

CREW CHIEF MEETING: 0800hrs

SEMAPHORE TEST: 0820hrs—Required to pass probationary stage

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

OFFICERS' MEETING: 0830hrs

GENERAL MEETING: 0845hrs—Information from The National Aquarium Marine Mammal Stranding Network

LIEUTENANTS' MEETING: 0945hrs

Opportunity to Compete: None

Workout: 3 rounds of 25 abdominal curls ups, 10 V-ups, 20 dead rock (See p. 4 for more information.)

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

Tides: High: 2418hrs and 1247hrs

Low: 0620hrs and 1840hrs

Special Events: Free Breakfast—The Son Spot—12 Worcester St.—0700hrs to 0830hrs

Beach Safety Seminar—OC Lifesaving Museum—1100hrs

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

Free International Students Dinner—OC Baptist Church—N. Division St.—1800hrs to 2000hrs

Movies on the Beach—Surf's Up—27th St.—2045hrs

TUESDAY, JULY 14, 2009

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

OCBPSRA: None

Opportunity to Compete: OCBP Triathlon Club—130th St.—Bike-0715hrs

Run-0815hrs

OCBP Floor Hockey—Northside Park—1900hrs

Workout: 2 rounds of 20 squat thrusts, 50 lateral hops, 5 100-yard sprints

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

Tides: High: 0100hrs and 1334hrs

Low: 0702hrs and 1935hrs

Special Events: Free Breakfast—The Son Spot—12 Worcester St.—0700hrs to 0830hrs

MVA on Wheels Mobile Van—65th St.—1000hrs to 1400hrs

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

Free Dinner—The Son Spot—12 Worcester St.—1730hrs

Family Beach Olympics—27th St.—1830hrs

Free Lifeguard Dinner—OC Baptist Church—N. Division St.—1800hrs

Free Concerts at Sunset Park—The Diamond Heads (Surf Music)—S. Division St.—1930 hrs to 2130hrs

The OCBP Triathlon Club

The OCBP Triathlon Club will meet on

Tuesdays & Fridays at 130th St.

Bike-0715hrs

Run-0815hrs



OCBP Floor Hockey

Northside Park

Tuesdays-1900hrs

\$5.00

Wear Your Athletic Shoes—No Blades

July 14, July 21, July 28, Aug. 4, Aug. 11



S.R.T. Name:	Monday 7/13/2009	Tuesday 7/14/2009	Wednesday 7/15/2009	Thursday 7/16/2009	Friday 7/17/2009	Saturday 7/18/2009	Sunday 7/19/2009	CREW
Daily Assignment								
Rescues								Totals
Preventative actions								
First Aids								

WEDNESDAY, JULY 15, 2009

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

OCBPSRA: None

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

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

Opportunity to Compete: USLA Mid-Atlantic Regionals--Crafts—Long Branch, NJ

OCBP Softball--OCBP 3 vs. OCBP 1—Field 2—1830hrs

OCBP Softball—OCBP 2 vs. Rec & Parks— Field 3—1830hrs

OCBP Softball--OCBP 1 vs. OCBP 3—Field 2—1930hrs

OCBP Softball-- Rec & Parks vs. OCBP 2—Field 3—1930hrs

Workout: 3 rounds of 10 dive bomber push ups, 20 burpees, 20 torso rotation

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

Tides: High: 0147hrs and 1428hrs

Low: 0747hrs and 2033hrs

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

Concerts on the Beach—*Sir Rod*—2000hrs—N. Division St. Beach

Equipment Issues

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

THURSDAY, JULY 16, 2009

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

JBP One-Day Clinic: 1300hrs-1500hrs

OCBPSRA: Quad Certification—65th St.—1815hrs—Must be an ACC or previously certified

Opportunity to Compete: None

Workout: 3 rounds of 40 knee to elbow bicycles, 20 mountain climbers, 10 V ups

Surfing Beaches: Inlet/60th/140th St.

