



Papamoa

SURF LIFE SAVING CLUB

PSLSC MEMBER NEWSLETTER

2nd February 2023

NOT YOUR USUAL SUMMER

LAWA and Regional Councils have issued a water quality notice for our beaches in the Coromandel and Bay of Plenty. Due to the recent downpours, swimming is not advised for the next few days. Lifeguards will be flying the no swimming flags and asking the public to keep out of the water. [CLICK HERE](#) for more information.

We now have a direct link on Safeswim to Pāpāmoa Beach for all live information on lifeguard patrol times, hazards, water conditions, and tides etc, so make sure you check it out before you head to the beach and save this link to your favourites – [Pāpāmoa Beach](#).

With all this unusual weather, please make sure you are signed up to our Facebook group pages, as this is where updates and cancellations are posted:

[Pāpāmoa Surf Life Saving Club](#)

[Lifeguarding](#)

[Rookies](#)

[Senior Surf Sports](#)

[Junior Surf](#)

[Ocean Athletes and Oceans Development](#)

It's the busiest time of year for everyone involved in Surf Lifesaving, and we'd like to thank all those on duty for your hard work so far this season. Our key message to the community this summer is to "choose a lifeguarded beach and swim between the flags".

LIFEGUARDING

New Lifeguards

Congratulations to three of our Ocean Athletes who became lifeguards in January. James Whittaker, Carina Roberts and Lockie Cairns have all made their way through our Junior Surf and Rookies programmes. It's great to see these pathways providing the club and our community with such skilled and enthusiastic lifeguards. We're looking forward to patrolling with you on the beach for the rest of the season.



Newly qualified lifeguards James Whittaker (left) and Lockie Cairns.



Newly qualified lifeguard Carina Roberts.

SAR on Standby



Recent weather warnings have seen Pāpāmoa SAR (Search and Rescue) Squad members in conjunction with WBOP SAR Squad placed on standby. Two IRB's, emergency equipment and crews with floodwater training have been ready to respond to any weather-related emergencies. Thankfully, we have not seen the extremes of Auckland and Coromandel but remained on standby. Several SAR Squad members had the privilege of attending an advanced First Aid Refresher this week at the club delivered by two advanced paramedics.

Thanks to all SAR Squad members that have been ready to respond.

Power Craft



We'd like to welcome Nathan Smith as our new power craft maintenance person. Please do not tinker with motors and gear unless you have communicated with Nathan. If a motor is not working, please put an 'out of order' sign on it, write what is wrong on the white board in the gear shed, and advise Nathan by text - his contact details are on the white board.

Refreshers & First Aid Courses

It's the last chance this weekend for everyone to complete your refreshers otherwise we will need to remove you from the roster. If you have any concerns or questions about this, please speak to your patrol captain.

We encourage all our lifeguards to complete a first aid course. All those who have completed the level one first aid course should aim to complete the advance course the following season or within a couple of

seasons. Your first aid will need to be refreshed every two years. Please take the time to reply to the email sent out recently.

ROOKIES

A joint session with the Mount, Omanu and Maketu Surf Lifesaving Club's made for an interesting and fun Rookie's session over the school holidays.

Mount Rookies Coach, Grant Rimmer, arranged a visit to the Aerocool Rescue Helicopter Base by Tauranga Hospital. More than 30 Rookies gathered to learn about the different roles within a Rescue Helicopter Crew, as well as a range of topics such as pathways to becoming a paramedic, to learning about some of the challenges of performing emergency rescues by helicopter.

Pāpāmoa Rookie Elena Hesp was particularly excited by the visit as she has a personal goal of becoming an EMT (Emergency Medical Technician), and is also a St John's volunteer. Elena was surprised to learn that after attending a mission, the helicopter crew could be sent on to any hospital throughout the country, they don't automatically return to the hospital they had been dispatched from.

Most Rookies were surprised by the cramped space within the helicopter, and fascinated by some of the equipment used including a mechanical chest compression device and inflatable rescue stretcher.



At the end of the visit, Rookies were able to watch the helicopter take off to perform a patient transfer. A huge thanks to Hendry (pilot), Kat (crew) and Hugo (critical care flight paramedic) for their time, and to Grant for arranging the visit.

Q&A with Rookie Lifeguard Elena Hesp



Why did you decide to get involved in surf lifesaving?

"I love both being in the water and being on the beach. I've always found the way lifeguards can make people feel so safe on the beach really cool, and the fact that I too could give people that same sense of security."

What is the best thing about being a Rookie?

"Learning all the behind the scenes things that people don't know about lifeguards and our beaches. For example, spotting rips. I used to not be able to spot them at all, and if I'm being honest, I still have problems sometimes, but it's things like that that make being a Rookie really cool. The friendships that I get from people that will be lifeguards too are really nice as well."

What has been your favourite training session so far and why?

"My favourite training sessions have really been any of the ones where we've taken out the IRV's (Inflatable Rescue Vehicles) but out of them possibly my favourite is when we went out to try and tip the IRV's. Getting out there was hilarious since we really can't work paddles, but the teamwork that was needed to even do anything, since we ended up with 5 people on the boat to just flip it was even better. We had to work as a team and it really built the friendships that had been started."

What is one big thing you've learnt so far during the training?

