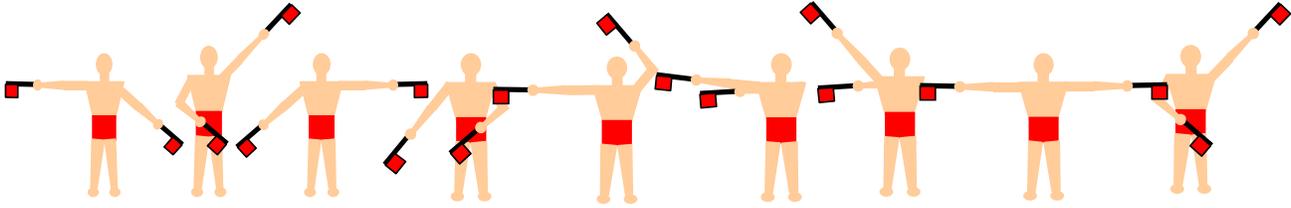


Ocean City Beach Patrol



Edition 67

Newsletter

Spring 2019



Over Eighty-five
Years of Saving
Lives

Maintain Your Role
in this Fantastic
Tradition!

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Message From the Captain

A Proud Tradition of Excellence and Significance

It seems that in today's world many people believe that pride and tradition are negative or outdated attributes. For our parents and grandparents, tradition was an important aspect of who they were, who they worked for, and what they did. However, if past tradition is all you rely on, it could be a negative. If there is a belief that we are still great just because we were once great, an organization might not adjust to changing circumstances - and is destined to be left behind. But, if the tradition is to constantly reassess, reevaluate and continually strive for excellence, then a sense of tradition can fuel an organization to greater accomplishments. It is this sense of tradition that continues to enable us to be the best Beach Patrol we can be. We have always had incredible individuals as part of the Patrol, but as an organization we are better than we have ever been and we continue to improve each season. I want to make it clear that we succeed not because of any one "Me," but because of the "We."

Pride in an organization or the company we work for makes a big difference in how we perform. I am just as proud to be a part of the Beach Patrol today as I was 47 years ago as a 15-year-old "Green Shirt." More importantly, I am proud of the people who I have worked with and those who I still have the privilege of working with today. Pride may be something we feel individually but it is contagious and draws others to us, which is why "you" are the Town of Ocean City's ambassadors and our greatest recruiters.

The pride we share in our organization is not the most important thing we gain through our time with the Patrol, it's the relationships that we develop. For the rest of your life you will enjoy your connection to an awesome group of individuals that were there for you, whether it was to cheer you during your test or to encourage you during that long "Indian Run"

during academy. These are the people who backed you up on rescues, worked their days off so you could "get off the island" and who stood beside you during your wedding. These men and women comforted you in times of need, and some have become your lifelong friends. You may not have had the chance to get close to someone you tested with or anyone from your academy, but after experiencing the "Greatest Adventure of Your Life" together, one may become your spouse, the best man at your wedding, or the godfather of your first-born.

We have a reunion coming up this October and there will be past Beach Patrol Members from as long ago as the 1940s as well as some who became Alumni in the 90s. They all have one thing in common: They are proud of their affiliation with the Beach Patrol and credit the Patrol with changing their life, and being a powerful influence in their success.

So what is so special about the Ocean City Beach Patrol? It is you, and the people you work alongside.

Excellence is what the Patrol demands of each of us and what we give to the organization. We consistently meet this demand each and every season. It may seem that this begins by our recruiting and testing process, but in reality it is the reputation that each of us live up to every day. The majority of people I interview during Pre-Employment Physical Skills Evaluations tell me that they have looked up to the lifeguard and Beach Patrol since they were small children visiting Ocean City. As a result, they come to us with high expectations. During the testing process they have a chance to experience the professionalism and camaraderie of our staff and understand our high expectations. The registration process and Surf Rescue Acad-



emy reinforce our attention to excellence and our high standards. Follow this with an evaluation process that is designed to provide feedback and a path to success for each employee, as well as our leadership development training. All of these factors afford us the opportunity to continue our tradition of excellence.

Significance, in contrast, is something you get from your affiliation with the Patrol and the tasks you perform on a daily basis. This is a powerful motivator but unfortunately is seldom found by many in their entire life. A life of significance is measured by what real impact we have on others and is characterized by investing in others. If you want to know what it feels like to be significant, just hand a small child that you just pulled from the ocean to their crying mom. For the rest of that family's life you will remain significant. Exhale your breath into the lifeless body of a husband who has fallen victim to a heart attack as his wife looks on helplessly. For the rest of that family's life you will remain significant. Go to work as an SRT and just do your job as hundreds watch your every move and have a little girl say, "Mommy, I want to be a lifeguard like her," and at the end of that day have 100% of those strangers on your beach leave safely. You have a job of significance and it feels incredible. As you move on to your off-season you realize that something is missing from your life, and you feel this incredible pull back to the job you love. What is missing is significance. Most people never know it. Once you have felt it you will constantly seek it. This is the key to our great success in retaining employees: We offer an opportunity for significance.

I have always said that my primary goal for the Ocean City Beach Patrol is to be the best in the world. Not because I believe that individually we are better than anyone else, but as an organization we function at the highest level on all important indicators. To our public we are their Beach Patrol and they appreciate what we do for them. If you save a life, return a lost child, or are just nice and approachable to a family, they are grateful and see you as someone very special and a positive Ocean City memory.

