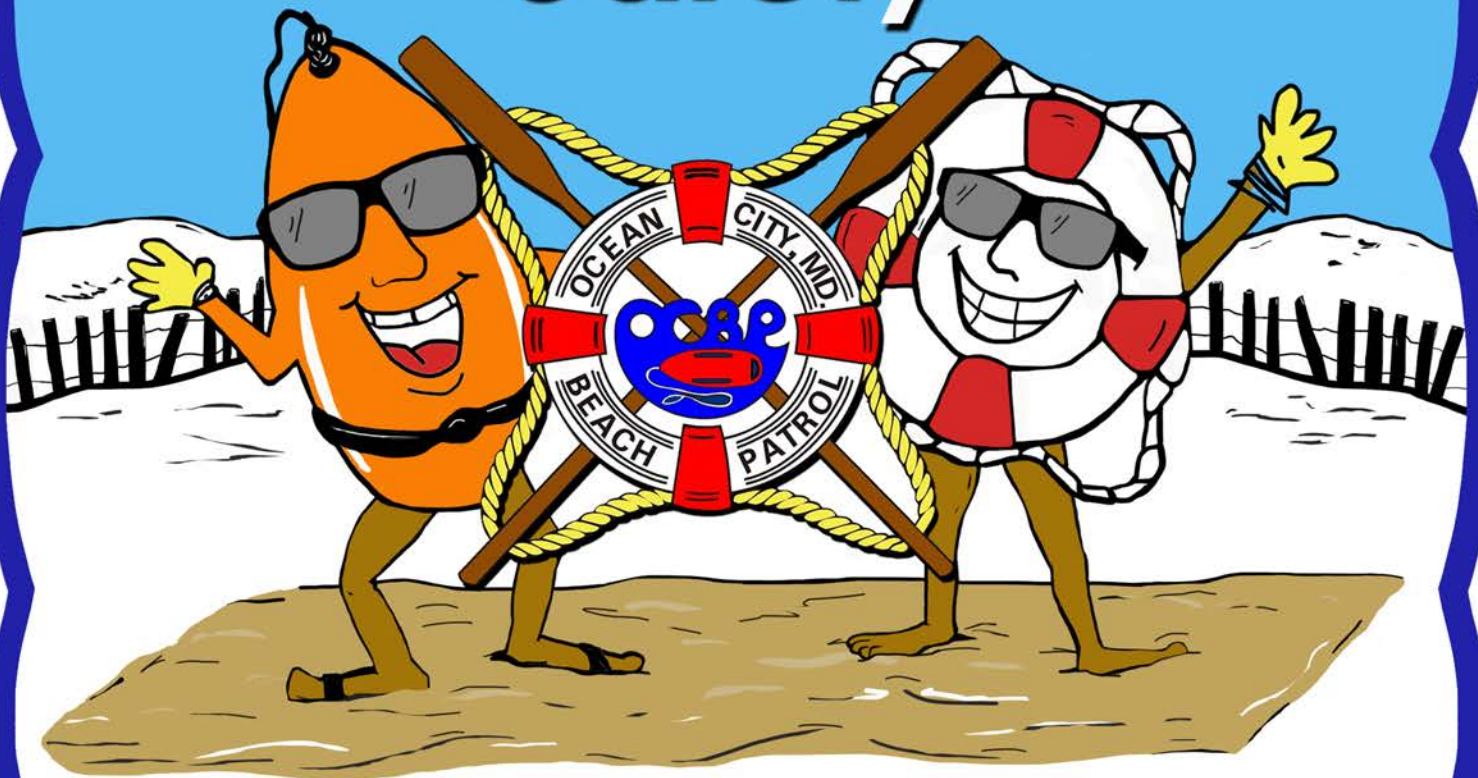


# Bobby and Ringo

introduce

# Water & Beach Safety



## Ocean City Beach Patrol

Over 90 years of Saving Lives

Protecting 10 miles of beach in Ocean City, Maryland

[www.oceancitymd.gov/ocbp](http://www.oceancitymd.gov/ocbp)

(410) 289-7556

[JoinBeachPatrol.com](http://JoinBeachPatrol.com)



# FOR A FUN FILLED SAFE DAY AT THE BEACH, KNOW THE RULES AND UNDERSTAND THE SIGNS

## SAFETY

- Never swim when lifeguards are not on duty.
- Know how to swim
- Never swim alone
- If in doubt, don't go out

For your protection & safety the following are either regulated by the Beach Patrol or prohibited on the beach:

### BEACH PATROL: —————

UMBRELLA PLACEMENT

LOUD MUSIC

KITE FLYING

SURFING

DIGGING HOLES

BALL PLAYING

FLOATATION DEVICES



### PROHIBITED ON THE BEACH: —————

**NO** ALCOHOLIC BEVERAGES

**NO** GLASS CONTAINERS

**NO** PETS ON THE BEACH

(24 hrs) from May 1- Sept. 30

**NO** SMOKING OR VAPING on the beach or boardwalk

Smoking and vaping are ONLY permitted in clearly marked **DESIGNATED SMOKING AREA(S)**

**FOLLOW OC BEACH PATROL  
ON FACEBOOK**

**Facebook.com/OCMDBP**

**FOR DAILY INFORMATION ON  
TIDES & SURF BEACHES**



**oceanscitymd.gov/OCBP**

**(410) 289-7556**

**OCBP Headquarters 109 Talbot Street OCMD 21842**

## WARNING!



**DANGEROUS  
SHOREBREAK**



**SHALLOW WATER  
NO DIVING OR FLIPS**

**STRIKING THE OCEAN BOTTOM WITH  
YOUR HEAD, NECK OR BACK MAY CAUSE  
SERIOUS INJURIES, PARALYSIS OR DEATH!**

A rip current is a powerful flow of water that can pull a swimmer away from the beach. If you think you are caught in a RIP current, **DON'T PANIC**, Shout for help, and swim parallel to the beach about the length of a backyard swimming pool. Then swim at an angle away from the rip current until you reach the shore.

## RIP CURRENTS Break the Grip of the Rip!



Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer out to sea.

## IF CAUGHT IN A RIP CURRENT

- Don't fight the current
- Swim out of the current, parallel to the beach, then back to the shore
- If you can't escape, float or tread water
- If you need help, call or wave for assistance

**Remember R I P- IT CAN SAVE YOUR LIFE**

For more detailed info. about rip currents go to  
[www.ripcurrents.noaa.gov](http://www.ripcurrents.noaa.gov)

**R = RELAX I = I NEED HELP P = SWIM PARALLEL**

Hi, I'm Bobby the Buoy and this is my friend, Ringo. Going to the beach is lots of fun but sometimes it can be dangerous. We want to help you learn how to stay safe. Following the safety tips in this coloring book will help you have fun and stay safe the next time you go to the beach!



### **A note to parents and teachers:**

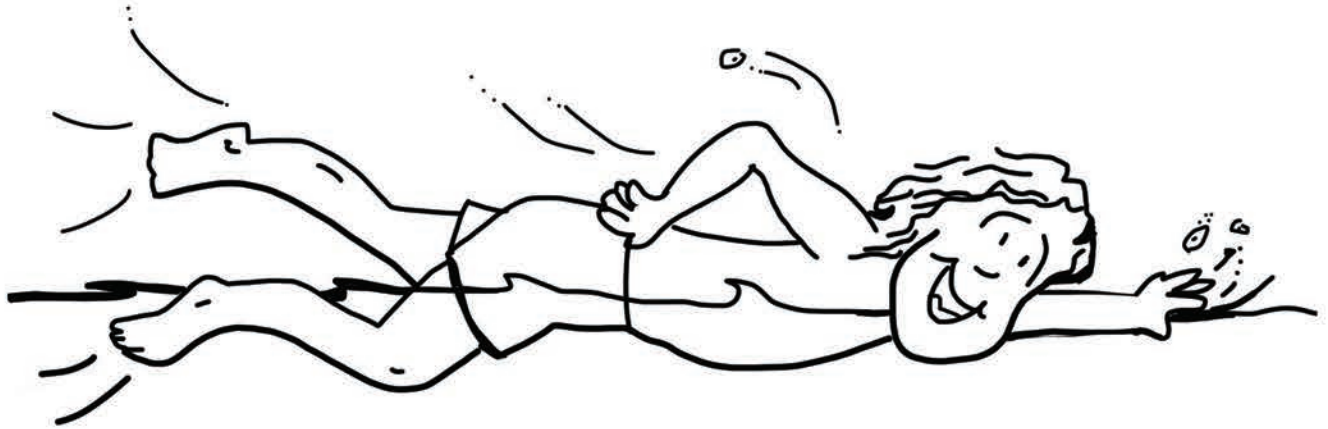
This coloring and activity book may be used to instruct children in some of the basics of water and beach safety. We recommend that you go through the book with your child/children/students and read each page. Discuss each message and how the messages apply to them. The teaching guide on pages 23 and 24 elaborates on the safety tips. There are puzzles and suggested activities that will help reinforce what has been taught and will suggest topics for discussion.

Please take a little time with your child/children/students to study this book and help protect our most precious resources...

**You and Our children!**



# LEARN HOW TO SWIM



If you don't know how to swim, don't go in the water.



If you already know how to swim, sign up to be in our Junior Beach Patrol Program. See inside back cover for more information.







Always swim with a friend and ONLY swim when a lifeguard is on duty.

Feel free to ask the lifeguard on duty about any potential dangers on your beach. They want you to be safe and they will be more than happy to answer any questions.

