



PANAMA
Jack

...a Kinder Sun.

Sun Protection Factor Guide

SKIN TYPES	EXPECTED TIME IN SUMMER SUN				
	1 HOUR	1-2 HOURS	3 HOURS	4 HOURS	5+ HOUR
VERY FAIR/ EXTREMELY SENSITIVE Never tans; always burns.	SPF 15	SPF 30	SPF 30	SPF 30	SPF 45
FAIR/SENSITIVE Tans slowly; burns easily.	SPF 8	SPF 15	SPF 30	SPF 30	SPF 30
LIGHT Tans gradually; usually burns first.	SPF 8	SPF 15	SPF 15	SPF 30	SPF 30
MEDIUM Tans well; burns minimally.	SPF 4	SPF 8	SPF 8	SPF 15	SPF 30
DARK Tans easily; rarely burns.	SPF 2	SPF 4	SPF 4	SPF 8	SPF 15

Select The Right SPF!

SPF, or Sun Protection Factor, is a numbering system that helps you select the correct sunscreen product for your skin type.

Everybody's skin burns as a result of UVB rays after a certain length of time in the sun. Using a sunscreen product lengthens the time you can spend in the sun by the SPF number you use.

For example, if your skin type is light and your unprotected skin burns in 10 minutes; and you are going to be in the sun for two hours (120 minutes), you need a sunscreen protection factor of at least 12. We recommend that you use an SPF 15 at all times.

Caution:

1. There are other natural factors that can increase the impact of UVB rays and consequently the need for greater protection.

- If you are going to be on the sand and/or in the water
- The higher you are above sea level
- The closer you are to the equator

2. SPF number and UV Index numbers are not the same. SPF measures protection. The UV Index measures intensity of UV rays in ranges from 1-15. You should use an even higher SPF if the UV Index on the weather report is above 5 because the sun's burning rays are more intense than normal.

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TIPS

To Make
Your Stay
In
Ocean City
Safe &
Enjoyable



*Keep your feet in
the sand until the
lifeguard's in the stand*



Produced by the
**Ocean City
Beach Patrol**

A Division of
The Ocean City
Recreation and Parks
Department
Ocean City, MD

Discover an ocean of fun!

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What is a Surf Rescue Technician?

The S.R.T. is an important part of the beach environment. They are strong swimmers, are familiar with their areas, and are able to respond if someone is in danger. Additionally, the SRT is trained in First Aid and CPR and has current information on tides and local events. It is important that you cooperate with the SRT in the performance of his/her duties.

IMPORTANT! Whenever you hear a whistle blast, even if you don't think it is for you, locate the SRT to see what they may need. Don't be afraid to ask for help and remember to **WAVE YOUR ARMS WHEN IN DANGER.**

How do I have a safe and Enjoyable Beach Experience?

We ask everyone to check in with the SRT (lifeguard) on duty every time you come to the beach. Meet your lifeguard and introduce your children. The lifeguard will inform you of current conditions for your area of the beach as well as let your children know that they are a safe person to go to if they have any problems (getting lost, etc). Our Lifeguards are Ocean City's ambassadors and have updated information on beach conditions, weather as well as local events. They are there to ensure that your Ocean City memories are pleasant ones.

How do I swim safely?

The most important thing to remember is to swim only when and where guards are on duty. That is where the surf rescue technicians (SRTs) patrol and can help if you get into trouble while swimming. **WARNING:** Never swim alone! Do not rely on any artificial flotation device as a substitute for swimming ability. **WARNING:** Never swim before 10 a.m. or after 5:30 p.m.

What is a current?

A current, also known as a littoral drift, is caused by water running parallel to, and between, the beach and a sand bar. These currents are often undetectable by sight and can catch swimmers off guard. The littoral drift is also a cause of children becoming lost. It is very easy for a young child to become disoriented as the currents and/or wind carry and push them along the shoreline. Don't panic if you are being moved along the shore. Simply **make your way** to the beach and walk back to where you entered the water.

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What is dangerous shorebreak?

Shorebreak is the condition that arises when large waves break directly on shore.

Consequently, swimmers in shorebreak land directly on the sand. These waves are unpredictable and dangerous because they can cause serious shoulder, neck, and spinal injuries to even the most experienced swimmer. When body surfing, we recommend doing so with your head up and your arms out in front of the body to protect yourself.



Why is shallow diving dangerous?

Diving into shallow or unknown waters can cause serious neck and back injuries, including paralysis and even death! It is recommended that beach patrons check water depth before diving.



What is a wave?

A wave is a body of water moving along the surface of the ocean. It loses speed and gains height when it approaches the shore. As this happens, the depth of the water below the wave becomes shallower. The size of the wave is affected by how strong the wind is and the direction from which it blows. Depending on the depth of the water; there are three different shapes a wave can assume. They are as follows:



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What is a rip current?

Basically, a rip current is a body of water moving out to sea. It is the most common water hazard leading to swimmer distress and potential rescue. Rips are found wherever there is a depression or channel in the ocean bottom. As the water rushes through this area, it becomes churned up and sandy as it searches for a way back to sea. Once it finds a path, it rushes through the channel like a river. This tends to pull any person or object in the area away from the shore. Rip currents are the third leading cause of weather-related deaths.

What does a "rip" look like?

