



OCEAN CITY BEACH PATROL

WEEKLY BULLETIN

Week of July 6, 2015 to July 12, 2015

MONDAY, JULY 6, 2015

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

OFFICERS' MEETING: 0730hrs

CREW CHIEF MEETING WITH AREA SERGEANTS: 800hrs

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

SRA II- PSRT Week 2 Evaluations due at 0930hrs

Find the Week 3 evaluation in your crew packs.

OCBPSRA CERTIFICATION: Resumes tomorrow, July 7 with the 2 Mile Run & 2 Person Rescue

Opportunity to Compete: None

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

Surfing Beaches: Inlet / 22nd St. / 90th St.

Tides: High: 1139hrs
Low: 1751hrs

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

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

Movies on the Beach- *Dolphin Tale 2*- 27th St.- 2030hrs

Beach Fireworks- N. Division St.- 2200hrs

On Monday, July 6, Sergeant Phillips will be at HQ from 1730hrs to 1830hrs for any equipment needs.



Mid-Summer Evaluations

Mid-summer evaluation date-ranges have already opened up.

NOTE TO CREW CHIEFS: Please check with your area sergeant for specific evaluation date-ranges for all of the SRTs in your crew.



S.R.T. Name:	Monday 7/6/2015	Tuesday 7/7/2015	Wednesday 7/8/2015	Thursday 7/9/2015	Friday 7/10/2015	Saturday 7/11/2015	Sunday 7/12/2015	CREW
Daily Assignment								
								Totals
Rescues								
Preventative actions								
First Aids								

TUESDAY, JULY 7, 2015

JBP Academy I: Day 1- 0800hrs –1130hrs (Instructors report at 07:30hrs)

OCBPSRA: 2 Mile Run- Dorchester St.- 0800hrs
2 Person Rescue- Dorchester St.- 0830hrs

Opportunity to Compete: Mid-Atlantics tomorrow in Rehoboth!

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

Surfing Beaches: Inlet / 20th St. / 88th St.

Tides: High: 1235hrs
Low: 1852hrs

Special Events: OCBP Beach Safety Presentation- OC Lifesaving Museum- 1000hrs
Endless Summer Boogie Board Camp- 38th St.- 1400hrs to 1600hrs
Endless Summer Surf Camp- 38th St.- 1730hrs to 1930hrs
Family Beach Olympics- 27th St.- 1830hrs to 2030hrs
Beach Fireworks- N. Division St.- 2200hrs

WEDNESDAY, JULY 8, 2015- O.I.C.- Lt. Ward Kovacs

JBP Academy I: Day 2- 08:00hrs –11:30hrs (Instructors report at 07:30hrs)

OCBPSRA: Run-Swim-Run- Dorchester St.- 0830hrs

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

Opportunity to Compete: USLA Mid-Atlantic Regionals- Rehoboth Beach- 1100hrs to 1800hrs

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

Surfing Beaches: Inlet / 18th St. / 86th St.

Tides: High: 1334hrs
Low: 0722hrs

Special Events: Endless Summer Boogie Board Camp- 38th St.- 1400hrs to 1600hrs
Concerts on the Beach- *Jesse Garron's Tribute to Elvis*- N. Division St. Beach – 2000hrs
Movies on the Beach- *Maleficent*- Carousel- 118th St. St.- 2030hrs

THURSDAY, JULY 9, 2015

JBP Academy I: Day 3- 0800hrs -1130hrs (Instructors report at 07:30hrs)

JBP One-Day Clinic: 1300hrs- 1700hrs- **Tell the kids on your beach well before today so they can register for the clinic!**

OCBPSRA: Captain Craig 1 Mile Swim on Saturday

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

Surfing Beaches: Inlet / 16th St. / 84th St.

Tides: High: 1437hrs
Low: 0817hrs

Special Events: Professional Association of Dive Instructors Open Water Certification- HQ- 1830hrs
Sunset Park Party Nights- *Oh Boy (Buddy Holly Tribute Band)*- S. Division St.- 1900hrs to 2100hrs

Mid-Atlantic Lifeguard Championships

The Rehoboth Beach Patrol is hosting the 2015 Mid Atlantic Regional Lifeguarding Championship on July 8, 2015 in front of the RBP HQ on Baltimore Ave. and Rehoboth Ave.

