



# Papamoa

**SURF LIFE SAVING CLUB**

## PSLSC MEMBER NEWSLETTER

16th November 2023



### ON YOUR MARKS...

Our first **Race Night** of the season is happening tomorrow Friday 17th November from 4.30pm.

If you've been thinking of heading down to a Club Night but not quite made it yet, this would be a great one to come along to and see the club in action. There will be some friendly competition between our junior athletes as they race against each other in both beach and water events.

Racing starts at 4.30pm with the club bar open from 5pm. The weather forecast is not looking great, but fingers crossed it will be good enough to go ahead, so come down and support the kids. And you can take 'Make Dinner' off your to do list with fish and chips, hotdog and chips and loaded fries available to buy.



### THE INVITATIONAL

Congratulations to Amelie Pearson who has been selected to take part in the prestigious Invitational event taking place at Whangamata on 10th December.

Amelie made the cut from around 150 applicants and will race against New Zealand's best surf sports athletes as part of Team O'Fee. The eight teams will be led by a selection of New Zealand's best coaches and team managers, including our own Jake Cowdrey who is coaching Team Crawford.

Athletes are chosen based on their previous year's performance and Amelie stood out, particularly for her 2022/2023 National results which included Silver in the U17 Surf Teams Race, Bronze in both the U15 Surf Race and U15 Diamond, and Bronze in the U17 Board Relay.

The Invitational is a fast-paced representative event within Surf Lifesaving. New Zealand's best and fittest lifeguards will form teams of 12 (6 male, 6 female) and complete a team-based program covering all disciplines on the beach (swim, board, ski, sprints and flags).

**Good Luck Amelie – everyone at the Pāpāmoa Surf Club is behind you all the way!**

## SWIM SAFER WEEK



This week is Swim Safer Week and we'd like to remind our Pāpāmoa families about the importance of being able to swim, especially as we live so close to the ocean. Visit the [Swim Safer website](#) for more information on learning to swim and details of our local swim schools.

As well as being able to swim, here is a reminder of some key water safety messages for the beach as we head towards summer...



### KNOW HOW TO FLOAT

If you don't know how to float, don't go into the water. Just being able to float when you are in the water can increase your chance of survival. Floating allows you to calm yourself and keep your airways out of the water. It is also the first thing to do if you get caught in a rip. If you don't know how to float well, practice or get some lessons in a pool before you head to the beach - being able to float is a key skill when learning to swim.



## FIND THE SAFEST PLACE TO SWIM

Remember if you are heading to the beach, check [www.safeswim.org.nz](http://www.safeswim.org.nz) to find a lifeguarded beach, and always **swim between the red and yellow flags**, which show the safest place to swim. The surf lifeguards are there to help keep beachgoers safe and they always have eyes on this area.



## IF IN DOUBT, STAY OUT

Waves can be bigger than they look, dangerous rip currents are hard to spot and weather conditions can be unpredictable. If you feel uncomfortable about getting into the water, stay out. It's better to be safe than sorry. Too many people get into trouble in the water because they overestimate their abilities and underestimate the conditions.



## TAKE CARE OF OTHERS

Always keep children within arm's reach in or near the water. Waves can move quickly and unexpectedly and can knock kids off their feet and sweep them away. Everyone has different levels of ability, so watch out for your mates too.



## KNOW HOW TO GET HELP

If someone in the water is in trouble and surf lifeguards are on patrol, let them know. If you can't see any surf lifeguards, call 111 and ask for police. Police have a direct line to surf lifeguards and others who can help. If you're in the water and in trouble yourself, signal for help.

# LIFEGUARDING

## Refreshers

The Patrol Roster (available in the Tower and on the [Lifeguard Facebook Group Page](#)) now indicates where you are with your current season refresher.

NAME IN A WHITE BOX = well done fully refreshed

NAME IN A GREEN BOX = started but not completed

NAME IN A YELLOW BOX = not started your physical refresher requirements (you may have done your online theory but no other components)

**NOTE:** There is a known issue with some online refreshers so please make sure if you redo it that you hit the exit button on the final page after clicking the arrows all the way to the end.

Any questions speak to your Patrol Captain (PC) as they can assist you to complete your refreshers ASAP. Please also make sure you advise your PC if you are unable to make a patrol.

## Missing Person at Sea Refresher

It's been approximately 3 years since Pāpāmoa SLSC held a Missing Person at Sea refresher so please can all lifeguards lock in the following details:



Date: **Tuesday 28th November**

Time: **6pm-7pm**

Location: **Pāpāmoa SLSC**

Facilitators: **Sonia Keepa SLS Regional Sports Manager and Michael Leach**



## Intermediate Lifeguard School

Four of our young lifeguards enjoyed last month's Intermediate Lifeguard School, held here at Pāpāmoa.

Congratulations to Ryan Teixeira, Trelise Chote, Georgia and Isobella Davoren who attended the two day camp, and thank you to Ryan Hohneck as Instructor and Jamie Cabusao as Mentor. The camp is a dynamic combination of theory and practical based sessions for junior lifeguards to become more confident and capable.



## Armistice Day Ceremony

A huge thank you to Jo Miller and Lynda Hitchfield for stepping up and being the first aid team at the recent Pāpāmoa Armistice Day Ceremony.

*"Without being able to say that we had competent first aiders on hand we doubt if our event would have been permitted to proceed. So a huge thank you - not just from we, the organising Committee, but also from a grateful Pāpāmoa Community."* Buddy Mikaere.

Make sure you sign up to the [Lifeguarding Facebook Group Page](#) for regular updates.



# ROOKIES



The EVE's Rookie Lifeguard program is up and running for the season with 16 enthusiastic Rookies signed up. As well as training on Sunday mornings they have been on patrols over the last couple of weekends and getting stuck in to setting up the flags, rescue board paddling, ATV roaming and IRB roaming. Big smiles all around and some great future lifeguards enjoying being part of the team.

There is always space for more Rookies, so if you are keen, please [CLICK HERE](#) to visit our website for more information.

If anyone has any old Rookies uniform, can you please drop it back to the club ASAP.

Thanks to our ongoing Rookie's sponsor [EVES Real Estate Bay of Plenty](#) – we really value your support.



It's been a fantastic start to the Junior Surf season with the beautiful sunny weather smiling down on us all so far. It's been awesome to see the kids having so much fun and lots of new parents and families getting involved. Thanks also to all the volunteer lifeguards who give up their Sunday mornings to hang out with the kids.

**Parents and caregivers** - please make sure you are watching your kids on the beach and if you need to leave the beach for some reason, please make sure you let your coach know.

We are looking forward to seeing all our families back again at 9.15am on Sunday morning. Remember the BBQ will be fired up from around 10.30am and barista-made hot drinks are available to purchase upstairs at the Club Bar.



Make sure you keep an eye on our [Junior Surf Facebook Group](#) page as this is where cancellations and regular updates will be posted throughout the season. You can also [CLICK HERE](#) to visit the Junior Surf page on our website for everything you need to know about Junior Surf.

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



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