



Papamoa

SURF LIFE SAVING CLUB

PSLSC MEMBER NEWSLETTER

25th November 2021

GREEN

COVID-19 across New Zealand, including sporadic imported cases.

Limited community transmission.

COVID-19 hospitalisations are at a manageable level.

Whole of health system is ready to respond – primary care, public health, and hospitals.

ORANGE

Increasing community transmission with increasing pressure on health system.

Whole of health system is focusing resources but can manage – primary care, public health, and hospitals.

Increasing risk to at-risk populations.

RED

Action needed to protect health system – system facing unsustainable number of hospitalisations.

Action needed to protect at-risk populations.

COVID TRAFFIC LIGHT SYSTEM what does it mean for our club?

As you will all be aware, changes are coming across the country as we move into the new Covid Protection Framework (also called the traffic light system) on 3rd December 2021. The Government is set to announce the traffic light status of each area of New Zealand on Monday 29th November.

At the club, we are committed to doing everything we can to protect and support our members through these unprecedented times. We want to make the transition as simple as possible for our members, as well as ensuring we can maintain our core business of keeping people safe on the beach. We also want to do as much as we can to support our younger members and athletes by continuing to run Junior Surf and Surf Sports events.

The PSLSC Board has decided that the club will become a fully vaccinated facility once we move to the traffic light system on 3rd December. This means anyone using the club buildings will need to be double vaccinated. The Board is considering advice from SLSNZ, Sport NZ, Ministry of Education and Ministry of Health with regards to the application of vaccination certificates in the various outdoor contexts in which we operate, and will issue a statement by Thursday 2nd December in preparation for the new traffic light system.

GET YOURSELF READY FOR VACCINATION CERTIFICATES

In preparation for the introduction of vaccination certificates, you can download your My Vaccine Pass at this website: <https://mycovidrecord.health.nz>.

If you have any issues with your pass you can phone **0800 222 478**.

Unite
against
COVID-19



WEEKLY CLUB NIGHTS

Our member Club Nights will be weekly from 3rd December through to Christmas. This coincides with the start of Race Nights for our junior athletes.

So come down to the club, take a seat on the deck and enjoy watching our talented junior athletes battle it out with their club mates in a friendly race environment.

RACE NIGHTS START 3rd DECEMBER

We know summer is here when we start talking about Race Nights at the club. Race Nights run from 4.30pm - 6.30pm on selected Friday nights throughout the season and are open to all junior members of the club in the under 11s and above age groups. The kids gain experience in a competitive environment with their teammates, and put the skills they have learnt to use.

Attendees have the opportunity to race in all individual events. Results will be recorded and used to influence team combinations at competitive carnivals. Overall results will be acknowledged at the end of the season with trophies and medals awarded to the best beach and water athletes over the season.

Race Nights are organised by the Junior Head Coach Jack Bullock, and the countless volunteers on the Junior Surf Committee. If your child would like to take part, it is expected that a caregiver is available to help run these nights. Helpers will be needed for everything from recording results and managing the kids in between races, to being a starter or parent marker/ lifeguard in the water.

Competition is healthy for all children; it teaches fair play, helps build friendships and encourages the use of the correct skills and techniques they have learned during the season.

Race nights will continue after the Christmas break with dates to be announced closer to the time.



CLUB & RACE NIGHTS

Friday 3rd December

Friday 10th December

Friday 17th December

Wednesday 22nd December

Racing starts at 4.30pm and the club bar is open from 5.30pm
– see you there!



LIFEGUARDING

Lifeguard and Patrol Support Refreshers

Please aim to have your refresher tasks completed at your next patrol. This includes the online theory test, CPR, run-swim-run and tube rescue. Please contact your PC in the first instance or Ryan if you are having any problems getting these finished.



Lifeguard Development – Intermediate Lifeguard School

Two of our lifeguards have been selected to attend the Intermediate Lifeguard School in Whakatane on 26th, 27th and 28th November. Well done to Jake Corney and Brayden Scharvi. Candidates at the school will be put through dynamic theory and practical based sessions to enhance their abilities as lifeguards in a variety of situations. Topics include board rescue, helicopter landing zones, rock navigation, search and rescue, professionalism and image, and much more.

