



# OCEAN CITY BEACH PATROL

## WEEKLY BULLETIN

Week of July 25, 2016 to August 1, 2016

### MONDAY, JULY 25, 2016

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

**CREW CHIEF MEETING WITH AREA SERGEANTS:** 08:00hrs

**FULL CREW CHIEF MEETING:** 08:15hrs

**SEMAPHORE TEST:** 08:20hrs—REQUIRED TO PASS PROBATIONARY STAGE

**CREW MEETING:** 08:30hrs (Turn in individual stats, get schedule, assignments, and information from Crew Chief)

**OFFICERS' MEETING:** 08:30hrs

**USLA ANNOUNCEMENTS:** 08:45hrs

**GENERAL MEETING:** 08:50hrs-Amber from the MARP Program will speak

**LIEUTENANTS' MEETING:** 09:45hrs

**OCBPSRA:** None

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

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

**Surfing Beaches:** Inlet / 4<sup>th</sup> St. / 72<sup>nd</sup> St.

**Tides:** High: 12:28hrs

Low: 18:47hrs

**Special Events:** Endless Summer Boogie Board Camp - 38<sup>th</sup> St.- 14:00hrs to 16:00hrs

Endless Summer Surf Camp - 38<sup>th</sup> St.- 17:30hrs to 19:30hrs

Jesus at the Beach Festival- Caroline St.- 19:00hrs to 22:00hrs

USSSA Fast Pitch Eastern World Series Tournament Opening Ceremonies- Inlet- 15:00hrs -17:30hrs

Movies on the Beach- *The Good Dinosaur*- 27<sup>th</sup> St.- 20:30hrs

Beach Fireworks: N. Division St.- 22:00hrs

### **BETHANY BEACH PATROL/MANGOS**

#### **OCEAN SERIES**

**Surf Rescue Challenge 2016**

**Monday, July 25, 2016**

**Registration 17:45 – 18:15**

**Competition Starts at 18:30**

\*Registration will take place on the bandstand on Garfield Parkway; the competition will be on the beach directly out in front.

**More info. on p. 4**

### **Crew Comps are this**

**Saturday, July 30<sup>th</sup>**

**N. Division St. 16:45hrs**

#### **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:**

**Two cars per crew can park at the lot on 1<sup>st</sup> St. & St. Louis Ave.**

S.R.T. Name:	Monday 7/25/2016	Tuesday 7/26/2016	Wednesday 7/27/2016	Thursday 7/28/2016	Friday 7/29/2016	Saturday 7/30/2016	Sunday 7/31/2016	CREW
<b>Daily Assignment</b>								
<b>Rescues</b>								Totals
<b>Preventative actions</b>								
<b>First Aids</b>								

## **TUESDAY, JULY 26, 2016**

**JBP Academy IV:** Morning Section D- Day 1- 08:00hrs – 11:30hrs (Instructors report at 07:30hrs)  
Afternoon Section A - Day 1- 13:00hrs- 16:30hrs

**OCBPSRA:** Two Mile Run- 130<sup>th</sup> St.- 18:30hrs

**Opportunity to Compete:** Rehoboth Olympics Tryouts- 130<sup>th</sup> St- 18:00hr to 20:00hrs  
OCBP Floor Hockey- Northside Park- 19:00hrs

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

**Surfing Beaches:** Inlet / 2<sup>nd</sup> St. / 70<sup>th</sup> St.

**Tides:** High: 13:25hrs  
Low: 07:12hrs

**Special Events:** Beach Safety Seminar- OC Lifesaving Museum- 10:00hrs  
Endless Summer Boogie Board Camp- 38<sup>th</sup> St.- 14:00hrs to 16:00hrs  
Endless Summer Surf Camp- 38<sup>th</sup> St.- 17:30hrs to 19:30hrs  
Beach Bonfire: Private Permit- 64<sup>st</sup>- 18:00hrs  
Family Beach Olympics- 27<sup>th</sup> St.- 1830hrs to 2030hrs  
Jesus at the Beach Festival- Caroline St. Stage- 19:00hrs to 22:00hrs  
Beach Fireworks- N. Division St.- 22:00hrs

**OCBP Floor Hockey**  
Tuesdays,  
July 26 Aug. 2, 9  
**Northside Park 19:00hrs \$5.00**  
*Wear Your Athletic Shoes. No Blades*



See Sgt. Weingard for more details.

