

WEDNESDAY, JULY 15, 2020

OCBPSRA: Finished for the season

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

Little Lambs Learning Center New Wave – N. Division St. -10:00hrs

Opportunity to Compete: Crew Comps- August 8 -Caroline St. -18:30hrs

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

Surfing Beaches: Inlet / 13th St. / 81st St.

Tides: High: 16:24hrs

Low: 09:51hrs

Special Events:

Beach Bonfires -32nd St., 52nd St., 70th St., 75th St., 103rd St., & 126th St. -18:00hrs

Beach Weddings- 59th St.- 19:30hrs

Movies on the Beach -118th St. -20:30hrs

THURSDAY, JULY 16, 2020

OCBPSRA: Finished for the season

JBP Academy II: Day 3- 08:00hrs –11:30hrs (Instructors report at 07:30hrs)

JBP One-Day Clinic: 13:00hrs- 16:00hrs- Tell the kids on your beach before today so they can register for the clinic!

Camp Horizon: 127th St. beach -Two Groups: 10:30hrs-12:30hrs & 13:00hrs-15:00hrs (Instructors report at 10:00hrs)

Opportunity to Compete: Crew Comps- August 8 -Caroline St. -18:30hrs

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

Surfing Beaches: Inlet / 11th St. / 79th St.

Tides: High: 17:13hrs

Low: 10:40hrs

Special Events: Beach Bonfires- 54th St., 109th St., 120th St., 129th St., 135th St., 143rd St., & 146th St. -18:00hrs

OCBP Dive Team -HQ -18:30hrs

Family Beach Olympics- 118th St.- 18:30hrs to 20:30hrs

Sunset Park Party Night -*Eclipse* -S. Division St. & the Bay -19:00hrs

FRIDAY, JULY 17, 2020

OCBPSRA: Finished for the season

Physical Skills & Open Water Training Workout: 130th St.-08:00hrs to 09:00hrs (Weather dependent)

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

Opportunity to Compete: Crew Comps- August 8 -Caroline St. -18:30hrs

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

Surfing Beaches: Inlet / 9th St. / 77th St.

Tides: High: 18:00hrs

Low: 11:29hrs

Special Events: Beach Bonfires -88th St., 94th St., 114th St., 115th St., 138th St.

Movies on the Beach -27th St. -20:30hrs

SATURDAY, JULY 18, 2020

OCBPSRA: Finished for the season

Opportunity to Compete: Crew Comps- August 8 -Caroline St. -18:30hrs

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

Surfing Beaches: 7th St. / 75th St.

Tides: High: 18:16hrs

Low: 12:18hrs

Special Events: Beach Weddings- 92nd St.-14:00hrs

Beach Bonfires -58th St., 79th St., 101st St., 127th St., & 144th St. -18:00hrs

JBP One Day Clinic

Thursday afternoons

July 16, 23, 30 & August 6, 8, 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.



SUNDAY, JULY 19, 2020- End of Pay Period

OCBPSRA: Finished for the season

Opportunity to Compete: Crew Comps- August 8 -Caroline St. -18:30hrs

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

Surfing Beaches: 5th St. / 73rd St.

Tides: High: 07:04hrs

Low: 13:06hrs

Special Events: Beach Bonfires -30th St., 111th St., 120th St., 126th St., 127th St., & 145th St. -18:00hrs

Sundaes in the Park Concert & Fireworks – *Jaded Love* -Northside Park- 19:00hrs

MONDAY, JULY 20, 2020

WEEKLY MEETING FOR OFFICERS, CREW CHIEFS, & ACCs- Masks & Social Distancing Required

CONVENTION CENTER – 40th STREET-Southwest corner on steps- 08:00hrs

Rookie Meeting & Semaphore Test -Convention Center -08:30hrs -Mandatory!

***** All rookies must attend this meeting, even if they are off probation! *****

OCBPSRA: Finished for the season

Opportunity to Compete: Crew Comps- August 8 -Caroline St. -18:30hrs

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

Surfing Beaches: Inlet / 3rd St. / 71st St.