Tides: High: 0241hrs and 1527hrs

Low: 0838hrs and 2135hrs

Special Events: Free Dinner—The Son Spot—12 Worcester St.—1730hrs to 1930hrs

Bonfire Story Hour on the Beach— *The National Aquarium*— N. Division St.—2100hrs

JBP One Day Clinic

Thursday afternoons

July 16, 23, 30

August 6, 13

1300hrs to 1500hrs

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.

Note: Housing Inspection on Friday, July 17
Captain Arbin, Glenn Irwin, and team will inspect all areas of Tarry-A-While and the Somerset House

FRIDAY, JULY 17, 2009

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

OCBPSRA: None

Opportunity to Compete: OCBP Triathlon Club—130th St.—Bike-0715hrs
Run-0815hrs

Workout: TABATA Squats and Push Ups (hard day)

8 rounds of 20 seconds push ups FAST, 10 seconds recovery (4 minutes total)

8 rounds of 20 seconds body squats FAST, 10 seconds recovery (4 minutes total)

Surfing Beaches: Inlet/58th/138thSt.

Tides: High: 0342hrs and 1628hrs

Low: 0933hrs and 2239hrs

Special Events: Free Breakfast—The Son Spot—12 Worcester St.—0700hrs to 0830hrs

Beach Safety Seminar—OC Library—1400hrs

Movies on the Beach—*Dr. Doolittle 3*—27th St.—2045hrs

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

Free Meals

Various area churches are offering free breakfasts and dinners for students. Check the bulletin daily for times and locations.



SATURDAY, JULY 18, 2009—O.I.C.—Lt. Mike Stone

OCBPSRA: None

Opportunity to Compete: The Ironguard Relay has been changed to July 21st

Workout: 3 rounds of: 25 jump lunges, 25 mountain climbers, 25 tuck jumps (jump up high and pull knees toward chest)

Surfing Beaches: 56th/136th St.

Tides: High: 0445hrs and 1729hrs

Low: 1032hrs and 2343hrs

Special Events: Free Breakfast—The Son Spot—12 Worcester St.—0700hrs to 0830hrs

ESA Malibu's Classic—8th St.—0700hrs

SUNDAY, JULY 19, 2009—End of Pay Period

OCBPSRA: None

Opportunity to Compete: None

Workout: 3 rounds of 25 knee to elbow-bicycles (abdominals), 25 torso rotations, 25 push up supermans,

Surfing Beaches: 54th/134th St.

Tides: High: 0546hrs and 1827hrs
Low: 1133hrs

Special Events: ESA Malibu's Classic—8th St.—0700hrs
Sundaes in the Park—*Rising Sun Reggae*—Northside Park—1800hrs

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

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

MONDAY, JULY 20, 2009

WEEKLY MEETING: CONVENTION CENTER - 40TH STREET

CREW CHIEF MEETING: 0800hrs

SEMAPHORE TEST: 0820hrs—REQUIRED TO PASS PROBATIONARY STAGE

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

OFFICERS' MEETING: 0830hrs

GENERAL MEETING: 0845hrs

LIEUTENANTS' MEETING: 0945hrs

OCBPSRA: Jet-Drive Certification—Headquarters—1830hrs—Open to 2nd Year Guards (or above) with Safe Boater's Certification

Opportunity to Compete: USLA Mid Atlantic Jr. Lifeguard Regionals—Sea Girt, NJ

Workout: 3 rounds of 25 abdominal curls ups, 10 V-ups, 20 dead rock

Surfing Beaches: Inlet/52nd/132nd St.

Tides: High: 0644hrs and 1923hrs
Low: 2442hrs and 1233hrs

Special Events: Beach Safety Seminar—OC Lifesaving Museum—1100hrs

OC Cruzers—Somerset Plaza—1500hrs

Free International Students Dinner—OC Baptist Church—N. Division St.— 1800hrs to 2000hrs

