



# OCEAN CITY BEACH PATROL

## WEEKLY BULLETIN

Week of August 3, 2009 to August 9, 2009

### MONDAY, AUGUST 3, 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

**Opportunity to Compete:** Delaware Jr. Guard Competition—Rehoboth

OCBP Softball—Makeup games from 7/27/09

**Workout:** 3 rounds of 20 squat thrusts; 20 mountain climbers; 10 leg unders (each leg)

**Surfing Beaches:** Inlet/24<sup>th</sup>/93<sup>rd</sup>

**Tides:** High: 0617hrs and 1852hrs

Low: 2449hrs and 1221hrs

**Special Events:** White Marlin Open begins

Beach Safety Seminar—OC Lifesaving Museum—1100hrs

Community CPR/First Aid Class—OCBP Training Room—1830hrs

Movies on the Beach—*Beethoven's Big Break*—27<sup>th</sup> St.—2045hrs

The OCBP would like to extend a special thank you to the Panama Jack Company who, at our request, graciously replenished their already fulfilled contract to us. Please spread the word that Panama Jack is the official sun care product of the OCBP. We greatly appreciate their generosity.



### TUESDAY, AUGUST 4, 2009

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

**Workout:** 5 rounds of 20-second long level crunch; 10-second rest; 20-second dead rock;

10-second rest; 20-second crunch; 10-second rest; 20-second bicycles; 10-second rest (10 minutes total)

**Opportunity to Compete:** OCBP Triathlon Club—Trial Run & Bike—Taylor Bank —142<sup>nd</sup> St—0715hrs

OCBP Floor Hockey—Northside Park—1900hrs--\$5.00 per person

**Surfing Beaches:** Inlet/22<sup>nd</sup>/91<sup>st</sup> St.

**Tides:** High: 0700hrs and 1932hrs

Low: 0126hrs and 1305hrs

**Special Events:** White Marlin Open continues

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

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

Community CPR/First Aid Class—OCBP Training Room—1830hrs

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

Free Music Tuesdays at Sunset Park—*No Byscuyts*--S. Division St.—1930hrs

#### OCBP Floor Hockey

Northside Park  
Tuesdays--1900hrs  
\$5.00

*Wear Your Athletic  
Shoes—No Blades  
Aug. 4, Aug. 11*



S.R.T. Name:	Monday 8/3/2009	Tuesday 8/4/2009	Wednesday 8/5/2009	Thursday 8/6/2009	Friday 8/7/2009	Saturday 8/8/2009	Sunday 8/9/2009	CREW
Daily Assignment								
Rescues								Totals
Preventative actions								
First Aids								

## **WEDNESDAY, AUGUST 5, 2009**

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

**Camp Horizon:** N. Division St.—0945hrs to 1515hrs—(Note: All Day Beach Day! This is the last camp for the season).

**Opportunity to Compete:** OCBP Softball Playoffs

**Workout:** 3 rounds of 50 squats; 25 push-ups

**Surfing Beaches:** Inlet/20<sup>th</sup>/89<sup>th</sup> St.

**Tides:** High: 0741hrs and 2010hrs

Low: 0159hrs and 1346hrs

**Special Events:** White Marlin Open continues

Concerts on the Beach—N.O.M.A.D.—N. Division St.—2000hrs

### **Equipment Issues**

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

**Reminder:** You are responsible for the care of all issued equipment. All uniform parts must be kept clean. Missing, damaged, or soiled uniforms or equipment will be charged to you.

