



# Papamoa

SURF LIFE SAVING CLUB

## PSLSC MEMBER NEWSLETTER

10th November 2022

### SEASON SPRINGS INTO ACTION

Our 2022/23 season is under way with surf sports events taking place most weekends and Junior Surf kicking off on Sunday. Our lifeguards are out on patrol and we have lots of Rookies taking their lifeguard exams, getting ready to wear red and yellow for their first season on the beach. **Roll on summer!!**



### WE'RE A CLUB NOT A PUB



As we head into the summer season, we're very lucky to have one of the only beach front bars in the area for our Friday night Club Nights.

It's a truly special place to come and enjoy the end of the working week with your fellow clubbies.

But please remember it is a club, not a pub, and we'd like to remind members that Club Nights are for members only. Active club members are able to sign in a guest but Community Associate Members are not eligible to bring guests. To become a Community Associate Member you are able to apply to the Board for consideration provided you have an active member endorsement - e.g. a Lifeguard.

In addition, if you come along to Club Night, it is expected that you help clear up after yourselves. Remember - all the bar staff are volunteers on those nights and every club member should clear away their drinks and rubbish before they leave. Also a reminder that the club is a smoke and vape-free building and no alcohol is to be taken off-site.



We look forward to seeing more and more members coming along to Club Nights throughout the season to enjoy the wonderful facilities and feel part of the great club atmosphere we have here.

## PROMOTING SURF LIFESAVING AT CHRISTMAS

Thanks to those who came to help paint some decorations for our community Christmas tree last weekend. We had some wonderful designs and it looks like our tree will certainly stand out with our bold red, yellow and blue colours. Our tree will be featured in 'Christmas in the Village' at the Historic Village and is set to be unveiled at a grand launch event on **Saturday 26th November between 10am-3pm** at the Historic Village. The trees will be on display until the New Year.



## WELCOME DIMOND ROOFING



# Dimond Roofing®

## GET THE EDGE

A very warm welcome to our newest sponsor [Dimond Roofing](#). Area Manager Andy Gorrie is excited for his son to be starting Junior Surf on Sunday.

"It's so important to my partner and I that our kids learn the fundamentals of the ocean," says Andy. "I feel that growing up here in Pāpāmoa by the ocean, it is important they understand and learn through the surf club the basic skills that will stick with them for a lifetime."

We wish Andy's son all the best at Junior Surf and we are delighted to be starting this relationship journey with [Dimond Roofing](#).

## LIFEGUARDING

At this stage the surf and weather conditions are not looking favourable for our dry and wet refresher scheduled for this Saturday 12th November. So please keep an eye on the [Lifeguarding Facebook page](#) for updates. If it goes ahead, please meet at 9.45am for a 10.00am start for tube rescue, run-swim-run followed by CPR and theory, and don't forget your fins and wetsuit.



### Palmers Beach Carnival – Save The Date

Thanks to our sponsor [Palmers](#), we have confirmed our Palmers Beach Carnival will be a twilight event for senior beach athletes on **Saturday 14th January at 4pm**. More details on this will follow but please pencil it in as we would love your support in set up, running and watching this unique event.

## Lifeguards in Training

Our current lifeguard trainees continue to make positive and purposeful gains. This is made easier with the depth and quality of our instructors. Workbook manuals are completed and new acronyms are being learnt. For first aid incidents, candidates now use DOTS as a way to remember what to check for: Deformities, Open Wounds, Tenderness and Swelling.

**A Theory Test** will take place this **Thursday 10th November** at the new Rescue Centre (64 Golf Road) at 6.30pm. Candidates will also be tested on signals and radio communication.

**A Pool Session** will take place on **Wednesday 16th November** at the Mount Maunganui College Pool at 6.30pm. The test will include a 400m swim in under 9 minutes, tube rescue, tows, releases, and CPR.

**A Water Session** will take place on **Thursday 17th November** at the Pāpāmoa Surf Lifesaving Club at 5.30pm. The test will include a run-swim-run, tube rescue and a first aid scenario.