EVENT ORDER

2 Mile Beach Run
400 Meter Surf Swim
Swimmer Rescue Race
Landline Rescue Race
Rescue Board Race
Run-Swim-Run
4 x 100 Soft Sand Run Relay
Beach Flags
Surf Dash



JBP One Day Clinic **Thursday afternoons**
July 9, 16, 23, 30 **August 6, 13** **13:00hrs to 16:30hrs**
Spread the word to kids ages 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.

FRIDAY, JULY 10, 2015- O.I.C.- 1st Lt. Skip Lee

JBP Academy I: Day 4- 0800hrs –11:30hrs (Instructors report at 0730hrs)

OCBPSRA: Captain Craig 1 Mile Swim Tomorrow!

Opportunity to Compete: None

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

Surfing Beaches: Inlet / 14th / 82nd St.

Tides: High: 1541hrs

Low: 0913hrs

Special Events: Annual Greek Festival- Convention Center- 1200hrs- 2300hrs

OC Tuna Tournament- Inlet Isle Lane- 1600hrs

Beach Wedding- 83rd St.- 1900hrs

Movies on the Beach- *The Box Trolls* - 27th St.- 2030hrs

OCBP Iron Guard
Presented by Unit 17
Sponsored by Pizza Tugos
Wednesday, July 15, 2015
130th St.
First heat starts promptly at 1815hrs
1000-meter swim
2 mile run
2000-meter paddle
Open to individuals and teams
The event begins with individual heats,
followed by team heats.
Free to all OCBP members
Free pizza by Pizza Tugos for participants

SATURDAY, JULY 11, 2015

OCBP Group Photos- New HQ- 0730hrs- Mandatory if working! SRTs & SBFs: Wear your best (clean) Red or Yellow Shirt; CCs: Wear your newest CC polo shirt; ACCs: Wear your best grey ACC t-shirt. You may park in the Inlet lot for this photo shoot. See page 9 for order form.

Veteran Recertification:- Last One This Season! Session VII- Inlet- 1000hrs with buoy and first aid kit. Syllabus includes run, swim, physical skills review, special topics, First Aid/CPR review, spinal cord management, and first aid recertification.
Note: Arrangements have been made for parking in the Inlet lot. You must show your employee ID at the gate ticket when exiting or you will be required to pay the full fee. Do not park at OCBP headquarters. The training room will be open from 9:30 to 9:45 to secure your belongings.

OCBPSRA: 1 Mile Swim- The Captain Craig Swim may count as the OCBPSRA SRT II 1 Mile Swim and is a qualifier for the 3 mile Swim Ocean City event on July 18.

Opportunity to Compete: The 21st Captain Craig Boardwalk Swim & the Jenny Craig Quarter Mile Swim- 14th St.- Registration starts at 1700hrs- Swim starts at 1830hrs

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

Surfing Beaches: 12th St. / 80th St.

Tides: High: 1642hrs

Low: 1010hrs

Special Events: 3v3 Live Ocean City Beach Soccer- Dorchester St.- 0800hrs to 1700hrs

Beach Weddings- 100th St.- 1100hrs & 49th St.- 1900hrs

Annual Greek Festival- Convention Center- 1200hrs- 2300hrs

OC Cruzers Car Show & Music- Somerset St. Plaza- 1430hrs to 1830hrs

OC Tuna Tournament- Inlet Isle Lane- 1600hrs

The River Church
Feeds the Patrol!

Light Breakfast & Fellowship

Every Sunday in the Training Room
0800hrs to 0900hrs



SUNDAY, JULY 12, 2015—End of Pay Period

OCBPSRA: None

Opportunity to Compete: None

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

Surfing Beaches: 10th St. / 78th St.