## **THURSDAY, AUGUST 6, 2009**

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

**JBP One-Day Clinic:** 1300hrs to 1500hrs

**Opportunity to Compete:** USLA Nationals—Fort Lauderdale, FL

**Workout:** 3 rounds of 25 back extensions 5 sumo push-ups; 25 tuck jumps

**Surfing Beaches:** Inlet/18<sup>th</sup>/87<sup>th</sup> St.

**Tides:** High: 0822hrs and 2048hrs

Low: 0232hrs and 1426hrs

**Special Events:** White Marlin Open continues

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

Bonfire Story Hour on the Beach— OCPD: K-9/Mounted & Bike Patrol Departments—N. Division St.—2100hrs

### **JBP One Day Clinic**

**Thursday  
afternoons**

**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.

## **FRIDAY, AUGUST 7, 2009—Pay Day**

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

**Opportunity to Compete:** USLA Nationals—Fort Lauderdale, FL

**Workout:** TABATA squats (20-seconds fast as possible; 10-second recovery) x 8  
TABATA push-ups with rotation (20-seconds fast as possible; 10-second recovery) X 8

**Surfing Beaches:** Inlet/16<sup>th</sup>/85<sup>th</sup> St.

**Tides:** High: 0902hrs and 2124hrs

Low: 0305hrs and 1505hrs

**Special Events:** White Marlin Open ends

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

Beach Safety Seminar—OC Library—1400hrs

Movies on the Beach—*The Incredibles*—27<sup>th</sup> St.—2045hrs

### **Recruiting Opportunities**

Our 1<sup>st</sup> Pre-Employment Physical Skills Evaluation for next season will take place on Saturday, August 8. Remember to mention this testing opportunity to potential candidates that you know or meet on the beach. Registration and testing begins at 1100hrs on the beach at Dorchester St.



## **SATURDAY, AUGUST 8, 2009**

**OCBP 2010 Pre-Employment Physical Skills Evaluation #1:** Dorchester St. & Boardwalk—1100hrs

**Opportunity to Compete:** OCBP Triathlon Club—142<sup>nd</sup> St.—1815hrs

USLA Nationals— Fort Lauderdale, FL

**Workout:** 2 rounds of 20 burpees; 10 clap push-ups

**Surfing Beaches:** 14<sup>th</sup>/83<sup>rd</sup> St.

**Tides:** High: 0942hrs and 2201hrs

Low: 0339hrs and 1545hrs

**Special Events:** ESA Surfing Contest—K-Coast Grom Beginners' Bash—35<sup>th</sup> St.—0700hrs to Dusk

Pro Beach Volleyball Tour—Dorchester St.—0800hrs to 2000hrs

### **OCBP Triathlon Club—August 8—1815hrs**

Meet at the Taylor Bank Parking Lot at 142<sup>nd</sup> St.

Registration—1700hrs to 1800hrs (1815hrs for OCBP personnel)  
\$20.00 for individuals; \$30.00 for relay teams of 2; \$40.00 for relay teams of 3

## **SUNDAY, AUGUST 9, 2009**

**Opportunity to Compete:** None

**Workout:** 3 rounds of 25 jump lunges; 10 tuck jumps; 20 straight leg kicks

**Surfing Beaches:** 12<sup>th</sup>/81<sup>st</sup> St.

**Tides:** High: 1021hrs and 2238hrs

Low: 0413hrs and 1627hrs

**Special Events:** ESA Surfing Contest—K-Coast Grom Beginners' Bash—35<sup>th</sup> St.—0700hrs to Dusk

Pro Beach Volleyball Tour—Dorchester St.—1000hrs to 1700hrs

OC Cruisers—Somerset Plaza—1500hrs to 1900hrs

Sundaes in the Park—*Queen City Funk & Soul*—Northside Park—1800hrs

## **MONDAY, AUGUST 10, 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

**Opportunity to Compete:** None

**Workout:** TBD

**Surfing Beaches:** Inlet/10<sup>th</sup>/79<sup>th</sup> St.

**Tides:** High: 1101hrs and 2316hrs

Low: 0450hrs and 1712hrs

**Special Events:** Beach Safety Seminar—OC Lifesaving Museum—1030hrs

OC Cruisers—Somerset Plaza—1500hrs to 1900hrs

Movies on the Beach—*Open Season 2*—27<sup>th</sup> St.—1930hrs

Sunset Park Concert Series—David Bach—S. Division St.—2000hrs

### **BEACH PATROL EVENTS**

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 <sup>nd</sup> St.—1815hrs
August 11	Ironguard Individual—130 <sup>th</sup> St.—1830hrs
August 11-14	JBP Academy VI
August 15	OCBP Pre-Employment Physical Skills Test