Movies on the Beach—*IGOR*—27th St.—2045hrs

BEACH PATROL EVENTS

July 13, 20, 27	Beach Safety Seminars at OC Life-Saving Museum
July 14-17	JBP Academy II
July 17, 24, 21	Beach Safety Seminars at the OC Library—1400hrs
July 16	OCBPSRA Quad Certification—1815hrs
July 18	Ironguard Relay—130 th St.
July 20	OCBPSRA Jet Drive Certification—1830hrs
July 21	Ironguard Relay
July 21-24	JBP Academy III
July 23	Rehoboth Beach Patrol Olympics--1730hrs
July 25	Veteran Recert—1000hrs
July 25	Mitch Maiorana Run Swim Run
July 27	Beach Safety Seminar Training—HQ Training Room—1830hrs
July 28	Ironguard Individual
July 28-31	JBP Academy IV
July 30	Bonfire Story Hour w/The OCBP
August 1	Crew Comps-1830hrs
August 5	Camp Horizon All-Day Beach Day—0945hrs
August 3, 10, 17, 24	Beach Safety Seminars at OC Life-Saving Museum
August 4-7	JBP Academy V
August 7, 14, 21, 28	Beach Safety Seminars at the OC Library—1400hrs
August 8	OCBP Triathlon—142 nd St.—1815hrs
August 11-14	JBP Academy VI

Town of Ocean City Special Events

Movies on the Beach— <i>Surf's Up</i>	July 13	27 th St. Beach	2045hrs
Endless Summer Boogie Board Camp	July 13-15	Endless Summer--38 th St.	1400hrs to 1600hrs
Family Beach Olympics	July 14	27 th St. Beach	1830hrs to 2030hrs
Concerts on the Beach w/Sir Rod	July 15	N. Division St.	2000hrs
Bonfire Hour on the Beach w/National Aquarium	July 16	N. Division St.	2100hrs
Movies on the Beach— <i>Dr. Doolittle 3</i>	July 17	27 th St. Beach	2045hrs
Sundaes in the Park w/Rising Sun Reggae	July 19	Northside Park	1800hrs
Movies on the Beach— <i>IGOR</i>	July 20	27 th St. Beach	2045hrs
Family Beach Olympics	July 21	27 th St. Beach	1830hrs to 2030hrs
Concerts at Sunset Park w/Off the Boat (Irish)	July 21	S. Division St.	1930hrs
Concerts on the Beach w/Randy Lee Ashcraft	July 22	N. Division St.	2000hrs
Bonfire Hour on the Beach-w/Fun Things	July 23	N. Division St.	2100hrs
Movies on the Beach— <i>Ratatouille</i>	July 24	27 th St. Beach	2045hrs
Greek Festival	July 25-26	Convention Center	1200hrs
Sundaes in the Park w/JR Booker	July 26	Northside Park	1800hrs
Movies on the Beach— <i>Kung Fu Panda</i>	July 27	27 th St. Beach	2045hrs
Family Beach Olympics	July 28	27 th St. Beach	1830hrs to 2030hrs
Bonfire Hour on the Beach-w/OCBP	July 30	N. Division St.	2100hrs

<u>Stats.</u>	<u>Week 7</u> 6/29/09 to 7/5/09	<u>Year-To-Date</u> 2009	<u>Week 7</u> 6/30/08 to 7/5/08	<u>Year-To-Date</u> 2008	<u>Week 7</u> 7/2/07 to 7/8/07	<u>Year-To-Date</u> 2007
Action						
Preventions	4370	23644	5794	15561	6956	24670
Rescues	66	1345	58	556	77	458
Minor First Aid	147	433	181	585	146	540
Ambulance Calls	34	81	14	50	12	50
Police Calls	6	22	10	30	6	26
USCG/MDNRP	0	3	2	4	1	4
Lost/Found Persons	114	181	140	222	78	175
N. Surf Beach Population	23	328				
S. Surf Beach Population	310	2205				
Inlet Surf Beach Population	0	128				
Beach Wheelchair Usage	36	96	32	112	37	134

Ocean City Beach Patrol Workouts from Lt. Wes Smith

Monday: Perform 3 rounds of 3 rounds of: 25 abdominal curls ups, 10 V-ups, 20 dead rock

Tuesday: 20 squat thrusts, 50 lateral hops

Wednesday: 3 rounds of 10 dive bomber push ups, 20 burpees, 20 torso rotation

Thursday: 3 rounds of: 40 knee to elbow bicycles, 20 mountain climbers, 10 V ups

Friday: TABATA Squats and Push Ups (hard day)
8 rounds of 20 seconds push ups FAST, 10 seconds recovery (4 minutes total)
8 rounds of 20 seconds body squats FAST, 10 seconds recovery (4 minutes total)