Tides: High: 1737hrs

Low: 1106hrs

Special Events: Annual Greek Festival- Convention Center- 1200hrs- 2100hrs

OC Tuna Tournament- Inlet Isle Lane- 1600hrs

Sundaes in the Park- *Key West Band*- Northside Park- 1900hrs to 2100hrs

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



MONDAY, JULY 13, 2015

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

OFFICERS' MEETING: 0730hrs

CREW CHIEF MEETING WITH AREA SERGEANTS: 800hrs

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- Representatives from Mary Kraft will speak about career options.

LIEUTENANTS' MEETING: 0945hrs

SRA II: PSRT Week 3 Evaluations due at 0930hrs

OCBPSRA: Resumes tomorrow with the 1 Mile Run

Opportunity to Compete: Dewey Beach Patrol Ocean Series- See Sgt. Cawthern for information.

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

Surfing Beaches: Inlet / 8th St. / 76th St.

Tides: High: 1828hrs

Low: 1201hrs

Special Events: Beach Weddings- 15th St.- 1100hrs & 42nd St.- 1600hrs & 100th St.- 2030hrs

Movies on the Beach- *Annie (2014)*- 27th St.- 2030hrs

Beach Fireworks- N. Division St.- 2200hrs

UPCOMING 2015 BEACH PATROL EVENTS

July 7	Beach Safety Program at the OC Life-Saving Station begins & moves to TUESDAYS
July 7-10	JBP Academy I
July 8	USLA Mid-Atlantics- Non-Crafts –Rehoboth Beach
July 11	OCBP Group Picture Day
July 11	Captain Craig Swim
July 14-17	JBP Academy II
July 15	OCBP Iron Guard- 130 th St.- 1815hrs
July 15	USLA Mid-Atlantics-Crafts -Spring Lake, NJ
July 19-20	OCBP Dive Team Trip
July 21	OCBP Strong Guard- 65 th St.- 1815hrs
July 25	Crew Comps
July 27	MARP Training with Jennifer Dittmar from the National Aquarium
Aug. 5-6	Community CPR & First Aid Courses
Aug. 8	PEPSE for 2016 season- Dorchester St.- 1000hrs
Aug. 15	OCBP Annual Awards Banquet

Upcoming Town of Ocean City Special Events

Sunset Park Part Nights	July 9, 23, 30	S. Division St.	1900hrs
OC Tuna Tournament	July 10, 11, 12	Rte. 50 & Inlet Isle	1600hrs
Greek Festival	July 10, 11, 12	Convention Ctr.	1200hrs
Swim Ocean City 1, 3, 9 Mile Event	July 18	N. Division St.	0900hrs
ESA Surf Series	July 18 or 19	8 th St.	Dawn to Dusk
White Marlin Open	Aug. 3-7	Harbour Island- 14 th St.	1600hrs

<u>Stats.</u>	<u>Week 6</u> 6/22/15 to 6/28/15	<u>Year-</u> <u>To-Date</u> 2015	<u>Week 6</u> 6/23/14 to 6/29/14	<u>Year-</u> <u>To-Date</u> 2014	<u>Week 6</u> 6/24/13 to 6/30/13	<u>Year-To-</u> <u>Date</u> 2013
Action						
Preventions	4705	12917	3176	11697	2375	9697
Rescues	267	466	96	615	134	730
Minor First Aid	47	217	82	280	86	346
Ambulance Calls	6	26	4	28	5	18
Police Calls	12	42	10	36	7	41
USCG/MDNRP	0	0	1	10	1	3
Lost/Found Persons	21	54	47	111	33	74
N. Surf Beach Population	0	81	18	69	84	269
S. Surf Beach Population	426	888	436	800	253	834
Inlet Surf Beach Population	12	41	46	203	113	647
Beach Wheelchair Usage	28	71	50	118	37	95



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





The Captain Craig Swim



July 11, 2015

Registration: 1700hrs Race: 1830hrs

Location: 14th St. & the Boardwalk

Competitors swim a measured mile with the prevailing current to a finish line located at 14th Street and the beach. Awards will be presented to age group finishers and a **commemorative t-shirt is included in the \$20.00 pre-registration fee.** You must register online by July 8th or pay \$25.00 after that date. Register online at

https://docs.google.com/forms/d/1o-Jb3fQDjY2PmbTXcNHfxvzM4xhWRLMcCUQ01borFzQ/viewform?usp=send_form

May Count as the OCBPSRA 1 Mile Swim

Captain Craig Swim History

The Annual Captain Craig Swim is named for Robert S. Craig who served as the captain of the Ocean City Beach Patrol for forty years, from 1946 to 1986. The Annual Ginny Craig Swim is named for his wife. Both Captain Craig and his wife Ginny passed away several years ago.

