



OCEAN CITY BEACH PATROL

WEEKLY BULLETIN

Week of July 6, 2009 to July 13, 2009

MONDAY, JULY 6, 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: 0850hrs

LIEUTENANTS' MEETING: 0945hrs

OCBPSRA CERTIFICATION: None

Opportunity to Compete: None

Workout: 25 Dive Bomber Push Ups; 25 Supermans (See p. 8 for more information.)

Surfing Beaches: Inlet/11th/80th St.

Tides: High: 0755hrs and 2026hrs

Low: 0204hrs and 1338hrs

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

Camp Ocean Pines—50th St.

Beach Safety Seminar—OC Lifesaving Museum—1100hrs

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

Movies on the Beach—*Madagascar II*—27th St.—1930hrs

Important Message Regarding Policies and Procedures : Prohibition of any powered on communication device

This is not a new policy or a change. It has been in place for several years and is specifically signed by you each season.

Two-Way Communication Devices: No device that allows two-way communication (transmitter) will be allowed to be used (or powered on) while on duty, unless issued to you by the Beach Patrol. This includes but is not limited to: walkie-talkies, cellular phones, wireless headsets, cordless phones, etc. Receiving devices such as AM/FM radios, pagers, etc are not prohibited, but must not interfere with the performance of your duties and may not be audible (heard) off the stand. **NO HEAD PHONES or EAR PHONES! THIS ABSOLUTLY INCLUDES ANY FORM OF TEXT MESSAGING!**

Note: Although text messaging is a newer technology the policy regarding reading anything while on duty has been in place for over 80 years.

VIOLATION OF THIS POLICY WILL RESULT IN DISCIPLINARY ACTION WHICH MAY INCLUDE TERMINATION!

S.R.T. Name:	Monday 7/6/2009	Tuesday 7/7/2009	Wednesday 7/8/2009	Thursday 7/9/2009	Friday 7/10/2009	Saturday 7/11/2009	Sunday 7/12/2009	CREW
Daily Assignment								
Rescues								
Preventative actions								
First Aids								
								Totals

TUESDAY, JULY 7, 2009

JBP Academy I: Day 1—Headquarters/Dorchester St. beach—0800hrs to 1130hrs (Instructors report to HQ—0730hrs)

Opportunity to Compete: OCBP Triathlon Club Bike and Run—130th St.—0715hrs
OCBP Floor Hockey—Northside Park—1900hrs

Workout: 3 rounds of 15 squat thrusts and 20 jump lunges (See p. 8 for more information.)

Surfing Beaches: Inlet/9th/78th St.

Tides: High: 0838hrs and 2107hrs
Low: 0240hrs and 1419hrs

Special Events: Free Breakfast—The Son Spot—12 Worcester St.—0700hrs to 0830hrs
Free Dinner—The Son Spot—12 Worcester St.—1730hrs
Family Beach Olympics—27th St.—1830hrs
Free Lifeguard Dinner—OC Baptist Church—1900hrs

OCBP Floor Hockey

Northside Park
1900hrs
\$5.00

Wear Your Athletic Shoes—No Blades

First Game—Tues., July 7
Subsequent Games—Tuesdays July 14,
July 21, July 28, Aug. 4, Aug. 11

WEDNESDAY, JULY 8, 2009

JBP Academy I: Day 2—Dorchester St. beach—0800hrs to 1130hrs (Instructors report to HQ—0730hrs)

Camp Horizon: N. Division St.—1145hrs—1515hrs—***Instructors report to Headquarters at 1000hrs.***

Opportunity to Compete: USLA Mid-Atlantic Regionals—Rehoboth Beach—RBP HQ—Registration-0900hrs—Start-1100hrs
OCBP Softball—Fire/EMS vs **OCBP 3**—Field 2—1830hrs
OCBP 1 vs. **OCBP2**—Field 3—1830hrs
OCBP 3vs. Fire/EMS —Field 2—1930hrs
OCBP 2 vs. **OCBP 1** —Field 3—1930hrs

Workout: Hard Day: TABATA Squats and Push Ups (See p. 8 for more information.)