Saturday: 3 rounds of: 25 jump lunges, 25 mountain climbers, 25 tuck jumps

Sunday: 3 rounds of 25 knee to elbow-bicycles (abdominals), 25 torso rotation, 25 push up supermans,



OCBP Mid Atlantics Results—Rehoboth Beach—July 8, 2009

Two Mile Run

Women-Dana Zuiderhof—4th

Joya Canfield—7th

Men-Mitch Witherow—6th

400 Meter Swim

Women-Marina Aleksandrova-9th

Liz VanderClute-11th

Men- Nick Sakell—10th

John B. Miller—13th

Swim Rescue

Women-7th--Dana Zuiderhof/ Marina Aleksandrova

Joya Canfield /Samantha McElvaney

Men-7th—John B. Miller/Greg Evanoff

AJ Smith/Steve DeKemper

Rescue Board

Liz VanderClute-9th

Dana Zuidehof-9th

Run-Swim-Run

Women-Marina Aleksandrova-9th

Men-Nick Sakell-8th

Greg Evanoff-10th

Lukas Katona-12th

Matthew Zuiderhof-13th

Beach Flags

Liz VanderClute-7th

Samantha McElvaney-9th

4x100 Run

Women-4th--LizVanderClute/JoyaCanfield

Samantha McElvaney/Marina Aleksandrova

Men-4th-Shane Neuman/Chuck Schwartz

Glenn Ruszin/ Sean Jupitz

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: I notice the Lifeguards make everybody get out of the ocean before they leave but people go back in. Why is that?

The Beach Patrol has known of or been involved with dozens of drownings and near drownings that have occurred outside our 10:00 – 5:30 “Duty” hours (over 97% of all water related deaths in Ocean City in the past 75 years have occurred while the Beach Patrol is off-duty). The single, strongest message that we try to impress on people is that they should stay out of the ocean when the Beach Patrol is not on-duty. Many times we have been involved in cases where, if this simple rule had been followed, lives and families would not have been scarred by such a preventable tragedy, the death of a loved one. Clearing the water at the end of our shift may seem routine, but we never take the goal of this policy lightly. Before we started clearing the water of swimmers at 5:25, it is very possible that a swimmer could have entered the water while guards were on duty, only to turn around and find the stands empty and pulled back for the night. In most cases this would not be a problem. However, if the swimmer were to become caught in a rip current, the situation could quickly take a tragic turn, despite the intentions to swim only under the watchful eyes of the Beach Patrol. In contrast, by pulling everyone out of the ocean before we leave the beach, we know that those who enter the water during unguarded hours are taking that risk knowingly. We continue our efforts to educate the public, warning them of the dangers of swimming on unguarded beaches, and that we do whatever it takes to make sure people leave the ocean before we make that last turn to the West, leaving our beaches for the night.” Hence, our slogan:

“Keep your feet in the stand until the lifeguard’s in the stand”.

This Week's Question: What are the different whistle blasts used for?

While vacationing on the beaches in Ocean City you may notice an SRT blowing his or her whistle. The sound produced by a lifeguard's whistle tells the surrounding lifeguards 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 are in a dangerous area and that you need to move. Or the lifeguard might 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 also initiates the back-up coverage system and will involve Surf Rescue Technicians 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.

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

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

2009 USLA COMPETITION SCHEDULE

JULY

- 15 Mid Atlantic Regionals (Crafts)- Long Branch, NJ
- 20 Mid Atlantic Junior Guard Regionals -NJ
- 23 – Rehoboth Beach Patrol Olympics
- 29 – All Women's Tournament -NY

AUGUST

- 3 – Delaware Junior Guard Competition—Rehoboth
- 6,7,8 – USLA Nationals—Fort Lauderdale, FL



**Rehoboth Olympics
Thursday - July 23, 2009
5:30pm at RBP Headquarters**

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 st Place	10 Points
2 nd Place	8 Points
3 rd Place	6 Points
4 th Place	4 Points
5 th Place	2 Points
6 th Place	1 Point

