



Papamoa

SURF LIFE SAVING CLUB

PSLSC MEMBER NEWSLETTER

27th January 2022

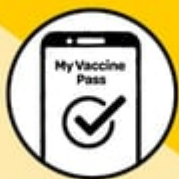
WHAT DOES RED MEAN FOR US

With this week's move to Red under the government's Covid Protection Framework, there are no real changes to the day to day operations of our club. Where we do see the effect is with our events, as many of them are being cancelled. This is really disappointing for our athletes who have spent the season training hard. However, in the spirit of the club, it's great to see them continue to attend training and have lots of fun together. In addition, we were lucky enough to scrape in our Pāpāmoa Junior Surf Carnival last weekend and win! You can read more about this later in the newsletter.

Covid Guidelines

If you are heading down to the club for any reason, we'd like to remind people to adhere to current Covid guidelines under the **Red** setting:

- if you or any member of your family are unwell or awaiting a Covid test result, please stay away from the club and all club activities
- please sign in or scan in using the Covid tracer app each time to visit
- as the club is a fully vaccinated facility, please be ready to show your My Vaccine Pass when you enter the building and at the bar at club nights
- face masks are recommended for those over the age of 12
- please maintain social distancing in and around the club



Have you uploaded your My Vaccine Pass?

If you are fully vaccinated and haven't already done so, please remember to upload your My Vaccine Pass to your member portal on our website. [Click here](#) for more information on how to do this.

PEER SUPPORT AVAILABLE TO ALL MEMBERS

In what has been an unprecedented summer in terms of numbers of rescues, drownings and fatalities at New Zealand beaches, we'd like to remind members about the peer support available to everyone.

We have four peer supporters at our club: Ailsa Cowdry, Poppy Crouch, Robynne Cabusao and Shaun Smith.

Peer supporters are specially trained SLSNZ members who can provide support to their fellow members (peers) on a range of issues including mental health concerns, bullying, stress and traumatic lifesaving incidents. Peer supporters play an important role in post-incident support and may be called on to attend post-incident debriefs and assist with following up members that have been involved in traumatic incidents. A crucial part of the peer support role is to be able to link members with the support they need to manage their wellbeing.

If you would like to talk to one of our peer supporters, here are their details:

Ailsa Cowdry 027 324 5097

Poppy Crouch 027 537 7233

Robynne Cabusao 027 457 1019

Shaun Smith 027 542 1134



SLSNZ Counselling Support

In addition to our club's peer supporters, members can contact Benestar, the counselling and wellbeing provider for SLSNZ members. All active lifeguards and current member volunteers (and their immediate families) have access to fully funded counselling and wellbeing resources through Benestar. This includes patrolling members, committee members, officials, coaches and peer supporters. Benestar have counsellors throughout New Zealand who can be selected and booked online by the user. They also can be booked by phone.

To access Benestar counselling either head to <http://www.benestar.com/breg/xerocustomer> or call **0800 360 364**. State you are from Surf Lifesaving and accessing as part of the Xero Assistance Program.

Become a Peer Supporter

If you would like to become a peer supporter or would like to find out more information about what it takes, please contact Ailsa Cowdry on 027 324 5097.



CLUB NIGHTS

Club nights are still happening every Friday throughout the summer season. The bar is open from 5pm, the BBQ is available to use, and you are welcome to bring your own food. There is no food truck on site this week.

Please remember, if you or any member of your family are unwell, stay away from the club. Please scan or sign in on arrival. Whilst face masks are not compulsory at the club, they are recommended for those over the age of 12 when not eating or drinking. Please don't be offended if we ask to see your vaccine pass - there are different volunteers helping at each club night who may not know everyone.

JUNIOR SURF CONTINUES IN RED

We're looking forward to getting all our nippers back to the beach on Sunday.

Throughout the season, age groups have been running in separate sessions which means we don't have to change too much under the Red Covid setting.



