



Papamoa

SURF LIFE SAVING CLUB

PSLSC MEMBER NEWSLETTER

June 2022

DID YOU KNOW?

During the 2021/2022 season, the Pāpāmoa Surf Life Saving Club:

- had 132 lifeguards patrolling our beaches
- completed over 5,800 lifeguard patrol hours
- performed over 1,300 preventative actions
- performed 14 rescues from the water
- attended 6 emergency call out after hours searches
- qualified 26 new lifeguards
- qualified 3 new patrol support people
- qualified 7 new IRB crewpersons
- qualified 2 new IRB drivers
- qualified 5 new Rescue Water Craft (jet ski) drivers
- taught 175 students through our beach education programme
- had 344 kids take part in our Junior Surf programme
- had 16 Junior Surf coaches and 10 teenagers support the Junior Surf programme
- hosted two community blood donor days.

We should all be very proud of what we achieved during a challenging summer season which continued to be impacted by Covid.



Pāpāmoa Surf Club Shortlisted for Award

The Club is proud for our building to have been shortlisted for a NZ Institute of Architects award for Public Architecture in the Waikato and Bay of Plenty region. Congratulations to [Jigsaw Architects](#) who did an amazing job with countless hours to develop our brief, layout and design. [CLICK HERE](#) for more information.

LIFEGUARDING

Vaccination Requirement Update

Please read this announcement from SLSNZ

From 26th May 2022 the requirement for all surf lifeguards, patrol support, rookies and beach education instructors to be fully vaccinated and supply evidence of this to SLSNZ is removed.

While the mandate is removed, SLSNZ still strongly recommends lifeguards remain fully vaccinated by getting booster vaccinations as required. The risk of infection remains high as is the potential for serious harm. Good health practices are also really important while the Omicron variant is in the community. Mask wearing and hygiene practices should continue. We strongly encourage everyone to continue the use of appropriate face masks in crowded indoor environments and work in well ventilated spaces where appropriate.

The risk of more dangerous strains of COVID 19 arriving in New Zealand is a real possibility. For that reason, we remain prepared to reintroduce safety measures that protect our members and the public in future.

UPCOMING COURSES

Winter is a great time to upskill before the busy summer season kicks in. There are lots of training courses taking place over the coming months to get ready for the season. These are not just for lifeguards, there are courses for Junior Surf coaching and officials as well, so take a look at the details below and save the dates in your calendar. More information on the courses, locations and times will be sent out as soon as they are confirmed. All these courses will be locally run by Eastern Region.

Course	Date
IRB driver development day for BEGINNER drivers	Sunday 17 th July
Patrol Captains course	Sunday 24 th July
IRB driver INSTRUCTORS clinic (including season briefing)	Saturday 13 th August
IRB drivers development day ADVANCED	Sunday 14 th August
SLGA Examiners & Instructors pre-season briefing	Thursday 18 th August 7pm ONLINE
IRB drivers development day INTERMEDIATE	Sunday 28 th August
Level 1 Surf Officials Award	Sunday 28 th August
Surf Lifeguard Instructors Award	Saturday 3 rd September
Intro to Junior Surf Coaching – one day course	Saturday 24 th September
Intro to Junior Surf Coaching – one day course	Sunday 25 th September
Rock Training & Rescue Module	Saturday 1 st October
Rookies pre-season brief	Tuesday 18 th October 7pm ONLINE
Junior Surf pre-season brief	Thursday 20 th October 7pm ONLINE
Missing Person at Sea (MPAS)	Tuesday 25 th October (after work)
Missing Person at Sea (MPAS)	Thursday 27 th October (after work)
BP& COPO Intermediate Lifeguard School	25 – 27 November
Surf Lifeguard Award & Patrol Support EXAMS	15 th October 12 th November 17 th December 21 st January 2023 11 th February 2023

ROOKIES



Rookies is the programme that transitions our kids from Junior Surf through to lifeguarding. We asked Rookie coaches Andrew King and Marama Mateparae to tell us more about the Rookies programme offered here at the Pāpāmoa Surf Club.

What is Rookies all about and who is it for?

Our Rookies Junior Lifeguards Programme provides the vital bridge between Junior Surf and Senior Lifeguarding. It is an educational programme that introduces children aged 13-14 to a higher level of lifeguarding skills such as first aid, CPR, communication (radio and other) and patrolling requirements. Although there is a Rookies challenge at the end of the season, the programme is not competitive and previous participation in Junior Surf activities is not required.



How many Rookies do you have each season?

It varies from season to season. This year we had a core base of 12 Rookies of which there were around 10 at each session. Last year the group had around 15 Rookies at each session.

What sort of activities do you do during the training?