Surfing Beaches: Inlet/7th/76th St.

Tides: High: 0920hrs and 2146hrs
Low: 0315hrs and 1500hrs

Special Events: Concerts on the Beach—Sir Rod—N. Division St. beach—2000hrs

Equipment Issues

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

THURSDAY, JULY 9, 2009

JBP Academy I: Day 3—Dorchester St. beach—0800hrs to 1130hrs (Instructors report to HQ—0730hrs)

JBP One-Day Clinic: Dorchester St. beach—1300hrs-1500hrs

Opportunity to Compete: None

Workout: 3 rounds of 40 knee to elbow bicycles, 20 mountain climbers, and 10 V ups—(See p. 8 for more information.)

Surfing Beaches: Inlet/ 5th/74th St.

Tides: High: 1001hrs and 2225hrs
Low: 0350hrs and 1540hrs

Special Events: Camp Ocean Pines—50th St.
Free Dinner—The Son Spot—12 Worcester St.—1730hrs
Bonfire Story Hour on the Beach with OC EMS—N. Division St. beach—2100hrs

JBP One Day Clinic

Thursday afternoons
July 9, 16, 23, 30
August 6, 13
1500hrs 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.

FRIDAY, JULY 10, 2009—PAY DAY

JBP Academy I: Day 4—Headquarters/Dorchester St. beach—0800hrs to 1130hrs (Instructors report to HQ—0730hrs)

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

Workout: 3 rounds of 20 push-ups, 20 torso rotation, and 10 clap push ups—(See p. 8 for more information.)

Surfing Beaches: Inlet/3rd/72nd St.

Tides: High: 1042hrs and 2302hrs

Low: 0426hrs and 1621hrs

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

Beach Safety Seminar—OC Library—1400hrs

Movies on the Beach—*The Shaggy Dog*—27th St.—1930hrs

OC Tuna Tournament—OC Fishing Center—1600hrs

SATURDAY, JULY 11, 2009

OCBP Group Photos—Inlet—0730hrs—Mandatory! SRTs & SBFs: Wear Your Best (Clean) Red or Yellow Shirt). You may park in the Inlet lot for this photo shoot.

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

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

Opportunity to Compete: The Annual Captain Craig Mile Swim—14th St.—1800hrs

Workout: 3 rounds of 25 tuck jumps (jump with knees to chest), 25 jump lunges, 25 lateral hops, 25 body squats—FAST—(See p. 8 for more information.)

Surfing Beaches: 1st/70th St.

Tides: High: 1122hrs and 2340hrs

Low: 0503hrs and 1704hrs

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

ESA Wahine Contest—8th St.—0700hrs

OC Tuna Tournament—OC Fishing Center—1600hrs

SUNDAY, JULY 12, 2009

Opportunity to Compete: Rain Date—The Annual Captain Craig Mile Swim—14th St.—1800hrs

Workout: TABATA Burpees: 8 rounds of 20 second burpees, 10 sec. recovery (4 minutes total) —(See p. 8 for more information.)

Surfing Beaches: Caroline/68th St.

Tides: High: 1203hrs

Low: 0540hrs and 1750hrs

Special Events: ESA Wahine Contest—North Side Indian Inlet or Tower Road--DE

OC Cruzers—Somerset Plaza—1500hrs

OC Tuna Tournament—OC Fishing Center—1600hrs

Sundaes in the Park—Key West Band—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 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: 25 Dive Bomber Push Ups; 25 Supermans (See p. 8 for more information.)

