

# OCBP

## SURF RESCUE ACADEMY

<p><b>Distressed Victim Unit</b></p> <ul style="list-style-type: none"> <li>➤ <i>Intro to a life-altering job</i></li> <li>➤ <i>Stand, Scan &amp; Semaphore</i></li> <li>➤ <i>Rip and littoral current rescues</i></li> </ul> <p><b>Page 2</b></p>	<p><b>Active Drowning Unit</b></p> <ul style="list-style-type: none"> <li>➤ <i>Recognizing non-swimmers</i></li> <li>➤ <i>Holds and Releases</i></li> <li>➤ <i>Coverage procedures</i></li> <li>➤ <i>Poor Weather Procedures</i></li> </ul> <p><b>Page 22</b></p>	<p><b>Passive Victim Unit</b></p> <ul style="list-style-type: none"> <li>➤ <i>Handling spinal injuries</i></li> <li>➤ <i>Physiology of drowning</i></li> <li>➤ <i>Search and Recovery</i></li> <li>➤ <i>AHA CPR certification</i></li> </ul> <p><b>Page 33</b></p>	<p><b>Rips, Rocks &amp; Rescues</b></p> <ul style="list-style-type: none"> <li>➤ <i>Educational seminars</i></li> <li>➤ <i>Practical exam: rescues</i></li> <li>➤ <i>Medical emergencies</i></li> <li>➤ <i>Written Exam</i></li> </ul> <p><b>Page 43</b></p>
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### WELCOME TO THE OCBP

A surf rescue technician is an ocean lifeguard who's responsibilities include: 1) education and prevention of beach and ocean hazards; 2) surf rescue intervention for distressed, actively drowning, and passive victims; 3) surf rescue extraction of spinal-injured victims; 4) handling medical emergencies in the beach environment; 5) semaphore and radio communication skills; 6) enforcement of beach ordinances and city codes; 7) knowledge of oceanography and marine life; 8) beach and water surveillance for victim identification; and 9) other physical and cognitive job-related skills.



The Ocean City Beach Patrol has a proud and distinguished reputation as one of the world's most professional and well-trained surf rescue organizations. This organization has over 200 members annually and spans 9 miles of Maryland's turbulent and densely populated coastline. The beach patrol will perform approximately 3000-5000 rescues and 100-200 spinal injury extractions each year. This is statistically the most activity per mile of beach and per lifeguard for any surf rescue organization in the United States. WELCOME TO THE TEAM!



**OCEAN CITY BEACH PATROL MISSION STATEMENT**  
*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.*

# INTRODUCTION



**FUNDAMENTAL ASPECTS OF THE BEACH PATROL'S MISSION:**

-  EDUCATION
-  PREVENTION
-  INTERVENTION

## OCBP Surf Rescue Academy; At A Glance

The training for the beach patrol begins with a week-long academy that will teach you the physical demands of the job, surf rescue techniques, and critical policies and procedures. This exciting week is physically and mentally demanding, yet rewarding. You will be introduced to a job that could change your life and the lives of complete strangers; the people you serve. Training sessions scheduled for the Probationary Surf Rescue Technicians (PSRTs) are



specifically organized to best suit the needs of the patrol. Each day will emphasize the rescue procedures for a specific type of drowning victim, and each day is placed in the same order of a drowning victim's common progression; **distressed, actively drowning, and passive.** The itinerary is outlined below. The PSRT **MUST** attend all sessions in sequence and be on time with ALL issued equipment, water or sports drink, sunscreen, a pen, shoes and socks. **FAILURE TO REPORT ON TIME OR WITHOUT ISSUED EQUIPMENT WILL RESULT IN DISCIPLINARY ACTION.**

## SURF RESCUE ACADEMY SCHEDULE

Daily Unit	Unit Objectives	Physical
Monday, 1100-1730hrs: <i>Distressed Victim Unit;</i> Report to the Inlet Beach	Report to the Inlet beach. The focus is on distressed victims, our most common cause of intervention. You will learn ways of identifying these victims, methods of prevention, and how to properly execute a distressed victim surf rescue extraction. This day will also include beach patrol policies, such as: the organizational structure, uniform and appearance, work schedules and hours, rules of conduct, and semaphore.	Physical training will include: stand dragging, countless simulated rescues, strength training and sprints.
Tuesday, 1000-1700hrs: <i>Active Drowning Victim;</i> Report to Middle Inlet.	This day covers the most life-threatening rescue of a conscious victim, and will focus on recognition, immediate expeditious response, and handling the active victim. Classroom material will deal with coverage procedures during an emergency, extreme weather procedures, ordinances, and administrative policies. Physical training will include: stand dragging, run-swim-runs, and rescue rehearsal.	Physical training will include: stand dragging, run swim runs, and rescue rehearsal.
Wednesday, 1000-1700hrs: <i>Passive Drowning Unit;</i> Report to 130th Street Beach.	Agenda consists of: identification of the passive victim, search and recovery procedures, victim removal from the surf, and demonstration of the surf extraction technique for spinal injuries. Lecture will focus on the physiology of drowning and medical emergencies.	Physical training will include strength training, and a distance swim.
Thursday, 1000-1730hrs: CPR Certification. Report to the Middle Inlet.	This day will include the American Heart Association Cardiopulmonary Resuscitation Certification class for the Health Care Provider Course. This day will also include coverage procedures, and CPR on the beach with victims of spinal injury.	Physical training will include circuit training, swimming and running drills; and big surf training with fins.
Friday, 1000-1730: Rips, Rocks & Rescues. Report to Middle Inlet.	This day will cover how to use education as a means of prevention, followed by busy days of simulated surf rescue interventions. These rescues will be a culmination of everything taught during the week and serves as your practical exam. By the end of the day the PSRT will feel the equivalent to that of a SRT after a routine, busy day.	Additional physical training will include the Stand-Dragon Relay.
Saturday and Sunday	American Red Cross First Aid Certification and Lt. Stone's Paperwork lecture; or OJT.	Beach Run and Swim Test

# OCBP VOCABULARY

<b>A.E.D.</b>	Automated external defibrillator; a portable electronic device that diagnoses and treats cardiac arrest.	<b>On Shore Wind</b>	In Ocean City this is an easterly wind which causes “choppy,” or “bumpy” ocean conditions; and warmer water temperature.
<b>Anaphalactic</b>	Allergy-induced; can be anything from a simple rash to a life-threatening respiratory arrest.	<b>Ordinance</b>	A city code which, like a law, is enforced by the town of Ocean City and usually can result in a finable offense.
<b>Anchor</b>	Object often made out of metal used to attach a ship or marker to the bottom of a body of water.	<b>Paddleboard</b>	Or rescue board. Used by SRTs to patrol swimming events, make long distance rescues or used for perimeter guarding.
<b>Aspiration</b>	Pulmonary aspiration; fluid (as opposed to air) entering lungs from trachea which can lead to secondary drowning or pneumonia	<b>Plunging wave</b>	Found where there is a sudden rise in the sea floor; also termed shorebreak which can dump swimmers to the bottom with great force
<b>Barrier Device</b>	Used in CPR terminology to refer to use of a protective mask for rescue breathing	<b>Pylon</b>	A wooden post in the surf used to hold up the pier or as a sign to mark the rock jetties in Ocean City.
<b>Barrier Island</b>	Landform spanning a considerable range in size and length along a coastline.	<b>Quad</b>	4 wheel ATVs driven by beach patrol officers on the beach and often used to transport patients off the beach.
<b>Buoy</b>	Or rescue tube, or rescue can, with a rail, nose, and a crown and attached to a harness worn by the lifeguard.	<b>Rip Current</b>	A strong surface flow of water returning seaward from near the shore.
<b>Cover or CVR</b>	When neighboring guards run down to the SRT on a rescue or involved with an emergency, to assist or watch the open water.	<b>Sand Bar</b>	A long-narrow shoal made of sand.
<b>CPR</b>	Cardiopulmonary Resuscitation; used during cardiac arrest to maintain circulation and oxygen delivery to the dead victim's cells.	<b>SBF</b>	A Surf Beach Facilitator; beach patrol personnel who patrols the surfing beach and assists with beach-related OCBP needs.
<b>Crest</b>	Top of wave height	<b>Sea Puss</b>	A type of flash rip that occurs in shallow water and is very short-lived.
<b>EDU</b>	Educational preventive effort by SRT	<b>Semaphore</b>	OCBP flag communication adopted from the US Navy.
<b>Flash Rip</b>	Transient rush of water out to sea, forming a rip current which can take people out from shallow water to deep water in seconds.	<b>Shoal</b>	A somewhat linear landform within or extending into a body of water, typically composed of sand, silt, or small pebbles.
<b>Handheld</b>	Another name of the beach patrol radios held by officers and crew chiefs	<b>Shorebreak</b>	A plunging wave breaking in shallow water that can cause serious bodily injury.
<b>Jellyfish</b>	marine invertebrates found in every ocean in the world and some fresh water. Sea nettles are the most common stinging jellyfish in OC. Vinegar may neutralize sting. Portuguese Man of War are rare in OC and are not Jellyfish. Their sting requires hot water NOT VINEGAR.	<b>Spilling wave</b>	Safest waves to surf, a wave that is gradually breaking usually in an area with a long sand bar, or very gradual increase in water depth
<b>Jetty</b>	In Ocean City consists of rock piles used originally in attempt to reduce beach erosion.	<b>SRT</b>	Surf Rescue Technician; OCBP lifeguard.
<b>Landline</b>	Surf Rescue Device with a line attached to the beach and swum out by the rescue swimmer so that SRTs on the beach can pull the rescuer and victim to shore.	<b>Stroke</b>	Or, Cerebral Vascular Accident; a rapidly developing loss of brain functions due to a disturbance in the blood vessels supply blood to the brain.
<b>Lanyard</b>	Rope attached to whistle or buoy.	<b>Surfing Beach</b>	One of 2-3 designated areas for surfers only and patrolled by SBFs.
<b>Line of Intervention</b>	An imaginary line established with the scan proximal to rip or rock jetty where patrons pass causing the SRT to intervene.	<b>Surging wave</b>	Waves that may never actually break as they approach the water's edge, in areas where the water near shore is very deep.
<b>Line of Prevention</b>	An imaginary line established with the scan proximal to rip or rock jetty where patrons pass causing the SRT to begin calling in the victim.	<b>Tidal Pool</b>	Filled areas of seawater far back on the shore which travel along the beach and return to sea via rip currents.
<b>Littoral Current</b>	Also known as long-shore current which moves with the wind or in response to ocean swells; usually parallel to shore.	<b>Trough</b>	Lowest portion of a wave; or deep area of water between the shore and the sand bar.
<b>Long Shore Current</b>	Also known as littoral current which moves with the wind or in response to ocean swells; usually parallel to shore.	<b>UMB line</b>	Imaginary line even with the back portion of the lifeguard stands where beach umbrellas may not be set up past.
<b>OCBPSRA</b>	The OCBP Surf Rescue Association; the name of the beach patrol's lifeguard certification and training program.	<b>Undertow</b>	Often used incorrectly for a rip current; is a strong subsurface flow of water returning seaward from the shore resulting usually from wave action. Can trip beach patrons.
<b>Off Shore Wind</b>	In Ocean City this is a westerly wind which causes “clean” or “flat” ocean conditions; and cold water as warm surface water moves out to sea.	<b>Wave Period</b>	Time interval between arrival of consecutive crests at a stationary point.

# OCBP; KEYS TO ROOKIE SUCCESS



## Do I need to watch the water all the time, even if no one is in it?

Unequivocally, YES. This will help promote the habit of scanning, which you need to succeed, while demonstrating your alertness to the public. You should always make a conscious effort to face east and scan; whether your taking to a beach patron, arriving to work in the morning, monitoring an empty ocean on a rainy day, and even while attending a beach patrol competition. Scanning is what we do when we are on the beach; always.

## Do I really need to learn semaphore in 1 week?

YES; by day two of academy it is imperative that you can send and read. Many of you had all winter to work on semaphore and the inability to read the first day you are on the stand is an unacceptable hazard. Practice all night if you have must.

## When do I need to "go"?

Approximately 80% of all rescues will occur in rip currents, so you must guard rips diligently and prevent swimmers from swimming in them. You must also assume, unless proven otherwise, that no one in the water can swim. These hundreds of non swimmers flocking to your beach daily can submerge within 10-seconds upon entering any water; rip current or not. These victims will be actively drowning when you get to them, and they account for approximately 20% of our rescues.

Several scenarios can lead to actively drowning victims. They could be non-swimmers who have been swept by away from a shallow area or floatation device to deeper water; or a victim whose stumbled into the trough not realizing its depth. These scenarios are easier to tell when to go, but hard to spot.

Although it doesn't appear life threatening, it is common for weak patrons, such as older adults, children, and unfit individuals, to be unable to stand or walk in against the current after getting knocked down by a wave. In these

circumstances, never hesitate. Its your job to assist people, just as much as it is to execute a rescue or perform CPR; so you should "GO" and help the person to their feet, or aid them walking in to shore against the current.

## What happens if I go to help someone or make a rescue and they didn't need me?

NOTHING! Just use that opportunity to educate the patron about the dangerous conditions in the area, or the reason you came to help them.

### PRACTICE SEMAPHORE!

- By Tuesday, you will be expected to send the following message in less than 60 seconds!
- You will also be expected to read a Lost-Boy Message on Tuesday!

*"I am a bean and will continue to be a bean until I learn how to read semaphore."*

### KEY POINT 1

*Always watch the water and face the ocean.*

### KEY POINT 2

*Learn semaphore by Tuesday of training academy. Every possible hour between Monday night and Tuesday should be dedicated to this goal.*

### KEY POINT 3

*Never hesitate to intervene, even when simply helping a person back to his or her feet after they've stumbled by the shoreline; and, of course, keep the rips clear.*

# DISTRESSED VICTIM UNIT

## OCBP Mission Statement

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.



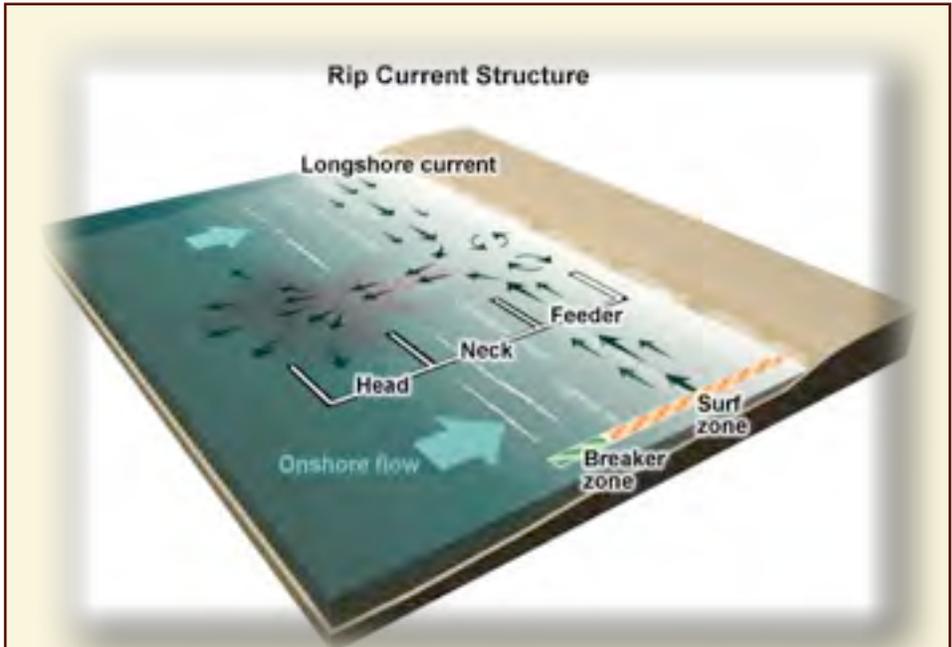
The Patrol intends to fulfill its mission by:

- Recruiting the most highly qualified candidates.
- Employing qualified individuals for administrative and educational positions, and 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.

### SRT JOB DESCRIPTION



- A Surf Rescue Technician (SRT) is one who stands watch over the beach patrons of Ocean City, maintaining beach and water safety, providing relevant information, and enforcing ordinances.
- The SRT performs skilled beach patrol/surf rescue work of above-average difficulty at a municipal beach.
- SRTs supervise swimming and related recreational activities on the beach and promptly perform appropriate emergency lifesaving and first-aid tasks as situations arise.
- SRTs are supervised and given specific assignments by supervisors who check to see that surf rescue personnel are always and that assigned tasks are executed according to established procedures.
- SRTs must be self-motivated, able to work under general supervision, and possess the ability to exercise reasonable initiative and independent judgment.



