



OCEAN CITY BEACH PATROL

WEEKLY BULLETIN

Week of July 20, 2015 to July 26, 2015

MONDAY, JULY 20, 2015

Officer-in Charge: Captain Arbin; **Lieutenants Available:** Lt. Kovacs, Lt. Stone

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

OFFICERS' MEETING: 0730hrs

CREW CHIEF MEETING WITH AREA SERGEANTS: 0800hrs

FULL CREW CHIEF MEETING: 0815hrs

SEMAPHORE TEST: 0820hrs—REQUIRED TO PASS PROBATIONARY STAGE

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

USLA ANNOUNCEMENTS: 0845hrs

GENERAL MEETING: 0850hrs

LIEUTENANTS' MEETING: 0945hrs

OCBPSRA: Resumes July 28 with the One Mile Swim

Mandatory Daily Workout: Run Day- Crew Chief determines specific workouts.

Opportunity to Compete: Fenwick Ultimate (Ocean Series)

Surfing Beaches: Inlet / 61st St. / 141st St.

Tides: High: 1109hrs

Low: 1716hrs

Special Events: Beach Wedding- 109th St.- 1830hrs

Movies on the Beach- *Frozen*- 27th St.- 2030hrs

Beach Fireworks- N. Division St.- 2200hrs

You're Invited!

**OCEAN CITY
BEACH PATROL
HEADQUARTERS**

RIBBON CUTTING
AND OPEN HOUSE

JULY 21, 2015
11 A.M.
TALBOT STREET &
S. PHILADELPHIA AVENUE



S.R.T. Name:	Monday 7/20/2015	Tuesday 7/21/2015	Wednesday 7/22/2015	Thursday 7/23/2015	Friday 7/24/2015	Saturday 7/25/2015	Sunday 7/26/2015	CREW
Daily Assignment								
Rescues								Totals
Preventative actions								
First Aids								

TUESDAY, JULY 21, 2015

Officer-in-Charge: *Captain Arbin; Lieutenant Available: Lt. Kovacs*

OCBPSRA: Resumes July 28 with the One Mile Swim

JBP Academy III: Day 1- 0800hrs –11:30hrs (Instructors report at 0730hrs)

Opportunity to Compete: OCBP Strong Guard- 65th St.- 1815hrs

Mandatory Daily Workout: Swim Day- Crew Chief determines workouts.

Surfing Beaches: Inlet / 59th St. / 139th St.

Tides: High: 1152hrs

Low: 1802hrs

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

New OCBP Headquarters Dedication- 109 Talbot St.- 1100hrs

Family Beach Olympics- 27th St.- 1830hrs

Beach Fireworks- N. Division St.- 2200hrs

WEDNESDAY, JULY 22, 2015

Officer-in-Charge: *Captain Arbin; Lieutenant Available: Lt. Kovacs*

JBP Academy III: Day 2- 0800hrs – 1130hrs (Instructors report at 0730hrs)

OCBPSRA: Resumes July 28 with the One Mile Swim

Camp Horizon: N. Division St.- 1145hrs- 1515hrs (Instructors report to HQ at 1000hrs)

Mandatory Daily Workout: Run Day- Crew Chief determines specific workouts.

Surfing Beaches: Inlet / 57th St. / 137th St.

Tides: High: 1238hrs

Low: 1852hrs

Special Events: Concerts on the Beach- *Tom Larson Blues Band*- N. Division St.- 2000hrs

Movies on the Beach- *Planes: Fire & Rescue*- Carousel Hotel- 2030hrs

THURSDAY, JULY 23, 2015

Officer-in-Charge: *Lt. Stone; Lieutenant Available: Lt. Kovacs*

JBP Academy III: Day 3- 0800hrs –1130hrs (Instructors report at 0730hrs)

JBP One-Day Clinic: 1300hrs - 1630hrs- **Tell the kids on your beach well before today so they can register for the clinic!**

OCBPSRA: Resumes July 28 with the One Mile Swim

Opportunity to Compete: *Rehoboth Lifeguard Olympics- Rehoboth Beach- 1800hrs*

See p. 6 for details about the Rehoboth Olympics

Mandatory Daily Workout: Swim Day- Crew Chief determines specific workouts.

Surfing Beaches: Inlet / 55th St. / 135th St.

Tides: High: 1327hrs

Low: 0713hrs

Special Events: Beach Wedding- 98th St.- 1800hrs

Sunset Park Party Night- *Tranzfusion*- 1900hrs to 2100hrs

FRIDAY, JULY 24, 2015

Officer-in-Charge: *1st Lt. Lee; Lieutenants Available: Lt. Stone, Lt. Kovacs*

JBP Academy III: Day 4- 08:00hrs - 11:30hrs (Instructors report at 07:30hrs)

OCBPSRA: Resumes July 28 with the One Mile Swim

Opportunity to Compete: None - Please rest!

