



OCEAN CITY BEACH PATROL

WEEKLY BULLETIN

Week of July 20, 2009 to July 26, 2009

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—1815hrs—Open to 2nd Year Guards (or above) with Safe Boater's Certification

Opportunity to Compete: Dewey Beach Ocean Series--1800hrs—See p. 8 for event schedule.

USLA Mid Atlantic Jr. Lifeguard Regionals—Sea Girt, NJ

Workout: 3 rounds of 25 tuck jumps followed by 10 jump lunges--See p. 5 for more information.

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

Tides: High: 0613hrs and 1852hrs

Low: 2430hrs and 1221hrs

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

The OCBP Ironguard Relay

Those interested in competing in the Ironguard Relay need to contact Sgt. Brabitz by Monday, July 20th. Spaces are Limited! First Come—First Served!

TUESDAY, JULY 21, 2009

OCBPSRA: None

JBP Academy III: Day 1—0800hrs to 1130hrs (Instructors report at 0730hrs)

Opportunity to Compete: OCBP Triathlon Club—Bike- Ride on your own
Boardwalk Run-HQ--0800hrs

Ironguard Relay—130th—1830hrs

OCBP Floor Hockey—Northside Park—1900hrs

Workout: 3 rounds of 10 divebomber push ups followed by 20 push ups with rotation

Surfing Beaches: Inlet /50th St./130th St.

Tides: High: 0710hrs and 1947hrs

Low: 0126hrs and 1318hrs

Special Events: Family Beach Olympics—27th St.—1830hrs

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

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

Free Music Tuesdays at Sunset Park—*Off the Boat* (Irish Music)—S. Division St.—1930hrs

OCBP Floor Hockey

Northside Park

Tuesdays--1900hrs

\$5.00

Wear Your Athletic Shoes—No Blades

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



S.R.T. Name:	Monday 7/20/2009	Tuesday 7/21/2009	Wednesday 7/22/2009	Thursday 7/23/2009	Friday 7/24/2009	Saturday 7/25/2009	Sunday 7/26/2009	CREW
Daily Assignment								
Rescues								Totals
Preventative actions								
First Aids								

Equipment Issues

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

WEDNESDAY, JULY 22, 2009

OCBPSRA: None

JBP Academy III: Day 2—0800hrs to 1130hrs (Instructors report at 0730hrs)

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

Opportunity to Compete: Employee Softball at Northside Park—OCBP 2 vs. OCBP 3—Field 2—1830hrs
OCBP 3 vs. OCBP 2 —Field 2—1930hrs

Workout: 3 rounds of 20 v-ups followed by 20 knee to elbow bicycles followed by 20 mountain climbers

Surfing Beaches: Inlet /48th St./128th St.

Tides: High: 0806hrs and 2040hrs
Low: 0217hrs and 1414hrs

Special Events: Concerts on the Beach—*Randy Lee Ashcraft & the Saltwater Cowboys*—2000hrs—N. Division St. Beach

JBP One Day Clinic

Thursday afternoons

July 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 introducing kids to life guarding.

THURSDAY, JULY 23, 2009

OCBPSRA: None

JBP Academy III: Day 3—0800hrs to 1130hrs (Instructors report at 0730hrs)

JBP One-Day Clinic: 1300hrs-1500hrs

Opportunity to Compete: Rehoboth Olympics—RB, DE—1800hrs. Come and support the OCBP team! Details on p.8

Workout: Set 1: 3 rounds of 25 burpees followed by 25 tuck jumps

Surfing Beaches: Inlet /46th St./126th St.

Tides: High: 0901hrs and 2131hrs
Low: 0306hrs and 1508hrs

Special Events: Free Dinner—The Son Spot—12 Worcester St.—1730hrs to 1930hrs
Bonfire Story Hour on the Beach—*OCBP w/OC History & Fun Things To Do*—N. Division St. —2100hrs

FRIDAY, JULY 24, 2009—PAY DAY!

OCBPSRA: None

JBP Academy III: Day 4—0800hrs to 1130hrs (Instructors report at 0730hrs)

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

Workout: TABATA SQUATS: (20 seconds fast as possible, 10 second recovery) x 8
TABATA PUSH UPS: (20 seconds fast as possible, 10 second recovery) x 8

Surfing Beaches: Inlet /44th St./124th St.