## The Rip Current

Although rip currents can vary in appearance, as a rule they look like a patch of water that appears different from the rest. A rip is a deeper area of water that may seem especially rough or choppy, have a darker dark color, and may have foam. Rips sometimes pick up debris, kelp particles, or sand from the ocean floor giving the water a murky or muddy quality; other times the rip current is a patch of water that is clearly running in the seaward, in the opposite direction from the incoming waves, such as beside rock jetties or at inlets. A rip moving through a calm surf, like during glassy westerly wind days, is easily detected. Rips are harder to spot on gusty easterly wind days when conditions are rough. Under most conditions, a rip can be seen easily from a high elevation overlooking the surf line, and polarized sunglasses are best for spotting the discolorations in the water created by rip currents.



# DISTRESSED VICTIM UNIT



## THE RESPONSIBLE LIFEGUARD:

It seems impressive when a guard makes 10 or 20 rescues in one day; but experienced guards would wonder if more preventions could have been made. Rescue totals for SRTs are the opposite of points scored by athletes; because with experience and skill the number tends to go down. A rookie guard who has 100 rescues his or her first year, may eventually have only 20 or 30 as a veteran.

**The real talent of a lifeguard is being able to reduce the number of surf interventions by skillfully using education, a whistle, and fundamental ocean knowledge to keep people safe.**

The 3 fundamental responsibilities of the SRT are 1) Education, 2) Prevention, and 3) Intervention. As a rookie guard you should intervene **often** since prevention and effective victim identification takes years of experience. We would rather have 1000 people needlessly rescued than to have one victim missed. However, through training and experience rescues actions can be minimized using education and prevention. For example, a SRT arrives to work early and sees a mammoth rip current in the area. First, they rely on education by calling the beach patrons over to the area and educating them with a seminar about the rips identity and

how to escape it. Second, the SRT will assume his or her post on the stand and frequently whistle or go on foot patrol to move patrons away from the rip current (prevention). When someone is in the rip has trouble escaping it, the SRT will rescue them.

Since victims progress usually from 1) at risk, to 2) distressed (horizontal in the water fighting a current); to 3) to actively drowning (vertical in the water fighting to keep the airway above water) and finally 4) to submersion or passive. The philosophy of OCBP is to go between at risk and and distressed stages, since a victim in the Actively Drowning Stage only has ~10-60 seconds prior to Submersion. Searching for a submerged victim is difficult and obviously a situation we hope to avoid at all costs.

## PROTECTIVE LAWS OF THE LIFEGUARD:

The OCBP SRT liability falls under the jurisdiction of the Town of Ocean City's Risk Management Department. There are also laws that have been instilled to protect the lifeguard working for the town. These laws fall into two categories:

### Good Samaritan Laws

These laws have been established to protect people from liability if they happen

onto an emergency situation and stop to render aid to injured or distressed people. When acting to the best of your ability and in good faith, these laws may protect you personally in the way of liability. Although these laws are more commonly applied to protecting you when off duty, the Good Samaritan Laws can also protect responding emergency personnel, but only under many stipulations and conditions.

### Immunity Laws

In Ocean City, beach recreation is deemed as hazardous, and thereby laws exist to regulate claims which may be made as a result of injuries sustained on the beach or in the water. Provided that you perform without negligence and in accordance to your training, accidents on the beach and in the adjacent Atlantic Ocean will be a matter for the City Risk Management department to handle on your behalf. This protection may take the form of free representation as described above, and may include protection against monetary awards granted as a result of attempted lawsuits. Your training officer will discuss any protection afforded by your agency, including the limits of that protection and the stipulations that may be placed on it.

### Liability Protection

As governmental agencies, many lifeguard services have access to the assistance of legal departments, corporation attorneys, district attorney or attorney general offices and other legal experts in defending against lawsuits that may be filed against the agency. By extension, some of these legal departments may also represent or defend employees who are named in these lawsuits as co-defendants. Other agencies may, by law or policy, automatically provide professional liability protection for employees who are named in lawsuits resulting

from the actions of those employees in the performance of their duties. This protection may take the form of free representation as described above, and may include protection against monetary awards granted as a result of those lawsuits.

With this discussion on your legal responsibility as a lifeguard, your training is complete. Ahead of you lies your experience as a member of America's fourth emergency service. If the job ahead of you is leading toward a career in the profession of open water lifeguarding, you will be joining a small but growing number of people

who have had the privilege of spending their professional lives protecting the public in the beauty and mystery of the beach environment. If lifeguarding is to be a summer job for you as you prepare for a career in another field, you will no doubt carry the memories of your lifeguarding experience with you throughout your life. You will join an elite alumnus of people who often feel that lifeguarding helped them to appreciate their abilities, their discipline, and their sense of responsibility. "I used to be a lifeguard," they will often say, "best time of my life." .....USLA

# DISTRESSED VICTIM UNIT

## SURVEILLANCE OF AREA: THE MOST VALUABLE TOOL

### OBSERVATION TECHNIQUES

The scan is the most essential tool possessed by a lifeguard; it needs to be instinctive and resolute. Guards must not expect to be summoned to emergency situations. Instead they are to observe, evaluate, and respond to emergency situations efficiently and immediately. A good scan consists of a systematic observation technique that takes experience and training to develop.

Observation of open water swimming is accomplished through effective primary and secondary scanning. A guard sweeps the area from side to side with his or her eyes, checking quickly on each bather or group of bathers. No area should be left unattended for more than 10-seconds. Our semaphore technique assists with assuring the scan among neighboring Surf Rescue Technicians (SRTs) like a checks and balances system. If an SRT cannot get the attention of his or her neighbor is 10 seconds, the guards scan needs to be improved. Here are some scanning distractions to avoid:

- 🔊 Focusing only on a swimmer entering the “At Risk” phase, such as those in a rip current, trough, or near a jetty. Continue to scan while engaging in a prevent. If that person requires so much attention that it takes away from your scan, they should be rescued.
- 🔊 Talking to SRTs whom are running breaks, or to beach patrons. The OCBP SRT must learn to listen without eye contact. During a brief conversation the SRTs head should continue to move north and south scanning. Conversations take away from the scan; in fact two guards sitting in one stand are less effective at scanning the water than one.
- 🔊 Reading semaphore is a key aspect of the OCBP operation, but it should make our operation better, not take away from a scan. SRTs must scan the water of the SRT they are sending too, and SRTs should not spend more then 10 seconds reading a message without scanning.



### More than 80% of Ocean City’s Rescues are In Rip Currents

*Rip currents will tend to have the greatest swimmer population of any other part of your primary scan. This is for 3 reasons: 1) the outward movement of the rip fights the oncoming waves and lessens wave-action making it to appear as the safest area for non-swimmers; 2) the feeder will round up weak swimmers and draw them in towards the neck of the rip current; and 3) swimmers in rips stay there longer since they have trouble making it in or catching a wave.*



**A large portion of your day will be dedicated to KEEPING THE RIPS CLEAR, using the whistle and or educating (EDU) on foot patrol.**



**The long shore current, or littoral current is also a common cause for rescue intervention. The current usually on the windward-side of a rock jetty or the pier, and will move swimmers toward these barriers which can lead to a dangerous collision or sweep the victims into a permanent rip-current that exists along side the barrier. Also, the long shore current is responsible for the majority of lost children that occur on the beach.**

# DISTRESSED VICTIM UNIT

## SCANNING

Developing an effective scanning method is a priority and the most effective tool for a SRT. A particular scan must be comfortable and workable. While there are some general principles, a scanning pattern should be configured to meet the needs of the area guarded. In addition, each scan of a SRT's zone must be completed within a time frame that allows recognition and rescue of the victim. We use 10-seconds as a standard for each zone in the guard's area of responsibility.

Scanning of the water should be constant while a SRT is on duty. When a SRT is talking to other beach patrol personnel or beach patrons, scanning must continue. SRTs are expected to face the water and scan even when they are away from their stand, walking out of the water, or during any other activity while on duty. If a SRT must reduce their scanning to attend to an emergency or other circumstance, other SRTs should be aware and cover the additional area during his or her absence. It is important to **SCAN WHILE SENDING SEMAPHORE AND NEVER SPEND MORE THAN 5-10 SECONDS READING A SEMAPHORE MESSAGE**. This can be achieved by 1) becoming efficient with semaphore; 2) pausing between word(s) while sending semaphore; and 3) keeping messages brief.

### PRIMARY SCAN:

Most of the scan should focus on the eastward 270 degrees north/south. This zone includes the 180 degrees immediately east of the SRT's tower, and 45 degrees northwest and southwest, which includes neighboring guards, shorebreak, umbrella line, beach patrol vehicles, and ordinance observations. No area should be left unattended for more than 10 seconds and scanning must continue during semaphore so messages must be brief, communication must be fluent and efficient, and SRTs should take frequent breaks during a non-urgent message. Sending guards should scan their own water while also scanning the water of the reading guard.

One method of scanning is to use a figure 8 sweeping pattern; other methods include grouping beach patrons into clusters or blocks. These will be taught to you in training. Regardless of the scanning technique used, the patrons in the water should be stratified into the following categories:

#### **Apparently Safe:** lowest priority.

-  Bather demonstrates sufficient swimming ability for the conditions.
-  Bather is not in any immediate danger due to rip or littoral currents.
-  Bather is not facing shore or riding shorebreak.
-  Bather is not relying on floatation device

#### **At Risk:** Require close attention.

-  *Facing Shore.* Most often swimmers and bathers will look eastward at the oncoming waves while in the ocean. While in danger, potential victims will nearly always be facing shore towards safety. For this reason, SRTs should instinctively pay closest attention to those facing shore
-  *Fighting a current.* Swimmers being swept in the long shore (littoral) current, or out in a rip current.
-  *Low head.* Health swimmers will carry themselves in the water with their heads held high. The chin is usually clearly above the water level when not swimming or treading water. Heads that hang low in the water demand a focus of attention to determine competency.
-  *Low stroke.* This normally accompanies a low head, and should be visualized as a stroke that is very low to the water with the elbows dragging.
-  *No kick.* The weak swimmer is one who under normal circumstances displays no kick. No break in the surface level of the

water should cue the SRT that the swimmer is below average in ability.

-  *Waves breaking over head.* Most people who are competent in an ocean environment dive under wave. When waves wash over a head with no attempt to duck under them, it is a strong indicator that this is a rescue candidate.
-  *Hair in the eyes.* The natural instinct of people in control of themselves in the water is to brush the hair out of their eyes. People who make no attempt to do so are usually concerned about other things, like keeping their heads above water.
-  *Swimming the wrong way in the current.* People swimming directly into a current and making no progress toward safety may soon tire and become rescue candidates. Watch these people until they show the need to be rescued or make it to safety.
-  *Two heads together.* This may be two individuals who are close friends, but heads that stay together for any length of time should be investigated with binoculars or in person.
-  *Catching large waves without a display of ability.* Often the primary concern of weak swimmers is getting into the safety of shore. They are willing to pay the price of going over the falls of a large wave to accomplish this goal. Anyone who makes this attempt without first having displayed commensurate skill should be eyed very carefully. Often, weak swimmers who go over the falls on a wave find themselves disoriented, and in worse shape than before.
-  *Erratic activity.* Any activity that is out of the ordinary should always be given close scrutiny.

# DISTRESSED VICTIM UNIT



***Facing Shore.*** Most often swimmers and bathers will look eastward at the oncoming waves while in the ocean. In contrast, potential victims will nearly always be facing shore towards safety. For this reason, SRTs should instinctively pay closest attention to those facing shore.

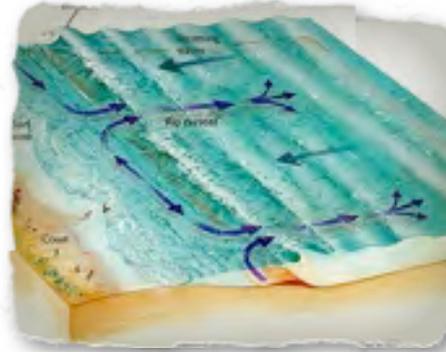
## The Distressed Swimmer

The distressed swimmer is the most common type of victim. A distressed swimmer is able to stay afloat, and in a horizontal position; unlike a drowning victim who is vertical, attempting to keep his or her airway above the surface of the water.

Therefore, these swimmers are not drowning in the traditional sense, but still require assistance.

A SRT must understand that surf rescue is unique and unlike traditional lifeguarding in pools, and other calm bodies of water; and the distressed swimmer is one aspect which makes surf rescue distinctly different. A flat water or pool guard waits to intervene until a victim is drowning. Distressed swimmers will often not realize they need be rescued while they struggle with a current.

A distressed swimmer is very uncommon in pools and in lakes, since the cause of distress is most often related to



turbulent currents. As the victim fights the current they fatigue and then can progress into an active drowning (body vertical) phase, and can eventually submerge. The most common distressed victim in Ocean City, is one who is unable to fight the rip current and make it to shore. The second most common is an de-conditioned or elderly person unable to stand up or walk from the surf zone after being knocked down. In some areas of the island, a common distressed victim is a patron

getting tugged by the lateral current towards a jetty or the pier. Nevertheless, if a SRT suspects that a victim is in distress, or needs assistance, they **MUST NOT HESITATE**; and **INTERVENE!** Remember most rescues are **NOT** life or death, and that often our victims are in distress, even unknowingly.

## COMMON CAUSES FOR SURF RESCUE INTERVENTION WITH DISTRESSED SWIMMERS

MECHANISM	MOST COMMON	COMMON	OTHER
Rip Current	Stationary swimming, treading or kicking toward shore	Double arm, back stroke in rip.	Abandons flotation device
Age Extreme	Elderly person unable to stand at shoreline or walk against rip current (or tripped by undertow)	Child unable to kick boogie board in to shore	"Trapped" in shorebreak / surf-zone
Long Shore Current	Pulled toward jetty / pier	West current pushing rafts out to sea	Pulled into deeper water from standing

# DISTRESSED VICTIM UNIT



## RESUE STATISTICS

*In 1995, the OCEAN CITY BEACH PATROL performed 6,906 surf rescues; in the summer of 2000 there were 5,448 surf rescues; and in 2005 a total of 4,766. Rescue totals have gone down, despite an increase in summer visitors by approximately 600,000. Over this span OCBP averaged 5,707 rescues annually (48 rescues per day); which translates into 634 rescues per mile (5.28 rescues per mile-per day). In comparison, during the same time, LA County Lifeguards averaged ~27 rescue per day; or approximately 143 rescue per mile (0.39 rescues per mile-per day). -USLA statistics.*



## SECONDARY SCAN

- 🕒 **Age Extremities.** Very old or very young people are always to be viewed with suspicion in an aquatic setting. Babies and toddlers can drown in water no deeper than their arm length, due to their inability to easily get to their feet after falling over.
- 🕒 **Weight Extremes.** People considered obese or emaciated deserve a watchful eye.
- 🕒 **Pale or Extremely White Individuals.** These people show a definite lack of exposure to the outdoor environment and can be recovering from an illness or otherwise be lacking in physical conditioning.
- 🕒 **Unstable or Intoxicated.** Those who display a behavior pattern which exhibits a probable impairment of normal physical coordination should be eyed as potential rescue candidates.
- 🕒 **Flotation Users.** A cautious eye should be directed toward those using devices of artificial buoyancy. It may be purely for recreational use, or for actual support. Attention should be given until the lifeguard is certain that the person is competent without the device.
- 🕒 **Uniquely equipped for conditions.** Under normal summer conditions, a swimmer may be adequately equipped with only a swimsuit. Under conditions of large surf, most adept body surfers will equip themselves with swim fins. Off-season in the cold water, a person skilled in the ocean will usually wear a wet suit. Any person with clothes other than those especially designed for the water (e.g. a wet suit or bathing suit) should be watched carefully. Clothes on a swimmer/bather restrict a person's ability to use their body for buoyancy and support. Clothes are an excellent sign that the person is not a water person. Moreover, non-swimmers will typically over prepare for the water (i.e. snorkel, mask, water shoes, etc.).