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

Movies on the Beach— <i>Beethoven's Big Break</i>	Aug. 3	27 <sup>th</sup> St. Beach	2045hrs
Family Beach Olympics	Aug. 4	27 <sup>th</sup> St. Beach	1830hrs to 2030hrs
Concerts at Sunset Park w/No Byscuyts	Aug. 4	S. Division St.	1930hrs
Concerts on the Beach w/N.O.M.A.D	Aug. 5	N. Division St.	2000hrs
Movies on the Beach— <i>The Incredibles</i>	Aug. 7	27 <sup>th</sup> St. Beach	2045hrs
Antigues by the Sea	Aug. 7-9	OC Convention Center	1000hrs
OC Jr. Tennis Open	Aug. 7-9	Tennis Center	
Sundaes in the Park w/Queen City Funk & Soul	Aug. 9	Northside Park	1800hrs
Concerts at Sunset Park w/No Byscuyts	Aug. 4	S. Division St.	1930hrs
Skateboard Competition	Aug. 11	Ocean Bowl	1500hrs
Concerts on the Beach w/Zydeco-a-Go-Go	Aug. 12	N. Division St.	2000hrs

<b><u>Stats.</u></b>	<b><u>Week 10</u> 7/20/09 to 7/26/09</b>	<b><u>Week 10</u> Year-To- Date 2009</b>	<b><u>Week 10</u> 7/21/08 to 7/27/08</b>	<b><u>Week 10</u> Year-To- Date 2008</b>	<b><u>Week 10</u> 7/23/07 to 7/29/07</b>	<b><u>Week 10</u> Year- To-Date 2007</b>
<b>Action</b>						
Preventions	8036	41791	7915	50916	10461	47143
Rescues	651	2339	212	3057	609	1261
Minor First Aid	132	759	238	1408	179	968
Ambulance Calls	30	152	35	152	24	97
Police Calls	8	39	6	55	8	44
USCG/MDNRP	0	4	1	8	1	9
Lost/Found Persons	72	370	42	330	45	344
N. Surf Beach Population	35	513				
S. Surf Beach Population	602	3257				
Inlet Surf Beach Population	180	401				
Beach Wheelchair Usage	30	213	41	216	28	249

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

#### **Last Week's Question: What are the rules as far as what you can and cannot do on the beach?**

The Beach Patrol is responsible for maintaining a safe, secure, and enjoyable atmosphere on the beach and in the ocean. The Surf Rescue Technician on the stand carries out this responsibility by informing the public and enforcing applicable rules, laws, and local ordinances. Basically the Ocean City Beach Patrol regulates all beach activities. For your protection and safety, the activities below are either **Prohibited Ø** or **Regulated R** on the beaches of Ocean City.

- Ø Consuming alcoholic beverages
- Ø Allowing dogs on the beach (May 1 – Sept 30)
- Ø Sleeping on beach (10 p.m. – 6 a.m.)
- Ø Using a skim board after 10 a.m and before 5:30 p.m.
- Ø Bringing glass containers onto the beach
- R Starting open fires on the beach
- R Playing loud music

#### **These activities are under the discretion of the Beach Patrol BP**

- BP Ball playing and Frisbee throwing
- BP Umbrellas placement beyond established line
- BP Kite flying
- BP Digging holes in the sand
- BP Fishing while the OCBP is on duty
- BP Surfing in designated areas only

#### **We would like to suggest that you always follow these safety tips**

- Parents should monitor all activities of any children they are responsible for to make sure they remain safe at all times and don't become lost.
- Apply sunscreen liberally and often.
- Drink plenty of water.
- Wear eye protection.
- Establish and check landmarks.
- Keep valuables off the beach.
- Please put trash in its place.
- No glass containers, please.
- And finally, take seriously the warning of the SRT when storms are in the area. The Ocean City Beach Patrol is in constant communication with the National Weather Service. When instructed by the Beach Patrol personnel, please secure your belongings and leave the beach immediately for your safety and ours!