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

Tides: High: 2418hrs and 1247hrs

Low: 0620hrs and 1840hrs

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

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

Movies on the Beach—*Surf's Up*—27th St.—1930hrs

BEACH PATROL EVENTS

July 6, 13, 20, 27	Beach Safety Seminars at OC Life-Saving Museum
July 7-10	JBP Academy I
July 9	Ocean Pines Camp Beach Day—50 th St.
July 10, 17, 24, 21	Beach Safety Seminars at the OC Library—1400hrs
July 11	OCBP Group Picture—0730hrs
July 11	Veteran Recert—1000hrs
July 11	Captain Craig Swim—14 th St.—1800hrs
July 14-17	JBP Academy II
July 16	OCBPSRA Quad Certification—1815hrs
July 18	Ironguard Relay—130 th St.
July 20	OCBPSRA Jet Drive Certification—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 28-31	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>Madagascar 2</i>	July 6	27 th St. Beach	1930hrs to 2230hrs
Family Beach Olympics	July 7	27 th St. Beach	1830hrs to 2030hrs
Bonfire on the Beach w/OC EMS	July 9	N. Division St.	2100hrs
Movies on the Beach— <i>The Shaggy Dog</i>	July 10	27 th St. Beach	1930hrs to 2230hrs
OC Tuna Tournament	July 10-12	OC Fishing Ctr.	1600hrs to 1930hrs
Sundaes in the Park w/Key West Band	July 12	Northside Park	1800hrs
Movies on the Beach— <i>Surf's Up</i>	July 13	27 th St. Beach	1930hrs to 2230hrs
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
Movies on the Beach— <i>Dr. Doolittle 3</i>	July 17	27 th St. Beach	1930hrs to 2230hrs
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	1930hrs to 2230hrs
Concerts on the Beach w/Randy Lee Ashcraft	July 22	N. Division St.	2000hrs

<u>Stats.</u>	<u>Week 6</u> 6/22/09 to 6/28/09	<u>Year-</u> <u>To-Date</u> 2009	<u>Week 6</u> 6/23/08 to 6/29/08	<u>Year-</u> <u>To-Date</u> 2008	<u>Week 6</u> 6/25/07 to 7/1/07	<u>Year-</u> <u>To-Date</u> 2007
Action						
Preventions	9012	10262	5749	9767	6024	17714
Rescues	826	453	92	498	60	381
Minor First Aid	122	164	188	404	106	394
Ambulance Calls	25	47	11	36	4	38
Police Calls	6	16	4	20	3	20
USCG/MDNRP	0	3	0	2	1	3
Lost/Found Persons	37	67	38	82	35	97
N. Surf Beach Population	48	305				
S. Surf Beach Population	879	1895				
Beach Wheelchair Usage	18	60	26	80	21	97

Tides for Ocean City Inlet—July 6 to July 13						
Day	High/Low Tide Time	Tide Height Feet	Sunrise Sunset	Moon Time	% Moon Visible	
M 6	Low 2:04 AM	0.3	5:43 AM	Set 4:47 AM	97	
6	High 7:55 AM	1.8	8:27 PM	Rise 8:14 PM		
6	Low 1:38 PM	0.1				
6	High 8:26 PM	2.6				
Tu 7	Low 2:40 AM	0.3	5:44 AM	Set 5:44 AM	99	
7	High 8:38 AM	1.9	8:27 PM	Rise 8:51 PM		
7	Low 2:19 PM	0.1				
7	High 9:07 PM	2.6				
W 8	Low 3:15 AM	0.3	5:44 AM	Set 6:44 AM	99	
8	High 9:20 AM	1.9	8:26 PM	Rise 9:23 PM		
8	Low 3:00 PM	0.1				
8	High 9:46 PM	2.6				
Th 9	Low 3:50 AM	0.3	5:45 AM	Set 7:44 AM	97	
9	High 10:01 AM	1.9	8:26 PM	Rise 9:51 PM		
9	Low 3:40 PM	0.1				
9	High 10:25 PM	2.6				
F 10	Low 4:26 AM	0.3	5:46 AM	Set 8:43 AM	94	
10	High 10:42 AM	2.0	8:26 PM	Rise 10:16 PM		
10	Low 4:21 PM	0.2				
10	High 11:02 PM	2.5				
Sa 11	Low 5:03 AM	0.3	5:46 AM	Set 9:42 AM	89	
11	High 11:22 AM	2.1	8:25 PM	Rise 10:39 PM		
11	Low 5:04 PM	0.4				
11	High 11:40 PM	2.4				
Su 12	Low 5:40 AM	0.3	5:47 AM	Set 10:41 AM	82	
12	High 12:03 PM	2.1	8:25 PM	Rise 11:02 PM		
12	Low 5:50 PM	0.5				
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				

2009 USLA COMPETITION SCHEDULE

JULY

8 Mid Atlantic Regionals (Non-Crafts)- Rehoboth Beach
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



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



The OCBP Triathlon Club

The OCBP Triathlon Club will meet on Tuesdays and
Fridays at 0715 hrs at 130th St.