*A typical mid-summer day in classic, downtown Ocean City.*

## AVOID SCANNING DISTRACTIONS

### 1. **Semaphore communication**

Time spent reading or sending a semaphore message should be less than 10 seconds (active drowning victims can submerge in 10 seconds). While sending, pause frequently to perform a full scan and to allow the reader to do the same. While reading, if a message is too long, scan while rotating your entire body so that the sending SRT understands you have stopped reading the message. Sending SRTs should scan the reading SRTs area.

### 2) **Conversing with beach patron or another guard**

SRTs must stand when a patron or beach patrol member is at his or her stand. Although this makes hearing more difficult, it prevents the appearance of idle conversation, limits lengthy discussion and demonstrates focus on the water.

### 3) **Attempting to locate something**, e.g. shirt, a towel, a drink, a radio knob, sunscreen

Feel for items without looking down at the stand. Get accustomed to placing items in specific locations.

# DISTRESSED VICTIM UNIT

## STAND, SCAN, & SEMAPHORE

### THE STAND

Your stand is your office. Its where you will watch over the guests and residents of the Town of Ocean City, perform rescues, administer first aid, offer information, and observe the events on your assigned beach. Your stand must be placed in position to give you the best vantage point, view of the shorebreak, and accessibility to the water; it needs to be placed ahead of the umbrella line and upon hard sand. You may need to move your stand two-three times per day during extreme tidal changes so that you position your stand optimally. ***The stand placement creates the legal eastern boundary for umbrellas and all forms of ball play; therefore placing the stand is legislative and should not be taken lightly.***

A sand pile must be placed at the base of the stand as a necessary safety precaution for jumping from the top rung of the chair. Moreover, SRTs should never jump from the platform

of the chair. Injuries sustained without following these safety precautions may not be covered by the Town of Ocean City.

There are signs posted on the back of the stand that cannot be covered with SRT equipment. If the signs have chalkboards, the boards must be filled out with weather, ocean and tide conditions daily, and before the SRT is considered "***on duty.***"

### SEMAPHORE

The form of semaphore used for communication with the Ocean City Beach Patrol is not unique to this city. The form originates from the U.S. Navy, which used two flags to communicate between ships. The Beach Patrol has continued semaphore signaling between SRTs as a reliable means of communicating. The patrol has adapted this system of signaling to include a number of abbreviations that designate specific codes used in everyday language. Remember, using semaphore should not distract you from your primary duty of watching

the water. **KEEP MESSAGES SHORT AND TO THE POINT.** Use abbreviations when possible to cut down on the length of the message. **ALL** communication must be professional. The beach patrol is not the only organization that uses semaphore, and many messages may be interpreted by the inquisitive beach patrons who are always watching. Keep messages professional in language and demeanor.



#### ***Benefits of Semaphore:***

- 1. No batteries required.*
- 2. No radio interference.*
- 3. Can be used from land or sea.*
- 4. No equipment required.*
- 5. Enforces north and south scanning*
- 6. Is critical component of coverage and back up procedures.*



***Buoy "Locked and Loaded"*** - Placed ~5 yards in front of the sand and leaning eastward with the rail against the sand. The harness should be strapped tightly along the west rail of the buoy. This placement is most effective for: 1) maintaining eye contact with the victim; 2) rescue speed and efficiency; and 3) establishing a zone for landing from the stand.

***Buoy Placed on Top Rung*** - The buoy on the front of the stand in a "ready knot" that can be dislodged instantly with the harness acting as a sling holding the buoy in place. This position is ideal for: 1) enhancing visibility to the neighboring guards; 2) preventing the buoy from being knocked down by tide and winds; and 3) placing the stand on the water's edge.

# DISTRESSED VICTIM UNIT

## Semaphore Communication

-  Always keep semaphore messages short and professional.
-  Scan your water and the water of the guard with whom you're communicating while using semaphore.
-  Always stand when sending and receiving.
-  Be cognizant of body gestures, mannerisms, and appearance while communicating in semaphore; misconduct may lead the public to believe that the message is improper and unrelated to the job.
-  When practicing, check off each letter.
-  Turn your whole body while scanning between messages so that the other guard knows to pause the message.
-  Two-flag only when necessary as this method of communicating interferes with the ability to scan each others water while sending and receiving.
-  Never send to the back of the beach unless during an emergency.



Abbreviation	Description	Abbreviation	Description
<b>LB or LG</b>	lost boy or girl	<b>GGG</b>	going
<b>FB of FG</b>	found boy or girl	<b>RRR</b>	repeat
<b>N</b>	name	<b>U</b>	you
<b>A</b>	age	<b>TU</b>	two or to
<b>(Point at trunks)</b>	trunk color	<b>NB</b>	neck/back injury
<b>(Roll arms)</b>	multi	<b>C</b>	see
<b>Ambo</b>	ambulance	<b>UMB</b>	umbrella
<b>URURUR</b>	urgent	<b>FA</b>	first aid
<b>R</b>	are	<b>B</b>	be
<b>EDU</b>	education	<b>ATE</b>	eight

# DISTRESSED VICTIM UNIT

## OCEAN CITY BEACH PATROL SEMAPHORE SHEET (From the Sender)



A



B



C



D



E



F



G



H



I



J



K



L



M



N



O



P



Q



R



S



T



U



V



W



X



Y



Z



End of Word

# DISTRESSED VICTIM UNIT

## SENDING SEMAPHORE

The use of semaphore communication makes the Ocean City Beach Patrol unique. Most surf rescue organizations rely on radio communication alone, or phone systems. However, with over 85 guard stands, one guard per stand, and without covered lifeguard towers, radio communication would be less efficient and reliable than semaphore. Radio traffic would be excessive and logistically difficult to manage. OCBP would require several frequencies, and since guards often go on foot patrol before an intervention, the radios would need to be extremely resilient to handle the beach environment and extreme conditions. With each guard covering approximately two blocks of beach area, other guards cannot cover the radio while one guard is on a rescue or handling another type of emergency; but the flags, or hands if necessary, can always be used.

As aforementioned, semaphore communication enforces a checks and balances system for scanning. Since semaphore communication is detected by seeing the neighboring SRT raising a right hand or flag; a poor scan can be easy to detect. In contrast, radios would reduce the need to scan. Although admittedly it takes time to master the technique, once a SRT learns semaphore it becomes a critical tool for job success and lasts a lifetime.

## MESSAGES

 Life-threatening ambulance messages are sent as “URURUR; EMS to (street name/location) for (condition).”

 EMS, police, coastguard, etc. are dispatched via: “(agency needed) to (street name/location) for (condition).”

 Lost child messages are sent as follows: “L/B or L/G, N (name), A (age), Point to trunks (color suit). Found child messages are similar, except the location is sent after the F/B or F/G.

 A message must be sent every time an SRT gets off their stand for a non-rescue situation. Guards on both sides must be made aware of **the reason** the guard is getting down and use semaphore to avoid two consecutive guard stand down at a time, and, barring emergencies, guards to the north and south down simultaneously.



### PRACTICAL EXAMPLE

*A guard to your south sends the message “drop.” You acknowledge the message with the quick overhead arm movement “Y-U-P,” and stand to scan the guard’s water while they hop down to pick up a dropped object. As you scan to your north you see the guard flagging your attention. You check them off and they send “beer,” to alert you that they going on an ordinance check. What should you do?*

- A) Send “Y-U-P” and scan the water of both guards’.*
- B) Send “wait” and point to the empty guard stand to your south.*
- C) Ignore the request until the other guard returns.*



*ANSWER: B*

# DISTRESSED VICTIM UNIT

## RULES OF CONDUCT

These rules and regulations must be strictly adhered to by all OCBP employees. Failure to comply with any of these regulations will result in disciplinary action or termination.

1. OCBP employees shall report to their assigned location prepared to work with chalkboards filled out, stand and equipment set up by **1000 hours**, or other time specified by a supervisor.
2. The public is to always be treated in a **courteous and friendly manner**. You are a direct representative of the Town of Ocean City and need to be inviting to all patrons, residents, and guests. Remember that beach-related questions posed by visitors, which seem naive and trivial to you, require serious and polite responses; remember they do not possess your experience and familiarity with the beach.
3. SRTs require constant attention to the water and neighboring stands. Therefore, **reading** text on paper, cell phone, or other device while on duty is grounds for immediate termination.
4. **Sleeping on duty**, or presenting a demeanor deemed by a supervisor

that cannot be distinguished from sleeping, is strictly prohibited and leads to immediate termination.

5. OCBP employees should **sit in an alert manner**, scanning their water and adjacent beach frequently while occupying a tower. Sitting, lounging, or lying on the sand is prohibited.
6. All **beach rules must be enforced** with tact and courtesy and without exception. If a problem should arise, contact the area supervisor.
7. While on duty OCBP employees may not leave the assigned area except for emergencies or with the approval of their supervisor. When a patrol member **leaves the beach**, other than for lunch, the office must be notified by radio.
8. While on duty, OCBP employees are not permitted to **babysit** (to care for children on an individual basis while the parent or guardian is absent) or take responsibility for an individual's property.
9. OCBP employees are responsible for all **equipment** issued to them, including radios, and keys. SRTs may be held financially responsible for any unnecessary damage or loss to equipment.

10. While on duty, OCBP employees must always have a **rescue buoy and first aid kit** except during lunch and workout breaks.

11. **Indecent gestures, semaphore messages, or foul language** will not be tolerated.

12. Patrol members shall not use their position or authority to to permit a member of a public or private businesses to advertise or promote a business; moreover, patrol members are not allowed to involve themselves in any private business practice while on duty or attempt to solicit business for themselves or others. **Do not abuse your authority.**

13. Patrol Headquarters, substations, and stands are for official use by OCBP personnel only. In addition, unnecessary noise in or around the premises should be eliminated so that distress calls of others or the whistle blasts from guards nearby can be heard.

14. While on duty, OCBP employees should not participate in **non-job related beach or water activities** except for those authorized, organized, and sanctioned by the patrol administration.



*OCBP members are the ambassadors to the Town of Ocean City. SRTs are the city employee most likely to greet visitors, and thus much of the success of the resort is held upon our shoulders.*

# DISTRESSED VICTIM UNIT

## RULES OF CONDUCT CONTINUED

15. Patrol stands and equipment should always be maintained in a neat and clean condition. **Emergency equipment** should always be in ready condition and located in an obvious and highly visible place. Advertisements on signs cannot be covered by SRT equipment.

16. The **beach should be periodically checked** for any dangerous conditions, such as holes, logs, broken glass, aluminum cans, or any other items capable of inflicting injury on beach users. If a dangerous, unclean, or unsanitary condition cannot be easily rectified, an immediate report of the situation should be made to your supervisor.

17. OCBP employees should **avoid long conversations with beach patrons, friends or relatives** while on duty. Such activity and involvement distracts you from required alertness and again conveys to the viewing public the impression of laxity while on duty. **If patrol members wish to talk with someone, they should STAND AT ALL TIMES facing the water** and should allow nothing to obstruct their view of the water or path to the water's edge. All conversations should be both polite and brief.



18. OCBP employees must **never congregate in one location** while on duty and in uniform. This conveys laziness and reduces beach coverage.

19. OCBP employees should not view objects or persons in **binoculars** that do not relate directly to job responsibilities.

20. No one other than **authorized personnel are allowed to use rescue equipment**. The viewing public assumes that individuals using such equipment are OCBP employees and improper usage serves to discredit the Beach Patrol.

21. OCBP employees must investigate any reasonable **public complaint** carefully, noting any report and responding accordingly, following established Beach Patrol procedures.

22. All OCBP employees should refer all **media inquiries** directly to the office. All personnel must know headquarters phone number; 410-289-7556.

23. OCBP employees should consider the official business of the patrol as **confidential**. All information that has not been cleared for release should not be discussed with the public or the media. OCBP employees should not publicly criticize official's actions or decisions of the Beach Patrol.

24. OCBP employees must never enter a dispute among themselves in public. This greatly lowers the confidence of the public and the patrol's ability to fulfill our surf rescue mission. **Praise in public**, criticize privately and in person.

25. OCBP employees must **never reprimand a victim**; its important to know that this person has already been in a frightening situation. If the patrol member wishes to say something to a beach patron, it must be said diplomatically and with tact.

26. OCBP employees shall **enforce all rules and regulations**, particularly under emergency or stress conditions, **in a calm and professional manner**. If it is suspected that a situation is getting or may get out of control, a supervisor should be notified immediately.

27. OCBP employees, when off duty, must keep in mind that they are representatives of the Beach Patrol, and the Town of Ocean City. **Off-duty activities should not interfere with job performance, rapport with other city agencies, or the reputation of the beach patrol organization.**

# DISTRESSED VICTIM UNIT

## GROOMING AND APPEARANCE

The appearance of the beach patrol personnel, vehicles, equipment, and offices represents the appearance of the town. Guards are required to be well groomed and present an appearance that demonstrates maturity, fitness, alertness, and professionalism.

1. Uniforms will be issued to all OCBP employees. They must be worn while on duty; to work, at work, and from work. No substitution for issued equipment. **Uniforms are not to be worn while off duty, especially while in view of the public.**

2. **Worn out or torn uniforms should be turned in for replacement.**

3. **OCBP uniforms may not be worn turned inside out** as a means of attempting to hide its identity while on break or off duty.

4. **Lost or stolen uniforms and other beach patrol equipment will be charged to the employee.** It becomes the SRT's responsibility, upon receipt of the equipment, to return it in its original condition. Everything issued is to be returned except bathing suits, whistles, and hats.

5. OCBP employees are to report to work **clean-shaven** each day. **Mustaches are allowed within certain guidelines** established by the patrol. Hair must be fashioned in such a way that does not effect a rescue, inhibit the trust of the public, or weakens the beach patrol image.

6. **Only Beach Patrol-issued uniforms should be visible while on duty.** If you choose to wear Speedos or other garments to work, issued trunks must be worn over those garments while in the tower or walking on the beach.

7. **Uniforms and other equipment should not be left unattended in the tower for extended periods of time** during the working day. While on breaks or lunch, make sure you take precautions to avoid possible theft.

8. Jewelry that pierces any part of the human anatomy may not be worn while on duty. **Piercing may not be visible or become visible during work.**

9. Employees are encouraged to **wear a watch** while on duty for break punctuality and to share the time with the public.

## Quick Note: Ocean City Inlet Pier

The currents in the ocean are directly influenced by the general direction of the wind and are responsible for the holes which develop on the sides of the pier and rock jetties. The long shore or littoral current must be predetermined to avert swimmers from potential danger. Swimmers do not recognize the current and frequently fail to realize that they are being controlled by it. Guards should call swimmers in rather than direct them away from the object; swimmers further out should be called in sooner since it will take longer to get to land. Whistle blasts and flag gestures should be calm and direct. If excitement is visualized by the swimmer, panic may ensue and exacerbate the situation. Keep in mind that below the surface there are outlying rocks, barnacles, fish hooks and lines as well as other debris which may pose additional hazards when swimming by the pier or rock jetty, even on a calm day.



# DISTRESSED VICTIM UNIT: PRACTICAL

## Identification and Intervention:

### Currents: Primary Causes for Surf Rescue

#### Rip Current:



**Defined:** A channel or underwater river of water moving outward through a hole in the ocean's bottom or sandbar. The water will pull swimmers and bathers out into

deeper water, it does not pull objects under ("undertow"). Approximately 80% of all ocean rescues in OC are attributed to Rip Currents.

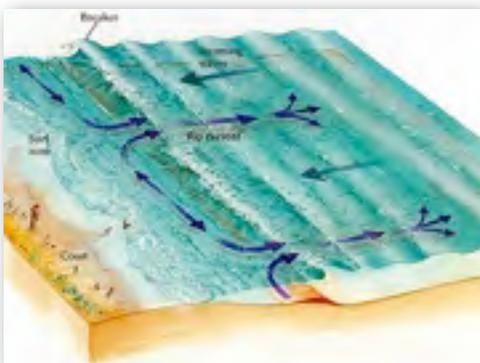
**Identification:** 1. A noticeable difference in water color and appearance generally different from the surrounding water. 2. A sandy discoloration often with foam moving seaward. 3. An area of water appearing more turbulent and choppy than the surrounding water. 4. An area of water with suppressed wave action.

**Executing the Rescue:** Use the rip current, the long shore current, or sand bar when appropriate to get out to the victim using a rescue buoy.

**Entrance:** Water < knee deep the rescuer should high step and drop buoy. Water ~ waist deep the rescuer should dolphin dive (dive forward, grab the sand and spring up, repeat). Water chest deep the rescuer should swim out to the victim.



