



# Pāpāmoa

SURF LIFE SAVING CLUB

## PSLSC MEMBER NEWSLETTER

8th November 2024

### HOT SUMMER ON THE HORIZON



Our dedicated volunteer lifeguards are back on duty for another action-packed season, just in time for what could be a sizzling summer! According to NIWA, there's a 50% chance the Bay of Plenty will see above-average temperatures this summer. This means more people hitting the beach and more swimmers in the water, making our lifeguards' role more important than ever. Thanks to their hard work and dedication, everyone can enjoy the ocean safely and with peace of mind.

A massive **THANK YOU** to our incredible sponsors for backing us for another year - we couldn't do it without you!

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Your generosity makes a huge difference to our community!

# SUMMER SAFETY: KEY TIPS TO SHARE

With a hot summer approaching, it's crucial to remember that water conditions can still be unpredictable. Here are some key safety tips to keep in mind and share with your friends and whānau:



**KNOW HOW TO FLOAT**  
If you don't know how to float, don't go in the water

HOME SAFE



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## KNOW HOW TO FLOAT

If you don't know how to float, don't go into the water. Just being able to float when you are in the water can increase your chance of survival. Floating allows you to calm yourself and keep your airways out of the water. It is also the first thing to do if you get caught in a rip. If you don't know how to float well, practice or get some lessons in a pool before you head to the beach - being able to float is a key skill when learning to swim.



**FIND THE SAFEST PLACE TO SWIM**  
Always swim between the red and yellow flags

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## FIND THE SAFEST PLACE TO SWIM

Remember if you are heading to the beach, check [www.safeswim.org.nz](http://www.safeswim.org.nz) to find a lifeguarded beach, and always swim between the red and yellow flags, which show the safest place to swim. The surf lifeguards are there to help keep beachgoers safe and they always have eyes on this area.



**IF IN DOUBT, STAY OUT**  
Waves can be bigger than they look and weather conditions can change quickly

HOME SAFE



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## IF IN DOUBT, STAY OUT

Waves can be bigger than they look, dangerous rip currents are hard to spot and weather conditions can be unpredictable. If you feel uncomfortable about getting into the water, stay out. It's better to be safe than sorry. Too many people get into trouble in the water because they overestimate their abilities and underestimate the conditions.



**TAKE CARE OF OTHERS**  
Always keep children within arm's reach in or near the water

HOME SAFE



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## TAKE CARE OF OTHERS

Always keep children within arm's reach in or near the water. Waves can move quickly and unexpectedly and can knock kids off their feet and sweep them away. Everyone has different levels of ability, so watch out for your mates too.



## KNOW HOW TO GET HELP

If someone in the water is in trouble and surf lifeguards are on patrol, let them know. If you can't see any surf lifeguards, call 111 and ask for police. Police have a direct line to surf lifeguards and others who can help. If you're in the water and in trouble yourself, raise your arm to signal for help.

## CLUB NIGHT: DON'T MISS TOP BBQ

Mark your calendars for the next Club Night on Friday 22nd November 2024 when locals TOP BBQ will be on site with their big smoke BBQ - some of us have tried the food, and you won't want to miss it! Don't forget, you're welcome to bring a friend along too. We look forward to seeing you there.





## BEHIND THE SCENES

This month, we're featuring Jim Pearson, our dedicated Chairperson, who has been instrumental in the success of our Club. Jim shares his journey and passion for serving the community.

### **How long have you been on the Board, and what motivated you to join?**

I first joined the Board in 2012 and again in 2020. I initially wanted to understand the Club's governance and find ways to give back. Now, I'm motivated by working alongside our incredible volunteers to ensure we have a financially sustainable, well-rounded Club that serves all members and the community.

### **What are your responsibilities, and how does your background help in this role?**

As Chairperson, I bring my experience as a Project Manager, which helps with setting goals, objectives, and delivery plans. I was also heavily involved in building our current facility.

### **What do you find most rewarding about serving on the Board?**

Seeing the impact our Club has on the community, from saving lives to promoting fitness and creating a great social environment. It's especially rewarding to watch kids join at 5 years old and grow into adults with lifelong skills and understanding the importance of volunteering and giving back.

### **Q: Can you share an example of the Board's positive impact?**

Our growing membership and volunteer numbers show the impact. People are having fun, learning new skills, and giving back. It's also great to see our facility being used for both surf lifesaving and wider community events.

### **What are your hopes for this season?**

I hope we have another fantastic season of keeping people safe on the beach and getting more members involved in everything the Club has to offer.

