

## POOL RESCUE COSTS

**Programme Fee** = \$120 (Juniors & Seniors), \$60 (Masters)

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

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

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

**Club Membership Fee** = \$60 (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 follow the steps to sign up for Pool Rescue.

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

**Facebook pages:** Papamoa SLSC Ocean Athletes and  
Papamoa SLSC Senior Surf Sports



# POOL RESCUE



## 2022 WINTER SEASON

11<sup>th</sup> June to 9<sup>th</sup> October 2022



Our Pool Rescue Programme is for all members aged 10 years or above as of 30th September 2022 - 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
- Swim with Obstacles
- Swim 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.



## 2022 POOL RESCUE TIMETABLE

		Juniors		Seniors & Masters
When	Where	U11-U12	U13-U14	U15+ & 30+
Sat 11 <sup>th</sup> June	Bartletts*	2pm-3:15pm	3:15-4:30pm	4:30pm - 6pm
Sun 19 <sup>th</sup> June	Baywave	10am - 11:15am		11:30am - 1pm
Sun 26 <sup>th</sup> June	Baywave	10am - 11:15am		11:30am - 1pm
Sat 2 <sup>nd</sup> July	Bartletts	2pm-3:15pm	3:15-4:30pm	4:30pm - 6pm
Sat 9 <sup>th</sup> July	Bartletts	2pm-3:15pm	3:15-4:30pm	4:30pm - 6pm
Sun 17 <sup>th</sup> July	Baywave	10am - 11:15am		11:30am - 1pm
Sun 24 <sup>th</sup> July	Baywave	10am - 11:15am		11:30am - 1pm
Sat 30 <sup>th</sup> July	Baywave	3:15pm - 4:30pm		1:30pm - 3pm
<b>Sat 6<sup>th</sup> Aug</b>	<b>Rotorua Aquatic Centre</b>	<b>2pm - 4pm</b>		<b>4pm - 6pm</b>
Sat 13 <sup>th</sup> Aug	Baywave	3:15pm - 4:30pm		1:30pm - 3pm
Sat 20 <sup>th</sup> Aug	Bartletts	2pm-3:15pm	3:15-4:30pm	4:30pm - 6pm
Sat 27 <sup>th</sup> Aug	Baywave	3:15pm - 4:30pm		1:30pm - 3pm
Sat 3 <sup>rd</sup> Sept	Baywave	3:15pm - 4:30pm		1:30pm - 3pm
<b>10<sup>th</sup> - 11<sup>th</sup> Sept</b>	<b>Water World Hamilton</b>	<b>Eastern Region Pool Rescue Championships</b>		
Sat 17 <sup>th</sup> Sept	Bartletts	2pm-3:15pm	3:15-4:30pm	4:30pm - 6pm
Sat 24 <sup>th</sup> Sept	Baywave	3:15pm - 4:30pm		1:30pm - 3pm
Sat 1 <sup>st</sup> Oct	Bartletts	2pm-3:15pm	3:15-4:30pm	4:30pm - 6pm
<b>7<sup>th</sup> - 9<sup>th</sup> Oct</b>	<b>AUT Millennium Auckland</b>	<b>National Pool Rescue Championships</b>		

Note: this schedule is subject to change. Please keep an eye on the Oceans and Senior Surf Sports Facebook pages for any updates, changes or cancellations.

\*Bartlett Swim School - 15 Market Place, Papamoa



## 2022 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: 6<sup>th</sup> August 2022

Where: Rotorua Aquatic Centre

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



### Eastern Region Pool Rescue Championships

When: 10<sup>th</sup> - 11<sup>th</sup> September 2022

Where: Water World Hamilton

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



### National Pool Rescue Championships

When: 7<sup>th</sup> - 9<sup>th</sup> October 2022

Where: AUT Millennium 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.*