**We wish all our candidates the best of luck in their training efforts and we look forward to seeing you in red and yellow keeping our community safe on our beaches.**

## ROOKIES

Rookies coaches Marama Mateparae and Andrew King are looking forward to meeting all the new Rookies for the season at the first session this **Sunday 13th November**. Please remember to bring your wet gear including fins and a high vis rashie.

The Rookies team would like to wish the best of luck to Gracie Jackson, Emily Mardon, Sophie Bowling and Luke Gillbanks who are sitting their Lifeguard Award in November.

We have more Rookies turning 14 in December and January who will be sitting their exam this season. It's fabulous seeing all these young lifeguards coming through – they are such an asset to the club.



**Thank you to our Rookies sponsor Eves for your ongoing support of our up and coming lifeguards.**



## SENIOR SURF SPORTS

It was a much more testing day for the second Spring Series event last weekend. Our senior team took on a downwind paddle from Omanu to Pāpāmoa and a challenging cross chop created a testing training session for all.



Thanks to our Pāpāmoa water safety team who stepped in to help out at the last minute.



Next up the team take on a roadie to Gisborne for the Gizzy Grinder which is an endurance based event with some longer distance and eliminator type races. **Good luck team!**

## JUNIOR SURF SPORTS

Our Junior Surf Sports Programmes are underway for the season but it's not too late to sign up if you have a child who wants to give surf sports a go. [Ocean Development](#) is an extension of the skills learnt at Junior Surf for our under 9 and above kids wanting to get into surf sports. This transitions into [Ocean Athletes](#) which is for our under 11 – under 14 year old kids who want to compete at regional and national events. All our under 9 and under 10 parents will have received an email today with more details on Ocean Development so please look out for that (check your SPAM mail if you haven't received it).

If you have any questions about Junior Surf Sports, or your child would like to trial a session, please contact Coach Jack Bullock via [oceans@papamoalifeguards.co.nz](mailto:oceans@papamoalifeguards.co.nz).



## Oceans Camp

We have 40 athletes heading down to Ohope next weekend for our annual Oceans camp. The weekend is all about having fun as a team, training in a different environment, and getting some serious wharf jumping in! Thank you to all the parents that have put their hands up to help out.

*Image left: the team at last year's camp.*



## JUNIOR SURF

### 2022/2023 SEASON

Sunday mornings from 9.30am

13th November - 18th December 2022

8th January - 5th March 2023

We'd like to give a warm welcome to all the new families who have joined us this season and welcome back to our regulars.

Close to 400 Pāpāmoa kids will be on the beach at 9.30am on Sunday morning raring to go for their first session of Junior Surf. We're so excited to get back to the beach after a couple of covid-disrupted seasons. On Sunday please arrive by 9.15am for our season briefing which will take place on the cobbled area in front of the clubhouse. Please can the kids please find their age group and sit in a line, with parents behind on the grassed area.

## A few points to remember as we launch into the season:

**All our coaches are volunteers** – we have some large groups this season which is great but we need as much parent help as possible. The more helpers there are, the easier it is to run a great session with the kids with less waiting around for them. It's also a fun way to spend the morning if you get involved.

**Be prepared to get wet!** – often we need the most help when the kids go in the water so please wear your swim gear to set a good example to the kids that it's not a good idea to swim in normal clothes.

**Be sunsmart** – even on a cloudy day, we can get sunburnt, so please sunblock your kids before you arrive and slip, slop, slap and wrap throughout the morning.

**Wetsuits recommended** – during this early part of the season it can be a good idea for your kids to wear a wetsuit for the water activities so they don't get too cold.

**Multiple children in different age groups** – if you have more than one child and you need to leave one unattended, please make sure you let the coaches know in case of any issues.

**The Sausage Sizzle is back!** – at the end of each session there will be a sausage sizzle and ice blocks for sale so remember to bring your gold coins!

