



OCEAN CITY BEACH PATROL

WEEKLY BULLETIN

Week of September 7, 2009 to September 14, 2009

MONDAY, SEPTEMBER 7, 2009—Labor Day!

WEEKLY MEETING: CONVENTION CENTER - 40TH STREET

CREW CHIEF MEETING: 0800hrs

SEMAPHORE TEST: All Passed. No Testing Needed.

CREW MEETING: 0830hrs (Turn in individual stats, get schedule and assignments, information from Crew Chief)

OFFICERS' MEETING: 0830hrs

GENERAL MEETING: 0845hrs

LIEUTENANTS' MEETING: 0945hrs

OCBPSRA: None

Opportunity to Compete: None

Workout: 3 rounds of 20 Romanian deadlifts; 20 jump lunges; 20 mountain climbers; 3 sprints

Surfing Beaches: 21st/90th St./Inlet

Tides: High: 00951hrs and 2209hrs

Low: 0337hrs and 1605hrs

TUESDAY, SEPTEMBER 8, 2009

Officer in Charge: Lieutenant Ward Kovacs

FALL PATROL MEETING—HQ Training Room—0830hrs

OCBPSRA: None

Opportunity to Compete: None

Workout: TABATA (8 x 20 sec. hard, 10 sec easy) push-ups

TABATA (8 x 20 sec. hard, 10 sec easy) torso rotation

Surfing Beaches: 19th/88th St.

Tides: High: 1032hrs and 2249hrs

Low: 0414hrs and 1651hrs

The Exiting Process

Reminder!

Make sure that you have completed and turned in all necessary paperwork, equipment, and/or provided the required official documentation before leaving.

Bring the following to Headquarters:

- Notification of Last Day Agreement
- Official Documentation of your Next Commitment
- All Uniforms and Equipment
- Fall Employment Agreement

S.R.T. Name:	Monday 9/7/2009	Tuesday 9/8/2009	Wednesday 9/9/2009	Thursday 9/10/2009	Friday 9/11/2009	Saturday 9/12/2009	Sunday 9/13/2009	CREW
Daily Assignment								
Rescues								
Preventative actions								
First Aids								
								Totals

WEDNESDAY, SEPTEMBER 9, 2009

Officer in Charge: Lieutenant Ward Kovacs

OCBPSRA: None

Opportunity to Compete: None

Workout: 25 burpees
25 tuck jumps
25 buoy axe chops with reverse lunge

Surfing Beaches: 17th/86th St.

Tides: High: 1116hrs and 2332hrs
Low: 0455hrs and 1742hrs

THURSDAY, SEPTEMBER 10, 2009

Officer in Charge: Lieutenant Ward Kovacs

OCBPSRA: None

Opportunity to Compete: None

Workout: TABATA (8 x 20 sec. hard, 10 sec easy) alternate with the following
V-UPS, knee to elbows, crunches, bicycles
50 Push Up Supermen (rest as little as possible)

Surfing Beaches: 15th/84th St.

Tides: High: 1206hrs
Low: 0542hrs and 1839hrs

FRIDAY, SEPTEMBER 11, 2009

Officer in Charge: Lieutenant Ward Kovacs

OCBPSRA: None

Opportunity to Compete: None

Workout: 3 rounds of 25 mountain climbers followed by a 25 yard bear crawl sprint, jog back
3 rounds of 5-10 pistol squats (see picture on p. 6)

Surfing Beaches: 13th/82nd St.

Tides: High: 2422hrs and 1303hrs
Low: 0636hrs and 1941hrs

Special Events: 5th Annual MD 3 Red Knights Parade of Brothers and 9/11 Memorial—21st & Boardwalk—0930hrs to 1230hrs

SATURDAY, SEPTEMBER 12, 2009

OCBPSRA: None

Opportunity to Compete: None

Workout: 3 rounds of 20 dive-bomber push-ups and 10 clap push-ups

Surfing Beaches: 11th/80th St.