Here's a reminder of the current Covid guidelines specific to JS:

- sign in using the Covid tracer app at each age group flag
- stay within your designated area and try to avoid moving between the age groups – if you have children in different age groups, please have a different member of the family with each child
- leave the beach as soon as your age group session has finished – if you are planning on staying at the beach with your family, please move away from the JS areas and get your children to remove their JS rash tops
- as our club is a fully vaccinated facility, please be ready to show your My Vaccine Pass if you enter the building
- please try to maintain social distancing when using the changing rooms and toilets

There will not be any sausages available at JS this week. We will review this on an ongoing basis under the Red Covid setting.

Junior Surf Age Group Areas



Our Athletes Did Us Proud

With the red light looming ahead of us, we were very fortunate to have squeezed in our Pāpāmoa Junior Surf Carnival last Sunday. Featuring 320 athletes, this event boasted what may be the biggest assembly of Junior Surf athletes we'll see this season. Over a single day of racing, teams from the Mount, Omanu, Waihi, Whakatane, Opotiki, Whangamata and Pāpāmoa tested themselves on the beach and in the ocean.

The days racing highlighted the camaraderie, enjoyment and social side of the sport as our U11-U14 future lifeguards battled it out alongside their friends in a team event programme. While the beach events saw some great efforts, the focus was on the water, where athletes had a chance to show off their lifeguarding skills in the tube and board rescue. The display given by these future lifeguards highlights surf sport's importance in the delivery of fitter, faster lifeguards.

In the junior age groups, the U8-U10s raced a traditional race set that allowed them to show off the fundamental surf skills from which great lifeguard's confidence and safety in the beach environment are made.

Overall results saw Pāpāmoa fight off their rivals for first place, Mount Maunganui came second and Whakatane third.





We Need You!

Many Pāpāmoa clubbies and those from visiting clubs were delighted with the success of the Pāpāmoa Carnival which saw record numbers of athletes entered this year. The success of carnivals such as this comes down to one thing – **VOLUNTEERS**.

Every single person involved in running a day like this is doing so as a volunteer, from the set up crew, lifeguards, officials, team managers, health and safety and office staff. We see the same people year after year putting their hands up to help and we'd like to ask that more parents and caregivers start to think about how you can help next season. We particularly need more helpers in the under 8, 9 and 10 age groups. For this carnival we were lucky that volunteers from the older age groups stepped in to help.

So please think about what you could do to help in the future. In most cases, it is just a question of helping out on the day itself, when most parents/caregivers are at the beach already.

If you would like to find out more about what's involved or talk to someone about how you may be able to help, please contact Stephanie Mardon on 07 542 2122 or email Stephanie at juniorsurf@papamoalifeguards.co.nz.

Thank You Volunteers



We'd like to extend a massive thank you to all the volunteers who helped make the Pāpāmoa Carnival such a success this year. Without you we cannot run these great events for our kids.



Volunteers were rewarded with a well-deserved free drink at the bar at the end of the day.

Please make sure you keep an eye on your emails and our [JS Facebook page](#) for ongoing updates during the season.

Our amazing summer weather continues...

...so please stay safe at the beach with your family and remember to **swim between the flags.**



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.





PAPAMOA SLSC MEMBERS

**JOIN CLUBFIT FOR \$0
AND RECEIVE MEMBERSHIP DISCOUNTS**

*Scan for
more info!*



CLUBfit
clubfit.co.nz

T's and C's apply. Offer available to active PSLSC members only: lifeguards, coaches, regular team managers and officials, committee members and competitive SLS athletes. Offer not available to community associate members. Express your interest - admin@papamoalifeguards.co.nz

Thank you to our sponsors who make all our programmes possible



www.bodyinmotion.co.nz



www.classicbuilders.co.nz



www.bartlettswimschool.co.nz



www.mitre10.co.nz



www.paknsave.co.nz



www.cmtexcavations.co.nz



www.barrethomes.co.nz



www.nutrikiwi.com



www.palmsprings.co.nz



www.baseup.co.nz



www.palmers.co.nz