**LIFEGUARDS ARE  
YOUR FRIEND**

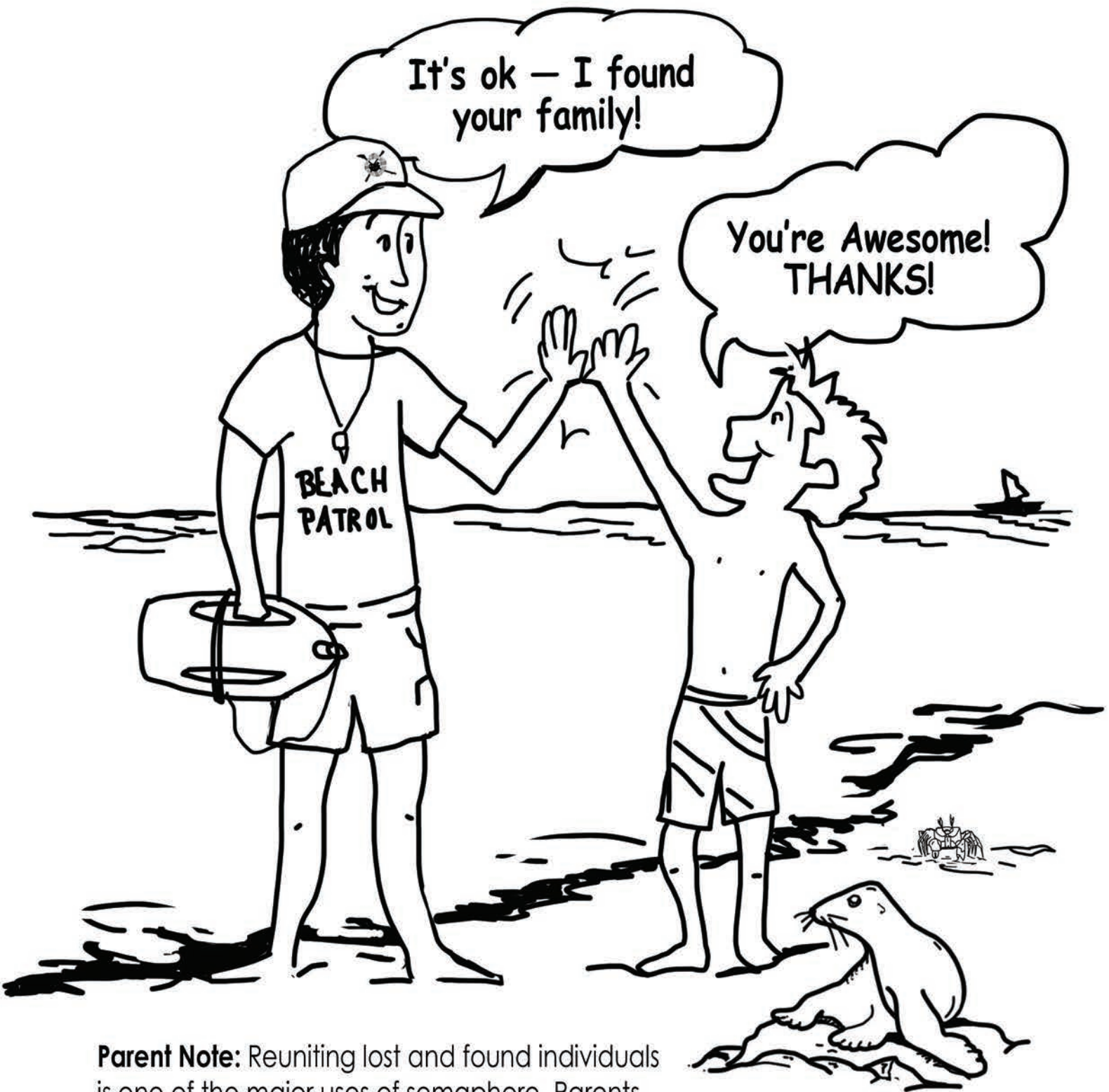


The Adopt Your Beach Program is not just about litter.  
It's about the need for clean oceans, shorelines, and waterways.  
It is about residents and visitors working together to create  
a permanent solution to shoreline and marine debris.

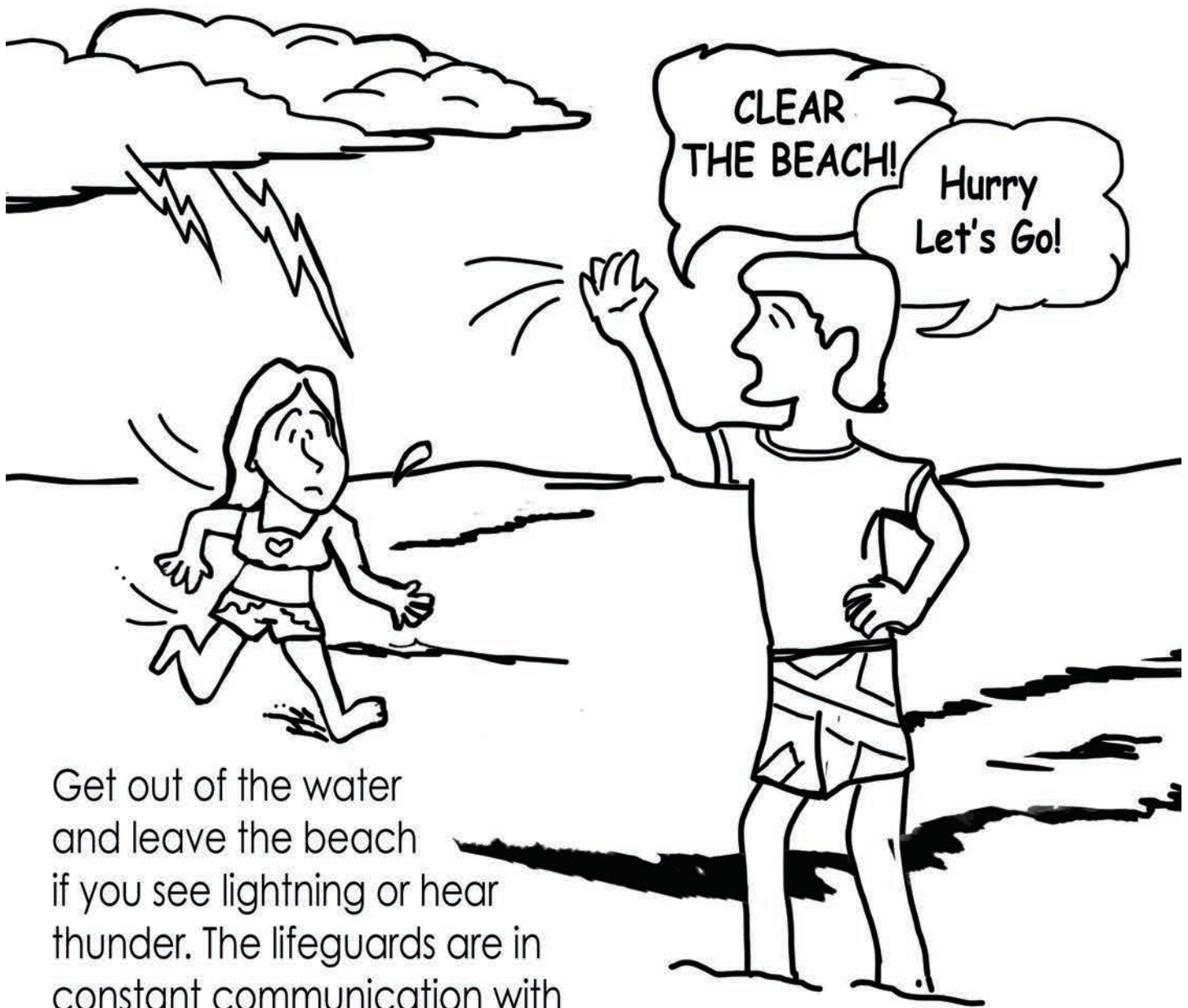
To find out more about adopting a beach,  
visit: **[www.ocsurfclub.org](http://www.ocsurfclub.org)**



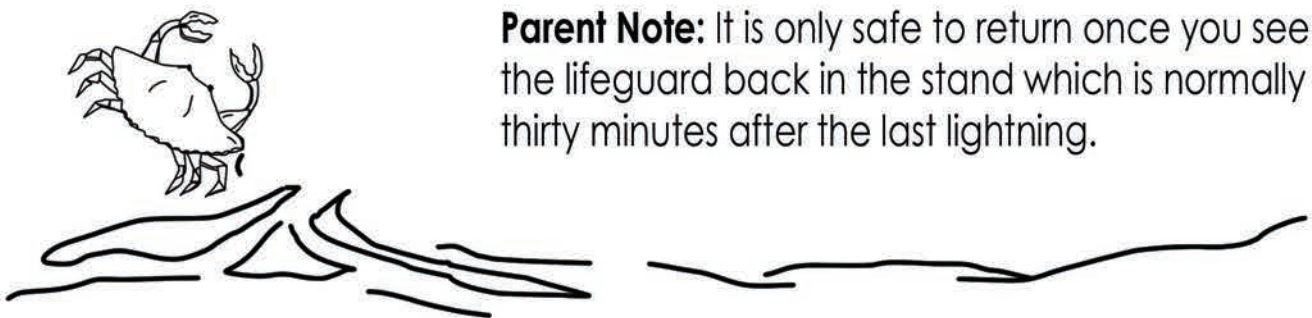
If you get lost, go to the nearest lifeguard and tell them that you are lost. The lifeguards will help you find your family.



**Parent Note:** Reuniting lost and found individuals is one of the major uses of semaphore. Parents should report missing children immediately and stay with lifeguard.



Get out of the water and leave the beach if you see lightning or hear thunder. The lifeguards are in constant communication with the National Weather Service and will clear the beach if lightning is near. Listen to the directions of the lifeguard at your beach at all times and do what they say.



**Parent Note:** It is only safe to return once you see the lifeguard back in the stand which is normally thirty minutes after the last lightning.