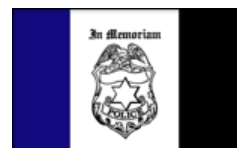
Tides: High: 0122hrs and 1409hrs
Low: 0737hrs and 2047hrs

A Day of Remembrance Celebration 5th Annual MD 3 Red Knights Parade of Brothers and 9/11 Memorial

1100hrs—Motorcycle Parade—27th St./Boardwalk to N.
Division St.
1200hrs (Approximately)—Memorial Service—N. Division
St.



On This Day, Please Remember All the Public Safety Personnel Who Have Risked Their Lives for Others.



SUNDAY, SEPTEMBER 13, 2009

GENERAL MEETING: City Hall Council Chambers —1st Floor—3rd St.—0830hrs

OCBPSRA: None

Parking is available in the City Hall lot; enter through rear of the building.

Opportunity to Compete: None

Workout: 3 rounds of 50 squats; 10 tuck jumps; 5 broad jumps
2 rounds of 25 v-ups

Surfing Beaches: 9th/78th St.

Tides: High: 0230hrs and 1519hrs
Low: 0842hrs and 2152hrs



Important Notice

Please note the dates and times of the remaining weekly meetings and adjust your calendar accordingly.

Monday, September 7 (Labor Day)
Convention Center—0800hrs

Tuesday, September 8 (Start of Fall Patrol)
HQ Training Room—0830hrs

Beginning on September 13, the weekly meetings will move to City Hall on Sundays.

Sunday, September 13
City Hall—0830hrs

Sunday, September 20
City Hall—0830hrs

Sunday, September 27
City Hall—0830hrs



BEACH PATROL EVENTS

Sept. 8	Fall Patrol Meeting—HQ Training Room—0830hrs
Sept. 8	First Day of Fall Guarding
Sept. 20	5K Sun Fun Run—0700hrs

Town of Ocean City Special Events

9/11 Memorial Motorcycle Ride	Sept. 11	27 th St. to N. Division	0930hrs
Delmarva Bike Week	Sept. 17-20		
OC Sunfest	Sept. 24-27	Inlet	1000hrs
Sunfest Kite Festival	Sept. 24-27	N. Division-6 th St.	0900hrs
16 th Annual Pigs on the Beach Boardwalk Ride	Sept. 26	27 th St. -Inlet	1000hrs
30 th Annual Mid-Atlantic Surf Fishing Tournament	Oct. 1-3	20 th - 119 th St.	0700hrs
Wine on the Beach	Oct. 2-3	Inlet	1100hrs
M.O.O.D Bay to the Bridge Charity Drive (Miata Parade)	Oct. 3	Boardwalk Parade	1600hrs
ESA Sea Witch Surf Fest	Oct. 17-18	Inlet or 48 th St.	0700hrs
Light the Night Walk for Leukemia & Lymphoma	Oct. 24	Inlet/Boardwalk	1700hrs

Stats.	Week 15 8/24/09 to 8/30/09	Week 15 Year-To- Date 2009	Week 15 8/25/08 to 8/31/08	Week 15 Year-To- Date 2008	Week 15 8/27/07 to 9/02/07	Week 15 Year-To- Date 2007
Action						
Preventions	5575	68642	1323	67584	N/A	76105
Rescues	430	3328	119	3532	114	2568
Minor First Aid	70	1441	36	2295	N/A	1880
Ambulance Calls	7	258	28	274	17	268
Police Calls	9	77	5	94	2	67
USCG/MDNRP	1	5	0	16	1	13
Lost/Found Persons	24	669	34	559	38	632
N. Surf Beach Population	40	629				
S. Surf Beach Population	500	4414				
Inlet Surf Beach Population	204	1046				
Beach Wheelchair Usage	34	403	33	425	31	395

OCBP Question-of-the-Week for The Worcester County Times

Last Week's Question: I went to the beach a couple weekends ago and the lifeguards were not allowing any swimmers in the ocean at all, yet I saw surfers out in the ocean. The weather seemed like it was a great beach day, and I was surprised I wasn't even allowed to go wading. Why?