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 and we are glad you are here!

#### **This Week's Question: What kinds of bodyboards are allowed on the beach during the "day". Are there any regulations on this?**

Bodyboards or "Boogieboards" as they are commonly called are restricted by size, composition, use of skegs, and may not be used on the designated surfing beaches. Additionally, if used like a skimboard (riding in a standing position on the shoreline) they are considered a skimboard by definition and may not be used between 10:00 and 5:30

For clarification, the ordinance that regulates bodyboards as it is defined in the official Code of Ocean City appears below:

Boogie board (bodyboard). A flexible, semi-soft, buoyant, semi-curved object, no longer than 3 1/2 feet and no wider than two feet and no thicker than four inches, made of a closed-cell polyethylene foam and possibly but not always having a smooth plastic layer attached to the bottom and without rigid or semi-rigid attachments or protrusions for aid in steering or movements which serve as a rudder and commonly referred to as "skegs."

Additionally, for safety reasons, these bodyboards should not serve as a flotation device for anyone with poor swimming ability. In water that is over the users head they may slip off or be knocked off by wave action and then they are in a sudden desperate drowning situation. Another consideration is the proper use of the bodyboard. Anyone using a bodyboard should ride on the rear half of the board with the board extended out in front. Failure to keep the board out in front of the body may result in being flipped by a wave or being thrown headfirst into shallow water with the possibility of striking the bottom with the rider's head resulting in a possible severe head/neck injury. Enjoy the ocean and enjoy the beach but know how to remain safe no matter what

**LYNNE ELLIS PHOTOGRAPHY**

**"You've got it, I'll shoot it"**

**410-236-2483-cell**

[www.lynneellisphotography.com](http://www.lynneellisphotography.com)

[lynne@lynneellisphotography.com](mailto:lynne@lynneellisphotography.com)

Thanks to all the SRT's and Officers of the OCBP for another successful group portrait. I hope everyone enjoys the photos as much as I enjoyed taking them.

All of the portraits have been delivered to Mike Stone and if anyone has any questions or comments please contact me by email or my phone number above.

Don't forget all the great gift ideas that are offered on the website as well as photos from this year and past years. This is a great idea for gift giving to family and friends. As a parent of a former SRT I know how much I loved getting the photos to look back at the great group that all worked so hard together to make Ocean City beach the best and safest beach around.

Check the site regularly for sales and promotions to make the gift giving even easier on the wallet! Coffee mugs, puzzles, key and luggage tags, tote bags and much more.

All can be ordered online and delivered to you at home or at school.



**Atlantic Edge Dive Center**

**Diving Made Easy**



[www.atlanticedge.com](http://www.atlanticedge.com)

Saturday, August 22<sup>nd</sup> and Sunday, August 23<sup>rd</sup> 2009

The location is the Salisbury YMCA Pool.

Cost is \$295.00 and includes all of the equipment and study materials. You just show up with a bathing suit and towel.

To sign up for the course, visit [www.atlanticedge.com](http://www.atlanticedge.com). Select training and then select the Salisbury location.

For additional info please contact Atlantic Edge at (301) 519-9283.

**OCBP Slide Show**

Kristin is collecting photos to include in a slide show for the annual OCBP Awards Banquet. Please send any pictures that have potential for use in an OCBP slide show to her at



[kjason@ococean.com](mailto:kjason@ococean.com)

We still have OCBP teddy bears and Landmarks books available. They are complimentary gifts from the Beach Patrol. Ask Kristin for them at the store table at the Monday meeting.



