

# OCBP NEWS

## OCBP Dive Team Update

Submitted by: Sgt. Jamie Falcon

The 2010 season holds a relatively new and exciting opportunity for the Beach Patrol community. Instructor John Kiser has agreed to come to Ocean City and run a PADI (Professional Association of Diving Instructors) Open Water AND a simultaneous Advanced Certification course. This means, if you have never been certified to SCUBA dive, you can get certified next summer. If you are already certified, then you can earn your advanced along side those getting their initial certification.

John Kiser has taught the Open Water Certification course for the Beach Patrol in the past. His shop is located in Severna Park ([www.seacolony.net](http://www.seacolony.net)). He is also the SCUBA instructor at Salisbury University. Each course is worth 3 college credits transferable to most colleges or universities.

The Open Water Certification costs \$285 plus a \$100 checkout fee. The Advanced Certification costs \$150 plus a \$100 checkout fee. The checkout fee covers the open water dive observation, at the end of the course, and the certification card fee. All air and gear is included except mask, fins and snorkel. These can be purchased at Sea Colony Aqua Sports with a 20-25% discount (\$150-250 before discount). I expect the boat, for the open water diving, to be free of charge except for sharing fuel costs. Certification is life-long.

The instruction time for the Open Water Certification is a total of 16 hours, 8 of which are in the classroom and 8 are in the pool. Advanced instruction all takes place in the pool. Both groups do open water dives after instruction is complete. This will be an off-shore boat trip to some of the reefs or wrecks off of Ocean City. Instruction will begin in mid to late June during several meetings after OCBP duty (tentatively, all instruction will begin on Monday, June 7 and be completed by Saturday, June 12; no other events are scheduled and Friday, June 11 is the payday from the second full pay period). The open water dives will take place in mid-July (tentatively the weekend of July 17,

18<sup>th</sup>; this is *after* all veteran recert. and there are *no* other events taking place). All participants will receive completed Special Day Off forms to sign at the beginning of instruction to ensure the group can complete the open water dives together.

After the group is certified, local dives will be scheduled through August and throughout each summer. Spontaneous trips may also become available on evenings of high visibility.

I expect to be able to produce "OCBP Dive Team" long sleeve t-shirts free of charge to participants.

Please ask questions or indicate your interest by sending me an email: [jfalcon465@yahoo.com](mailto:jfalcon465@yahoo.com). PLEASE CONTACT ME ASAP TO INDICATE YOUR INTEREST. I need an approximate head-count to proceed with organizing the courses and trips.

**Captain's note:** As a SCUBA instructor (NAUI) I can assure you that this is a great opportunity that is also being offered at a fair cost and that is scheduled to be convenient to your schedules. Although we are referring to this as a "team" it is more of a "club" and should not be confused with Ocean City's "official" Dive Team, which is authorized through the Fire Department. The Ocean City Fire Department's Dive Team is a group of highly trained individuals who are responsible for responding to Fire, EMS and Police emergencies, and other non-emergency cases that require underwater work. Once you become certified you could further expand your lifesaving work by joining a fire department, like Ocean City's, which has a dive team. Dive teams often allow you to gain advanced training using specialized equipment that most people wouldn't be able to afford on their own.




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## Opening Day

All are welcome to join us for the opening day prayer service on Somerset Street on May 29 7:00 am on the boardwalk.

There is no better way than to start the season off with fellow citizens, OCBP members, and employees from other town agencies. Every year more and more participants share in the opening day fellowship.



# TRAINING

## Beach Patrol Will Hold Two Surf Rescue Academies

submitted by: Captain Butch Arbin



Again this season there will only be two Surf Rescue Academies. This is compared to the 3-8 academies that have been held in years prior to 2009 when our personnel numbers were low. Canceling the second academy serves several purposes. First of all, it is the hardest to staff. Our first academy has the most staff in leadership roles available to assist, primarily because we have not started guarding the beach yet, and therefore are not pulled from other responsibilities. Although, the Patrol is in full swing by the time we have scheduled to run the third academy, the late starting date allows all of our personnel to be working full-time, having just completed their other responsibilities (mostly full-time school system jobs, although this year's record snows have impacted school calendars). Maintaining a late academy is important for those individuals whose commitments do not end until mid-June, and those have not yet arrived in our country. The second academy, by contrast, occurs at the absolute worst time of our early season and, often, is the least effective. Even though the cancellation of the second academy was not done for economic reasons it will generate a budget savings for the Beach Patrol.