## **WEDNESDAY, JULY 27, 2016**

**JBP Academy IV:** Morning Section D- Day 2- 08:00hrs – 11:30hrs (Instructors report at 07:30hrs)  
Afternoon Section A- Day 2- 13:00hrs- 16:30hrs

**Scamper Camp & Camp Horizon:** N. Division St.- 10:00hrs- 15:15hrs (Instructors report to HQ at 09:00hrs)

**OCBPSRA:** None

**Opportunity to Compete:** None

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

**Surfing Beaches:** Inlet / N. Division St. / 68<sup>th</sup> St.

**Tides:** High: 14:28hrs  
Low: 08:07hrs

**Special Events:** Endless Summer Boogie Board Camp- 38<sup>th</sup> St.- 14:00hrs to 16:00hrs  
Beach Weddings- 117<sup>th</sup> St.- 18:00hrs & Inlet- 15:00hrs  
Jesus at the Beach Festival- Caroline St. Stage- 19:00hrs to 22:00hrs  
Movies on the Beach- Pan- Carousel Hotel- 20:30hrs

**JBP One Day Clinic**  
Thursday afternoons  
**July 28 August 4, 11**  
**13:00hrs to 16:00hrs**  
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.**

## **THURSDAY, JULY 28, 2016**

**JBP Academy IV:** Morning Section D- Day 3- 08:00hrs – 11:30hrs (Instructors report at 07:30hrs)  
Afternoon Section A- Day 3- 13:00hrs- 16:30hrs

**JBP One-Day Clinic:** 13:00hrs-17:00hrs

**OCBPSRA:** None

**Opportunity to Compete:** Rehoboth Olympics- Let's all go support our team! Registration- 17:15 & Competition- 18:15

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

**Surfing Beaches:** Inlet / 65<sup>th</sup> St. / 145<sup>th</sup> St.

**Tides:** High: 15:32hrs  
Low: 09:04hrs

**Special Events:** Sunset Park Party Night- *Tom Larson Blues Band*- S. Division St. Bayside- 19:00hrs

**Recruiting Opportunities**

Our 1<sup>st</sup> Pre-Employment Physical Skills Evaluation for next season will take place on Wednesday, August 3. Remember to mention this employment opportunity to potential candidates who you know or meet on the beach.  
Registration begins at 09:00hrs; testing begins at 10:00hrs on the beach at Dorchester St.



**If you are interested in staffing a PEPSE prep session, please let Lt. Skip Lee know.**

## **FRIDAY, JULY 29, 2016—Pay Day**

**JBP Academy IV:** Morning Section D- Day 4- 08:00hrs –11:30hrs (Instructors report at 07:30hrs)

Afternoon Section A- Day 4- 13:00hrs- 16:30hrs

**OCBPSRA:** Mile Run-130<sup>th</sup>St.- 18:30hrs

**Opportunity to Compete: Get ready for Crew Comps tomorrow!**

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

**Surfing Beaches:** Inlet / 63<sup>rd</sup> St. / 143<sup>rd</sup> St.

**Tides:** High: 16:35hrs

Low: 10:03hrs

**Special Events:** Beach Bonfire: Private Permit- 63<sup>rd</sup>- 18:00hrs

Movies on the Beach- *Cloudy with a Chance of Meatballs 2*- 27<sup>th</sup> St.- 20:30hrs