# NEVER DIVE HEADFIRST INTO THE WATER!

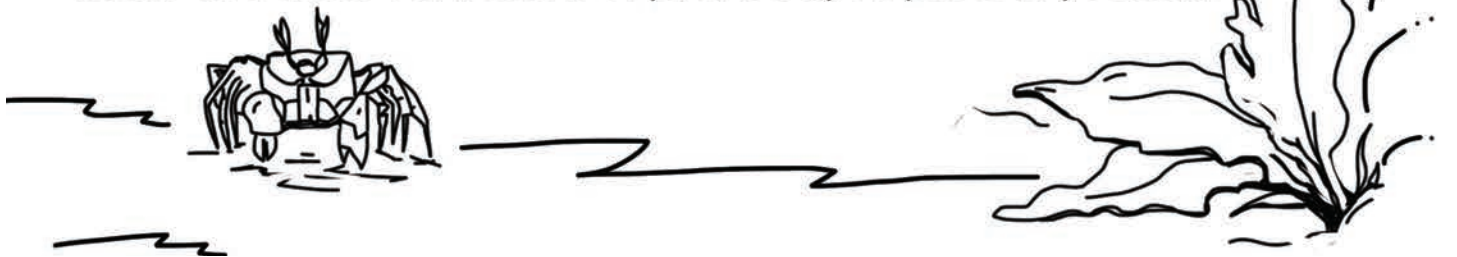
The water may not be as deep as it looks. Never dive off of piers, rocks, boats, jetties or surfboards. Diving in shallow water can be dangerous and can even cause you to become paralyzed.

To make sure you are safe, remember,  
**"Feet First, First Time".**





Shore break is a condition when large waves break directly on the shore. These waves can throw swimmers onto the sand very hard. These waves are unpredictable and dangerous because they can cause shoulder, neck, and back injuries to even the most experienced bather. When body surfing, we recommend doing so with your head **and arms** out in front of your body to protect yourself.





When body boarding or bodysurfing,  
keep your arms out in front of you  
and remain on the back half of the board.  
If you are using a leash, it should  
be attached to your wrist.



Ocean City has two blocks each day set apart as a daily surfing beach.

There is also a surfing beach located at the inlet

Monday-Friday.



All surfers must wear ankle leashes.

No swimming or wading is allowed at the surfing beaches.  
[www.oceancitymd.gov/surf](http://www.oceancitymd.gov/surf) for daily surf beach locations.

**Parent Note:** Surfing Beaches are staffed by "Surf Beach Facilitators" which are different from Lifeguards.



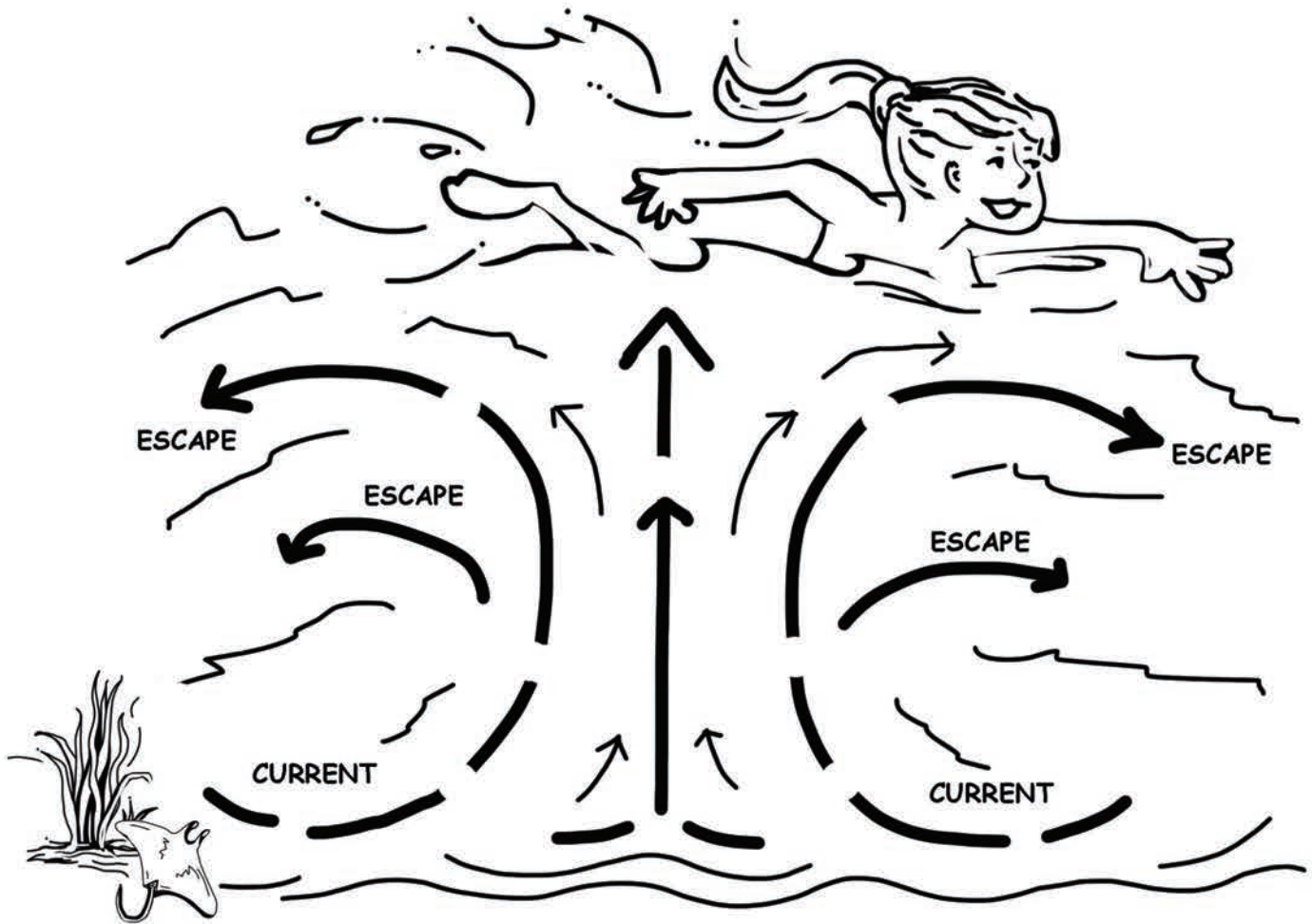
# Become a Surfer. Learn the Code. "12 Simple Lessons for Riding Through Life"



**"Surf Into Integrity"** is a 9 week class, taught by members of the Ocean City Surf Club, to 8th grade middle school students. OCSC is a team of volunteers who inspire a love of surfing, conversation and respect. They encourage children to do their best.

# RIP

R = RELAX  
I = I NEED HELP  
P = SWIM PARALLEL



A rip current is a powerful flow of water that can pull a swimmer away from the beach. If you think you are caught in a RIP current, **DON'T PANIC, Shout for help,** and **swim parallel** to the beach about the length of a backyard swimming pool. Then swim at an angle away from the rip current until you reach the shore.