## Iron Guard Summer of 2010

submitted by: Sgt. Jeff Brabitz

This year's Iron Guard will undergo a slight change from years past. We will still be having it, of course, but instead of just doing the same old thing we've decided to mix it up a bit. New this summer, will be the Iron Guard Championships. This will pit members of the OCBP against one another. There will be a total of 3 events this summer. The first event will take place in the south end of town and will be open to South/ Middle-South guards to compete in the southern region of the patrol. The second will take place in the middle area and will have competitions of North/ Middle-north guards. After these two events the top qualifiers from each will race head to head in the final championship at the 130<sup>th</sup> beach house (home of the Original Iron Guard, Unit 10). I feel that this year's races are a perfect time to get us involved and ready for new and exciting things for the summer of 2010, and as always there will be good eats and drink afterwards courtesy of our friendly, local sponsors. So to all you guards out there thinking about how soon summer is coming, it's just around the corner.



## Women's Competition

Submitted by SRT Amiee Bachman

Just like every year, the off-season flies by so quickly. Soon enough, the 2010 All Women's Lifeguard Competition will be here and the girl guards of the OCBP, along with other beach patrols across the nation, will travel to Sandy Hook, NJ to compete once again! I've been competing in this event since the summer of 2006, but I have to say that last summer's OCBP competition team was one to remember. Not only was it the biggest team that I have ever seen with a total of 19 girls, but absolutely the most fun. One of the things that makes the trip to Sandy Hook so special each year, is how all of the girls on the OCBP, from crews 1 to 18 (yes part time and SBFs can compete too), bond and really get to enjoy time spent together that might not get to happen over the course of the summer. Beyond all of the running, swimming, paddle-boards and beach flags, the Women's Competition is always a memorable success each year, with each girl of the OCBP bringing with them high-spirits and team-like sportsmanship to make for one enjoyable trip.



The date of the competition this year is Wednesday July 28th, 2010. Mark your calendars! Another important date to remember is July 7th, which is when the OCBP will hold its annual Women's Dinner. Again, this dinner is another way for all of the girl guards to get together and meet each other, and find out more about each other through a night of laughter and relaxation. (And of course, the traditional "top 10" of the OCBP) :) The location of this is TBA.

There are a few things I feel might benefit the women's competition team this year. First, finding someone interested in setting up weekly workouts for the team to practice so we can be familiar with using the competition paddle boards, kayak, beach flags, and picking girls for the swim and run relays. By doing this, we should be able to have more workouts this summer since one person will be just in charge of getting everyone together. They will also make sure we all know where to meet throughout the week, creating fun but challenging workouts, and helping to pick out which girls will compete in each event. Please contact me if you think you're interested.

Also, last summer we had 19 girls compete in the competition. There are only two events, the 1 mile run and run-swim-run, where each team can have an unlimited amount of teams members participate. If we can get 20 girls to participate in the competition this summer, we can enter 2 OCBP teams, meaning we all can enter in more events this year. So for those who might have new girls in their crews this year, encourage them to sign-up and tell them about all of the different events they will be able to compete in, where we stay, the infamous ferry rides, or whatever else you think might get them intrigued! Help them with any questions they might have since they will be unfamiliar with the competition. I hope you all are as excited as I am for the 2010 All Women's Competitions this summer. We will be ordering T-shirts again this year, which will also be for sale to the rest of the OCBP. Please contact me if you're interested in taking over the duties of

weekly workouts for the girl's team. See you all soon!

**Captain's Note:** I want to take this opportunity to publicly thank Amiee for the exceptional job that she has done with the organization of our women for this event. Leadership is not by rank but by motivation and desire and Amiee has both. I hope that all the women on the patrol will choose to become involved in both of the activities that Amiee has written about. One attribute that has made the patrol great over many years is the fellowship and lifelong relationships that develop because of our shared interest and commitment. Involvement in beach patrol activities makes a large organization seem more like a family. Get involved!!!



## How to be the Fittest Guard on the Beach

Submitted by: Steve Rakow, Owner of CrossFit Ocean City

What does it take to be a fit guard? No doubt that you have to have some brains to keep up with lifesaving techniques, maintain situational awareness of your surroundings, and all the other requirements of lifeguarding. You also need to be a good swimmer and a fast runner. You also have to be strong, agile, coordinated, and powerful. In effect, you must be ready, physically and mentally, to handle any challenge that comes along while you're on duty. You've got to have the strength to finish a 400 meter sprint across the beach, drag the victim out of the water, and then perform CPR – all without a rest. What if the victim weighs 300 pounds? What if the surf is 10 feet high and you have to fight your way through the surf zone to reach a small child caught in a rip current? What about multiple victims in a single rescue? This happens each and every day on the Ocean City Beach Patrol. Veterans have all kinds of rescue stories to share and the rookies can only prepare by staying in peak physical con-

dition and learning from experience. As a lifeguard, it isn't a question of if you'll perform a rescue, it's when. As a result, you have got to be in top physical shape.