Tides: High: 07:51hrs

Low: 13:53hrs

Special Events: OC Rec & Parks / Endless Summer Surf Camp- 38th St.- 17:30hrs

Beach Bonfires -109th St., 110th St., & 127th St. -18:00hrs

Beach Weddings -56th St. -18:00hrs



UPCOMING 2020 BEACH PATROL EVENTS

July 13, & 16	OCBP Dive Team -HQ -18:30hrs
July 14-17	JBP Camp Session II
July 15	Little Lambs Learning Center New Wave – N. Division St. -10:00hrs
July 18-20	OCBP Dive Team Check-out Dive
July 21-25	JBP Session III- A.M., P.M. & One-Day on July 23
July 24	Pay Day
July 28-31	JBP Session IV- A.M., P.M. & One-Day on July 30
July 31	OCBP Paintball Night -West OC -18:45hrs
Aug. 1, 5, 8, & 15	Pre-Employment Physical Skills Evaluations for 2020 -Dorchester St. -09:00hrs
Aug 8.	Crew Comps -Caroline St. -18:45hrs

Upcoming Town of Ocean City Special Events

Endless Summer Boogie Board Camp	July 13-14	38 th St.	17:30hrs-19:30hrs
Movies on the Beach	July 15, 22	118 th St.	20:00hrs
Sunset Park Party Nights	July 16	S. Division St.	19:00hrs
Thursday's Downtown Beach Fireworks	July 16, 23	Talbot St. beach	22:30hrs
Movies on the Beach	July 17, 24	27 th St.	20:00hrs
Sundaes in the Park	July 19	Northside Park	19:00hrs
Endless Summer Surfing Camp	July 20-21	38 th St.	17:30hrs-19:30hrs
Jesus at the Beach Festival	July 27-29	N. Division St.	22:00hrs
Endless Summer Surfing Camp	August 10-11	38 th St.	17:30hrs-19:30hrs
White Marlin Open	August 3-7	OC Fishing Center	Daily
OC Air Show	August 15-16	14 th -17 th St.	10:00hrs



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



Stats.	Week 7 6/29/20 to 7/5/20	Week 7 Year-To- Date 2020	Week 7 7/1/19 to 7/7/19	Week 7 Year-To- Date 2019	Week 7 7/2/18 to 7/8/18	Week 7 Year-To- Date 2018
Action						
Preventions	27972	59523	15520	50501	31217	80859
Rescues	917	1803	486	859	213	1338
Minor First Aid	158	615	279	3862	183	684
Ambulance Calls	13	46	12	45	12	40
Police Calls	6	32	7	29	7	30
USCG/MDNRP	0	2	0	0	0	1
Lost/Found Persons	46	128	58	109	64	144
N. Surf Beach Population	127	561	249	466	71	343
S. Surf Beach Population	477	970	254	1225	30	844
Inlet Surf Beach Population	5	104	4	175	197	231
Beach Wheelchair Usage	25	88	48	163	27	135
Smoking Enforcement	1761	5149	1245	4795	1137	5141
Missed Work Days Due to Injury	5	5	2	26	11	28
Missed Days-Non Job Related	23	38	2	17	0	6

OCEAN CITY BEACH PATROL

Tryouts for 2021 Season

\$15.25 hr Paid Training (all certifications provided)



August 1, 2020 (Saturday) – OC, MD
August 5, 2020 (Wednesday) – OC, MD
August 8, 2020 (Saturday) – OC, MD
August 15, 2020 (Saturday) – OC, MD

Registration 9:00 AM Dorchester Street and Boardwalk

To register for a test or learn about additional off-site testing, visit our website

www.ococean.com/ocbp

2020-2021 OCBP Testing Opportunities

Pre-Employment Physical Skills Evaluation (testing) for the 2021 Season

August 1, 2020 (Saturday)- Ocean City, MD

August 5, 2020 (Wednesday)- Ocean City, MD

August 8, 2020 (Saturday)- Ocean City, MD

August 15, 2020 (Saturday)- Ocean City, MD

Registration at 09:00hrs; test begins at 10:00hrs

Recruiting cards are available for distribution to potential candidates.

See your Crew Chief to obtain some of these cards.



Maximize Your Recruiting Skills for the Test and

This Hydro Flask Can Be Yours!!!

Here's how: If the person you recruit identifies you on the Pre-Employment Physical Skills Evaluation registration form, you will receive a 40 oz. OCBP Hydro Flask.

