WHAT IS AN SRT?

SRT stands for Surf Rescue Technician. SRTs are surf lifeguards that are essential to ensuring a safe beach environment. They are knowledgeable about the ocean and are strong swimmers.

SRTs educate visitors about beach safety, prevent accidents when possible, and are trained in First Aid and CPR. They have current information on tides and local events. It is important that you cooperate with SRTs in the performance of their duties. IMPORTANT! Whenever you hear a whistle blast, even if you don't think it is directed at you, turn to the SRTs to see what information or direction they are trying to communicate. Don't be afraid to ask for help, and remember to wave your arms and call for help when in trouble.

JOB OPPORTUNITIES

The Ocean City Beach Patrol seeks to employ men and women who are strong runners and swimmers and have an inward desire to help others

NO PREVIOUS CERTIFICATION OR EXPERIENCE REQUIRED

All training and certifications are provided during a paid Surf Rescue Training Academy that takes place in Ocean City. All updated employment information can be found at **www.ococean.com/ocbp** or speak to an SRT.

SURFING BEACHES

The Ocean City Beach Patrol establishes rotating surfing beaches on a daily basis. There are three surfing beaches: one in the north, one in the south, and one in the inlet beach area. The inlet surfing beach is open Monday-Friday except holidays, and closed on Saturdays and Sundays. The north and south surfing beaches rotate two blocks toward the south each day. Each surfing beach is approximately one block wide and is administered by Surf Beach Facilitators. To apply for a position as a Surf Beach Facilitator, or to find out the daily surfing beach locations, visit the Beach Patrol's website: www.oceancitymd.gov/beachpatrol Surf Beach locations are also listed in local newspapers and are broadcast on the local radio stations.

SUN PROTECTION GUIDE

EXPECTED TIME IN THE SUN

	Skin Type	1 Hour	2 Hours	3 Hours	4 Hours	5+ Hours
Type I	VERY FAIR/EXTREMELY SENSITIVE (Tans slowly, burns easily)	SPF 30	SPF 30-50	SPF 50	SPF 50 or higher	SPF 50 or higher
Type II	FAIR/SENSITIVE (Tans slowly, burns easily)	SPF 15	SPF 30-50	SPF 30-50	SPF 50	SPF 50 or higher
Type III	LIGHT (Tans gradually, usually burns first)	SPF 8	SPF 15	SPF 30	SPF 50	SPF 50 or higher
Type IV	MEDIUM (Tans well, burns minimally)	SPF 4	SPF 8	SPF 15-30	SPF 30-50	SPF 50
Type V	DARK (Tans easily, rarely burns)	SPF 4	SPF 4	SPF 8	SPF 15	SPF 30

Panama Jack is the sunscreen choice of the Ocean City Beach Patrol. Sun Protection Factor (SPF) is a system to help you select the sun care product that is right for you. Anyone's skin will eventually burn as a result of exposure to UVB rays. Using a product with SPF increases the time you can spend in the sun. Panama Jack sun care is available in a range of SPF levels from zero through 100. Other natural factors can increase the impact of UVB rays and consequently, the need for greater sun protection. Some of the worst sunburn cases occur on cloudy days when you least expect the need for protection.

JUNIOR BEACH PATROL

The OCBP offers a Junior Beach Patrol (JBP) camp program to individuals aged 10-16. This is a four day program offered each week beginning in July and running through mid-August. JBP campers participate in beach and ocean activities. The program is modeled after the training, workouts, duties, and responsibilities of SRTs. The focus is on the development of skills and knowledge needed for enjoyable and safe experiences on the beach and in the ocean. It is designed to instruct participants on beach and water safety, surf rescue techniques, and physical fitness. The program offers four levels of training that can be completed in subsequent sessions. Anyone who has successfully completed all four levels, and will be at least 15 by the next summer, may apply and test for a paid JBP Assistant Instructor position. Registration begins in March. Many current and former SRTs made their start in lifesaving in the Junior Beach Patrol program. There is also a one-day introductory camp offered.

For general information or to register your child, you must contact Recreation & Parks at 410-250-0125 or email ocbp@ococean.com.