**2009 USLA COMPETITION SCHEDULE**

**AUGUST**

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



# Tides for Ocean City Fishing Pier—August 3, 2009 to August 10, 2009

Day		Tide Time	Height Feet	Sunrise/Sunset	Moon Time	% Moon Visible
M 3	Low	12:49 AM	0.7	6:05 AM	Set 3:38 AM	91
	High	6:17 AM	2.8	8:08 PM	Rise 6:52 PM	
	Low	12:21 PM	0.4			
	High	6:52 PM	3.9			
Tu 4	Low	1:26 AM	0.6	6:05 AM	Set 4:37 AM	95
	High	7:00 AM	2.9	8:07 PM	Rise 7:26 PM	
	Low	1:05 PM	0.3			
	High	7:32 PM	4.0			
W 5	Low	1:59 AM	0.5	6:06 AM	Set 5:37 AM	98
	High	7:41 AM	3.1	8:06 PM	Rise 7:55 PM	
	Low	1:46 PM	0.2			
	High	8:10 PM	4.1			
Th 6	Low	2:32 AM	0.4	6:07 AM	Set 6:36 AM	99
	High	8:22 AM	3.3	8:05 PM	Rise 8:21 PM	
	Low	2:26 PM	0.2			
	High	8:48 PM	4.1			
F 7	Low	3:05 AM	0.4	6:08 AM	Set 7:36 AM	99
	High	9:02 AM	3.4	8:04 PM	Rise 8:45 PM	
	Low	3:05 PM	0.2			
	High	9:24 PM	4.0			
Sa 8	Low	3:39 AM	0.3	6:09 AM	Set 8:35 AM	96
	High	9:42 AM	3.5	8:02 PM	Rise 9:08 PM	
	Low	3:45 PM	0.3			
	High	10:01 PM	3.9			
Su 9	Low	4:13 AM	0.4	6:10 AM	Set 9:35 AM	92
	High	10:21 AM	3.6	8:01 PM	Rise 9:32 PM	
	Low	4:27 PM	0.4			
	High	10:38 PM	3.7			
M 10	Low	4:50 AM	0.4	6:11 AM	Set 10:37 AM	86
	High	11:01 AM	3.7	8:00 PM	Rise 9:57 PM	
	Low	5:12 PM	0.5			
	High	11:16 PM	3.6			

**From:** Nicole  
**Sent:** Fri 7/31/2009 11:19 AM  
**To:** ocbp@ococean.com  
**Subject:** THANKS

I wanted to drop an E-mail to say thank you for the outstanding job the lifeguards did on our recent trip to your beach. We were on the beach July 27th, and 28th 2009 behind the Days Inn on 23<sup>rd</sup> Street and saw numerous times the lifeguards had to go in the ocean to rescue swimmers. The professionalism that they displayed was a true test to the dedication they have to keep the swimmers safe. Once again thank you.

## 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 Annual OCBP Awards Banquet

The Annual OCBP Awards Banquet has been scheduled for Saturday, August 22 at 1900hrs. More details will be forthcoming in next week's bulletin.

Results from the Mitch  
Maiorana Run-Swim-Run  
on July 25, 2009

PLACE	NUMBER	TIME	NAME
1	11	28:51	Moyer , Ritter,Witherow
2	14	29:52	Meeker ,Sakel Smith
1	12	31:11	Greg Evanoff
2	4	32:05	Lukas Katona
3	1	32:43	Dean Pierson
4	6	33:26	Ethan Nyberg
5	2	34:08	Mathew Pierson
6	8	35:17	Pat Martinez
7	17	36:13	John P. Miller
8	13	36:29	Dillon Levy
9	5	36:40	Michael Silvers
10	7	36:42	Steve Hicks
11	18	37:42	Kevin Johnson
12	3	42:16	Wayne Shepherd
13	19	42:58	Robert Forristal
14	10	43:33	Tim Gosnell
1	15	33:09	Dana Zuiderhof
2	9	35:34	Emmanuel Ouellet
3	16	36:20	Joya Canfield
4	20	36:29	Allison Woodward





## OCBP TRIATHLON

Thank you for signing up for the 2009 OCBPTriathlon. Here are the race day instructions. If you have any questions, just send an email to [OCBPTriathlon@gmail.com](mailto:OCBPTriathlon@gmail.com)

Race check in and body numbering will begin at the Taylor Bank parking lot on 142<sup>nd</sup> Street at 5 pm and end at 6 pm except for Beach Patrol. Beach Patrol personnel will be able to check in and get numbered right up to the 6:15 start.