Bob Craig was born and reared in Wilmington, Delaware. Ocean City has always been an important part of his life. His father was a schoolteacher, and the family spent the summers in a cottage at the beach. He married a young woman from nearby Berlin, Virginia Lee Mason.

After attending the University of Pennsylvania, receiving an undergraduate degree with a major in languages and a master's degree in education, he still returned every summer to Ocean City to be on the Beach Patrol.

Craig's teaching career was in St. Louis, where he taught languages and mathematics to high school students and coached football, basketball, tennis, and golf. He and his wife settled into a year-round home in, of course, Ocean City. He remained Captain of the Beach Patrol, and once described himself as "probably the longest-term temporary employee the city ever has ever had."

Since Bob Craig started on the Patrol, it has grown to about 200 members. The guard towers continued their advance up the beach as the resort developed. Today, the Patrol covers over ten miles of beach, from the inlet to the Maryland-Delaware line. It is equipped with 4-wheel drive vehicles, rescue watercrafts, Honda quads, walkie-talkies, and the familiar semaphore flags. Written by 1st Lieutenant Skip Lee, OCBP (c) 1998



OCBPSRA 200 Meter Soft Sand Sprint - :40

Name	Crew	Results
Tyler Mitchell	1	:29
Adam Payne	3	:31
Josh Remaniak	1	:32
Dakota Wilhelm	1	:31
Cate Calogero	2	:36
David Hood	2	:28
Dallas Luehe	3	:37

OCBPSRA Landline

Name	Crew
Josh Remaniak	1
Dakota Wilhelm	1
Karen Hessler	10
David Hood	2
Dallas Luehe	3
Adam Payne	3
Cate Calogero	2
Kelsey Claire Gallagher	12
Nicholas Burvee	13

USLA / SCLA 2015 COMPETITION SCHEDULE

JULY

- 8 USLA REGIONALS (REHOBOTH)
- 13 DEWEY BEACH (OCEAN SERIES)
- 15 USLA REGIONALS (LONG BRANCH, N.J.)
- 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)

31st ANNUAL ALL-WOMEN'S LIFEGUARD TOURNAMENT
Gateway National Recreation Area **Sandy Hook, NJ**
Hosted by the National Park Service

Wednesday, July 29, 2015

Check-in time is 0730hrs; the captain's meeting is at 0830hrs; the Surfboat Challenge Race begins at 0900hrs; all others follow.

- | | |
|--------------------------|-----------------|
| 1. Surfboat Challenge | 2. Distance Run |
| 3. Ocean-Kayak Challenge | 4. Run-Swim-Run |
| 5. Run-Paddle-Run | 6. Beach Flags |
| 7. Ironwoman | 8. Surf Rescue |
| 9. Swim-Run Relay | 10. Run Relay |

Note: In order to keep the tournament moving along in timely fashion, two sets of events will start at the same time: Surfboat Challenge and Distance Run, and Run-Paddle-Run and Beach Flags.

Kayakers Needed July 18 Swim Ocean City for Brain Trauma
 Kayakers are needed to accompany the 9 mile swimmers. If you are an experienced ocean kayaker who would like to volunteer, contact jenoceagames@gmail.com for more info.

~or join the annual Ocean City, MD Open Water swim.
 Choose 1 mile swim - 3 mile swim - 9 mile swim. All 3 swims will run parallel to the shoreline, swimming in the direction of the current on race day. Learn more and register for this worthwhile event at <http://www.oceangamesusa.org>



Sea Colony Ocean Series Challenge Results- 6/29/15

- 1st Sea Colony 52 points**
- 2nd Rehoboth 46 points**
- 3rd South Bethany 40 points**
- 4th Ocean City 31 points**
- 5th Bethany 23 points**
- 6th Middlesex 15 points**
- 7th Delaware State Parks 7 points**
- 8th North Bethany 3 points**
- 9th Fenwick 2 points**

115th St • Inside the Gold Coast Mall (Near Candy Kitchen) • 410-524-LUCK (5825)



40th ANNUAL OCBP CREW COMPETITION
SATURDAY, JULY 25TH @ 6:30PM
ON THE BEACH AT N. DIVISION ST.