CrossFit Training for the OCBP

Tuesdays and Thursday at 0645hrs
Saturdays at 0700hrs

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

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

Last Week's Question: What are you doing with those flags?

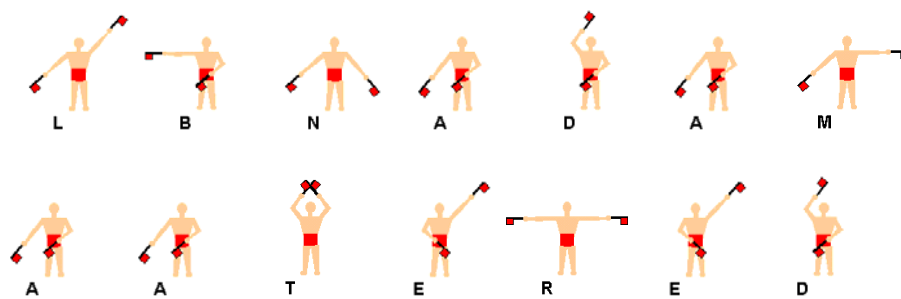
The SRT's (Lifeguard) flags serve two purposes. First, they are used in one of the three communications methods that the Beach Patrol utilizes to communicate amongst themselves. This form of communications is called semaphore. Semaphore is a type of communication by which a person signals with two hand flags, moving his arms through various positions to represent letters, numerals, and special signs. Semaphore is also used by the Scouts, Navy, and the Coast Guard to communicate over long distances (as long as you can see the other person). Although this method has been around for a long time, a major benefit to the Beach Patrol is that in an emergency or when a lifeguard is in the water, they do not need any electronics or technology to immediately update and communicate with each other. The majority of the messages being sent between lifeguards is communication about lost and found individuals and potential dangers. Example: LBN ADAM AATE RED means

Lost Boy Name Adam Age eight bathing suit color red

Above is an example of one type of a message that SRTs send between adjoining stands. This information is also transmitted by radio to the Beach Patrol dispatch center for broadcast to other agencies and departments throughout Ocean City.

Note: We respond to approximately 2000 cases of lost and found individuals in a typical season with a 100% return rate. To learn more about semaphore visit the Beach Patrol website www.ococean.com/ocbp click on the INFO button

The other two communication methods used by the Beach Patrol are a whistle system and two-way radios. The second use of the flags is to direct beach patrons out of harm's way. Although we do not expect any of our beach patrons to understand this signaling system, we also use the flags to indicate and point to our visitors. The SRT may point at you and direct you to move in a particular direction. This gentle prompting may be all it takes to move you out of potential danger. So remember, when an SRT whistles and points, locate him or her and make sure they are not trying to tell you something.



This 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 80 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 the procedure of 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 their 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 doing 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 sand until the lifeguard's in the stand." Heeding this simple warning could save a life, YOURS!

OCBP License Plates

Listed below are the guidelines for receiving these special logo plates:



Your vehicle must be registered in Maryland.

Pick up MVA form VR-124 from Captain Arbin.

Fill out form completely.

Attach a check made payable to the Ocean City Beach Patrol Surf Rescue Association (OCBPSRA) for \$50.00. This is a one-time fee and will not be charged again.

If you are requesting a specific number, make sure it is still available.

Return form to Beach Patrol Headquarters. Do not send or take to MVA—the form needs an authorizing signature to process.

Once the VR-124 form and check have been received, it takes 4-6 weeks to receive the tags. They will be mailed to the address on your registration.

In the future, you will receive the regular tag renewal application directly from the MVA every 2 years.