Never underestimate your importance in carrying on our "Proud Tradition of Excellence and Significance" and the impact you have on everyone who chooses to visit our beaches.

The tradition continues! BE A PART OF IT... and bring a friend along!

Invitations to Return Included with Spring Newsletter



Again this year, the Spring Newsletter mailing includes the official *Letters of Invitation* for returning employees and *Letters of Intent* for those who have qualified for a 2019 Surf Rescue Academy. Although, I have sent several e-mails asking for information through Google Docs, such as change of address, as well as dates of

availability, **responding to this mailing in writing is critical** if you wish to be employed this season. Make sure that you read everything carefully, because, there are several requirements for being hired or re-hired. Again this year, we are requiring official confirmation of your last day of full-time work to be returned with your Employment

Agreement. Employment agreements, *Letters of Intent* and **proof of last day** as well as the "CAD Employee Information Sheet", must be returned to Captain Arbin at his La Plata, Maryland address using the enclosed, pre-addressed stamped envelope, by Thursday, April 25, 2019. If your signed employment agreement is not received by the due date, you may not be given employment this season. We have an impressive group of rookies who are fully qualified and a number of "B" rated SRTs who are seeking a chance to return and I need to let these people know ASAP whether they have a position or not. Additionally, 40 candidates are registered for upcoming Pre-Employment Physical Skills Evaluations and more are registering each day, including several past employees who missed a year or two, and I need to determine how many openings we will have. We have also held interviews with 12 outstanding candidates for Surf Beach Facilitator positions and only employ 9 each season. Several are returning from last season. Don't let any of them take your position because you didn't bother to reply to this mailing. Please take the time to complete all paperwork accurately and be aware that your **availability will have an impact** on our ability to hire you this season. If you are interested in applying for a part-time position, or requesting a particular stand, or if you are seeking a promotion, you must indicate this on your *Employment Agreement*. Once your agreement is received, a second packet will be mailed to first time employees including information based on your responses to the first mailing, returning employees will receive additional information by e-mail. Also included with the second mailing or e-mail, will be directions to access and complete employment forms, that will be available on-line and must to be completed before reporting for registration and equipment issue.

REMINDER: Invitations are only sent to those employees who received a summative rating of "A" by the ratings review committee and the Lieutenants. Failure to receive an invitation because your summative rating was a "B", or an administrative B, does not mean that you will not be allowed to work in 2019 but rather places the responsibility on the employee to pursue re-employment by having a meeting or telephone conference to address the issues that resulted in the "B" rating. Although the issue or issues that resulted in the less-than-satisfactory summative rating may have been dealt with during the past season, they are not erased and do impact your employability. Employees who do not receive an invitation, but who wish to return to the Beach Patrol this season, must contact Captain Arbin by e-mail barbin@oceancitymd.gov to begin the process of discussing the conditions for a possible return. This is not a change in policy and has been explained to every employee, by me, personally.

Documentation of “Last Day” Working Requirements!

It is important that whether you are a first time Beach Patrol employee or are returning for your tenth year that you understand and provide official documentation of your last full time day of working. Examples of this would be a school calendar, letter of employment, travel documents, VISA termination date, etc (not a letter from your Mom). This documentation must be returned along with your employment agreement by Thursday, April 25, 2019 to be processed for employment this season. This information is critical as we make decisions about who we employ and how many potential openings may still exist for our June 1st Pre-Employment Physical Skills Evaluation. We have to work within a certain budget and can only hire a certain number of full-time employees. If an SRT has limited availability, then we may have to offer one of those positions to someone who can offer the most availability to fit the needs of the Beach Patrol. We are also looking for committed employees who make the greatest effort, and in some cases, the biggest sacrifice to serve the organization. This policy has been used successfully for several years with all personnel who applied for a part-time position as we required each applicant for part-time to commit to working a minimum number of days during our time of greatest need (“critical coverage” after August 18th), when the Beach Patrol starts to see a decrease in the number of full-time personnel. If you have ever guarded during the end of August or in September, then you appreciate our objective of keeping the maximum number of stands on the beach as long into our season as possible. Having the SRT next to you 300 yards away rather than 500 is much more comforting and adds to maintaining a safe environment for our visitors.

Another example of how we try and meet this objective is how we administer our June Pre-Employment Physical Skills Evaluation and target candidates with late season availability. For the June testing only, we require each candidate to complete a form that indicates how late into our season they will be available. If we have more candidates pass all phases of the testing than we have available openings then we will choose the candidates who have the greatest availability.

It is my responsibility to assure that the Beach Patrol is fulfilling its mission of keeping everyone safe on the beaches in Ocean City. To do this we need to be adequately staffed throughout the season. The Beach Patrol budget fully supports our mission and provides the funding to fill all positions. However, if we hire or re-hire someone who can only work from July 3rd through August 2nd we are choosing them over another person who may have availability through September 12th. We cannot ask this other person to just work from August 3rd through September 12th and it is fiscally irresponsible to over-hire (letting both work), just to allow someone to continue employment.

In short, we are asking each employee to give the Beach Patrol as many days of work as they can.

Start looking for your documentation today and make sure it is returned with your employment agreement.

NOTE: Watch for a conformation e-mail indicating that your paperwork was received and check that I indicated that you included the proper documentation of Last Day of Full Time employment.