"One big thing is what I call surprise rips, or correctly known as flash rips. The fact that rips can quite literally appear out of nowhere and drag people who were safe seconds before out to sea, was something big that I learned."

What would you say to a friend about the Rookies programme?

"If a friend asked me whether I would recommend Rookies, I would definitely say yes because you learn so many things that can keep both you and others safe, as well as things like lifeguard signals and keeping sand dunes safe. Where else are you going to learn that? Even if your goal isn't to become a lifeguard, becoming a Rookie is just a really good life experience."

Anything else you'd like to share about Rookies?

"Even though I didn't grow up going through Junior Surf, the teachers for Rookies made it really easy for me to catch up on everything I missed, which is really nice. I'm also part of St. John's and I love how things like the first aid lessons seem to tie into each other."



Thanks to our Rookies sponsor [Eves](#) for their ongoing support of this vital programme.

If you'd like to find out more about Rookies, visit our website - [Rookie Junior Lifeguarding](#)

SENIOR SURF SPORTS



Our senior surf sports team joined over 700 lifeguards in Mount Maunganui over the Anniversary weekend for this year's Senior Eastern Region Championships. The weather played havoc with the organisers plans but they did an excellent job of providing everyone with some form of racing in challenging conditions.

The team adapted well and put up some strong results across the weekend. It was great to have the likes of Natalie Peat back pulling on the Pāpāmoa beanie alongside some of our recently qualified lifeguards from the Oceans team experiencing their first senior carnival.



The calm waters of Pilot Bay provided some intense racing setting the team up for the final run into Nationals next month.



Thank you to all our officials, team managers and parents who braved the rain and wind to support the team and the event. Next up this weekend is the Ian Porteous Memorial at Omanu followed by Northern Regional Champs in Whangamata 18th-19th February.

A big shout out to all these sponsors for their ongoing generous sponsorship which goes towards the equipment that our athletes train and compete on at events like this. We really appreciate your support: [Barrett Homes](#), [Classic Builders](#), [Dimond Roofing](#), [Guild & Spence](#) and [Nutrikiwi](#).

JUNIOR SURF SPORTS



The training continues in the Junior Surf Sports camp as we head towards the key events of the season: the Eastern Region Championships and of course the big one – [Oceans 2023](#).

Oceans 2023 Festival of Junior Surf Lifesaving is the biggest junior carnival of the season featuring 700-1000+ athletes from all corners of the country. Due to Covid, we've not seen a full Oceans event for two years so we have all our fingers crossed that it will go ahead as planned this year.

With 1000+ children on the beach, attending this event is a big commitment; however, we encourage all abilities and children of varying confidence to give it a go! All those eligible will have received an email invitation so please respond if you will be attending or not. If your child is unsure please get them to chat with Jack or one of the older kids who has been before. It is a very impressive and exciting event to be a part of, so don't miss out.



We'd like to give a huge shout out to [Grass Roots Trust](#). Their grant funding makes events like Oceans much more accessible to all our families with entry fees as low as \$30 per child.

Thanks [Grass Roots Trust](#) – you are making a real difference in our community!



We'd like to wish everyone who is taking part in the Junior ERCs next weekend at Waihi Beach all the best. Let's hope we get some good weather and conditions for a great weekend of racing.



JUNIOR SURF

As we head towards the end of the season, we're looking forward to seeing our younger kids take part in the Omanu Beach Teams Carnival on Sunday 19th February. This is the opportunity our under 8s, 9s and 10s have been waiting for to put all their training into practice.

Do you remember when the sun was shining for our last Race Night? We welcomed clubbies from Maranui Surf Life Club to join us and it's wonderful to receive such positive feedback from them...

"I just want to thank Jack and the Pāpāmoa team for again welcoming us to join your Race Night and training. The benefit to our Maranui clubbies is outstanding. Jack is an empathetic, participant-centric coach who clearly has the kid's respect. He is an absolute asset to your club."

On a personal note I want to thank Jack for welcoming my two boys into the team and allowing them to train daily with his group while we have been here on holiday. Jack's ability to coach skills has seen my sons ability and confidence grow.

The biggest wow for me is the culture that surrounds this team and that is clearly lead by Jack. I feel privileged to have got to know Jack over the last 10 days and building the relationship between Pāpāmoa SLSC & Maranui SLSC. We welcome any of your whanau to join us on Wellingtons South Coast if you ever find yourselves there."

Lucy Barry, Director of Junior Sport Development at Maranui Surf Club.



THANK YOU also to our wonderful Junior Surf sponsors who make it all possible - [Body In Motion Health](#), [Mitre 10 Pāpāmoa](#) and [PAK n SAVE Pāpāmoa](#). We really appreciate all your support.



With the current unpredictable weather and surf conditions please keep an eye on the [Junior Surf Facebook page](#) for updates and cancellation notices.



We still have more carnivals and events coming up so any parents, grandparents or caregivers who would like to get more involved please get in touch. We are always looking out for more officials – it's a quick and easy online course followed by some hands on experience at carnivals. For more information please email info@papamoalifeguards.co.nz

Now is also a good time to consider joining the Junior Surf Committee to see how the season runs and realise it's not too scary! This is your opportunity to have a say in how things are done. If you are interested to find out more, please email juniorsurf@papamoalifeguards.co.nz

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 - they'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.

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