Tides: High: 0954hrs and 2221hrs
Low: 0354hrs and 1603hrs

Special Events: Free Breakfast—The Son Spot—12 Worcester St.—0700hrs to 0830hrs
Greek Festival—O.C. Convention Center—1200hrs to 2300hrs
Beach Safety Seminar—OC Library—1400hrs
Radiate on the Boardwalk—1800hrs to 2100hrs
Movies on the Beach—*Ratatouille*—27th St.—2045hrs
Free International Students' Coffeehouse—OC Baptist Church—N. Division St.—2100hrs

Interested in becoming American Red Cross Pool Lifeguard Certified? Sgt. Cowder will be conducting Pool Lifeguard challenge courses this summer. The certification is good for three years. Typically, the course cost is \$225.00, but will be offered for beach patrol guards for only \$50.00. This cost simply covers the cost of the manual and the certification cards. If you are interested, please see Sgt. Cowder for details or to sign up for the next class.

The Lt. Mitch Maiorana Run-Swim-Run

2000 meter run

1000 meter swim

2000 meter run

Volunteers are needed as paddlers and race officials.

Contact CC Davis for details

SATURDAY, JULY 25, 2009

Veteran Recertification: Session VII—Inlet—1000hrs with buoy and first aid kit. Syllabus includes run, swim, CPR/AED update, first aid/spinal cord management, physical skill reviews and special topics.

Note: Do not park at OCBP headquarters. Car-pool or ride the bus. Leave plenty of time to locate parking or drive to the Inlet. **A one-day parking permit will be issued to park in the Inlet lot. If you do not have the permit, you will be required to pay.** See the officer conducting the recert on your scheduled day for the permit. The training room will be open from 9:30 to 9:45 to secure your belongings.

OCBPSRA: None

Opportunity to Compete: Mitch Maiorana Run-Swim-Run—7th St.—1800hrs

Workout: 3 rounds of 25 torso rotation, 25 Superman in push up position
2 rounds of 20 Hindu Push Ups (like divebomber except return to starting position after each one)

Surfing Beaches: 42nd St./122nd St

Tides: High: 1046hrs and 2309hrs
Low: 0442hrs and 1659hrs

Special Events: Awareness for Missing and Unidentified Children—S. Atlantic Ave--1000hrs to 2200hrs
Greek Festival—O.C. Convention Center—1200hrs to 2300hrs

SUNDAY, JULY 26, 2009

OCBPSRA: None

Opportunity to Compete: Mitch Maiorana Run-Swim-Run (Rain Date)—7th St.—1800hrs

Workout: 3 rounds of 30 lateral hops, 30 lunges (alternating), 30 Romanian deadlifts, 20 V-Ups

Surfing Beaches: 40th St./120th St.

Tides: High: 1138hrs and 2357hrs
Low: 0530hrs and 1756hrs

Special Events: Greek Festival—O.C. Convention Center—1200hrs to 2100hrs
OC Cruzers—Somerset Plaza—1500hrs to 1900hrs
Sundaes in the Park—*JR Booker*—Northside Park —1800hrs

MONDAY, JULY 27, 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: Beach Safety Seminar Training—Headquarters—1830hrs—Required for Basic Certification

Opportunity to Compete: Bethany Beach Ocean Series—Garfield Pkwy—1730hrs

Workout: TBD

Surfing Beaches: Inlet/38th St./Carousel

Tides: High: 1232hrs
Low: 0618hrs and 1856hrs

Special Events: Beach Safety Seminar—OC Lifesaving Museum—1100hrs
Jesus at the Beach—N. Division St.—1900hrs to 2200hrs
Movies on the Beach—*Kung Fu Panda*—27th St.—2045hrs

*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.*

BEACH PATROL EVENTS

July 20, 27	Beach Safety Seminars at OC Life-Saving Museum
July 24, 21	Beach Safety Seminars at the OC Library—1400hrs
July 20	OCBPSRA Jet Drive Certification—1830hrs
July 21	Ironguard Relay—130 th St.—1830hrs
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>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
Endless Summer Boogie Board Camp	July 27-29	Endless Summer--38 th St.	1400hrs to 1600hrs
Movies on the Beach— <i>Kung Fu Panda</i>	July 27	27 th St. Beach	2045hrs
Jesus on the Beach Festival	July 27-29	N. Division St.	1900hrs
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
Movies on the Beach— <i>Tale of Despreaux</i>	July 31	27 th St. Beach	2045hrs
ESA Chauncey's Surfabout	Aug. 1-2	54 th St.	
Concerts at Sunset Park w/No Byscuyts	Aug. 4	S. Division St.	1930hrs