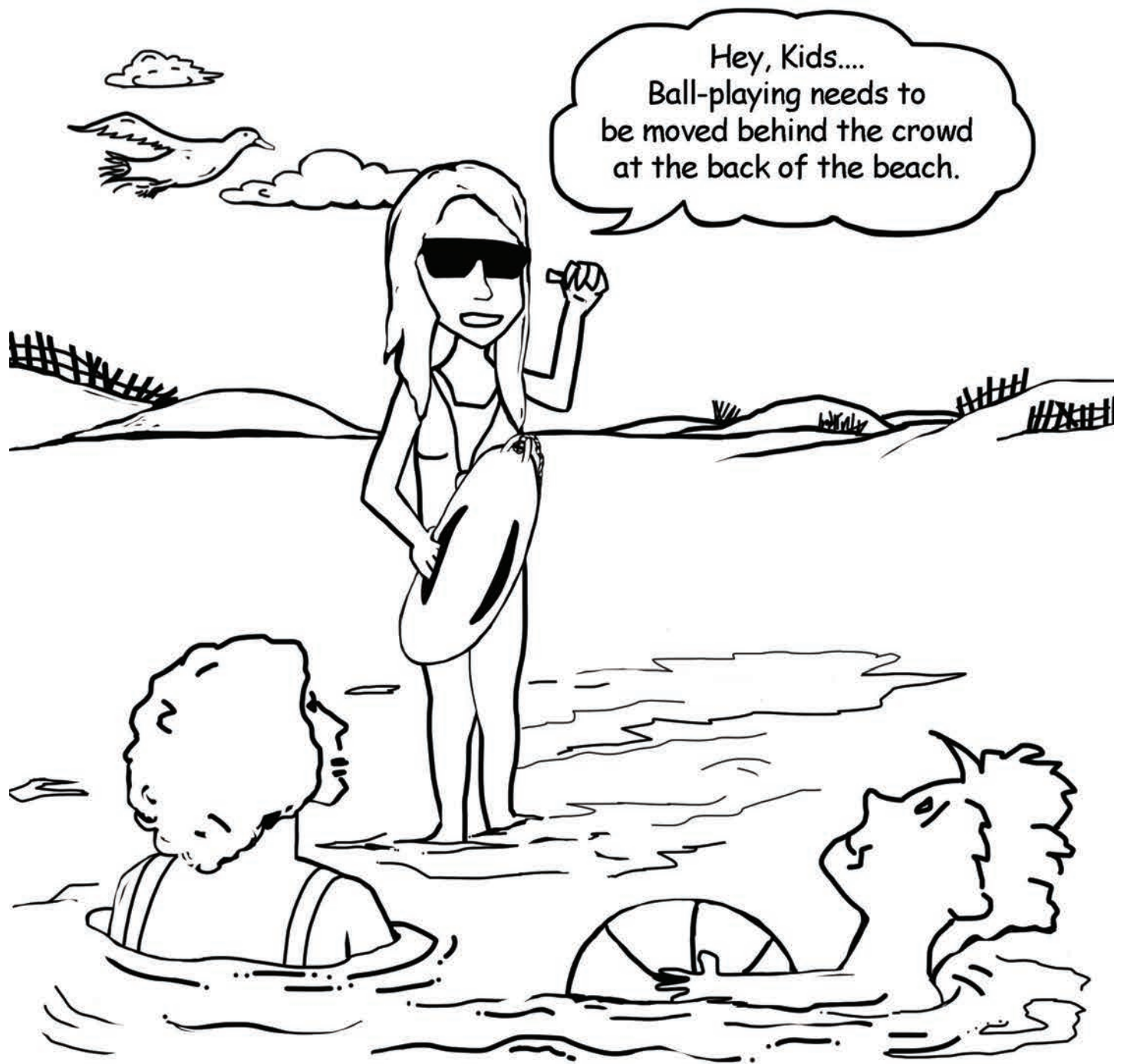


**Remember R I P- it can save your life.**



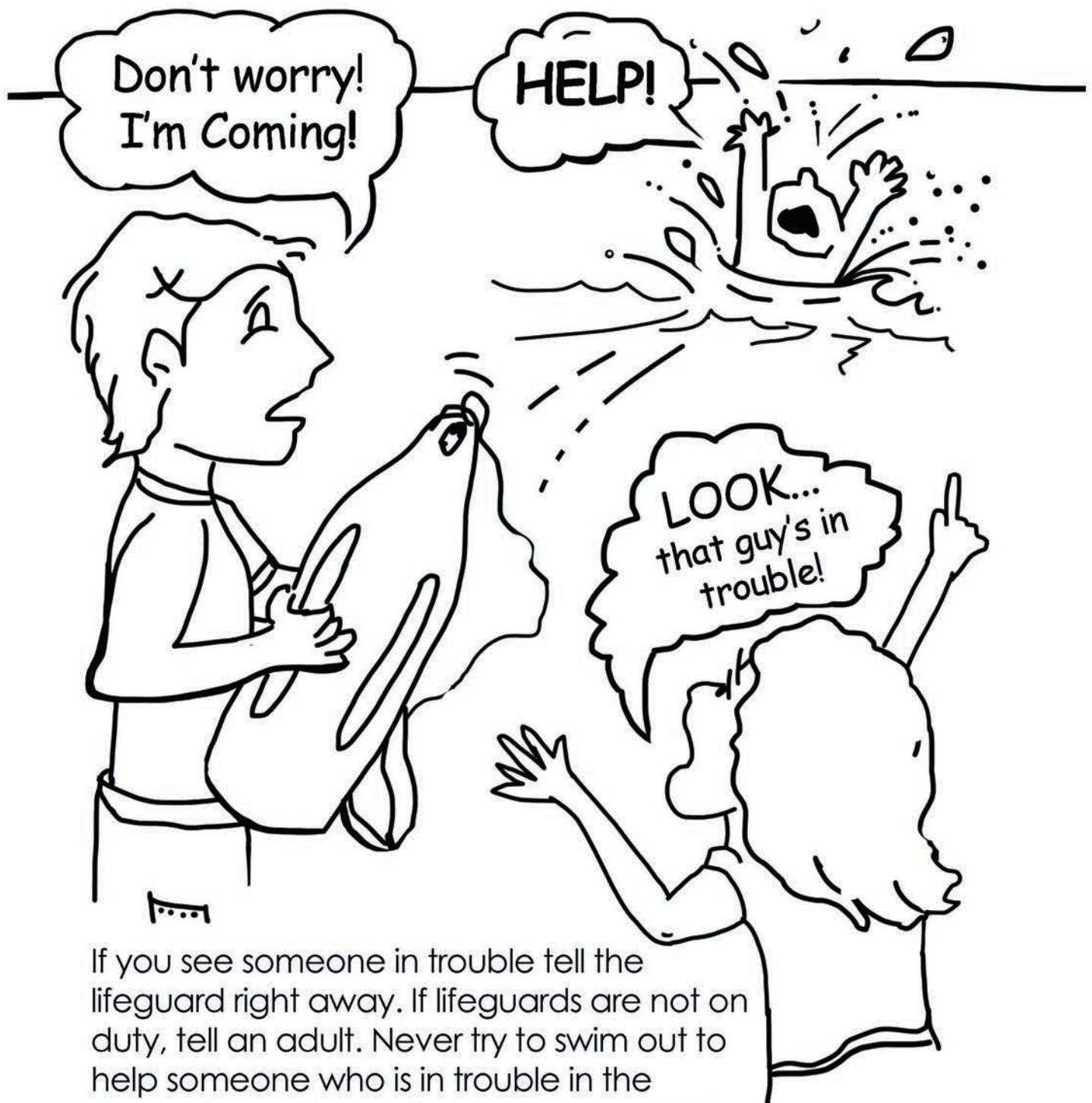






Obey all the laws and ordinances of Ocean City and the rules and directives of lifeguards. When you hear the whistle, stop what you are doing and look directly at the lifeguard to make sure he/she is not trying to tell **you** something.

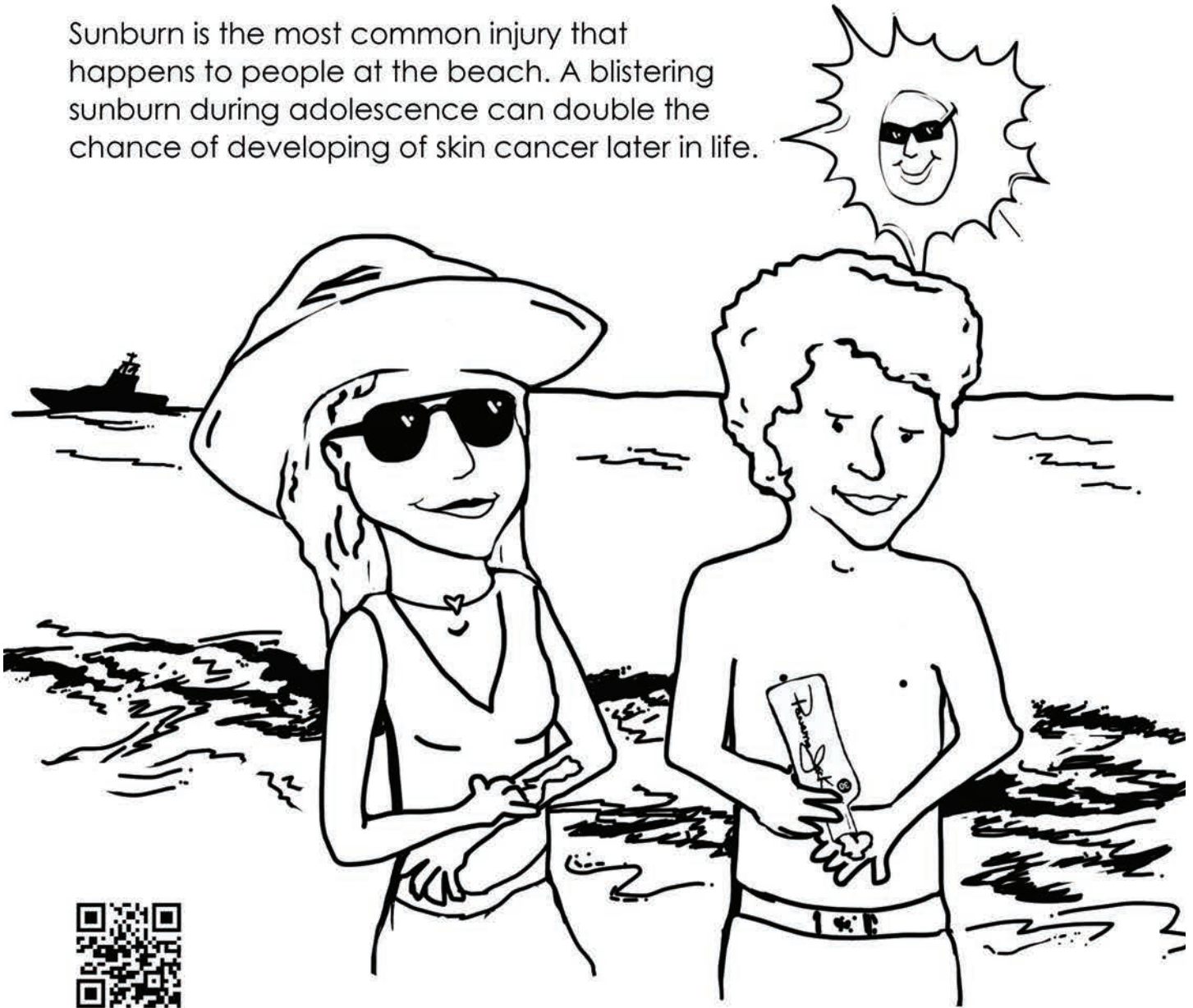




If you see someone in trouble tell the lifeguard right away. If lifeguards are not on duty, tell an adult. Never try to swim out to help someone who is in trouble in the ocean. Go get help for them and call 911.

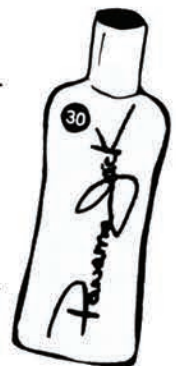
**Parent Note:** If you call 911, remain on location until help arrives, never try to make a swimming rescue!

Sunburn is the most common injury that happens to people at the beach. A blistering sunburn during adolescence can double the chance of developing of skin cancer later in life.



Remember to apply sunscreen with a minimum of SPF 30, thirty minutes before going outdoors then again every two hours, even if your sunscreen is waterproof. There is no such thing as all-day protection. Make sure to apply sunscreen to your whole body. Your bathing suit can move and expose unprotected skin.

Panama Jack the official sunscreen of the Ocean City Beach Patrol.

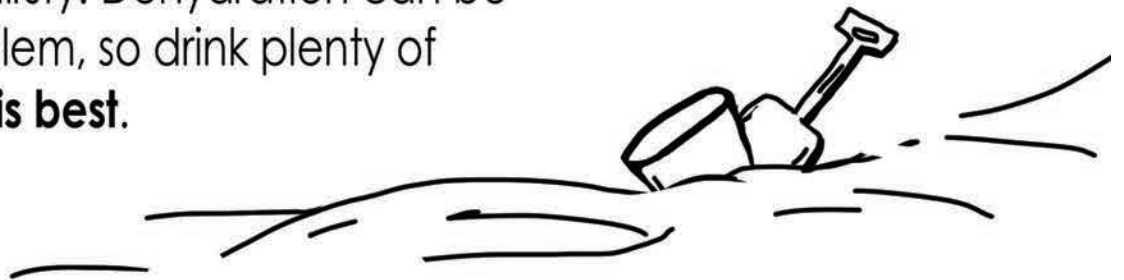






When you are outside in warm weather, your body needs plenty of water. Water will keep your body hydrated.