Tides for Ocean City Inlet--July 13, 2009 to July 20, 2009						
Day	Tide Time	Height Feet	Sunrise Sunset	Moon Time		% Moon Visible
M 13	High 12:18 AM	2.3	5:48 AM	Set 11:42 AM		74
13	Low 6:20 AM	0.4	8:24 PM	Rise 11:26 PM		
13	High 12:47 PM	2.2				
13	Low 6:40 PM	0.5				
Tu 14	High 1:00 AM	2.1	5:48 AM	Set 12:44 PM		65
14	Low 7:02 AM	0.4	8:24 PM	Rise 11:53 PM		
14	High 1:34 PM	2.3				
14	Low 7:35 PM	0.5				
W 15	High 1:47 AM	2.0	5:49 AM	Set 1:49 PM		55
15	Low 7:47 AM	0.3	8:23 PM			
15	High 2:28 PM	2.3				
15	Low 8:33 PM	0.6				
Th 16	High 2:41 AM	1.9	5:50 AM	Rise 12:23 AM		45
16	Low 8:38 AM	0.3	8:23 PM	Set 2:58 PM		
16	High 3:27 PM	2.5				
16	Low 9:35 PM	0.5				
F 17	High 3:42 AM	1.9	5:51 AM	Rise 1:00 AM		34
17	Low 9:33 AM	0.2	8:22 PM	Set 4:09 PM		
17	High 4:28 PM	2.7				
17	Low 10:39 PM	0.5				
Sa 18	High 4:45 AM	1.9	5:51 AM	Rise 1:45 AM		24
18	Low 10:32 AM	0.1	8:22 PM	Set 5:19 PM		
18	High 5:29 PM	2.8				
18	Low 11:43 PM	0.3				
Su 19	High 5:46 AM	1.9	5:52 AM	Rise 2:42 AM		14
19	Low 11:33 AM	-0.1	8:21 PM	Set 6:25 PM		
19	High 6:27 PM	3.0				
M 20	Low 12:42 AM	0.1	5:53 AM	Rise 3:50 AM		7
20	High 6:44 AM	2.1	8:20 PM	Set 7:22 PM		
20	Low 12:33 PM	-0.3				
20	High 7:23 PM	3.1				

Maryland Basic Boating Safety

Frontier Town

July 13, 14, 16
1800hrs to 2100hrs
\$3.00

You must attend all three days.
A test will be given on the last day.
Register at the camp's front office
410-641-0880

These three-day courses are mandatory for eligibility in the Jet Drive School (July 20).

REQUIRED FOR OCBPSRA ADVANCED

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

Last Class for This Season!

OCBP Surf Rescue Association – Price List
Please bring the exact amount.

- 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
- Iron Guard T-shirts from 2003 and 2004--\$5.00
- Hats – 1 for \$6.00 or 2 for \$10.00
- Swim Cap--1for \$8.00/ 2 for \$15.00
- Backpack--\$6.00 or 2 for \$10.00
- Under Armour Shirts & Shorts--\$15.00 each



All OCBP Employees: Come take advantage of great savings offered only to the Beach Patrol!!!
Karen Thibault is a certified massage therapist at the Grand Salon located in the lobby of the Grand Hotel on 21st Street and the Boardwalk.



Here is what she is offering to the OCBP employees for her amazing massages:

- 1 hr massage usually \$75.00--offering \$10.00 off.
- 1/2 hour massage usually \$40.00--offering \$5.00 off.

Gift certificates are also available so if you have a birthday coming up, tell your family you would like a massage this year with the special added discount bonus!

Explore the benefits to unlocking a more healthy, energetic, and stress-free lifestyle. Schedule your massage NOW!
To take advantage of this discount just mention this ad when you schedule your appointment or purchase your gift certificate.