Good luck Jake and Brayden!

OCEANS CAMP 2021



“Over three days in Ohope, our junior athletes in the Oceans team embarked on a team-building adventure that embodied our club values: Fun, Commitment, Respect, Encouragement and Excellence.

The team eased into the weekend with free board play on Friday night. Despite some strong onshore winds and a little rain, the team was able to kick the weekend off with a fun start and some good waves.

On Saturday, the team paddled and explored the Whakatane heads, stopping in a couple of the bays along the way. The team got to see some fantastic scenery while clocking up 4kms.

In the afternoon we met up with the locals, Whakatane Surf Life Saving Club, where we did some racing; our team braved large and messy surf and got some great practice in. As a reward for an extraordinary effort, we rounded out the day with some wharf jumping at Port Ohope.

During our last day in Ohope on Sunday, we travelled down the West end. Here our team practised their lifeguarding skills and finished the camp by practising board rescue.

Thank you to all the parents involved for ensuring a smooth and fun weekend. Also thank you to Radleigh Cairns for the massive amount of work he put into planning and organising the camp.”

By Jack Bullock, Junior Head Coach





JUNIOR SURF

Please scan in at each age group flag

As we now have Covid in our community we'd like to remind everyone about the importance of scanning in using the Covid tracer app. There is a separate QR code at each age group so please scan in at your age group flag. Even though we are outside, there are many people in close proximity to each other, so please scan in at the start of JS for your safety and that of others. Please stay away from the club and all club activities if you are sick.

If you still need to get your child's Junior Surf uniform, Steph Mardon will be at the club between 8am-8.30am this Sunday morning for collection. Please [click here](#) to order online beforehand if possible.



Surf Club Carnivals Update

Due to Covid restrictions, the format of this year's BOP Junior Champs has changed. The event was originally scheduled for 12th December at Ohope for under 8s and above. Instead, it will only run for the under 11s and above age groups and will run over four weekends with separate sessions for each age group.

Each age group will receive a direct email from us to register your child/children and with specific details for the day, so please keep an eye out for this.

Each age group will be on a different day at one of the four Eastern Regional clubs:

Age Group	Date	Location
U11	Sunday 28 th November	Mount Maunganui SLSC
U12	Sunday 5 th December	Omanu SLSC
U13	Sunday 12 th December	Papamoa SLSC
U14	Sunday 19 th December	Whakatane SLSC

Papamoa Junior Carnival – 23rd January 2022

We are working hard to try and make sure the Papamoa Junior Carnival on 23rd January 2022 can take place under Covid restrictions. We know that many of the kids really enjoy attending a carnival to showcase the skills they've learned throughout the season. Further information on this will follow closer to the time.



KEEP YOURSELF AND YOUR WHANAU SAFE AT THE BEACH THIS SUMMER

November is Water Safety Awareness month and with the warmer weather we are seeing more people heading to our beaches. As we move towards summer, we'd like to remind people to be prepared, know the risks, and watch out for yourself and others.

Underestimating the risks and overestimating ability are the biggest mistakes people make when they're in the water. Please take the time to read and take on board these key safety messages:



- **Swim between the flags** – this is the safest place to swim and our lifeguards always have eyes on this area.
- **Be aware of the dangers** – check for rips and currents, snags and rocks.
- **Chat to lifeguards** - we're more than happy to point out dangers or give advice.
- **Keep children within arm's reach when in the water** - adults, not older children or teenagers, should always supervise children around water.
- **Know your limits** – don't over estimate your ability or under estimate the conditions - if in doubt, stay out.
- **Don't swim alone** – remember you will never be able to swim in the ocean as well as in a pool and cold water will make you tired.
- **Relax, Raise and Ride** - if you find yourself caught in a rip, Relax and float to conserve your energy, Raise your hand to signal for assistance, Ride the rip until it stops and you can make your way back to shore.
- **Be sun smart** – and stay hydrated.
- **Dial 111** – if in trouble and there are no lifeguards around, the Police have a direct line to call our lifeguard squads.

Covid restrictions and guidelines are changing in the coming weeks, so please keep an eye on emails from the club and the group Facebook pages for updates.

Thank you to our sponsors who make all our programmes possible



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