## **SATURDAY, JULY 30, 2016**

**OCBPSRA:** None

**Opportunity to Compete: Crew Comps- N. Division St.- 18:45hrs**

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

**Surfing Beaches:** 61<sup>st</sup> St. / 141<sup>st</sup> St.

**Tides:** High: 17:33hrs

Low: 11:02hrs

**Special Events:** Beach Volleyball Tournament- 3<sup>rd</sup> to 6<sup>th</sup> St. & 117<sup>th</sup> St.- 08:00hrs to 19:00hrs

Beach Weddings- 48<sup>th</sup> St.- 18:00hrs & 144<sup>th</sup> St.- 18:30hrs

Parking for Crew Comps will be located in the lot at 1<sup>st</sup>. St. & St. Louis Ave.  
Two cars per crew please!



## **SUNDAY, JULY 31, 2016**

**OCBPSRA:** None

**Opportunity to Compete:** None

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

**Surfing Beaches:** 59<sup>th</sup> St. / 139<sup>th</sup> St.

**Tides:** High: 18:27hrs

Low: 12:00hrs

**Special Events:** Beach Volleyball Tournament- 3<sup>rd</sup> to 6<sup>th</sup> St. & 117<sup>th</sup> St.- 08:00hrs to 19:00hrs

Sundaes in the Park Concert & Fireworks- *Mike Hines & The Look* Northside Park- 19:00hrs

Beach Wedding- 130<sup>th</sup> St.- 19:00hrs

OC Beach Lights- N. Division St.- 21:30hrs, 22:00hrs, & 22:30hrs

## **MONDAY, AUGUST 1, 2016**

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

**CREW CHIEF MEETING:** 08:00hrs

**AREA MEETING WITH SERGEANTS:** 08:15hrs

**SEMAPHORE TEST:** 08:20hrs—REQUIRED TO PASS PROBATIONARY STAGE

**CREW MEETING:** 08:30hrs (Turn in individual stats, get schedule and assignments, information from Crew Chief)

**GENERAL MEETING:** 08:45hrs

**FULL OFFICERS MEETING:** 09:30hrs to 11:30hrs

**OCBPSRA:** Beach Safety Presentation Training- HQ- 18:30hrs

**Opportunity to Compete:** None

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

**Surfing Beaches:** Inlet / 57<sup>th</sup> St. / 137<sup>th</sup> St.

**Tides:** High: 06:45hrs

Low: 12:55hrs

**Special Events:** Movies on the Beach- *Pan*- 27<sup>th</sup> St.- 20:30hrs

Beach Fireworks- N. Division St.- 22:00hrs

## UPCOMING 2016 BEACH PATROL EVENTS



July 26-29	JBP Session D & Afternoon Session A
July 30	Crew Comps- N. Division St.- 18:45hrs
Aug. 2-5	JBP Session D & Afternoon Session B
Aug. 3	OCBP Pre-Employment Physical Skills Evaluation
Aug. 6	OCBP Pre-Employment Physical Skills Evaluation
Aug. 9-12	JBP Session E
Aug. 18	National Aquarium MARP Training
Aug. 20	OCBP Awards Banquet
Aug. 20	OCBP Pre-Employment Physical Skills Evaluation
Aug. 24 & 25	Community First Aid & CPR Course
Sept. 3	OCBP Pre-Employment Physical Skills Evaluation

## Upcoming Town of Ocean City Special Events

Junior Atlantic Beach Volleyball Series	July 30-31	Carousel Hotel	08:00hrs
Beach 5 Sand Soccer Tournament	Aug. 6	Talbot St. to 4 <sup>th</sup> St.	All Day
White Marlin Open	Aug. 8-12	Harbour Island	04:00hrs
ESA Summer Surf Series	Aug. 13-14	35 <sup>th</sup> St.	07:30hrs
Volleyball for TBI	Aug. 13	38 <sup>th</sup> St.	09:00hrs
Community First Aid & CPR Course	Aug. 24 & 25	OCBP HQ	18:00hrs