This is the time of year that Ocean City experiences an increase in the volume and size of waves due to tropical activity in the Atlantic. August and September are traditionally our large surf months, producing larger waves, dangerous rip currents and hazardous shorebreak. Larger waves bring more water into shore which has to escape out through the rips, meaning that rip currents become larger, longer, faster moving, and deadlier. This is exactly what was happening a couple weekends ago as Hurricane Bill passed the mid Atlantic region and is currently happening as additional tropical systems develop in the Atlantic. As these systems move closer to our coast, the impact becomes greater and the potential for dangerous conditions becomes more likely. The weekend that you are referring to had a high tide which occurred at 10:00 am. We had 4-6 foot wave height with an occasional 8 foot swell breaking right on the beach called shorebreak. As a result it was unsafe for anyone to be in the impact zone (wading to waist deep). Additionally as the tide receded going to low this is the perfect recipe for the most dangerous rip activity. For this reason there was no safe area for the general public to enjoy the ocean except for the pools of ocean water that became trapped on the beach (tidepools).

These tidepools are a result of the extreme high tides when large pockets of water are left pooling or trapped on the beach. Although the amount of water may vary from a few inches to a few feet deep and the size may be as small as a backyard pool or as large as several city blocks, most tide pools are only a few inches deep and less than a block long. Because of the relatively small quantity of water, the sun heats it and it is much warmer than the ocean and it usually has no wave action making it very inviting. So even though the ocean was closed to swimmers for one day, many people came to the beach and found a tide pool that they could play in.

Surfers and experience body borders with swim fins were allowed in the ocean on that day because the equipment used for these sports gives flotation and the people that who usually have this type of equipment are far more experienced. The extra flotation makes it safer for these individuals to enjoy their sport while providing additional assistance should a beach patron disregard the warnings of the beach patrol and find themselves being pulled away from the beach in a rip current. Typically surfers and body boarders have the experience and skills to keep themselves out of danger compared to the typical tourist who buys a boogie board at a sundry shop and has little to no knowledge of the ocean.

Note: At 7:15 pm on the day after the day in question (ocean closed to swimmers) 3 children who were allowed to go swimming with parents watching from the beach were suddenly pulled into deeper water and were unable to return to safety. Fortunately an alert surfer in the area recognized the developing situation and was able to paddle into the deadly rip current and place two of the struggling children on his board and assisted the third out of the rip current and eventually made their way back to the safety of the shore. The children were reunited with their helpless parents who were only minute away from watching their own children perish as a result of their foolish irresponsible lack of respect for the ocean!

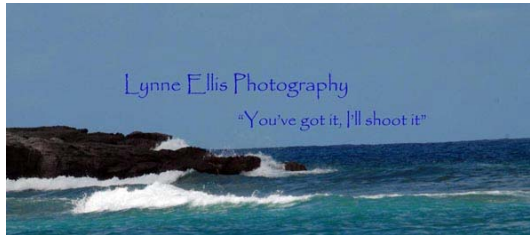
This Week's Question: I was on the beach the other day and noticed water almost like a swimming pool behind the guard stand. I have never seen this before but my kids sure loved playing in it. Does this happen often and what causes it?