Proudly Sponsoring Crew 14
AJ (Crew Chief), Cory, George, Greysen, Ian, Isaac, Jimmy, Macey, Mike, Pogo and Rob
Crew 14 covers 102nd to 117th St.
Help Us Cheer Crew 14 on to Victory!

HUGE Local Motion SALE
 at the ONLY AUTHORIZED retailer on the Eastern Seaboard!
 Add some Aloha to your style!

WINNER 2015 BEST OF OCEAN CITY WINNER!
 Stop in and see why!
 Shop Original. Shop Lucky!

Pick Up Softball

Games will be played every Monday right after work. If you have your own glove, please bring it. If you have extra equipment please bring it. Contact Sergeant Muller for more info.



NATIONAL AQUARIUM

Marine Animal Rescue Program Training

Jennifer Dittmar from the National Aquarium will be visiting the OCBP at the Monday weekly meeting on July 27th. She will also be conducting a Marine Animal Rescue Program training later that day.

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.



OCBP Dive Team Training

Professional Association of Dive Instructors (PADI) Open Water Certification

Thursdays: July 9 & 16
 OCBP Headquarters 1830hrs
 Dive trip- July 19 & 20
 Sea Colony Scuba in Severna Park
 Call 410-544-3607 to make arrangements

Questions: jfalcon465@yahoo.com



Long-Term Career Advice



Next Monday, July 13, representatives from Mary Kraft will attend our meeting and present permanent career or temporary employment options available to OCBP personnel at the conclusion of our season.

Bring your resume! Consult the lists of skills provided below for guidance as you build your resume. When finished, resumes can be emailed for initial proofing (they help with this). Please send your draft no later than Thursday, 7/9/15 to allow the staff at Mary Kraft ample time to provide edits and feedback.

Contact Kate Meaney at kate@marykraft.com or 410-296-0655.



Skills to consider when building your resume or cover letter:

For SRTs	For ACCs and CCs
<p>Did you realize an SRT</p> <ul style="list-style-type: none"> • Is responsible for the safety of hundreds of people • Enforces city ordinances • Works at a drug-free workplace • Is reliable • Handles emergency situations • Makes decisions under stress • Handles a city-wide radio • Teaches children (JBP, camps) • Works extended work weeks (43.5+ hours) • Meets grooming standards • Performs public outreach • Regularly engages in public speaking (safety seminars) • Teaches the public about waves, rip currents and marine life • Overcomes challenges (50% pass test, not everyone gets through SRA) • Is held to a professional standard • Is a trusted public servant • Recovers found property • Works in adverse conditions • Meets rigorous physical standards <p>And is trained to...</p> <ul style="list-style-type: none"> • Handle marine animal strandings • Identify gang activity • Administer first aid or CPR and use an AED • Interact with agencies under the National Incident Management System (NIMS) 	<p>Did you know that an ACC or CC</p> <ul style="list-style-type: none"> • Is responsible for payroll • Supervises 8-9 personnel • Cares for and maintains equipment such as radios and quads • May supervise an area of 32-36 personnel • Is responsible for opening and closing city buildings • Builds relationships with business owners • Instructs at an academy • Works long weeks (46.5+ hours per week) • Leads by example • Documents employee performance • Evaluates personnel • Compiles weekly reports (stats, beach safety seminar sheets) • Works with the handicapped <p>And is trained to...</p> <ul style="list-style-type: none"> • Operate watercraft and ATVs • Dispatch emergency personnel <p>Accolades</p> <ul style="list-style-type: none"> Instructor of the year (JBP, SRA) Ironguard-Most hours SRT, PSRT of the year Years of service Athletics

Portuguese Man O' War

Winds and the Gulf Stream current are the likely catalysts behind strange jellyfishlike creatures, Man O' War, popping up on East Coast beaches over the past several weeks.

