



OCEAN CITY BEACH PATROL

WEEKLY BULLETIN

Week of Monday, July 10, 2023 - Monday, July 17, 2023

Monday, July 10, 2023

- 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: 08:15hrs- REQUIRED TO PASS PROBATIONARY STAGE
CREW MEETING: 08:30hrs (Turn in individual stats, get schedule, and assignments, and information from Crew Chief)
OFFICERS' MEETING: 08:30hrs
USLA ANNOUNCEMENTS: 08:45hrs
GENERAL MEETING: 08:50hrs
LIEUTENANTS' MEETING: 09:45hrs

OCBPSRA Certification: Next SRTI & SRT II starts July 25th, JET DRIVE – This Friday

Work-out: Run Day - Crew Chief determines specific workouts

Surfing Beaches: Inlet OPEN / 16th Street / 84th Street

Tides: High: 2:28:00 PM
 Low: 8:08:00 AM

Special Events: Movies on the Beach- Hotel Transylvania – 27th Street

Beach Weddings: 59th St. 1800, 60th St.1900

Beach Bonfires: 30th,101st,115th,133rd,136th,140th,142nd

SRT Name	MON	TUE	WED	THU	FRI	SAT	SUN	Crew #
	7/10/2023	7/11/2023	7/12/2023	7/13/2023	7/14/2023	7/15/2023	7/16/2023	
Daily Assignment								Totals
Rescues								
Preventative Actions								
First Aids								
Smoking Enforcement								

Tuesday, July 11, 2023 – OIC Lt. Stone

OCBPSRA Certification: Next SRTI & SRT II starts July 25th, JET DRIVE – This Friday

JBP Academy 1: Day 1- 08:00hrs to 11:30hrs (Instructors report at 07:30hrs)

Work-out: Swim Day - Crew Chief determines specific workouts

Surfing Beaches: Inlet OPEN / 14th Street / 82nd Street

Tides: High: 3:31:00 PM
 Low: 9:00:00 AM

Special Events: Lifesaving Museum-10am, Floor Hockey-Northside Park-19:30

Beach Weddings: None

Beach Bonfires: 41st,69th,88th,110th, 112th,115th,117th,119th,120th,125th,132nd,138th

OCBP Floor Hockey!
 Tuesdays, July, 11th,18th
 August 1st, 8th, & 15th

Northside Park- 19:30hrs \$5.00

Wear Your Athletic Shoes. No Blades



Contact Sgt. Weingard
for more details.



Wednesday, July 12, 2023

OCBPSRA Certification: Next SRTI & SRT II starts July 25th, JET DRIVE – This Friday

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

Work-out: Run Day - Crew Chief determines specific workouts

Surfing Beaches: Inlet OPEN / 12th Street / 80th Street

Tides: High: 4:30:00 PM

Low: 9:53:00 AM

Special Events: Movies on the Beach- Puss in Boots – 118th-Carousel

Beach Weddings: None

Beach Bonfires: 40th,44th,87th,90th,94th,107th,115th,120th,135th

Thursday, July 13, 2023

OCBPSRA Certification: Next SRTI & SRT II starts July 25th, JET DRIVE – This Friday

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

JBP One-Day Clinic: 13:00hrs- 16:30hrs- Tell the kids on your beach so they can register for the clinic!

Work-out: Swim Day - Crew Chief determines specific workouts

Surfing Beaches: Inlet OPEN / 10th Street / 78th Street

Tides: High: 5:23:00 PM

Low: 10:45:00 AM

Special Events: Berlin Education Station Safety Presentation-N. Division St, Sgt Phillips available for equipment needs/issues 1730-1830

Beach Weddings: 59th St. 18:00 and 19:30

Beach Bonfires: 30th,67th,78th,95th,120th

Friday, July 14, 2023

OCBPSRA Certification: JET DRIVE Certification / Recertification 1815hrs

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

Work-out: Run Day - Crew Chief determines specific workouts

Surfing Beaches: Inlet OPEN / 8th Street / 76th Street

Tides: High: 6:12:00 PM

Low: 11:37:00 AM

Special Events: Fitness Fridays-0800-27th St.