Cowder Retires after 20 years

It is bittersweet to hang my buoy up after 20 years of service. Honestly, I would love to continue, but know that I must make a greater commitment to my career as a principal. That feeling of commitment most likely comes from the same place where I learned many other important characteristics and qualities of being a successful employee and a good leader...the Ocean City Beach Patrol.

I will never forget the challenge to try out (thanks Skip!) or placing the soles of my feet on the red painted footprints in the alleyway of the old building. I will never forget the countless rescues and emergencies, the crew competitions, or the excitement of testing new recruits that were almost too nervous to even run or swim. I will certainly never forget the feeling of going in surf that was questionably too dangerous or the feeling of reuniting a lost child with a hysterical parent. There is no way I will ever forget the trips to offsite tests (especially Frostburg) or hanging out of a helicopter over the water of Assateague Island. Most of all, however, is that I will never forget all of the relationships that I have formed over those two decades with people that I call more than co-workers. To me, they are friends and family.

Best of luck on the upcoming beach season!

Ryan Cowder



Captain’s Note: This is the hard part of the job for me. Watching our most talented move on, but it is also one of the proudest moments I get to experience. Watching Ryan test for the Patrol as a young rookie and then grow and mature before my eyes into the awesome Christian man, husband, father, teacher and now Principal of Berlin Intermediate school, is very rewarding. His contributions to the Patrol but more importantly to the growth of other Beach Patrol employees is his legacy. I will miss Ryan as an employee but will still have him as a friend.



Be Ready to Perform All Aspects of the SRT Position – It's Your Responsibility

Whenever you return to the beach to begin the season, you must be ready to perform all aspects of your duties, from day one. In 2012 we made 156

rescues Memorial Day weekend. This includes not only the skills that you have been trained to perform (CPR, neck-back, search and recovery, etc) but most importantly that you arrive in top physical condition. Although rookies will have to prove their fitness from the first day of Surf Rescue Academy, returning SRTs will not be evaluated physically until "Veteran Re-qualification/Re-certification". However, everyone must be ready physically by the time you get here.

Requalification and Recertification is a yearly responsibility for all Beach Patrol employees depending on your job description. For those of you who are returning for your third year or more, you have been through this before. However, for anyone who was a rookie last season this will be a new experience.

Requalification is required of all personnel who are primary assigned to a stand, which includes PSRTs through Crew Chiefs. Requalification requires meeting the minimum physical performance standard for both running and swimming. Rookies will re-qualify on the Saturday morning at the end of their Surf Rescue Academy, this is our assurance that, although you have already "passed" our test, you maintained your conditioning and skill level since you successfully passed all aspects of the Pre-Employment Physical Skills Evaluation. Crew Chiefs re-qualify on Saturday, June 22, 2019 just prior to SRA II's re-qualification. By having Crew Chiefs re-qualify separately from the regular SRTs, that will allow them to act as safety officers and instructors during the regular SRTs' "Veteran re-cert". We will also hold a separate Assistant Crew Chief Re-certification on Tuesday, June 25, 2019, so we can concentrate on topics that are pertinent to that specific position and the duties required. This change from Monday is based on feedback that the Assistant Crew Chief day needs to start earlier than 10:00 to accommodate the additional information that needs to be delivered.

Re-certification is the reviewing, updating, practicing and perfecting of all the skills required to perform your duties. Each year we emphasize some new skills while practicing those skills that we know are going to be necessary in the performance of your job. We will update and re-emphasize Beach Patrol policies, procedures and skills with the assistance of Crew



Chief instructors. Skills such as neck/back stabilization and extrication, search and recovery as well as "rips, rocks and rescues" are always part of the day and we will re-visit other job critical skills. We also update CPR and First Aid certifications on an alternating, yearly basis to assure that all employees are currently certified in both. This summer will be a First Aid review and a CPR/AED re-certification year.

The dates that have been established for this year's "Veteran re-certification" are Wednesday, June 26th – 29th, July 2nd, 3rd, 5th, 6th and July 13th (also Patrol group picture and Captain Craig Swim). These dates are very important if you are considering applying to work part-time this summer. You must agree to be available for a Requalification and Recertification day or you will not be considered.

Failing to Re-qualify or Re-certify are grounds for immediate suspension with possible termination and you will no longer be considered a current employee, which would mean starting over by passing a full test in a subsequent season. There is no reason or excuse not to be ready to perform the physical skills required of your position. This is usually not an issue, but you must train early and train hard.

SPECIAL NOTE TO RETURNING SRTs: If you failed to re-qualify last season on your first attempt, although you did re-qualify on a subsequent attempt, you will not be placed on payroll or be allowed to start work, until you have successfully requalified. This is also why you did not receive an invitation to return. Each person who this affects was sent a personal letter offering them a chance to requalify at one of our off-site PEPSEs. The first opportunity for you to requalify during the season will be, Saturday, May 25, 2019 at 10:00, along with SRA I. If you are not available or are unsuccessful, you will not be hired but may re-attempt re-qualifying on Saturday, June 1, 2019 during our final PEPSE test for new employees.

SPECIAL NOTE TO ROOKIES: Do not show up out of shape if you want to work for the Beach Patrol this season. You passed the testing and were offered an appointment to a Surf Rescue Academy, now it is time to increase your training program so you are ready for the challenges of working as a Surf Rescue Technician. Be ready both physically and mentally for long, exhausting days and nights. We will be emphasizing the physical challenges of performing all aspects of being a Surf Rescue Technician during your Surf Rescue Academy... BE READY!!!



