



2024/25 SEASON CALENDAR

| DATE | EVENT | LOCATION | TIME |
|----------------|--------------------------------|--------------|-------------|
| NOV '24 | | | |
| Sun 3 | Junior Surf | Kiwi Beach | 9.30am |
| 8-10 | Rookie Camp | Ocean Beach | TBC |
| Sun 10 | Junior Surf | Kiwi Beach | 9.30am |
| Sat 16 | Group Leader Course | TBC | TBC |
| Sun 17 | Junior Surf | Kiwi Beach | 9.30am |
| Sun 24 | Open Day | Ocean Beach | 9.30am |
| DEC '24 | | | |
| Sun 1 | Junior Surf | Ocean Beach | 9.30am |
| Sun 8 | Junior Surf | Kiwi Beach | 9.30am |
| Sun 15 | Junior Carnival #1 | Ocean Beach | 9.30am |
| Sun 22 | Junior Surf | Kiwi Beach | 9.30am |
| Sun 29 | Christmas Break | | |
| JAN '25 | | | |
| Sun 5 | Junior Surf | Ocean Beach | 9.30am |
| Fri 10 | Central Region Junior Champs | Waimārama | 7.30am |
| Sun 12 | Junior Surf | Kiwi Beach | 9.30am |
| Sun 19 | Junior Carnival #2 | Waimārama | 9.30am |
| Sun 26 | Junior Surf | Kiwi Beach | 9.30am |
| FEB '25 | | | |
| Sun 2 | Junior Surf | Ocean Beach | 9.30am |
| Sun 9 | Junior Surf | Kiwi Beach | 9.30am |
| Sun 16 | Junior Surf | Ocean Beach | 9.30am |
| 20-23 | OCEANS '25 | Mt Maunganui | |
| Sun 23 | Junior Surf | Kiwi Beach | 9.30am |
| MAR '25 | | | |
| Sun 2 | HB Junior Champs | Westshore | 9.30am |
| 9-10 | Camp, Junior Surf, Prizegiving | Ocean Beach | 5pm, 9.30am |



JUNIOR SURF

Developing tomorrow's lifeguards



2024/25 SEASON



OBJECTIVES

- To learn the skills required to gain the Surf Lifeguard Award.
- To provide a great experience and encourage long-term active participation.
- To provide opportunities in surf sports competition.
- To ensure junior members are safe on any NZ beach.
- To be part of a team developing leadership, teamwork and fun.
- To promote social, emotional, and physical development in a healthy and safe environment.

WHEN:

Sunday mornings from November 3, 2024.

WHERE:

Kiwi Beach, Westshore (opposite James Street) and Ocean Beach Clubhouse.

TIME:

9.15am sign in. Start 9:30am to approximately 11.00am.

WHAT TO BRING:

Togs, goggles, wetsuit, towel, sunscreen, hat, dry/warm clothes, drink bottle. Please ensure items are clearly named.

SAFETY REQUIREMENTS:

Club hi-viz singlet and cap. Parent supervision.

CLUB FEES:

Family \$150, Single \$80, Ocean Athletes additional \$100.

NIPPERS (Under 8 - U10 years approx.)

- Enjoys the beach.
- Keen to learn basic surf safe messages.
- Not yet competent in the ocean.
- Learning to float, swim, glide onto a wave, wade in knee depth water, dolphin dive under waves & paddle a bodyboard.

KIWIS (U10 - U12 years approx.)

- Keen to learn all 10 surf safe messages and basic role of lifeguard.
- Can tread water for 1 minute and swim 100m.
- Learning to wade, dolphin dive, body surf, catch a wave, negotiate waves in and out, paddle board in shallow surf conditions.
- Enjoys the beach and may enjoy surf lifesaving competition.

GROMS (U12 - U14 years approx.)

- Know surf safety messages, understand rips, conditions and hazards.
- Gaining confidence in ocean/waves.
- Can tread water for 2 minutes, swim 200m, bodysurf, dolphin dive, swim with tube, fins to rescue a patient.
- Groms includes our competitive Ocean Athletes squad.
- Ocean Athletes keen to train multiple times per week.

ROOKIES (13 years at September 30th)

- Learn the role of a Surf Lifeguard and complete the workbook.
- Complete the Rookie Surf Lifeguard Log Book Modules.
- Learn Basic First Aid (DRSABC).
- Complete 4 beach patrols.
- Learn how to perform a tube rescue, Run Swim Run in the ocean and a board rescue.
- Can swim 200m.



www.obk.org.nz



HOW TO GET INVOLVED

- Come along for a trial session.
- Sign up is a 2-stage process.
 1. Register with Surf Life Saving New Zealand: www.surflifesaving.org.nz/join-us/membership
 2. Register with Ocean Beach Kiwi <https://obkslsc.fmweb.nz>
- “Join” our Club Facebook: Ocean Beach Kiwi SLSC (Official). <https://www.facebook.com/groups/OBKSLSC>
- “Join” our private Junior Surf Facebook page: Ocean Beach Kiwi SLSC Junior Surf (Members).

PARENT RESPONSIBILITIES

- Sign children IN on arrival and OUT afterwards.
- Sign equipment OUT for each session, and IN after use.
- Be prepared to get wet! Water activities means a child adult ratio of 1:1 for 7 year olds, 1:5 for 8 years and over.
- Be present at all times.
- Help Out: assist leaders, manage groups, manage equipment, BBQ, clubhouse helpers to tidy up: showers, education room & kitchen.

CONTACTS

| | | |
|---------------------------|------------------------|--------------------------------------------------------------------------|
| Director of Junior Surf | Nigel Messervey | 021 026 33601 |
| Junior Surf Administrator | Rebecca Wright | 027 272 6966 |
| Rookie Coach | Kate Boerson | kate.boersen@gmail.org.nz |

Find out more about our Junior and Senior Surf Programmes