Known as the Portuguese Man O' War, these large, colorful venomous animals are often confused for a jellyfish, but they are actually part of a group related to jellyfish called siphonophores. They can grow up to 1 foot long and 5 inches wide and their tentacles can stretch as long as 165 feet. They are found in all tropical and semi-tropical oceans, where ocean temperatures are higher, but they are fairly common off-shore along the Atlantic coast. Since they are unable to propel themselves in any direction, they tend to drift with the ocean currents towards warmer ocean waters.



© Provided by AccuWeather

The Man O' War, differ from other cnidarians because they have a float that remains on the ocean surface. The float is filled with a gas similar to the atmospheric mix, except it contains high levels of carbon monoxide, which would kill mammalian, including warm-blooded animal and human tissue.

The diet of the Portuguese Man' O War is composed of small fish and crustaceans with their long contractile tentacles paralyzing their prey. These creatures may seem very attractive to look at while they are lying on the sand, but if humans come into direct contact with a Portuguese Man O' War their sting can be fatal even when they appear to be dead.

The severity of some symptoms of a Portuguese Man O' War sting is based upon a person's size, age, general health and how much contact is made with their tentacles.

Symptoms are usually localized (pain where contact was made), but in some cases there can be muscle and joint aches, or even confusion and respiratory distress.

If stung by a Portuguese Man O' War, you should head for shore immediately if you are in deep water. It is important to rinse the sting area with seawater and not freshwater and gently lift any adhering tentacles off with a stick, twig, knife or key rather than lifting it with your bare hand. You should then apply isopropyl alcohol or vinegar until all of the pain has subsided. You should then apply a thin layer of hydrocortisone cream to the wound until it is healed. If there is an infection, it is important that you stop any type of treatment and see a physician immediately.

For the SRT responding to someone who has been stung, you should wear gloves, flush the area with a large amount of ocean water, remove any pieces of tentacles without touching them, and use *Sting-Kill* wipes or spray on the affected area. Monitor the patient for any signs of anaphylactic shock and explain the signs to watch for. If they have any type of severe allergy that require them to have an EpiPen, they may be at greater risk for a severe reaction. If the symptoms do not subside within a few hours or get worse, they should seek medical attention immediately.

Location	Phone	Insurance	X-Ray	Hours
West OC Injury & Illness Center Rte 50 West. O.C.	410-213-0119	Yes	Yes	Mon-Fri 8:00 a.m. – 6:00 p.m. Sat-Sun 9:00 a.m. – 5:00 p.m.
Your Doc's In Rte 50 West. O.C.	877-222-4934	Yes	Yes	Mon-Fri 8:00 a.m. – 8:00 p.m. Sat-Sun 8:00 a.m. – 6:00 p.m.
Atlantic Primary Care/Townsend Med. Ctr 10 th St. O.C	410-289-6241	Locals Only	Yes	8:00 a.m. – 6:00 p.m. every day
75 th Street Medical Center	410-524-0075	Some	Yes	8:00 a.m. – Midnight every day

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

This Week's Question: Does the Beach Patrol provide any activities for children vacationing at the beach?

Yes, we have our Junior Beach Patrol Program. This program offers children ages 10-17 the opportunity to experience the training and daily routine of real lifeguards or, as we call them, surf rescue technicians (SRTs). The program models itself after the duties and responsibilities of the SRT and focuses on the development of skills associated with the enjoyable and safe use of the beach. It is designed to instruct boys and girls in the skills and techniques of beach safety, water safety, surf rescue and physical fitness. Although we want to invite all children ages 10-17 to take part in our Junior Beach Patrol Academies, this is not a "learn to swim" program. (Recreation and Parks does offer swimming lessons.) Interested children should be comfortable on the beach and in the ocean and must meet minimum swimming and running requirements. Registration for these programs begins in early March and is ongoing until all slots are filled. Registration questions may be directed to the Ocean City Recreation and Parks Department at 410-250-0125. Once a participant has successfully completed all levels of the program and is at least 15 years old, they may apply and try out for a paid Junior Beach Patrol Assistant Instructor position (\$9.41 hr). Many of our current SRTs made their start in lifesaving in the Junior Beach Patrol.