We commonly refer to these as tide pools. However, they are not only formed by the outgoing tide but are also formed when large waves are driven further onto the beach by wind or during storms. Tropical activity in the Atlantic over the past several weeks has caused larger than usual waves and surf conditions. These waves bring more water onto the beach and if it becomes trapped in a low area a "tide pool" may form. These low areas on the beach are formed as waves push sand into large mounds running parallel to the shore with the area behind the mound (to the west) being lower than this newly formed retaining mound. As water is pushed over this mound, it cannot make its way back into the ocean as runoff and becomes trapped in the low lying area. Although the amount of water, the size of the low lying area, and the depth of low lying area, may vary from a few inches to a few feet deep and the size may be as small as a backyard pool or as large as several city blocks, most tide pools are only a few inches deep and less than a block long. Because of the relatively small quantity of water, the sun heats it and it is much warmer than the ocean and it usually has no wave action making it very inviting. When a child comes to the beach and finds a tide pool, they become very excited. It is like having a backyard pool on the beach or so it seems. However, tide pools pose their own dangers. Because a tide pool seems like the perfect place for small children to play, parents often do not give the same attention to their children as they would if they were playing in the ocean. Further complicating this is the fact that most often the tide pool ends up forming behind the guard stands. This means that the SRT (lifeguard) is only scanning this area as part of their secondary scan giving much less attention to this water hazard as the large body of water directly in front of them. Parents often have a false sense of security due to the shallow depth of most of these tide pools but those of us in water safety realize it only takes 1 inch of water to drown a toddler. A second hazard associated with this phenomenon is running and jumping into this shallow area. Although not a safety concern another potential issue has to do with this trapped water becoming stagnant, dirty, and smelly. Therefore the public works maintenance department sculpts the beach to facilitate the drainage of these tide pools after they have remained for a couple of days.

Sometimes you might find a tide pool that behaves more like a waterslide than a pool. In this instance wave action is bringing more water into the low area while breaks in the retaining mound allow water to flow back into the ocean with resulting strong currents being formed in the tide pool. In this circumstance the tide pool becomes far more dangerous and unsuspecting people playing in the tide pool might find themselves washed back into the ocean. Tide pools can be fun but we need everyone's help to understand the potential dangers and help us watch each other.

Crew Chief Equipment

All issued equipment must be returned on your last day. Equipment that is given to you does not need to be returned: collared shirt, jacket, bathing suits, whistle, and hats. Once all equipment is accounted for, you will be immediately reissued equipment that is necessary for participation in the winter testing program. If you do not plan on becoming involved in the off-site tests, then you will not need to be issued any additional equipment. As with all employees, a crew chief who leaves without completing his/her commitment will be required to return ALL equipment that was given to them by the Beach Patrol. The purpose of this policy is to have an accurate inventory and to minimize the loss of equipment should a Crew Chief decide not to return in subsequent years. Any and all equipment not returned will be deducted from your final



Thanks OCBP for another great photo year! The yearly portraits are online along with the Capt. Craig swim, fun crew shots, Crew Comps and lots more. Check them all out. Keep an eye out for notice of the 2010 OCBP Calendar that will be ready this fall...great for yourself and gift giving.

Follow all news feeds and tweets on Facebook and Twitter. Be a fan and catch all the deals and discounts thought the year. Get your piece of the endless summer!

See you next year on the beach!
www.lynneellisphotography.com

lynne@lynneellisphotography.com

Banquet Videos and Slide Show

If you are interested in obtaining a personal copy of any of the videos or slide shows previewed at the Awards Banquet, **let Lt. Mike Stone know.**

- **Official Beach Patrol Video— \$5.00.**
- **John Dunnigan video slide show DVD- \$10.00** (see Lt. Stone for a copy)
- **Lynn Ellis-** Go to her website to get pictures.

Beach Patrol Training Qualifies for University Credit

Lieutenant Smith has confirmed with Dr. Muller from Salisbury University that anyone interested in receiving college credit for Ocean City Beach Patrol training this summer (2009) needs to register for the course. You must register for a course called "Special Topics" for the fall semester, and Lieutenant Smith will submit your grade in December. You will have no additional course work because you have already completed the course as a normal part of your employment training. If you have any questions Please contact Lieutenant Smith directly.

Wes Smith, Ph.D.
w.smith5@umail.miami.edu
Lieutenant; Director of Training
OCEAN CITY BEACH PATROL
Assistant Professor
UNIVERSITY OF MIAMI
Department of Exercise & Sport Sciences
Laboratory of Clinical and Applied Physiology
Office: 305-284-5756
Fax: 305-284-5168