### **What's your involvement with the Club beyond the Board?**

In addition to being Chairperson, I'm involved as Patrol Support, a Surf Sports Official, Chair of the Trust, and even a Barista!

### **Anything interesting about yourself that people might not know?**

Well, here's something most people don't know - I'm actually a terrible swimmer! That's why I'm not a lifeguard, but that hasn't stopped me from getting involved in all the other areas of the Club where I can contribute.

Jim's leadership and dedication inspire us all, and we look forward to another successful season under his guidance.

## LIFEGUARDING

A huge thank you to everyone who joined us for the beach blessing and lifeguard refresher session last month. It was fantastic to see so many lifeguards completing their theory, and refreshing their CPR skills.

Now that patrols are in full swing, we encourage all lifeguards to get their 'wet' refreshers completed. Please come to patrol ready to do a run-swim-run and a tube rescue so we can get those signed off as well. Your dedication is what keeps our beaches safe - thank you for your ongoing commitment!



## Get Ready for the Pāpāmoa Patrol Monthly Challenge!

The patrol roster is out, but now it's time to see what your team is made of! [CLICK HERE](#) to view the roster and start adding your dates to your calendar, but don't forget about the first Monthly Challenge.

Think your patrol team is the best? Prove it by completing the Pāpāmoa Patrol Monthly Challenge! Post a video to the Lifeguarding page on Facebook of your team tackling the challenge set each month. You have until the end of the season to complete them all. Points are awarded based on how many team members participate. The first challenge is the Shrimp Challenge!

**Let's see who's up for it!!**

## Join the Team: Patrol Advocates Needed



Surf Life Saving Eastern Region is seeking dedicated Patrol Advocates for the 24/25 season. This vital volunteer role ensures that our clubs are delivering patrols to the highest standards, while providing guidance, support, and a connection back to the region. If you're passionate, experienced, and ready to make a difference, we'd love to hear from you! As a representative of Eastern Region Patrol Advocates you need to be honest, friendly and helpful in order to build rapport and trust with club members.

The prerequisites of being a Patrol Advocate are:

- 20+ years of age
- Full NZ drivers license
- SLS Club Endorsement
- Good knowledge of lifesaving/patrol experience
- Surf Lifeguard/Patrol Support Award (refreshed)
- Surf First Aid (refreshed)
- SLA/IRB Instructors Award (recommended)

This is a volunteer position however any costs incurred as part of your role as a patrol advocate will be reimbursed to you.

**Applications close at 5pm this Sunday 10th November 2024**

If you're interested in finding out more please email [robynne.cabusao@surflifesaving.org.nz](mailto:robynne.cabusao@surflifesaving.org.nz) or [CLICK HERE](#) to fill out the form.

## ROOKIES



The first Rookies Session of the new season is on this **Sunday 10th November between 10am – 12pm** at the Club. It's going to be a fantastic season, and we can't wait to see how our Rookies grow and develop their skills. Let's make sure they feel welcome on patrol by encouraging their participation and helping them integrate into the team. Let's give them the best possible start!

Any questions, please reach out to Rookies Instructor Jamie Mardon at [rookies@papamoalifeguards.co.nz](mailto:rookies@papamoalifeguards.co.nz)

## SURF SPORTS

**Oceans Camp at Ohope: A Weekend to Remember!**



With over 50 junior athletes attending, the recent Oceans Camp at Ohope was a huge success. Blessed with fantastic weather and some fun waves, the camp gave our young surf lifesavers the perfect opportunity to bond and hone their skills as the Oceans season kicks off. We caught up with some of the campers to hear their highlights:

*"How lucky we are that Pāpāmoa Surf club organizes an Oceans Camp. This was my first time going and I came home exhausted after a weekend of fun hanging out with all my surf club friends and doing cool activities. The long paddle we did at Westend was awesome. All of us went, didn't matter our skill level or age. It was quite a sight seeing us all paddle off.*



*My favourite activity was the wharf jumping. I have a fear of heights so this was a big achievement for me jumping off the high wharf platform. I really appreciate all the effort that went into organizing the camp. We had 55 kids, the largest camp yet. The coaches and parents worked so hard to keep us well fed and well entertained. Looking forward to the camp in 2025 and maybe after that being involved as a lifeguard at future camps."*

**- Mackenzie Ward**



*"I have been fortunate to attend oceans camp for the last few years. The biggest highlights for me would be the friendships that I have made and the fun trainings and activities that Jack, Jake and seniors put together for us over the weekend. If you want to have fun and make some really good friendships then put your name down as our oceans camps are the best!"*