Applicants for Assistant Crew Chief are Being Sought

The Beach Patrol is seeking Surf Rescue Technicians with Ocean City Beach Patrol Surf Rescue Association (OCBPSRA) SRT II certification to apply for leadership roles as Assistant Crew Chiefs. It is our intent to select Assistant Crew Chiefs prior to the start of the 2019 season. On Saturday, April 27, 2019 the selection committee will meet to review all applicants for the position and review each person's employment history and performance before making recommendations to the Captain. The position requires the appointed Surf Rescue Technician to switch crews if necessary, and to assume all the responsibilities of the Assistant Crew Chief position. Unwillingness to switch crews for an ACC position will certainly impact future opportunities. They will also be required to attend a training session, along with first and second year Crew Chiefs, scheduled for the evening of Sunday, May 26, 2019.

Serving successfully as an Assistant Crew Chief for a season is a requirement of OCBPSRA SRT III certification, which itself is a prerequisite for the Crew Chief position. The Assistant position provides the candidate pool from which future Crew Chief promotions are made.

There are 19 positions each season (18 crews in 2019 and SBF-ACC), and it is my desire to fill those slots with 19 first-time Assistant Crew Chiefs, whenever possible. However, if we do not have 19 qualified first-time candidates, we will choose former assistants that have applied. Therefore, if you are interested in being considered for an additional year's appointment to Assistant Crew Chief, make sure that you note that on the "EMPLOYMENT INTENT and AGREEMENT" form included in this mailing. If our candidate pool does not allow us to fill all 19 positions with first time applicants, we will allow past ACCs to serve an additional year or years. But you must let us know you are interested in being considered.

Assistant Crew Chiefs will be compensated at the rate of \$15.69 per hour (2018 rate). Each position will be filled by appointing an SRT II to the rank of SRT II - Assistant Crew Chief with all the responsibility and accountability that the position carries. This is a training position and is designed to be a one-season appointment. In the following season, candidates who are not promoted to Crew Chief will be returned to the position on the pay scale were they would have been had they not been an Assistant Crew Chief, but with full credit for days worked at the Assistant Crew Chief position.

Crew assignments are based on the needs of the Patrol and may require you to re-locate away from an area you have served in for several years. The selection committee does take into account your request. An ACC with early and late season availability may be assigned to a



crew with a Crew Chief who arrives later due to career responsibilities and whose late season availability only includes weekends. Just remember that the ACC training position is a required step before your first promotion to Crew Chief.

The first step in the process is to circle "YES" on the "EMPLOYMENT INTENT and AGREEMENT" form included in this mailing, indicating your desire to be considered for the position. Although not required, a letter of interest will be included with your file if submitted. A selection committee will review all candidates on Saturday, April 27, 2019 and make recommendations for this training position. Appointed candidates will be notified as soon as the selections are finalized.

NOTE: In the event that you have not completed OCBPSRA SRT II certification which includes 100 days after completing probation, you may apply. But, those who have completed SRT II and those who are closest to completing will be given highest priority.

Drug Free is the Expectation

Although, each one of us is required to submit to and pass a pre-employment drug test each season, it isn't about passing the test, it's about remaining drug free. There is a lot of misinformation and misunderstanding about the change in laws concerning the use of Marijuana. Let me be totally clear about the Town of Ocean City and Beach Patrol's position on this. Any use of Marijuana or one of its derivatives will disqualify you from employment with the Town of Ocean City. Whether the marijuana has been "prescribed" for medical use or is being used as a recreational drug it will be reported as a failed drug screening

(Continued on page 6)

(Drug Free continued from page 5)

and will result in termination. You must also be aware of any performance enhancing supplements or recovery products that you may purchase legally that contain derivatives such as CBD (Cannabidiol) and THC (Tetrahydrocannabinol), which can show up positive on a drug test.

A copy of a memo from Wayne Evans, HR Director and Eric Lagstrom, Risk Manager, has been included with this mailing.

Mobile Rescue Operator – Re-certification or New certification Updated Driving Record required each season

If you were certified or re-certified as a Mobile Rescue Unit (ATV) or Beach Patrol vehicle operator during the 2018 season I must have an updated Driving Record on file.



If you possess a current Maryland Driver's license, I can request a current copy of your driving record (at no cost to you) and you will not be required to provide it. However, if you do not have a Maryland Driver's license or if you plan to become certified as a Mobile Rescue Unit (ATV) operator for the upcoming season, you need to send a current Non-Certified or Certified Complete Driving Record from the Department of Motor Vehicles (MVA) from the state that issued your driver's license, along with the enclosed paperwork. Newly certified Mobile Rescue Unit (ATV) operators (even with a Maryland Drivers License) will need a copy of your driving record prior to becoming certified.

The Nevada Department of Transportation has put together a portal page where you can access DMV links for all 50 states and Washington, D.C.

https://www.nevadadot.com/Contact_Us/Links_to_Other_DOTs.aspx

Note: Current certification as a "Mobile Rescue Unit (ATV) operator", is required for all Crew Chiefs. SRTs who are not Crew Chiefs are not required to certify or re-certify, however, once certified you may remain current by re-certifying on a yearly basis. All new ACCs will be given the option to become "Mobile Rescue Unit (ATV) operator" certified this season but must present a copy of your driving record prior to the training. First time certification is a two-step process: Step one is attending an OCBPSRA classroom and skill training course (voluntary); Step two is being scheduled for a full day ride along with an OCBPSRA ATV instructor

Testing and Recruiting



Recruiting and Testing – Two Inseparable Responsibilities!

