

# POOL RESCUE WINTER 2025

8th June to 28th September 2025

Our Pool Rescue Programme is for all members aged 10 years or above as of 30th September 2025 - Junior Surf, Ocean Athletes, Seniors and Masters.

Building lifesaving skills and confidence in the water is not limited to the ocean. As the ocean gets colder, we jump in the pool!



## SKILLS DEVELOPMENT

In Pool Rescue, athletes learn various skills including:

- Tube Rescue
- Object Recovery
- Underwater Swimming
- Swimming with Obstacles
- Swimming with Fins



## POOL RESCUE CRITERIA

- Participants must have a competent base level of swimming ability.
- A 200m badge is recommended but not required.
- This programme should be complimented by an external swim programme such as squad swimming at a local swim club.
- Seniors and Masters do not have to be a lifeguard to take part in the Pool Rescue Programme.

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## 2025 POOL RESCUE EVENTS

Pool Rescue participants can compete in regional events throughout winter with the goal of attending the National Pool Rescue Championships at the end of the season.



### Mock Racing Day

When: Saturday 28<sup>th</sup> June 2025

Where: Rotorua Aquatic Centre

*Jump in our closest 50m pool to try each individual race in a training environment before race day.*



### BOP Pool Rescue Development Meet

When: Sunday 13<sup>th</sup> July 2025

Where: Baywave

*A small local comp to practice racing skills early in the season.*



### Eastern Region Pool Rescue Championships

When: Saturday 23<sup>rd</sup> – Sunday 24<sup>th</sup> August 2025

Where: Kiwa Pools, Gisborne

*A regional event which encourages all abilities to experience racing in the lead up to Nationals.*



### National Pool Rescue Championships

When: Friday 26<sup>th</sup> – Sunday 28<sup>th</sup> September 2025

Where: Sir Owen Glenn National Aquatic Centre, Auckland

*Race your fellow surf lifesaving peers in an inclusive environment for the title of best in the country. No qualifying times are required, all abilities welcome.*

## POOL RESCUE COSTS

**Programme Fees** = \$95 (Juniors & Seniors),

\$60 (Masters)

**Club Racing Swim Cap** = \$20

**Competition Entry Fees** = \$50-\$100

**Pool Entry (Baywave only)** = see Baywave website for costs

**Club Membership Fee** = \$25 (all participants must be a paid member of PSLSC)

## MORE INFORMATION & SIGN UP

**Visit our website:**

[papamoalifeguards.co.nz/surf-sports/pool-rescue](http://papamoalifeguards.co.nz/surf-sports/pool-rescue)  
and click on **REGISTER NOW**

**Email:** [oceans@papamoalifeguards.co.nz](mailto:oceans@papamoalifeguards.co.nz)

**Facebook pages:**

**Juniors:** Papamoa SLSC Ocean Athletes

**Seniors:** Papamoa SLSC Senior Surf Sports

**Masters:** Papamoa SLSC Masters