Telltale signs of rip currents are:

- A noticeable difference in water color
- Gaps or flat sections in the waves breaking out in the water
- Foam, or objects, moving steadily seaward
- A specific area of water that appears more turbulent than the surrounding water










How do I escape from a rip current/washout?

The most important thing to remember if you are caught in a rip is DON'T PANIC. You should attempt to swim parallel to the shore, with the lateral current, for about 25-50 yards or until out of the rip, and then swim toward the shore. Many people try to swim against a rip but this is DANGEROUS. It tires you out and you make no progress, eventually you no longer have the energy to remain above water. If in danger, wave for help, relax and tread water!

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For your protection and safety, the activities appearing below are either Prohibited  OR Regulated  on the beaches of Ocean City

-  Consuming alcoholic beverages
-  Allowing dogs on the beach (*May 1-Sept. 30*)
-  Sleeping on the beach (10 p.m. - 6 a.m.)
-  Using a skim board after 10 a.m. and before 5:30 p.m.
-  Bringing glass containers onto the beach
-  Fires on the beach (including grills)
-  Playing loud music

These activities are under the discretion of the beach patrol **BP**

- BP** Ball playing and frisbee throwing
- BP** Umbrella placement beyond established line
- BP** Kite flying
- BP** Digging holes in the sand (*no deeper than knee deep*)
- BP** Fishing while the O.C.B.P. is on duty
- BP** Surfing in designated areas only

We would also like to suggest that you always follow these safety tips.

- Apply sunscreen liberally and often (*starting 30 minutes before going in sun*)
- Drink plenty of water (fluid)
- Wear eye protection
- Establish and check landmarks
- Keep valuables off the beach
- Please put trash in its place
- No glass containers please
- And finally, take seriously the warning of the S.R.T. when storms are in the area. The Ocean City Beach Patrol is in constant communication with the National Weather Service. When instructed by beach patrol personnel, please secure your belongings and leave the beach immediately for your safety and ours!

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Surfing Beaches

The Mayor and City Council of the Town of Ocean City in cooperation with the Eastern Surfing Association, establishes rotating surfing beaches on a daily basis. There are three surfing beaches, one in the north, one in the south, and one in the inlet. The inlet surfing beach is open Monday-Friday except for holidays, and closed on Saturday and Sunday. The north and south surfing beaches rotate two blocks south each day. Each surfing beach (approximately one block wide) is administered by a surfing beach facilitator. Daily surfing beach locations are broadcast on local radio stations, published in local newspapers, and can be seen at the Beach Patrol's website: www.ococean.com/ocbp.

Code of the Town of Ocean City, Section 106-94

What To Do When Lost

In the event that you or your children become separated, please go to the nearest lifeguard tower. It is important that you review this safety procedure with family members in the event something should happen. It is also important that family members, especially young children, know the street number and location of their vacation residence. This should hasten the return of a child if lost.

Important Phone Numbers

EMERGENCY	911
Beach Patrol.....	410-289-7556
Recreation & Parks Dept	410-250-0125
O. C. Police (Non-emergency) ..	410-723-6610
United States Coast Guard.....	410-289-7559
Boating Safety and Law Enforcement	
Marine Police	410-289-8463
City Hall.....	410-289-8221

If you are interested in becoming a surf rescue technician (lifeguard), please write:

(May 1 - September 30)

Ocean City Beach Patrol

P.O. Box 158 • Ocean City, Maryland 21842

or call: 410-289-7556

(During the time period

October 1 - April 30, please write:)

Beach Patrol Captain Arbin

134 West Quail Lane • LaPlata, MD 20646

or call: Captain Arbin 240-349-2834

E-Mail: ocbp@ococean.com

Ocean City is an equal opportunity employer.

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Rules For The Surf

Check with the Beach Patrol SRT concerning surf conditions.

- ➔ Learn to swim and obey the rules of the swimming area.
- ➔ Never swim alone. Swim in patrolled areas only between the hours of 10 a.m. - 5:30 p.m.
- ➔ Never dive into unknown water or shallow breaking waves.
- ➔ Don't swim near wooden pilings, rock jetties, or the pier.
- ➔ Rely on your swimming ability rather than a flotation device.
- ➔ If you are unable to swim out of a strong current, call or wave for help.
- ➔ The ocean can be unpredictable so treat it with respect.

Junior Beach Patrol

The OCBP offers a Junior Beach Patrol program each summer to individuals ages 10-17. This is a 4 day program offered each week beginning in July through mid August. Once enrolled, they will be given a uniform and have the opportunity to experience the training and daily routine of real "Surf Rescue Technicians" (SRT's). The program models itself after the training, workouts, duties and responsibilities of the SRT and focuses on the development of skills associated with the enjoyable and safe use of the beach environment. It is designed to instruct boys and girls in the skills and techniques of beach safety, water safety, surf rescue and physical fitness. The program offers 5 levels of training that participants can complete in subsequent years. Participants who have successfully completed all 5 levels may apply for a paid Junior Instructor position once they reach their 15 or 16 birthday. Registration for these programs begins in early March. Many SRT's made their start in lifesaving in the Junior Beach Patrol. There is also a one afternoon introductory camp offered on Thursdays.

For general information, you can contact Beach Patrol Headquarters at 410-289-7556. For registration information you can contact Recreation & Parks at 410-250-0125 or email ocbp@ococean.com.

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