Beach Weddings: None

Beach Bonfires: 93rd,138th

Saturday, July 15, 2023

OCBPSRA Certification: Next SRTI & SRT II starts July 25th

Work-out: Swim Day - Crew Chief determines specific workouts

Surfing Beaches: Inlet CLOSED / 6th Street / 74th Street

Tides: High: 6:57:00 PM

Low: 12:26:00 PM

Special Events: OC Swim-10:00-17:30- Caroline St-146th

Beach Weddings: 59th St. 1730 and 70th St. 18:30

Beach Bonfires: 63rd,127th,133rd,139th

JBP One Day Clinic
Thursday afternoons
July 13, 20, 27,
August 3, 10, 17
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. Pass out recruitment cards too!



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

Fitness Fridays
0800hrs
27th Street
See Sgt. Wagner for info or join the Competition Group Me



Sunday, July 16, 2023-End of Pay Period

OCBPSRA Certification: Next SRTI & SRT II starts July 25th

Work-out: Run Day - Crew Chief determines specific workouts

Surfing Beaches: Inlet CLOSED / 4th Street / 72nd Street

Tides: High: 7:41:00 PM

Low: 1:11:00 PM

Special Events: None

Beach Weddings: None

Beach Bonfires: 69th, 78th, 90th, 107th, 126th, 145th

Monday, July 17, 2023

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: 08:15hrs - REQUIRED TO PASS PROBATIONARY STAGE

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

OFFICERS' MEETING: 08:30hrs

USLA ANNOUNCEMENTS: 08:45hrs

GENERAL MEETING: 08:50hrs

LIEUTENANTS' MEETING: 09:45hrs

OCBPSRA Certification: Next SRTI & SRT II starts July 25th

Work-out: Swim Day - Crew Chief determines specific workouts

Surfing Beaches: Inlet OPEN / 2nd Street / 70th Street

Tides: High: 7:52:00 AM


Low: 1:54:00 PM

Special Events: Movies on the Beach- Encanto – 27th St.

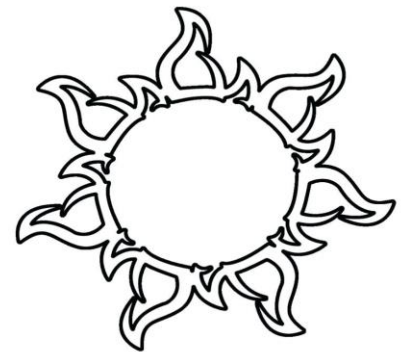
Beach Weddings: None

Beach Bonfires: 32nd, 75th, 81st, 88th, 98th, 116th, 121st, 138th

Please Note!



**Completed stats are due each Monday by 18:00hrs
Crew member names for new week are to be added by 18:00hrs on Tuesday**



<u>Stats.</u>	<u>Week 6</u> 6/26/23 to 7/2/23	<u>Week 6</u> 6/27/22 to7/3/22	<u>Week 6</u> 6/28/21 to 7/4/21
Action			
Preventions	14759	6737	15971
Rescues	442	98	343
Minor First Aid	140	102	251
Ambulance Calls	15	2	18
Police Calls	3	0	5
USCG/MDNRP	1	0	0
Lost/Found Persons	39	18	51
N. Surf Beach Population	19	51	NA
S. Surf Beach Population	255	192	NA
Inlet Surf Beach Population	113	15	NA
Beach Wheelchair Usage	33	12	31
Smoking Enforcement	380	235	892



The Owners of Talbot Street Watersports will allow any Beach Patrol Employee with an ID to pay the "Senior" price, for any or their attractions.