Let's face it, running, swimming, and doing lifeguard competitions aren't going to keep you in peak condition. There's more to fitness and lifeguarding than great cardiovascular conditioning and stamina. What would you say if there was a training program out there that would prepare you specifically for the job you do as a lifeguard: the unknown and unknowable rescue? Would that training program appeal to your desire to be the best lifeguard on the beach? That program exists; it's called CrossFit. CrossFit is used daily by Navy SEALs and has become a mainstay for the U.S. Marines, Army Special Operations, and numerous first-responder agencies throughout the nation.

CrossFit is a program that consists of constantly varied, functional movements, executed at high intensity. We focus on ten general physical skills in our training: cardiovascular endurance, stamina, strength, flexibility, power, speed, agility, balance, coordination,

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and accuracy. We'll teach you how to deadlift, squat, and do Olympic lifting. You'll do pullups, pushups, situps, squats, burpees, and handstands. You'll run sprints, 400s, 800s, and more. Most often, though, you'll do all of these in a single workout that changes from day to day. And the best part is that you get to compete against everyone else in the gym while you get into the best shape of your life. As a result, you'll be better prepared physically and mentally to handle anything that your job throws at you.

Last summer, about a dozen lifeguards participated in the CrossFit Ocean City Beach Patrol Training Program. Participants trained three times per week at 7 a.m. Ben Davis, Randy Wheeler, and Steve Fowler continued training with us in the off-season. Colby Kauffman has been an avid CrossFitter and CrossFit Ocean City member for two years now. Still other guards train with the CrossFit method at other CrossFit affiliates throughout the country. CrossFit training has proven to these lifeguards that superb physical conditioning can be achieved. At CrossFit Ocean City, we guarantee that you'll get the best coaching you can find to get you in the best shape of your life for the best job in the world.

Want to be the fittest guard on the beach? CrossFit Ocean City will get you there. This summer, CrossFit Ocean City will offer another CrossFit Beach Patrol Training Program from June 14<sup>th</sup> through August 20<sup>th</sup>. For those in the local area, you can join us at CrossFit Ocean City anytime you're ready. Anyone interested in learning more about CrossFit, visit [www.CrossFitocmd.com](http://www.CrossFitocmd.com), or contact Steve by emailing [steve@crossfitocmd.com](mailto:steve@crossfitocmd.com) or call him at 443-235-5649.



**Captain's Note:** Regardless of if you choose to participate in Cross-fit or you have your own training regiment; the theme of this article is absolutely true. You must come prepared for a physically challenging and demanding job. In reality, a surf rescue technician is much like any professional athlete; you are being paid because of the physical skills that you possess and can use to perform your job at a high level. The only difference is that someone who can throw a round ball through a rim that is suspended 10 feet off the ground gets paid a lot of money for playing a game, whereas you save lives for far less money. But then our intrinsic rewards and feelings of significance are far greater than most others will ever experience.



## OCBP TRIATHLON

The main focus of the Tri-Club is to facilitate fun workouts during the summer that are open to all, yet challenging to all levels. No one should be intimidated, everyone can do the workouts. If you are interested in working out this summer there are two things you need to do. First, make sure you find a bike. You can use a cruiser, mountain bike, or a road bike. Continue working on getting into shape before the season. The same format will continue for workouts as last summer, two workouts a week involving a bike and run.

Here is a preliminary list of activities we are going to shoot for during the summer of 2010.

- The Frederick ½ Marathon, May 2. A 13.1 mile run in Frederick, Md.
- Assault on Assateague Sprint Triathlon, June 20. A ½ mile swim, 15 mile bike, and a 5k run. =
- ***OCBP Sprint Triathlon***, Saturday July 31. A ½ mile swim, 12 mile bike, 5k run. Recognized as the world's greatest \$20 Triathlon. Everyone should participate or volunteer.
- North East Md. Olympic Distance Triathlon, August 15. A new race for us to train for this year. A one mile swim, a 25 mile bike, and a 10k run. Should be lots of fun. A challenging but realistic distance.
- Osprey Sprint Triathlon, Snow Hill, Oct 2. A ½ mile swim, 15 mile bike, 5k run. A fun event at the end of the season. A fun location.
- Seagull Century, Salisbury Md. A 100 mile group ride more than a race. We will see if we have a group interested in trying the distance. A highly recommended ride.

Email St. Matt Postell with any questions [gpostell@aacps.org](mailto:gpostell@aacps.org)