Mandatory Daily Workout: Run Day- Crew Chief determines specific workouts.

Surfing Beaches: Inlet / 53rd St. / 133rd St.

Tides: High: 1420hrs

Low: 0758hrs

Special Events: Movies on the Beach- *Big Hero 6*- 27th St.- 2030hrs

Beach Wedding- 42nd St. 18:00hrs

Crew Comps are this

Saturday, July 25th

N. Division St. 1630hrs

Order of Events

Landline – Heats: 1-9 & 8-17

Paddle Board Relay – Heats: 1-9 & 8-17

Run-Swim-Run

Soft Sand Relay

Tug-o-War



Parking Arrangements:

**Three cars per crew can park at the lot
on 1st St. & St. Louis Ave.**

JBP One Day Clinic

Thursday afternoons

July 30 August 6, 13

1300hrs to 1630hrs

Spread the word to kids aged 10-17 who go to the beach near you. This weekly one-day activity is perfect for kids who are interested in having fun and learning about lifeguarding.



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



Parking for Crew Comps will be located in the lot at 1st. St. & St. Louis Ave.

Three cars per crew please!



SATURDAY, JULY 25, 2015

Officer-in-Charge: *Captain Arbin; Lieutenants Available: 1st Lt. Lee, Lt. Stone*

OCBPSRA: Resumes July 28 with the One Mile Swim

Opportunity to Compete: *Crew Comps- N. Division- 1830hrs*

Mandatory Daily Workout: Swim Day- Crew Chief determines specific workouts.

Surfing Beaches: 51st St. / 131st St.

Tides: High: 1516hrs

Low: 0847hrs

Special Events: OC Cruzers Car Show & Music- Somerset Plaza-

1430hrs to 1830hrs

Beach Wedding- 84th St.- 1830hrs



SUNDAY, JULY 26, 2015- End of Pay Period

Officer-in-Charge: *Captain Arbin;*

Lieutenants Available: *1st Lt. Lee, Lt. Stone*

OCBPSRA: Resumes July 28 with the One Mile Swim

Opportunity to Compete: Bethany Beach Ocean Series and All Women's Comp next week!

Mandatory Daily Workout: Run Day- Crew Chief determines specific workouts.

Surfing Beaches: 49th St. / 129th St.

Tides: High: 1611hrs

Low: 0938hrs

Special Events: Sundaes in the Park- *Separate Ways: Journey Tribute Band-* Northside Park- 1900hrs

OC Beach Lights- N. Division St.- 2130hrs, 2200hrs, & 2230hrs

**The River Church
Feeds the Patrol!**

**Light Breakfast &
Fellowship**

Every Sunday in the
Training Room
0800hrs to 0900hrs



MONDAY, JULY 27, 2015

Officer-in-Charge: *Captain Arbin; Lieutenants Available: 1st Lt. Lee; Lt. Kovacs*

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

OFFICERS' MEETING: 0730hrs

CREW CHIEF MEETING WITH AREA SERGEANTS: 0800hrs

FULL CREW CHIEF MEETING: 0815hrs

SEMAPHORE TEST: 0820hrs—REQUIRED TO PASS PROBATIONARY STAGE

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

USLA ANNOUNCEMENTS: 0845hrs

GENERAL MEETING: 0850hrs-Jennifer Dittmar from the MARP Program will speak

LIEUTENANTS' MEETING: 0945hrs

OCBPSRA: MARP Training- HQ Training Room- 1830hrs-Required for OCBPSRA SRT III

Opportunity to Compete: Bethany Beach Ocean Series- Bethany Beach, DE

USLA Junior Lifeguard Regionals- Sea Girt, NJ

Mandatory Daily Workout: Run Day- Crew Chief determines specific workouts.

Surfing Beaches: Inlet / 47th St. / 127th St.

Tides: High: 1704hrs

Low: 1032hrs

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

Endless Summer Surf Camp- 38th St.- 1730hrs to 1930hrs

Jesus at the Beach Festival- N. Division St.- 1900hrs to 2200hrs

USSSA Fast Pitch Eastern World Series Tournament Opening Ceremonies- Inlet- 1500hrs -1730hrs

Movies on the Beach- *Strange Magic-* 27th St.- 2030hrs

 **NATIONAL AQUARIUM**

**Marine Animal Rescue
Program Training**

This training is required for OCBPSRA SRT III certification, as well as to be a National Aquarium volunteer and to receive the patch featured below.