<u>Stats.</u>	<u>Week 9</u> 7/11/16 to 7/17/16	<u>Week 9</u> Year-To- Date 2016	<u>Week 9</u> 7/13/15 to 7/19/15	<u>Week 9</u> Year-To- Date 2015	<u>Week 9</u> 7/14/14 to 7/21/14	<u>Week 9</u> Year-To- Date 2014
<b>Action</b>						
Preventions	2828	21387	7848	30254	5076	21962
Rescues	20	325	629	1432	401	1164
Minor First Aid	89	573	124	484	94	522
Ambulance Calls	27	110	20	86	21	68
Police Calls	15	68	14	83	7	53
USCG/MDNRP	0	6	1	4	0	13
Lost/Found Persons	40	165	43	177	27	259
N. Surf Beach Population	12	293	73	274	19	196
S. Surf Beach Population	110	796	112	1522	220	1513
Inlet Surf Beach Population	1	117	129	388	186	587
Beach Wheelchair Usage	12	168	48	188	42	225

### BETHANY BEACH PATROL / MANGOS Surf Rescue Challenge 2016

**Monday, July 25, 2016**

**Registration 17:45 – 18:15 / Start 18:30**

\*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 (300 tank tops – 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)-Approx. 50 yard run/100 yard swim/50yard run**

**EVENT 3—Rescue Dash with can (5 competitors)**

**EVENT 4—Swim/Run Suicide (4 competitors, 1 female)-First marker then back, second marker to surf dash rope, back to exchange**

**EVENT 5—Water Flags: team of 2 competitors- Beach flag concept (alternating runs): beach flag start, turn, & sprint/swim to the flags**

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

**Parking: Wellington Parkway** from 17:30 – 20:30, which is 3 blocks south of Garfield Parkway (main street). Put something from your patrol on the dashboard. Guards may park at the meters and in permit parking along that street. Parking will also be available on **Atlantic Ave** should space run out on Wellington Pkwy. Please do not park on Garfield Parkway unless you intend to pay the meter.

**After Party:** Mangos will be hosting a party afterwards with a light appetizer buffet, pizza, and drink specials

### USLA / SCLA 2016 COMPETITION SCHEDULE

**JULY**

25 BETHANY BEACH (OCEAN SERIES)

27 ALL WOMEN'S (SANDY HOOK, N.J.)

28 REHOBOTH LIFEGUARD OLYMPICS

**AUGUST**

3 MIDDLESEX (OCEAN SERIES)

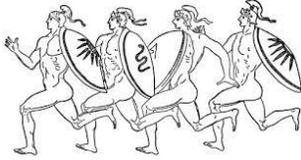
8 REHOBOTH JUNIOR LIFEGUARD

11 – 13 USLA NATIONALS (HERMOSA BEACH, CA)

**NEW: Rehoboth Olympics Tryouts!**

All hopeful participants for the Rehoboth Olympics must attend tryouts on Tuesday in order to guarantee a spot.

Date: Tuesday, July 26<sup>th</sup>  
Time: 18:00hrs – 20:00hrs  
Location: 130th Street and the beach



**39th Annual Rehoboth Beach Lifeguard Olympics**  
**Thursday July 28, 2016 – 18:15hrs**

Registration is from 17:15hrs to 18:15hrs  
First event will start at 18:15hrs

**ORDER OF EVENTS:**

1. One Mile Run
2. Landline Rescue Race
3. Half - Mile Swim
4. Paddle Board Rescue Race
5. Run-Swim-Run Relay
6. Half Mile Paddle
7. 4 x 220 Run Relay
8. Iron Man Medley Relay
9. Surf Dash Relay
10. Beach Flags
11. Tug-of-War

Early event participants need a half day or off on Thursday, July 28<sup>th</sup> in order to arrive to Rehoboth on time.