Submitted by: 1st Lt. Skip lee

Greetings from the Off Season, we hope this message finds you well, preparing for another incredible summer and beginning a little training of your own.

Of my many years with the Patrol, this has been the most inter-

esting with respect to Recruiting and Testing. Coming off the incredible summer we had last year, I thoroughly expected that we would be fully staffed and be sending letters to candidates letting them know all the positions in academy were filled. Unfortunately, that is not the case. We have had some very talented and capable candidates report for the Pre-Employment Physical Skills Evaluations and I am proud to say that they are an excitable group who will definitely make a great impression of the veterans who are returning for the summer of 2019. But, as of the writing of this article, there simply are not as many as I had hoped by this time.

It's me, definitely me! Anyone who knows me knows that the two greatest days on Beach Patrol are Crew Comps and Testing Day. I get so pumped with creating the opportunity and facilitating the test for new people to become part of our team. I love big numbers – the bigger the better! I am honored to guide the Patrol's testing instructors through their roles and responsibilities at our PEPSEs. I just wish there were more people taking the test this year than there have been.

The Challenge! We have two more tests scheduled for the summer of 2019. The first is at Ocean Pines on April 28th and the last is scheduled for June 1st on the Boardwalk at Dorchester Street. Would you do me (us) a favor and encourage just ONE person to train and take the test on the 28th? Just one. If each of us recruited just one person, a relative, friend from school, teammate, someone who you think would make a good SRT and possibly sit next to you this summer, we would be set!

I would love to see 50 candidates registered for Ocean Pines! I really would. We know historically that not all of them will show up but 50 pre-registered is a good, solid number – one we can work with. Would you please do your part in helping me hit that goal? Talk Beach Patrol! It's 8 weeks away and the warmth of the summer sun and sand under your feet is closer than you think. Share your experiences with someone – invite them to be a part of what you already know as #awesome!

If you have the opportunity to meet with large groups, let Lt. Kovacs know and he'll send you resources. If you know of an event coming up in the next couple of weeks, post to the Facebook Page to encourage other SRTs to meet you there and talk Beach Patrol.

We will be a better Patrol because of your efforts. I just know it. There's someone out there who just needs to hear what you do in the summer and they, too, will want to do it. Sea you soon.

Captain's Note: Last summer was one of the best seasons we have had in many years. In talking to Crew Chiefs and other veterans, it is clear that the greatest factor that contributed to such a fantastic season was the large personnel numbers. When we are staffed at the levels that we plan and budget for, it allows us to provide opportunities for our personnel to experience the most ideal working conditions possible. We provided many more supplemental patrols both by mobile rescue units as well as rescue watercraft, which allows us to provide a safer experience with greater service to our visitors. Unfortunately, I am seeing a trend with testing I have never seen before. A greater number of pre-registered candidates are just not showing up for the test, despite ongoing individual e-mail communication and reminders one week prior to the test date they registered for. The following chart shows the data on this disturbing trend. Through the last PEPSE (test 6) for 2019 we had 142 pre-register online to participate in a try-out, yet only 52 actually showed up. This does not take into account those candidates who actually withdrew from the testing (they e-mailed me or changed the form to no longer interested) prior to test day. I follow up with each person who does not show with an individual e-mail asking why they changed their minds. Of the 90 no-shows I only heard back from 10. Although, this is a trend we have never experienced at this rate before, our overall pass rate is about 50%.



The Cabana has been moved east to its former location.



Our portion of the new building under construction at 65th street



New stands ready and waiting for deployment at 65th street

PEPSE Location	Pre-Registered	Pre-registered attended	Walk-ons	Total tested	Total Passed
OC – 8/1/18	13	6	2	8	4
OC – 8/4/18	11	3	1	4	4
OC – 8/18/18	21	12	2	14	10
Salisbury U	32	9	1	10	5
U of Maryland	26	5	1	6	4
York College	39	17	0	17	9
Ocean Pines	30				
OC – 6/1/19	14				

OCBP NEWS

2019 Competition Team Update

Submitted by: Sgt. Rick Cawthern

Let's establish our goals for 2019 now to earn a "3-peat" and to be ranked in the top 10 nationally. Depth is an important factor in placing well at large competitions. We should start recruiting strong, athletic, and dedicated men and women who want to commit to training and winning the title again. We will again host an Ocean Series competition in Ocean City in late June. The will date to follow in the spring. Mark your calendars now for July 10th for the Mid-Atlantic Regionals (non-crafts) Championships in Rehoboth Beach, when we will attempt to bring the trophy home for the 3-peat. The All-Women's competition will be held on July 31st in Riis Park, New York. USLA Nationals will be held again in Virginia Beach from Aug 8-11th. Let's begin our fundraising efforts now! Liz Wiest will be assisting with our fundraising efforts this summer so PLEASE forward any ideas or local/regional connections to her now. We do not want to have to worry about fundraising in August, when time is fragile. Get your ideas flowing! Start setting personal and team goals now. Help recruit athletes for this summer. If there is any training equipment needs that you feel would benefit our squad, please contact rickcawthern@yahoo.com.