The full course and written test are required for OCBPSRA certification; you do not need to become a volunteer, but with this certification, you may if you wish.



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



UPCOMING 2015 BEACH PATROL EVENTS



July 21	Strong Guard Comp- 65 th St.- 1830hrs
July 21	JBP Academy III
July 25	Crew Comps- 1830hrs
July 27	MARP Training with Jennifer Dittmar
July 28	1 Mile Swim- Dorchester St.- 0800hrs
July 28-31	JBP Academy IV
July 29	31 st USLA All-Women Comp- Sandy Hook, NJ
Aug. 1	OCBP Triathlon
Aug. 4-7	JBP Academy V
Aug. 5-6	Community First Aid Course-HQ
Aug. 8	OCBP Pre-Employment Physical Evaluation of Skills
Aug. 11-14	JBP Academy VI
Aug. 14	Annual Blessing of the Ocean- 17 th St.
Aug. 15	Awards Banquet-Clarion
Sept. 5	OCBP Pre-Employment Physical Evaluation of Skills

Upcoming Town of Ocean City Special Events

KGBA Volley America Sand Storm Challenge	July 25-26	2 nd to 5 th St.	0800hrs-2200hrs
Jesus at the Beach Music & Ministry Festival	July 27-28	N. Division St.	
Beach Blitz Soccer	Aug. 1	Wicomico to Caroline St.	
ESA Surf Series	Aug. 1 or 2	30 th St.	Dawn to Dusk
White Marlin Open	Aug. 3-7	Harbour Island- 14 th St.	1600hrs
OC Beach Ultimate Classic Frisbee Tournament	Aug. 15-16	Somerset Plaza	
ESA Surf Series	Aug. 22 or 23	36 th St.	Dawn to Dusk
OC Sandfest	Aug. 24-30	N. Division St. to 4 th St.	

<u>Stats.</u>	<u>Week 8</u> <u>7/6/15 to</u> <u>7/12/15</u>	<u>Week 8</u> <u>Year-</u> <u>To-Date</u> <u>2015</u>	<u>Week 8</u> <u>7/7/14 to</u> <u>7/13/14</u>	<u>Week 8</u> <u>Year-</u> <u>To-Date</u> <u>2014</u>	<u>Week 8</u> <u>7/8/13 to</u> <u>7/14/13</u>	<u>Week 8</u> <u>Year-</u> <u>To-Date</u> <u>2013</u>
Action						
Preventions	2163	22406	1661	16886	1725	14134
Rescues	27	806	29	776	64	877
Minor First Aid	93	372	69	441	92	563
Ambulance Calls	18	66	8	47	6	24
Police Calls	15	69	5	46	3	63
USCG/MDNRP	2	3	0	13	0	4
Lost/Found Persons	34	134	45	232	28	173
N. Surf Beach Population	26	201	83	177	38	378
S. Surf Beach Population	156	1410	146	1293	212	1074
Inlet Surf Beach Population	89	259	168	401	75	971
Beach Wheelchair Usage	38	140	40	183	30	180

38th Annual Rehoboth Beach Lifeguard Olympics Thursday July 23, 2015 – 1815hrs

Registration is from 1715hrs to 1815hrs
First event will start at 1815hrs

ORDER OF EVENTS:

1. One Mile Run
2. Half - Mile Paddle
3. Half - Mile Swim
4. Landline Rescue Race
5. Run-Swim-Run Relay (4 swimmers – 1 female)
6. Paddle Board Rescue Race
7. Six Person - Surf dash (1 female)
8. Iron Man Medley Relay (Swim-Run-Paddle – 1 female)
9. 4 x 200 Soft Sand Sprint Relay
10. Beach Flags (1 competitor per patrol)
11. Tug-of-War (6 person team)

Competition Guidelines

All competitors must sign a participant release entry form.
Please remember no alcohol on beach or boardwalk.
Big Red boards for all events (must have white cross).
One Mile – hard sand
No full body race suits (only legs skins or jammers).
Surf Dash – everyone must touch the buoy line rope.

Parking available on Baltimore, Maryland, Olive & Virginia Avenue.
Place parking permits on the dashboard to avoid parking tickets
Parking privileges for lifeguards only – not family members
Unsportsmanlike conduct will result in the loss of 3 team point

Captain Kent Buckson
Rehoboth Beach Patrol
HQ - (302)-227-2280

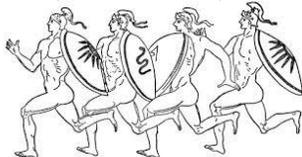
**USLA / SCLA
2015 COMPETITION SCHEDULE**

JULY

- 20 FENWICK ULTIMATE (OCEAN SERIES)
- 23 REHOBOTH LIFEGUARD OLYMPICS
- 27 BETHANY BEACH (OCEAN SERIES)
- 27 USLA REGIONALS JUNIOR LIFEGUARD (Sea Girt, N.J.)
- 29 ALL WOMEN'S (SANDY HOOK, N.J.)