<u>Stats.</u>	<u>Week 8</u> 7/6/09 to 7/12/09	<u>Week 8</u> Year-To- Date 2009	<u>Week 8</u> 7/7/08 to 7/13/08	<u>Week 8</u> Year-To- Date 2008	<u>Week 8</u> 7/9/07 to 7/15/07	<u>Week 8</u> Year-To- Date 2007
Action						
Preventions	5020	28664	23272	29066	4299	28969
Rescues	181	1526	1257	1813	42	500
Minor First Aid	87	520	269	854	129	669
Ambulance Calls	14	95	22	72	8	58
Police Calls	4	26	6	36	6	32
USCG/MDNRP	0	3	1	5	0	4
Lost/Found Persons	64	245	34	256	76	251
N. Surf Beach Population	104	432				
S. Surf Beach Population	245	2450				
Inlet Surf Beach Population	12	140				
Beach Wheelchair Usage	46	142	39	151	43	177

Ocean City Beach Patrol Workouts from Lt. Wes Smith

Monday

3 rounds of (25 tuck jumps followed by 10 jump lunges).

Goal: to improve leg power. A tuck jump is when you jump straight up and tuck your knees to your chest before you land (like doing a cannonball, but without using your arms.). A jump lunge is when you start in a lunge position, jump up in the air switch legs and land in a lunge position.

Tuesday

3 rounds of (10 dive bomber push ups followed by 20 push ups with rotation)

Dive Bomber Push Up: From the regular pushup position with your hands under your shoulders, spread your feet shoulder width apart and, keeping your legs as straight as you can, push your hips into the air and your chest down towards the ground. Try to keep your back as straight as you can while leaning back and stretching the hamstrings before beginning the movement.

Next, allow your elbows to flare outward and lower your nose toward an imaginary spot between your hands as if you are trying to slide under a wire, flatten yourself out so that your body is parallel to the ground. You've made it half way!

Keeping your pelvis close to the ground and your hands directly beneath your shoulders, drive your head up using your triceps like performing a dip until you are looking straight ahead. Now, reverse the process, dipping back under the imaginary bar, back to the original position.

Push Ups With Rotation: Do a push up, but at the top rotate your body to the left raising your right arm straight into the air, hold this position a second with your left arm locked and planted on the ground, come back down into a push up. Next push up while rotating your torso to the right lifting your left arm straight toward the sky, etc.

Wednesday

3 rounds of (20 v-ups followed by 20 knee to elbow bicycles followed by 20 mountain climbers)

V-Up: KEEPING YOUR LOWER BACK PRESSED AGAINST THE GROUND, raise your legs up while straight and your arms up while straight simultaneously and do an abdominal curl (or crunch). Don't let your lower back come off the ground.

Elbow Bicycles: On your back, move your legs in a cycling motion while bringing your right elbow to your left knee and then your left elbow to your right knee.

Mountain climbers: In a push up position, run in place bringing your knees up toward your chest.

Thursday

3 rounds of 25 burpees followed by 25 tuck jumps

Burpee or Sandcrab feeder: From a standing position, squat down and place your hands in front of your feet, jump into a push up position and do 1 push up, jump your feet back toward your hands and from a squat position jump into the air. Repeat.

Friday

TABATA SQUATS: (20 seconds fast as possible, 10 second recovery) x 8

Use your arms to propel your squat faster. You should get more than 20 squats in 20 seconds, shooting for 23-25. Go all the way down to your end range of motion and back into a full standing position as fast as you can.

TABATA PUSH UPS: (20 seconds fast as possible, 10 second recovery) x 8

When you fatigue, continue with your knees on the ground.

Saturday

3 rounds of 25 torso rotation, 25 superman in push up position

2 rounds of 20 Hindu Push Ups (like divebomber except return directly to starting position after each one)

Superman push ups: perform a push up, but at the top extend your right arm and your left leg off the ground, attempting to make your body as long as possible. Return to a push up and then use your left arm and right leg. Make sure each rep is a fluid motion.

Sunday

3 rounds of 30 lateral hops, 30 lunges (alternating), 30 Romanian deadlifts, 20 V-Ups

Lateral Hops: Make a line in the sand. Using both feet at the same time, hop laterally (to the side) over the line and back continuously (like skiing).

Romanian Deadlifts: Keeping your knees in a fixed position, bend at the waist using your hamstrings as far as you can while maintaining a natural curve in your lower back (helps to stick your chest out). If your lower back flattens or rounds you're going too far.



