

OCEANS FOUR BEACH PATROL 2020 SUMMER SAFETY GUIDELINES

(Serving Ocean Beach Shores, Sunset Manor, Rutherford Home Owners Association, & Brightwater Beach)

Your Beach Patrol Staff (*The Lifeguards*)

Beach Patrol Supervisor Joe Soporowski is a 41-year lifeguard veteran, 26-year Beach Captain, & United States Lifesaving Association (USLA) Open-Water Lifeguard Instructor. In the off-season, he is the Director of Environmental Programs with Sustainable Education Associates. Captain Tom Baxter is a 20-year guard, Physical Education Teacher, & Varsity Swim Coach for Toms River North HS. Lieutenant Kelly Newcomb is an 8-year guard, a 4th Grade Teacher with Stafford Township, & Varsity Track Coach for Toms River East HS. Senior Guard, Jake Mara is a 5th year guard attending Rowan Univ. 5th Year Guards: Jon Salinardo - Univ. of Hartford, Chris Durso - Penn State, 4th Year Guards: Sean Valli - Marist, Brian Sprinkle, Chris Schober - Seton Hall, CJ Sprinkle, Eric O'Doherty - OCC, 3rd Year Guards: Brandon Leatherman - Seaside Heights Police Academy, Luke Musto - Merchant Marine Academy, 2nd Year Guard: Anthony Vivolo - College of NJ. 1st Year Guard: Josephine O'Grady - OCC.

Your Beach Patrol Staff – (*The Badge Checkers*)

This season, our Badge Checkers will be part of the Oceans Four Beach Patrol Team carrying 2-way radios & assisting lifeguards with monitoring the "dry" beach areas. They will be greeting patrons, providing important informational notices, answering questions, etc. Badge Checkers will train with the guards to provide non-rescue assistance during emergency situations. Ready to welcome you this year is Badge Checker Captain Ava Lyons, Full-Time Checkers: Sara Thompson, Madison Miller, Kate Sasso, Ellison O'Grady, Jillian Goffe, and Part-Time Checker: John Minervini.

Lifeguard Training

Every member of your Oceans Four Lifeguard Staff participates in one of the most rigorous lifesaving training programs in New Jersey. The Oceans Four extensive training plan is fully certified by the USLA. In fact, Beach Patrol Supervisor Joe was instrumental in designing the area's first USLA Manual in 1995, which is still used as a model for other beaches. All of the guards are certified in CPR, first aid, open- water lifesaving, and use of an automated external defibrillator (AED). Staff members are also trained in O2 administration. Seasonal training includes, but is not limited to lifesaving topics such as, breathing emergencies, cardiac emergencies, bleeding, shock, spinal injuries, medical and behavioral emergencies, etc. Also included in the USLA's 100-hour training program are lifesaving skills such as running, swimming, rowing, paddling, kayaking, etc. Although formal training is normally conducted in the early mornings, it is not uncommon to see a guard row, paddle, swim, etc. anytime during the day.

What Do the Flags Mean?

Water conditions are constantly changing, and we cannot establish set places and times for all activities. However, the following guidelines should help: Green (calm) or yellow (caution) flags designate the swim/raft areas. Should conditions warrant, rafting may be prohibited. Red flags designate "no swimming" areas. Surfing, kayaking, skim boarding, etc. may be permitted should conditions allow those activities to be enjoyed safely in specifically designated areas. Any activities that may pose a safety concern such as hardball throwing, kite flying during the day, etc. are prohibited.

Surfing & Kayaking

All surfers must have a leash in order to surf in designated areas. Kayaks present an increased hazard due to the inability to use a leash. Even the most skilled surfers and kayakers will occasionally lose their equipment. We ask that all patrons help us identify lost surfboards, kayaks, or other unsafe situations.

Please Help Us Keep Your Beach Clean

Every morning, the lifeguards and badge checkers walk the entire length of the beach and pick up any trash that is left there during the night. Please take home anything that you bring with you to the beach.

What Should I Do if I Need Help?

The signal guards use to indicate that they need help is to pat the top of their heads. The guards are so used to this sign that if you do the same they will be right over. Of course, you can always yell!

Lost Children

A lost child is a very common occurrence. Using radio communication and a public address system, your lifeguards work in cooperation with the badge checkers and neighboring beaches to locate and reunite lost children with their parents. In the event that you cannot find your child, do not panic. Go immediately to the nearest lifeguard stand and be prepared to give a full description of your child and the time and place of their last known location. It helps when they're wearing a badge!

Code Red

In the event of potentially submerged victims, your lifeguards cooperate with nearby beaches in a procedure referred to as a "Code Red." During a Code Red, swimmers must clear the water so that guards may provide assistance to the rescue, or so that coordinated rescue diving can commence in the area.

Keeping it Fun For Everyone!

Patrons from Ocean Beach Shores, Sunset Manor, R.H.O.A., and Brightwater Beach will enjoy a larger waterfront area now that the four association's lifeguards are working together as one unit. However, even if you are following all the rules, overcrowding can make otherwise acceptable activities unsafe, so please understand that we may have to coordinate our actions from time to time. As always, the Beach Patrol Team will work with all parties in an attempt to allow everyone to have an equal opportunity to enjoy the beach in a safe manner.

Regarding Covid-19

You will notice that the Oceans Four Beach Patrol will be adhering to strict social distancing and personal protection procedures. Please assist your Lifeguards and Badge Checkers in maintaining a safe working and recreational environment by adhering to all Association, Local, and State social distancing protocol. The Toms River Police will be actively monitoring the beaches for compliance.

Does the Beach Ever Close?

Although the ocean beach is officially open 9:30am - 5:30pm there are several instances in which the beach will be closed. Inclement weather or extremely rough surf may result in the temporary closure of the beach for water-related activities. Often times, lifeguards will be

stationed at the end of the walkway during such conditions. In severe weather, guards may not be present. In the event of lightning, all persons must clear the water and beach. Guards will reopen the beach as soon as conditions permit. In the event that water quality levels fall below acceptable health department standards, bathing will not be permitted until further notice. Whenever the beach is closed, the red flag will be flown on the flagpole.

Lifeguard Tournaments / Competitions?

Due to COVID-19, all Inter-Beach Lifeguard Tournaments have been cancelled this summer. However, as part of their routine USLA-Required Training, the guards will showcase their skills in swimming, paddling, kayaking, running, rowing, and even their ability to practice social distancing by participating in an intra-squad competition consisting of 7 individual training relays. One session will take place each weekend beginning on July 4th. For these training exercises, the lifeguard squad will be divided into 2 teams: OB Shores/Sunset Manor vs. RHOA/Brightwater.

Junior Guard Programs?

Unfortunately, we will not be able to hold our very popular Junior Lifeguard Programs this summer due to COVID-19. Hopefully, we will be able to start up again in 2021!

Questions / Comments?

If you have questions or comments regarding beach operations or related issues, feel free to see or call **Beach Patrol Supervisor Joe Soporowski at 732-575-7359, or Captain Tom Baxter at 732-773-4287.**

Let's have a great summer --- your Oceans Four Beach Patrol!