*Rip currents can sometimes be easily identified at extreme low tides. Above we see to children playing around a tidal pool that is ankle deep, but is the remnants of a rip current; which during higher tides can become a deep, outward river of whitewater. Children playing in these tidal pools should be watched carefully, since the gradual changing of the tides can easily pull them out to deeper water.*



# DISTRESSED VICTIM UNIT: PRACTICAL



**Victim Approach:** The rescuer should place the buoy between themselves and the victim for victim avoidance, then should establish immediate communication to reassure the victim. If the rescuer reaches the victim while in the area of breaking waves, the first move is to take the victim eastward, out to safer water while communicating to the victim. While the victim holds the rail of the buoy the rescuer should hold the opposite rail while clutching the victim's wrist and "riding" the rip current out. Do not fight the rip current.

**Victim Retrieval:** Once the rescuer feels the rip's pulling force lessen, they should swim the victim parallel to shore with the littoral current (natural current flowing along shore). The rescuer may want to try to identify a sand bar or shallow area of water to swim towards while escaping the rip; or look to covering rescuers on the beach for guidance. At least one covering guard should be on the beach in case the rescuer requires guidance. When entering the shore break, the rescuer must return to the buoy and hold the victim's wrist with one hand and the rail of the buoy with the other. The nose of the buoy should be pointing eastward. Timing the entry should be well thought out and communicated to the victim, especially when ducking under waves when the rescuer and victim go straight down and allow the wave to pass overhead. The goal is to go deep below the surface by pushing the buoy and victim under water, the wave should pass overhead minimizing the waves force upon the victim and rescuer. Alternatively, the rescuer may decide to allow small, crumbling waves, or the shoulder of a wave to push them toward shore.



## B. Long Shore Current:

**Defined:** The long shore current is the natural current flowing usually in the direction of the wind, but occasionally may flow in a different direction attributed to either the wind direction of the previous day or low pressure systems off shore. Long shore currents can move swiftly, especially during strong northeast winds; and these currents move fastest between the sandbar and shoreline. Strong currents are most dangerous when bathers are just upstream from stationary objects such as piers and rock jetties. On these days the stand may be moved further from the object so that whistle blasts can be heard upwind, the victim can be contacted sooner, and so that the stand can become a reference point for bathers to exit the surf. Sergeants should bring bullhorns on these days to the guards sitting on the windward side of rock jetties and the pier.

**Identification:** Usually easy to identify by watching the direction

of the water and waves. Objects and persons will float with the current. Victims are usually moving toward dangerous areas, such as rocks or pier, and may be found trapped against them, or clinging to them.

**Executing the Rescue:** The rescuer does not want to find themselves downstream having to challenge the current to reach the victim. **IMPORTANT:** the littoral current is usually moving faster closer to shore, therefore the rescuer should enter far upstream from the victim's location (e.g. north of a victim during a noreaster). It is easier to correct an entry that was too far upstream than one too far downstream. For example, a rescuer entering directly in front of a victim clinging to the pier will likely hit the pier before reaching the victim. Occasionally a rip current beside the rock jetty may be optimal for quickly reaching a victim.

**Victim Retrieval (Rocks):** Communication is extremely important to reassure the victim and explain to the victim the rescuer's plan of action. There are 3 primary decisions the rescuer has to make upon reaching the victim: 1) attempt to make it in before reaching the rocks (ideal); 2) swim out and around the rocks (next best option); 3) hitting the rocks (less than ideal). If hitting the rocks is unavoidable, the rescuer should place themselves behind the buoy and the victim, with their arms underneath the victim's arms and their feet up, referred to as "impact position." The order of things hitting the rocks should be buoy, victim, rescuer. The guard should continue to try to move further out and around the rocks to the other side. Once reaching the other side of the rocks, the rescuer should negotiate the surf to safely reach shore. **NOTE:** often there is a rip

current on the other side of the rocks which can pull the victim and rescuer back, so it is wise for the rescuer to swim the victim well past the rocks before coming in.

**Victim Retrieval (Pier):** Similar to the rocks, communication is extremely important so that the rescuer can explain to the victim their plan of action. The three primary decisions the rescuer has to make upon reaching the victim: 1. attempt to make it in prior to reaching the pier, 2. swim out and around the pier, or 3. shooting through the pier. If going through the pier is unavoidable, the impact position is the same as by the rocks except the victim and rescuer should stay in a vertical position, while positioning the buoy toward the closest pier pylon. When waves crash east of the rescuer and victim, they want to be positioned between pylons, with a pylon to the North and one to the South. This will lessen the chance of a collision with a pier pylon between them and the beach.

# DISTRESSED VICTIM UNIT: PRACTICAL

## Multiple Victim Rescues:

**Victim Triage:** The first rescuer out (with rescue buoy) should go after the victim in the most danger, for example: the victim furthest out, the only victim without a floatation device, the victim closest to the rocks or pier, or the victim closest to becoming passive. Once the victim in the most danger is reached, subsequent rescuers should go after the others. If there are no additional rescuers with buoys available, the first rescuer will maneuver with the initial victim toward the others, while grouping them on the buoy. The rescuer should also try to make use of as many additional floatation devices as possible, i.e.: surf boards, surf mats, and boogie boards.

**Victims on Floatation Devices:** The rescuer should leave victims on the floatation devices if possible, which will help facilitate an easier rescue and increase the chances of the victim making it to shore if hit by a wave.

## B. Handling the Panicking Victim

**Victim going after rescuer (without contact):** The rescuer must frequently attempt to evaluate a victim's emotional status by checking on them frequently. Often the panicked victim will leave the buoy or attempt to climb the buoy lanyard. If this happens the rescuer should immediately remove the harness and, if necessary, completely let go of contact with the buoy while encouraging the victim to go back to the buoy and to calm down. This will permit the guard to retrieve the buoy harness (from the nose of the buoy) and resume the rescue.

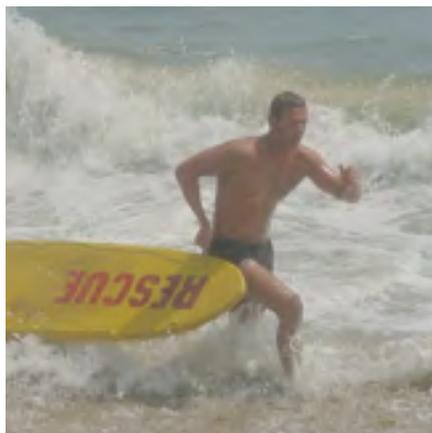
**Victim going after rescuer (with contact):** A rescuer is to free themselves from a victim making contact by going down beneath the surface of the water. Once getting free, the guard should use the buoy for victim avoidance, and allow the victim to hold on. If the buoy is for some reason unavailable, the rescuer should be able to position the person in a cross-chest control position, using red cross holds-releases technique.

## C. Working with Boats



### Working With Boats

*It is common that when EMS responds to a drowning victim in the ocean, that either Coast Guard has been dispatched, or nearby boaters will have attempted to assist. When a boat is in proximity to the rescue, some basic principles apply, such as removing the buoy leash and assuring that the engine of the craft is off while entering and boarding.*



## Equipment Rescues

When available, the landline surf rescue device should be used for long rescues. A guard should first swim out to the victim without a landline and a covering guard should clip the line to their buoy, and swim out, with fins if available. Rescuers on shore should hold the line above the surf, and feed out the line to make the work of the swimmer easier. Once the rescuer has reached the victim, they should take off the leash of the buoy and make sure the victim has both hands on the crown. The rescuers will be in contact with the victim and buoy, and wave in the direction of the rescuers on land. At this time, the rescuers on land will pull the line at intervals using a **hand-over-hand method** until the victim and rescuers are in shallower water. The rescuers should assist the victim completely out of the water.

# DISTRESSED VICTIM UNIT: PRACTICAL



**Physical Training Objective:**

*It is of critical importance that each SRT learns to negotiate the surf during a rescue. He or she must know how to enter through the surf and exit efficiently. Patrons expect us to have superior skills in the surf, and we aim for our staff to exceed those expectations.*

## Workout Day One

PSRTs will learn that their job is similar to that of a professional athlete. They are recruited to the team, pass the test, and then are evaluated during training where they are being evaluated by the OCBP training officers. Like coaches, the officers will push the PSRTs to demonstrate their best skills in practice so that they can be part of a championship team. Like players, the PSRTs are being paid to physically train, and improve their fitness so that they can



help the team be successful. All efforts will be made by the officers and PSRTs to prevent injuries. An injured SRT goes on the “disabled list,” light duty, and will be unable to participate in the “game,” working in a crew. Any injury, such as muscular pain, sun burn, sore feet (blisters), or other wounds should be immediately presented to the instructors. The PSRT does must stay hydrated with water or a sports drink, resting the night before training, wearing shoes when off the beach, and bringing healthy snacks to replenish glycogen (energy stores) between bouts of training. All uniform apparel should be brought to training since we frequently come across intra-day weather extremes.

## DAY 1 WORKOUT PLAN; EXAMPLE

<i>Morning Work Out</i>	<i>Rescue Training</i>	<i>End of Day</i>
<p>800m soft sand run warm up</p> <p><u>3 x Circuits: PSRTs in 5 groups.</u></p> <ul style="list-style-type: none"> <li>• Plyometrics and Flexibility</li> <li>• Abdominal / Oblique Station</li> <li>• Med Ball Station: Lunge Chops</li> <li>• Alt. Raise with Push Up</li> <li>• 800m Indian Run</li> </ul> <p><u>Ins and Outs</u></p> <p>100m run, 100m swim, 100m run.</p> <p>Probationary SRTs will learn to enter and exit the surf while scanning. Emphasis will be placed on Dolphin-Diving and exiting the surf while facing eastward.</p>	<p>The PSRT will learn the following:</p> <ul style="list-style-type: none"> <li>• identifying hazards</li> <li>• preventing from the stand</li> <li>• execution of the distressed victim rescue: Picking entry point, dolphin diving, ducking waves, using rip current/littoral current to get to victim, victim avoidance, assuring and securing victim, negotiating surf and proper return to shore.</li> <li>• how to execute a rock rescue (inlet and standard jetty)</li> <li>• how to execute a pier rescue.</li> </ul>	<p><u>Condition-Specific:</u> Depending on water temperature and conditions a mile swim or inlet test swim (practice) may be included at the end of this day.</p> <p>Alternatively, if rip current activity is moderate or strong, a 1 mile hard sand run with rip current entry and exit along the way will be included.</p> <p>PSRTs are sent home with an academy semaphore test.</p>

# DAY 2

## ACTIVE DROWNING VICTIMS

### Procedures Covered

*OCBP Rescue Coverage System*  
*Poor Weather Procedures*  
*Lost and Found Children*  
*Radio Protocol*  
*City Ordinances*

### Surf Rescue Techniques

*Defining Active Drowning*  
*Identification of Non-Swimmers*  
*Executing the Rescue*  
*Handling Panicked Victim*  
*Intervening Without Buoy*

### Physical Training

*Morning Beach Circuit Workout*  
*IronBean Triathlon*  
*Active Drowning Rescues*  
*Ins and Outs*



## OCEAN CITY BEACH PATROL COVERAGE SYSTEM

*The following are the priorities to keep in mind during scenarios requiring beach patrol responses:*

1. 1st responder to victim
2. Necessary assistance to 1st responder
3. Activation of EMS
4. Coverage of all open water
5. Meet EMS at street head (usually area supervisor)
6. Crowd control
7. Victim information and incident report (5 Ws)
8. Assist EMS in loading patient

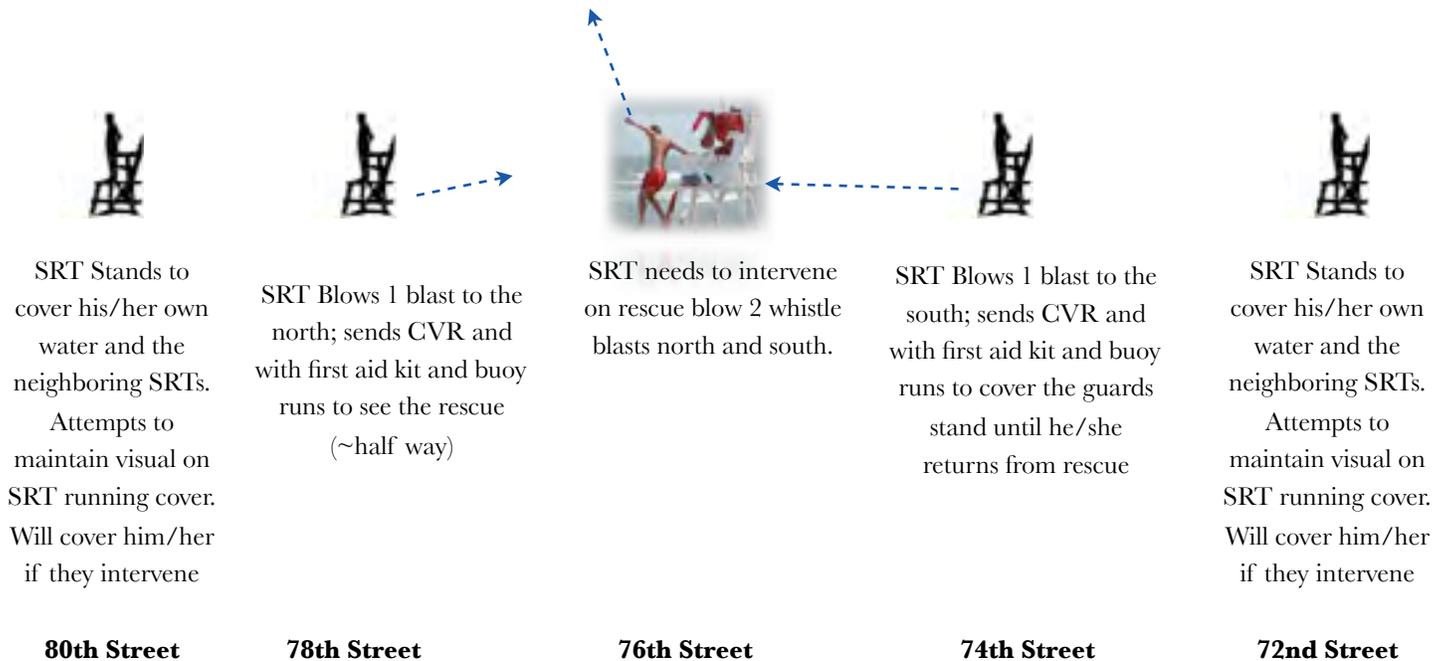


### Green Beans?

*The origin of rookie SRTs being referred to as "beans" can be traced back to the OCBP members of the 70's and early 80's where rookie guards were required to wear green T-shirts. Since that time the rookie SRT, or PSRT has been referred to as a Bean, and rookie school as "Bean School." Affectionately, of course.*

# ACTIVE VICTIM UNIT

## COVERAGE PROCEDURE: Standard Rescue



**Advanced Coverage:** If the 76th street SRT had a rescue requiring assistance (neck-back, passive victim, etc), the covering SRTs SHOULD recognize this. If not, the 76th street SRT would blow 3 blasts (rare). Upon intervening, the 78th and/or 74th street SRTs would blow 2 blasts. The 80th and 72nd street SRTs should see the covering guards intervening, and should send CVR to 82nd SRT and 70th street SRT, respectively, and should run (with buoy/first aid kit and radio if applicable) to occupy the empty stand (78th and 74th) by standing up and holding their buoy in the air until the SRT returns.