Each session we aim to do some learning – it might be about the surf environment or first aid and we always spend some time on the beach and in the water unless weather conditions prevent it. Some examples include learning how to do a tube rescue, a short run-swim-run or how to turn over an upside down IRB (Inflatable Rescue Boat) in the water. We always include some fun team building activities. For



example, last year the Rookies had a great time jumping off the blowhole on Motoriki (Leisure Island) and making rafts to race.



Do kids do Rookies for one season or two?

You can become a Rookie once you turn 13 years old (or if you turn 13 during the season). Depending on your birthday, some Rookies do two seasons because their birthday means they can't become a lifeguard until later in the season. Most Rookies find the lifeguard training easier because they have a good understanding of lifeguarding basics, along with experience in things like tube rescue and swimming in surf.

The season ends with the Rookie Challenge – what does that involve?

This year's Rookie Challenge was at Waihi Beach and there were about 45 Rookies from clubs across the Eastern region. The Rookies compete both as part of a team and an individual. Points are awarded for CPR and first aid, there is a short quiz and a surf swimming race (pprox.. 400m).

Pāpāmoa did really well this year with Oliver Pepers coming 2nd and Ryan Teixeira placing 3rd in the individuals and one of our teams placing 3rd in the teams event.



What happens after Rookies?

If you like Rookies, you'll love being a lifeguard. You can get your lifeguard award once you turn 14 years old. When it comes time to do your lifeguard exam, the Rookies experience is beneficial as you are familiar with the sorts of things a lifeguard needs to know and do.

It's a great experience being a lifeguard as part of a patrol team and you get to hang out with some awesome people while keeping people safe on the beach. It's a way to give back to the community plus there are opportunities to earn money and learn a whole lot of new skills such as being an IRB crewperson. Being a lifeguard is a good skill you can take with you into future employment as you get older.



Anything else you'd like to say about Rookies?

Rookies is about learning, having fun and getting involved in your community. You need to be able to swim but you don't have to be a superstar, so come along and give it a go!



SURF SPORTS

Our Pool Rescue programme starts next Saturday 11th June. Have you signed up yet?

Pool Rescue is for all members aged 10 years or above as of 30th September 2022 – Junior Surf and Junior Surf parents, Ocean Athletes, Seniors and Masters. It's a skills-based programme that prepares our club members to compete in the Surf Life Saving New Zealand National Pool Rescue Championship and regional events. All of which are hosted over the winter while the ocean is too cold to race in. In Pool Rescue, athletes learn various skills that include tube rescues, object recovery, underwater swimming, swimming with obstacles and fins.

CLICK HERE to go to our website for all the details on Pool Rescue and how to sign up. If you have any questions, please email Coach Jack Bullock via oceans@papamoalifeguards.co.nz.



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

SUNDAY FUNDAY

Our hardy junior athletes who want to keep heading into the ocean during winter should come along to **Sunday Funday** which takes place on a Sunday between 2-3pm.

Please note: some Sunday Funday sessions will take place on Saturdays this season due to clashes with Pool Rescue training. Please keep an eye on the [Oceans Facebook page](#) for updates and cancellations.



WINTER SENIOR SURF SPORTS



Our senior surf sports winter training programme is underway with block 1 running until 23rd July.

Please sign up to the [Senior Surf Sports Facebook page](#) for ongoing updates. More details can also be found on our website – [CLICK HERE](#). If you have any questions, please contact coach Jake Cowdrey at coach@papamoalifeguards.co.nz.

JUNIOR SURF

If you'd like to have a direct influence on how Junior Surf is run this year, then why not step into a role on the committee. Three members are leaving the committee this year due to their children moving through to Oceans or Senior Surf Sports, so we really need more people to jump on board. If you are interested in joining the committee please contact Steph at juniorsurf@papamoalifeguards.co.nz



A big **THANK YOU** to Oceanblue Health and Fitness for their July fundraiser. Why not join in and help raise some money for the club...

GO THE DISTANCE

July cardio challenge

Oceanblue Health & Fitness have teamed up with Papamoa Surf Club to give back to our awesome community and bring you the ultimate cardio challenge!

WHAT YOU DO:

Using a combination of our cardio gear and/or outside activity, challenge yourself to see how many kilometers you can clock over the month of July!

WHAT YOU PAY:

NON MEMBERS: \$160 - Includes your \$10 entry fee (which is donated to Papamoa Surf Club), Oceanblue key tag, 31 days of membership & access to our full facility

CURRENT MEMBERS: \$10 entry fee (donated to Papamoa Surf Club)

WHAT YOU GET:

Your 'Go the distance' Challenge card to set your goals and record your progress.

Automatically go in the draw to win some awesome spot prizes from local businesses.

Bucket loads of encouragement from us!
Top 3 distance winners will be announced!



Get amongst it! Register now
at our reception.



Thank you to our sponsors below who make all our programmes possible.



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