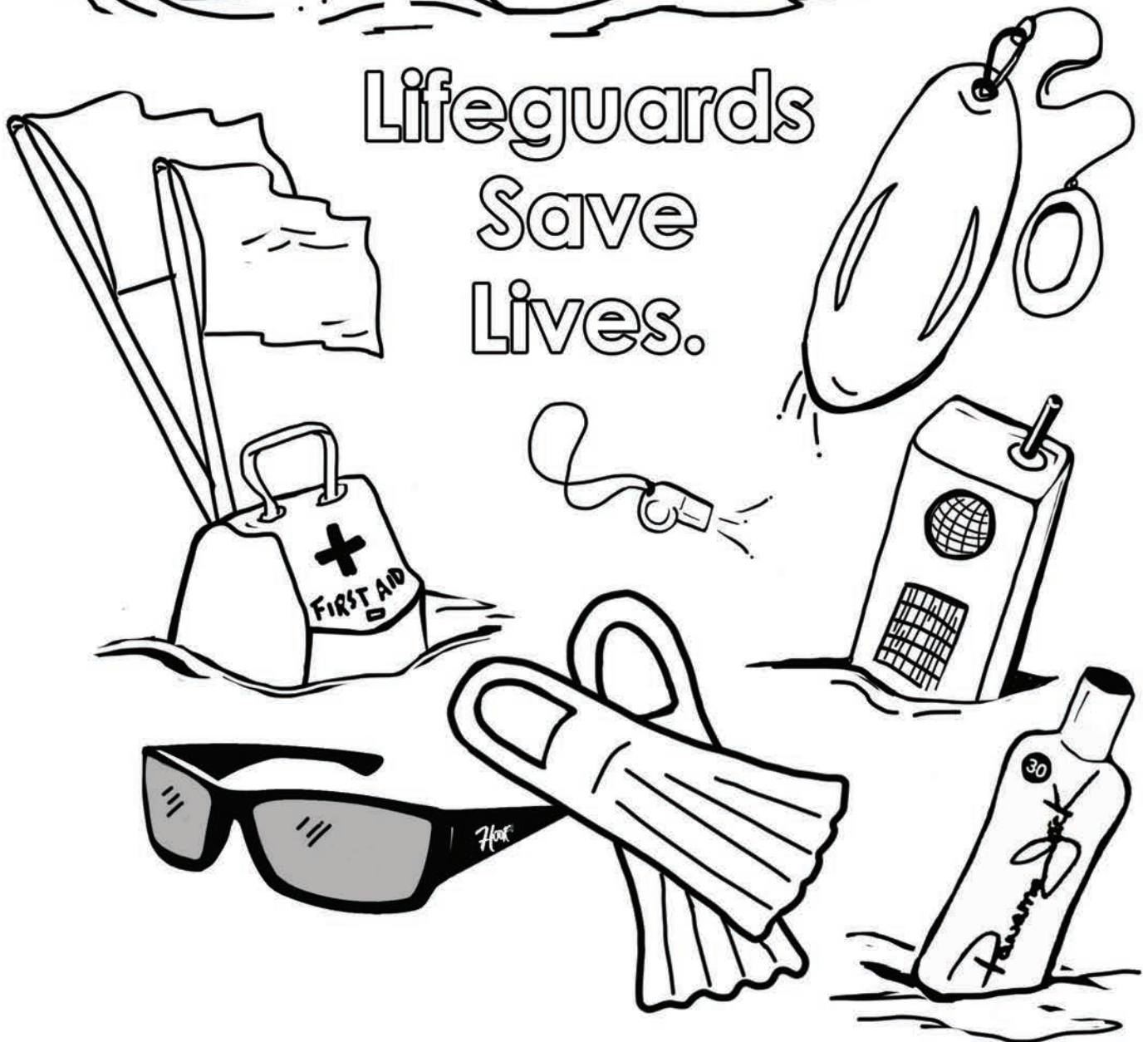
Remember to drink lots of liquids even if you are not thirsty. Dehydration can be a serious problem, so drink plenty of liquids. **Water is best.**



Lifeguards are trained in first responder skills and surf rescue. They use many kinds of rescue equipment.



Lifeguards  
Save  
Lives.



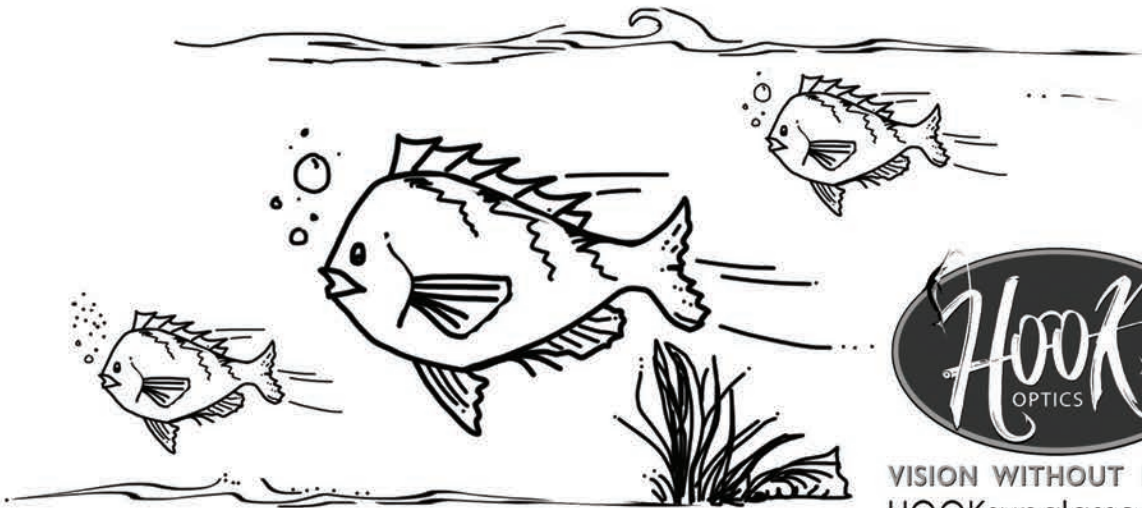


Lifeguards wear Hook Optics sunglasses to protect their eyes from harmful UV rays. Hook Optics high quality polarized lenses by Zeiss give them better vision to keep an eye on you!



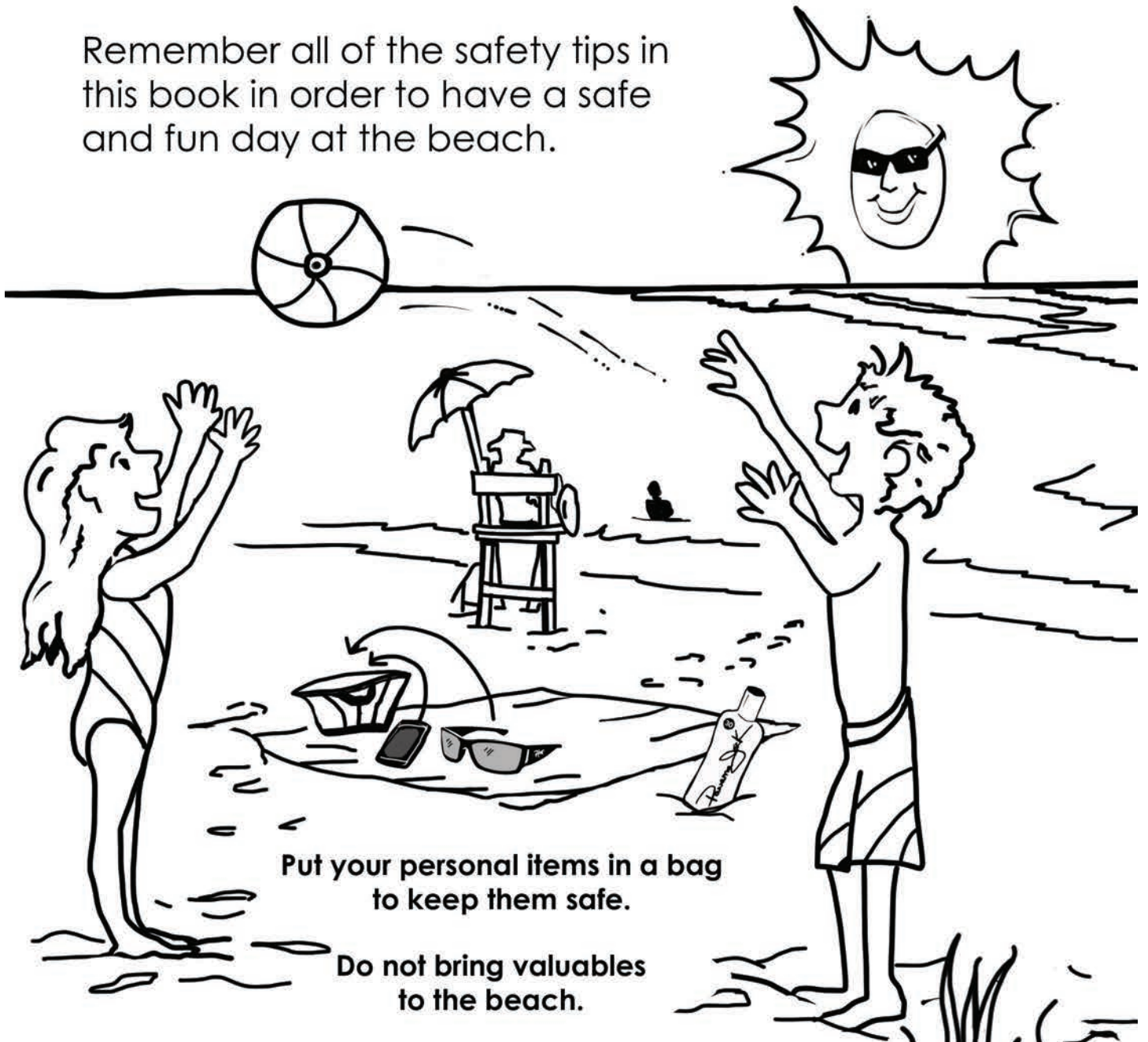
For the safety of swimmers, some lifeguards patrol the ocean using rescue watercrafts.