Looking forward to another successful competition year!
Every Rescue is a Race!
Rick Cawthern



PT-SRT Article

Submitted by: Lt. Mike Stone

Lt. Stone wanted to thank all of the part-time SRTs who worked this past summer. We had 15 part-timers in 2018 which is three less than we had in 2017. They were a big help covering for veteran recertification, days off for competition coverage, injured/sick SRTs, JBP, special duty, special request days off, testing, training, and late season availability. If you're one of the lucky ones, you might even get to assist Unit 5 with early morning duties or stand repair!

Those PT personnel are as follows; Emmanuelle Clouser, David Hood, Dave Krabbe, Ryan Latgis, Garrett Lundegard, Reed Lundegard, Tom Lurie, Matt Marx, Colin McLaughlin, Chris Monteferrante, Dan Pogonowski, Kevin Reed, George Souranis, Addie Stang, & Colin Wathen.

The past three summers we have been encouraging PT personnel to work early in the season to help until all of our FT teachers become available. A person applying for a part-time position must first be a returning guard in good standing. They should have been A-rated, passed semaphore, and be off probation. If they meet those basic criteria, they then must commit, in advance, to a minimum of 15 or more days between the Saturday of Memorial Day Weekend through Sunfest Sunday. Days after August 15th are also very helpful. Unless someone works every weekend from mid August through the end of September, 15 days is a tough number to reach. Some of the part-time personnel will take vacation time or work three or four day weekends to get their days in. We use August 15th as a preferred date for more part-time work because that is when we start to see an increase in full time personnel returning to school. What that does is give us personnel later in the season when we need them the most.

If you are unable to return to the Beach Patrol in a full time capacity, then you may find yourself applying

for one of those part-time positions. Just remember that we are looking for at least **15 days** starting with either late May / early June availability or days after August 15th. The higher the number of days, the better chance of being offered a position. Another point to consider is that you are working days that you have committed to in advance. That means if you tell Lt. Stone you will be down to work then you will be on the schedule! **In other words, you are expected to follow through with your commitment.** Every effort will be made to assign PT personnel to a familiar/requested crew, but assignments will be based on the needs of the Beach Patrol. It would be nice if every SRT could come back and work full time but that is highly unlikely. Remember to let Lt. Stone know if you are interested in one of those part-time positions.

INFORMATION

New Guidelines for Payroll Deduction

Beginning this season, the Beach Patrol will no longer be able to use payroll deduction for **many** of the purposes we have in the past. If you are in a rental assistance program, or living in employee housing, you will still be able to have your payment deducted directly from your pay. However, all other deductions are no longer eligible for this service. This decision was made by the Town of Ocean City's finance department. Following is a partial list of activities or purchases that you will need to make other arrangements to pay for. Lieutenant Mike Stone is working through the Ocean City Surf Rescue Association's bank to establish a feasible method for employees to pay for these purchases.

- OCBP Jacket
- OCBP Women's cover shorts
- OCBP Annual Picture
- Awards Ceremony & Dinner
- Beach Patrol off-duty wear
- Competition swim suits

The local USLA chapter (Ocean City Beach Patrol chapter) will determine how you will be able to pay for membership in the chapter, now that payroll deduction is no longer being supported by the Town.



OCBP Group Bike Rides

Sergeant Travis Wagner

Are you interested in training for a triathlon, but need to work on your bike leg? Do you simply want a low-impact way to

get a great cardiovascular workout and a bit of strength training in before work? OCBP offers a grassroots, beginner friendly cycling group. Rides typically meet up once or twice a week leaving between 6:15 and 6:30 in the morning from various meeting points throughout Ocean City. Mileage can range from about 20-30 miles depending on conditions, group ability, and time.

Having a working road or triathlon bike is essential, and hybrid bikes are also welcome, but it will be more difficult to keep pace. Clipless pedals, such as Shimano SPD, Look, or any other pedal/cleat combination will help energy transfer. These rides are great to practice getting comfortable clipping in and out of "clipless" pedals. Helmets, sunglasses, two bottle cages with water bottles, snacks, and rear blinking lights are also a must for group rides out on the road. Group rides also teach road cycling safety and awareness. It is safer to ride in a group. Visit and join the OCBP Group Rides Facebook page.



Mastering the Art of Recovery

Sergeant Travis Wagner
AAAI Certified Personal Trainer

As an SRT for the Ocean City Beach Patrol, our workweek is very physically demanding compared to most other jobs. We work long days in the elements and are given a short window for recovery until waking up and doing it all over again. Enduring a string of long, hot days or several days of big surf taxes the body physically. How does one wake up ready for anything that Ocean City throws at us in our line of duty?

The art of recovery, knowing how and being able to recover as best as possible provides many benefits and is often over-looked. As your workload increases, ample recovery also becomes increasingly important. Most adults need 7-8 hours of sleep, but studies show that young adults and student athletes need more (8-10 hours). If you have not experienced a few big rescue days where



our rescue counts are in the high hundreds, than you may not understand the importance of getting to bed early the night before and the night after notable summer and fall swells. Depending on conditions, it is possible for a single guard to make over 20 rescues in one day. This repetitive running, swimming, and running over-and-over again places an enormous amount of physical stress on the body. We do not have the luxury of always getting a full recovery on the stand, so this is where adequate amounts of good sleep play an essential role in the road to recovery.