## COMMON COVERAGE PROCEDURES AND EXCEPTIONS

<i>SITUATION</i>	<i>CENTER SRT</i>	<i>Neighboring SRTs</i>
EDU/ORD/DIP/DROP/BUOY	Needs to get down briefly; contacts neighboring SRTs via semaphore and takes buoy (except for DIP)	Provided SRTs on opposite side are in their stands, sends OK and stand to cover SRTs water and their own
Multiple SRTs "down"	Stands to cover as much open water as possible until the one SRT returns	The SRT to north is Down and SRT to south blows 2 blasts and jumps down
Semaphore "ORD" or similar	Instructs South SRT to wait until North SRT returns	SRT south sends down for ORD and SRT north is already down on DIP
Unknown Empty Stand	Notifies South Guard Down; blows 1 blast to North and covers with buoy and first aid kit	South SRT down; north SRT receives CVR and stands to cover extra water

# ACTIVE VICTIM UNIT

## OCBP Coverage System

### Whistle Blasts:

- 1 LONG BLAST: “attention” of beach patrons and neighboring SRTs;
- 2 BLASTS: “going” on rescue, or possible medical situation;
- 3 BASTS: “need immediate assistance” because of a life or death situation or an SRT in need of help

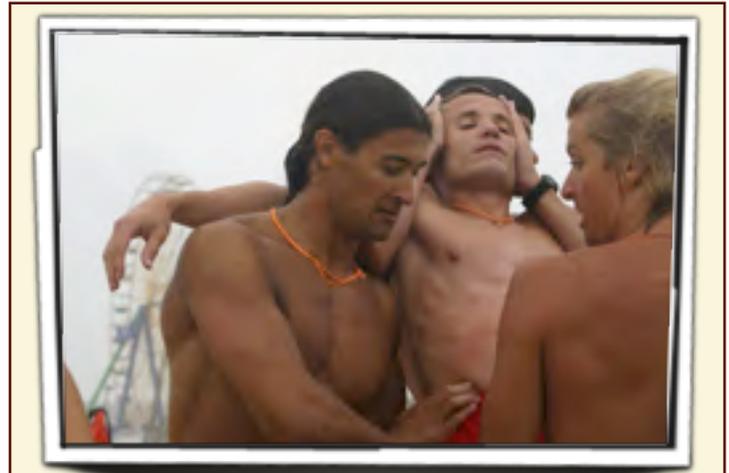
### Running Covers

The guard’s scan is fundamental to the success the OCBP coverage system. Not only is it a critical component of victim recognition, but it is necessary of a team response teamwork to emergencies among neighboring SRTs. All guards show know that the ***scan trumps whistle blasts***. Guards must cover (CVR) and empty stand, even if whistle blasts were not detected. A common rookie error is to listen for two whistle blasts before assuming the neighboring guard is on a rescue. Whistle blasts in the coverage system are merely a formality, and when a stand is empty, or when a SRT jumps down for an unknown reason, this requires a cover. This is especially important on windy days, or where stands are far apart, since blasts will usually not be audible. Moreover, a proper scan is required to read “CVR” promptly. ***If it takes longer than 10 seconds to get the attention of a neighboring guard, send “CVR” and run the cover as usual.***

Although the whistle blasts are necessary for guard coverage, why use them? Its important to understand the blasts are necessary for a number of reasons, for example, area supervisors, SRTs on break, or off-duty SRTs nearby can be alerted to an emergency and assist.



***Back Up Coverage is Imperative During Emergencies***



### **Coverage in Emergency Situations**

*A guard “going” blows 2 blasts, neighboring SRTs cover with buoy, first aid kit (with CPR mask), and radio (if applicable). Guards on the outside stand up and cover open water, while observing the activities of the CVR’ing SRT. If the CVR’ing SRT intervenes, the outside guard (standing) should send CVR and run down to the neighboring stand where they will stand up, hold their buoy in the air and remain until that SRT returns. The result should be equal beach coverage (guard, empty stand, guard...) spanning the area of the emergency.*



## OCBP Coverage System: General Rules

- SRTs must always let neighboring SRTs know when they are getting down from their stands and the reason; unless getting down for an emergency.
- When an SRT gets down from the stand for a non-emergency, the neighboring SRTs are required to stand and cover the water for two stands.
- Attempts should be made to avoid the north and south stands down at the same time, and never should two consecutive stands be empty.
- If a guard is down for a non-emergency, but for a longer duration than expected, neighboring SRTs should cover, especially if the guard down is not visible.
- When an attempt to send “CVR” takes longer than 10 seconds, send “CVR” and execute the coverage as usual.
- While running a cover, never pass an empty stand unless going directly to the intervention.
- When in another guard’s stand during a cover, the SRT should stand with his or her buoy held high in the air; if its a prolonged emergency, the buoy should be held up transiently so that guards in the distance are aware that a covering guard is still up.

# ACTIVE VICTIM UNIT



**Pulling Back:** This is an Ocean City Beach Patrol procedure for seeking shelter. When pulled back a guard has a visual of his or her area of responsibility and can access it swiftly in case of an emergency. Guards must bring flags, first aid kit, and CPR mask to the pulled back area and have a buoy placed in front of the beach access point. They will be expected to rise and acknowledge passing beach patrol vehicles. Unless permission has been granted by the officer in charge, no more than two guards can be pulled back at the same location; except for the inlet crew and some other special circumstances.



## POOR WEATHER PROCEDURES

### Rain

Ordinarily crews will not pull back for rain except when the rain is so severe that the water is entirely clear of all patrons, including surfers. When the entire crew area water is clear, the crew chief may decide to pull back. **Like on a stand, SRTs may not leave the pull back location unless relieved by the rover. If any bathers or surfers return to the water, SRTs must go back out and can either stand at the base of the stand, on the beach in front of the swimmers, or get back up in the stand. If 1725, all SRTs must go back out on the beach and pull the stands back. Just like while on the stand, reading materials, cell phones, and electronic devices other than radios are not permitted.**

### Lightning

When lightning is in the area, SRTs must get off the stand, clear the water

and the beach, and pull back immediately. This decision is usually made by the crew chief, however if a SRT has a positive identification of lightning it must be reported to the CC through semaphore. **When any beach patrons or bathers, including surfers, do not heed the warnings of the SRT, the CC will log the refusal with headquarters. Covered beach patrol vehicles with public address systems will be used for all secondary attempts to clear the water and beach.** If a patron is struck by lightning, the SRTs must understand the Risk/Benefit equation and check the scene before risking his or her safety in making an emergency response. **A beach patrol supervisor in a covered vehicle will respond to the lightning strike victim using a code 3 response, and perform the necessary first aid or CPR from the shelter of the vehicle.**

### Fog

Fog is a very dangerous and deceptive element in all water environments. Even the most experienced guards can easily lose their ability to navigate back to shore. Since all bathers,

swimmers and surfers in an SRTs area will be hard to see from the stand, it is important that SRTs monitor the area from the shoreline on **Foot Patrol**. Foot Patrol is a unique method of guarding for several reasons: 1) *the decision to go on foot is made by the SRT, not the CC since semaphore communication is not possible when the fog approaches (note: foot patrol is not initiated until the neighboring stand (s) is inundated by fog and no longer visible), 2) this is the only time in which walking is permitted on the beach by an SRT.*

While on foot patrol, the SRT begins walking with a buoy, flags and first aid kit in the direction of the fog that is most dense. Bathers and swimmers are to be grouped together and kept west of the sandbar close to shore. Once the neighboring SRT is seen, the buoy is raised by each in acknowledgement, and foot patrol proceeds in the opposite direction. If the neighboring stand is reached before a visual of the SRT, an emergency is assumed and a guard should send "CVR," even if it goes unseen, and run a cover. **A guard's flags and first aid kit on the sand mark the point of rescue entry.**

# DISTRESSED VICTIM UNIT

## Fog Rescues

In some areas, the appearance of fog will cause the OCBP close the beach to swimming. However, most often foggy conditions will prompt foot patrol. Rescues in the fog are dangerous, and the foot patrol procedure makes them tricky. The following is a list of important considerations that must be implemented.



1. SRTs on fog patrol may find individuals on the beach looking anxiously toward the water. If this situation is discovered, SRTs should stop and investigate. If there is a distressed swimmer, or missing person, the SRTs should obtain

assistance from the visitor in determining the last seen point, blow three whistles, place the flags and first aid kit directly west of the point of entry, and initiate a water search. Clothes left on shore or fresh footprints on deserted sand beaches may be clues.

2. If a guard is lost in the water during foggy conditions, stop and listen for waves, voices, vehicle traffic, or other noises that may indicate the direction of the shore. You can also generally assume that any wind is blowing toward land, since this weather condition is usually responsible for a fog blanket. Using the whistle, or calling for help can also be effective. If you start swimming in a direction toward shore, stop frequently and recheck your position by listening.

3. Look out for boats drifting ashore or upon rock jetties since the fog may disorient vessel operators. This may pose an additional hazard to bathers, swimmers and surfers out near the sand bar.



## Ordinance Enforcement



## Alcohol and Drugs

- Alcohol and drugs do not mix with water related activities. They impair reaction times, judgement, and motor skills necessary for swimming.
- Alcohol related water incidents can be minimized using frequent spot-checks of the beach area for intoxicated patrons.
- Supervisors should be called if a guard needs assistance getting an intoxicated person to cooperate; and when intoxicated individuals are creating a disturbance.
- Always use caution when approaching any persons under the influence of alcohol and drugs.



# ACTIVE VICTIM UNIT

## Radio Communication

Radios are the means communication among the beach, headquarters, and emergency agencies. Each day a crew is issued a radio. Radios are to be checked out at designated charging stations when going on duty and checked back in at the end of the day by the CC or designated radio operator. It is the responsibility of the area Sergeant to see that all radios are charged and ready for use. Upon pick up, the operator will call headquarters and ask for a radio check. When reaching his or her stand, headquarters will request that each crew chief verify the crew is on duty, which is necessary ensure that the entire Ocean City beach is patrolled and that all radios are functional. The dispatcher will send an area supervisor to investigate any crew that has not responded as “in service.”

When calling in an emergency, give accurate information:

1. The tower location representing your crew (e.g 14th street, Plaza, or Surf Avenue)
2. Exact location of emergency
3. Type of emergency (example: rescue, heart attack, possible drowning)

Wait for an acknowledgment by the dispatcher. Do not show emotion on the radio. When an emergency exists, all radio traffic should be held unless another emergency arises.



*Always take time to consider what you say before speaking on the radio.*

## FCC REGULATIONS

1. The operator of the base station may turn the set off and on, but must not make any adjustments or repairs. Under no circumstances is the set to be opened.
2. No person shall damage or permit to be damaged any radio equipment in a licensed radio station.
3. No person shall transmit any unnecessary, unidentified or superfluous radio communications or signals. Only the assigned call letters and unit numbers shall be used.
4. No person shall transmit any false call letters or any false signals or messages.
5. No person shall transmit communications containing any obscene or profane words, language or meaning.
6. No person shall interfere with or cause interference with any radio communication.
7. No person shall obtain, attempt to obtain, or help another to obtain an operator's license by fraudulent means.
8. The operator of every base station shall give the assigned call letters at the end of the day.
9. The operator of a mobile unit shall give his or her unit number at the beginning of each call.
10. Every operator shall obey all lawful orders concerning the use of the radio network.



## OCBP RULES FOR RADIO OPERATION

1. Begin each transmission with your tower number and pronounce words distinctly and slowly.
2. Control your voice to show as little emotion as possible on the air, regardless of the situation. Emotion tends to distort the voice. Attempt to make your voice monotone. Do not shout. Keep your mouth 3 inches from the microphone.
3. Be impersonal on the air and refrain from using the name of the person being addressed.
4. Do not guess! Before transmitting a message on the radio, make sure the information is accurate and you understand. Never transmit 10-4 (okay or acknowledgment) for at a message until you are certain of all details.
5. The radios must be handled carefully to avoid damage. Damaged radios take time to repair and may leave someone without any means of communication. You are responsible for the equipment you are entrusted with.
6. Remember to inform the dispatcher of changes in the condition of victims if EMS has been dispatched.
7. Keep background noise away from radio (turn music radios off) when speaking into the handheld radio.
8. Shield radio from the wind on days which warrant such action.

# ACTIVE VICTIM UNIT: 10 CODES



## 10-Codes: Thing of the Past

Prompted by changes in FEMA guidelines, it is no longer recommended for agencies related to public safety, national, state, or local, to use radio codes that may be unknown by other agencies. Instead, it is encouraged that radio communication be simple, yet professional language that can be understood by agencies partaking in collaborative responses.

The bolded 10 codes represent radio codes that were used by beach patrol and EMS personnel traditionally and SRTs were required to know these. Now, you are encouraged to have access to these, but is preferred that you use simple language in a calm and professional manner whenever handling the radio. Radio communication has since evolved into speaking the 10-codes using the definition rather than the number, for example: in service, out of service, radio check, en route, etc.

0-0	Caution	10-51	Wrecker needed
<b>10-1</b>	<b>Unable to copy</b>	10-52	Ambulance needed
<b>10-2</b>	<b>Signal good</b>	10-53	Road blocked at ...
<b>10-3</b>	<b>Stop transmitting</b>	10-54	Livestock on highway
<b>10-4</b>	<b>Acknowledgment (okay)</b>	10-55	Intoxicated driver
<b>10-5</b>	<b>Relay</b>	10-56	Intoxicated pedestrian
<b>10-6</b>	<b>Busy--unless urgent</b>	10-57	Hit and run (F, PI, PD)
<b>10-7</b>	<b>Out of service</b>	10-58	Direct traffic
<b>10-8</b>	<b>In service</b>	10-59	Convoy or escort
<b>10-9</b>	<b>Repeat</b>	10-60	Squad in vicinity
10-10	Fight in progress	10-61	Personnel in area
10-11	Dog case	10-62	Reply to message
<b>10-12</b>	<b>Stand by (stop)</b>	<b>10-63</b>	<b>Prepare/make written copy</b>
10-13	Weather--road report	10-64	Message for local delivery
10-14	Prowler report	10-65	Net message assignment
10-15	Civil disturbance	10-66	Message cancellation
10-16	Domestic problem	10-67	Clear for net message
10-17	Meet complainant	<b>10-68</b>	<b>Dispatch information</b>
10-18	Quickly	10-69	Message received
<b>10-19</b>	<b>Return to ...</b>	10-70	Fire at ...
<b>10-20</b>	<b>Location</b>	10-71	Advise nature of fire
<b>10-21</b>	<b>Call ... by telephone</b>	10-72	Report progress of fire
<b>10-22</b>	<b>Disregard</b>	10-73	Smoke report
<b>10-23</b>	<b>Arrived at scene</b>	<b>10-74</b>	<b>Negative</b>
<b>10-24</b>	<b>Assignment completed</b>	10-75	In contact with ...
<b>10-25</b>	<b>Report in person (meet) ...</b>	<b>10-76</b>	<b>En route ...</b>
10-26	Detaining subject	<b>10-77</b>	<b>ETA (estimated time of arrival)</b>
10-27	(Driver's) license info	10-78	Need assistance
10-28	Vehicle registration info	10-79	Notify coroner
10-29	Check for wanted	10-80	Chase in progress
<b>10-30</b>	<b>Unnecessary use of radio</b>	10-81	Breathalyser report
10-31	Crime in progress	10-82	Reserve lodging
10-32	Man with gun	10-83	Work school crossing at ...
<b>10-33</b>	<b>Emergency</b>	10-84	If meeting ... advise ETA
10-34	Riot	10-85	Delayed due to ...
10-35	Major crime alert	10-86	Officer/operator on duty
<b>10-36</b>	<b>Correct time</b>	10-87	Pick up/distribute checks
10-37	Suspicious person	10-88	Present telephone # of ...
10-38	Stopping suspicious person	10-89	Bomb threat
10-39	Urgent: use light, siren	10-90	Bank alarm at ...
10-40	Silent run: no light, siren	10-91	Pick up prisoner/subject
<b>10-41</b>	<b>Beginning tour of duty</b>	10-92	Improperly parked vehicle
<b>10-42</b>	<b>Ending tour of duty</b>	10-93	Blockade
<b>10-43</b>	<b>Information</b>	10-94	Drag racing
10-44	Permission to leave	10-95	Prisoner/subject in custody
10-45	Animal carcass at ...	10-96	Mental subject
10-46	Assist motorist	<b>10-97</b>	<b>Radio check</b>
10-47	Emergency road repair at ...	10-98	Prison/jail break
10-48	Traffic standard repair at ...	10-99	Wanted/stolen indicated
10-49	Traffic light out at ...	<b>10-100</b>	<b>Personal or assignment</b>
10-50	Accident (F, PI, PD)		

# ACTIVE VICTIM UNIT

## *Common Crew Coverage*

A crew represents finds stands in ocean city. Each crew is numbered 1-17, and the crew radio call number is, typically, the crew chief (CC) stand; here are the common crew radio call units:

Crew #	Unit
1.	Inlet
2.	ND
3.	Surf Ave
4.	14th street
5.	20th street
6.	28th street
7.	38th street
8.	48th street
9.	58th street
10.	68th street
11.	80th street
12.	90th street
13.	Plaza
14.	Capri
15.	120th street
16.	130th street
17.	140th street

The CC stand is usually the middle stand of five, with two stands to the North and South. This enables the CC to supervise the entire crew and respond to serious emergencies if necessary.