Did you know that wearing Hook Optics polarized sunglasses also reduce the glare on the water making it possible for you to see fish swimming in the water ?



VISION WITHOUT LIMITS  
[HOOKsunglasses.com](http://HOOKsunglasses.com)

Remember all of the safety tips in this book in order to have a safe and fun day at the beach.



Put your personal items in a bag to keep them safe.

Do not bring valuables to the beach.

Don't wear your sunglasses in the water. If the waves knock you over, the ocean may take them.

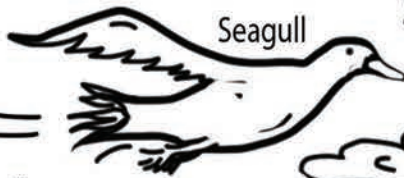
Play ball behind the lifeguards and away from other people on the beach. The back of the beach is usually the best place to play ball.







Keep your eyes out! You might see these things at the beach.



Seagull



Hook Optics  
Sunglasses

## Search and Find

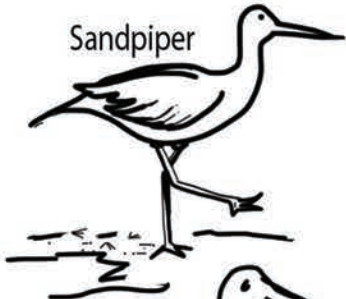
Find these pictures on other pages and write the page number where you see them.



Seal



Sea Ray



Sandpiper

Pelican p. _____	Fish p. _____
Seagull p. _____	Dolphin p. _____
Sandpiper p. _____	Sea Turtle p. _____
Seal p. _____	Ghost Crab p. _____
Blue Crab p. _____	Jellyfish p. _____
Shell p. _____	Sea Ray p. _____
Horseshoe Crab p. _____	
Hook Optics Sunglasses p. _____	



Pelican

Horseshoe  
Crab

## Can You Find Them?



Shell

Dolphin

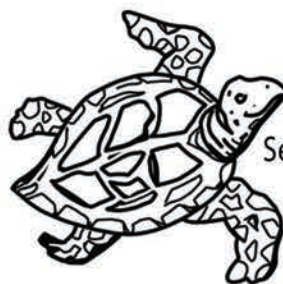
Sea Turtle

Blue Crab

Fish

Jellyfish

Ghost Crab







## Ocean City Beach Patrol Safety Tips

By following these safety tips, you and your family can enjoy a fun and safe day at the beach.

- Learn to swim.
- Never swim alone and always swim when the lifeguards (Surf Rescue Technicians- SRTs) are on duty 10:00– 5:30.
- Ask the lifeguard/SRT about water conditions.
- Do not go on the beach if you see lightning or hear thunder.
- Stay away from the big waves that crash directly onto the shore.
- Never dive head first into the waves. And never jump or dive into the water from a pier or rock jetty. **Feet First, First Time.**
- Keep your arms out in front of you when body boarding or bodysurfing.
- If caught in a rip current, swim parallel to the shore until you are out of the rip current. Then swim at an angle away from the rip current toward the shore. Remember **R = Relax, I = "I need help!" P = Swim Parallel R I P**
- If you are in trouble, call or wave for help. If you see someone else in trouble, tell the SRT right away.
- Never dig holes that are deeper than the knees of the smallest person around.
- Remember to apply sunscreen (SPF 30 or greater) before going outdoors and don't forget to reapply sunscreen every two hours or more frequently; especially if swimming.
- Be sure to drink plenty of water to remain hydrated while out in the hot sun.
- Never drink alcohol or use drugs that are not prescribed for you. They could alter your ability to make smart decisions.



# Teaching Activities and Safety tips to go along with Coloring Pages



## **Page 1: Going to the beach should be fun and safe.**

**Activity:** Understanding the ocean is very important—the more you know about how waves, wind and tides affect conditions in the water, the better able you are to keep yourself safe, or even to warn others away from danger. Recognizing danger signs and awareness of surf conditions is an essential way to keep yourself, family and friends safe. Have your child identify any potential dangers at the beginning of each beach outing.

**Page 2: Learn to Swim**—The best water safety advice we can give is to learn to swim properly. Lessons are available from the American Red Cross, YMCA, community school programs and many local pools.

**Activity:** If you are a weak swimmer or don't know how to swim at all, enroll in a swimming class today!

## **Page 3: Swim with a friend and only when a lifeguard is on duty.**

**Activity:** Talk about why there should be a grown-up present to supervise swimmers. The adult who is supervising should be watching the swimmer, not reading a book or snoozing.

**Page 4: Adopt Your Beach Program**—To find out more information visit: [www.oceancity-surfclub.org](http://www.oceancity-surfclub.org)

## **Page 5: Go to the nearest lifeguard stand if you are lost.**

**Activity:** Introduce yourself to the lifeguard at your beach. Getting children familiar with the lifeguards will make it easier for them to approach a lifeguard if they need help. Lifeguards hold safety seminars on Sundays at 11:00 on the beach and are available at the Life Saving Station Museum at the Inlet every Tuesday at 11:00 a.m. to teach about the Beach Patrol and inform the public about beach safety.

## **Page 6: Leave the beach if you hear thunder or see lightening.**

**Activity:** Explain to children that The Ocean City Beach Patrol is in constant contact with the weather service and is aware of the current weather situation at all times. There are many documented cases throughout the country of people being hit by lightning while the sun is shining (called a bolt from the blue). The Beach Patrol is not only in constant contact with the weather service but they have constant communication with each other up and down the beach as well. The Beach Patrol's primary concern is your safety and will clear the beaches if they are not safe. There have been at least ten documented cases of people who have been struck by lightning while on the beach (not in the water) and several have been killed in the past 35 years on Ocean City beaches. While vacationing on the beaches in OC you may or may not notice the lifeguards communicating with each other but please heed their warnings and leave the beach if asked to do so even if you do not see lightening. Due to constant monitoring of the weather and their communication systems, they are aware of dangers that you might not be able to see. Beaches are among the most vulnerable places to be during an electrical storm according to weather researchers.

## **Page 7: Never dive into waters of unknown depth. Diving headfirst can result in serious injury.**

**Activity:** Talk about why diving is dangerous. Explain how most beach-related neck and back injuries are caused by the tremendous strength of the ocean's waves forcing a person's neck and back into harmful, unnatural positions. **FEET FIRST, FIRST TIME.**

## **Page 8: Stay away from the big waves that crash on the shore.**

**Activity:** Learn about shorebreak. Ask your lifeguard if there is any danger of shore break throughout the day.





**Page 9: Keep your hands out in front of you when bodyboarding or bodysurfing.**

**Activity:** Show children the proper technique. Ask them if they could teach someone else the proper technique and explain how it will protect their head and neck.

**Page 10: Surfing Beach** — Visit our website to see where the rotating surfing beaches are each day [www.oceancitymd.gov/ocbp](http://www.oceancitymd.gov/ocbp) . Take your child to visit the surfing beach and talk to our surf beach facilitators. They can tell you more about the surfing beaches and the job of a surf beach facilitator.

**Page 11: Surf into Integrity** — To learn more about this organization or become a member visit their webpage: [ocsurfclub.org](http://ocsurfclub.org)

**Page 12: Swim parallel to shore if caught in a rip current.**

**Activity:** Draw what a rip current looks like in the sand. Explain how 80% of all beach rescues are related to rip currents. Show how a rip current is a channel of water that flows away from the shore. Rip currents often form at breaks in sandbars and near jetties and piers. They can be narrow or more than 50 yards wide. Rip currents are common and can be found on many beaches. Always ask a lifeguard about water conditions.

**Page 13: Digging Holes:** Ask your child if they can tell you how deep they can dig a hole on the beach. You can also introduce your child to the lifeguard. Ask them about the knee deep rule. They are happy to give more information and tell you about beach safety.

**Page 14: Obey all laws and ordinances.**

**Activity:** Know the laws and ordinances. The ones that pertain to the beach are located on the back of each lifeguard stand.

**Page 15: If you see someone in trouble tell the lifeguard right away.**

**Activity:** Lifeguards are highly trained individuals that constantly scan their area while on duty. If you spot someone in trouble never hesitate to inform the lifeguard.

**Page 16: Always apply sunscreen before outdoor activity.**

**Activity:** Reduce your risk of sunburn and more importantly, skin cancer. Apply sunscreen with a minimum of SPF 30 a half hour before going outdoors. If you are going to be in the water make sure your sunscreen is waterproof. Reapply sunscreen every two hours or more frequently if you are swimming.

**Page 17: Always be prepared when going to the beach and bring water** —Lifeguards often freeze bottles of water from which they can drink throughout the day.

**Page 18: If you need help go to the lifeguard.** Lifeguards are trained in first responder skills so if you need help go to the lifeguard.

**Activity:** See how many pieces of rescue equipment you can spot at your beach.

**Page 19: Wear polarized sunglasses to protect your eyes.** Lifeguards wear polarized sunglasses to protect their eyes while they patrol the ocean with personal watercraft.