UPCOMING 2023 BEACH PATROL EVENTS

July 14	Jet Drive Certification and Re - Certification 18:15 Headquarters
July 14	Fitness Friday – 0800 - 27 th St.
July 21	Pay Day
July 21	Fitness Friday - 0800 - 27 th St.
July 25	One Mile Run SRA II Basic - 0800 - 70 th St.
July 25	Two Mile Run & Managing Personnel SRA III Advanced – 0800 - Dorchester St.
July 26	Fins and Landline SRA II Basic - 0800 - 70 th St.
July 26	Quad Recert-SRA III Advanced - 1800 – Last chance to renew
July 27	Rescue Board SRA II Basic - 0800 - 70 th St.
July 27	Run/Swim/Run and Evaluating Personnel-SRA III Advanced – 0800 - Dorchester St.
July 28	One Mile Swim - SRA II Basic - 0800-70 th St.
July 28	200M Sprint and Operational Management – 0800 - Dorchester St.
July 28	Fitness Friday – 0800 - 27 th St.
July 29	Crew Competition
Aug 4	Pay Day
Aug 8	One Mile Run - SRA II Basic--0800-DorchesterSt.
Aug 9	Rescue Board - SRA II Basic-0800 Dorchester St.
Aug 9	PEPSE 1 - 0900 - Dorchester St.
Aug 10	One Mile Swim - SRA II Basic-0800 Dorchester St.
Aug 11	Fins and Landline - SRA II Basic-0800 Dorchester St.
Aug 12	PEPSE 2 - 0900 - Dorchester St
Aug 19	PEPSE 3 - 0900 - Dorchester St.

Upcoming Town of Ocean City Special Events

OC Swim	July 15	1000-1730hrs	Caroline St-146 th
USSSA	July 18	Daily	Caroline Streets

SRT II Basic (round 2)

MUST BE OFF PROBATION

**** All events will be held at 70th St. and the Beach beginning at 08:00 ****

July 25 ... One Mile Run
 July 26 ... Fins & Landline
 July 27 ... Rescue Board
 July 28 ... One Mile Swim – NOTE: Capt. Craig Swim can substitute for this requirement. Registration and payment required.
 Other Requirements: 100 days worked after probation, NIMS IS-100, IS-200, IS-700, & IS-800

SRT III Advanced (round 2)

**** All events (except quad cert) will be held at Dorchester St. and the Beach beginning at 08:00 ****

July 25 ... Two Mile Run & Managing Personnel
 July 26 ... Quad Recert (18:00)
 July 27 ... Run/Swim/Run & Evaluating Personnel
 July 28 ... 200 M Sprint & Operational Management

Other Requirements: 200 days worked after probation, Assist with Rookie Graduation, Communications Training (set up w/ Lt. Stone), Successful ACC Appointment

SRT II Basic (round 3)

MUST BE OFF PROBATION

**** All events will be held at Dorchester St. and the Beach beginning at 08:00 ****

August 8 ... One Mile Run
 August 9 ... Rescue Board
 August 10 ... One Mile Swim – NOTE: Capt. Craig Swim can substitute for this requirement. Registration and payment required.
 August 11 ... Fins & Landline
 Other Requirements: 100 days worked after probation, NIMS IS-100, IS-200, IS-700, & IS-800



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



2023-2024 OCBP Testing Opportunities
Pre-Employment Physical Skills Evaluation (testing) for the 2024 Season

August 9, 2023 (Wednesday) - Ocean City, MD
August 12, 2023 (Saturday) - Ocean City, MD
August 19, 2023 (Saturday) - Ocean City, MD
November 2023 (Saturday) Vanier/McGill - Montreal Canada
March - April 2024 (Sunday) - Salisbury University, Salisbury Maryland
March-April 2024 (Sunday) - York College, York Pennsylvania
March-April 2024 (Sunday) - Richard A. Henson YMCA, Salisbury Maryland
March-April 2024 (Sunday) - Arundel Aquatics Center, Annapolis Maryland
April 2024 (Sunday) - Ocean Pines Sports Core Pool, Ocean Pines Maryland
June 1, 2024 (Saturday) - OCBP HQ Dorchester Street and the Beach, Ocean City Maryland

Dead Radio Procedure

If a radio on the beach fails, the radio operator will send the semaphore message "Crew XX radio dead" in both directions.

This message should be passed along by each SRT in the stands until it reaches the next radio operator, who will notify the area supervisor of the situation.

Radios can fail for a variety of reasons, but most common is battery failure. If a battery is not charging or not lasting the whole day, ask the duty officer for a replacement battery. We have them in stock.