**Help Needed: CPR Awareness Event**  
**3<sup>rd</sup> Annual Volleyball for Traumatic Brain Injury**

The organizers of the event have contacted the OCBP regarding help with maintaining a continuous “Keep the Heart Pumping” CPR station.

The event is Saturday, August 13<sup>th</sup> at the Castle in the Sand from 09:00hrs to 16:00hrs.

Contact Sgt. Jason Konyar for more details and visit the website: [www.volleyfortbi.com](http://www.volleyfortbi.com).



**Marine Animal Rescue Program Training**  
**August 18- OCBP HQ Training Room**  
**18:30hrs**

This training is required for OCBPSRA SRT III certification as well as to be a National Aquarium Volunteer. You will receive the featured patch upon completion of the training.

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 so desire.

From: Madeline  
Sent: Wednesday, July 20, 2016 10:26 AM  
To: Butch Arbin  
Subject: Incredible job!!!

To whom it may concern,

I am a resident of Ocean City. Yesterday I witnessed some amazing team work from your amazing lifeguards. I have seen them pull people from the water several times when they were struggling in the currents with no hesitation, I have seen them secure others when they break a bone in the crashing waves. I'm sure all this is expected, we know they have intense and thorough training, but yesterday was more than I thought I would ever see from a group of life guards, they reached beyond the ocean. A man collapses on the beach with a heart attack and no one could see him breathing, his wife was just hysterical. Not only did that man leave the beach still alive thanks to quick reaction from an entire team who worked swiftly, and like a well oiled machine. There were people out in the water that didn't even know there was a problem because it was smooth, and someone even worked with the wife and had her totally calmed down. I commend your team for an incredible job, I commend the people who trained them and not to forget the people who hired them. I will say, I truly feel safe on our beaches in Ocean City. Thank you all for what you do!

Madeline

**The Town of Ocean City Beach Patrol**  
**Community CPR and First Aid Course**  
**Cost/Dates: \$20 for First Aid (August 24<sup>th</sup>)**  
**\$30 for CPR (August 25<sup>th</sup>)**  
**Time: 6-9 p.m. (both evenings)**

***Register for one or both evenings***  
***by Wednesday, August 17<sup>th</sup>***



**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.**

### 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 as it approaches more shallow water depth such as always exists at the shore line. 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. Our technique has been so successful compared to other methods that have been taught around the world for many years, that we have been asked by some of the largest and most well known (LA county, CA) Beach patrols to share our method and our training materials so other can start using the "Ocean City Beach Patrol" technique. 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. The mission of the Patrol and each Surf Rescue Technician is to Educate, Prevent and lastly to Intervene when necessary. 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 unyielding 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.

Striking the ocean bottom with your head or neck may cause serious injuries, paralysis, or death. "Feet first, first time." To check the water depth.



### Guard of the Week: Crew Chief A.J. Smith

Crew Chief A.J. Smith has been a member of the Ocean City Beach Patrol for the past ten years. As Chief of Crew 14, Smith is the leader of the guards who sit the stands in the northern Condo area from Golden Sands condominium to the Carousel Hotel. As well as serving as a Surf Rescue Instructor to first year rookie Surf Rescue Technicians AJ has also played a leading role in refining the curriculum for the Ocean City Beach Patrol's Surf Rescue Academy. CC Smith is a member of the USLA and a strong member of the OCBP landline and tug team. He also competes in the surf dash and is involved in many competitions. In his free time he enjoys surfing, lacrosse, workouts and triathlons. AJ was a 2006 US Lacrosse High School All American goalie and was a finalist for the C. Markland Kelly Award, the highest award given to Maryland lacrosse players.

He is completing his masters in sports administration, while coaching the men's lacrosse team at Ferrum College. This year they were back to back conference champions and had the most wins in the program's history. CC A.J. Smith and the other lifeguards of the Ocean City Beach Patrol are glad to answer any of your beach and water safety questions.





