



# Papamoa

**SURF LIFE SAVING CLUB**

## PSLSC MEMBER NEWSLETTER

14th January 2022

### HAPPY NEW YEAR

We'd like to wish all our members a very Happy New Year. 2022 is off to a hot start, and the wonderful weather has seen kiwi's flock to our beaches. Our lifeguards are having a busy first half of the season. They are enjoying the luxuries of the new club, compared to the containers they worked out of last season.

As you are probably aware, severe weather is expected for the North Island from Sunday through to Tuesday due to Cyclone Cody. Big swells are expected along our coastline, so please keep up to date with the conditions and stay safe.

*The Pāpāmoa SLSC office is open again for 2022. Office hours are Monday – Friday 8.30am-2pm.*

### SWIM BETWEEN THE FLAGS

If you are heading to the beach this summer, please choose a lifeguarded one and swim between the red and yellow flags. It is the safest place to swim - especially on a surf beach.

If you get caught in a rip, remember our **3Rs Rip Survival Plan** - it could save your life.



**SURF LIFE SAVING**  
NEW ZEALAND

# 3Rs

## Rip Survival Plan

**R**

**RELAX**  
& float

to conserve your energy

**R**

**RAISE**  
your hand

to signal for help

**R**

**RIDE**  
the rip

until it stops & you can  
swim back to shore or  
help arrives

Remember these key tips for keeping safe at the beach this summer:

- **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 overestimate 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.
- **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.

## LIFEGUARD PATROL HOURS

(until the end of January 2022)

### Papamoa Beach

10am - 6pm weekdays

10am - 5pm weekends

### Papamoa East at Taylors Reserve

11am - 5pm all week



## CANCELLATIONS

Cyclone Cody is expected to bring severe weather to our coastline this weekend, so the decision has been made to cancel:

- Race Night for our junior athletes, Friday 14th January
- BOP Senior Champs, Saturday 15th January
- Junior Surf, Sunday 16th January



## CLUB NIGHT ON TONIGHT

Club nights are happening every Friday night in January so head on down to the club tonight – the bar opens at 5.30pm.



## TWO MORE RACE NIGHTS

Sadly race night will not take place tonight, but there are two more race nights this season so put these dates in your diary and keep an eye out for the email invitations - **4th and 18th February**.

## ROOKIES GET A TASTE OF LIFEGUARDING

We are lucky to have a fabulous group of dedicated Rookies this season, and are proud of the work they are already doing in our community helping out on patrols - and saving lives in their spare time! There have been some great rescue stories coming to light over the Christmas break. Many rescues take place every day by our lifeguards, and it's great to hear stories of our Rookies putting their training into practice in real life situations.

A man in trouble at Whangamata Beach on Christmas Day was supported in the water by our Rookie lifeguard Sophie Bowling.

"The quick thinking and appropriate lifesaving response from your lifeguard and her family is the reason this man was able to go home for Christmas dinner," said Whangamata Club Captain, Matthew Millward. "The patient was completely out of breath and wasn't able to support himself in the water. I want to pass on my thanks to Sophie and her family, as without them we would have likely had a fatality on the beach that day."

Sophie and her family were at the estuary end of Whangamata when a woman approached them in a panic that people were in the water in trouble and drifting out. Sophie and her Dad, Mat, jumped on knee boards and headed out (Sophie beat her Dad out!). There were already two girls in the water, who were previous Whangamata lifeguards, struggling to hold up a very large man afloat who had started to go under when they got to him. Sophie and another lifeguard were able to provide flotation to those in the water until the Whangamata lifeguards arrived on the jet ski.

Sophie was very calm, especially as the man was not in a good way when she arrived. Although only there as support, she did a great job and her reward from the lifeguard was a quick spin on the back of his jet ski!

The following day at Whangamata beach, Oliver Peppers and Luke Gillbanks were able to help a father and his two sons who had got into trouble where strong current signs were out on the water line. Shortly after, two more swimmers got into strife in the same hole and Oliver and Luke both managed to recover them to shore. Despite the signs, two females also headed into this area and quickly got into trouble and again Oliver and Luke assisted them to shore using their boards. This was seen by the tower and earned the boys a high five from the guards on duty.

A lesson for our young lifeguards in waiting, and those now qualified, is to always be alert while out training and playing - you never know when you might be in the right place at the right time.



Rookies is all about having fun and getting a taste of what life might be like as a lifeguard. In our last session before Christmas they practised a run-swim-run, two tube rescues and two board rescues. A big thank you to ex-Rookies, now lifeguards Jamie and Logan, for helping out by being our bouy markers on boards. They didn't make it easy for the Rookies by positioning themselves way out the back of the surf making the Rookies groan. At least they were still smiling at the end.



## PAPAMOEA JUNIOR CARNIVAL

Our juniors have a busy time coming up, starting with our Pāpāmoa Carnival next Sunday 23rd January.

**Due to the large number of entries, we have decided to move all age groups to an 8.30am start. A direct email will be sent out to all athletes with more details.**

With clubs from across the region joining in, this is a great opportunity to showcase our new clubhouse. Events like this have a real family feel and the more people who jump in to help, the better. We want events to run smoothly and quickly for our kids, and we need parents and caregivers to make this happen, especially as many of our coaches will be lifeguarding and officiating.

We currently don't have enough parent/caregiver helpers for our under 8s, 9s and 10s groups, **so please put your hand up to help if you can.** For those who help with the morning set up, there will be a bacon butty and coffee or soft drink. At pack down at the end of the event, we will give out tokens for two free drinks at the bar and some food.

If you can support the event, please email [admin@papamoalifeguards.co.nz](mailto:admin@papamoalifeguards.co.nz) or call Steph on 07 542 2122. Helpers needs to be double vaccinated.

**Click here** for more information on this event. Even if your family is not directly involved, why not come down to Pāpāmoa Beach to support our club and cheer on our young athletes.

## EASTERN REGIONAL CHAMPS

The ERCs is one of the most significant events on the junior calendar. For under 8s, 9s and 10s this is the highest level they can race at. For under 11s-14s this is a great comp to get some fun racing in before hitting nationals at the Mount. Keep an eye out for your email invitation coming out this weekend.

**12th & 13th February 2022**

**Waihi Beach**

**Entries close 12pm Monday 31st January 2022**



## 2022 Junior Carnivals & Events

<b>Pāpāmoa Junior Surf Carnival</b> Pāpāmoa	Sunday 23 <sup>rd</sup> January	Eastern Regional carnival for under 8s and above  An opportunity to showcase our new club!
<b>Eastern Regional Champs</b> Waihi	Saturday 12 <sup>th</sup> & Sunday 13 <sup>th</sup> February	The first big event of the season for our Ocean Athletes  For under 10s and above
<b>Oceans 2022</b> Mount Maunganui	Thursday 24 <sup>th</sup> to Sunday 27 <sup>th</sup> February	The largest Junior Surf Life Saving event in New Zealand for Ocean Athletes  For under 10s and above
<b>Pāpāmoa Club Champs</b> Pāpāmoa	Sunday 6 <sup>th</sup> March	A highlight of the season for our Nippers to earn medals and showcase what they've learnt throughout the season



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