USLA/OCBP 2023 COMPETITION SCHEDULE

July 2023

July 12 - USLA Mid Atlantic Regionals- Rehoboth, DE
July 17 - Dewey
July 19 - USLA Mid Atlantic Regionals- Crafts Long Beach, NJ
July 24 - Bethany Beach
July 25 - USLA Mid Atlantic Junior Guard Regionals – Cape May, NJ
July 27 - Rehoboth Lifeguard Olympics

August 2023

Aug 2 - Lido Beach, NY-All Women's
Aug 3 - Middlesex
Aug 7 - Rehoboth Beach Jr Lifeguards
Aug 10-12 - USLA Nationals-Virginia Beach, VA

OCBP offers safe, fun, inclusive group bike rides several times a week. Most group rides are Tues/Thurs and leave at 6:30am. Location is TBD but usually departs from HQ. Depending on weather, some ride days may change. Road or triathlon bikes are welcome and the ride distance & pace will be adapted for the abilities of the group. Helmets are mandatory. Join the OCBP Strava Club, OCBP Group Rides page on Facebook, or the OCBP Group Bike Rides GroupMe, to stay updated on upcoming rides. Contact SGT Wagner, CC Siegel, or CC Zgorski for more info!



Congrats to OCBP for placing 3rd overall in the Delaware State Parks Competition!!



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From: Shaina
To: Butch Arbin
Subject: Lifeguard recognition

Thanks to the lifeguards Connor Lawrence and Blonde John on 62nd Street for treating me with first aid when I fell I really appreciate it the ocean city lifeguards are very supportive and caring and every year I come I feel safe. And know that they'll take good care of people on the beach like what happened yesterday

Name Chris

The lifeguard on station between 18th and 17th street July 1st was excellent. In a three hour stretch he must have jumped down off his chair at least 10 times. On duty and didn't miss a thing. Hard spot since there were two rip currents on either side of his chair. Just amazed at how hard he worked. I've been coming down here 48 years. I was a lifeguard when I was a kid and he is one of the best I've ever seen. I wish I knew his name but if you have it please give him an award. He deserves it.

Name Tim

Thank you, Jamie Falcon, for going above and beyond to help my daughter find her engagement ring lost on the beach. We can't thank you enough for finding Steve and his metal detector to come to the rescue. .



Name Gerard



I would like to send a compliment about lifeguard Nick at 135th street. Been watching Nick for the past 3 days and would like let you all know he has been very, very diligent for those days. You should be very proud of what I witnessed those days. Please let him know of this compliment!!!



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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, although, like an iceberg it actually extends below the surface. It loses speed and gains height as it approaches more shallow water depth such as a sandbar or the shallows that always exists at the shoreline. 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 (the portion below the surface) 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 4, 2019 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 update (from Hawaii) and 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. Because of the great successes with this technique, the "Maryland Institute for Emergency Medical Services Systems", recognized the Ocean City Beach Patrol with the "Outstanding EMS Program Award". Already this season we have received a letter from local emergency room staff, thanking us for the successful management and care of a 17-year-old male with a C7 burst fracture which not only saved his life but maintained his quality of life and did not leave him paralyzed. 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 all too often the result of witnessing our spinal stabilization technique first hand. Please, use your brain (think before you act) to protect your spine and think before diving or riding breaking waves on 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 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!

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.



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Meet the Lifeguard: ACC Ethan Ritter

Assistant Crew Chief (ACC) Ethan Ritter has been with the Beach Patrol for 4 years. He is the ACC of Crew 1 and sits the stands in the southern most area near the pier and OC Inlet. The ACC is a one season leadership training position and requires the SRT to attend specialized training, before being appointed and receive additional management and leadership training during the season. Ethan is a certified rescue Watercraft operator and may patrol on one of our Personal Water Crafts. In his spare time, he likes to go bowling and play the guitar. In the off season he attends West Virginia University where he is earning a degree in Health and Well-being.

ACC Ethan Ritter 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 Ethan, ask any of our Surf Rescue Technicians or visit our website at JoinBeachPatrol.com. We will start testing for next summer this August. We pay (\$18.44 / 2023 rate with a \$500 signing Bonus) while we train you in our Surf Rescue Training Academy where all certifications will be provided. It's never too late to join our team.



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