FOR YOUR PROTECTION AND SAFETY THE ACTIVITIES BELOW ARE PROHIBITED

NO Consuming alcoholic beverages
NO Allowing pets on the beach (May 1 - September 30)
NO Sleeping on the Beach 10 P.M. to 6 A.M.
NO Skimming between 10:00 A.M. and 5:30 P.M.
NO Bringing glass containers onto the beach
NO Fires on the beach (including grills)
(unless permitted by the Fire Marshall's Office)
NO Playing loud music

THESE ACTIVITIES ARE UNDER THE DISCRETION OF THE BEACH PATROL BP

Ball playing and frisbee throwing BP
Umbrella placement beyond established line BP
Kite flying BP
Digging holes in the sand BP
(no deeper than knee deep)
Fishing while Beach Patrol is on duty BP
Surfing in designated areas only BP

WE WOULD ALSO LIKE TO SUGGEST THAT YOU ALWAYS FOLLOW THESE SAFETY TIPS

- Apply sunscreen liberally and often (starting 30 minutes before going out in the sun)
- Drink plenty of water based fluid, before and during the day
- Wear eye protection
- Establish and check landmarks
- Remember all valuables when leaving the beach
- Please discard all trash in a trash receptacle
- No glass containers please
- And finally, take seriously the warnings of SRTs when storms approach the area. Leave the beach immediately along with securing your property so that you and the Beach Patrol personnel remain safe.

Important Phone Numbers

EMERGENCY	911
Beach Patrol	410-289-7556
Recreation & Parks Department	410-250-0125
O.C. Police (Non-emergency)	410-723-6610
United States Coast Guard	410-289-7559
Maryland Natural Resources Police	410-289-8463
City Hall	410-289-8221

If you are interested in becoming a Surf Rescue Technician (lifeguard), contact:
Ocean City Beach Patrol
P.O. Box 158 - Ocean City, Maryland 21842
phone 410-289-7556
e-mail: ocbp@oceancitymd.gov

Speak to the SRTs on the stand for information about employment opportunities
You can also contact us via Facebook or Instagram
Ocean City is an equal opportunity employer

KEEP YOUR FEET IN THE SAND UNTIL THE LIFEGUARD'S IN THE STAND

Ocean City Maryland

BEACH PATROL ON DUTY DAILY
SATURDAY OF MEMORIAL DAY WEEKEND
THROUGH THE THIRD SUNDAY AFTER LABOR DAY
FROM 10:00AM - 5:30PM

Beach Safety Guide

A Division of Emergency Services
109 Talbot Street
Ocean City, Maryland 21842
410-289-7556
WWW.OCOCEAN.COM/OCBP

HAVE A SAFE & ENJOYABLE BEACH EXPERIENCE

We ask everyone to approach SRTs every time they come to the beach when they have any questions about beach rules or ocean conditions. Meet your surf lifeguard and introduce your children. The SRT will inform you of current conditions for your area of the beach as well as let your children know that they are a safe person to go to if they become separated from your family. Our SRTs are Ocean City's Ambassadors and have updated information on beach conditions, weather, and local events. They are here to ensure that your Ocean City memories are pleasant ones.

WHAT DO I DO WHEN SOMEONE IS LOST AT THE BEACH?

In the event that you or someone in your group becomes separated, please go to the nearest lifeguard tower as soon as you realize someone is missing. Do not start searching yourself until you have notified the SRT and have someone remain at the location. It is important that you review this safety procedure with everyone in your group when you come to the beach. It is also important that visitors, especially young children, know the street number, street name, or condo name where your group is on the beach and also where you are staying. This will help the Beach Patrol reunite the separated parties as quickly a possible.

WHY DO WE KEEP HOLES KNEE DEEP?

Be careful when digging holes. No hole should be deeper than the knees of the shortest person near the hole and absolutely never try any tunneling. Sand is very unstable. It can suddenly collapse and the hole could cave in without warning. This could cause a suffocation emergency.

WHAT IS A RIP CURRENT?

A rip current, or "rip," is a narrow channel of fast moving water heading seaward. It is the most common water hazard leading to swimmer distress and water rescues. It is responsible for 95% of all rescues in Ocean City and is the second leading cause of weather related death in the U.S.A. in recent years. Waves bring water up onto the beach as they break. That water then seeks a path back out to sea. Rip currents often form where there is a depression or trough in the ocean bottom since more water can move through these deeper areas. As the water rushes out to sea, like a river, it is often churned up and sandy colored. It will also pull any person or object in the area away from the shore. Rip currents are the leading hazard for all beach goers.