During the peak personnel numbers in mid-season each crew includes eight crew members, which usually allows time for morning and afternoon breaks. **Break time is to never exceed 30 minutes**, and most morning and afternoon breaks are 20 minutes long. A crew member is only permitted to leave the beach during lunch or with special permission. Morning breaks should be specially designed workouts and the break rotations will typically begin at 1000hrs for the first crew member and end at 1200hrs for the last crew member. Lunch should be between 1200hrs and 1430hrs, and each **lunch is 28 minutes; allowing the rover two minutes to transition between stands**. Once the lunch rover finishes lunch rotation they are called out of service. The remaining rover is the unassigned SRT.



**An unassigned crew member is used, first, to free up SRTs foot patrols of the crew area. This enables crew members time to get off the stand and patrol the beach for hazards, ordinance problems, and interact with the patrons for public relations and education measures (EDUs).**

Each crew member can expect to have one lunch rover per day and one day off per week. These days are made weekly at the Monday morning meeting. **Crew members will find out their lunch day and day off only at the mandatory weekly meeting unless a special off form was submitted and approved.**

The CC will sit in the CC stand six days per week. The ACC will sit the CC stand on the CC lung day and day off. Rovers will have a schedule subject to daily variations within the crew. All other crew members will report to the assigned crew stand, except for their lunch day, where they are to report to the CC stand.

The crew radio will always be located at the CC stand. **Only a SRT who has been trained by the CC and has passed semaphore can sit the radio.** The crew member with the radio must bring the radio everywhere, except on a rescue. During a rescue, a covering guard must go to the CC stand to occupy the radio. The radio must always be attended.

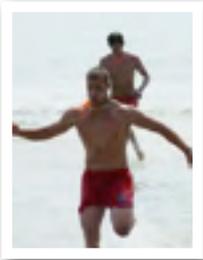
## *Role of the Unassigned SRTs*

 When a crew is a full-strength an unassigned SRT will be used in the following order of priority:

-  By headquarters for coverage of an open chair (OC)
-  To free up crew members for foot patrol
-  To free up the CC with administrative responsibilities
-  To perform crew-wide impromptu EDUs
-  To perform crew-wide ordinance checks
-  To assist, if necessary, with giving break time.

# ACTIVE VICTIM UNIT

## Actively Drowning Victims

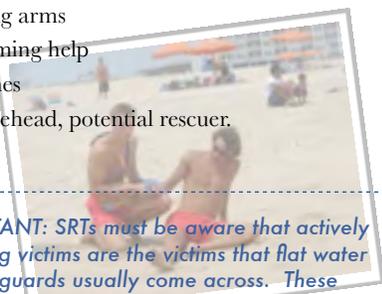


Actively drowning victims are at a critical point between life or death. Approximately, 15-20% of OCBP rescues are actively drowning victims. All efforts should be made to **minimize these rescues by responding promptly while**

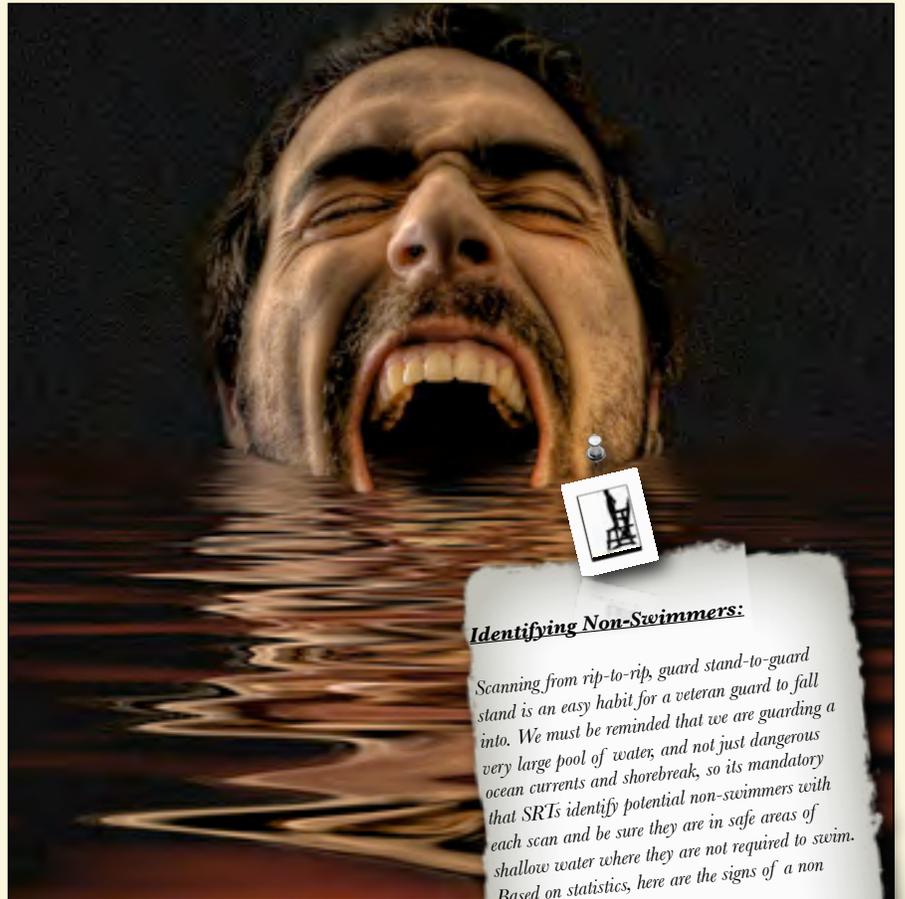
**victims are distressed and by preventing non-swimmers from getting into areas where they are required to swim.** An active drowning victim is vertical in the water, attempting to maintain their airway above the surface. They will usually be facing shore, in a state of panic, and hyperventilating. The psychogenic hyperventilation may reduce their physiological drive to breathe due to reduced blood level of carbon dioxide; this could make them more susceptible blacking out while under water and lead to drowning. **Most active drowning victims can stay above water for between 10-60 seconds before submersion.**

### Signs and Symptoms

- Climbing the ladder
- Double-arm grasping
- Flailing arms
- Screaming help
- Splashes
- Doublehead, potential rescuer.



**IMPORTANT:** SRTs must be aware that actively drowning victims are the victims that flat water or pool guards usually come across. These situations do not need to involve rip currents. Most often they occur when individuals step into an inshore hole, or fall off a flotation device. Therefore attention is also required outside of the surf zone, away from rock jetties, and rip currents where we are all responsible for a "large public pool."



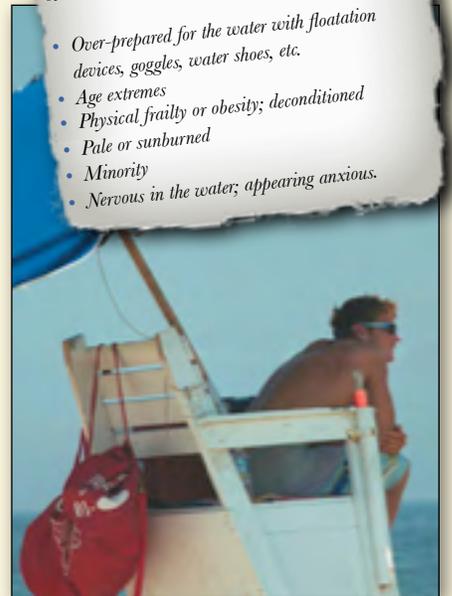
### Identifying Non-Swimmers:

Scanning from rip-to-rip, guard stand-to-guard stand is an easy habit for a veteran guard to fall into. We must be reminded that we are guarding a very large pool of water, and not just dangerous ocean currents and shorebreak, so its mandatory that SRTs identify potential non-swimmers with each scan and be sure they are in safe areas of shallow water where they are not required to swim. Based on statistics, here are the signs of a non swimmer:

- Over-prepared for the water with floatation devices, goggles, water shoes, etc.
- Age extremes
- Physical frailty or obesity; deconditioned
- Pale or sunburned
- Minority
- Nervous in the water; appearing anxious.

### MANDATORY

The most serious victim circumstance is the active drowning victim, and it is the easiest situation for a guard focussed only on trouble spots, such as rips and rock jetties, to miss since it can occur at any time and at any place. SRTs must try to identify non-swimmers with each sweeping scan, and prevent those potential non-swimmers from entering water overhead. The SRT must notify the rover of the non-swimmers in the area before leaving their stand.



# ACTIVE VICTIM UNIT

## Executing the Active Drowning Victim Rescue

The SRT should blow 2 blasts and respond to the victim using the most efficient entry point. The victim will most likely be panicking so it is imperative that the SRT take control using a strong, and confident demeanor. The buoy should be used for victim avoidance, placed between rescuer and victim, and the SRT should first attempt to communicate and calm the victim down before returning to shore. A panicked victim in the surf zone should usually be brought out further so that the rescuer can calm the victim down and get the situation under control, without the waves interfering with the communication.

## Without Rescue Buoy

Often times, victims will climb the buoy leash forcing a rescuer to remove the buoy. Moreover, the buoy lanyard may snap or escape the rescuer's hands. During such rescues, the SRT must be aggressive, and use the cross-chest rescue technique shown in training and, if necessary, escape using a front or rear head-hold release, or double arm grasp technique. As a rule, the rescuer should remember to submerge when embraced by a panicking victim, and then reengage a cross-chest carry technique.



William E. West was a member of the Ocean City Beach Patrol in 1940.

*The rescue buoy has evolved tremendously over the years. Unlike traditional pool-side and boat ring buoys, surf rescue buoys are designed to cut through the surf. For approximately 35 years, lifeguards in Ocean City would use rescue cans, which were solid aluminum buoys with a point on both ends, and a lanyard that went along the side of the buoys and out to a leash that can be placed around the head and shoulder of the guards. The cans caused several injuries due to the weight and medal. Currently, SRTs use a plastic rescue buoy which is extremely buoyant and can hold the weight of several victims before submersion. SRTs are required to take this buoy*



*with them everywhere, so that: 1) they can be more easily identified by the public, and 2) so that they can intervene from any point on the beach!*



*The landline is an exciting lifeguard competition event.*

## Landline Surf Rescue Device

A landline surf rescue device is a specifically designed reel attached to a rescue buoy. Each crew is assigned a landline that can be used for extremely long rescues, multiple victim rescues; “party-pulls,” and victims too large, or too panicked to be easily brought to shore. **The landline should not be used for rescues on days with strong long shore currents.** Neighboring SRTs need to know that a landline is available on the beach. It should be set up in front of the rip current with a set of swim fins laying aside the device for the covering guard. **A guard should perform a normal rescue and the first covering SRT can attach their buoy the landline and put on the fins if they feel that the device is needed.** Another SRT will cover from the landline-swimmers side, and the two-SRTs will pull in both rescuers and the victim(s) from the shore line using the **hand-over hand method**. Beach patrons should not be allowed to assist with the pull; the rescues is not the same as a competitive race event and should be used with caution.

# ACTIVE VICTIM UNIT

## DAY 2 WORKOUT PLAN: EXAMPLE

<i>Morning Work Out</i>	<i>Mid-Day Training</i>	<i>End of Day</i>
<p>800m soft sand run warm up</p> <ul style="list-style-type: none"> <li>• Strides and agility drills</li> <li>• Strength training circuit on the beach</li> </ul>	<p>The PSRT will learn the following:</p> <p>3 Stations:</p> <ol style="list-style-type: none"> <li>1) active drowning victims with and without buoy: double arm, rear-head hold, front head hold, and climbing buoy leash.</li> <li>2) Fin training</li> <li>3) Ironbean Triathlon: 20 yd stand drag, 200m run, 200m swim, 200m run, 20 yd stand drag</li> <li>4) Coverage scenario in mini-crew</li> <li>5) Lunch-28 minutes</li> </ol>	<p><b><u>Condition-Specific:</u></b> Depending on water temperature and conditions: Swim sprints and soft sand sprints.</p> <p>Ins and outs where needed.</p> <p>PSRTs are sent home with an academy semaphore test.</p> 
<p><u>Run-Swim-Runs</u></p> <p>200 meter run-200 meter swim with fins-200 meter run x 5</p>		



### Identifying Non-Simmers

During a typical summer day, each block could have hundreds of individuals who cannot swim; and they are likely to be in the water. Non swimmers can usually be detected by looking for people showing the following signs:

- *Using floatation devices*
- *Over prepared for the water (goggles, mask, aqua shoes, floaties, etc.)*
- *Wearing T-shirt, pants or other non-bathing attire in the water*
- *Being pale or sunburned*
- *Of a minority group*
- *Being unfit or obese*
- *Of extreme age*

Considering statistics, these individuals require special attention when entering the water, especially deeper water such as in the trough, or in rip currents. If, indeed, the patron lacks experience or ability, guards are encouraged to educate the individuals on where it would be safest for them.

# DAY 3 - 4

## PASSIVE VICTIMS / SUBMERSION

### Surf Rescue Techniques

*Passive Victims Without Spinal Injury*

*Victim Carriers / Types of Drowning*

*Passive Victims with Spinal Injury*

### Physical Training

*Morning "Beach Patrol Boot Camp"*

*Long Distance Run-Swim Run*

*Victim Carries*

*Ins and Outs*

## SUBMERGED VICTIMS

**\*\* NOTE: Although victims of drowning can travel great distances when submerged for a long time, it is most common to find recoverable victims in the area of the last seen point; regardless of the long shore current on the surface.**

### QUICK REVIEW ON TYPES OF DROWNING

- Wet Drowning: 80% of all drowning; relaxation of the laryngeal spasm allows excessive water to enter the lungs. Ventilation efforts are generally ineffective. Victims often found long distances from the last seen point.
- Dry Drowning: 10% of all drowning, but 90% of all successful resuscitative drowning. Laryngeal spasm does not fully relax and prevents excessive water from entering the lungs. Victims often located in area of last seen point.
- Secondary Drowning: 5% of all drowning and can occur up to 96 hours after the near-drowning event. Salt water enters the lungs and attracts body fluid from the pulmonary capillaries into the lungs, creating edema and eventually making pulmonary respiration ineffective.
- Sudden Drowning: 5% of all drownings; common type of drowning in guarded regions and secondary to a sudden medical emergency.



### Swim Fins

*All SRTs are encouraged to use swim fins for rough surf days and for search and recovery. A SRT must practice entering and exiting the surf with fins to use them efficiently in rescues. Once the use of fins is mastered by the SRT, some may chose to use fins for every rescue, regardless of surf conditions.*

# PASSIVE VICTIM UNIT

## Causes of Submerged Victims



A victim can progress from being in distress, to active drowning, and eventually submerge; or, alternatively, a victim can immediately become passive due

to a medical emergency, such as a cardiovascular event, muscle cramp, or severe exhaustion during a rescue. The mortality rate increases with each second the victim is under the surface of the water, as they can progress from a dry drowning to a wet drowning. **Therefore, SRTs must react instantly by identifying the victim's last seen point, blowing 3 blasts, and responding quickly.**

## PASSIVE DROWNINGS

A passive drowning is a medical-related death that occurs in the water and is generally unpreventable. These may be minimized if SRTs identify weak, frail, and potentially ill patrons that enter the water, such as: people over 40 years old with significant abdominal obesity, frail elderly individuals, and people with apparent physical disabilities.



### Victim Carries

The common methods used to remove passive victims are described below. **A covering guard usually assists the removal. Each guard carries one side of the victim with an arm over the shoulder and holding beneath the thigh; or the covering guard takes the legs to assist with the pack-strap or double-arm drag. The fireman's carry is seldom used and is only intended for light victims.**

1. **Pack Strap Carry:** From cross-chest carry, start in water shoulder depth. Place the victim's axilla (arm pits) on your shoulder by grabbing their elbows and pulling them up and over you while you go down. Use your legs to carry them out.
2. **Double-arm drag:** From the cross-chest carry, start in deep water and step behind the victim. Grab your own wrist across the chest of the victim and walk out of the water (west) while facing east. Continue until the victim is on dry land.
3. **Firemen's Carry:** From the cross-chest carry, start in water that is shoulder depth. Place one arm of the victim around your head and step your proximal leg in front of the victim. With your proximal arm, shoot between the victim's thighs and with your distal arm grab the victim's opposite wrist. Bury your shoulder and use your legs to carry the weight of the victim out.