**- Mia-Paige Fitzgerald**



*Oceans Camp is two days of absolute fun, excitement, delicious food and a little less sleep to what you're used to but totally worth it. This year was my fourth and sadly last year at Oceans Camp and I will look back on the camps with great memories. Camp is a place where we get to know each other better including the new kids that have joined our Oceans team and build on friendships that will last not only into the upcoming season but for years to come. It's also a time where we can practice our board and beach skills setting us up for the epic season ahead. There is also free time where you can hang out in the pool, play some volleyball, watch a movie, bounce on the big bouncy pillow or take the trikes for a spin. Saturday night is always wharf jumping followed by a dip in the spa and a dinner feast fit for a king.*

*A highlight of the camp for me is the Saturday morning long paddle. We get to paddle out around the bays at Westend Beach, just us kids with our coaches and the lifeguards, out on the water on our boards and exploring the bays. No parents. It's absolutely magic. On the topic of parents, they seem to have a great time too – they get to meet all the other parents and get to know each other better too. Everyone is happy and smiling. While this camp was my last one as an Ocean Athlete, I look forward to returning to support Jack and his team as a lifeguard/water safety in a couple of years time and seeing the younger ones coming through as the new Ocean Athletes."*

**- William Magill**



A huge thank-you to all our coaches, parents, and volunteers who made this camp possible. We're excited for the season ahead and look forward to seeing these friendships and skills grow. Here's to a great Oceans season!

### **New Gear Has Landed!**

The numbers of athletes taking part in our surf sports programmes is growing every year. Thanks to our sponsors, we are fortunate to be able to offer every one who signs up top quality boards and surf skis to train and race on. Our latest set of shiny new boards from Race One and Sonic arrived at the club last week and the skis are on the way. Our seniors are straight onto the new gear this weekend as they head to the Mount for the second in the Spring Series events. These two races take place around this time every year to test speed and endurance in the build up to the summer season. Good luck to everyone who is racing – we'll be cheering you on!



### **Mastering Board Fundamentals**

Last Sunday, 14 masters gathered for a fantastic board fundamentals session led by coach Jack Bullock, who provided some much-needed skills training. Moving forward, the team will meet every Monday at the club, with everyone water-ready by 5:30pm. As the group continues to grow and the weather warms up, we're planning to organize additional training sessions. For more information, please reach out to Radleigh at [surfsport@papamoalifeguards.co.nz](mailto:surfsport@papamoalifeguards.co.nz)







## Join Us

It's not too late to join any of our summer programmes. For more information, please [CLICK HERE](#) to visit our website or reach out to Jack (Oceans) at [oceans@papamoalifeguards.co.nz](mailto:oceans@papamoalifeguards.co.nz) Jake (Seniors) at [coach@papamoalifeguards.co.nz](mailto:coach@papamoalifeguards.co.nz) or Radleigh (Masters) at [surfsport@papamoalifeguards.co.nz](mailto:surfsport@papamoalifeguards.co.nz)

## JUNIOR SURF



### Junior Surf Disco is ON TONIGHT!

We hope all our Junior Surf families have an absolute blast at the Summer Fun Disco tonight! It's the perfect way to kick off the season, reconnect with your surf club buddies, and get excited before we hit the beach together on Sunday morning!

A huge thanks to the Junior Surf Committee for their incredible support of our team heading to Aussies in 2025! All the funds raised from the Junior Disco will go towards this amazing opportunity.



The Aussies team includes Trelise Chote, Amelie Pearson, Bella & Georgia Davoren, Ellie Davis, Zac and Lockie Cairns, and Sean Leach. They're gearing up to build on last year's successful trip to Maroochydore and once again challenge themselves against the top age-group athletes in Australia. With many team members making strides into high-performance pathways, attending events like the Aussies is a fantastic way to showcase their skills and the hard work they've put in throughout the year.

The First Session of our Epic Summer Season is **THIS SUNDAY!**



All kids and parents are to meet at the main entrance of the club on the cobbles, by 9:15am. Please ensure your child arrives on time, as they'll be heading down to the beach with their coaches shortly after.

Make sure your kids bring:

- PSLSC rash top or rash vest
- Wetsuit
- Warm clothes/hooded towel for after water events
- Drink bottle
- Sunhat
- Sunblock

**See you there!**

Thank you to our sponsors below who make all our programmes possible.



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