Paddleboard Certification

Objective: To certify personnel on the proper use and care of the paddleboards.

I. Parts of the paddleboard

- A. Deck
- B. Nose and Tail
- C. Fin
- D. Bottom

II. Maintenance

- A. Carry-do not drag
- B. Inspect for each use-fin, deck, handles
- C. Always store in bag
- D. Clean sand off before putting in bag

III. Water entry-clear path from all swimmers

- A. Nose of board should always be perpendicular to waves.
- B. Position body closer to the nose.
- C. Paddle continuously until past the swells of the incoming waves

IV. Water exit-clear path from all swimmers.

- A. Nose of board should always be perpendicular to waves
- B. Position body closer to the tail of the board
- C. Time your exit with the incoming swells.

V. Victim Pick up

- A. Approach victim, turn paddleboard upside down and grasp victim's wrist and pull the paddleboard over with victim coming on top of paddleboard.
- B. Tandem paddle to shore.

VI. Do's and don'ts

- A. Do not Surf on paddleboards
- B. Take non-personnel out on paddleboard
- C. Use during big surf or fog
- D. May use for workouts once certified.
- E. Be professional at all times.
- F. Must have whistle when on paddleboard
- G. Must have permission from area Sergeant.



While in uniform you are readily identified as a member of the Beach Patrol and are expected to set the example and follow pedestrian rules at all times.

Don't Jaywalk!



Ocean City's Original Steakhouse since 1954.
Fresh cut steaks and homemade cakes!

Excellent OCBP Discount!

Melvin's Olde Towne Steak House is offering the OCBP a 15% discount on their delicious food. Show your OCBP ID in order to take advantage of this generous offer.



Maryland Basic Boating Safety



Northside Park

Section C: July 7 & 8

Tues. & Wed--1800hrs to 2130hrs

O.C. Employees—\$20.00

A written test will be given for certification at the end of the course.
Register online at www.town.ocean-city.md.us (Click on Rec. & Parks)

FAX your form to 410-250-5409.

Course # 414503

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. (TBA)

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.

*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, body boarding, fishing, etc.*



NEW!! The OCBP Workout for the Week of July 6 thru July 13

Monday: Perform 25 Dive Bomber Push Ups, 25 Supermans

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.

Tuesday: 3 rounds of: 15 squat thrusts, 20 jump lunges

Wednesday: TABATA Squats and Push Ups (hard day)

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

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

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

Friday: 3 rounds of: 20 push ups, 20 torso rotation, 10 clap push ups

Saturday: 3 rounds of: 25 tuck jumps (jump with knees to chest), 25 jump lunges, 25 lateral hops, 25 body squats—FAST

Sunday: TABATA Burpees: 8 rounds of 20 seconds burpees, 10 sec. recovery (4 minutes total)



The 2009 OCBPSRA Graduation—July 2, 2009
Congratulations to all of the OCBPSRA graduates!



The WaWa Hoagiefest—July 2, 2009
Thanks and Congratulations to Kevin Johnson, Brian Knapp, and Michael Cornman on the Big Win for the OCBP Team.

From: Meagan L. Baker
Sent: Tue 6/30/2009 10:09 AM
To: ocbp@ococcean.com
Subject: AJ on 94th street 6/29/09

Dear Cpt. Arbin:

I am writing to you to commend one of your beach patrol lifeguards. On Monday, June 29th we were on the 94th street beach, directly behind the lifeguard stand. AJ was the lifeguard on duty, and I cannot say enough nice things about him. Not only was he kind and patient with our children (who in the excitement were squealing a little too loud), but he was also incredibly thoughtful and courteous, cautioning us when he had to blow his whistle, so as not to wake our 5 month old. Even as we were struggling to pack up and move all of our stuff from the beach and at the end of what must have been a long day for him, he offered to carry our remaining chairs up as he left for the day. I found him to be an extraordinary young man. I wanted to commend AJ, and all of the OC beach patrol. They made our fun filled beach vacation so much more than expected. If at all possible, would you kindly give this young man a "pat on the back" for going out of his way for us!! Thanks for your time and attention.