# PASSIVE VICTIM UNIT

## SEARCH AND RECOVERY

It is easy for families and groups to become separated in the beach environment. The long shore current sweeps unknowing bathers down the beach and they exit the water in a location different from where they entered. All ~9 miles of Ocean City's beach looks similar, especially to children and tourists; so when coming out of the water they can walk in the wrong direction and become lost. Additionally, the many activities and attractions to see at the beach will attract people away from the group. Occasionally the person fails to tell others in the group that he or she is going somewhere. In either case, after a while, that person is discovered missing, and the fear of a possible drowning inevitably enters the minds of the missing person's friends and loved ones.

Although the lost person may, indeed, be lost in the water, this is rare in Ocean City. In contrast, lost children situations are extremely common, sometimes hundreds of missing children are reported and returned over a single weekend. **If there was not a confirmed visual of the victim submerging, they are presumed missing, not drowned.** Each passing moment, however, causes the individuals belonging to the missing person's party to become more anxious with thoughts of the victim drowning, therefore the beach patrol needs locate the victim quickly and efficiently; this is where semaphore and our good scans makes us successful at returning approximately a thousand children each summer. When receiving the lost child message, make sure to take the time to add the victim's description to your scan. Often the child will be wandering alone along the water's edge or back of the beach. Most often they walk with the wind.

If a guard loses sight of a victim during a rescue, or if a person approaches a guard telling of a person he or she saw submerging, the search and recovery procedure is initiated immediately. The SRT will use 3 blasts each direction and jump from the stand and, if available, **should take fins and goggles.** A brief moment is required to **obtain an exact description of the last seen point** and the SRT will quickly begin surface dives or, in shallower water, tread through the area of the last seen point.

**Upon witnessing a search in progress a CC will make a call to headquarters of a possible missing person and have headquarters stand by until he or she arrives on scene to confirm the missing person. A radio operator must always remain on scene,** so covering guards, other than the CC, will enter and assist the first rescuer until officers arrive. During deep water searches, a group of no more than six guards should perform surface dives in the area of the last scene point. In deep water the buoy leash will hinder the depth of the dive, so the SRT will need to remove the harness. However, the buoys will be needed for victim retrieval and, during long search efforts, recovery for the rescuers. Therefore, SRTs should connect buoys by taking his or her harness and threading it through the crown of another guards buoy; then the buoy will be placed through its own harness to create a knot. This should take seconds and the neighboring rescuer can continue search attempts while the new-coming rescuer attaches the buoy. **The first guard to begin**



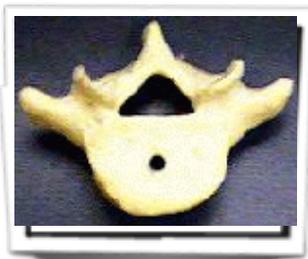
**surface dives at the last scene point must try to align two points, one behind the other, both to the north and south, and remember them to prevent the search from drifting and causing rescuers to lose their orientation.**

The highest ranking beach patrol member on scene will assume the incident command and will stay on the beach with a radio. They will also orchestrate search operations as more rescuers become available. **Responding quads and officers should be obtaining rovers and unassigned personnel from crews while en route to the location of the search.** Officers on scene are encouraged to use available wave runners or rescue boards with a radio bag, which will make for improved communication between the ocean and land; as well as improved visibility in the water. **Other groups of 4-6 rescuers can be made and search in various locations; a decision that the incident commander will make based on surf conditions and witness reports.** Remember, resuscitable victims are usually found at the last seen point, regardless of water conditions. Victims with a large amount of body fat, and victims that have been submerged a long time, are more likely to move with the current.

Shallow water searches involve trudging through water that is less than chest deep. Rescuers should have the buoy dragging passively behind them from the leash so that it doesn't impede the guards progress while marching through the surf zone. **Its important that the buoy lanyard is just a few inches longer than the rescuer's leg while the harness is worn. Long leashes will cause searching rescuers to trip.** Covering guards and additional rescuers will form a line, of no more than six people, locking arms and sweeping the area by foot using a systematic movement north and south in the area of the last scene point. **This will assure that the entire bottom of the last scene point has been searched.** As additional search lines are created, the search area should expand north, south and, if deemed necessary by the incident commander, a deep water group should be added to the search.

# PASSIVE VICTIM UNIT

## Introduction to spinal injuries



The spine is a column of bones that surround the spinal cord, which is like the tail of the brain. Since the spinal cord and brain make up the central nervous system, and the cord serves as the connector of sensory and motor function between the brain and body via peripheral nerve connections, a spinal injury is similar to a brain

injury. It is possible for all physiological functions to be effected, including the ability to feel, move, breath, talk, or control heart autonomically, which makes these injuries urgent, or what we consider, life or death. For this reason, three whistles, "URUR" messages, and radio-silence are all used for spinal injuries, no matter how frequently they occur on the beach in Ocean City.

It is about as common for these injuries to occur while a person is on his or her way out in the surf, as when riding a shore breaking wave. If a person is wading through the trough, unaware of what lies ahead, they may dive directly into the sand bar. This causes hyperextension, which is the most common mechanism of injury, or hyperflexion of the neck which are usually signified by abrasions to the forehead or back of the head, respectively. An abrasion on the surface of the shoulder would suggest that the head was flexed laterally; a situation more common when riding shorebreak.

Overextension of the neck is exactly what happens when someone dives into a shallow pool and hits his or her head on the bottom. Since people are familiar with no diving warning signs by shallow water it is a useful description when educating people about shore break; explaining to them that riding shore break waves or diving head first is like diving into a shallow pool.

OCBP has found that, when conditions are bad, impromptu educational seminars about shorebreak and how to ride waves are essential to minimizing spinal injuries. Other methods the beach patrol will implement to reduce these injuries include prohibiting individuals who are not experienced surfers or body boarders, with fins, from going in the ocean during extreme surf conditions, and enforcing the alcohol ordinance. Alcohol reduces a person's inhibitions and effects his or her motor control making them more susceptible to series surf-related injuries.

## Recognition and Response



Since spinal injuries will affect the victim's ability to move or feel below the area of the injury, an obvious sign of spinal damage is the victim's sudden loss of movement in the water. Other signs that would prompt and SRT to intervene would be a noticeable abrasion on the forehead, face, or shoulder of a victim exiting the surf gingerly or being assisted by nearby patrons. The SRT should initiate two whistle blasts in each direction and run down the area of the victim. Once assuring that the victim has a spinal injury, they should blow three blasts in each direction and enter the surf while leaving the buoy on the water's edge. If the victim does not have symptoms of a spinal injury, or, if over 18 and of sound mind, refuses treatment, the guard should send "OK" to the covering SRTs and allow them to return to their stand.

## Handling Neck and Back Injuries

1. Victim identification
2. Initiating response of the Emergency Medical System and beach patrol support services
3. Victim approach and assessment
4. Victim removal with one to four rescuers
5. Victim stabilization and monitoring
6. Responsibilities of initial rescuer and the back-up rescuers
7. Responsibilities of the back-up rescuers once the victim is on shore
8. Interaction with the Emergency Medical System personnel
9. Information gathering; "The 5 Ws."



# PASSIVE VICTIM UNIT

## Approaching a Victim with a Potential Spinal Injury



Upon reaching a victim with a potential spinal injury an SRT will blow 3 blasts, then place the victim in a secured position by supporting the cervical and thoracic spine with his or her forearms. The posterior arm should be placed along the spinal column with the hand supporting the base of the victim's skull. The other arm should be pressed firmly along the victim's sternum with the hand cupping the mandible.

The victim's airway needs to be out of the water. This is accomplished by rotating the patient. The rescuer should attempt to keep the victim's ear, shoulder and hip aligned throughout the procedure.



The rescuer will squeeze his or her elbows into the patient to stabilize them, then go under water to rotate the patient into a floating, supine position. The victim must be positioned so that his or her head is toward the shore, perpendicular to the incoming surf.

The rescuer will stand and walk to the shore with the victim in the sling-like hold; often referred to as the Hawaiian Sling. The victim and rescuer need to be directly perpendicular to incoming waves and the victim's head will progress westward, toward shore, throughout the process. Note, second and third responders can leave their buoys on the shore if they are certain it is a spinal injury before arriving to assist in the maintenance of spinal alignment while helping carry the victim.



# PASSIVE VICTIM UNIT



## The Entire Procedure

The problems of spinal injuries in the surf environment are compounded by the wave action and currents. Since stabilization and immobilization on a backboard are unsafe and difficult in these surf conditions, the victim will have to be extricated from the water first using only the rescuers' strength and knowledge.

1) **Activating EMS:** If you have identified that the victim may have a spinal injury, initiate EMS and back up using 3 whistle blasts.

2) **Rolling the victim:** Act fast! Place one hand on the base of the victim's skull with your thumb and pinky on mastoid processes. The forearm should be splinting the cervical and upper thoracic spine. The other hand should grasp the mandible with the forearm splinting the victim's sternum. Go under water and roll the victim's face out of the water with his or her body as a unit; your body is

serving as the backboard during the rolling process.

3) **Swim the victim toward shore:** If you are in water deeper than where you can stand, maintain the cervical-thoracic splint and scissor kick the victim toward shore or the nearest sandbar. Pay close attention to maintaining neutral cranial-spinal alignment. A second responder can grab the victim's legs to assist and breast stroke kick toward shore.

4) **Negotiate the surf zone and walk the victim to the beach:** Once able to stand, keep a close eye on the incoming surf and a firm hold on the victim's head. Use your head in place of the hand supporting the victim's head to free up the arm and place it underneath the victim's other shoulder. Engage the sling by placing the hands on both sides of the victim's head. Begin moving the victim toward shore. From this point onward the victim's head will continually move west until completion.

### Laying the patient down

- Second responder navigates
- First responder is in command
- Third responder assists with weight of victim and escape of first responder



# PASSIVE VICTIM UNIT

## Getting the Victim to The Beach

The navigation by the second responder will help the rescue reach the soft sand, and the first responder will command the second responder to “put the legs down.” Once the legs are down, the second responder will announce “legs down,” and then go behind the first responder to assist him or her laying the victim in the sand. The third responder can assist with the weight of the victim by holding the torso, or with stabilization of the head. The first responder will take one small step to the west placing the knee of his or her leg on the ground, in a lunge position, and then bring the other knee beside it so that they are kneeling on the ground while holding the victim. The victim’s head continues to move west, as the first responder leans back, sliding the victim carefully onto his or her chest.

The second responder will slide his or her forearms (side-by-side) with palms up, to a position between the victim’s cranial-cervical-thoracic spine as to mimic a spine board; and the victim’s head should be no higher than the level of the second responder’s elbows. Once the second responder has secured the cranial-spinal support and weight of the victim, as if to hold them on a board, he or she will inform the first responder with, “In position.” The first responder will escape from below the victim carefully to prevent jarring the victim while communicating with the other rescuers as to the direction he or she is moving. During the first responder’s escape, the third responder can decide to take any of the following actions depending on the need: 1) help support the victim’s head, 2) help support the weight of the victim by holding the torso while the first responder escapes, or 3) assisting the escape of the first responder.

Once the first responder has escaped, he or she will instruct the second responder to lower the victim to the ground slowly. The first responder must check for debris and holes while smoothing the sand below in preparation of victim placement. The second responder will lower the victim slowly

to the ground and remain with his or her hands in position until the first responder goes back to the head and instructs the second responder to call for EMS. The first responder will stabilize the victim’s head. The left and right hands are placed on the left and right sides of the victim’s head respectively. The first responder’s thumbs should be across the forehead of the victim.



*Like all emergencies...team work is critical to OCBP's success*

## Some Things to Remember

A spinal injury can be life or death. Victims may appear “lifeless” in the water, or they may actually walk out of the water gingerly. Some common symptoms include: abrasions on their shoulders or above, holding their neck and back, complaining of discomfort, loss of motor, loss of sensory, priapism or unconscious by the surf zone. If the victim is in the water, the obvious priority is getting them on land. The Spinal Technique should be perfected by all beach patrol personnel and be approximately as fast as a traditional passive victim carry. Since the first five minutes the victim spends in your hands may be more important to the lifetime of physical therapy, medication and other forms of rehabilitation they may experience in the future, your best effort is imperative to extract the victim while maintaining spinal alignment. Frequently observe the ear, shoulder, and hip of the victim to assure they are aligned throughout the rescue. If needed, a Jaw Thrust method should be used rather than a head tilt to open the airway.

# PASSIVE VICTIM UNIT

## Spinal Injury Procedure in Shallow Water or on Shoreline



If the victim is on the shoreline, check to see if the victim is responsive using the primary OCBP assessment, **C-A-B**; level of **C**onsciousness, relative **A**lertness, and quality of **B**reathing. If the victim is unresponsive, activate EMS with 3 whistle blasts. If the water is not interfering with the victim, stabilize the head and assess breathing. **If the victim is not breathing or has abnormal breathing, leave the head and begin giving 30 compressions.**



You may need to move the victim if he or she is on wet sand or at risk of being in contact with incoming waves, or if you cannot assess breathing because of the they are in a face down position. In this case, role the victim as a unit by placing his or her arms up and cross the victims wrist to that the arms are cradling his or her

head. With one hand on the forearm and the other on the shoulder, rotate the victim as a unit toward you.

If they are in water or near the water's edge, rotate the victim as your roll them so that he or she is perpendicular to the ocean and the head is facing west. Using the victim's arms to secure the side of his or her head, grasp the victim's shoulders and lace your hands behind the victim's head. Have additional responders grasp the waist-lower thigh of the victim, depending on the weight distribution, and lift the victim on a count of three up and step carefully toward the dry sand. It helps to assure the head is higher than the body so the victim is on an angle, but with perfectly linear. Constantly monitor the ears, shoulders and hips for



alignment; a neutral space should be maintained between the chin and the chest of f the victim.

If you are unable to secure the victim's head with this technique, you can grab beneath the victims shoulder and use your elbows to secure the victim's head while the victim's arms remain at their side. This is also the preferred technique if you are alone.

## Spinal Injury Procedure if victim is standing

It is very common to have a victim with neck or back pain exit the surf and come up to the SRT's stand complaining of discomfort. You should blow 3 blasts to initiate EMS and hop down. Simply place your arms beneath victim's shoulders and secure their head by placing your hands on the side of the face in a standing version of the Hawaiian Sling. It is important to communicate with the victim throughout the procedure. If they become fatigued, disoriented, or syncopal continue to the ground with the assistance of the second responder just as you would coming in from the water. Try not to let them sit in a chair.

### Stabilize the victim while seated:

The spine boards that EMS uses for victims that are in a chair are more difficult to use than the traditional spine boards. If possible, try to avoid sitting a spinal-injured victim in a chair. If the victim was found in a chair, however, instruct the victim to remain still, stabilize his or her head, and wait for EMS. Make sure the victim answer questions orally rather than with nodding the head.



# PASSIVE VICTIM UNIT

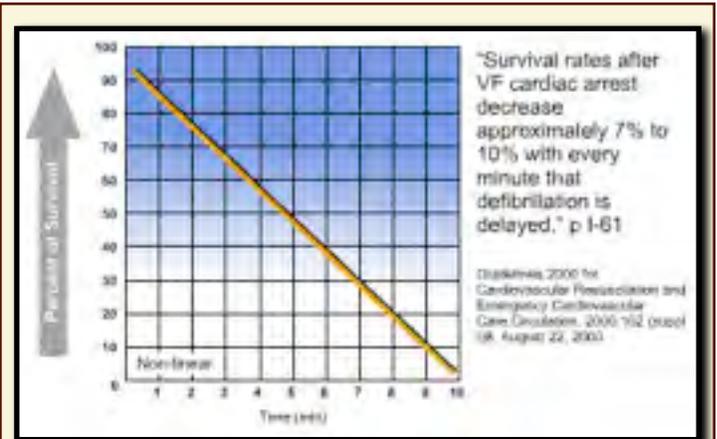
## Cardiopulmonary Resuscitation (CPR)

Probationary SRT's will meet at a designated facility with the beach patrol training officers and American Heart Association representatives for instruction in cardiopulmonary resuscitation. Everyone is required to attend this course regardless of current certifications. This training has been adapted to address the environment and specific demands the beach poses.

Each person will be held responsible for passing, with a minimum score of 70 percent, the written examination to be given at the conclusion of the day, as well as achieving satisfactory marks on the practical application of the skills that are taught. You will be issued a certification card in CPR at the day's end.