This program is offered in two types of sessions. We offer a four-day academy from Tuesday through Friday, in a morning session from 8 until 11:30 a.m or an afternoon session from 1 to 4 p.m., as well as a one-day introduction session, which takes place on Thursdays from 1 to 5 pm. The four-day academy consists of four levels that children can advance through, having new skills introduced at each level. Programs are repeated each week for six weeks, beginning the Tuesday, following the 4th of July. so there should be a JBP academy that will work during your stay in Ocean City.

In addition to the junior beach patrol program, the beach patrol also provides special activities, programs, speakers and seminars to various groups such as scouts, church groups, camps, schools and civic organizations. They conduct these water safety seminars both in Ocean City and throughout the region. Safety training focuses primarily on drowning prevention and safety around the water. They also provide many helpful tips on how to keep children safe at the beach. These presentations and hands-on activities are critical in allowing the beach patrol to fulfill their three-part mission of education, prevention and intervention. If you have a group interested in a beach safety program or speaker, contact the beach patrol at 410-289-7556 or email ocbp@ococoean.com. We also provide a safety presentation in a reserved section of the beach for your group and will also have SRTs in that area while the members of the group are getting oriented to the beach and water. You must contact us two weeks before your visit for this service. There is no charge to organizations for these presentations.

To get current information about the Beach Patrol as well as daily stats and current beach conditions, you can follow the Beach Patrol on Twitter or "like us" on the Official OCBP Facebook page. We can't wait to be a part of your wonderful experiences in Ocean City, because we are glad you are here, and always remember to "Keep your feet in the sand until the lifeguard's in the stand!"

Last 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 a.m. to 5:30 p.m. "duty" hours (over 97 percent of all water-related deaths in Ocean City in the past 80 years have occurred while the Ocean City 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 lifeguards are 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 impacted by such a preventable tragedy. 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 policy of clearing the water of swimmers at 5:25 p.m., it was 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. The risk is great, although many of the 2,000 – 4,000 people whom we rescue during guarding hours tell us that they never intended to go out that "far", they do not make the connection to the fact that rip currents (the 3rd leading cause of weather related deaths nationally) will actually pull a person from waist deep water to water that is over their head quickly and without warning. These same currents that are the cause of 95% of all rescues we make during the day are also present before and after we are on our stands. The only difference is that when a person finds himself or herself in trouble before 10:00 AM or after 5:30 PM. there is no one to save their life and unfortunately it all too often has ended in tragedy. We continue our efforts to educate the public, warning them of the dangers of swimming on unguarded beaches, and that we make sure people leave the ocean before we pull our lifeguard stands back and cross over the dune 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!

Note: The last few weeks everyone has been asking about sharks and what, if any, danger they pose. Yet many of these same individuals who seem to be concerned for their family's safety will swim or allow their children to swim when lifeguards are not on duty. In reality, there is no danger from sharks in Ocean City, but RIP currents are the real life and death situation.

Meet the Lifeguard: Crew Chief Paul Vassalotti

The lifeguard's of the Ocean City Beach Patrol are glad to answer any of your beach and water safety questions. Paul Vassalotti has been with the Beach Patrol for 6 years. He is the Crew Chief for Crew 5 and sits the stand at 20th street. His crew covers 18th – 25th street. He is an active member of the USLA, Junior Beach Patrol Instructor, surf camp, movies on the beach and the OCBP Dive Team. For recreation Paul likes to travel, hike, swim, dive, and watch Netflix. For the past two winters he traveled to Hawaii and this upcoming winter he plans on participating in WWOOF in South America. This is a world-wide opportunity for organic farming. It's a program where people can work on a farm and instead of getting paid, they get housing and food.

CC Paul Vassalotti and the other lifeguards of the Ocean City Beach Patrol are glad to answer any of your beach and water safety questions.



2015 OCBP Order Form

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Check out johnpdunnigan.com to see examples of John's former OCBP work.

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