AUGUST

- 3 REHOBOTH JUNIOR LIFEGUARD
- 6-8 USLA NATIONALS (DAYTONA BEACH, FL)
- 12 MIDDLESEX (OCEAN SERIES)



**ALL-WOMEN LIFEGUARD TOURNAMENT
July 29, 2015
Sandy Hook, NJ**

LIST OF EVENTS

1. **Surfboat Challenge** — Limited to one entry per team. Requires two competitors, two surfboat tenders, and has land start. Both competitors and tenders must wear protective headgear (e.g., cycling helmets).
2. **Distance Run** — Unlimited entries per team.
3. **Ocean-Kayak Challenge** — Limited to one entry per team. Requires one competitor, one kayak tender, and has water start.
4. **Run-Swim-Run** — Unlimited entries per team
5. **Run-Paddle-Run** — Limited to two entries per team. Requires one competitor, one rescue-board tender, and has land start.
6. **Beach Flags** — Limited to one entry per team.
7. **Ironwoman** — Limited to two entries per team. Requires one competitor, one rescue-board tender, and has land start.
8. **Surf Rescue** — Limited to one entry per team. Requires one competitor, one victim, and has land start.
9. **Swim-Run Relay** — Limited to one entry per team. Requires three competitors and has land start.
10. **Run Relay** — Limited to one entry per team. Requires four competitors.



**BETHANY BEACH PATROL / MANGOS
Surf Rescue Challenge 2015**

**Monday, July 27, 20
Registration 5:45 – 6:15 / Start 6:30**

*Registration will take place on the bandstand on Garfield Parkway, and the competition will be on the beach right out in front.

ENTRY FEE: \$10.00 per competitor: Includes entry, t-shirt (limited supply – first come, first serve), and after party at Mangos

EVENT 1—Main Beach Melee Relay: Team of 5 guards (any gender) competing in a series of sprint running, swimming, and paddling legs.

BIG RED PADDLE BOARDS

EVENT 2—Run-Swim-Run Relay (5 competitors, 1 female)

EVENT 3—Rescue Dash with can (5 competitors)

EVENT 4—Swim / Run Suicide (4 competitors, 1 female)

EVENT 5—Water Flags: Team (team of 2 competitors) beach flag concept (alternating runs). Upon the command, competitors will execute a beach flag start, turn, and sprint/swim a short distance to the flags out in the water.

EVENT 6—6 x 200 soft sand sprint relay (1 female)

OCBP Group Pictures

The photographer has ordered the OCBP pictures. The prints should be ready by August 10th. Anyone who wishes to order any pictures can do so through John's website.

Go to www.johnpdunnigan.com (make sure you type **johnp**) and click on the "Clients" tab. You will see the "OCBP-2015-Photo Day" gallery. The ordering process allows you to crop the pictures; you are also able to order other personalized items such as mugs, magnets and stickers.



OCBP Surf Rescue Association – Price List

- Whistles \$6.00
- Lanyards \$6.00
- Buoy Key Chains \$4.00
- Car window sticker Ocean City Beach Patrol—\$2.00
- OCBP Stickers—Small--\$2.00 or 3 for \$5.00/ Large—\$3.00 or 2 for \$5.00
- Grey, White, or Blue short-sleeve t-shirt—\$10.00
- Grey Long-sleeve T-shirts—\$15.00
- Grey Sweatshirts—\$25.00
- Grey Sweatpants—\$20.00
- Tie-Dyed T-shirts- \$15.00
- Swim Caps -\$5.00
- OCBP Big White Towels -\$11.00/2 for \$20.00
- OCBP Socks- \$11.00/2 for \$20.00



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



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

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

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

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

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

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



Meet the Lifeguard: Crew Chief Liz Vander Clute
Crew Chief Liz Vander Clute, a native of Ocean City, has been with the Beach Patrol for nine years. She is in charge of Crew 2, which covers the beach from North Division Street to 5th Street. Liz is active as the coordinating instructor for the Junior Beach Patrol program (where she began as a child in the program) and as a member of the OCBP Triathlon Club. As a United States Lifesaving Association member, Liz is also very involved in competitions. In her free time, Liz likes to train for triathlons, cook and read. Liz recently graduated from the University of North Carolina Wilmington with a Masters of Science in Environmental Studies. She is pursuing a job in the environmental education field.
CC Liz Vander Clute and the other lifeguards of the Ocean City Beach Patrol are glad to answer any of your beach and water safety questions.