WHAT DOES A "RIP" LOOK LIKE?

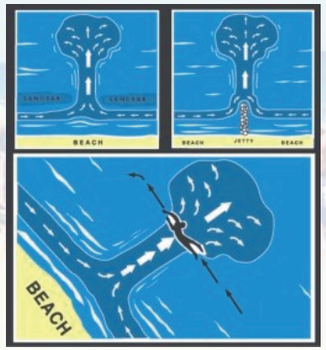
Look for the following clues:

- a channel of churning, choppy water
- an area having a notable difference in water color
- a line of foam, seaweed, or debris moving steadily seaward
- a break in the incoming wave pattern

One or more of the above clues may indicate the presence of rip currents. Rip currents are often not readily or easily identifiable to the average beach patron. For your safety, be aware of this major surf zone hazard. Polarized sunglasses can help in identifying rip current clues.

HOW TO ESCAPE A RIP CURRENT

The most important thing to remember if you are caught in a rip is NOT TO PANIC! You should attempt to swim parallel to shore, with the littoral current, for about 25-50 yards or until out of a rip. Then, turn and swim toward shore. Many people try to swim against a rip current but this is very DANGEROUS!



Swimming against the rip can quickly exhaust you, while the fast-moving current keeps you from making any progress toward the beach. Eventually, you may not have the energy to remain above water. If you find yourself being pulled away from the beach, wave for help, relax and tread water until lifeguards arrive to help you.

HOW TO BE SAFE IN THE WATER

The most important thing to remember is to swim only when and where guards are on duty. That is the only way Surf Rescue Technicians (SRTs) can help if you get into trouble while swimming.

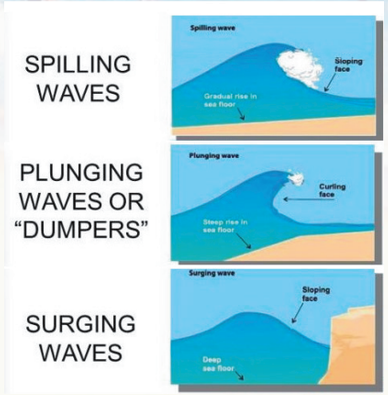
WARNING: Never Swim Alone! Do not rely on any artificial flotation device as a substitute for swimming ability AND never swim before 10 A.M. or after 5:30 P.M.

WHAT ARE OCEAN CURRENTS?

A current, most simply, is moving water. Ocean water usually flows to the north or to the south, along the shore, depending on wind speed and direction. This current that moves parallel to the beach is called a longshore or littoral current. These currents are often undetectable by sight and can catch swimmers off guard. The littoral current sometimes causes children to become disoriented as the currents and/or winds carry them along the shoreline. Don't panic if you are being moved along the shore. Simply make your way to the beach and walk back to where you entered the water.

WHERE DO WAVES COME FROM?

Waves are surges of water that move along the surface of the ocean. They lose speed and gain height as they approach shore. As this happens, the depth of the water ahead of the wave becomes shallower. The size of a wave is determined by wind speed and direction. Depending on the depth of the water, there are three different shapes a wave will assume. They are spilling, plunging, and surging waves.



WHAT IS SHOREBREAK?

Shorebreak is a condition that arises when waves break directly on or near the shore. Consequently, swimmers thrown by these dumping waves will land directly on the hard sand. These waves are unpredictable, dangerous, and can cause serious shoulder, neck, or spinal injuries to even the most experienced swimmers. When bodyboarding or bodysurfing, keep your arms out in front of you and remain on the back half of the board so if you need to bail out, you go off the rear, rather than being thrown forward onto your head.

WHAT ARE THE DANGERS OF SHALLOW WATER DIVING?

Diving into shallow water or water of unknown depth can cause serious neck and back injuries, leading to paralysis or death!

Please check water depth, feet first, before diving.

WHY CLEAR THE BEACH WHEN LIGHTNING IS IN THE AREA?

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. Heed the warnings made by the SRTs.

These warnings are for both your and their protection.

- A BEACH is one of the most dangerous places during a thunderstorm.
- Stop all activity! Seek shelter in a substantial building or a hard top vehicle.
- Wait 30 minutes after the last sound of thunder before going back outside!
- Wait for the Beach Patrol to give the all clear and return to their stands before returning to the beach.