**OCBPSRA Jet Drive Certification  
July 17, 2016 18:30hrs**

<u>Name</u>	<u>Crew</u>
Colin McLaughlin	9
Joshua Remaniak	12
Zachary Collette	6
Collin Bankert	5

**OCBPSRA Jet Drive Certification  
July 19, 2016 18:30hrs**

<u>Name</u>	<u>Crew</u>
Zachary Wyatt	8
Dalton Warren	8
Isaac Thomas	14
Shawn Seibert	12

**OCBPSRA Jet Drive Recertification  
July 19, 2016 18:30hrs**

<u>Name</u>	<u>Crew</u>
Adam Payne	13
Will Gray	1
Lauren Reck	1
Matt Marx	16
CJ LaCasse	17

OCBPSRA Name	Mile Swim Crew	7/22/16 Result
Nick Egley	5	25:35
Kenny Cerf	16	24:20
RJ Hayman	7	21:34
Rachel Snyder	1	23:35
Corey Strom	5	25:08
Joe Keefe	3	17:11
Josh Remaniak	12	17:11
Reed Lundegard	13	22:52
Raphael Dubois	12	20:21
Carson Collier	12	22:47
Jason Thompson	17	25:40
Katie Sroka	17	22:04
Craig McCloskey	5	19:30
Daniel Machala	8	22:51
Jake Foy	17	23:13
Kevin Johnson	7	19:41
Jaylen Banks	6	22:08
Joanna Kulp	1	23:35
Matt Grice	3	23:17
Elizabeth Miller	3	19:23
Rick Hamilton	4	28:15



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



In case you missed it...

Some fans congratulated Amy Kushner and Zach Wyatt on their recent engagement via the Seaboard.



# ATTAGUARDS



## Message from the Town website

**Name** Kathy J.

**Email address** comcast.net

**Message** Commendations to the beach patrol on 7th Street from June 18th- June 25th. The lifeguards did a wonderful job with a serious medical emergency and a fight in the same location. I would ask for more strict enforcement of the no smoking ordinance. In the six days our family was on the beach, we had to ask at least 5 times for people near us to stop smoking on the beach. We had 4 children, 4 and under with our family, and one time even the kids noticed the awful smell. Thank you.

## Message from the Town website

**Name** Caytie M.

**Email address** hotmail.com

**Message** To the OC Life guard supervisor:  
I just want to give kudos to the lifeguards manning the 23rd Street location today (July 10th). They have been extremely alert and attentive for the several hours that I've been here with my family. I always have a sense of nervousness at the beach with the powerful waves. The lifeguards have provided an extra level of reassurance for me while I am here. Tell them to keep it up!  
Caytie Mayn  
Silver Spring, MD



## Message from the Town website

**Name** Joy G.

**Email address** aol.com

**Message** Colin did a great job today keeping everyone safe on 60th Street. He was vigilant in watching and warning the swimmers and those jumping the waves at the shoreline. Today, was a tough work day!

## Message from the Town website

**Name** Jim G.

**Email address** suffolkfcu.org

**Message** Thanks to all of the people who came to my aid on 7/12/2016. I was able to thank a few of you personally, I missed the "rookie" Reed who did a great job and the SPF lifeguards Kelly and Alicia. Thanks to Payne and Nick for laughing at my jokes; the EMT guys-it seemed they were all named Dave for some reason; the troopers that airlifted me out. I apologize if I left anyone out. Thank you all for a job well done. You will always have my deepest respect and admiration.  
Jim

## Message from the Town website

**Name** Steve H.

**Email address** gmail.com

**Message** I want to compliment the female lifeguard who was stationed between 3rd and 4th Street yesterday the 21st. She was extremely diligent and gave her full attention to all beach activities during a day that I am sure was challenging. I didn't get her name but I would like someone to please pass along my thoughts. She is a credit to your Beach Patrol.

Steve H.  
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