Call Karen at The Grand Salon
2100 N Baltimore Ave
Ocean City, MD 21842
410 – 289 - 4066

Dear Butch, We spend a good portion of the summer on the beach at 128th Street. You know the lifeguards are there, but you really don't pay attention to the job they do, until something happens... Something did happen on the fourth of July, There was a young lady who got caught and pummeled by the shore break. She was having a great deal of difficulty getting up and was complaining about her back hurting. The couple that we were with, happens to include an ex-lifeguard (I said Ex but I think you are always a lifeguard) by the name of Jay Mackin. He saw what was going on even before the women indicated her need for help. He promptly responded to the woman in distress and started sending semaphore to the nearby guard. Like I said once a guard always a guard. The guard responded to Jay's signals. I supposed that the crew chief was around also because both the guard and him responded and got the women out of the water and out of danger. What impressed me the most was how professional they were during this situation on a very busy day. Thomas Moyer, I believe was the guard and Garrett Lee was the crew chief. Their work in dealing with this woman and the serious situation that she was in was exemplary. Mr Moyer held that woman's head RIGID for over a half an hour. Garrett, at the same time was overseeing the situation and also comforting the women. Since it was a busy day there EMT response so slower than normal, but these two gentleman everything under control to keep the woman stabilized until EMT could take a look at her. For me this was the first close encounter I had with a surf rescue and I can truly say that these gentlemen did a great job under trying circumstances. They are both a credit to your organization and the training that is drilled into them. Please let them know that their good work that day did not go unnoticed. Also next time you see Jay Mackin tell him that he did good for an ex-SRT.

George W. Maynard
Ocean Pines, MD 21811

To the Honorable Mayor Meehan, the Ocean City Beach Patrol and Fire/EMS Department:

While enjoying a day off work from Prince George's County on the beach in Ocean City, Maryland, I was witness to a surf rescue and transport of an injured swimmer. At 12:19 PM, Wednesday, July 8, 2009, the Ocean City Beach Patrol Lifeguard protecting the beach at 142nd Street leaped from his stand and made his way south about 150 feet. He saw a swimmer in distress and without hesitation and in what seemed to be seamless motion, alerted other OCBP of the rescue and was with the injured person within seconds. The initial OCBP personnel reached the teen-aged male still in shallow surf and, assisted by family members brought him from the surf to the sandy beach. After a quick assessment, the OCBP maintained traction to stabilize what was becoming apparent as a possible c-spine injury to the teen. In a remarkable timeline, within 30 seconds, two additional OCBP were on location assisting. Within 2 ½ minutes a Ocean City Fire/EMS Department Paramedic Unit arrived at the top end of 142nd Street with patient contact being made at 3 minutes and 45 seconds of pulling the injured teen from the surf. An OCBP ATV arrived in about 5 minutes. The injured teen was immobilized, packaged and loaded onto the ATV and on the way to the transport unit in 11 minutes of initial contact by OCBP. This was an amazing display of fast actions, professionalism and performance by the public safety team of the Ocean City Beach Patrol and Ocean City Fire/EMS Department. I have included pictures of the rescue for you to use as you please.

From my experience it appeared the injured teen-ager received the best care possible by well trained and extremely talented group of first responders. While the injury to the teen is unfortunate and I wish him the best in his recovery, the rescue effort was nothing short of amazing and certainly a first-class textbook demonstration. Congratulations to all on a job well done.

Mark E. Brady
Chief Spokesperson/Public Information Officer Prince George's County Fire/EMS Department

(PIO Brady posted a blog regarding this rescue— www.wusa9.com/news/columnist/blogs/2009/07/beach-rescue-off-duty-pio-catches)



Attaboys continued

July 8, 2009

Dear Butch:

Please convey to the members of the OCBP my best wishes for another successful Robert S. Craig Swim and Ginny Craig Swim this weekend. I think Mary Dale plans to attend, but I cannot get away from Atlanta until later this month or early August when I hope to get to Ocean City and drop by to say hello to you personally.

With both Mother and Dad now gone, this year's swim will not be the same, but please know how grateful our family remains for all that you continue to do both in keeping Dad's legacy alive in thought, and in maintaining the standards which meant so much to him for so many years. You serve a younger generation, and many current members of the OCBP had little or no personal contact with Dad, beyond seeing him each year at the swim. Nonetheless, he remains, as you know, a part of what they are, as members of OCBP, and what they do each day for Ocean City. He loved his half-century active association with the Patrol, and his informal connections since; indeed, next year, 2010, marks the 75th anniversary of the start of his OCBP career in 1935. Thank you, and your dedicated associates, for carrying the torch.