Sincerely:
Meagan Baker-Coon
OC Beacher



Hunter Smith: "I'm crabby because my daddy went to Ocean City for a week and all I got was this t-shirt."

USLA Mid-Atlantic Regional Championships--See CC Davis ASAP if interested
Wednesday, July 8th, Rehoboth Beach, DE--RBP HQ
 Open to USLA Members 9:00AM Registration--11:00AM Opening Event

Events

2 Mile Beach Run	
400 Meter Surf Swim	
Swimmer Rescue Race	Each team will consist of a victim, who will be waiting at a buoy, 150 meters from the shore, and a rescuer with fins and a rescue can. At the start of the race, the rescuer runs into the surf line with fins and a rescue can and swims out to the victim. At the buoy, the victim grabs the rescue can with both hands and is towed ashore by the rescuer.
Landline Rescue Race	Each team consists of 4 competitors: a victim at a buoy, a rescuer, and two landline pullers. The victim must hold onto the rescuer at all times, but is permitted to kick while coming to shore. All 4 members must then cross the finish line in contact with each other in their designated lane.
Rescue Board Race	This race starts with a swimmer/victim, who swims through the surf line to an assigned buoy. Once at the buoy, the victim pulls the lane marker to the water to signal the paddler to enter the water. The rescuer must paddle a rescue board through the surf line to the victim. Once at the buoy, the rescuer must circle the flag and pick up the victim. The two competitors must then tandem-paddle back to shore

Run-Swim-Run	200 meter run, 400 meter swim, 200 meter run course
4 x 100 Soft Sand Run Relay	
Beach Flags	
Surf Dash	



OCEAN CITY BEACH PATROL MARYLAND CHAPTER OF THE UNITED STATES LIFESAVING ASSOCIATION

The United States Lifesaving Association (USLA) is America's nonprofit, professional association of beach lifeguards and open water rescuers. The USLA works to reduce the incidence of death and injury in the aquatic environment through public education, national lifeguard standards, training programs, promotion of high levels of lifeguard readiness and other means.

BENEFITS TO MEMBERS OF THE USLA INCLUDE:

- A one-year subscription to *American Lifeguard Magazine*... A \$12.00 value.
- Eligibility to compete in USLA Regional, National and World Lifeguard Competitions.
- Eligibility for USLA Regional, National, and International Lifeguard Exchange Programs.
- Membership in the only United States open water lifeguard association.
- Access to USLA regional and national programs and conferences.
- Access to USLA MD OCBP Chapter, USLA Regional and National Board of Directors meetings.
- Access to free USLA public educational materials, i.e. posters, bookmarks, stickers, etc.
- All members of the chapter can vote in annual chapter elections and professional members can run for office.
- Membership kit, including T-Shirt, Patch, and other items.
- Discounts at major USLA sponsors. See <http://www.usla.org> for a complete list.

The cost of membership is \$30.00.

Make checks payable to **OCBPMD USLA Chapter**.

Name: _____ Phone: (____) _____ - _____

Permanent Address: _____

Male / Female Age: _____

E-mail: _____ @ _____

Membership: **(circle one)** PROFESSIONAL* ALUMNI ASSOCIATE JUNIOR

(circle one) RENEWAL or INITIAL

Agency: **Ocean City Beach Patrol Maryland**

Chapter: **Ocean City Beach Patrol Maryland**

Region: **Middle Atlantic**

A PROFESSIONAL member is an employee of the Ocean City Beach Patrol and has worked a minimum of eight hours with the Ocean City Beach Patrol in the calendar year.



Payment Options

Current OC Beach Patrol employees:

_____ (Initial) Yes, I would like to

By Mail with a check to:

OCBPMDUSLA President

Office Use

☐ Paid

have \$30 deducted from my pay so that I may join the **Ocean City Beach Patrol Maryland Chapter of the United States Lifesaving Association.**

c/o Ocean City Beach Patrol
109 Dorchester St.
Ocean City, MD 21842

☐ Entered

Event Group _____ Comp. # _____
Age Group _____ Paid \$ _____
Gender Group _____ Cash CK # _____

The 15th Annual

Captain Robert S. Craig One Mile Boardwalk Swim

This memorial swim is in honor of the contributions of the late
Beach Patrol Captain Robert S. Craig.