Any beach patrol personnel who need help getting their bikes up to 142<sup>nd</sup> have the following option: I will be able to pick up bikes that morning in the pick-up truck. I will be at base at 8am, at the 27<sup>th</sup> Street beach house at 8:15 am, and at the 66<sup>th</sup> Street beach house at 8:30 am. I will store the bikes during the day at the 130<sup>th</sup> Street beach house and transport them to 142<sup>nd</sup> Street for the start of the race.

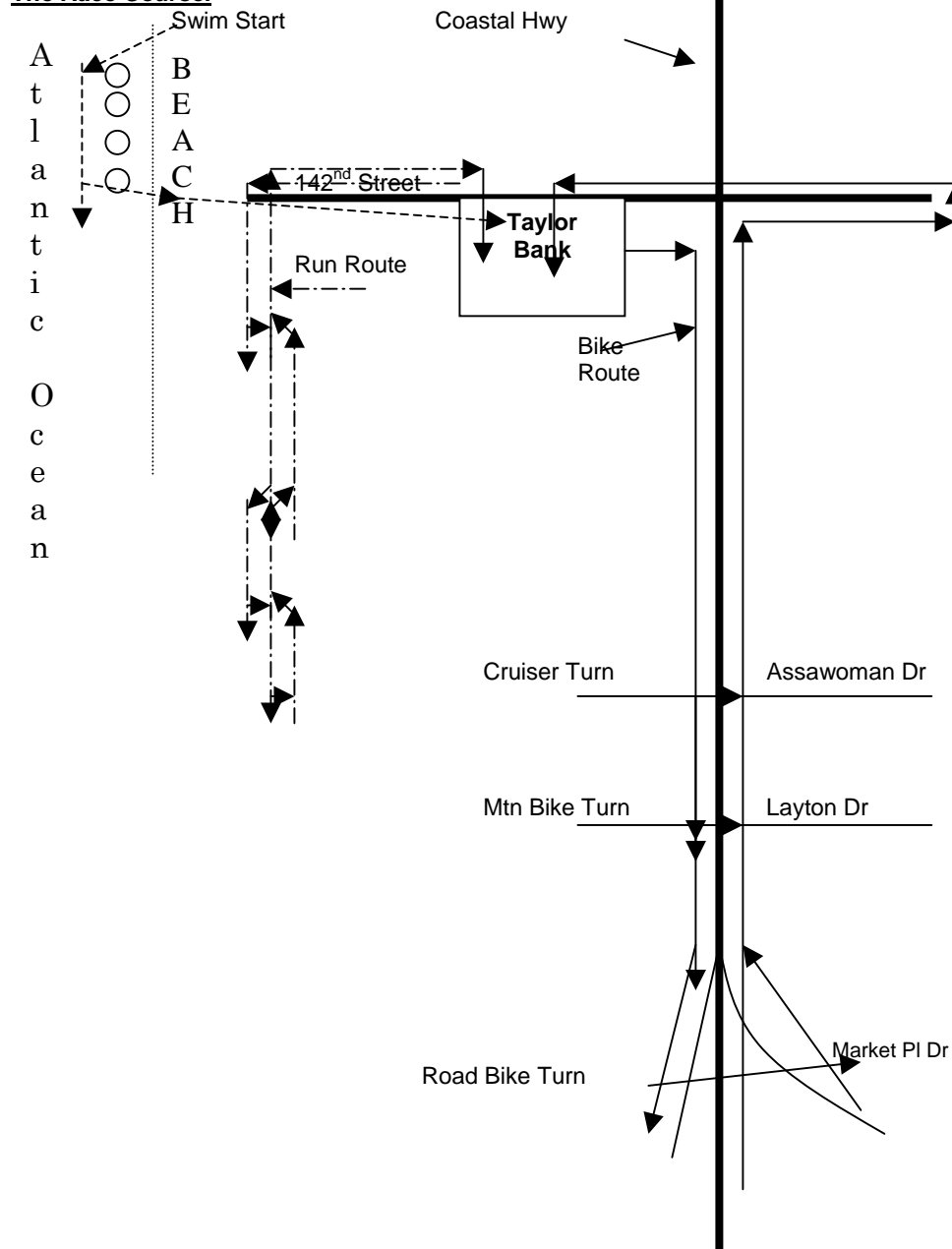
**The Swim Course.** The swim will be along the shoreline and with the current. It will end at 142<sup>nd</sup> Street. There will be a short run over the dune to the transition area at Taylor Bank.