Tides for Ocean City Inlet – Sept. 7 to Sept. 14, 2009

Day	High/Low Tide	Height Feet	Sunrise Sunset	Moon Time	% Moon Visible	
M 7	Low	3:37 AM	0.3	6:35 AM	Set 9:33 AM	94
	High	9:51 AM	4.2	7:21 PM	Rise 8:29 PM	
	Low	4:05 PM	0.4			
	High	10:09 PM	3.7			
Tu 8	Low	4:14 AM	0.3	6:36 AM	Set 10:38 AM	89
	High	10:32 AM	4.2	7:19 PM	Rise 9:01 PM	
	Low	4:51 PM	0.5			
	High	10:49 PM	3.5			
W 9	Low	4:55 AM	0.4	6:37 AM	Set 11:46 AM	82
	High	11:16 AM	4.2	7:18 PM	Rise 9:39 PM	
	Low	5:42 PM	0.6			
	High	11:32 PM	3.3			
Th 10	Low	5:42 AM	0.5	6:38 AM	Set 12:54 PM	73
	High	12:06 PM	4.2	7:16 PM	Rise 10:25 PM	
	Low	6:39 PM	0.8			
F 11	High	12:22 AM	3.1	6:39 AM	Set 1:59 PM	63
	Low	6:36 AM	0.5	7:15 PM	Rise 11:20 PM	
	High	1:03 PM	4.1			
	Low	7:41 PM	0.8			
Sa 12	High	1:22 AM	3.0	6:40 AM	Set 2:59 PM	52
	Low	7:37 AM	0.5	7:13 PM		
	High	2:09 PM	4.1			
	Low	8:47 PM	0.8			
Su 13	High	2:30 AM	3.0	6:41 AM	Rise 12:25 AM	41
	Low	8:42 AM	0.5	7:11 PM	Set 3:51 PM	
	High	3:19 PM	4.2			
	Low	9:52 PM	0.7			
M 14	High	3:41 AM	3.1	6:41 AM	Rise 1:36 AM	30
	Low	9:50 AM	0.3	7:10 PM	Set 4:35 PM	
	High	4:25 PM	4.3			
	Low	10:55 PM	0.5			

OCBP Surf Rescue Association – Price List

Please bring the exact amount.

- Water Bottles--\$10.00
- Travel Coffee Mugs --\$10.00
- Whistles--\$5.00
- Lanyards --\$6.00
- Buoy Key Chains--\$4.00
- Car window sticker Ocean City Beach Patrol--\$2.00
- Beach Patrol Logo Tattoos--\$.25
- Grey or White Ringer T-Shirts --\$10.00
- Sweatshirts Adult--\$30.00
- Child --\$25.00
- Captain Craig T-Shirts--\$10.00
- Iron Guard T-shirts from 2003 and 2004--\$5.00
- Hats – 1 for \$6.00 or 2 for \$10.00
- Swim Cap--1for \$8.00/ 2 for \$15.00
- Backpack--\$6.00 or 2 for \$10.00
- Under Armour Shirts & Shorts--\$15.00 each



Handwritten thank you note from a beach patron

Letter from the Maryland Sea Grant College thanking the OCBP for the help with the rip current article.
www.mdsg.umd.edu/CQ

DO NOT FORGET THE BEACH PATROL WHEN YOU MAKE CHANGES

If you make any changes in the contact information that you have on file with us, it is your responsibility to let us know. If this coming season is as we predict, we will not be allowing personnel to return who have missed deadlines. Having mail returned or lost in forwarding may cause you to miss an important deadline.

E-mail – With free accounts and school accounts that are often changed you need to let us know immediately. We use e-mail to keep everyone informed of events and activities as well as confirming information and to get out quick updates.

Winter address – This is used to send U.S. mail such as newsletters, incentive checks, invitations to return, and other paperwork.

Permanent address – This address is not used by the Beach Patrol but is used by the Town of Ocean City to send tax information (W-2).

2009-2010 Off-Season Contact Information

The following numbers and addresses will ensure that you have all available means to communicate with the OCBP. Keep this page available for future reference.