See 1st Lt. Lee to claim yours after the test. (Offer limited to 1 Hydro Flask per recruiter)



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 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 (which occurred to 19 year old on July 4th last summer and has left him paralyzed) 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 others 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 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 (think before you act) 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.

Captain's note: Although the Beach Patrol's focus is on Ocean safety, we sometimes see very serious neck injuries on the bay side from diving into shallow water. Just like the ocean the bay is very shallow near to shore and has sandbars throughout the bay. Diving off of bulkheads, piers or boats can result in a serious head, neck or back injury or death. Always go feet first the first time and if not sure, never dive into unknown water. Remember water safety isn't just for the beach!

Meet the Lifeguard: ACC Chris Sanders

Assistant Crew Chief Christopher Sanders has been with the Beach Patrol for 3 years He is the Assistant Crew Chief (a leadership training position) to Crew Chief Rob Flynn in the northern area of Ocean City with Crew 14, which covers the beach from the Clarion to the Carousel. Chris is a Junior Beach Patrol Instructor. He is a USLA (United States Life Saving Association) member and participates in competitions. In his free time he likes to coach Cross Fit, compete in Cross Fit competitions, and he is the President of Penn State Cross Fit. He recently graduated from Penn State University with a degree in Information Science-Global Security. This fall he will be working for the Naval Supply Systems Command at the Naval Activity Support Center in Mechanicsburg, PA, as an analyst. ACC Chris Sanders and the other lifeguards of the Ocean City Beach Patrol are glad to answer any of your beach and water safety questions. If you think you would like a position with the Patrol like Chris, ask any of our guards or visit our website at www.ococean.com/ocbp. Testing for our 2021 season will begin this August. Anyone can get a job... But with the Ocean City Beach Patrol, YOU can make a difference!



OCBP License Plates

Listed below are the guidelines for receiving these special logo plates
Your vehicle must be registered in Maryland.

Pick up the MVA form VR-124 from Captain Arbin.

Fill out form completely.

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

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

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

Once the VR-124 form and check have been received, it takes 4-6 weeks to receive the tags. They will be mailed to the address on your registration. In the future, you will receive the regular tag renewal application directly from the MVA every 2 years



OCBPSRA Jet Drive Certification	July 8, 2020 18:00hrs
Name	Crew
Emily Myers	3
Conor Johnston	6
Katie Zgorski	3
Jacqueline Pickering	10
Tony Handle	5
Joe Bunke	14
Elaine Watts	8
OCBPSRA Jet Drive Recertification	July 8, 2020 18:00hrs
Trever Buonomo	10
Rob Flynn	14
Chris Sanders	14
Shawn Seibert	7



Private Evening Play for OCBP Only!
Friday, July 31 18:45hrs
\$35.00 per person
See Sgt. Weingard for more info.



OCBP Surf Rescue Association – Price List

- Whistles \$6.00 Lanyards \$6.00
- 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 or white short-sleeve T-Shirt—\$10.00
- Grey Long-sleeve T-shirts—\$15.00
- Grey Sweatshirts—\$25.00
- Grey Sweatpants—\$20.00
- Grey Zippered Hoodie- \$30.00**
- Long-sleeve Tie-Dyed T-shirts- \$20.00
- Charcoal long-sleeve jerseys- \$30.00
- Swim Caps -\$5.00
- OCBP Socks- \$11.00/2 for \$20.00
- OCBP Headbands- \$15.00/2 for \$25.00
- Buoy Key Chains \$5.00

THANK YOU

Ocean City Beach Patrol

➔ Recover
➔ Relax
➔ Regenerate

Monthly Membership includes:
 60 minute Float session
 45 minute Salt Room session
 20 minute Infrared Sauna session
 20 minute Personal Music Journey session
 15 minute Shiatsu Foot Massage

\$99

UNLIMITED
MONTHLY MEMBERSHIP

11934 Ocean Gateway
 Ocean City, MD 21842
www.oceanelementssaltspa.com
 443-664-2265

Part time Work Available

Many Ocean City businesses are having trouble due to lack of employees since the J-1 students that they depend on will not be coming this summer. If you are interested in a part-time job in the evenings, please let one of the officers or secretaries know and we will put you in touch with a potential employer.