



Papamoa

SURF LIFE SAVING CLUB

PSLSC MEMBER NEWSLETTER

26th January 2024



SWIM BETWEEN THE FLAGS

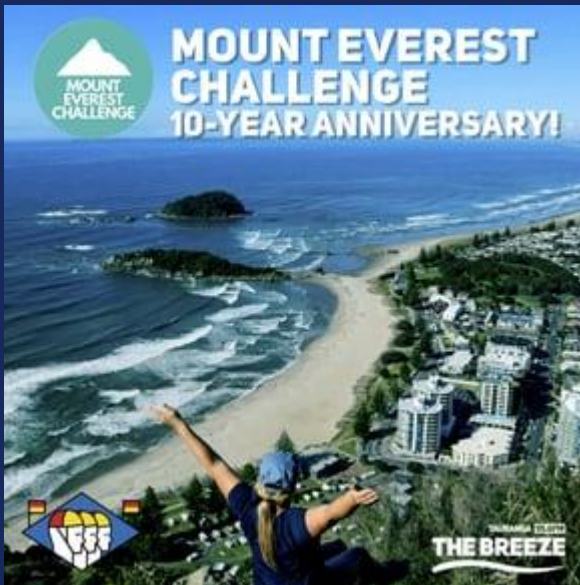
This summer has been a busy one for our lifeguards so far, and the key message is clear – SWIM BETWEEN THE FLAGS. This is the safest place to swim on the beach, not only because the lifeguards always have eyes on this area, but because they have assessed the conditions and chosen this area for being the safest part of the beach to swim.

Recent weeks have seen strong currents and rips along the Pāpāmoa coastline so please:

- Swim between the flags
- Listen to the advice of the surf lifeguards
- Keep a close eye on kids and keep them within arms reach
- If you get out of your depth, raise your hand for help
- Know your limits and if in doubt, stay out of the water

Remember if you are heading to the beach anywhere in New Zealand, visit www.safeswim.org.nz to find a lifeguarded one and swim between the flags.

MOUNT EVEREST CHALLENGE



Many of you have probably heard of the Mount Everest Challenge - to walk or run up the Mount 38 times in 50 days, the equivalent of climbing Mount Everest, all while raising money for local charities.

This year is the 10th Anniversary of the challenge, and the exciting news is that all the money raised will be split between the three Surf Life Saving Clubs along our coastline – The Mount, Omanu and Pāpāmoa.

So whether you've done it every year or you've been thinking about doing it but not quite taken the leap, this is the year!! Talk to your mates and get a team together or challenge yourself to do the whole thing on your own. It takes place between 12th February and 1st April 2024.

[CLICK HERE](#) to visit the Mount Everest Challenge Facebook page for more details.

BE AWARE

Please do NOT park on any yellow lines outside the clubhouse, this includes dropping off or picking up your kids. These areas need to be kept clear for our lifeguards to have emergency access in and out of the club. Several club members have also received fines from the council who have cameras along this stretch of parking.

Also a reminder to not leave valuables at the beach or visible in your car, and ensure bikes are properly locked up. Sadly we have had some incidents of theft in the local area.



STAY HOME IF YOU ARE SICK



We'd have a reminder from SLSNZ that COVID continues to be a virus of concern in our community. If members or staff test positive or exhibit symptoms of infection (such as a cough, sore throat, or fever), we request that you prioritize your well-being and support reducing the spread of COVID among others by taking the necessary time off to recover.

SLSNZ strongly urges members and staff to promptly report positive test results through the government reporting system and inform your immediate Manager/Club Leader. We also request that you stay away from the club and any club activities until you are well again.

LIFEGUARDING



Busy Season So Far

We'd like to give a big SHOUT OUT to our volunteer lifeguards who have put in a mammoth effort so far this season. With the hot weather and challenging conditions, our volunteer lifeguards have already spent close to 4000 hours keeping our community safe on the beach so far this season. We are now into our busy surf sports event season so for those who are not competing, if you are able to help out at patrols other than your own, please let your Patrol Captain know.



First Aid Up To Date

A reminder for all lifeguards to make sure you know the status of your first aid qualifications. Take the time now to login to your member portal and check the expiry of your First Aid. If you let your certification expire the club will not cover the cost of the full course for you.

Registrations are OPEN for both Surf First Aid and Advanced Surf First Aid courses taking place at the club in May. [CLICK HERE](#) to login in and register now.

Advanced First Aid 17th – 19th May
Surf First Aid 24th – 25th May

Please note:

- Refreshers need to attend all day Saturday.
- You must complete a minimum of 20 volunteer patrol hours during the season to have the First Aid Course cost covered by the club.
- Your First Aid Agreement must be signed by your Patrol Captain and the Lifeguard Committee will approve who can do which course.
- For new lifeguards, once you have completed your Surf First Aid, you must wait two years before you can upskill to Advanced First Aid, unless the Lifeguard Committee approves this sooner.