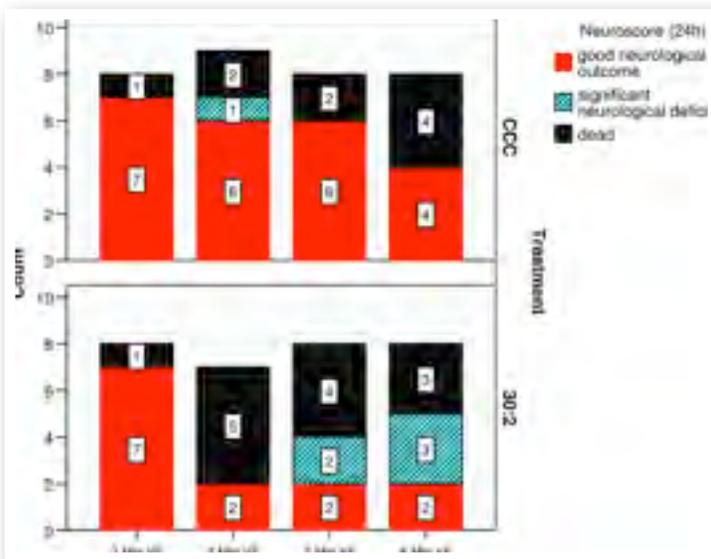
The following are areas that will be addressed in this unit:

1. Victim identification
2. Victim retrieval from the surf
3. Proper positioning of victim on the sand
4. Preparation for CPR
5. Adult CPR
6. Child CPR
7. Infant CPR
8. Heart attack recognition and intervention
9. Drowning recognition and intervention
10. Detection and relief of a choking victim
11. Use and care of the protective Easy fit Mask
12. Management of a neck/back victim's



### EARLY AED ESSENTIAL FOR SURVIVAL

*In an adult victim, the most common cause of death is Ventricular Fibrillation (VF). VF occurs when heart muscle cells are deprived of oxygen leading to altered cell permeability and an unorganized, unregulated myocardial cell firing (arrhythmia). This type of fatal arrhythmia is characterized by the heart muscles contracting out of sequence as if the heart is just “quivering” as opposed to the normal, organized manner of contraction in a healthy heart. VF does not eject sufficient blood to supply the body and the victim goes into Cardiogenic shock which can lead to death. An A.E.D. stops the heart so that it may restore its automaticity (normal heart rhythm).*



Neurologically normal survival at 24 hours after resuscitation was observed in 23 of 33 (70%) of the animals in the continuous chest compression groups but in only 13 of 31 (42%) of the 30:2 CPR groups (P=0.025). Gordon, et al. Circulation. 2007;116.

## Compression Rate and Depth Most Important

For optimal venous return (blood flow back to the heart) and cardiac output, compression rate must be fast and with limited “hands-off” time. In all cases, survival is improved the earlier an AED is employed.

# PASSIVE VICTIM UNIT

**Physical Training Objective:**

*It is of critical importance that each SRT learns to negotiate the surf during a rescue. He or she must know how to enter through the surf and exit as expeditiously. Patrons on the beach expect us to have superior skills in the surf, and we aim for our staff to exceed those expectations.*



## Workout Days Three and Four

PSRTs will be attempting to complete all the physical requirements for basic OCBPSRA certification. On these days of academy, the instructors will judge the conditions and apply the Mile Swim, Landline Surf Rescue Device, and Paddle Board Rescue to the training and conditioning for the day. Additionally, be prepared to take ocean test and soft sand run as part of the conditioning for the rookie re-qualification that takes place on the weekend.



Thursday will consist of CPR training, swim fins and equipment rescues. PSRTs are strongly encouraged to invest in a pair of swim fins to use for training and for on the job.

## DAY 3 WORKOUT PLAN: EXAMPLE

<i>Morning Work Out</i>	<i>Rescue Training</i>	<i>End of Day</i>
<p>800m soft sand run warm up</p> <p><u>3 x Circuits: PSRTs in 5 groups.</u></p> <p><b>STATION ONE</b></p> <ul style="list-style-type: none"> <li>• Jumping Jacks</li> <li>• Overhead Squats</li> <li>• Mountain Climbers</li> <li>• Push Up Plyos</li> <li>• Burpees</li> <li>• Inverted Shoulder Press</li> </ul> <p><b>STATION TWO</b></p> <ul style="list-style-type: none"> <li>• Agility drills in the sand</li> </ul> <p><b>STATION THREE</b></p> <ul style="list-style-type: none"> <li>• Simulated Rescues</li> </ul>	<p>The PSRT will learn the following:</p> <ul style="list-style-type: none"> <li>• Neck/Back Procedure</li> <li>• Pack Strap Carry</li> <li>• Fireman’s Carry</li> <li>• Double-arm Drag</li> <li>• Search and Recovery Shallow Water</li> <li>• Search and Recovery Deep Water</li> </ul>	<p><u>Condition-Specific:</u> Mile Swim and Soft Sand Sprints.</p> <p>Alternatively, if rip current activity is moderate or strong, a 1 mile hard sand run with rip current entry and exit along the way will be included.</p> <p>PSRTs are sent home with a academy semaphore test.</p>

# DAY 5

## RIPS, ROCKS AND RESCUES

### Surf Rescue Techniques

*Cumulative review: distressed, active, passive victims*  
*Beach Medicine*

### Physical Training

*Stand Dragon Relay*  
*2 Mile Soft Sand Run*

### Rips, Rocks, and Rescues

This training unit is designed to simulate a busy day in the middle of the summer. SRTs will be expected to demonstrate all skills, including how to handle medical emergencies on the beach. Some key points of reference are described below:

#### APPROACH TO ANY EMERGENCY

- 1.Prevention. While our main concern is the water, accidents occurring on the beach, such as those caused by windswept umbrellas and deep holes, must be prevented.
- 2.Routine. This must be developed ahead of time, so that you have no question about what to do in a given situation (e.g. cardiac arrest).
- 3.Take charge. You are in command of any situation at any scene until someone more qualified arrives. Be cautious of onlookers.
- 4.Knowledge. A general knowledge of first aid is required of all SRTs.
- 5.Attitude. Don't panic! Assume confidence in all emergencies. You are in charge and therefore must be level-headed. Regarding the victim, reassure him/her.
- 6.Vital signs. Watch for breathing; check carotid (neck) arterial pulse. You can feel this pulse on yourself.
- 7.Condition. Any coma or convulsion is an urgent matter.
- 8.Priorities. A.B.C.'s of First Aid. Airway Breathing Circulation.
- 9.Information. Obtain all information required for beach patrol records:
  - a.Full name of the victim
  - b.Victim's home address and home phone number
  - c.Local address of victim
  - d.Condition of victim and caused
  - e.Victim destination (medical center location)
- 10.Update condition. Immediately notify dispatcher if victim's condition changes.



*Prior to Rips, Rocks and Rescues:*

- **Get plenty of sleep**
- **Eat breakfast**
- **Bring sports drinks, and healthy snacks**
- **Do not forget sunblock and a towel.**
- **Vaseline to prevent irritation from the sand**
- **Inspect your feet! If you have blisters, bring shoes to run with in the sand.**

# RIPS, ROCKS, AND RESCUES



## Beach Medical Emergencies

### Primary survey

Conscious:

1. Identify your self and get consent; Is the victim conscious alert and breathing? C-A-B: *level of Consciousness, Alertness, and Breathing quality.*
2. Monitor ABCs
3. Check for severe bleeding:
  - if present: EMS, control bleeding, monitor ABCs
  - if not present: EMS and secondary survey

### Secondary survey

1. Interview: HAPPEN: *history, allergies, prescription, pain, explanation, name* (perform in reverse sequence)

2. Check vitals: pulse/breathing/skin temp and appearance (cold/hot, wet/dry, pale, flushed)
3. Without moving victim perform exam from head to toe
  - ears, nose, mouth
  - can person move neck?
  - can they shrug shoulders?
  - deep breath (any pain?)
  - any abdominal pain
  - check arms (pain on movement?)
  - hip and legs (pain on movement?)
4. If person can move and is not dizzy or disoriented have them sit up slowly
5. If can't move a part, feels pain or is dizzy, have person rest in comfortable position, 6. Recheck ABCs, maintain

### ACCIDENT REPORTS:

*The 5 Ws should be collected for any patient treatment or attempt to treat: Who, What, Where, When, and Witness*



### PRIMARY SURVEY

*Ascertain if the victim is Conscious, Alert and Breathing or the quality of each. For example, "Patient is semi-conscious, not alert, but breathing without difficulty."*

### 3 BLASTS

*If there is a life-threatening emergency, activate EMS via 3 blasts, and begin victim care.*

### SECONDARY SURVEY

*Place your gloves on and start the HAPPEN survey. Take pulse, decide plan of action with patient (EMS, quad transport, etc...and record information).*



# RIPS, ROCKS, AND RESCUES

## COMMON BEACH EMERGENCIES

Condition	Overview	Treatment
Bleeding	In general, bleeding is life-threatening (3 whistles/URURUR) when the blood is a high volume or bright red and “spurting.” This suggests that the patient has arterial bleeding. Darker blood slowly oozing is venous blood, and superficial scrapes reveal capillary bleeding, both of which are less serious but require treatment. Internal bleeding can be present with swelling or bruising, or victim showing signs of shock after blunt trauma.	Put up your clubs and apply RICE: Rest, Ice*, Compression, and Elevation. *Ice mainly for head wounds and internal bleeding.
Syncope and Shock	Syncope is when the brain gets insufficient blood flow and the victim loses consciousness. Similarly, when the bodies cells get insufficient blood flow, for example cells of the brain and heart cells, the victim can go into shock. Cardiogenic shock is when the heart does not adequately generate the cardiac output to perfuse cells with blood; anaphylactic shock is when an allergic reaction causes a victim to have systemic vasodilation and drop in blood pressure; hypovolemic shock is when the victim loses too much blood volume.	If possible, restore blood flow to brain by elevating lower extremities; cover patient to preserve body temperature, monitor A, B, Cs.
Eye Injuries	Most commonly on the beach this results from sand. Corneal abrasions are potentially serious.	For minor incidents, patients can gently induce lacrimal duct secretion by gently pulling on their upper eyelid (themselves) to help clear particles. Keep the other eye closed when dealing with the effected eye.
Stings	Mainly Jellyfish stings from Sea Nettles. Hydromedusa (clear pieces of jelly) do not sting, and the Moon Jelly’s with a purple, 4 leaf clover-like internal coloring have only a mild sting. Cannonball and Mushroom Cap do not sting. Lion’s Mane and Man-of-War are uncommon in Ocean City.	Lidocaine is the best treatment to alleviate the sting, otherwise it will usually take about 15-30 minutes for the discomfort to subside.
Fractures	Fractures on the beach can range from vertebral (life-threatening) to less severe, e.g. nose, carpal, etc. Nevertheless, the treatment is to stabilize the patient in the area of the fracture site to eliminate movement. With vertebral injuries this is accomplished by stabilizing the victim’s head until EMS arrives. In limb injuries the limb should be secured proximal and distal to fracture site. SRTs DO NOT diagnose closed fractures, and the injury is termed “arm injury” or “leg injury” over the radio. Open fractures involve an open wound which requires immobilization and EMS while controlling bleeding. In both cases, movement can sever blood vessels, nerves or vital organs and therefore be prevented by stabilization.	
Diabetic Emergency	Although diabetes is a condition of high blood sugar (hyperglycemia), diabetic emergencies most commonly result involve low blood sugar (hypoglycemia) due to an increased activity level on the beach which increases muscular glucose uptake after supplemental insulin administration. The less common, but much more sever is Diabetic Coma when the patient has a gradual increase in ketoacids resulting from inability to use glucose for fuel (it cannot get inside the cells). The ketoacidosis causes disorientation (“drunk-like” behavior), dehydration, coma and eventually death.	If a diabetic patient does not feel well, but is conscious, the SRT should have the patient take in sugar via juice, candy, etc. from a friend or family member. This serves to 1) rule out hyperglycemia; 2) correct hypoglycemia in minutes and the patient may refuse treatment thereafter. Hyperglycemia (diabetic ketoacidosis) will not be altered, in which case 3 whistle/URURUR to activate EMS.
Stroke	Cerebral Vascular Accident or “Brain Attack” characterized by lack of blood flow and oxygen to the brain. Victim will act as if suffering from a head injury (they are).	Weak patient with blurred vision, head ache, confusion, unequal facial responses (slanted smile), unilateral paralysis (ask them to raise both arms and only one may respond). URURUR. Treat for shock. monitor ABCs.
Seizure	Common on the beach in Ocean City, usually due to patients skipping seizure medication to consume alcohol while on vacation. Heat stroke can also be a cause of a life-threatening, convulsive and seizing victim.	Prevent victim from hurting him or herself. Do not grab the victim, keep things away from the victim while convulsing. If in the water, try to support the victim on their side with the face and head above water. Put nothing in the victim’s mouth.
Heat Related Emergency	Heat cramp is due to electrolyte imbalance causing muscle contraction. Heat exhaustion leads to a syncopal symptom in the patient (fast weak HR, cool and clammy). Heat stroke is rare and life-threatening; the victim’s skin will be hot and dry.	Heat cramps and exhaustion can usually be treated by moving patient to cool environment and hydrating them. Heat stroke requires rapid cooling and is a life-threatening condition.

# APPENDIX

## OCBPSRA CERTIFICATION

### OCBP

*The Ocean City Beach Patrol has a proud and distinguished reputation as one of the world's most professional and well-trained surf rescue organizations. This organization has over 200 members annually and spans approximately 9 miles of Maryland's turbulent and densely populated coastline. The beach patrol will perform approximately 3000-5000 rescues and 100-200 spinal injury extractions each year. This is statistically the most activity per mile of beach and per lifeguard for any surf rescue organization in the United States.*

DOCUMENT	PAGE
Common Rookie Errors	Appendix P. 1
Sample PSRT Weekly Performance Evaluation	Appendix P. 2



# APPENDIX

## COMMON ROOKIE ERRORS

*Don't Let This Be You!*

COMMON ERRORS	COMMON ERRORS
Not bringing all equipment, shoes and socks during the late may, early June when the weather is cold and the days feel longer.	Showing up to meeting without uniform, and expecting to be off
Not understanding "UP" at the 1725, where SRTs clear water and stand until <i>blowing off</i> at 1730.	Failing to send semaphore messages in both directions, when getting down.
Hanging the buoy on the side of the stand rather than on the front top rung.	Failing to bring the buoy and med kit everywhere.
Sending inappropriate semaphore during the early, long days of the summer when there is less beach activity.	Forgetting to run, always, while on the beach
Showing up late or returning late from lunch	Forgetting to stand when talking to beach patrons
Failing to scan while communicating in semaphore	Pretending to understand messages
Failing to send CVR when a neighboring SRT goes on a rescue	Jumping off a stand before the rover climbs up

# EXAMPLE OF PSRT EVALUATION

## OCEAN CITY BEACH PATROL PROBATIONARY S.R.T. EVALUATION

*Probationary Surf Rescue Technician:* Laura Allen

*Crew Chief:* Sherman

*Probationary Week:* 1    *Physical Qualifications:* Swim = TBA    Run = TBA

Ranking Based on Time of Employment	Criteria	Circle The Rating				
1 excellent, performance similar to a veteran SRT	RIP CURRENT IDENTIFICATION	1	2	3	4	5
2 good, better than expected for a PSRT in week	SCANNING ABILITY	1	2	3	4	5
3 average, what is expected for a PSRT in week	SEMAPHORE COMMUNICATION	1	2	3	4	5
4 generally understands the concept but may require additional re-enforcement	VICTIM IDENTIFICATION	1	2	3	4	5
5 does not grasp concept, PSRT is in need of re-training in this specific area.	PREVENTION	1	2	3	4	5
	EDUCATION OF PUBLIC	1	2	3	4	5
	WILLINGNESS TO LEARN	1	2	3	4	5
	PUNCTUALITY AND WORK PREPARATION	1	2	3	4	5
	OTHER POLICIES AND PROCEDURES	1	2	3	4	5
<i>Crew Chief Complete =====&gt;</i>	OTHER:	1	2	3	4	5
<b>TOTAL</b>						

*NOTE: The following applies to the total of all rankings. The "other" criteria must be filled in by CC  
< 20 EXCELLENT; 20-30 GOOD; 30-40 NEEDS RE-ENFORCEMENT; >40 MAY REQUIRE RE-TRAINING*

**Additional information from evaluator(s):**

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Continued on Back

C.C. Sherman	PSRT Laura Allen	Area Sergeant
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*Check if PSRT comments on back*

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*OCBP Director of Training*