Rob Craig
Professor, Georgia Tech
and "8th street guard," early 1960s
College of Architecture
Georgia Tech

Butch

You don't know me but my name is Don Peters. I reside near Williamsport Pa. and serve as a captain in the Pa. State Police. I'm here on vacation with my wife and daughter. Just wanted to let you know about 20 minutes ago I watched two of your finest (female at second st and male at first) rescue two female swimmers (late teens/early twenties) from the ocean. There's no doubt in my mind that were it not for your guards' bravery and expertise, the one swimmer (who was about 40 yards from shore) would have been at the bottom of the sea, and the other (about 30 yards out) would likely have been down there with her. We've come here for 15 years, and I've seen your people perform a number of water rescues (though none as heroic as today's). It gives me great comfort knowing my family is being watched over by such a professional group of brave young women and men. Please pass my appreciation on to the two involved in the rescues I witnessed today. Thanks

Don Peters
Commanding Officer
Pa State Police
Troop F, Montoursville.

My name is Hannah Seaquist. Yesterday around noon I hit my head in the ocean. I went to the lifeguard (I think around 14th street). I don't remember his name, but he made me feel so safe. I realized after I left that I was too out of it to say thank you to all the nice lifeguards and other OC staff that made me feel safe. If you can convey my message of thanks, I would be extremely grateful.

The 2009 OCBP Softball Schedule

Teams

OCBP 1—Jon Clouser

OCBP 2—Dustin Stokes

OCBP 3—Adam Atwood

<u>Date</u>	<u>Home</u>	<u>Away</u>	<u>Time</u>	<u>Place</u>
Wed., 7/15	<i>OCBP 1</i>	<i>OCBP 3</i>	1830hrs	Field 2
Wed., 7/15	Rec & Parks	<i>OCBP 2</i>	1830hrs	Field 3
Wed., 7/15	<i>OCBP 3</i>	<i>OCBP 1</i>	1930hrs	Field 2
Wed., 7/15	<i>OCBP 2</i>	Rec & Parks	1930hrs	Field 3
Wed., 7/22	<i>OCBP 2</i>	<i>OCBP 3</i>	1830hrs	Field 2
Wed., 7/22	Rec & Parks	Fire/EMS	1830hrs	Field 3
Wed., 7/22	<i>OCBP 3</i>	<i>OCBP 2</i>	1930hrs	Field 2
Wed., 7/22	Fire/EMS	Rec & Parks	1930hrs	Field 3
Wed., 7/29	Fire/EMS	<i>OCBP 2</i>	1830hrs	Field 2
Wed., 7/29	<i>OCBP 1</i>	Rec & Parks	1830hrs	Field 3
Wed., 7/29	<i>OCBP 1</i>	Fire/EMS	1930hrs	Field 2
Wed., 7/29	<i>OCBP 3</i>	<i>OCBP 2</i>	1930hrs	Field 3
Wed., 7/29	Rec & Parks	<i>OCBP 3</i>	2030hrs	Field 3
Wed., Aug. 5	Playoffs			
Wed., Aug 12	Playoffs Continued			



BEACH PATROL AND ELITE ATHLETICISM

Who would you want to save you or a family member if you got caught in a rip current? I want someone with incredible stamina and endurance who won't quit until the rescue is complete. I want someone from the Ocean City Beach Patrol. I've had the pleasure of training a dozen or so members of the Beach Patrol for the past 4 weeks. They continue to amaze me with their competitive drive, never-give-up attitude, and eagerness to learn new movements and push themselves beyond their limits. When I think of how CrossFit forges elite athletes, I put the Beach Patrol in that category, because CrossFit will only improve the work capacity of these strong and determined athletes.



Dana, Liz, Randy, and Jenelle pushing hard at the end of a 400m run. Check out the POSE running form! Running in the sand requires you to pull your leg to get your feet up and go fast.



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