**The Bike Course.** The bike route will basically be the same for all the participants, just slightly different lengths. The bike will leave the parking lot and head North on Coastal Highway towards Fenwick Island, DE. The cruisers will go for a distance of 4.5 miles before they turn around at Assawoman Drive just before Bethany. The mountain bikes will continue on until Layton Drive in Bethany at the 5.25-mile mark. The road bikes will continue another  $\frac{3}{4}$  of a mile until the split at Sea Colony. They will fade to the right on Pennsylvania Ave and continue about 200 yards before they turn left on Market Place Drive. They will take Market Place Drive approximately another 200 yards before turning left back on Coastal Highway/Route 1 to return to Ocean City. The road bike course will be 12.5 miles long.

Upon the return back to 142<sup>nd</sup> Street, the competitors will turn right onto 142<sup>nd</sup> towards the bay. They will bike approximately 75 yards to a U-turn. They will then wait for the light at 142<sup>nd</sup> to return to the transition area. All riders must dismount their bikes before entering the transition area. A reminder: Riders must obey all traffic laws and stop at all red lights. Failure to do so will result in an automatic disqualification.

**The Run Course.** The run is a simple out and back route. The run will exit the transition area and head east towards the beach. The runners will turn left on Wight Street and head North. At 145<sup>th</sup> Street, the runners will veer slightly left and run through the parking lot of a condo unit on their way to 146<sup>th</sup> Street. At 146<sup>th</sup> Street the runners will have to hop a curb as they run into Fenwick Island. The run will continue due north for 0.6 miles on Bunting Ave. until the road shifts about 20 yards to the left. The run will continue another 0.7 miles until it dead ends at the turn-around where there will be water and Gatorade.

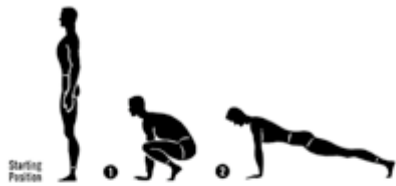
### **The Race Course:**



### Monday

3 rounds of 20 squat thrusts, 20 mountain climbers, 10 leg unders (each leg)

*Squat Thrust: like a burpee but without the push up and hop at the end*



*Mountain Climber: right knee towards chest, then left, that's one rep*



*Prone leg unders (like picture but without the ball)*

*Plank push up position (abs tight, back straight) rotate 1 leg under your body without letting your foot touch the ground; repeat with the other leg. That is one rep.*

### Tuesday

5 rounds of

[20 second long level crunch, 10 sec rest, 20 second dead rock, 10 sec rest, 20 second crunch, 10 second rest, 20 second bicycles, 10 second rest]

(10 minutes total)

*Long Lever Crunch: Perform an abdominal curl while holding the buoy over the head, with the arms and shoulders in an upright and fixed position. Do not let the shoulders or arms move throughout the range of motion. Repeat while keeping the lower back firm and against the ground.*

*Dead Rock: While paused in the up position of a V-Up, use momentum to rock like a rocking chair toward the feet and back to the head. The body should remain in a fixed and isometric position while rocking back and forth each rep. The back should be com-*