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

Last 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.

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." 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 environment. 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. Registration question maybe be directed to the Ocean City Recreation & Parks Department at 410-250-0125 or the Ocean City Beach Patrol at 410-289-7556. 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 8:00 until 11:30 as well as a one-day introduction session, which takes place on Thursdays at 1:00- 5:00 pm. The four-day academy consists of five levels that children can advance through learning new skills at each level. The programs are repeated each week for six weeks so there should be a JBP academy that will work during your stay here in Ocean City.

In addition to the Junior Beach Patrol Program (JBP), 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. The 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 3-part mission of education, prevention, and intervention. If you have a group that is interested in a beach safety program or a speaker, contact the Beach Patrol at 410-289-7556 or email ocbp@ococean.com. There is no charge to the organization for these presentations of how to keep children safe at the beach.

If you have a question, please ask. If you see an inappropriate or unsafe situation, please bring it to the attention of the SRT. We are here to serve you.



The Ocean City Beach Patrol, in conjunction with the Lower Shore Chapter of the American Red Cross, will be offering a Community First Aid Course at a discounted price of \$30. Participants will become certified in Adult, Child, and Infant CPR along with Standard First Aid. The course will take place at Beach Patrol Headquarters on Monday, August 3rd and Tuesday, August 4th from 6:30 pm to 10:30pm. This course is open to the public and there is no minimum age requirement. The course has a limited number of openings and is expected to fill up quickly so reserve your spot today. Register by contacting Beach Patrol Headquarters at 410-289-7556. Checks can be made payable to OCBPSRA.

Tides for Ocean City Fishing Pier—July 20, 2009 to July 27, 2009

Day	Tide	Time	Height Feet	Sunrise Sunset	Moon Time	% Moon Visible
M 20	Low	12:30 AM	0.1	5:53 AM	Rise 3:50 AM	7
	High	6:13 AM	3.2	8:20 PM	Set 7:22 PM	
	Low	12:21 PM	-0.4			
	High	6:52 PM	4.8			
Tu 21	Low	1:26 AM	-0.1	5:54 AM	Rise 5:05 AM	2
	High	7:10 AM	3.4	8:19 PM	Set 8:10 PM	
	Low	1:18 PM	-0.6			
	High	7:47 PM	4.9			
W 22	Low	2:17 AM	-0.3	5:54 AM	Rise 6:24 AM	0
	High	8:06 AM	3.6	8:19 PM	Set 8:49 PM	
	Low	2:14 PM	-0.7			
	High	8:40 PM	4.9			
Th 23	Low	3:06 AM	-0.4	5:55 AM	Rise 7:42 AM	0
	High	9:01 AM	3.8	8:18 PM	Set 9:23 PM	
	Low	3:08 PM	-0.7			
	High	9:31 PM	4.7			
F 24	Low	3:54 AM	-0.5	5:56 AM	Rise 8:57 AM	4
	High	9:54 AM	3.9	8:17 PM	Set 9:53 PM	
	Low	4:03 PM	-0.6			
	High	10:21 PM	4.5			
Sa 25	Low	4:42 AM	-0.4	5:57 AM	Rise 10:09 AM	11
	High	10:46 AM	3.9	8:16 PM	Set 10:20 PM	
	Low	4:59 PM	-0.3			
	High	11:09 PM	4.1			
Su 26	Low	5:30 AM	-0.3	5:58 AM	Rise 11:19 AM	19
	High	11:38 AM	3.9	8:16 PM	Set 10:48 PM	
	Low	5:56 PM	0.0			
	High	11:57 PM	3.7			
M 27	Low	6:18 AM	-0.1	5:59 AM	Rise 12:26 PM	29
	High	12:32 PM	3.8	8:15 PM	Set 11:16 PM	
	Low	6:56 PM	0.2			

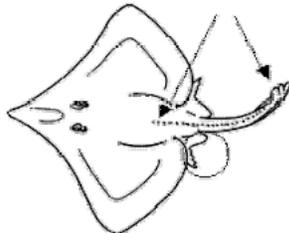
The following information serves to identify some common beach situations:

Skate or Shark?