Nutrition and the timeliness of nutrition also play an important role in the recovery process. An SRT typically spends about 8 hours on the beach on a regular workday, though some shifts cover AM and PM patrols, which begin before our regular workday and end well into the evening hours as the sun begins to set. Your nutrition game needs to be on-point continuously to refuel the body and aid in the recovery process. There is much debate on when to take in nutrition and the exact balance of proteins, carbs, and fats, which provide the best nourishment to rebuild tissues and nourish the body. This is because each person's nutritional needs vary. Generally, nutrition needs to replenish glycogen stores, decrease protein breakdown, and increase protein synthesis. For optimum performance, it is best to eat a variety of whole foods as opposed to highly processed foods. Typically, the best window of opportunity for the human body to enhance protein synthesis is within 2 hours after exercise, although research suggests that protein synthesis does occur for up to at least 48 hours after exercise.

Hydration is also a key player that pairs well with nutrition. An SRT should be hydrated before going out onto the beach. Drinking a couple glasses or bottles of water an hour or two before work will help jump start your hydration. Continue to drink water throughout the day, especially during days of high exertion and extreme heat. Replenishing electrolytes aids the body in continuing to function at peak performance. Personally, I use a light, natural electrolyte powder with a pinch of Himalayan sea salt.

There are many different ways to recover physically in addition to the right amount of sleep, nutrition, and hydration and none are a one-size-fits-all solution. Using a tennis ball or lacrosse ball to massage tight muscle knots (increasing blood flow), foam rollers, massage sticks, and active stretching (Yoga practice) are just some popular methods. There are also many new consumable recovery products available on the market. Observe caution in using some of these recovery products, as some contain CBD (Cannabidiol) and THC (Tetrahydrocannabinol), which can show up positive on a drug test.

Captains Note: From a sports injury perspective the most critical factors that contribute to muscular/skeletal types of injury are lack of adequate warm-up before a sudden

explosive movement like making a pull or cover after sitting for an extended time, and when our bodies are physically tired due to the previous evenings activities or a hard day of rescues. Another type of injury that puts SRTs on light duty each season is repetitive stress type injuries. This is why what Travis has written about is so important and why you need to get up during the day and use the ordinance checks to move your body and have a big sand pile to jump on to help with the constant stress on your lower limbs. We need you on the beach, not in the office.

Don't Let a Lack of Housing Ruin Your Summer!



Affordable, quality housing is essential to accepting a position with the Beach Patrol for the summer. Unfortunately, this one issue has caused several quality candidates to turn down a position with the Patrol when they were unable to secure adequate housing for the season. For several years the Ocean City Development Corporation (OCDC) has come to our aid with very affordable, yet limited employee housing. As of this article's drafting there are still a few spots available. Therefore, it is critical that you do not wait if you have not already secured your housing arrangements, because we are counting on you whether you are a returning employee or are preparing to enter Surf Rescue Academy. In 2016 we had 5 individuals who were unable to report to our second academy because they never obtained housing. They waited until the week before SRA to start looking. We also had groups of individuals in 2015, 2016 and again last season, who made all of their arrangements and payments on-line and upon arrival learned that the apartment didn't exist and lost all of the money they had paid. If you need the Beach Patrol to verify the legitimacy of a prospective rental unit so you don't become the victim of a scam, please let us know and we will visit the unit and make personal contact with the rental agent. If you need housing or have extra space in your unit, please e-mail me at barbin@oceancitymd.gov and I will use our e-mail distribution list to try and connect you with others.

The Town is also working with Beach Patrol employees to help with the issue of needing all funds prior to moving in and earning your first paycheck. If you follow the procedure and are approved, the Town will make the payment to the rental agency so you can begin living there and will payroll deduct a portion of your rent each pay period until you have satisfied your debt to the Town. If interested in possibly taking advantage of this program you must contact Lt. Ward Kovacs ASAP.



New ATVs and Personal Watercraft for 2019

Submitted by: Lt. Ward Kovacs

Once again, the Beach Patrol has been approved for three new ATVs and one new Jet Ski for the coming season. While we have put out bids for Honda Fourtrax models again

this year, we will not be dividing the order with an automatic and two foot-shift models. For the coming summer of 2019 we will be ordering three of the foot-shift models that are widely preferred by our operators. As for the Jet Ski, we will solicit bids for either a 2018 or a 2019 model. Both are green and black, with the 2019 ski having quite a bit more black than green. Both of these vehicles have proven to hold up to our tough work environment. While we are able to purchase these vehicles new from the vendors, our trucks come to us second-hand from other city departments. We do not have any new-to-us trucks coming into our fleet this summer, but should have two coming in just after the summer season. However, we have been able to retain the SUV commonly known as the “Cyclops” for 2019. Unfortunately, for the 2nd year in a row one of our vehicles has been condemned due to rust on the frame. Captain Arbin’s assigned vehicle 602 has been sent to the auction block. At this point we have not been told of a replacement plan for that vehicle.

Updates on Beach Patrol Buildings

Submitted by: Lt. Ward Kovacs

While some of our buildings have gone through some repairs that are so subtle that you might not even notice, others have gone through pretty significant changes. Starting in the north with 130, the boards that were missing or damaged on the north exterior have been replaced. We also put about \$7,000.00 in the budget for a new roof. Provided that it passes with the council, that work can be done this summer. The biggest changes are at the “Beach Cabana” at 66th Street. The trailer has, once again, survived a move. It is now 50’ west of its previous position, with the doors opening to the west. The new building that is going to replace the trailer and house other agencies is well under construction and is scheduled for completion in August. It is located behind the Public Safety Building, between 65th Street and 66th Street.