### Wednesday

3 Rounds of 50 squats, 25 push ups

### Thursday

3 rounds of 25 back extensions; 5 sumo push ups; 25 tuck jumps

#### Back Extension

*From a plank position, raise your right arm and your left leg, repeat.*

#### Dive Bombers



#### Tuck Jumps



### 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 WITH ROTATION (20 seconds fast as possible, 10 second recovery) x 8**



**Saturday 2 rounds of 20 burpees, 10 clap push ups**

### Sunday

3 rounds of 25 jump lunges, 10 tuck jumps, 20 straight leg kicks

*Straight leg Kick: With your right leg straight, swing it up as high as possible to stretch out your hamstrings*



## **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 and the sergeants were all given 50+ copies for their respective areas. There is also a "Last Day" form on the last page of this bulletin.

All employees must complete the following **TWO 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.\*

**\*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.

### **POLICIES AND PROCEDURES**

(Effective Date: May 16, 2009)

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 and provide the required documentation 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 when you completed the employment agreement and may affect your eligibility for employment anytime in the future or to receive an employee incentive award if one is available.

### **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).

### **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.

Lt. Smith explains the **Policies and Procedures** to each training class, and Lt. Stone covers the **Last Day** forms and **Personal Data** forms in detail prior to First Aid Training. Captain Arbin also mentions this information at the weekly meetings. Don't miss out



# OCEAN CITY BEACH PATROL

## NOTIFICATION of LAST DAY of Full-Time Work



I. FULL NAME \_\_\_\_\_ CREW NO. \_\_\_\_\_

PLEASE PRINT

LAST FULL DAY OF WORK (5:30pm) \_\_\_\_\_, 2009  
DAY OF WEEK MONTH & DAY

WAS THIS DATE OF DEPARTURE INDICATED ON THE ORIGINAL CONTRACT YOU SIGNED WITH THE BEACH PATROL? YES NO IF NOT, PLEASE EXPLAIN

This date should not vary from the date you indicated when you completed the employment agreement and may affect your eligibility for employment or promotions at anytime in the future (Full Documentation Required).

DATE and TIME WHEN TURNING IN EQUIPMENT \_\_\_\_/\_\_\_\_/2009 \_\_\_\_:\_\_\_\_ DATE WHEN LEAVING OCEAN CITY \_\_\_\_/\_\_\_\_/2009

TRAVEL PLANS \_\_\_\_\_

IS YOUR EXITING RELATED TO SCHOOL? YES NO (IF NOT, SKIP SECTION II)

II. NAME OF INSTITUTION \_\_\_\_\_

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)

REGISTRATION DATE \_\_\_\_\_

FIRST FULL DAY OF CLASSES/ORIENTATION \_\_\_\_\_

III. WILL YOU BE RETURNING FOR WORK ANYTIME BEFORE September 27, 2009?

(Please check one box)

☐ YES - PLEASE LEAVE ME ON THE PAYROLL (Indicate dates available in box below)

☐ NO - PLEASE REMOVE ME FROM THE PAYROLL (I am choosing not to work anymore this season)

July 09						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August 09						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September 09						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

LIST ALL DAYS YOU WILL WORK: \_\_\_\_\_

ARE YOU RETURNING FOR LABOR DAY WEEKEND? YES NO

CIRCLE ALL APPROPRIATE DAYS FRIDAY SATURDAY SUNDAY MONDAY

DO YOUR CURRENT PLANS INCLUDE RETURNING TO THE BEACH PATROL FOR THE SUMMER OF 2010? YES NO

(BREAKING YOUR CONTRACT MAY JEOPARDIZE THOSE PLANS)

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_/\_\_\_\_/2009

DO NOT MARK IN SHADED BOX

CREW CHIEF

DATE \_\_\_\_/\_\_\_\_/2009 SERGEANT

DATE \_\_\_\_/\_\_\_\_/2009

LAST DAY OF WORK AS INDICATED ON CONTRACT

/ \_\_\_\_/\_\_\_\_/2009

LIEUTENANT \_\_\_\_\_

CAPTAIN \_\_\_\_\_