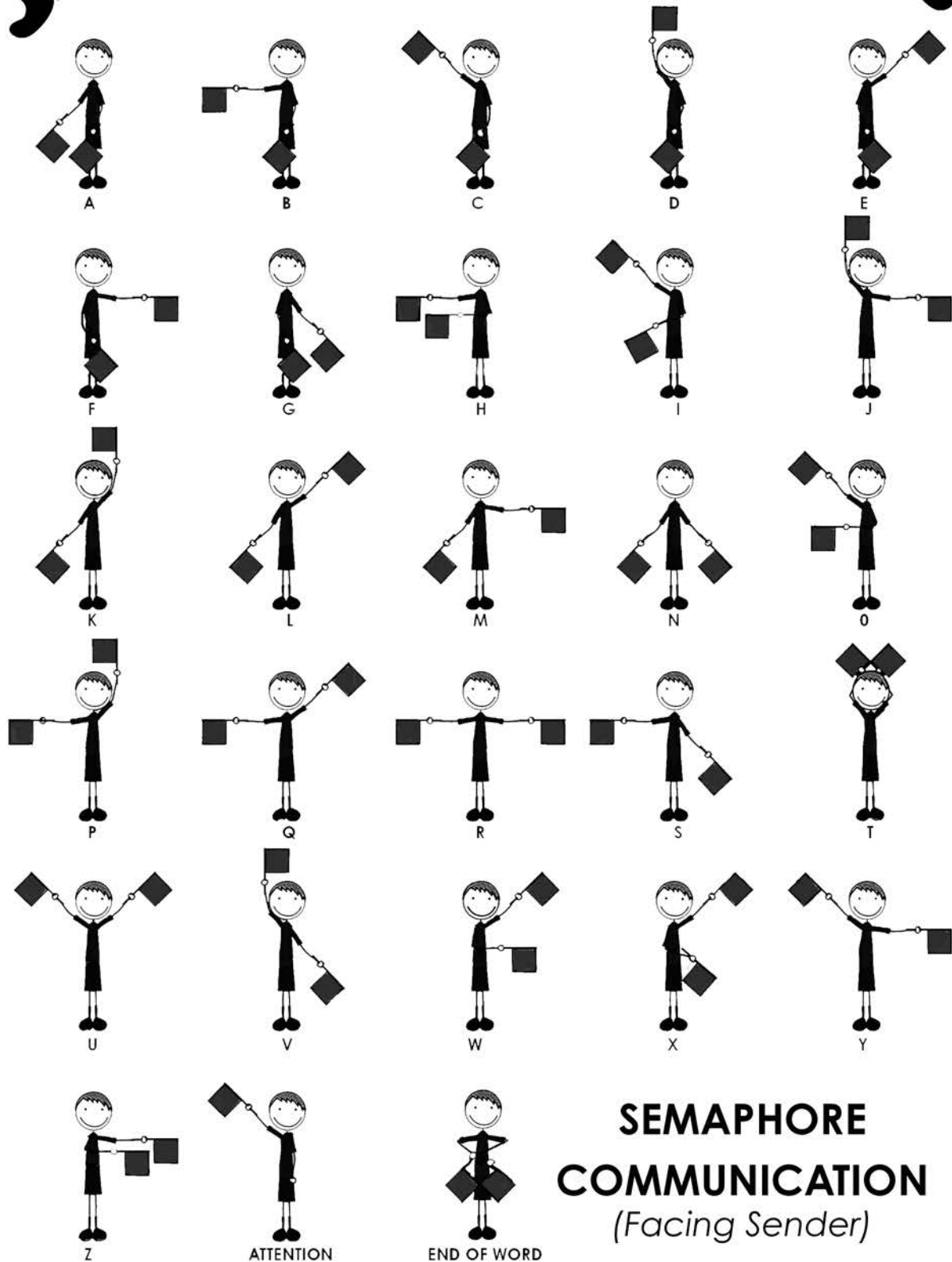
**Activity:** How many people around you are protecting their eyes by wearing sunglasses?

**Page 20: Remember "Safety Tips" will help you to have a fun safe time at the beach.**

**Activity:** Go over the safety tips, on page 22, often before visiting the beach for the day. See how many your child can memorize.



**KEEP YOUR FEET IN THE SAND,  
UNTIL THE LIFEGUARD'S IN THE SAND!**



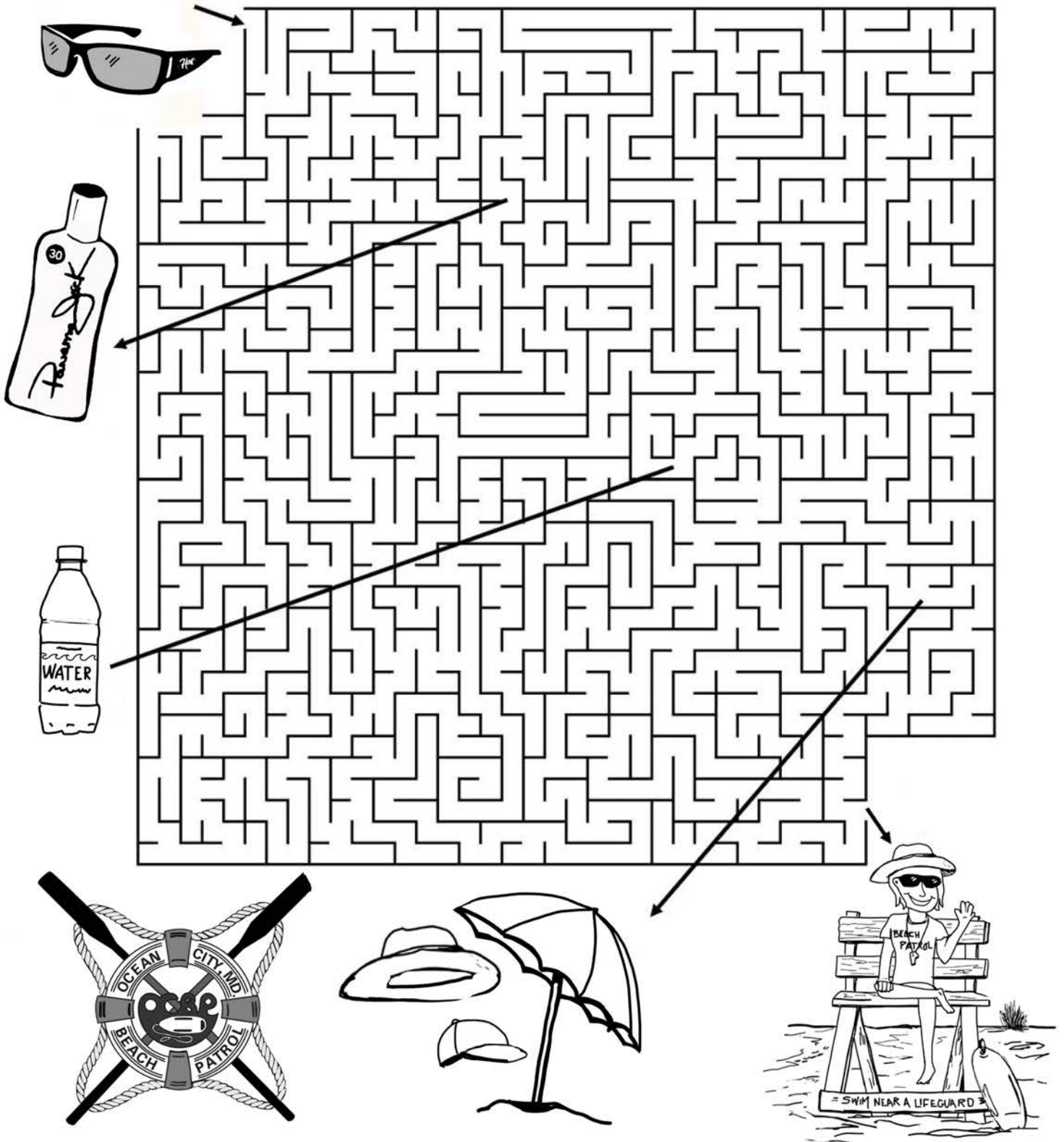
**SEMAPHORE  
COMMUNICATION**  
*(Facing Sender)*

[www.oceancitymd.gov/ocbp](http://www.oceancitymd.gov/ocbp)

Email: [ocbp@oceancitymd.gov](mailto:ocbp@oceancitymd.gov)

# BEACH SAFETY MAZE

A few hints have been placed to lead you towards a safe, fun filled day at the beach. On your way to the beach don't forget to wear your polarized sunglasses, apply sunscreen, drink plenty of water, shade yourself from the sun and check in with the closest lifeguard upon arrival. Have a safe and fun filled day at the beach.







# OCEAN CITY SURF CLUB EST. 2014

## JOIN THE OCEAN CITY SURF CLUB'S YOUTH PATROL

*If you are between the ages of 7 - 17, you can join OC Surf Club today!*

Have fun, learn, help with club activities  
and earn School Service  
Learning Hours!

Have a fun, safe day  
at the beach by  
following the rules  
in this water  
& beach  
safety book.

Sign up now at  
[ocsurfclub.org](http://ocsurfclub.org)

Leave only your  
footprints in the  
sand!

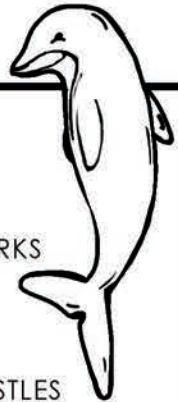
Throw Trash  
Away.

Bobby and Ringo only swim when lifeguards  
are on duty. They always swim with a buddy.

Draw a  
beach  
scene  
of your  
own by  
including  
the items  
in the  
word  
find.