ROOKIES

It was great to see so many Rookies on patrol over the festive period getting involved wherever they could. Please keep up this great work as the season continues and don't forget to get your paperwork signed off.

Rookies training starts up again this Sunday 28th January, and we're looking forward to getting stuck into some first aid and CPR training.

MASTERS SURF SPORTS



Our growing Pāpāmoa Masters Surf Sports Team are following in their kids footsteps, wearing the Pāpāmoa colours with pride and giving it their all at local and regional events.

A few weeks ago the team faced the Bay of Plenty Champs head on and came out smiling! We are so proud of these men and women. Some are seasoned athletes, but some put themselves out of their comfort zone to run, swim, ski, canoe and board in front of the cheering crowds. We had some fantastic results, and it was clear that great friendships were being formed.

A huge **THANK YOU** to our sponsor **GJ Gardner Homes NZ** whose funding provides our Masters with the equipment they need to train and race on. We couldn't do this without you.



SENIOR SURF SPORTS

Our surf sports athletes are in the middle of their busy carnival and event season, and they've had some amazing achievements so far. Earlier this month, we had almost perfect weather and conditions for the Bay of Plenty Championships Senior Carnival. Competing against the best surf athletes in the North Island, our Pāpāmoa seniors had some impressive results in both the water and beach events.

CONGRATULATIONS to Trelise Chote who came 2nd overall in the under 17 females, Zac Cairns who came 2nd overall in the under 17 males and Luke Gillbanks who came 2nd overall in the under 15 males.



A week later the team headed to Red Beach in Auckland for the 68th Owen Chapman Carnival. This road trip has become a popular one on the calendar with some different racing and the incentive of some prize money up for grabs!



The team had a great day in the flat conditions, gaining a number of podium spots in both the U15 and U17 age groups. The pinnacle event was the Eliminator - an open race with 5 rounds of quick fire competition (Swim, Run/Wade, Board, Sprint and Ski) where the field gets steadily cut until 3 athletes remain to fight it out over the flag race. Well done to all our U17s who took this on, and a special congrats to **Trelise Chote** and **Zac Cairns** who made it through to the penultimate ski legs before getting eliminated.



Next stop is the Eastern Region Championships at the Mount this weekend. Our team of seniors and masters will be fighting it out with the best athletes in the North Island over Friday, Saturday and Sunday. Come down and watch some fantastic action and support our clubbies! As an added incentive, teams will be racing the Canoes and Boats this year which is awesome to watch.

GOOD LUCK to everyone who is competing and **THANK YOU** to our valued sponsors:

[GJ Gardner Homes](#)
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[Pak N Save Pāpāmoa](#)
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JUNIOR SURF SPORTS

Our Junior Surf Sports programmes are more popular than ever with approximately 50 kids training each week day during the school holidays. These kids aged between 8 – 14 years old have specialist coaches teaching them everything from reading the water conditions to surf swimming and more advanced kneeboarding skills.



Our older Ocean Athletes (aged 10-14) are training hard for their upcoming big events – the Eastern Region Junior Carnival taking place in Whangamata on 10th & 11th February and the big four-day finale – Oceans '24 at the Mount between 22nd – 25th February.

Last year's Eastern Region Carnival was reduced to one day of racing at Waihi due to a severe weather event, so the team are hoping for a full weekend of racing at Whangamata in February.



We'd like to give a big SHOUT OUT to [Grass Roots Trust](#) for their ongoing support of our young surf sports athletes. Their recent fund donation goes towards entry fees for our juniors to attend local and regional carnivals. Entry fees for these events can cost upwards of \$100 per athlete so with the donation these awesome events become accessible for all our families – thank you [Grass Roots Trust](#).



What an epic day we had last Sunday for the Pāpāmoa Carnival. This is one of the only 'teams' events that our young nippers can attend, and the feedback is that they love it! It's a great opportunity for those who may not ordinarily get medals to be part of a winning team. It was a day full of friendship, support and teamwork.

A huge **THANK YOU** to everyone who made it happen. The planning committee had a tricky decision to make when the forecast was for big swells and challenging sea conditions, but they were keen not to cancel as it's one of very few carnivals for the younger age groups. The team focused on finding solutions that allowed the event to proceed in a modified and safe way and meant that the 350 junior clubbies that attended had an

awesome experience. Thank you to all the water safety crew, lifeguards, officials, team managers, parents and of course the kids for being so flexible and making it work on the day.



For those in our under 8s, 9s and 10s age groups, you will have received an email invitation to the Omanu Carnival taking place on February 18th so make sure you've replied if you'd like to attend. For those not attending, you can still attend Junior Surf at Pāpāmoa as normal.

There are five Sunday Junior Surf sessions left for the season before our Club Championships on 3rd March. This is the opportunity for all our junior club members to come together and showcase what they've learnt throughout the season.



THANK YOU to our valued Junior Surf sponsor [Body In Motion](#).

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



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