## Race Nights

We have three Race Nights this season for our under 8s and above so put these dates in your calendar - **25th November, 20th January and 3rd February 4.30-6.30pm.**



Race Nights are open to all junior members of the club in the under 8s and above ages groups. The kids gain experience in a competitive environment with their teammates and put the skills they have learnt to use while having fun. Race Nights are organised by the Junior 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 makes themselves 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.

And remember all your hard work can be rewarded with a drink in the bar afterwards at Club Night!

## 200m Safety Badge Testing

We have one more opportunity for our under 9 and above kids to complete their 200m safety badge so don't miss out.



### 200m Safety Badge Testing

**27th November 2022**

**2-3pm**

**Bartlett's Swim School, 15 Market Place, Pāpāmoa**

*No need to book – just turn up during these times.*

## Keep Up To Date

Once you've registered for Junior Surf, make sure you sign up to the [Papamoa SLSC Junior Surf Facebook Group Page](#) for regular updates and cancellations.

# IT'S NOT TOO LATE

The 2022/23 season has officially started but it's not too late to join one of our programmes...



## Lifeguarding

Help keep your community safe on the beach whilst learning essential life skills and having fun with your friends. Must be over 14 years old.



## Rookie Junior Lifeguarding

An educational programme for kids aged 13 and above looking to become a lifeguard.



## Senior Surf Sport

For athletes 14 years and above, our Senior Surf Sport Programme keeps our lifeguards fit all year-round.



## Ocean Athletes

For our under 11 – under 14 year old kids who want to compete at regional and national events.



## Ocean Development

An extension of the skills learnt at Junior Surf for our under 9 and above kids wanting to get into surf sports.





### Junior Surf

For all kids aged 5 – 14 years old to have fun with friends on the beach and learn how to be safe on the beach and in the ocean.

## DID YOU KNOW...

- 1 donation of blood **SAVES** 3 lives.
- Each week we need over 600 **DONATIONS** in the Waikato and Bay of Plenty to be able to meet the needs of the hospitals and Nationwide we need 4000+ donations to meet the needs.
- NZ Blood is the **SOLE** provider of blood within NZ.
- Only about **3.6%** of **ELIGIBLE** New Zealanders actually donate blood.
- Over two days of the next Blood Drive in Pāpāmoa our **TARGET** is 100 donations (last time we only collected 80).

Please come along to the club on 28th or 29th November and **HELP SAVE LIVES.**

# Join our whānau of lifesavers

Unseen emergencies happen every day.  
DON'T WAIT TO SAVE A LIFE.

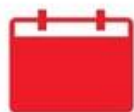
## NEXT BLOOD DRIVE



Papamoa Surf  
Lifesaving Club  
561 Papamoa Beach



**Monday 28 November**  
1:00pm – 6:00pm



**Tuesday 29 November**  
8:00am – 1:00pm

Please bring ID with you

**0800 448 325**  
**nzblood.co.nz**

scan to  
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Te Ratonga Toto O Aotearoa

# DEVELOPMENT OF PĀPĀMOA SHARED PATHWAY

Tauranga City Council is planning to create a new shared pathway along the Pāpāmoa Coastal Reserve and they'd like your feedback. Stretching 4km from Pāpāmoa Domain to Taylor Reserve, the 3.5m wide pathway will provide more enjoyable and safer cycling and walking options, a more functional reserve space for people to enjoy, while supporting the ecological balance of the Pāpāmoa Dunes.



*Image: The shared path is proposed to be located within the mown grass berm adjacent to Pāpāmoa Beach Road.*

Tauranga City Council is seeking your feedback on how you would intend to use the path and what additional amenities and facilities – such as more planting and trees, showers or picnic tables – you would like to see included in the final design. You have until **27th November 2022** to provide your feedback.

For more information about this project and to give your feedback, please visit [www.tauranga.govt.nz/papamoopathway](http://www.tauranga.govt.nz/papamoopathway).

# SWIM BETWEEN THE FLAGS



As the weather warms up and we head towards summer, if you are going to the beach, 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. **RELAX RAISE RIDE.**

**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

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.

**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.

**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.



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

**G.J. Gardner.**  
**HOMES**

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