Skates are often mistaken for sharks. The skate is commonly found near shore in the summer, and you may see them riding the waves from the beach. While mating, skates lift their pectoral fins, making it look like two dorsal fins in the water. Skates are closely related to sharks, though they lack the extra eyelid and have flattened bodies. Skates can be round or diamond-shaped in form, and they may be solid colored or patterned. Their gills are located on the underside of their bodies and they range in size from a few inches to 20 feet long. They have large pectoral fins extending from, or nearly from, the snout to the base of the slender tail; some have sharp "noses" produced by a cranial projection called the rostral cartilage. Their skin is rough and prickly, but the thorny tail does not have a stinger like their ray cousins. Skates lay eggs called mermaid's purses, which often wash up on beaches.

Please use the following information to help educate the public about skates.

- Skates are batoids—order Rajiformes; there are 257 to 275 species.
- Skates swim in shallow and even estuarine water.
- Skates are typically a drab brown or grey color.
- Skates feed on bottom-dwelling prey; this prey is excavated from the substrate through a combination of blowing jets of water from the mouth and creating a plunger-like suction from the pectoral disc.
- Skates are not stingrays and cannot hurt anyone.
- Skates do not have a stinging spine.
- Skates are often mistaken for sharks when the tips of their "wings" break the surface of the water.
- Skates can be seen through a rolling wave as they swim along.
- Skates are often caught on the beach by surf fishermen.
- Skates are sometimes heavily fished for their thick, tasty wings, which are sometimes punched into disk-shaped plugs of flesh and sold to the unsuspecting consumer as "scallops."
- Skates lay egg cases, often rectangular with elongated tendrils at each corner, which serve to anchor them to bottom growth; once washed ashore, the empty cases are known as a "mermaid's purse."
- Most of the "fin" sightings off the beaches of Ocean City, MD, are skates!



Skate egg casing

Sea Lice/Sea Bather's Eruption

Often misnamed "sea lice" (which are true crustacean parasites of fish, and which inflict miniscule bites), sea bather's eruption occurs in sea water and involves predominately bathing suit-covered areas of the skin, rather than exposed areas. The skin rash distribution is very similar to that from seaweed dermatitis, but no seaweed is found on the skin. The cause is stings from the nematocysts (stinging cells) of the larval forms of certain anemones, such as *Linuche unguiculata*, and thimble jellyfishes. The injured person may notice a tingling sensation under the bathing suit (breasts, groin, cuffs of wetsuits) while still in the water, which is made much worse if he/she takes a freshwater rinse (shower) while still wearing the suit. The rash usually consists of red bumps, which may become dense and confluent (i.e., run together in a mass). Itching is severe and may become painful.

Treatment consists of immediate (for decontamination) application of vinegar or rubbing alcohol, followed by hydrocortisone lotion 1 percent twice a day. Topical calamine lotion with 1 percent menthol may be soothing.

The OCBP Triathlon Club

Please note the changes this week!



CrossFit Training for the OCBP

Tuesdays and Thursday at 0645hrs
Saturdays at 0700hrs

2009 USLA COMPETITION SCHEDULE

JULY

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



The 2009 OCBP Softball Schedule

OCBP 1—Jon Clouser
OCBP 2—Dustin Stokes
OCBP 3—Adam Atwood

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

DBP Ocean Series 2009

Monday, July 20, 2009

Dewey Beach Lifesaving Station
 Dagsworthy Street and the Beach
 Sign in begins @ 5:00 pm
 Competition Starts @ 6 pm sharp!

Cost: \$0

Parking: Northbeach Restaurant on McKinley Street bayside.
 Walk North 1 block to Dagsworthy Street.
 All ages welcome.

Scoring Events Description:

- **“Buoyaton” Relay** – Coed teams of 9 (minimum of 3 females). Race will incorporate different aspects of open water lifesaving, including running, swimming, and paddling. A rescue buoy (provided) will act as the baton and must be transferred between team members from start to finish.
- **Surf Dash Relay** – 6 person coed teams (minimum 2 women)
- **Men’s and Women’s Beach Flags** – Maximum of 3 men, 2 women per patrol.
- **Push-up Contest** – 3 people from each patrol – Event will be scored according to the *combined* number of push-ups per patrol.
- **Tug-of War** – 6 person teams.

Please call (302)227-6365 with any questions.

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



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

EVENTS

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

SCORING

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

Directions to The Rehoboth Olympics

Drive north on Route 1 through Bethany, over the Indian River Inlet, through Dewey, and look for King Charles Avenue to the *right*. *Bear right* and follow past Silver Lake into Rehoboth. Cross Rehoboth Ave. and make a *right* on Baltimore Ave.