D	S	I	Q	M	J	L	C	A	H	G	N	Z	G	S
S	I	E	S	E	L	T	S	A	C	D	N	A	S	E
D	G	R	S	Q	R	W	T	U	F	O	C	L	K	O
P	K	A	L	S	H	U	V	Y	T	E	F	A	S	H
N	E	R	L	I	A	X	L	G	P	A	S	L	G	S
X	I	D	S	F	P	L	U	E	Z	D	K	S	W	I
P	Z	T	P	R	S	X	G	Q	S	S	R	E	U	U
C	L	C	E	U	S	L	C	N	L	T	A	A	S	D
E	I	T	J	M	M	L	Z	L	U	W	M	L	W	U
K	A	B	G	A	U	B	E	V	H	S	D	I	I	E
W	S	X	O	U	T	H	R	K	M	Z	N	F	M	P
A	M	S	U	N	S	C	R	E	E	N	A	E	W	W
R	H	B	E	A	C	H	G	G	L	F	L	A	M	S
M	Q	Q	E	E	M	Q	W	I	B	L	D	Y	Q	N
S	K	S	T	T	L	M	D	H	Y	M	A	R	F	Z

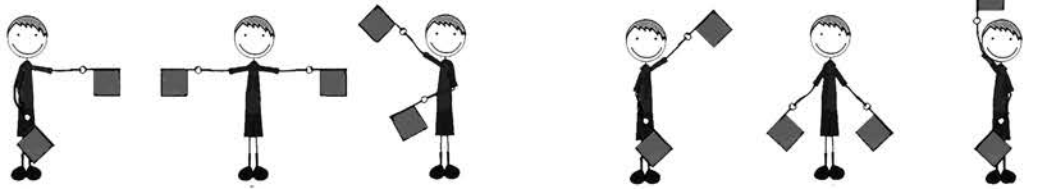
BEACH  
FLAGS  
HAT  
LANDMARKS  
RIP  
RULES  
SAFETY  
SANDCASTLES  
SEALIFE  
SEASHELLS  
SHOES  
SUNGLASSES  
SUNSCREEN  
SWIM  
UMBRELLA  
WATER  
WHISTLE



# UNLOCK THE CODE

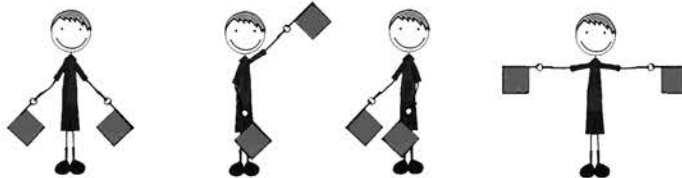
OCBP Lifeguards use semaphore to communicate. Figure out the water safety tips with semaphore. Write the letter on the line below to complete the safety tips.

**SWIM WITH A**



\_\_\_\_\_

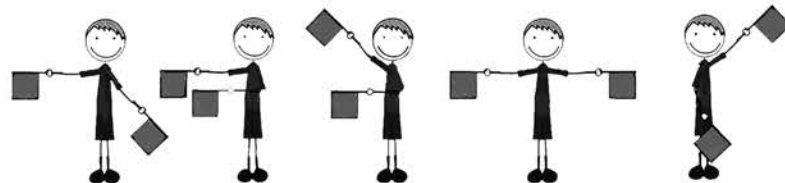
 **NEVER ALONE**



**SWIM**

\_\_\_\_\_

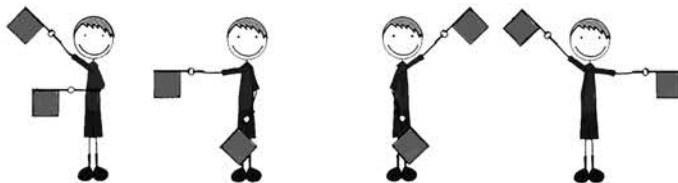
**A LIFEGUARD**



**NEVER DIVE HEADFIRST INTO**

\_\_\_\_\_

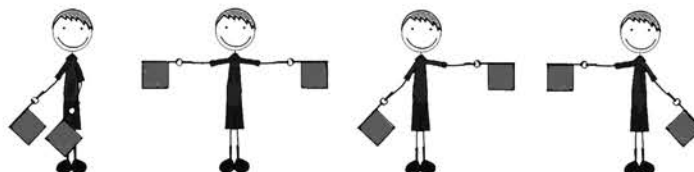
**BREAK**



\_\_\_\_\_ **THE LIFEGUARD**



**WHEN BOOGIE BOARDING, KEEP YOUR**



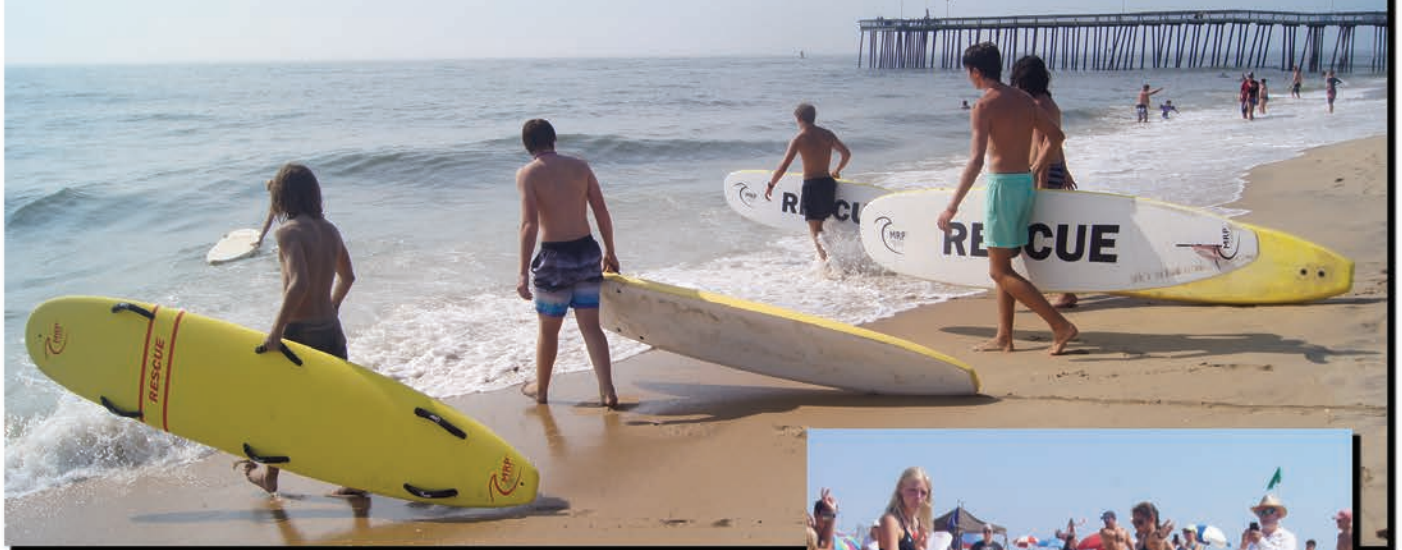
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**OUT IN FRONT OF YOU**





# BE A PART OF OUR FUTURE



## DID YOU KNOW?

**If you're between the ages of 10-17 you can join the Junior Beach Patrol Program today.**

The OCBP offers a Junior Beach Patrol program each summer to individuals ages 10-17. Once enrolled, they have the opportunity to experience the training and daily routine of real "Surf Rescue Technicians" (SRTs). The program models itself after the training, workouts, duties, and responsibilities of the SRT and focuses on the development of skills associated with the enjoyable and safe use of the beach environment. It is designed to instruct boys and girls in the skills and techniques of beach safety, water safety, surf rescue and physical fitness. Registration for these programs begins in early March each year and, depending on availability, registration can occur up until the day the program begins. Many lifeguards/SRTs made their start in lifesaving in the Junior Beach Patrol. This is a 4-day program offered each week beginning in July through mid August. There is also a one afternoon introductory camp offered on Thursdays. It is a great way for parents and children to enjoy a day at the beach. Parents can stake out their spot on the beach for the day and sit back and relax and enjoy watching their children experience the Junior Beach Patrol program.



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



**For more information on the OCBP Junior Beach Patrol, follow the link on the Beach Patrol's main web page or call Recreation and Parks Department at (410) 250-0125.**







# Get to Know Your Beach Patrol

## An Organization Dedicated to a Safe & Enjoyable Beach Environment for You



The Ocean City Beach Patrol is a division of Emergency Services. The OCBP consists of over 200 men and women dedicated to ocean rescue and maintaining a safe and orderly environment along the 10 miles of Ocean City's beautiful beaches. We invite you to learn more about the OCBP and what it is like to be a member of this professional organization. We hope this information will assist you in understanding the operations of our division and our efforts to keep the guests that visit here safe. SRT stands for Surf Rescue Technician (Lifeguard). This is the title earned by the men and women who have demonstrated competency in the techniques and skills required for surf rescue.

The SRT's duties include educating the public, warning swimmers of potential danger, rescuing distressed swimmers, responding to emergency situations, administering first aid, reuniting lost and found individuals, enforcing city ordinances, and other duties as assigned. The Beach Patrol is on duty every day from 10:00 am to 5:30 pm starting the Saturday of Memorial Day weekend and continuing 7 days a week through the third Sunday after Labor Day. After Labor Day, the Beach Patrol begins implementation of the Fall coverage scheme which extends to Columbus Day. Fall coverage brings changes to standard operating procedures as well as placement of guard stands along the beach. Surf Rescue Technicians will be on duty between the hours of 10:00 am and 5:30 pm. After guard stands have been removed from the beach, you may continue to enjoy the beach but we ask you to stay out of the water until the Beach Patrol is back on duty next Memorial Day. **"Never swim when Surf Rescue Technicians are not sitting in the lifeguard stands."**

***The mission of the Ocean City Beach Patrol is to provide for the safety and well-being of the beach patrons of the Town of Ocean City, Maryland, who participate in beach and ocean-related activities. This mission includes educating the public, preventing potential accidents, and intervening when necessary and appropriate, both on the beach and in the adjacent Atlantic Ocean waters. The Patrol intends to fulfill its mission by:***

- Recruiting the most highly qualified candidates.
- Employing qualified individuals for administrative and educational positions, competent surf rescue technicians, and public-minded surfing beach facilitators.
- Training personnel with the most current information, technology and equipment.
- Outfitting personnel with current, well maintained, and appropriate equipment.
- Upholding the highest standards of professionalism; to present knowledgeable, capable, and reliable Surf Rescue.



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**Become a member  
and learn more:  
[ocsurfclub.org](http://ocsurfclub.org)**



[oceancitymd.gov/ocbp](http://oceancitymd.gov/ocbp) | (410) 289-7556  
OCBP Headquarters 109 Talbot Street OCMD 21842



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until the lifeguard's in the stand!**