OCBPSRA INFORMATION UPDATE

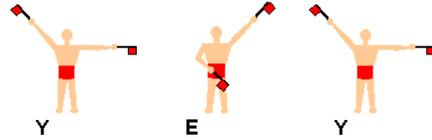
Your Ocean City Beach Patrol Surf Rescue Association (OCBPSRA) certification record has been given to you and your crew chief. The accuracy of this information is important and is used in making decisions about training opportunities and promotions. After reviewing this document for accuracy, please inform your crew chief of any necessary corrections.

Crew Chiefs: Please email Sgt. McVey the full name of the guard and a full description of the date and year that he or she completed a particular certification.



Passed Semaphore
7/12/15

Austin Paisley



OCBPSRA	1 Mile Run	7/12/15	
Name		Crew	Result
Josh Remaniak		1	6:49
Dakota Wilhelm		1	6:58
Sarah Morin		9	8:05
Kaitlyn Sroka		17	7:39
Jessica Smith		17	7:58
Lauren Reck		1	9:51
Kevin Johnson		1	8:29
Will Gray		1	6:10
Tyler Mitchell		1	6:34
Chris Monteferrante		9	6:20

The Following Have Been Promoted from PSRT to SRT

- Christian Becker
- Trent Bergman
- Nicholas Burvee
- Zachary Collette
- Daniel Curry
- Matthew Dennis
- Raphael Dubois
- Nicholas Egley
- Christopher Fusco
- Kelsey-Claire Gallagher
- David Hood
- Jordan Johnson
- Thomas Kidd
- Amy Kushner
- Dallas Luehe
- Marquie McRae
- Sarah-Eve Morin
- Brett Pfaff
- Joshua Remaniak
- Grayson Sipes
- Kaitlyn Sroka
- Isaac Thomas
- Kevin Thompson
- Dakota Wilhelm



The following have achieved the level of SRT II, which is required for potential promotion to Assistant Crew Chief

- Anna Calogero
- Tyler Fink
- Caroline Oakey
- Adam Payne
- Abbey Shobe
- Adelaide Stang

The following have achieved the level of SRT III, which is required for potential promotion to Crew Chief

- Karen Hessler
- Vincent Martirano
- Matthew Wojciechowski

The following has achieved the level of SRT Instructor, which is required to facilitate OCBPSRA events

- Thomas Mechling



From: Jim Melnick
Sent: Thursday, July 16, 2015 2:28 PM
To: Butch Arbin
Subject: Thank you!

I would like to thank Jess of the OC beach patrol. On 7/17/15 while enjoying the surf with my son and grandsons I suddenly became caught in the surf. A member of your beach patrol came to my rescue. After checking on my son and grandson she turned her attention to me. I had taken two mouthfuls of water and was out of breath. I was in over my head and couldn't recover. I couldn't believe this was happening to me but Jess was cool, calm and very professional. She handed me a flotation device and towed me in taking many large waves in the process. This little girl is my hero and I will never forget her. Thank you Jess, you will always be in my heart. Stay safe!

Thank you,
Jim



Message from the Town Website

Name: Jane Fitzpatrick

Email address: jlf50@

Message: Friday July 17 approx. 4:00
My 2 teenage nieces were helped out of a rip-tide by a guard from 125 St They were in the water at 122 St. This young man was really on his game & such a good example of your excellent Beach Patrol. Our family is so grateful.

Sincerely, Jane Fitzpatrick



OCBP TRIATHLON

DATE: Saturday, August 1, 2015 **TIME:** 1830hrs
PLACE: 142nd St

DISTANCE: .5 mile swim, 12.4 mile bike, 3.1 mile run (cruiser bike distance = 6 miles, mountain bike distance = 9 miles)

REGISTRATION: \$25.00 for individual, \$20 each for members of a relay

TURN FORM INTO SGT. POSTELL TODAY!

The Town of Ocean City Beach Patrol Community CPR and First Aid Course

Cost/Dates: \$30 for First Aid (August 5th)
\$20 for CPR (August 6th)
Time: 6-9 p.m. (both evenings)

**Register for one or both evenings
by Wednesday, July 24**



This two night course will provide you with an American Heart Association CPR certification and an American Red Cross First Aid certification. Both certifications are good for two years. Please call Beach Patrol HQ to register at 410-289-7556. Payment can be either made by cash or check and all checks should be written to the Town of Ocean City, MD. Spots are limited to the first 20 participants.