Moving on to 27th Street, the only change there will be the addition of a new paddle board box to be built along the south side of the building. The old box is going to be removed to allow more space for the bigger new trams to turn around. The new box will be taller and a little longer so that the gas caddy can be stored in it, saving a little space in the already tight quarters inside the

building. Another noticeable change at 27th Street will be the new boardwalk security measures. The concrete Jersey Wall sections have been removed and steel poles, or “bollards” will be put in their place, roughly five feet apart, allowing plenty of room for quads to pass through them. There have been a few repairs at headquarters as well. The dryer vent that was dripping into light fixtures on the first floor has been repaired. There were also some shingles replaced on the roof after 60 MPH winds tore some off. The repair for the vent that causes the leak in the Duty Office has been designed and will be sent out to bid soon.

Former OCBP Sergeant Receives Prestigious Award

Submitted by: Kristin Joson



Our very own Josh Wasilewski, former OCBP sergeant, was the 2019 recipient of the

Howard County Public School System (HCPSS) Principal of the Year award. Josh is the principal at Long Reach High School. The award was announced on Wednesday, March 7 during surprise visits by Superintendent Michael J. Martirano, joined by students and staff at his school. As Martirano went to the schools congratulating Josh and other teachers that also received awards he said, “I am honored to recognize these educators for their impressive achievements, and proud to have them represent our school system.” He also said, “Each exemplifies the goals and outcomes of our Strategic Call to Action by creating equitable and engaging learning opportunities; building strong relationships with students, colleagues and the community; and ensuring the social-emotional well-being of all students.”

Josh Wasilewski has been the principal at Long Reach High School since 2016, and has served HCPSS for 18 years as a teacher and school administrator. His selection recognizes his exemplary skills in all facets of effective leadership. Nominators noted his commitment to building strong and positive relationships with students, staff and parents; attention to mentoring and fostering staff development; and energy and creativity in encouraging academic success and a positive school environment.

In describing Wasilewski, Assistant Principal Richard Smart stated that “There is no doubt that the growth of school pride, team work and energy at Long Reach has been due to his leadership.” School counselor Brett Moore added, “He is committed to making the Long Reach High School community a safe, welcoming and nurturing environment for our students to learn.”

Josh served on the Beach Patrol for 14 years, beginning in May 1997 and completing his exemplary service in May 2010. He was a true leader on the Patrol, becoming a Crew Chief in 2001 and a Sergeant in 2006 and it is no surprise that his leadership skills carried over to his career as a principal and the instructional leader of his school.

12 Calendar/Important Dates

OCEAN CITY BEACH PATROL

Phone:(410) 289-7556
OCBP Headquarters
109 Talbot Street
Ocean City, MD 21842

For correspondence please
send to:
Town of Ocean City
PO box 158
Ocean City, MD 21843
Attention: Beach Patrol

Email: barbin@oceancitymd.gov



We're on the Web
www.ococean.com/OCBP

Follow us on Facebook, Twitter and Instagram



www.ococean.com/ocbp

Do You Want OCBP License Plates?

If you do, you must complete the following:

- Obtain an application by requesting one
- Complete the application form with vehicle information and owner information
- Sign the application and send a check for \$50.00 back to Headquarters
- The Captain must sign off on approval and mail to the MVA.



April 25 (Thursday) - Employee Agreements due back with request for assignment and documentation of last day.

April 27 (Saturday) - Officer mandatory meeting (ACC appointments and CC Promotions)

April 28 (Sunday) - PEPSE (off-site test) Ocean Pines (registration 9:00 - 9:45)

May 18 (Saturday) – Officer Work weekend , CC paperwork and check-in (no drug test)

May 19 (Sunday) – Officer and CC Drug testing (9:00 – 10:30)

May 19 (Sunday) – SRA I check-in (Drug test, paperwork, equipment, orientation)

May 20 (Monday) – May 26 (Sunday) – Surf Rescue Academy I

May 20 (Monday) – May 24 (Friday) - Returning Staff Drug Test and paperwork check-in (11:00 – 4:00)

May 22 (Wednesday) – **May 24 (Friday)** – Equipment pick-up (4:00 PM – 6:00 PM) (8:00 PM on Friday)

May 25 (Saturday) - 7:00 am Prayer Service, 8:00 am leadership meeting, 10:00 am first day guarding

May 25 (Saturday) Re-Qualification Run and Swim (SRA I & select returning employees) and SRA OJT Day 1

May 26 (Sunday) – 6:30 pm CC and ACC training seminar

May 27 Weekly meeting Convention Center 8:00 am

June 1 (Saturday) - PEPSE (final for 2019) Ocean City (registration 9:00 - 9:45)

June 16 (Sunday) – June 23 (Sunday) – Surf Rescue Academy II

June 22 Crew Chief Re-qualification

June 26 Veteran Re-Certification begins

For a complete up to date calendar click on the Employee Calendar link on the home page of the Beach Patrol website

Important, Important!!!!

- In order to ensure your W2 and your tax refund get to you, contact City Hall with any corrections on your permanent address.
- Also contact Debi if your phone number, mailing address or email address changes. DTyler@oceancitymd.gov

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 Technicians to the general public.