Ocean City Beach Patrol
P.O. Box 158
Ocean City, MD 21843
410-289-7556
Rec. & Parks: 410-250-0125

Captain Butch Arbin
134 Quail Lane
La Plata, MD 20646
240-349-2834
barbin@ococean.com
barbin@ccboe.com

Lt. Skip Lee	slee@ococean.com	ocbp55@comcast.net
Lt. Wes Smith:	wsmith@ococean.com	w.smith5@umail.miami.edu
Lt. Mike Stone:	mstone@ococean.com	mkstone13@hotmail.com
Lt. Ward Kovacs:	wkovacs@ococean.com	
Sgt. Ryan Cowder	rcowder@ococean.com	ryancowder@hotmail.com
Sgt. Tim Uebel:	tuebel@ococean.com	timtubal@gmail.com
Sgt. Ed Fisher:	efisher@ococean.com	edward_m_fisher@mcpsmd.org
Sgt. Rick Cawthern:	rcawthern@ococean.com	surfrac@comcast.com
Sgt. Marc Bouloucon:	mbouloucon@ococean.com	mbouloucon@hotmail.com
Sgt. Brent Weingard:	bweingard@ocean.com	hairear@aol.com
Sgt. Jamie Falcon	jfalcon@ococean.com	jfalcon465@yahoo.com
Sgt. Colby Kauffman:	ckauffman@ococean.com	colbykauffman@yahoo.com
Sgt. Josh Wasilewski	jwasilewski@ococean.com	jwasilewski@hcpss.org
Sgt. Jeff Brabitz	jbrabitz@ococean.com	brabitzj@yahoo.com
Sgtr. Nick Thompson	nthompson@ococean.com	natrescu@hotmail.com
Sgt. Mat Postell	mpostell@ococean.com	gpostell@aacps.org
Debi Tyler	dtyler@ococean.com	debiocbp@aol.com
Stella Malone	smalone@ococean.com	bystarlight@verizon.net
Kristin Joson	kioson@ococean.com	kioson@ccboe.com

Request for Recommendations

Between seasons, I am often asked to complete references and recommendations. If you need me to provide something like this for you, I ask that you make the request in writing. In that request you should give me any information that will help me in giving you the best possible recommendation. I will need to know whom it goes to and if there is a particular format or form that is required. It will also be helpful to remind me of some of the Beach Patrol activities that you have been involved in, such as JBP, Camps, special duties, etc. I also will need a fair amount of lead-time since personnel files are secured in Ocean City while I am in La Plata. You may send your request by e-mail or if you are required to mail to a physical address, you may use:

Captain Butch Arbin
134 West Quail Lane
La Plata, Maryland 20646

Ocean City Beach Patrol Workouts from Lt. Wes Smith

Monday

3 rounds of 20 Romanian deadlifts, 20 jump lunges, 20 mountain climbers, 3 sprints

Tuesday

TABATA (8 x 20 sec. hard, 10 sec easy) Push Ups
TABATA (8 x 20 sec. hard, 10 sec easy) Torso Rotation

Wednesday

25 burpees
25 tuck jumps
25 buoy axe chops with reverse lunge

Thursday

TABATA (8 x 20 sec. hard, 10 sec easy) alternate with the followin
V-UPs, knee to elbows, crunches, bicycles

50 Push Up Supermans (rest as little as possible)

Friday

3 rounds of 25 mountain climbers followed by a 25 yard bear crawl sprint, jog back
3 rounds of 5-10 pistol squats (see picture)

Saturday

3 rounds of 20 dive bomber push ups and 10 clap push ups

Sunday

3 rounds of 50 squats, 10 tuck jumps, 5 broad jumps
2 rounds of 25 v-ups



Order your Fall Patrol shirt today for only \$15!

If you would like to order a light grey '09Fall Patrol shirt, please fill out the bottom of this form and return to me by Monday, September 7th!!! Check or cash only!!! These shirts take up to 2 weeks so I want to order no later then the 8th! If you leave before they come in, the shirt will be mailed to the address on your personnel data form.

The shirt will read: FALL PATROL 09

Name: _____

Size: Small – XXL: _____

Quantity: _____

Please make checks out to OCBPSRA

Thanks! Unit 15 – Sergeant Kauffman