ALSO, The Ginny Craig ¼ Mile Swim

Welcome! Please read and complete the following. When finished, sign in the space provided below. Return this document along with your registration fees. Thank you and Good Luck!

Registration: \$15 if mailed before July 3, 2009. \$20 Race-day registration (5 pm)

First Name:

Last Name:

Address:

City: State: Zip Code: Telephone: -

-

Birth Date: / / Age: Gender: ☐ Female ☐ Male

E-mail Address:

Agency Affiliation:

(if none, write NONE)

WOULD YOU WANT TO BE CONTACTED ABOUT FUTURE JOB OPPORTUNITIES WITH THE OCEAN CITY BEACH PATROL? YES NO

Select an Event by Circling one = 1 Mile Swim ¼ Mile Swim
Select an Age Classification by Circling one

One Mile Swim

1/4 Mile Swim

Boys Girls Juniors

16yrs old & under

Boys Girls

12yrs & Under

Men WomenOpen

All Ages

Boys Girls Juniors

13yrs to 16 yrs

Men WomenSeniors

30yrs to 39 yrs old

Men WomenOpen

All Ages

Men Women

Masters

40yrs to 49 yrs old

Men WomenMasters

40yrs & Over

OVER-

:

WAIVER AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in the 2009 Summer Competition Series sponsored by the Ocean City Beach Patrol Chapter of the United States Lifesaving association and the Town of Ocean City's Beach Patrol, an athletic/sports event, which includes related events and activities, the undersigned:

1. Acknowledges and fully understands that each participant will be engaging in activities that involve risk of serious injury. This includes permanent disability, death, and economic losses that might result not only from their own actions, inactions or negligence, but the actions or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known or reasonably foreseeable at this time. Acknowledge, that mine or the minor's participation is voluntary and agrees to:
2. Assume any and all risks of personal injuries to the minor or myself and authorize the Town of Ocean City, the Ocean City Beach Patrol, to contact Ocean City Emergency Medical Services to render any emergency medical treatment that may be deemed necessary for the minors or mine or to take the minor or me to any hospital. I (we) give authorization to a physician or surgeon for the minor or me to receive care and/or emergency medical treatment when necessary. If such medical treatment or hospitalization is required, I agree to pay all medical and hospital bills related hereto, permanent or partial disability, or death and damages to myself or the minor or any property, caused by or arising from participation in the event or activity.
3. Release, waive, discharge, and covenant not to sue the Town of Ocean City, The Ocean City Beach Patrol, their respective administrators, directors, agents, coaches and other employees or volunteers of these organizations, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from any and all liability, loss, damage, claim, demand or cause of action against those attributable to myself or the minor's participation in the event or activity, whether same shall arise by their negligence or otherwise, except that injury or loss which results from gross negligence or willful or wanton misconduct of one of those individuals or organizations.
4. Agree that prior to my or the minor's participation in the event or activity, I or the minor and parents will inspect the facilities, equipment, and areas where the event or activity being conducted, and if either of us believe any of them are unsafe, will immediately advise the person supervising the event, activity, facility or area.
5. Grants the releasees the right to film, photograph or videotape the participant during the event which extends to all phases of publicity, promotion and advertising.
6. Warrant that the minor or I are in good health and has no physical condition that would prevent the minor or me from participation in the event or activity.

I / We have read the above waiver and release, understand that we have given up substantial rights by signing it and sign voluntarily.

Participant's Signature

Date

The following also must be signed and completed by the Parent or Guardian of each Competitor under 18. I, the parent or legal guardian, consent to the minor's participation in the event.

Parent/Guardian's Signature

Date

Relationship to Minor Child

Minor Child's Age

<p><u>DO NOT MARK IN THIS</u> <u>SPACE</u> <u>OFFICIAL CHECK</u></p> <p>_____ All Information Provided</p>
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